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EC9961 Pepping Up War Time Meals

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Pepping Up WAR TIME MEALS

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Extension Circular 9961

November, 1943, 25M

Acknowledgment is made to Dr. Rebekah Gibbons and Miss Matilda Peters of the Home Economics Department for their assistance in the preparation of this circular.

The College of Agriculture Extension Service
of the University of Nebraska and
United States Department of Agriculture
Cooperating

W. H. Brokaw, Director, Lincoln, Nebr.

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June 30, 1914.

Pepping Up Wartime Meals

Mabel Doremus and Mary E. Runnalls

Advantage of a Home Food Supply

From well-stocked shelves of canned foods and storage bins of stored vegetables come a wealth of possibilities for wartime meal planning. Families with a supply of home produced food can feel assured of having many of the foods that are likely to be unavailable or scarce in the markets.

These stored and canned vegetables, fruits, and meats can give variety to meals as well as tempt and satisfy the appetite. They can be prepared in such appetizing ways that they encourage all members of the family to get the "Basic Seven"—the daily quota of needed foods to maintain health. An abundant supply of home preserved foods will help build a strong America for, "food is a weapon of war."

It is even more important in wartime than in normal times to keep the family well nourished and in good health. With a shortage of doctors and nurses, increased responsibility falls upon the homemaker to do all she can to keep the members of her family at the peak of efficiency. Feeding the family right, and doing it without too much expenditure of time, are two important steps in attaining this goal. Even though there is a shortage of certain foods people will not suffer nutritionally if they plan wisely and make the best possible use of available foods.

In wartime there is always a shortage of certain foods which people like and are accustomed to using. They are likely to feel the curtailment of such foods as more or less of a hardship. If they stop to consider the sacrifices made by the men and women of our armed forces, surely the adjustment of diets is a contribution that can be made gladly.

Nebraska homemakers have conserved perishable foods by canning, drying, freezing, and storing. In war-time it is necessary for every home, particularly every rural home, to be as nearly self-sustaining as possible in order to conserve not only food but also transportation and marketing services. It is possible for the average Nebraska farm to produce practically all the foods needed for a well balanced diet, therefore the nation's "Basic Seven" nutrition goal is not unattainable.

The Food Situation

In 1942, 6% of America's food production went to her fighting Allies, 7% went to her own Armed Forces, but 15% of the food was wasted in American dining rooms and kitchens. The food situation is likely to change so rapidly in wartime that it is difficult to make reliable predictions about the future. At present the following factors seem to be reasonably safe guides.

1. Meat is a rationed food; therefore methods of extending meat and meat flavors are important. The use of poultry and eggs may be emphasized in this connection.

2. Cereals are plentiful, and the use of a variety of whole grain and enriched cereals and flours is essential.

3. Fruits are among the scarcer and more expensive foods at present and for this reason tomatoes and raw vegetables are receiving greater consideration in meal planning.

4. Milk and eggs are usually plentiful on the farm, and their nutritional contributions are great.

5. Since there is a shortage of fats, the best possible use of edible fats should be made in the home. Many fats that could be used for cooking are not being used for food at the present time. The government needs waste fats for ammunition.

6. Fresh vegetables may be increasingly difficult to buy this winter. Use of canned, frozen, stored, and dried vegetables will provide an adequate diet.

7. Soybeans, both field and garden varieties, are now coming into use as a valuable addition to the diet. They are excellent sources of protein and certain vitamins and minerals. Large quantities are being produced for special war requirements as well as for civilian use.

Efficient Use of Home Preserved Foods

Efficient use of home-preserved foods can be one of the important war contributions. Suggestions such as the following may be helpful:

Reheating canned vegetables—For safety from botulinus poisoning, all home canned non-acid vegetables should be boiled from 5 to 10 minutes before tasting. When reheating it is advisable to cover the vegetables and to avoid unnecessary stirring because vitamins are destroyed in the presence of air.

Canned food liquids—To make use of all the valuable nutrients in cooked and canned vegetables the liquid in which the vegetables are cooked or canned should be used. It may be concentrated for serving with the vegetable, or it may be served in soups, creamed dishes, or as vegetable juice cocktails. To concentrate the liquid, reduce it by boiling it down, then add vegetables and heat them.

Use all the sirup on canned fruit or add it to other fruit juices. It may be used as part of the liquid in making desserts, dessert sauces, gelatin desserts, and salads. Fruit juice is a fine addition to salad dressings.

Vitamin C in tomatoes—Canned tomatoes may be practically as good a food as raw ones if they have been properly handled. If the canning and cooking have been done speedily, more Vitamin C has been preserved than when the processes are slow.

Cooking dried vegetables—When preparing dried vegetables, allow $\frac{1}{4}$ cup dried vegetables for each serving. Wash, then soak legumes over night or 6 hours in 4 times as much water as vegetables. Other dried vegetables require a shorter time for soaking. Cover and cook in the water used for soaking.

Cooking frozen vegetables—Frozen vegetables need not be thawed before cooking. Cook covered in a small amount of boiling, salted water, approximately $\frac{1}{2}$ to $\frac{2}{3}$ of the length of time required for cooking fresh vegetables.

Cooking dried fruits—When dried fruits are soaked, the nutritive value is improved by cooking them in water in which they were soaked. Less sugar is needed if sugar is added during the last 5 minutes of cooking.

Using frozen fruits—Frozen fruits are similar to fresh, unfrozen fruits that have stood in sugar. When used like fresh fruit sauce, frozen fruits are most palatable if served while still containing a few ice crystals.

Cooking frozen meat—It is not necessary to thaw frozen meat before cooking. If it is thawed, cook it as soon as possible after thawing. Frozen meat that has been thawed spoils more readily than fresh meat not frozen.

Soups—Home-canned soups may be improved by adding left-over vegetables, vegetable juices, meat stock, gravy, or milk.

Seasoning—Careful seasoning adds to the enjoyment of winter vegetables and meat dishes. A good cook is careful during the preparation to be sure she has seasoned tastefully. Dried celery leaves, sage, and parsley supply interest and these may be easily prepared for future use. Small amounts of other seasonings such as onion, chives, chili powder, and celery seed add flavor to vegetables and meat. Dry, grated, nippy cheese adds flavor and interest to many soups, vegetables and cereal dishes.

Whole grain and enriched flour—Whole grain cereals and enriched flour add valuable proteins and vitamins, especially when there is a scarcity of meat products and other foods. Most of the cereals are best when cooked for a reasonably long time.

One-dish meals—A one-dish meal is an excellent way to extend meat. Usually one-dish meals contain vegetables, a starchy food, and a small amount of meat or other protein.

School-lunch—The school lunch is an important part of the child's day. Many schools have provided a supply of canned vegetables from Victory Gardens that may be prepared in connection with the hot lunch program. The vegetables and fruit needed may be included in the child's carried lunch or he may bring his vegetable and fruit from home and obtain the rest at school. To prevent the carried lunch from becoming monotonous, many homemakers vary the sandwiches by using different kinds of breads and fillings. Some crisp vegetables wrapped in wax paper, a fresh fruit, or a glass jar of canned fruit or tomato juice help to add interest and fulfill the child's daily food needs. For healthful lunches, a hot dish is important.

Fats—Meat drippings, poultry fat, and bacon grease are good fats to use in a variety of ways in order to save other fats. Solid meat fats need to be rendered and any used fats may need to be clarified. Use left-over fats in gravy, sauces for escalloped dishes, to flavor vegetables, and to cook meat that has not enough fat of its own. Some of these fats may be used in a variety of foods such as piecrust, cake, cookies, gingerbread, and quick breads. Strain and salvage inedible fats for munitions.

Daily Food Pattern

Making wartime meals appetizing and satisfying calls for the homemaker's best ingenuity and imagination as well as an understanding and cooperative attitude on the part of the members of the family. Numerous menus and recipes have been printed in newspapers, magazines, and bulletins to help women in their wartime planning and food preparation. The wise homemaker will clip these, and after she has tested them will file the usable recipes in some convenient manner. She will also find it advisable to keep a record of her most successful menus, so that she can repeat or adapt these as occasion demands.

A good meal pattern helps to balance the day's meals. Home-produced foods make up the greater part of these meals. The "Basic Seven" chart on pages 8 and 9 is a useful guide in meal planning.

The Value of the Pattern Recipe

Skillful homemakers do not need a lot of recipes. If the homemaker has a few basic recipes, if she knows the basic proportions and understands underlying principles, she can use her experience and imagination to feed her family better, to save time and energy, and to gain satisfaction in her creative endeavor.

For example, it is not necessary to have a dozen recipes for cream soup. The basic recipe may be adapted to yield an infinite variety of flavors and combinations of flavors. Once the art of making good biscuits is mastered, the principles may be applied in the quick preparation of many variations. The biscuit dough cut in various shapes may be used as a topping for meat pies, for shortcakes, and in numerous desserts. In a similar way, variation of the basic proportions for souffle, stew, escalloped dishes, custards, fruit whips, or frozen desserts, may be used. Various seasonings, flavorings, and herbs used with discretion, may do much to make a common food more attractive and appetizing.

Every successful new recipe is the product of someone's imagination coupled with an understanding of proportions and principles. A noted instructor in food preparation once said, "Most of us would do better to prepare our foods simply and well. We should make them taste and look as well as we can and not aim for too much unusual or spectacular effect." In wartime, homemakers are not so concerned with new, complicated recipes as they are in contributing to health. They would prefer to prepare food with the least time and effort thus leaving more time to do the increased number of necessary jobs at home as well as patriotic duties away from home.

A woman may buy a dress pattern and get a lot of fun in using it for several dresses, by varying material, trimming, buttons, sleeve style, collar, or belt treatment. The same idea may carry over into food preparation. Take for example a meat and vegetable pie. They are in reality meat and vegetable stews with a topping of starchy food, but what a variety of possibilities there are in this one idea!

Pattern Recipes

The following suggestions for pattern recipes may be of value for the time-saving preparation of nutritious, palatable, wartime meals.

For fruit juice dressing, substitute $\frac{1}{2}$ c. tart fruit juice for milk and $\frac{1}{4}$ c. of orange or lemon juice for vinegar and 1 Tb. of sugar

2 Tb. sugar

1 tsp. salt

2 Tb. flour

1 tsp. dry mustard

Cooked Salad Dressing

2 egg yolks, slightly beaten

$\frac{3}{4}$ c. milk

$\frac{1}{4}$ c. mild vinegar

1 Tb. butter

Mix dry ingredients; add egg yolks and milk; cook in double boiler until thick stirring constantly. Add vinegar and butter; cool. Makes $1\frac{1}{2}$ cups.

Potatoes

or

Cooked Macaroni

or

Noodles

or

Spaghetti

or

Rice

or

Hominy

or

Corn

Vegetables may
be fresh, frozen,
canned, or stored

Topping may be
cornmeal mush or
Rice

or

Left-over cereals

Monday Meat Pie $\frac{1}{2}$ c. diced celery $\frac{1}{2}$ diced onion $\frac{1}{2}$ diced green pepper

2 Tb. fat

2 c. left-over meat,
cut up

1 c. cubed, cooked potatoes

1 c. diced, cooked carrots

1 c. cooked peas

2 c. well-seasoned gravy

Salt and pepper to taste

Biscuit dough

Brown celery, onion, and green pepper in hot fat; add meat, potatoes, carrots and peas. Add 2 c. well-seasoned gravy (left-over gravy or thin white sauce). Season to taste. Bake in 8" baking dish in moderately hot oven (375° F.) for 15 minutes. Roll out biscuit dough (one-half recipe for biscuits) to fit baking dish. Slit dough in 2 or 3 places; place on hot meat mixture and continue baking 15 minutes, in hot oven (450° F.).

Cooked Noodles

or

Spaghetti

or

Potatoes

or

Rice

or

Hominy

or

Bread crumbs

Ground beef

or

Ground pork

or

Flaked fish

or

Chicken

Strained Tomato

Pulp or

Cheese sauce

or

Gravy

One Dish Meal $\frac{1}{2}$ pound noodles

1 pound ground beef

1 c. strained tomato

pulp, or canned soup

1 small onion

Salt and pepper

1 Tb. fat

Cook noodles in salted water for 10 minutes. Drain. Brown onion and ground beef. Mix noodles, beef, soup and seasoning and put in greased casserole. Bake until thick (about 40 minutes) at 350° or 375° F.

Fruit Whip

Prunes

or

Berries

or

Rhubarb

or

Apples

or

Apricots

2 egg whites

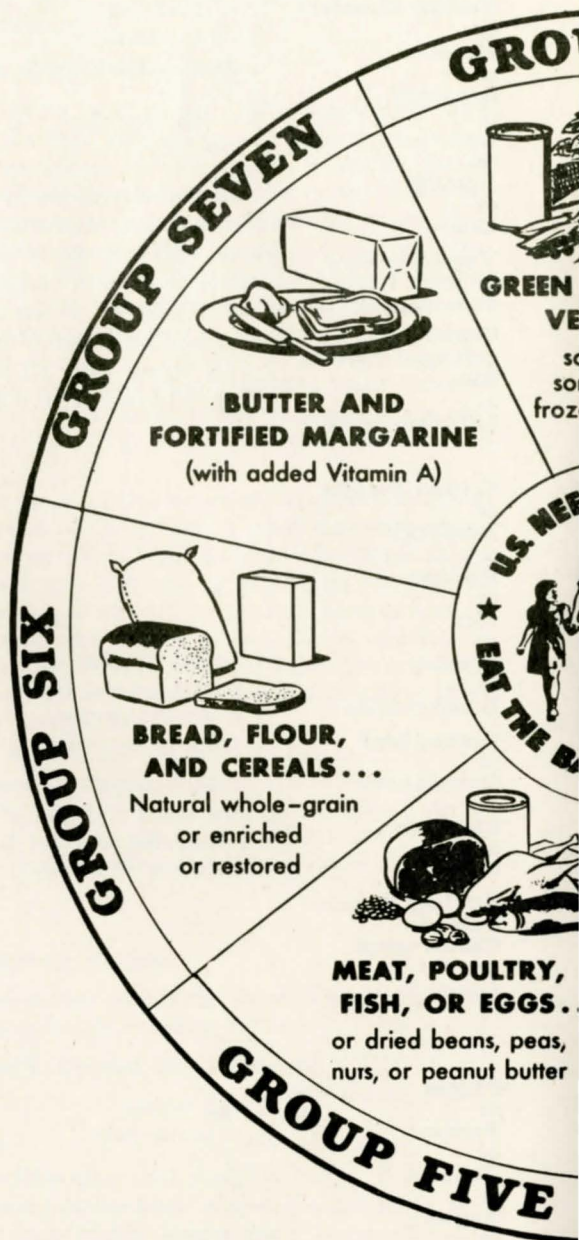
 $\frac{2}{3}$ c. prune pulp

1 tsp. lemon juice

a few grains of salt

Cook fruit pulp with sugar until consistency of marmalade. Add salt and lemon juice. Fold in stiffly-beaten egg whites and bake in a slow oven or pile lightly in stemmed sherbet glasses and serve with a soft custard.

For Health . . . eat some food



IN ADDITION TO THE BASIC SEVEN

and from each group . . . every day



... EAT ANY OTHER FOODS YOU WANT

White Sauce

| | Uses | Fat | Flour | Milk | Salt |
|---|------------------------|-------|---------|------|--------|
| Cream soups Creamed and scalloped dishes | Thin white sauce | 1 Tb. | 1 Tb. | 1 c. | ¼ tsp. |
| | Medium white sauce | 2 Tb. | 2 Tb. | 1 c. | ¼ tsp. |
| | Thick white sauce | 3 Tb. | 3 Tb. | 1 c. | ¼ tsp. |
| Croquettes, Souffles, Desserts | Very thick white sauce | 3 Tb. | 4-6 Tb. | 1 c. | ¼ tsp. |

Melt fat, and flour, and blend. Add milk, cook over low heat until thick, stirring constantly, or blend softened fat and flour until smooth and add to hot milk, stirring constantly until it begins to thicken. Add ¼ teaspoon salt. Water in which vegetables have been cooked may be used as part of the liquid.

Grated Cheese
or
Ground Meat
or
Flaked Dish
or
Strained vegetables

Carrots
Spinach
Peas
Asparagus
or
Fruit, using thicker white sauce

Cooked rice
or
Fruit
or
Chocolate
Use on
Stale cake
or
Gingerbread
or
Fruit whip
or
Floating island

Fruit
or
Cooked rice
or
Cocoanut
or
Chocolate
or
Brown sugar

Souffle (Cheese)

| | |
|------------------------|-----------------------------|
| 1 c. thick white sauce | 1 c. grated cheese |
| 1 tsp. salt | 3 well beaten egg yolks |
| ¼ tsp. dry mustard | 3 stiffly beaten egg whites |
| ¼ tsp. paprika | |

Add seasoning and cheese to white sauce; stir until cheese is melted, and cool mixture slightly. Stir in egg yolks. Fold in beaten egg whites. Pour into greased baking dish. Bake in a pan of hot water in slow oven (350° F.) about 45 minutes or until firm. Serve immediately. Serves 4. If brown crust is preferred do not set in pan of water.

Custard

| | |
|-------------------------|------------------|
| 2 c. milk | ¼ tsp. salt |
| 2 eggs, slightly beaten | ½ tsp. flavoring |
| ¼ c. sugar | |

Combine eggs, sugar and salt. Stir in hot milk gradually. Cook over hot but not boiling water until custard coats metal spoon, stirring constantly. Add flavoring and cook quickly. Serves 6.

Baked Custard

Turn above mixture into small custard cups, place in pan of hot water and bake in a moderate oven (350° F.) 25 to 30 minutes, or until firm or until an inserted knife blade comes out clean.

Fruit Cobbler

Apples
or
Peaches
or
Rhubarb
or
Pineapple
or
Apricots
or
Cherries
or
Berries
Fruits may
be fresh,
canned,
dried, or
frozen.

| | |
|--|--------------------------|
| 2 c. flour | 2 Tb. sugar (if desired) |
| 1 tsp. salt | 1 c. milk |
| 3 tsp. baking powder | 1 egg (if desired) |
| $\frac{1}{3}$ to $\frac{1}{2}$ c. shortening | |

Blend the sifted, dry ingredients and the fat until the mass resembles cornmeal. Add the milk, stirring with a fork or spoon. The amount of liquid needed may vary slightly with the flour, but the mixture should follow the spoon or fork around the bowl.

Example, using apples—

6 to 8 medium apples, thinly sliced
 $\frac{1}{4}$ c. brown sugar, firmly packed (if using canned fruit, less sugar may be added.)
 $\frac{1}{4}$ tsp. cinnamon
 1 Tb. butter

Arrange fruit in pan. Sprinkle with mixture of sugar and cinnamon. Dot with butter. Spread batter over fruit. Bake in hot oven (400° F.) until brown. Serve with fruit sauce, cream, or top milk.

Variation for Cobbler Topping

| | |
|----------------------|--|
| 2 eggs | $\frac{1}{4}$ tsp. salt |
| 1 c. sugar | $\frac{1}{2}$ c. boiling water or milk |
| 1 c. flour | $\frac{1}{2}$ tsp. vanilla |
| 1 tsp. baking powder | |

Beat eggs well, add sugar and beat. Add sifted dry ingredients and last the boiling water and vanilla. Put fruit in bottom of baking dish. If raw fruit is used, sprinkle with $\frac{3}{4}$ c. sugar. Spread batter over fruit. Bake at 350° F. for 30 minutes.

Other Recipes**Winter Casseroles**

| | |
|---|------------------------------------|
| 1 c. medium white sauce | 1 onion |
| $1\frac{1}{2}$ c. raw carrots, chopped | $\frac{1}{2}$ green pepper, minced |
| $1\frac{1}{2}$ c. cooked or canned corn | or |
| Grated cheese (may omit) | $\frac{1}{2}$ Tb. pepper relish |
| | 2 eggs |

Prepare white sauce. Season highly with salt and paprika. Add eggs (well-beaten) to the sauce. Add the carrots, corn, onion, and green pepper. Turn the mixture into a buttered casserole. Sprinkle with cheese or buttered crumbs.

Sauerkraut Casserole

Place sauerkraut in the bottom of a baking dish. Add a layer of raw Irish potatoes, sliced very thin. Season. Cover with pork chops, and season these. Cover baking dish and bake for about 45 minutes or until potatoes and meat are tender. Uncover and brown pork chops. Serve hot.

Grecian Beans

| | |
|---------------------------|--------------------------|
| ½ c. chopped onion | Salt and pepper to taste |
| 3 Tb. fat | ½ c. bean liquid |
| 2 c. green beans, drained | 3 Tb. tomato juice |

Lightly brown onion in hot fat. Add green beans, seasonings, bean liquid and tomato juice. Simmer for 20 or 30 minutes. Serves 4 to 6.

Corn Pudding

| | |
|---|-------------------|
| 2 c. cooked, or canned whole-grain corn | 1½ Tb. melted fat |
| 2 eggs slightly beaten | 2 c. scalded milk |
| 1 tsp. granulated sugar | ¾ tsp. salt |
| | ¼ tsp. pepper |

Combine all ingredients and pour into a greased or oiled 1½ quart casserole. Bake in a pan of warm water in a moderate oven of 325° F. for 1 hour or until firm. Serves 5 to 6. If desired ½ c. minced cooked ham or grated cheese or 2 Tb. minced onion may be added to pudding mixture before baking.

Peanut Butter Slaw

| | |
|------------------------------|------------------------------|
| 2 Tb. peanut butter | 1 tsp. sugar |
| 3 Tb. salad dressing | 3 c. shredded cabbage |
| 1 Tb. lemon juice or vinegar | 1 red apple, diced, unpeeled |
| Dash of salt | |

• Mix peanut butter and salad dressing. Add lemon juice, salt and sugar. Add dressing to cabbage and apple and mix well.

Apple Sauce Muffins

| | |
|------------------|-----------------------------|
| ½ c. shortening | 2 c. sifted, enriched flour |
| ½ c. sugar | 3 tsp. baking powder |
| 2 eggs | ½ tsp. salt |
| 1 c. apple sauce | |

Sift dry ingredients together. Mix the beaten egg, sugar and melted fat. Add the liquid and apple sauce to dry ingredients all at once and stir long enough to barely mix. Fill muffin tins $\frac{2}{3}$ full. Bake 400-425° F. for about 20 minutes.

Light-as-a-feather Gingerbread

| | |
|--------------------------|---|
| ½ c. boiling water | 1 egg |
| ½ c. fat | 1½ c. flour |
| ½ c. brown sugar | ½ tsp. each of salt, baking powder and soda |
| ½ c. molasses or sorghum | ¾ tsp. cinnamon |

Pour boiling water over shortening. Add brown sugar, molasses and beaten egg. Sift dry ingredients and add to the first mixture. Beat well until smooth. Bake in a greased 8" pan in a moderate oven (350° F.) for 35 minutes. Cool in pan.

Saving Time Will Help Win

"What can I do to help win the war?" is the question that every loyal homemaker is now asking herself. She realizes that she now has more jobs to do with less help. The wise use of time in doing every day tasks will contribute to National Victory and World Peace.

Some one heard a homemaker remark "What difference does it make how I do it or how long it takes me so long as I get through?" The difference is in lost time and energy, the amount of work accomplished, and probably no earned recreation.

Many rural women are making a valiant effort to help with farm work by doing chores and considerable field work. They are making a real contribution in helping to win the war by producing and preserving food and making every effort to keep their families healthy. If an already busy woman is successful in taking on extra work she may have to make many adjustments in her homemaking schedule. She will plan her work, analyze her working habits, and obtain more than usual family cooperation.

She will constantly ask herself the following questions:

1. Can the job be eliminated? (What would happen if I didn't do it?)
2. Can a substitute way be used that will decrease time and labor?
3. Could household tools on hand be more fully utilized?
4. Is labor-saving equipment kept in good repair and condition?
5. Would a few additional pieces of equipment save me time and effort?
6. Can the order of work be changed to allow more work with less effort?
7. Am I overexerting myself by stooping and lifting the hard way?
8. Can excess walking be eliminated by planning work, changing the places where things are kept, or combining jobs?
9. When repetitive jobs are being done, can I sit comfortably, let gravity help, have both hands work instead of one holding?
10. When is the best time to do a job?
11. Is my head saving my heels?
12. Do I completely relax for 10 to 15 minutes at least once a day?

Time Savers

Shortcuts are now in vogue. Time and energy-saving methods are not new but more essential right now. Here are a few related to food preparation and service that may help homemakers find more time for other jobs or for their families, friends, or community.

Check yourself, if the shortcut does not fit in your case, skip it.

| | I Do | I Do Not | I Will Try |
|---|------|-------------|------------------|
| 1. Plan meals tentatively at least 3 days ahead. | | | |
| 2. Prepare one-dish meals often. Oven meals are time-savers. | | | |
| 3. Omit dessert occasionally, or use simple, quickly prepared ones. | | | |
| 4. Prepare part of next day's school lunch while getting supper. | | | |
| 5. Avoid humoring family likes and dislikes if it means preparing a food in two or three different ways for one meal. | | | |
| 6. Save time and food value by serving vegetables raw and by cooking some vegetables unpeeled, such as, potatoes, sweet potatoes, carrots, and beets. | | | |
| 7. Roll out biscuits on canvas or clean paper. Drop biscuits save time. | | | |
| 8. Assemble all supplies and utensils before starting to cook. | | | |
| 9. Use papers to catch waste when cleaning vegetables, etc. | | | |
| 10. Prepare a large quantity of some foods at one time, such as biscuit mix, two batches of cookies, etc. Make enough pie crust for several pies. The dough can be kept covered in a cool place for several days. | | | |
| 11. When practical, prepare food ahead while doing other work. Perhaps lunch or dinner foods may be prepared before cleaning up the kitchen after breakfast. | | | |
| 12. Dash cold water over egg beater immediately after using. | | | |
| 13. Immediately after emptying, fill pans with warm water or suds to soak until dishwashing time. | | | |
| 14. Stack dishes carefully after washing; then scald and let drain dry. | | | |
| 15. Work carefully in cooking to prevent spilling and boiling over of food on the stove and in the oven. | | | |
| 16. Reduce dishwashing by serving food in glass or pottery baking dishes—by serving meat and potatoes on one platter. | | | |
| 17. If practical, wash dishes fewer times during the day to save time, soap, water, and fuel. | | | |
| 18. Scrape dishes carefully or wipe with paper before stacking. | | | |

19. If the sink is too low, raise the dishpan by putting a wooden rack under it.
20. Assemble utensils and supplies before starting to work.
21. Keep only often-used supplies and equipment in the "easiest to get" places.
22. Keep knives sharp.
23. Fasten the food grinder in a convenient place ready for use at any time. Covered with a paper sack.
24. Arrange cabinet or cupboards for convenient use of equipment:
 - (a) Use shallow shelves.
 - (b) Place shelves close together to avoid stacking of equipment.
 - (c) Put partitions in cabinet drawers for silver, spoons, etc.
25. Plan the day's needs ahead, before going to the cellar.
26. Check table setting and food on table before the meal.
27. Use a tray or wheel table for meal preparation and clearing away.
28. Sit down for tasks when possible.
29. Rid the kitchen of all dishes and utensils which are not in use regularly, or at this time of year.
30. Keep market orders and go to market less often.
31. Ask husband or children to help with meal preparation and serving.
32. Plan for definite time each week to put kitchen and equipment in order.
33. Store clean fruit jars with matching lids.
34. Use paper napkins to save laundry.
35. Try several different ways of doing a job until the easiest way is found. Then improve speed and ease in doing it.

I Do

I Do
NotI
Will
Try

"Pepper Uppers"

Salads

Diced, cooked or canned beets with minced onion and chopped green peppers or hard cooked egg on salad greens.

Red cinnamon apples stuffed with cream cheese or cottage cheese, and chopped nuts on lettuce or shredded cabbage.

Peanuts and peanut butter used in cookies, salads, sandwiches, one-dish meals, and desserts to help supply protein.

Canned, mixed vegetables on salad greens.

Peas, chopped pickle and grated cheese on lettuce or shredded cabbage.

Sandwich fillings

Grated carrots mixed with shredded cabbage, celery, raisins, or salted peanuts. Add salad dressing to hold the mixture together.

Baked beans, mashed and moistened with tomato sauce.

Shredded cabbage and chopped apple, moistened with salad dressing.

Beets chopped with cabbage.

Grind 1 pound of dried beef and 1 pound of cheddar cheese. Add 2 c. tomato juice. Heat in double boiler until cheese is melted. Add 1 small can chopped pimientos and 1 beaten egg. Cook for a few minutes. Makes about 3 pints. May be sealed hot and kept in refrigerator after cooling.

Vegetables

Season stewed tomatoes and cook small dumplings on top.

Mashed sweet potatoe topping on left-over ham.

Season cooked or canned green beans with butter, salt, and pepper. Add about $\frac{1}{2}$ c. finely rolled cracker crumbs. Put lid on pan and shake it up and down until crumbs are distributed evenly over beans. Serve hot.

General

Dust drained canned pears with flour. Bake in pan with roast beef the last half hour.

Spread in a baking pan whole raw cranberries, sweetened to taste and dotted with butter. Add grated orange rind and spread rich biscuit dough over the top. Bake in a moderately hot oven (425° F.). Serve warm.

Additional "Pepper Uppers"