

College of Agriculture and Life Sciences Extension Publications

The Extension Publications collections in the UA Campus Repository are comprised of both current and historical agricultural extension documents from the College of Agriculture and Life Sciences at the University of Arizona.

This item is archived to preserve the historical record. This item may contain outdated information and is not intended to be used as current best practice.

Current extension publications can be found in both the UA Campus Repository, and on the CALS Publications website, <http://cals.arizona.edu/pubs/>

If you have questions about any materials from the College of Agriculture and Life Sciences collections, please contact CALS Publications by sending an email to: pubs@cals.arizona.edu

Extension Circular No 109 (Revised, 1942)

July, 1942



University of Arizona

COLLEGE OF AGRICULTURE
AGRICULTURAL EXTENSION SERVICE

MEAL PLANNING MADE EASIER

By

JEAN M. STEWART

Extension Nutritionist

REVISED BY LOLA T. DUDGEON

Extension Nutritionist

NAME

ADDRESS

COUNTY

PUBLISHED BY
University of Arizona
TUCSON, ARIZONA

University of Arizona

College of Agriculture, Agricultural Extension Service

Chas. U. Pickrell, *Director*

Co-operative extension work in agriculture and home economics, the University of Arizona College of Agriculture and the U.S. Department of Agriculture co-operating. Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914.

MEAL PLANNING MADE EASIER

By Jean M. Stewart, Extension Nutritionist
Revised by Lola T. Dudgeon, Extension Nutritionist

INTRODUCTION

Three times a day at mealtime we have the opportunity of coming together in friendly family groups.

The homemaker who selects the food wisely, prepares it well, and serves it nicely has her reward in healthy, happy family members, alert and eager to participate in the work and pleasures of everyday living.

In many homes as much as 40 per cent of the family income is spent for food.

PLANNING MEALS FOR HEALTH

Let's see how we can plan meals which meet the physical needs of our family for growth and development, and the social and emotional needs of our growing boys and girls, and still come within our pocketbooks. The health-giving values a family receives for its meals do not depend entirely on the amount spent for food. A homemaker who is not a good manager may spend much money for food and still have her family undernourished. It is worth while for any family to compute how much it can reduce its food bill through home production.

HELPFUL HINTS ON MEAL PLANNING

1. Plan meals for the whole day.
2. Plan meals at least one day in advance; preferably plan meals for the whole week.
3. Plan meals to include the daily food essentials.
4. Plan meals to meet the needs of each individual in the family.
5. Plan meals to conserve time, money, and energy. See Agricultural Extension Service circulars:
 - HD-N71 Mrs. Homemaker Buys Cereal Today
 - HD-N65 Mrs. Homemaker Buys Canned Food Today
 - HD-N78 Mrs. Homemaker Buys Meat Today
6. Plan meals to include attractive food combinations; consider color, texture, and taste.
7. Prepare foods so as to retain the food value, color, shape, and flavor. See Agricultural Extension Service circulars:
 - HD-N15 Meat Selection: Meat Cuts and Their Uses
 - HD-N16 Meat Extenders
 - HD-N17 Uses of Sour Milk in Cookery
 - HD-N32 Healthful Sweets
 - HD-N34 Poultry Cookery
8. Prepare foods in a variety of ways. The less money there is available for food, the more limited is the food selection.

Monotony in diet is not harmful to physical health; variety adds zest to the appetite.

9. Season foods well.
10. Plan meals for special occasions, such as birthdays, anniversaries, holidays, Lent, etc.

A DAILY GUIDE TO GOOD EATING

Meals planned according to the daily food guide below include many different assortments of food. By choosing from the suggested foods and using them wisely, the money spent for the family meals can be kept at a minimum.

Milk

- $\frac{3}{4}$ to 1 quart or more for each child
- 1 to $1\frac{1}{2}$ pints for each adult
- 1 quart for the pregnant mother
- $1\frac{1}{4}$ to $1\frac{1}{2}$ quarts for the nursing mother

The family may use the milk to drink, in cooked food, or as cheese. The following quantities of milk products are similar in nutritive value to 1 quart of liquid whole milk:

- a. Five ounces of American (Cheddar) cheese
- b. One quart skim milk and $1\frac{1}{2}$ ounces of butter
- c. Four and one half ounces of dried whole milk
- d. Three and one half ounces of dried skim milk and $1\frac{1}{2}$ ounces of butter
- e. Seventeen ounces of evaporated milk

Bread and cereals

Enriched or whole wheat bread at every meal and a whole grain cereal once or twice daily. Flour or bread to which thiamin (B_1), niacin (pellagra preventing factor), and iron have been added are known as enriched flour or bread; also, calcium and riboflavin may be added. If the flour and bread have been enriched it will be shown on the flour bag or bread wrapper. See Agricultural Extension Circular HD-N71, *Mrs. Homemaker Buys Cereals Today*.

Vegetables and fruits

White or sweet potatoes at least once each day. If the potatoes are baked or boiled in their skins, most of the food value will be retained.

One or more servings of leafy, green, or yellow vegetables each day. Serve one raw. Some of the vegetables of this group include cabbage, carrots, peas, yellow squash, green beans, spinach, chard, beet greens, etc.

Dried peas, beans, or lentils may be served two or three times each week.

One or more servings of tomatoes or citrus fruit each day. The tomatoes may be served

raw, cooked, or as juice; the citrus may include either the fruit or the juice.

One or more servings of other fruits or vegetables. The vegetables in this group might include cauliflower, summer squash, corn, turnips, etc., while the fruit might be apples, peaches, plums, apricots, pears, figs, dates, and many others, served fresh, cooked, frozen, canned, or dried.

Eggs and meat

One or more servings of lean meat, poultry, fish, or game. The inexpensive cuts of meat have the same high nutritive value as the expensive cuts. See circular HD-N78, *Mrs. Home-maker Buys Meat Today*.

When eggs are cheap use them occasionally instead of meat; American cheese may also be substituted for meat.

Serve eggs four times a week for adults, daily, if possible, for children under 4 years and for the pregnant mother.

Dried peas, beans, and lentils may take the place of meat if milk is also used. Sometimes the tough outer skin causes indigestion, especially for children; you can get rid of this outer skin by putting the cooked beans through a strainer. A soup made of the mashed beans and milk is very good for children and for grown ups too.

Fats, butter

Enough fat to make food palatable. Price the cooking fats in your market and use those which are cheapest. Try out fat meat and save the meat drippings to use in cooking. Fat is difficult for young children to digest and should be given sparingly to children under 4.

Cod-liver oil and sunshine

Every member of the family should be out of doors in the sunshine, if possible, for a part of each day without too much covering. The eyes should be shaded from the sun. Children and pregnant or nursing women may need an extra source of vitamin D, such as cod-liver oil; use 1 teaspoonful daily. Consult physician.

Sardine and salmon oils contain vitamin D, about half that of U.S.P. cod-liver oil. Ordinary canned salmon and sardines contain about 10 to 15 per cent oil and are therefore to be regarded as very good sources of vitamin D.

Sugar and other sweets

Brown sugar and molasses have greater health value than white sugar. Use them whenever you can on breakfast cereals or desserts. Use small amounts of sweets to make your meal attractive but do not let them take the place of foods you need. Spend the extra pennies for fruits and vegetables, not for sweets.

Tea and coffee have no health value. Money should be spent for them only after buying the foods necessary for health.

When money is limited, buy milk and cereal foods of whole grain first, then a little fat. Next buy potatoes. Then, as your money permits, buy tomatoes or oranges, a vegetable in addition to potatoes (such as cabbage, carrots, or greens), dried beans, a second fruit, eggs, a little meat, more fat, a little sugar, and molasses.

A SECOND DAILY FOOD PLAN

By making a few changes in the above daily food guide, the necessary food nutrients for good health will be provided for those families who prefer dried beans each day.

The daily requirements for milk, bread, cereals, tomatoes, citrus fruit, and eggs are the same as in the preceding daily food guide. The significant changes in the second plan follow:

- a. Dried peas, beans, or lentils each day.
- b. Potatoes, three or four servings each week.
- c. Leafy, green, or yellow vegetables, one serving each day.
- d. Other vegetables and fruit, two or more servings daily.
- e. Meat, three or four servings of lean meat, fish, poultry, or game each week.
- f. Fats and oils, slightly more than in the first plan.
- g. Sugars, sirups, and preserves, slightly less than in the first plan.

PLANNING PRACTICES TO RETAIN THE MAXIMUM COLOR, FLAVOR, AND FOOD VALUES OF VEGETABLES

In preparing and cooking vegetables, methods should be selected which preserve the color, flavor, and the important food materials. Sometimes one method answers all purposes, but not always.

TO BOIL VEGETABLES

Certain vitamins and minerals are soluble in water, and loss may result if the cooking water is discarded. It is advisable to cook the vegetables in the smallest amount of liquid possible and to serve the "pot liquor" in sauces, gravies, or soup.

Note.—The greater the area of cut surface exposed, the greater the loss of minerals and vitamins. Vegetables left whole, cooked in the skin, or scraped, lose less food value than those peeled and finely cut.

During cooking, some of the vitamins may be destroyed by oxidation, a chemical process that takes place in the presence of air. This process is speeded up by heat. Air stirred into hot foods, as during cooking or serving, increases vitamin destruction. The following will reduce this loss to a minimum:

1. When boiling vegetables add salt to the water and boil the water for several minutes before adding the vegetables. This procedure drives the air out of the water. Put the vegetables into the

rapidly boiling water and bring the water to a boil again as quickly as possible. Use from 1 to 1½ teaspoonfuls of salt to 1 quart of water.

2. Cook the vegetables the shortest possible time.
3. Serve immediately.

To improve flavor

In mild-flavored vegetables, such as peas, celery, carrots, parsnips, string beans, and Lima beans, use just enough water to cover. Do not drain; let the water cook down. Be careful not to scorch.

In those vegetables that develop a strong flavor, such as cabbage, broccoli, Brussels sprouts, cauliflower, and turnips, boil rapidly in a large volume of water, leaving the lid off. This permits the escape of certain gasses which may cause discomfort and digestive disturbances. Prolonged cooking increases the indigestibility of members of this family, and develops the strong taste and odor associated with them. When cooked for a short time in a large volume of rapidly boiling water, with the lid off, the cabbage family may be considered mild-flavored vegetables.

However, the members of this family and other vegetables may be cooked according to the so-called "Chinese" method, without loss of value or digestibility. Cut vegetables moderately fine. Select a pan with a well fitting lid. Heat the pan, add 1 to 2 teaspoonfuls of fat (if butter is used great care must be taken not to burn it). Heat to just below the smoking point. Add the cut vegetables, mix quickly in the fat. Add 1 or more tablespoonfuls of boiling water, depending on the amount of water in the vegetable and the tightness of the lid of the pan. Salt, cover, and reduce the heat. Cook until done but still crisp. Cabbage and squash cook in 5 to 7 minutes, broccoli and peas in 15 minutes.

To retain color

To retain the bright green color in cooking green vegetables, they should be cooked for as short a time as possible. Acid changes the bright green color to olive green. There are naturally occurring volatile acids in the vegetables themselves. Start cooking them uncovered, or with the lid ajar. These volatile acids then escape. After 2 or 3 minutes, put the lid on.

All the vitamins are more easily destroyed in alkaline than in acid substances. For this reason the use of soda to preserve green color in vegetables is a bad practice. The natural acidity of some foods, as tomatoes or citrus fruits, preserves the vitamins contained in them during cooking.

In general

In general, the greatest retention of the value of vegetables in the diet is favored when:

The least water is used and none discarded.

The peelings are thin or the skin utilized as a food.

The vegetables are not finely cut.

The vegetables are not soaked in water before cooking.

No soda is used in cooking.

They are closely covered during the cooking process.

They are cooked steadily, not violently, for a short time.

They are considered done while a bit crisp instead of soft and mushy.

They are served immediately.

TIMETABLE FOR BOILING VEGETABLES

(At a 1,000-foot elevation or lower)

Watch the clock if you want your vegetables to retain flavor, texture, and good color. Boil vegetables until they are tender but still firm. Count the time after they begin to boil:

5 to 10 minutes..... Asparagus, Brussels sprouts, cabbage, carrots, cauliflower, celery, green onions, peas, spinach and other greens, and turnips

15 minutesChard, summer squash, broccoli

15 minutes or longer..String beans

20 to 25 minutesDry onions

45 minutes..... Beets (whole)

Note 1.—The time required will vary according to the size of the vegetable or of the pieces into which it is cut, age of vegetable, and cooking method used.

Note 2.—It is necessary to increase the cooking time for higher altitudes. A rough approximation of the increase in cooking time for each increase of 1,000 feet in elevation is as follows:

Sea level to 1,000 ft	2,000 ft	3,000 ft.	4,000 ft.	5,000 ft.	6,000 ft.	7,000 ft.
<i>Minutes</i> 5	<i>Minutes</i> 6	<i>Minutes</i> 7	<i>Minutes</i> 8	<i>Minutes</i> 9	<i>Minutes</i> 10	<i>Minutes</i> 11
10	12	14	16	18	20	22
15	18	21	24	27	30	33
20-35	24-42	28-49	32-56	36-63	40- 70	44- 77
40-50	48-60	56-70	64-80	72-90	80-100	88-110

TO BAKE VEGETABLES

In a covered baking dish

Leave the vegetables in rather large pieces, or if small enough, leave whole. Divide carrots, parsnips, or turnips lengthwise. Leave onions whole. If the onions are large, cut the top in the form of a crisscross. Slice beets or cut them in cubes.

Place the vegetables in a baking dish. Salt them. Add boiling water to cover the bottom of the pan, less than $\frac{1}{2}$ cup. Cover tightly. Place in oven.

Lift the lid during the first few minutes when baking a vegetable that may become strong in flavor.

Turn the heat high enough to let the water boil. A moderate oven, 350 to 400 degrees F. will accomplish this.

If it is desired that the vegetables be fairly dry, remove the cover when the vegetables begin to get tender.

To butter the vegetables and even to brown them lightly, add the butter when most of the water is evaporated. Leave the lid off and continue the baking, turning the heat up slightly.

TIMETABLE FOR BAKING VEGETABLES*

Vegetable	Time (minutes)
Beets	45-60
Potatoes, Irish	40-60
Potatoes, sweet	40-60
Squash, winter	45-75
Carrots	75

TO STEAM VEGETABLES

1. Steam vegetables that are mild in flavor and white, yellow, or red in color (parsnips, carrots, sweet potatoes, squash, wax beans, and beets). Spinach and other tender greens may be steamed satisfactorily.

2. If possible, choose for mild vegetables an inset pan perforated high up on the sides and not on the bottom or the lower part, or use a nonperforated pan on the rack, so arranged that steam reaches the vegetables.

3. If greens or vegetables that may become strong flavored are to be steamed, use a perforated rack or pan. This method is self-draining. Raise the cover and allow steam to escape once or twice during the early part of the steaming.

4. Have water in the bottom of the steamer and boil it enough for live steam to form. Be careful not to overcook the vegetables. The steaming time is practically the same as given for boiling, generally a little longer.

Note.—If vegetables have been steamed on the perforated rack, the water in the kettle may be used for soups, gravies, etc.

TIMETABLE FOR STEAMING VEGETABLES

Vegetable	Time (minutes)
Beets, new	40-60
Beets, old	60-120
Carrots, sliced	20-30
Carrots, whole	30-40
Celery	30-35
Potatoes, Irish	25-35
Potatoes, sweet	20-30
Squash, summer	15-30

*From *Food for the Family*, by Jennie S. Wilmot and Margaret Q. Batjer. 1938.

SUGGESTED ADDITIONS TO THE MODERATE AND LOW-COST
DIETS WHERE SPECIAL FOODS ARE REQUIRED

(Weekly Allowances)

For the tubercular adult:

- Allow: 7 quarts of fresh milk
- Serve whole grain cereal and brown bread
- Serve 7 eggs; 2 oz. cod-liver oil
- Serve liver at least once
- Select fruits and vegetables rich in vitamin A

For the tubercular child:

- Allow: 9 quarts of fresh milk
- Provide whole grain cereals
- Serve 7 eggs; 2 oz. cod-liver oil
- Serve liver at least once
- Select fruits and vegetables rich in vitamin A

For the pregnant woman:

- Allow: 7 quarts of fresh milk
- Serve whole grain cereals and whole wheat bread
- Add 2 oz. cod-liver oil
- Select vitamin-rich vegetables (tomatoes, spinach, carrots, chard)

For the nursing mother:

- Allow: 7 quarts of fresh milk
- Use whole grain cereals and whole wheat bread
- Add 2 oz. cod-liver oil
- Select vitamin-rich vegetables (tomatoes, spinach, carrots, chard)

It would be desirable to add 6 oz. of dry yeast to this diet or $\frac{1}{2}$ pound of wheat germ or rice polishings.

VITAMIN CHART*

Vitamins occur naturally in foods and are essential for growth and health

Name and properties	Distribution in foods	
	Excellent sources	Good sources
<p>VITAMIN A "Provitamin A" Carotene Beta carotene</p> <p>Soluble in oils and fats. Very little is destroyed during ordinary cooking and practically none is dissolved. A surplus can be stored for a relatively long time in the body.</p>	<p>Fish-liver oils Liver Fish roe</p> <p>Kale Spinach Dandelion greens Chili peppers, red Escarole Chard Lamb's quarters Turnip tops Lettuce, green Collards Water cress</p> <p>Egg yolk Butter Cheese</p> <p>Chinese cabbage Broccoli Mustard greens Carrots Sweet potatoes Squash, yellow Peppers, sweet Tomatoes, red Peas, green Beans, green Beet greens</p> <p>Apricots Prunes Peaches, yellow</p>	<p>Milk, whole Red salmon</p> <p>Asparagus, green Okra Brussels sprouts Artichokes, globe Tomatoes, yellow Chili peppers, green;</p> <p>Cream Kidney Oysters</p> <p>Avocados Cantaloupe Blackberries Black currants Blueberries</p> <p>Corn meal, yellow</p>
<p>VITAMIN B₁ Thiamin Aneurin</p> <p>Soluble in water.</p>	<p>Pork, lean Chicken</p> <p>Kidney Liver</p>	<p>Fish roe Fish Codfish Sardines Whiting</p> <p>Egg yolk Brains Beef, lean Mutton, lean</p>

<p>VITAMIN C—Continued</p> <p>Cooking, drying, or canning partially or wholly destroys it except when acid is present. It is not stored in the body and therefore must be supplied daily.</p>	<p>Mustard greens Kale Water cress Spinach Dandelion greens Peppers, sweet Kohlrabi Rutabagas Chili peppers† Guavas Mangoes Oranges Lemons Grapefruit Tangerines</p> <p>Cauliflower Cabbage Broccoli Asparagus Tomatoes, fresh and canned Peas, green Corn salad Radishes Currants Strawberries Gooseberries Raspberries Cantaloupe</p> <p>Seeds, sprouted</p>	<p>Potatoes, white Sweet potatoes Beans, green Parsnips Rhubarb Leeks Onions Artichokes, globe Pineapple Cherries Cranberries Bananas Peaches Apples Avocados Watermelon</p>
<p>VITAMIN D</p> <p>Irradiated ergosterol Vioosterol</p> <p>Soluble in oils and fats. Not affected by ordinary cooking.</p>	<p>Fish-liver oils Egg yolk (from hens on diet high in vitamin D)</p>	<p>Salmon Sardines Eggs Butter</p>
<p>VITAMIN G (B₂)</p> <p>Riboflavin</p> <p>Water soluble. Stable to heat except when soda or other alkaline substances are added.</p>	<p>Liver Heart Eggs Cheese Milk, condensed Turnip tops Kale</p> <p>Kidney Muscle meats, lean Milk, dried (whole or skim) Milk, evaporated Beet tops Mustard greens</p>	<p>Milk, fresh (whole or skim) Buttermilk Whey Peas Spinach Collards Broccoli Beans, Lima Water cress Endive Lettuce, green</p>

VITAMIN CHART*—Continued
 Vitamins occur naturally in foods and are essential for growth and health

Name and properties	Distribution in foods	
	Excellent sources	Good sources
VITAMIN G (B ₂)—Continued	<p>Wheat germ Rice polishings Peanuts Soybeans</p> <p>Good sources</p> <p>Liver Salmon Rabbit Beef, fresh</p> <p>Beef, corned Pork, lean Chicken Buttermilk</p> <p>Peas, green Collards Turnip greens Kale Tomato juice</p> <p>Wheat germ Peanut meal Peas, green (dried)</p>	<p>Cabbage Carrots</p> <p>Pears Prunes</p> <p>Cauliflower Beets</p> <p>Avocados</p> <p>Peaches</p> <p>Wheat, whole grain Legumes, dried</p> <p>Fair sources</p> <p>Egg, yolk Milk, skim (fresh and dried) Milk, evaporated Haddock</p> <p>Cowpeas Soybeans Cabbage, green Spinach Mustard greens</p>
PELLAGRA-PREVENTING FACTOR Niacin		

*Reference—Esther Peterson Daniel, *Foods Rich in Vitamins*, U.S.D.A., Bureau of Home Economics, Washington, D.C., 1938.
 †Edith M. Lantz, *Vitamin Content of Chitt and Other Peppers*, Press Bull. 947, New Mexico Agr. Exp. Sta., 1942.
 ‡Results of a study of Nutrition Laboratory, University of Arizona.

SUGGESTED WEEKLY MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Sectioned grapefruit	Sliced oranges	Grapefruit	Sliced oranges	Stewed apricots Orange juice for children under 4	Melons or berries or fruit in season	
Shredded wheat Milk for cereal	Cereal & raisins	Fried hominy & syrup Whole wheat toast	Corn muffins	Cereal	Cereal Milk for cereal Whole wheat toast	
Whole wheat muffins	Biscuits	Milk for children; coffee for adults	Crisp bacon	Cinnamon rolls		
Country sausage	Cocoa		Milk for children; coffee for adults	Cocoa	Milk for children; coffee for adults	
Milk for children; coffee for adults						
DINNER						
Chop suey (celery, carrots, onions)	Pot roast	Potenta	Liver	Meat loaf	Jellied salmon*	Cold meat loaf
Rice	Candied sweet potatoes	String beans	Creamed potatoes	Baked potatoes	Boiled potatoes	Potato cakes
Nut bread	Spinach	Mixed vegetable salad	Green peas	Baked carrots	Green peas	
Apple pie	Apple, raisin & celery salad	Chocolate pudding	Chinese cabbage	Baked beets	Sliced tomato salad	
Milk	Milk	Milk	Fresh fruit	Fairy food dessert*	Creamy rice pudding*	Chard
			Milk	Milk	Milk	Fruit turnovers
						Milk
LUNCHEES OR SUPPER						
Bean soup*	Russian beet soup	Cottage cheese & peanut loaf*	Hopping John*	Potato soup*	Spoonbread*	
Cornbread	Meat turnovers*	Whey fluff (grated carrots)	Steamed brown bread*	Fruit & lettuce salad	Cole slaw*	
Milk	Gingerbread	Hot biscuits	Wilted lettuce	Wheat germ cookies*	Carrot sticks	
	Milk	Milk	Milk	Milk	Parisian sweets*	
					Milk	

*Recipe given in this circular.

MAIN DISH RECIPES

BEAN SOUP

- | | |
|----------------------------|--------------------------|
| 1 cup pink or kidney beans | 1 cup diced raw potatoes |
| 1 onion chopped | 1 sausage |
| 1 bay leaf | |

Soak and cook pink or kidney beans. Brown the onion. Add the cooked beans and bay leaf. Add the diced potatoes. (There should be half the quantity of potatoes as there are beans.) Add enough water to the beans so that the diced potatoes can be cooked. When the potatoes are practically cooked, add finely sliced sausage. Serve in the consistency of stew or soup.

POTATO SOUP

- | | |
|---------------------------------|---|
| $\frac{1}{4}$ cup shortening | 3 cups diced raw potatoes |
| $\frac{1}{2}$ cup chopped onion | 1 cup chopped raw vegetables as carrots, tomatoes, greens, etc. |
| 2 cups water | |
| $1\frac{1}{2}$ tsp. salt | 1 qt. milk |

Cook onion slowly in the fat until yellow. Add water, potatoes, vegetables, and salt. Cook slowly until potatoes are tender. Add milk, a dash of pepper and cayenne (if desired) and heat thoroughly before serving. Yield: 6 servings. Each serving contains the equivalent of $\frac{2}{3}$ cup milk.

MEAT TURNOVERS

To serve with Russian Beet Soup (Borscht)

Make a baking powder biscuit dough. Roll thin and cut in squares. Brown raw ground meat in a small amount of fat. Season with salt and pepper and onion if desired. On each of the squares of dough put a spoonful of the meat mixture. Fold over in half so they are triangular in shape. Press the edges together. Bake in a hot oven until they are brown. If desired, the rolls may be made round by cutting with a biscuit cutter and putting two circles together with the meat between. Left over cooked meat may be ground and used.

COTTAGE CHEESE LOAF

- | | |
|---|-----------------------------|
| 1 cup cooked brown rice | 1 tbsp. butter |
| 1 cup cottage cheese | 1 cup strained tomato juice |
| $\frac{1}{2}$ cup ground peanuts | 1 cup bread crumbs |
| 1 tbsp. chopped onion | |
| Paprika, green pepper, celery, and almost any other seasoning may be added. | |

Combine the ingredients and form the mixture into a roll. Brush it over with melted fat and bake it in a moderate oven for 45 minutes. Serve it with medium thick white sauce to which may be added 2 tbsp. of minced sweet red or green pepper, and one beaten yolk of egg. Any sauce may be substituted for this.

JELLIED SALMON

- | | |
|---------------------------|-------------------------------------|
| 1 tbsp. gelatin | $\frac{1}{4}$ cup vinegar |
| 2 tbsp. cold water | 1 cup milk |
| $1\frac{1}{2}$ tsp. sugar | 2 tbsp. melted butter or substitute |
| 1 tsp. dry mustard | |
| $1\frac{1}{2}$ tsp. salt | 2 egg yolks |
| 1 tbsp. flour | 1 No. 1 can salmon |

Soak gelatin in cold water. Mix sugar, mustard, salt, and flour. Add vinegar and well beaten egg yolks. Scald milk and combine. Add butter. Cook until the mixture coats the spoon. Add soaked gelatine; stir until dissolved. Add flaked salmon. Mold and chill until firm. Serve cold. Yield: 6 servings.

SPOON CORN BREAD

- | | |
|-----------------------|------------------------------|
| 4 cups milk | 1 tbsp. butter or substitute |
| 1 cup yellow cornmeal | 4 eggs separated |
| 1 tsp. salt | |

Place 3 cups of the milk in a saucepan and scald. Add the cornmeal and salt slowly to the scalded milk and stir over the direct fire for 5 minutes. Remove from the fire, add the butter and stir in the remaining cup of milk. Add the egg yolks beaten slightly. Beat the egg whites until stiff but not

dry and fold into the batter. Place in a greased baking pan. Bake in a moderate oven (350°-375° F.) for 1 hour. Yield: 4-5 servings.

HOPPING JOHN

- | | |
|---|----------------------------------|
| 1 cup dried beans or 2 cups
canned beans | ½ cup diced salt pork |
| ¾ cup brown rice, cooked | 1 medium-sized onion,
chopped |
| | Salt, pepper, boiling water |

Soak the beans overnight in 2 cups water. Add 1 or more cups of water in the morning and 1 teaspoon salt. Cook until tender but not broken. Brown the diced salt pork until crisp, then remove from skillet and cook onion in the fat for 2 or 3 minutes. Add rice, beans, and salt pork, then the seasonings. Stir until hot and well mixed. Serve with tomatoes or horse-radish.

WHOLE GRAIN BREADS

STEAMED BROWN BREAD

- | | |
|--------------------------|-----------------|
| 2 cups whole wheat flour | 1 cup sour milk |
| 1 cup cornmeal | 1 tsp. soda |
| 1 cup enriched flour | 1 tsp. salt |
| 1 cup light molasses | ¾ cup raisins |
| 2 cups milk | |

Sift dry ingredients. Add raisins. Add the liquids gradually. If a slightly richer bread is desired, add ¼ cup melted fat. Fill greased mold two-thirds full. Grease the cover and place it on the mold. Wax paper may be tied over the top. Steam for 3 hours.

Note.—Use a linen thread or string in cutting brown bread while it is still hot.

WHEAT GERM COOKIES

- | | |
|-----------------------|---------------------|
| 1 cup enriched flour | 2 tbsp. milk |
| 1 cup wheat germ | ½ cup melted butter |
| ¾ cup sugar | ½ cup chopped nuts |
| 1½ tsp. baking powder | ½ cup raisins |
| 1 egg beaten | |

Mix and sift flour, salt, sugar, and baking powder; add wheat germ, egg, milk, and butter. Add nuts and raisins last. Drop on greased cookie pan and bake 25 minutes in a moderately hot oven (400° F.). Yield: 20 large cookies.

WHEAT GERM MUFFINS

- | | |
|------------------------------------|-------------------------|
| 1 cup enriched flour | or 2 tsp. baking powder |
| 1 cup wheat germ | (other types) |
| 2 tbsp. sugar | ½ tsp. salt |
| 4 tsp. baking powder
(tartrate) | 1 egg |
| | 1 cup milk |
| | 3 tbsp. melted fat |

Mix and sift flour, sugar, salt, and baking powder; add wheat germ, beaten egg, milk, and melted fat. Mix quickly, stirring only enough to mix ingredients (25 strokes is the optimum). Fill well-greased muffin pans two-thirds full and bake in a moderate oven (375° F.). Yield: 12 medium-sized muffins.

WHOLE WHEAT MUFFINS

- | | |
|---|-----------------------------|
| 1 cup enriched flour | ½ tsp. salt |
| 1 cup whole wheat flour | 1-2 tbsp. honey |
| 4 tsp. baking powder
(tartrate) or 2 tsp.
(other types) | 1 cup milk (less 2 tbsp.) |
| | 2-3 tbsp. melted shortening |
| | 1 large egg (may separate) |

Sift dry ingredients, flour, baking powder, salt, sugar, with the whole wheat flour; stir in the particles left in the sieve. Combine the milk, well-beaten egg, and melted fat. Stir into the sifted dry ingredients with as little stirring as possible (25 strokes is the optimum). Fill greased muffin pans not over two-thirds full. Bake in a moderate oven (375° F.).

Muffins require from 15 to 30 minutes for baking depending upon the size of the muffin, but not upon the materials used.

MISCELLANEOUS

SLAW DRESSING FOR CABBAGE

$\frac{1}{2}$ cup evaporated milk	$\frac{1}{2}$ tsp. salt
1 tbsp. sugar	pepper
	2 tbsp. vinegar or lemon juice

Mix the sugar, salt, pepper, and canned milk together. Add the vinegar slowly, stirring well. Mix with finely shredded cabbage.

SIMPLE DESSERTS

FAIRY FOOD DESSERT

4 eggs separated	$1\frac{1}{2}$ cups enriched flour
3 tbsp. of cold water	$\frac{1}{4}$ tsp. salt
$\frac{2}{3}$ cup granulated sugar	1 tsp. vanilla or other
$\frac{2}{3}$ cup honey	flavoring

Beat the egg yolks and the water together for 5 minutes with a dover egg beater. Add the sugar and honey and beat for another 5 minutes. Add the flour gradually stirring it in with a wooden spoon. Fold in the egg whites to which the salt was added and the flavoring. Bake in an angel food cake tin. Bake in slow oven (325° F.) for about 45 minutes.

This cake is delicious served with the following custard:

1 pint milk scalded	$\frac{1}{4}$ cup sugar
3 eggs	$\frac{1}{8}$ tsp. salt
	$\frac{1}{2}$ tsp. vanilla

Beat eggs slightly, add sugar and salt. Add milk gradually, stirring constantly. Cook and stir in double boiler until mixture thickens or coats a silver spoon. Chill and flavor. Serve on the above cake as a sauce. This dessert makes 16 servings.

Note.—Allow water in double boiler to simmer. Too rapid cooking or cooking too long will cause the custard to separate.

CREAMY RICE PUDDING

4 cups milk	2 eggs (if desired)
$\frac{1}{2}$ cup brown rice	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp. vanilla or nutmeg

Heat the milk in a double boiler. Wash the rice, add it to the milk, and cook in double boiler for 1 hour; stir occasionally. The rice and milk may be baked in the oven. Beat the eggs slightly, add the sugar and the salt and combine all with the rice. Lift the double boiler top out of the water as the heat of the rice mixture is sufficient to thicken it. Add the vanilla and set aside to cool. Serve with top milk. Use a fork for stirring. Fresh crushed fruit may be served on the rice.

PARISIAN SWEETS (FRUIT LOAF OR BARS)

I. 2 c. raisins	$\frac{1}{4}$ c. honey or syrup	1 c. nuts
-----------------	---------------------------------	-----------

Grind raisins and put nuts through a chopper, add honey, and mix thoroughly. Pat out in flat sheets and pack under pressure for 24 hours. Cut in squares.

II. Grind together equal parts of figs, dates, raisins, and nuts. Knead until blended on a board dredged lightly with powdered sugar. Pack in tin box or deep pan and let stand. Cut in cubes and roll in powdered sugar.

III. prunes	raisins, any kind	figs, dried	nuts
dried pears	dried peaches or	dates	
	apricots		

Use the above ingredients in any combination or quantity desired. Dried peaches and pears in equal quantities, with apricots in smaller quantity (if at all), make an excellent combination. Look over the fruit and then wash it, or wipe it with a damp cloth. Put it through a grinder. Add a little honey or thick syrup if additional moisture or sweetening is needed. Mold into a loaf. Let stand and then cut into cubes or sticks. Dip, if desired, in melted chocolate or fondant.

Note.—Dried fruit is often too hard and dry to grind without first being softened by being placed in boiling water 2 or 3 minutes.