

11-1948

EC9980 Your Day's Meals from Sunrise to Sunset

Mabel Doremus

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>

Doremus, Mabel, "EC9980 Your Day's Meals from Sunrise to Sunset" (1948). *Historical Materials from University of Nebraska-Lincoln Extension*. 2960.

<http://digitalcommons.unl.edu/extensionhist/2960>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Nov.
1948

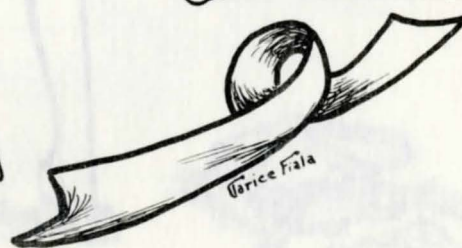
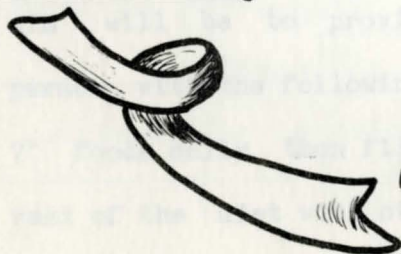
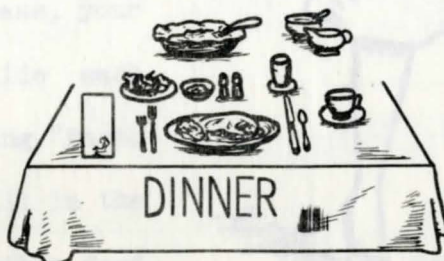
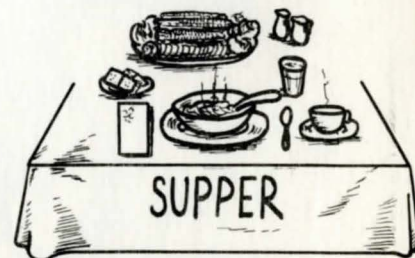
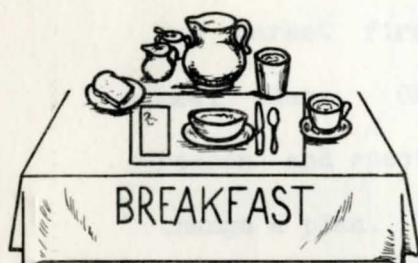
S
86
E7
#9980
c.1

E. C.
9980

YOUR DAY'S MEALS

FROM

Sunrise TO Sunset



Cooperative Extension Work in Agriculture and Home Economics
University of Nebraska College of Agriculture, and the United States
Department of Agriculture cooperating, H. G. Gould, Acting Director,
Lincoln.

YOUR DAY'S MEALS

Mabel Doremus

The food you plan, buy, prepare, and serve day after day at the family table has much influence on the family's health. Health and strength are essential to your family because good health means greater enjoyment in life, less fatigue from work and play, greater resistance to disease, better appearance, and longer life.

There is no short cut or magic formula that will help plan and provide these meals for your family. It is true, however, that you can simplify the job by planning your meals around the "Basic 7" foods as recommended by this country's leading nutritionists. Then, in addition, by using just a few common sense rules of careful buying, management, and selection for variety you can have meals that look good, taste good, and are nutritionally good. This job may be a career as exciting and interesting as any offered by the professional world.

It is a matter of personal convenience whether you plan meals before marketing or whether you market first and then make meal plans. Often times the season and special food bargains change a plan. In any case, your aim will be to provide each person with the following "Basic 7" foods daily then fill in the rest of the diet with other food items you desire.



The Basic 7

Since the first thing to consider is food value, you will find the following daily food chart of help:

Basic 7



Leafy, green, and yellow vegetables

For vitamins A and B₂

1 or more servings

(riboflavin)



Citrus fruits, tomatoes, and raw cabbage

For vitamin C

1 or more servings

Potatoes and other vegetables and fruits

For vitamin B₁, iron, and other vitamins and minerals

2 or more servings. 1

serving potatoes and 1

serving of other vegetables

or fruits



Milk, cheese, and ice cream

For calcium, niacin, protein, riboflavin, thiamin, and vitamin A

Children - 3 to 4 cups milk

Adults - 2 or more cups milk



Meat, poultry, fish, eggs, dried peas or beans

For protein, iron, niacin, thiamin

1 to 2 servings. Best to

have at least one of meat,

poultry, fish, or eggs. The

second serving may be dried

Liver for vitamin A

peas or beans



Bread, flour, and cereals (whole grain or enriched)

For thiamin, riboflavin, niacin, iron, and incomplete proteins

At every meal

Butter and fortified margarine

For fat and vitamin A

Some daily



Food To Fit The Family

Foods that are good for children are just as good for adults. When you make a plan for a week's meals and a market order to go with it, it is a time saver to plan the same meals for all members of the family if possible. Another way of looking at it is that children from babyhood can share the family meals when the food is simply prepared and extra milk is provided for the children. There may be some variations of the basic recipe to suit all ages. For example, when adults in the family have custard pie, some of the filling may be prepared for small children.

On page 4 you will see a plan which provides for a week's meals -- twenty-one a week -- for the whole family, including any lunchbox meals. Why don't you check on the plan, add the members in your family, and total the amounts needed? If the members of your family are very active, often each of the day's three meals may contain about the same number of calories.



FAMILY FOOD PLAN AT MODERATE COST -- Weekly Quantities of Food for Each Member of Family

FAMILY MEMBERS	Leafy, green, yellow vegetables	Citrus fruit, tomatoes	Potatoes, sweet- potatoes	Other vegetables and fruit	Milk 1/ Qts.	Meat poultry, fish	Eggs	Dry beans and peas, nuts	Flour, cereals 2/ Lbs.	Fats and oils 3/ Lbs.	Sugar, sirups, preserves Lbs.
Children under 12 years:	Lbs.	Lbs.	Lbs.	Lbs.	Qts.	Lbs.		Lbs.	Lbs.	Lbs.	Lbs.
9-12 months 4/	1 1/2	2	1/2	1/2	7	1/8	5	----	1/2	1/16	1/16
1-3 years 5/ 6/	2	2	1/2	1 1/4	6	3/4	6	1/16	1 1/4	1/8	1/8
4-6 years.	2 1/4	2 1/4	1	2 1/4	6	1 1/4	7	1/16	1 1/2	3/8	1/2
7-9 years.	2 3/4	2 1/2	1 3/4	2 1/2	6 1/2	1 3/4	7	1/8	2	1/2	3/4
10-12 years.	2 3/4	2 3/4	2 1/4	2 1/2	7	2 1/4	7	1/8	2 3/4	3/4	7/8
Girls:											
13-15 years 6/	3	2 3/4	2 1/2	3	7	2 3/4	7	1/8	2 3/4	7/8	7/8
16-20 years 6/	3	2 3/4	2 1/2	3	6	2 3/4	7	1/8	2 1/2	3/4	7/8
Boys:											
13-15 years.	3 1/4	3	3 1/2	3 1/4	7	3	7	1/4	4	1	1 1/8
16-20 years.	3 1/2	3 1/4	4 1/2	4	7	3 1/4	7	3/8	5 1/4	1 3/8	1 1/4
Women:											
Moderately active. . .	3 1/2	2 3/4	2 1/2	4	4 1/2	2 3/4	7	1/4	2 3/4	7/8	7/8
Very active.	3 3/4	3	3 1/4	4 1/4	5	3	7	1/4	3 3/4	1	1 1/8
Sedentary.	3 1/2	2 3/4	2	3 1/2	4 1/2	2 1/2	7	1/8	2	5/8	7/8
Pregnant 5/ 6/	4	3 1/2	2 1/4	3	8	3	7	1/8	2 1/2	5/8	5/8
Nursing 5/ 6/	4	4	3	4	11	3	7	1/4	2 1/2	3/4	3/4
60 years or over 7/ . .	3 1/2	2 3/4	2 1/4	3	5	2 1/4	7	1/16	2	5/8	5/8
Men:											
Moderately active. . .	3 3/4	3	3 1/4	4 1/4	5	3	7	1/4	3 3/4	1	1 1/8
Very active.	4	3 1/2	5	4 1/2	5 1/2	3 1/2	7	3/8	7	2	1 1/4
Sedentary.	3 1/2	2 3/4	2 1/2	4	4 1/2	2 3/4	7	1/4	2 3/4	7/8	7/8
60 years or over 7/ . .	3 1/2	2 3/4	2 3/4	3 1/2	5	2 3/4	7	1/8	3	3/4	3/4
TOTAL											

1/ Or its equivalent in cheese, evaporated milk, or dry milk.

2/ Count 1 1/2 pounds of bread as 1 pound of flour.

3/ For small children and pregnant and nursing women, cod-liver oil or some other source of vitamin D is also needed.

4/ To meet iron allowance, some fortified cereal is recommended.

5/ To meet iron and B-vitamin allowances, most of the suggested quantity of cereal products should be whole grain or enriched.

6/ To meet iron allowance, one large or two small servings of liver or other organ meats should be served each week.

7/ The nutritive content of the weekly food quantities for a man and woman sixty years or over were based on the National Research Council's recommended daily allowances for the sedentary man and woman.

Your Day's Three Meals -- Suggested Food Guides

Breakfast

Foods for breakfast usually should include fruit, cereal, milk, toast or hot bread, eggs, and meat. Some good meats to serve for breakfast are ham, sausage, and bacon. Fruits at breakfast may change with the season, depending upon what is plentiful and cheap. In the summer, the different fruits and berries may be used as they come along. During the winter, oranges, grapefruit, canned citrus juice, or tomato juice may be used. Other fruits for winter breakfasts are apples, applesauce, prunes, or other dried fruit.

Hot cereals such as oatmeal, whole wheat, and corn meal should be served often. For a change, ready-prepared cereals can be used once in awhile. Other ways of adding variety to breakfast are French toast with sirup, or pancakes which can be made with whole wheat or buckwheat flour.

Lunch or Supper

When there are lunches to pack, it is important to include a thermos bottle filled with a hot or cold drink. Milk, hot cocoa, or a hot soup are good choices.

Sandwiches are better nutritionally if made of enriched, whole wheat or rye bread. There are many different kinds of fillings that can be used. These can be peanut butter, jelly or jam, cheese, eggs, meat, plain or in many combinations with lettuce or other fresh vegetables. Some can be made spreadable with salad dressings.

Usually some kind of raw vegetable like celery, carrot strips, turnip slices, or cabbage slaw could go into lunches along with fruit, fresh or dried, and cookies or a piece of cake.

Lunches, eaten at home, can be about the same as the ones carried to school. In addition to milk and bread of some kind, there may be a soup or stew and a raw vegetable or salad, with fruit or a cookie to finish up on. Except in very warm weather, every lunch needs some hot food.

Dinner

In some families, the big meal of the day is served at noon with a light supper in the evening. In others, except on Sunday, the evening meal is the big meal of the day, served as early as possible after the family is home. It includes a main dish, potatoes and another vegetable, salad, and a simple dessert.

For the main dish during the week some less costly suggestions are: 1. pot roast; 2. ground meat, in loaf or patties; 3. heart, liver, kidneys, or brains; 4. fish; and 5. dried beans or peas.

For salad, carrots and cabbage can appear often. Some variations for cabbage salads are cabbage, apple, and raisins; cabbage and carrots; cabbage and peanuts; cabbage and onions; and cabbage and celery seed.

Sometimes when the salad contains fresh or dried fruits, it may serve for dessert too. Other desserts good to use when there are children in the family are a variety of puddings that contain eggs and milk, or fruit often sweetened with brown sugar or molasses. Apples, pears, peaches, or whatever fruit is in season can be made into desserts such as sauce, dumplings, shortcakes, puddings, and cobblers.



Helpful Hints

Meal Planning Helps

1. Plan meals for at least one day in advance, (unless you prefer to plan for a week).
2. Plan meals that are flexible to take advantage of special food bargains and to use left-overs.
3. Plan meals to include the daily food essentials. (Basic 7)
4. Plan meals to meet the need of each individual in the family. (Chart on page 4).
5. Plan meals that contain a variety of color, texture, and flavor. (For example, use some foods with color, something crisp as well as soft, and some strong and mild flavored foods).

Preparation

1. Prepare foods by methods that retain food value and color. (As described in the Vegetable and Meat Circular).
2. Prepare foods in a variety of ways. This will add zest to the appetite.
3. Cook foods in season when possible.

Management of Meals

1. Plan meals in advance, using dishes that are easy to prepare and serve.
2. Arrange kitchen and equipment to save steps.
3. Oven meals save much time spent in watching and stirring food cooked on top of the stove.
4. One dish meals -- or better named -- main dish meals, served with a salad, dessert, and perhaps a hot bread, save time in preparation, serving, and the cleaning-up process.
5. Baked foods often do not require peeling, so they are saving in food value as well as time

6. Plan to serve foods in the dishes in which they are cooked, if possible, such as casseroles or baking dishes.

7. Keep an emergency meal on the shelf. Unexpected company or the need to get a dinner in a hurry will be easy. Place the plan with the needed canned food on a shelf set aside for this purpose.

8. Preparing food in advance is good management. Such as:

Have potatoes scrubbed and ready for baking.

Clean vegetables before storing to make their preparation easier.

Mix fat and dry ingredients in quantity for biscuits and pie crusts.

Keep refrigerator rolls and ice box cookies for fresh baking when desired.

Roll dry bread crumbs and store for use.

Desserts, served cold, can be prepared ahead of time. When making pies, bake some tarts for another meal or packed lunches.

Make a quantity of sandwich filling at the beginning of the week.

Mix and keep in cold place or refrigerator foods to be baked such as scalloped dishes, meat loaf, etc., until time for baking.

Cook extra potatoes, hard cook eggs, cornmeal for fried mush, meat, etc., to be used the following day.

9. Give yourself enough time to plan, prepare, and serve good meals.

Decide ahead of time the foods needed for the day's meals. Collect them from garden, pantry, or cellar and have them near at hand in one trip.

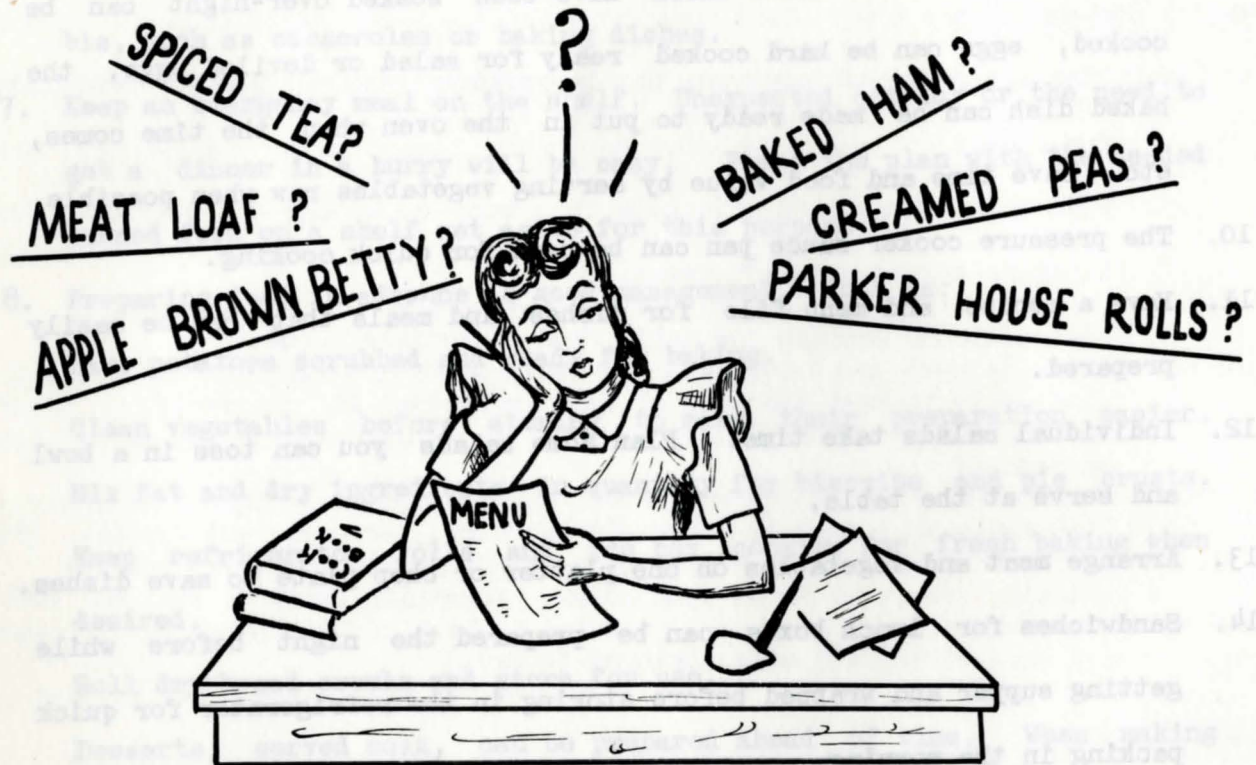
Prepare the greater part of the meals for the day in the morning while cooking breakfast and cleaning up.



Dried peas or dried fruit which have been soaked over-night can be cooked, eggs can be hard cooked ready for salad or deviled eggs, the baked dish can be made ready to put in the oven when the time comes, etc. Save time and food value by serving vegetables raw when possible.

10. The pressure cooker sauce pan can be used for quick cooking.
11. Have a recipe and menu file for dishes and meals that can be easily prepared.
12. Individual salads take time. Plan some salads you can toss in a bowl and serve at the table.
13. Arrange meat and vegetables on one platter or chop plate to save dishes.
14. Sandwiches for lunch boxes can be prepared the night before while getting supper and wrapped before storing in the refrigerator for quick packing in the morning.
15. If there is a rush in the morning at your house, set the breakfast table the night before. Get out the toaster, coffee pot, coffee, and prepare the fruit, storing it in the refrigerator.
16. Plan simple desserts -- a bowl of nuts and fruit bring color and good cheer to the table -- and good eating.
17. Plan each meal in regard to other tasks to be done that day, as having easier meals on wash, ironing, or cleaning days.
18. When time is short, packaged pudding, pie, biscuit mix, gelatin desserts, etc., save time and energy, but may be more costly.
19. Home grown herbs are always ready for use as seasonings. Parsley, chives, thyme, mint, sage, or terragon are convenient and attractive in the garden or in the flower pot in the kitchen.

A WEEK'S MENUS



SUNDAY

Breakfast

Grapefruit juice
Hot wheat cereal with milk
Toast Butter or Margarine
Milk Coffee

Dinner

Roast shoulder of pork with stuffing
Sweet potatoes (roasted in pan with meat)
Green beans Cole slaw
Bread Butter or Margarine
Baked apple with top milk
Milk Coffee

Lunch

Scrambled eggs
Peanut butter and shredded lettuce sandwich
Gingerbread
Milk

MONDAY

Breakfast

Sliced Oranges
French toast jelly
Coffee Cocoa

Lunch

Creole bean soup
Crackers Butter or Margarine
Cheese stuffed celery
Peach Cobbler
Milk

Dinner

Pork pie with potatoes (left over meat)
Spinach with hard cooked eggs
Whole wheat bread Butter or Margarine
Carrot sticks
Cherry Cobbler
Milk Coffee

TUESDAY

Breakfast

Tomato Juice
Oatmeal
Bran Muffins Honey Butter
Milk Coffee

Lunch

Cheese and lettuce Sandwiches
Orange and grapefruit salad
Rye bread Butter or Margarine
Chocolate Orange Refrigerator Cookies
Milk or Cocoa

Dinner

Baked stuffed flank steak
Browned Potatoes Baked Squash
Mixed Vegetable Salad
Enriched bread Butter or Margarine
Pineapple Upside down Cake
Milk Coffee

WEDNESDAY

Breakfast

Orange sections
Scrambled eggs Bacon
Raisin bran Muffins
Coffee Cocoa

Lunch

Cream of corn soup Crackers
Stuffed egg salad
Pineapple and cream cheese sandwich
Milk

Dinner

Baked Ham with Raisin Sauce
Sweet Potatoes Green Beans
Apple Salad
Whole wheat bread Butter or Margarine
Prune whip with Custard Sauce
Tea or Coffee Milk

THURSDAY

Breakfast

Stewed prunes
Oatmeal Milk
Soft cooked eggs
Toast Jam
Milk Coffee

Lunch

Dried beef goldenrod
Stewed tomatoes
Raw vegetable plate
Fruit gelatin Good Neighbor Cookies
Milk

Dinner

Noodle and Ham Casserole (left over meat)
Carrot and raisin salad
Toasted bran muffins Butter or Margarine
Apple sauce Molasses cookies
Milk Coffee

FRIDAY

Breakfast

Grapefruit halves
Ready to eat cereal Milk
Omelet
Toast Butter or Margarine
Milk Coffee

Lunch

Spaghetti with tomato sauce
Shredded lettuce salad
Toasted rolls Butter or Margarine
Canned Peaches
Milk

Dinner

Meat Loaf
Escalloped potatoes Buttered Carrots
Orange, chopped prune, and cabbage salad
Bread Butter or Margarine
Butterscotch Pudding
Milk Coffee

SATURDAY

Breakfast

Orange sections
Griddle cakes Sirup
Milk Coffee

Lunch

Spanish Omelet
Grapefruit Salad
Whole wheat bread Butter or Margarine
Milk

Dinner

Braised liver
Riced Potatoes 5-Minute Cabbage
Jellied Tomato and Cottage Cheese Salad
Bread Butter or Margarine
Coconut Apple Betty
Milk Coffee

1. BREADS

Cherry Muffins

2 c. sifted enriched flour	1 c. milk
3 tsp. baking powder	1/4 c. melted shortening
1 tsp. salt	1 c. sweetened, cooked, drained cherries
1/4 c. sugar	2 Tb. sugar
1 egg	1 tsp. cinnamon

Sift together flour, baking powder, salt, and sugar. Beat egg. Add milk and melted shortening. Add to flour mixture with cherries. Stir until flour is moistened. Fill greased muffin pans 2/3 full. Mix 2 Tbs. sugar with cinnamon. Sprinkle about 1/4 tsp. over each muffin. Bake in hot oven (425° F.) 15 to 20 minutes. Yield: 2 dozen 1-1/2 inch muffins.

Cranberry Biscuits

2 c. flour	6 Tb. butter
2-1/4 tsp. baking powder	3/4 c. buttermilk
1 tsp. salt	cooked cranberries
1/4 tsp. soda	

Mix and sift the flour, baking powder, salt, and soda. Cut in the butter with 2 knives or rub in with the finger tips. Stir in the buttermilk, mixing just enough to moisten the dry ingredients. Turn the dough onto a floured board and knead lightly for a few seconds. Roll out to about 1/2 inch thickness and cut with a floured cutter. Place on a buttered baking sheet, brush with milk, and top with cranberries. Bake in a very hot oven (450° F.) for 12 to 15 minutes. 20 small biscuits.

Apricot Cornbread

3/4 c. dried apricots	1 Tb. sugar
1 c. flour	1 tsp. salt
3/4 c. cornmeal	1 c. buttermilk
2 tsp. baking powder	2 eggs
1/2 tsp. soda	3 Tb. butter

Grind the apricots and mix with 1/4 cup of the flour. Mix and sift together the remaining 3/4 cup of flour, the cornmeal, baking powder, soda, sugar, and salt. Add the apricots. Combine the buttermilk, well beaten eggs, and melted butter and add to the dry ingredients. Stir just enough to mix and moisten. Pour into a buttered, shallow baking pan and bake in a hot oven (425° F.) for about 30 minutes. Serves 6.

Twisted Toasties

Cut the bottom crust from a loaf of fresh bread (unsliced). Cut lengthwise in a slice 1/2 inch thick and trim the remaining crust. Cut the slice of trimmed bread into 1/2 inch strips. Tie each of the strips into a loose knot. Melt 3 Tbs. of butter or margarine in a small saucepan over low heat. Brush the twisties with the melted margarine. Toast twisties to a golden brown in broiler or in a hot oven (450° F.).

BREADS (continued)

No Knead Cranberry Rolls

1/2 c. scalded milk	1 cake yeast
3 Tb. shortening	1 egg
3 Tb. sugar	3 c. enriched flour
1-1/2 tsp. salt	3/4 c. cranberry-orange marmalade
1/2 c. water	

Combine the milk, shortening, sugar, and salt. Cool by adding the water. Add the yeast and mix well. Blend in the egg and add the flour. Roll the dough out on a well-floured board to a 12-18 inch triangle. Spread the cranberry-orange marmalade over the dough. Roll as for a jelly roll; cut into 1 inch slices and place out side down on a greased 12 x 8 x 2 inch pan or greased muffin pans. Let rise in a warm place until light (about an hour). Bake in a moderate oven (350° F.) for 20 to 25 minutes. Makes 18 medium rolls.

Oatmeal Raisin Bread

1-1/4 c. flour	1 c. seedless raisins
1 tsp. salt	1-1/4 c. oatmeal
2-1/2 tsp. baking powder	1 Tb. butter
1/3 c. sugar	1 egg
1/4 tsp. soda	1 c. buttermilk

Mix and sift the flour, salt, baking powder, sugar, and soda. Add the raisins and oatmeal and mix well. Add the melted butter to the slightly beaten egg and add the buttermilk. Pour into the dry ingredients and mix quickly just enough to moisten. Pour into a buttered loaf pan (about 4 x 9 inches) and bake in a moderate oven (350° F.) for 45 to 50 minutes.

Holiday Breakfast Rolls

2 c. thick, sour cream	1/4 c. sugar
1 cake compressed yeast	4 c. flour
1/4 tsp. soda	melted butter
2 tsp. salt	brown sugar
	red and green cherries

Scald cream and cool to lukewarm. Crumble the yeast cake and stir into 1/3 cup of the lukewarm cream. Add soda, salt, and sugar to the remaining cream and mix well. Combine the two mixtures and add flour gradually, stirring constantly until smooth. Brush with melted butter, cover, put in a warm place, and let rise to about 2-1/2 to 3 times the original volume. Knead lightly for about 1 minute and cut dough in two parts. Roll out one part at a time in rectangular shape about 1/8 inch thick. Brush with butter, sprinkle with brown sugar, and spread with chopped cherries. Roll up like a jelly roll and cut in 1 inch pieces. Place the pieces in a warm place until double in size. Bake in a hot oven (425° F.) for 10 to 15 minutes or until done. Brush with butter if desired. These rolls can be made in about 2-1/2 to 3 hours. This recipe makes 24 small rolls.

1. BREAD (continued)

Frankfurter Biscuits

2 c. sifted enriched flour	1/2 c. shortening.
3 tsp. baking powder	1 c. frankfurters, thinly sliced
1 tsp. salt	2/3 to 3/4 c. milk

Sift together flour, baking powder, and salt. Cut or rub in shortening. Add frankfurters. Add milk to make a soft dough. Turn out on lightly floured board. Knead gently 1/2 minute. Roll out to rectangle, 8 x 12 inches. Cut into six 4 inch squares. Bake in hot oven (450° F.) 12 to 15 minutes.

Whole Wheat Popovers

1/2 c. flour	2 tsp. butter
1/2 tsp. salt	2 eggs
1/2 c. whole wheat flour	1 c. milk

Mix and sift the flour and salt and stir in the whole wheat flour. Add the melted butter to the slightly beaten eggs, add milk, and stir into the first mixture. Beat with a rotary beater for about 1 minute or until smooth. Fill buttered custard cups about 1/3 full with the mixture and bake in a very hot oven (450° F.) for about 20 minutes. Reduce the heat to moderate (350° F.) and bake for about 15 to 20 minutes longer or until firm. This recipe makes 8 popovers.

2. DESSERTS

Graham Cracker Butter Cake

3 Tb. butter	2-1/2 tsp. tartrate or phosphate
7/8 c. sugar	baking powder or
3 eggs, separated	2 tsp. combination baking powder,
1 tsp. vanilla	5/8 tsp. salt
1 c. finely chopped nuts	3/4 c. milk
(optional)	Raspberry jam and whipped cream
2-1/4 c. graham cracker crumbs	or Custard Filling

Beat the butter until soft; gradually add the sugar and cream until fluffy. Beat in the egg yolks, vanilla, and chopped nuts. Crush the graham crackers and sift them with the baking powder and salt. Add the crumb mixture in about 3 parts to the butter mixture alternately with the milk. Whip until stiff then fold in the egg whites and 1/8 tsp. salt. Pour the batter into two greased, 9 inch layer pans. Bake in a moderate oven (350° F.) for about 1/2 hour. Place the jam or custard filling between the layers. This cake is very good with Caramel Icing.

Fudge Cake with Autumn Frosting

1 c. cocoa	1 tsp. vanilla
1/2 c. sugar	1 c. sugar
1-1/4 c. milk	1-3/4 c. cake flour (measured
1/4 pound (1/2 c.) butter	after sifting)
1/2 tsp. salt	3 (or 4) egg whites
3/4 tsp. soda	1/4 c. sugar
1 tsp. baking powder	

Mix cocoa and 1/2 cup of sugar; scald the milk and blend it into the cocoa mixture. Cool thoroughly. Cream the butter; add the salt, soda, baking powder, and vanilla, and gradually cream in the cup of sugar until the mass is light and fluffy. Add the flour, a little at a time, alternately with the cocoa-milk mixture. Last of all fold in the egg whites which have been beaten with the last 1/4 cup of sugar, until they form peaks but are not dry. Bake in layers at (350° F.) for approximately 30 minutes. Note: the egg whites may be added, together with the last 1/4 cup of sugar, to the butter and sugar mixture, one at a time, unbeaten. Beat thoroughly after each is added.

Autumn Frosting

3 (or 4) egg yolks	2 Tb. butter
2 c. sugar	1 tsp. vanilla
1/2 c. water	

Beat the yolks. Meanwhile, make a syrup of the sugar and water, boiling until it spins a long thread, to 248° F., or to the firm ball stage. Pour slowly over the beaten yolks, beating constantly. Continue to beat until thick enough to spread. When ready to spread, beat in the butter (not melted), add vanilla, and spread on cake. This frosting is rich and smooth, and keeps exceptionally well without caking. Note: Be sure to cook the syrup sufficiently, as yolks require more heat than the whites used in ordinary boiled icing.

2. DESSERTS (continued)

Chiffon Gingerbread

1/2 c. shortening	1 tsp. soda
1/2 c. sugar	1 tsp. ginger
1 egg, beaten	1 tsp. cinnamon
1 c. molasses	1/2 tsp. cloves
2-1/2 c. enriched flour	1 c. hot water

Cream shortening and sugar. Add egg and molasses and mix well. Add dry ingredients which have been sifted together. Add hot water and beat until smooth. Pour into greased and floured, 9 x 13 inch cake pan, and bake in moderate oven (350° F.) 40 to 50 minutes. When cool, cut in squares.

Basic Upside Down Cake

1/4 c. shortening	1-1/2 tsp. baking powder
1/2 c. sugar	1/4 tsp. salt
1 egg	1/4 c. milk
1 c. sifted cake flour	1 tsp. vanilla

Bottom of Pan:

2 Tb. butter or fortified margarine	1 tsp. grated lemon rind
1/2 c. brown sugar	1-1/2 c. fruit

Pineapple slices; sliced fresh or canned peaches; fresh, stewed, dried, or canned apricots or plums; fresh or canned cherries may be used.

To use cherries, replace lemon rind with 1/2 tsp. cinnamon and simmer mixture in pan for 10 minutes and cool.

Method:

Cream shortening and sugar. Add egg and beat thoroughly. Sift dry ingredients together and add alternately with the milk to the creamed mixture. Add flavoring.

Melt butter or margarine in a 9 inch, round cake pan. Sprinkle brown sugar evenly over the butter or margarine, add grated lemon rind, and arrange fruit in any desired way in cake pan. Pour batter over this and bake in oven (375° F.) for 30 minutes. Turn out immediately. Serves 5.

Meringue Shells

1/4 tsp. salt	6 egg whites
1 tsp. vinegar	1 c. granulated sugar
1/2 tsp. vanilla extract	

Add salt, vinegar, and vanilla extract to egg whites; beat to stiff foam. Gradually add sugar; beat very stiff. Spoon mounds and hollow centers, or form cups with pastry tube on unglazed paper or cookie sheet. Bake in slow oven (250° F.) 1 hour. Cool. Fill with fruit or ice cream. Makes 10 meringue shells.

2. DESSERTS (continued)

Coconut Apple Betty

- | | |
|---|-----------------------------------|
| 4 c. thinly sliced, pared, tart apples (4 large apples) | 1/2 c. firmly packed, brown sugar |
| 1 c. soft bread crumbs | dash of salt |
| 1 c. Baker's Shredded coconut, cut | 1/2 tsp. cinnamon |
| | 4 Tb. butter |

Arrange 2 cups of the apples on bottom of a greased baking dish. Sprinkle with 1/2 cup of the bread crumbs and 1/3 cup of the coconut. Combine brown sugar, salt, and cinnamon, and sprinkle half of mixture over the coconut. Dot with 2 Tb. of butter. Repeat, sprinkling remaining 1/3 cup coconut over top. Cover and bake in a moderate oven (350° F.) 35 minutes. Uncover and bake 10 minutes longer, or until apples are soft. Serve with cream, if desired. Makes 6 servings.

Basic Fruit Cobbler

- | | |
|--------------------------|-----------------------------------|
| 2 c. canned fruit and | 1 c. sugar, unless canned fruit |
| 3/4 c. juice OR | is sweetened, then use |
| 3 c. diced fruit (either | 1/4 c. sugar |
| fresh or canned) | 4 Tb. enriched, all-purpose flour |
| | Cinnamon |

Mix sugar, flour, cinnamon, add juice, and mix with fruit. Pour into greased casserole or utility dish. Arrange biscuits on top and bake 20 minutes in preheated 400° F. oven. Serves 6.

Biscuits:

- | | |
|--|-------------------|
| 2 c. sifted, enriched, all-purpose flour | 2 Tb. sugar |
| 4 tsp. baking powder | 1/2 c. shortening |
| 1/2 tsp. salt | 1 egg |
| | 1/2 c. milk |

Sift flour, baking powder, sugar, and salt together, cut in shortening. Add milk to beaten egg and add to flour mixture to make a soft dough. Pat or roll out on floured board and cut in desired shapes. Arrange over fruit and bake.

Apple Sauce Molasses Cookies

- | | |
|----------------------------|--------------------------|
| 2 c. sifted enriched flour | 1/2 c. sugar |
| 1 tsp. soda | 1/2 c. cooking molasses |
| 1 tsp. salt | 1 egg, unbeaten |
| 1/2 tsp. cloves | 1/2 c. thick apple sauce |
| 1/2 c. shortening | 1/2 c. chopped raisins |
| | 1/2 c. chopped nuts |

Sift together the first five ingredients. Cream together shortening, sugar, and molasses. Beat in egg. Add all dry ingredients and apple sauce at one time. Beat one minute. Stir in raisins and nuts. Drop from a teaspoon onto lightly greased cookie sheets. Bake 12 to 15 minutes in a hot oven (400° F.). Makes 5 dozen cookies.

2. DESSERTS (continued)

Baked Apple Dumplings

1 recipe Baking Powder Biscuits	1 Tb. grated orange rind
6 medium-sized apples	1/2 c. raisins
1/2 c. firmly packed, brown sugar	2 Tb. butter
Dash of salt	1 egg white
1 tsp. cinnamon	Powdered sugar

Prepare biscuit dough, using 1/3 cup shortening, or use plain pastry; roll 1/4 inch thick and cut in 6-inch squares. Pare and core apples and place one in center of each square; fill cavities with mixture of sugar, seasonings, and raisins, and dot with butter. Bring opposite corners of dough together on top of apple, moisten edges of one side with water and seal; prick with fork. Brush with slightly beaten egg white and sprinkle with sugar. Bake in hot oven (450° F.) for 10 minutes, then reduce heat to moderate (350° F.) and bake 20 minutes longer. Yield: 6 dumplings.

Toasted French Cream Custard

3 c. very rich cream or half and half milk and cream	1/4 tsp. salt
6 egg yolks	1 tsp. vanilla
1/2 c. granulated sugar	1/2 tsp. almond extract, if desired
	1-2 c. light brown sugar

Add the milk to the yolks, slightly beaten. Add the granulated sugar, salt, and flavoring. Place all in a rectangular baking dish, put this in a pan of water and bake for one hour at 325° F. (Bake until a knife thrust into the custard comes out clean). Remove and set aside to cool thoroughly. When cool, sprinkle over the top light-colored, fine flavored, brown sugar, making a layer 1/4 inch thick. Run it under the broiler for a moment, or until the sugar melts and browns just at the top, making a slight crust, while the sugar beneath remains crumbly. Chill thoroughly until ready to serve. To serve, cut in squares or oblongs, removing each portion with a broad spatula or pancake turner. Put on individual plates and serve without any other dressing. It should be about one inch thick.

Good Neighbor Cookies

1/4 c. sugar	1 tsp. salt
1 Tb. cornstarch	1 c. brown sugar
1 c. crushed pineapple	2-1/2 c. quick-cook oatmeal, uncooked
1 tsp. lemon juice	
1 c. sifted, all-purpose flour	1 c. fat

Combine sugar and cornstarch. Add pineapple (do not drain) and cook slowly until thick and clear. Add lemon juice. Cool. Sift flour and salt together. Mix flour, sugar, and oatmeal. Cut in fat, making a crumbly mass. Place half of crumbs in a greased, 8 x 12 inch pan. Pat down by hand. Spread with cooled pineapple mixture. Sprinkle remaining crumbs over top, patting smooth. Bake in a moderate oven (350° F.) approximately 45 minutes. After baking, allow cookies to remain in pan 5 minutes before removing. When cold, cut in bars. Makes 2 dozen cookies.

2. DESSERTS (continued)

Chocolate Orange Refrigerator Cookies

1 c. butter or margarine	2-3/4 c. sifted flour
1/2 c. brown sugar	1/4 tsp. soda
2 eggs	1/4 tsp. salt
2 Tb. orange juice	1/2 c. chopped nuts
1 Tb. orange rind	1 pkg. semi-sweet chocolate drops

Blend 1 cup butter or margarine, 1/2 cup brown sugar, 2 eggs, 2 Tb. orange juice, and 1 Tb. orange rind. Add 3/4 cup sifted flour, 1/4 tsp. soda, 1/4 tsp. salt, 1/2 cup chopped nuts and 1 pkg. semi-sweet chocolate drops; shape dough into roll, wrap in waxed paper, chill in refrigerator, cut in slices, and bake in a 375° F. oven.

Oatmeal Jelly Cookies

1/3 c. butter	1-1/2 tsp. baking powder
1/2 c. brown sugar	2-1/2 c. oatmeal
1 egg	1/4 c. milk
3/4 c. flour	3/4 tsp. vanilla
1/2 tsp. salt	Current Jelly

Cream the butter, add the sugar gradually, and cream thoroughly. Add the egg and beat well. Mix and sift the flour, salt, and baking powder, stir in the oatmeal and add to the first mixture alternately with the milk. Add the vanilla, drop by spoonfuls on a buttered cookie sheet and spread into 3 inch rounds. Make a slight depression in the center of each cookie and fill with jelly. Bake in a moderately hot oven (375° F.) for about 10 to 12 minutes. This recipe makes 20 cookies.

Peanut Butter-Soya Macaroons

2 egg whites	1/3 c. peanut butter, whipped
1/2 c. sugar	2 c. corn-soya shreds
1/4 tsp. almond extract	

Beat egg whites until stiff but not dry. Fold in sugar, flavoring, and peanut butter. Add corn-soya shreds, stirring only enough to combine. Drop from a teaspoon onto well-buttered baking sheet. Bake in moderate oven (375° F.) about 12 minutes. Makes 2 dozen macaroons.

Applesauce Chiffon Custard Pie

2 egg yolks, slightly beaten	1/4 tsp. salt
1 c. milk	1/4 tsp. nutmeg
1/8 tsp. salt	2-1/2 c. applesauce
1/4 c. sugar	2 Tb. sugar
1 Tb. unflavored gelatin	2 egg whites
1/4 c. cold water	1 baked, 9 inch pastry shell
1 tsp. grated lemon rind	

Combine egg yolks with milk, salt, and sugar. Cook in top of double boiler, stirring constantly, until mixture coats a metal spoon. Soften gelatin in

2. DESSERTS (continued)

Applesauce Chiffon Custard Pie (continued)

cold water for 5 minutes; dissolve over hot water. Add lemon rind, salt, and nutmeg to applesauce; combine with custard and gelatin. Chill until it begins to set. Fold in stiffly beaten egg whites and combine with 2 Tb. sugar. Turn into a baked pastry shell, or crumb crust. Place in refrigerator and chill until firm.

Whipped Cream Cake

2 c. cake flour
1/4 tsp. salt
3 tsp. baking powder
1-1/4 c. sugar
1-1/3 c. whipping cream

3 eggs
1/2 tsp. vanilla
1/4 tsp. almond flavoring
boiled frosting

Mix and sift the flour, salt, baking powder, and sugar. Whip the cream and fold in the well beaten eggs, vanilla, and almond flavoring. Sift about 1/4 cup of the flour mixture over the top of this mixture, then fold in lightly. Continue this until all the flour has been folded in. Pour into 2 buttered, 9 inch pans and bake at 350° F. for 30 to 35 minutes or until cake is done. Spread a fluffy, boiled frosting between layers and on top and sides of cake.

3. MAIN DISHES

Dried Beef Goldenrod

2 Tb. butter	1 hard cooked egg
2 Tb. flour	salt and pepper
1 c. milk	4 toast cups or rounds
1/8 lb. sliced dried beef, cut in pieces	

Melt butter in double boiler or heavy saucepan. Add flour and mix well. Add milk all at once and cook, stirring constantly until thickened. Fold in dried beef and sliced egg white. Season with salt and pepper. Reheat. Pour onto toast cups. Sprinkle with the yolk of the egg put through a course sieve. Serves 2.

Escalloped Tuna Fish and Potato Chips

4 Tb. butter	few grains of pepper
4-1/2 Tb. flour	2-1/4 c. flaked tuna fish
2-1/4 c. milk	2 c. crushed potato chips
1/2 tsp. salt	

Melt the butter in a double boiler. Add flour and mix well. Add milk gradually and cook, stirring constantly until thickened. Add salt and pepper. Put alternate layers of the tuna fish, white sauce, and potato chips in a buttered baking dish. Bake in a moderately hot oven (375° F.) for about 25 minutes. Serves 6.

Baked Stuffed Flank Steak

2-1/2 c. soft bread crumbs	1 flank steak, scored
1/3 c. butter	2 c. milk
1 c. finely chopped apple	2 Tb. flour
salt and pepper	

Mix the bread crumbs, melted butter, and apple, season with salt and pepper to taste and spread over the steak. Roll up, tuck in the ends, and tie with string or fasten with skewers. Brown in a small amount of butter and place in a baking pan. Pour in the milk and bake in a moderate oven (350° F.) for about 1-1/2 hours or until tender. Remove roll and make gravy as follows: Mix the flour and a little water to a smooth paste, add to the mixture in the pan and cook, stirring constantly until thickened. Add salt and pepper to taste. Serves 6 to 8.

Chili Lima Beans with Ground Beef

1 lb. dried lima beans	2 lbs. ground beef
2 cloves, chopped	2-1/2 c. canned tomatoes or tomato juice
1 c. chopped onion	2-3 Tb. chili powder
1/2 c. chopped green pepper	2 tsp. salt
3 Tb. fat or oil	1 tsp. sugar

Wash beans, cover with cold water, and soak for several hours. Cook in soaking water until tender. Drain. Place garlic, onion, and green pepper in fat and cook until tender. Add beef and cook until meat browns. Add tomatoes, chili powder, salt, and sugar. Combine the lima beans and tomato mixtures in a casserole. Bake in moderate oven (350° F.) for about 30 minutes. Serves 8 to 10. Preparation time: 1-1/4 hours.

4. SALADS

Apple-Cheese Cole Slaw

3 tart, red apples	1 tsp. salt
2 c. shredded cabbage	1/4 - 1/2 lb. American Swiss Cheese
2/3 c. salad dressing	few grains cayenne

Core apples, dice without peeling; combine with cabbage and salad dressing. Cut cheese in long, narrow strips. Add apple mixture, salt, and cayenne. Mix well. Serve in salad bowl. Serves 8.

Cranberry-Carrot Ring Salad

4 c. fresh cranberries	1/2 c. cold water
2 c. water	3 c. shredded raw carrots
2 c. sugar	Mayonnaise
2 Tb. plain gelatin	1/2 head lettuce

Combine cranberries, water, and sugar. Cook 10 minutes or until all berries have popped. Soften gelatin in cold water and dissolve in hot cranberries. Pour into greased, 8-inch ring mold and chill thoroughly. Arrange on a bed of lettuce and fill with carrots moistened with mayonnaise. Garnish with mayonnaise. Serves 6.

Cottage Cheese, Date, and Apple Salad

1/2 c. salad dressing	1 c. cottage cheese
1/2 tsp. salt	lettuce or other greens
1 qt. diced apples	
1 c. pitted dates	

Mix the salad dressing and salt. Add the apples and mix well. (Do not peel the apples if the skin is tender.) Add the dates, which have been cut in quarters lengthwise, and the cottage cheese. Toss lightly together. Chill, and serve on lettuce or other greens.

5. SOUPS

Irish Chowder

3 slices raw bacon, cut in 1/2 inch pieces	Celery or celery leaves, if desired
3 or 4 medium potatoes	2 tsp. salt (more if desired)
About 1/2 as much onion as potato	milk, about 1 qt.

Crisp the bacon, but do not scorch it. Pour off part of the grease, if desired. Add 2 cups of milk and bring to the boiling point. Put in the onions, potatoes, and celery if used, all cut small for quick cooking. Cook barely at the boiling point until the vegetables are tender. Mash without draining. Add 2 tsp. of salt and enough milk to dilute it to the thickness of cream soup (about 2 cups). Bring again to the boiling point and serve hot.

Cheese Soup

4 Tb. butter	1-1/2 c. grated Kraft
1 Tb. finely grated onion	Old English Cheese
5-1/2 Tb. flour	salt and pepper
1 c. chicken broth	chopped parsley
3 c. milk	

Melt butter in the top section of a double boiler. Add onion. Cover and cook over moderate heat until just tender. Place over boiling water. Add flour, mix well. Add chicken broth and milk all at once. Cook, stirring constantly until thickened. Add cheese, stir until melted. Season with salt and pepper. Garnish with parsley. Serve at once. Serves 6.

Cream of Celery and Olive Soup

3 Tb. butter	1 qt. milk
1-1/2 c. finely chopped celery	1/4 c. chopped stuffed or ripe olives
4 Tb. sifted flour	salt and pepper

Melt butter in the top of a double boiler directly over the heat. Add celery, cook over low heat until tender, stirring frequently. Place over not water, add flour, and mix well. Add milk all at once. Cook, stirring constantly until thickened. Add olives and season with salt and pepper. Reheat. Serves 6.

Cream of Cabbage and Lentil Soup

3/4 c. dried lentils	1 Tb. butter
1/4 lb. salt pork	3-1/2 c. milk
1 tsp. salt	few grains pepper
1-1/2 finely shredded cabbage	

Soak the lentils overnight in cold water. Drain. Add the diced salt pork and 2-1/2 cups of fresh water. Cover and cook until tender, adding more water if necessary. Add the salt near the end of the cooking time. Drain and boil down the liquid to about 1/2 cup. Press lentils through a sieve.

5. SOUPS (continued)

Cream of Cabbage and Lentil Soup (continued)

Cook the cabbage in the butter over low heat until tender. Place over hot water, add the milk, pepper, lentils, and lentil liquid. Add more salt if desired. Reheat. Serves 6.

Creole Bean Soup

1 c. navy beans	2-1/2 Tb. butter
3 c. water	3 Tb. chopped green pepper
2 strips bacon	2-1/2 Tb. flour
1 small onion	2-1/2 c. milk
1-1/2 tsp. salt	few grains pepper
3/4 c. cooked or canned tomatoes	

Cover the beans with water and soak overnight. Drain and add the 3 cups of water, the diced bacon, and sliced onion. Cover and cook until the beans are tender. Add salt near the end of the cooking time. Press through a sieve and add the tomatoes. Melt the butter in the top of a double boiler placed directly over the heat. Add the green pepper and cook over low heat for about 5 minutes, stirring occasionally. Place over hot water, add flour, and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the bean and tomato mixture, mix well, and reheat. Add pepper and more salt if desired. Serves 6.

Melt butter in the top of a double boiler placed directly over the heat. Add the green pepper and cook over low heat until tender. Place over hot water, add flour, and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the bean and tomato mixture, mix well, and reheat. Add pepper and more salt if desired. Serves 6.

Melt butter in the top of a double boiler placed directly over the heat. Add the green pepper and cook over low heat until tender. Place over hot water, add flour, and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the bean and tomato mixture, mix well, and reheat. Add pepper and more salt if desired. Serves 6.

Cream of Cabbage and Lentil Soup

1 Tb. butter	3/4 c. dried lentils
2-1/2 c. milk	1/4 lb. salt pork
few grains pepper	1/2 c. finely shredded cabbage

Soak the lentils overnight in cold water. Drain. Add the sliced salt pork and 2-1/2 cups of fresh water. Cover and cook until tender, adding more water if necessary. Add the salt near the end of the cooking time. Drain and boil down the liquid to about 1 1/2 cups. Press lentils through a sieve.

5. VEGETABLES

Scalloped Potatoes Supreme

8 medium sized potatoes or
2 qts. sliced
1/4 c. chopped green pepper

1/4 c. minced onion
2 tsp. salt
1 tsp. pepper

Blend together: 1 can condensed mushroom soup
1 cup milk

Pour over vegetables arranged in casserole. Cover and bake 1-1/2 hours in a moderate oven (350° F.). Serves 6.

Onions in Cheese Sauce

6 medium onions
1-1/4 Tb. butter
1-1/2 Tb. flour

2/3 c. milk
1/2 lb. grated American Cheese or
Old English Processed Cheese

Cook whole onions in salted water until tender. Melt butter in a double boiler. Add flour and mix well. Add milk all at once and cook, stirring constantly until thickened. Add cheese and stir until melted. Beat with rotary beater if not smooth. Thin with a little milk, if necessary. Put onions in a baking dish. Pour cheese sauce over top. Place under the broiler until lightly browned. Serves 6.