

LOW COST MENUS FOR ONE MONTH WITH RECIPES

A THRIFT PROGRAM IMPLIES FULL VALUE FROM ANY INVESTMENT. IN TIMES OF PROSPERITY A THRIFT PROGRAM MAY INCLUDE SPENDING FOR MANY VALUES WHICH, THOUGH UNESSENTIAL, ADD RICHNESS TO LIVING. IN TIMES OF ECONOMIC STRESS A THRIFT PROGRAM CONSISTS OF GETTING ALL ESSENTIAL VALUES WITH LITTLE FINANCIAL INVESTMENT.

THIS BULLETIN IS PREPARED AS AN AID TO THE THRIFT PROGRAM OF THOSE OREGON HOMEMAKERS WHO ARE MAINTAINING FOR THEMSELVES AND THEIR FAMILIES A DESIRABLE STANDARD OF LIVING WITH LITTLE EXPENDITURE OF MONEY BUT WITH A VERY SUBSTANTIAL INVESTMENT OF THEIR TIME, THEIR ABILITIES, SKILLS, AND INTERESTS.

Oregon State Agricultural College
Extension Service
Corvallis, Oregon

Cooperative Extension Work in Agriculture and Home Economics

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Oregon State Agricultural College, United States Department of Agriculture, and State Department of Education, Cooperating

Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914

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Low Cost Menus for One Month with Recipes

A DEQUATE and satisfactory nutrition for the family at low cost can be achieved by the homemaker who understands food values and who with determined effort gains skill in using foods to which she is not accustomed or foods prepared in new ways.

These menus and recipes have been selected primarily for families who must spend very little money for food. Many families are able to afford a more varied diet than is here outlined, supplementing the foods listed with canned foods and a variety of fruits and vegetables in season. For such families the suggestions given will serve to show ways in which their expense for food may be reduced. Other families, who must keep their food expense at a very low figure, can follow the menus with the confidence that they will reasonably meet the nutritional needs of the family.

Menus are given for three meals a day for four weeks. Effort has been made to have the meals planned for each week adequate to meet nutritional needs. As much variety is provided as was found practicable under the limitations set. Monotony in diet is not harmful to physical health, and while variety adds zest to appetite, menus planned on a very low cost basis cannot cater to any but healthy normal appetites.

It may be noted that the suggestions given in this bulletin do not specify fresh milk. This is because the menus and recipes were prepared primarily to assist relief committees charged with the responsibility of providing families with food at public expense. They are put into bulletin form in the belief that many self-sustaining families will find them useful. Relief committees in many instances believe that the amount of milk needed for adequate diet costs more than food budgets will permit. The menus provide for a minimum amount of milk and a part of that in its cheapest form if necessary—dry skim milk. Dry skim milk, being inexpensive and easily handled, is readily provided by relief committees. Dry milk is a valuable food. Evaporated milk, which is whole milk, is easily handled and a satisfactory substitute for fresh milk. Families who follow the menus are urged to include an optimum amount of whole milk if possible. The optimum standard is one quart a day for each child and one pint a day for each adult. Families and relief committees are urged to provide nursing and pregnant mothers with a quart of fresh milk and one egg daily.

Eggs are not included in these menus because the menus were prepared for use at a time of year when many relief committees do not include them on market orders. It is difficult to meet the iron needs without eggs. They should be omitted only as an emergency measure and for as short a period as possible. All children under six need an egg three or four times a week. The optimum standard for those families who can afford it is one egg a day for each member of the family more than one year of age. Storage of eggs during the season of lowest prices is recommended to families and to relief committees as a desirable practice.*

*A leaflet, *Preserving Eggs in Water Glass*, may be obtained by writing the county extension office or the Extension Service, Oregon State Agricultural College, Corvallis.

The value of butter is well understood. In very low cost diets butter should be included at least for a spread on the bread for all three meals. In the menus it is assumed that jellies, jams, canned fruit, and other spreads for bread will be available in addition to butter.

In families where there are infants cod-liver oil should be included in a food budget. Babies should have a few drops at one month, increasing to three teaspoons daily at three months, and continuing this amount until at least two years of age.

It is not necessary of course that the menus be followed in the sequence of days suggested. Utilization of left overs, however, has been considered in planning the menus for each week.

If difficulty is found in obtaining locally any of the foods mentioned, families and committees should consult their county extension agents for information on sources of supply.

MENUS FOR ONE MONTH*

FIRST WEEK

Many of the recipes included in the menus are given on pages 9-30. Recipes are numbered and are indicated by number each time they are used in the menus given on the following pages.

BREAKFAST	DINNER	SUPPER
Sunday		
Cornmeal or ² wheat hominy Toast—butter Coffee for adults ¹ Cocoa for children	Baked potatoes, gravy Pot roast ²⁸ Boiled cabbage Bread ⁷⁴ Oatmeal cookies	²² Potato soup Bread or toast ⁶⁸ Apple brown betty
Monday		
³⁰ Cracked wheat Toast with sugar sirup Coffee for adults Milk for children	⁸ Vegetable chowder Bread or toast with peanut butter ⁷⁰ Cocoa pudding	³⁸ Scalloped tomatoes Bread Stewed prunes
Tuesday		
⁶⁵ Milk and salt pork gravy on toast Coffee for adults Cocoa for children	⁴³ Bean loaf with ⁴⁴ tomato sauce Creamed carrots Bread ⁶⁹ Apple sauce cake	³⁴ Scalloped potatoes Boiled onions ²⁶ Cole slaw Bread—peanut butter ⁶⁹ Apple sauce cake (left from noon)

*Recipes 13, 28, 31, 40, 51, 52, 57, 58, and 79 have been adapted from *The Market Basket*, published by the Bureau of Home Economics, United States Department of Agriculture.

Wednesday

¹⁷Rolled oats
²⁴Fried bread (toast
 for youngest child)
 Coffee for adults
 Cocoa for children

⁴¹Spanish wheat
 Mashed potatoes
²⁵Cabbage in milk
 Bread

⁸⁶ Hash brown
 potatoes
³²German carrots
 Bread
⁸¹Dried prunes

Thursday

¹⁷Rolled oats with
 prunes
 Toast—butter
 Coffee for adults

⁴Bean broth
 Bread
 Baked potato
 Baked apple

⁴²Baked beans with
 salt pork
²⁶Cole slaw
 Bread

Friday

¹⁶Cornmeal mush or
²¹wheat hominy
 cooked with milk
 Toast—butter
 Coffee for adults

Creamed salmon
 Mashed potatoes
 Raw carrot sticks
⁷⁷Prune dumplings
 with prune juice
 sauce and milk

⁷Potato chowder
 Toast sticks
 Apple sauce

Saturday

¹⁹Cracked wheat
 Toast—butter
 Coffee for adults
¹Cocoa for children

⁴⁶Boiled dinner with
 bacon back
 Bread
 Canned tomatoes
 (not heated)

²³Cornbread or hot
 biscuits
⁶⁶Milk gravy
 Baked apple

SECOND WEEK

BREAKFAST

DINNER

SUPPER

Sunday

Baked apple
³⁵Creamed potatoes
 Toast
 Milk for children
 Coffee for adults

⁶⁶Lamb stew with
 wheat or potatoes,
 carrots, onion for
 flavor
⁸⁰Dumplings cooked
 in stew
⁷⁶Prune brown betty

Milk toast with jelly
 or jam if available
¹⁹Wheat with ⁴⁴tomato
 sauce

Monday

²²Wheat hominy, milk
 and sugar
 Toast
 Milk for children
 Coffee for adults

¹⁵Vegetable soup
 (from meat bone)
 Baked potatoes
 Bread
 Raw carrot sticks
 with salt

Boiled potatoes
⁸⁵Salt pork gravy
 Stewed tomatoes
 Bread
 Canned fruit

Tuesday

Stewed dried prunes
¹⁶Cornmeal mush
 cooked in milk
 Toast
 Milk for children
 Coffee for adults

⁶²Wheat hominy boil-
 ed with meat bone
 or bacon rind
 Bread
²⁶Cole slaw

³⁴Scalloped potatoes
 Fried cornmeal mush
 Jelly, jam or sirup

Wednesday

¹⁷Rolled oats, milk
 and sugar
²⁰Wheat cutlets
¹Cocoa
 Coffee for adults

⁶⁰Spanish rice
 Steamed squash mash-
 ed and seasoned
 with milk and salt
 Bread
 Potatoes boiled in
 skins
⁵⁵Milk gravy

Stewed tomatoes with
 squares of toast
 Fried potatoes
 Bread
⁵²Apple brown betty
 with wheat hominy

Thursday

¹⁷Rolled oats, milk
 and sugar
 Bacon or ⁵⁶salt pork
 gravy on toast
 Milk for children
 Coffee for adults

²⁷Scalloped cabbage
 Mashed potatoes
 Bread
⁶⁸Apple crisp

¹¹Cream of tomato
 soup
 Bread
 Fried potato balls
 from mashed
 potatoes

Friday

Stewed dried or fresh
 apples
 Fried potatoes
 Toast
 Milk for children
 Coffee for adults

⁵⁸Baked macaroni and
 diced ham
 Boiled potatoes
 Cabbage and carrot
 salad with dressing
 of vinegar, grated
 onion, sugar and
 salt
 Rolls

^{13, 14}Split pea soup
 Bread or rolls
²Cinnamon milk shake

Saturday

¹⁹Whole wheat, milk
 and brown sugar
 Toast
 Cocoa
 Coffee for adults

⁶³Kidney bean and rice
 stew
 Boiled potatoes
 Rolls

Rice and onion soup
 Sour dough biscuits
²⁹Creamed 8 minute
 carrots

THIRD WEEK

BREAKFAST

DINNER

SUPPER

Sunday

¹⁷Rolled oats, milk
 and sugar
 Toast
 Milk for children
 Coffee for adults

⁴⁵Beef and vegetable
 casserole
 Mashed potatoes
 Bread
 Apple sauce

Vegetable hash from
 left over potatoes
 and casserole vege-
 tables
 Bread
 Apple sauce

Monday

¹⁹Whole wheat, milk
and sugar
Toast
Milk for children
Coffee for adults

⁹Whole wheat
chowder
Bread
Baked potato
Prune shortcake with
⁷²nutmeg sauce

⁶³Hopping John
Stewed tomatoes
Bread

Tuesday

²¹Wheat hominy, milk
and sugar
Toast
Milk for children
Coffee for adults

⁶Carrot chowder
⁵⁸Rice pilau
Bread
Stewed apples with
dumplings

⁶⁴Hominy warmed
over with fried
diced bacon or salt
pork
Toast with ⁵⁵milk
gravy

Wednesday

¹⁷Rolled oats, milk
and sugar
²²Corn bread
Milk for children
Coffee for adults

⁴⁹Cottage cheese
patties
⁴⁰Tomato ruffle
Mashed potatoes
Bread

⁶Oatmeal chowder
²⁸Scalloped cabbage
and apples
Bread

Thursday

¹⁰Cracked wheat, milk
and sugar
Toast
Milk for children
Coffee for adults

Vegetable plate
baked potato,
²⁰creamed carrots,
seasoned beets
²²Baking powder
biscuits
⁷¹Creamy baked
rice pudding

Cream of vegetable
soup
Bread
Fried apples

Friday

¹⁶Cornmeal mush
cooked in milk, milk
and sugar
Toast
Milk for children
Coffee for adults

⁴¹American chili
Mashed potatoes
Bread
⁷²Creamy rice with
prunes

Fried cornmeal mush
²⁵Creamed potatoes
Cold canned tomatoes
Bread

Saturday

²⁰Wheat cutlets with
⁵⁸milk gravy
Toast
Milk for children
Coffee for adults

⁴⁸Cottage cheese balls
Boiled potatoes
Bread
Apple shortcake with
⁷²nutmeg sauce

¹⁰Cream of cabbage
soup
Fried potatoes.
⁴⁷Cottage cheese and
raw carrot sand-
wiches

FOURTH WEEK

BREAKFAST	DINNER	SUPPER
Sunday		
⁶⁶ Apple coffee cake Milk for children Coffee for adults	⁶⁷ Rice and meat loaf Mashed potatoes with gravy from searing meat Bread ⁷⁸ Prune, and wheat pudding with ⁷⁸ cin- namon sauce	⁷¹ Cocoa Raw carrot and onion sandwiches Prunes stuffed with ⁴⁷ cottage cheese
Monday		
¹⁶ Rolled oats por- ridge, milk and sugar Toast Milk for children Coffee for adults	⁶⁴ Baked macaroni and tomato Mashed potatoes ⁴⁷ Cottage cheese, raw carrot and onion salad with dressing of tomato juice and salt ⁷⁶ Prune cobbler	¹² Cream of potato soup Bread Raw apples
Tuesday		
²⁰ Cracked wheat, milk and sirup Toast Milk for children Coffee for adults	⁵⁰ Scalloped mixed vegetables, pota- toes, carrots, onions Bread ⁴⁷ Apple cobbler	Vegetable hash Bread Uncooked canned tomatoes with sugar
Wednesday		
Boiled rice with prunes, milk and sugar Toast Milk for children Coffee for adults	⁶⁵ Wheat and vegetable loaf Mashed potatoes Bread ⁴⁸ Apple crisp	⁴¹ Fried carrots and apples ³⁵ Creamed potatoes Bread
Thursday		
Toast with ⁵⁶ salt pork and milk gravy Milk for children Coffee for adults	³⁹ Vegetable casserole with meat broth Baked potato Bread ⁷⁹ Rhubarb betty	Toast with ⁴⁴ tomato sauce Bread Baked apple
Friday		
¹⁶ Cornmeal mush, milk and sugar Toast Milk for children Coffee for adults	³³ Carrot delight Mashed potatoes Stewed tomatoes Bread	²⁸ Scalloped cabbage and apples Fried cornmeal mush Bread

Saturday

Potato balls and fried salt pork for adults and older children
¹⁷Rolled oats for younger children
 Milk for children
 Coffee for adults

⁴Bean broth
³⁷Stuffed baked potatoes
³⁰Fricassee carrots
⁸⁰Rhubarb crisp

⁴²Baked beans
 Stewed tomatoes
 Bread
³Milk shake
 Nutmeg flavor

RECIPES

Fresh milk, dry skim milk, or evaporated milk may be used in the recipes. If the cost of the recipes must be reduced, evaporated milk or dry skim milk may be substituted for fresh milk.

In substituting evaporated milk for fresh milk, add an equal amount of water to the evaporated milk, then measure as if using fresh milk.

In substituting dry skim milk for fresh milk, measure cold water in the amount specified for fresh milk and add dry milk to the water in the proportion of 4½ tablespoons of milk to 1 cup of water. This is in the proportion of 1 cup and 2 tablespoons of dry skim milk to one quart of water.

Dry milk may be reconstituted as follows: (1) Measure cold water into a bowl. (2) Place dry milk on top of the water. (3) Beat with egg beater, fork, or spoon until milk is dissolved. The supply needed for one day may well be reconstituted at one time. Keep powdered milk in a cool dry place, in a closed jar or tin can.

All measurements are level.

BEVERAGES

¹Cocoa

3 cups milk
 2 tablespoons cocoa

2 tablespoons sugar
 Few grains of salt

1. Scald milk.
2. Mix cocoa, sugar, and salt thoroughly.
3. Dilute with ½ cup of boiling water to make a smooth paste.
4. Boil five minutes until smooth and thick.
5. Add to scalded milk gradually.
6. Beat thoroughly before serving.

²Cinnamon milk shake

1 pint milk
 1 tablespoon sugar

½ teaspoon ground cinnamon
 Few grains of salt

1. Mix cinnamon, sugar, and salt dry.
2. Place ingredients in fruit jar. Cover and shake well.
3. Serve as cold as possible.

***Nutmeg milk shake**

Substitute $\frac{1}{4}$ teaspoon grated nutmeg for cinnamon in recipe for cinnamon milk shake.²

Other flavorings that may be substituted are cocoa, canned fruit juice, caramel sirup, banana, orange, lemon, vanilla, or pineapple extract.

SOUPS AND CHOWDERS***Bean broth**

2 pounds navy beans

$\frac{1}{4}$ pound salt pork

This would be served as a luncheon or supper dish when baked beans are being prepared. The beans are soaked overnight or for several hours, then parboiled until very tender in water which is twice the measure of beans. Score the salt pork, used in baking the beans, and parboil with the beans.

For serving, put about $\frac{1}{4}$ cup of the soft beans and $\frac{3}{4}$ cup of the liquor into each soup bowl, add $\frac{1}{4}$ teaspoon butter to each, and season with black pepper and salt. Plain bread or toast may be served with this broth.

***Carrot chowder**

See recipe for potato chowder.⁷

Use same directions and proportions, substituting carrots for potatoes, and adding thickening to the milk, made from 4 level tablespoons of flour and $\frac{1}{2}$ cup of the cold water.

***Oatmeal chowder (8 to 10 servings)**

2 cups rolled oats

2 medium onions, chopped

1 quart boiling water

2 cups shredded carrots

1 quart cold water

Pepper

1 cup dry skim milk powder

Salt

$\frac{1}{4}$ pound diced salt pork

1. Cook the oats and carrots in one quart of boiling water until tender and stir frequently.
2. Beat the milk powder with the remaining quart of cold water until blended and add to the oats.
3. Fry the salt pork until crisp. Remove the pork and cook the onions until well browned in the fat.
4. Mix the cooked oats mixture, onions, and pork, and heat for a few minutes.
5. Then add salt and pepper to taste.
6. Place two or three crackers in hot soup dish and pour in the chowder.

Note: One quart of fresh milk can be substituted for 1 cup dry skim milk and 1 quart cold water.

'Potato chowder (Yields 8 cups)

4 cups potatoes cut in thin slices	1 quart cold water
$\frac{1}{2}$ pound salt pork diced	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ onion sliced thin	Pepper
$1\frac{1}{4}$ cups dry milk	1 cup dry bread crumbs (browned)

1. Dice pork, put into kettle, and cook until brown.
2. Add sliced onion to pork.
3. Add sliced potatoes, cover with boiling water, and simmer until potatoes are tender.
4. Mix dry milk and water, beating with egg beater, fork, or spoon, to blend, and heat.
5. Add hot milk to potato mixture.
6. Add bread crumbs. Serve very hot in soup bowls.

Note: One quart of fresh milk can be substituted for $1\frac{1}{4}$ cups dry milk and 1 quart cold water.

***Vegetable chowder (10 to 12 servings)**

2 pounds potatoes (6 medium)	1 pint milk
2 pounds carrots (6 medium, mature)	$\frac{1}{2}$ pound salt pork or bacon back
1 quart boiling water	1 onion, diced
2 tablespoons flour	1 teaspoon salt

1. Wash, peel and dice potatoes and carrots.
2. Place carrots in boiling salted water. When partly cooked, add the potatoes.
3. Cut salt pork or bacon back into small pieces. Add diced onion and fry until lightly browned. Add flour and blend. Add this mixture to the cooked vegetables.
4. Add the milk and heat slowly.

'Whole wheat chowder (6 to 8 servings)

1 quart milk	$\frac{1}{2}$ cup diced salt pork or bacon
1 cup cooked wheat	Salt to taste—about $1\frac{1}{2}$ teaspoons
3 medium carrots	
1 medium onion diced	

1. Heat milk in double boiler.
2. Boil carrots in a small amount of water and chop.
3. Fry pork until crisp and cook onion in fat until tender.
4. Add pork mixture to milk.
5. Add wheat and carrots to milk.
6. Heat to scalding point and serve.

¹⁰Cream of cabbage soup (4 to 6 servings)

1 quart milk	4 tablespoons flour
2½ cups finely shredded cabbage	2 teaspoons salt
2 tablespoons finely diced onion	Pepper
2 tablespoons fat	

1. Bring milk to steaming point over hot water.
2. Add cabbage and onion and cook uncovered until cabbage is tender, meanwhile adding the flour which has been mixed with a little of the cold milk.
3. Add salt to taste, pepper and fat.
4. Serve very hot.

¹¹Cream of tomato soup (3 to 4 servings)

2 cups cold water	1 teaspoon fat
½ cup powdered milk	1 teaspoon sugar
1 cup tomato juice and pulp	Few grains pepper
2 tablespoons flour	1 teaspoon salt

1. Place 2 cups of cold water into a bowl. Add powdered milk and beat until dissolved.
2. Heat milk and tomato juice in separate saucepans, using double boiler for milk.
3. Mix flour with 3 tablespoons of the cold milk.
4. When milk and tomato juice are hot, add part of thickening to each. Stir until thickened, using separate spoons for each mixture.
5. Just before serving, add tomato to milk gradually, stirring each installment of tomato well into the milk before adding more, to prevent curdling.
6. Add fat, salt to taste, sugar, and pepper, and stir. Serve immediately. A few grains of ground cloves add flavor.

In order to prevent curdling, add tomato to milk, not milk to tomato. As an aid in remembering, T.O.M. stands for "tomato on milk."

¹²Potato soup (6 servings)

2 pounds (5 cups) diced potatoes	2 tablespoons flour
1 quart boiling water	1 pint milk
½ pound salt pork or 2 table- spoons fat	1 teaspoon salt
	½ teaspoon pepper

1. Wash, pare, and dice potatoes. Cook in the water until tender. Rub through a sieve. Mix with the potato water and return to the kettle.
2. While the potatoes are cooking, cut the salt pork into small pieces, and place in a small skillet. Add the chopped onion and heat slowly until lightly browned. Add the flour and stir until smooth. Add this pork, onion, and flour mixture to the potato pulp.
3. Add the milk and seasonings and heat.

¹³Split pea soup (6 to 7 servings)

- | | |
|---------------------------------------|--------------------|
| 1 cup green split peas | 2 teaspoons salt |
| 1 quart water | 1 tablespoon flour |
| 1 pint milk | 1 tablespoon fat |
| $\frac{1}{8}$ pound salt pork, sliced | Dash of pepper |
| 1 small onion, sliced | |

1. Pick over the peas and wash them well.
2. Soak overnight in 1 pint of water.
3. In the morning, add the remaining water, the salt pork, and the onion.
4. Simmer covered about $1\frac{1}{2}$ hours or until the peas are soft.
5. Remove the pork. Press the peas and onions through a fine sieve. Be careful to save all of the liquid.
6. Brown the fat, add the flour, and mix until well blended.
7. Pour in the milk and stir until thickened.
8. Mix with the strained peas and serve when hot. If soup becomes too thick, add more milk until soup reaches right consistency.

¹⁴Split pea soup (10 to 12 servings)

- | | |
|--------------------------------|---------------------------------|
| $\frac{1}{2}$ pound split peas | 1 cup diced cabbage |
| $1\frac{1}{2}$ quarts water | 1 cup chopped or grated carrots |
| 1 cup diced onion | 4 tablespoons fat |
| 2 cups tomatoes | Salt |
| 1 quart milk | |

1. Soak peas over night.
2. Cook in same water about $1\frac{1}{2}$ hours or until tender.
3. One-half hour before done add carrots and onions.
4. About 10 minutes before done add the cabbage, sieved tomato, and fat.
5. Add to hot milk just before serving.
6. Salt to taste.

¹⁵Vegetable soup (8 to 10 servings)

- | | |
|-----------------------------|-------------------------------|
| 1 large soup bone (cracked) | 2 cups finely diced potatoes |
| 3 quarts cold water | 2 cups tomato juice and pulp |
| 4 tablespoons fat | 3 teaspoons salt, or to taste |
| 1 cup chopped onion | $\frac{1}{4}$ teaspoon pepper |
| 1 cup finely diced carrots | |

1. Wash the soup bone and be careful to remove all small loose pieces of bone.
2. Put the bone into a large kettle, cover with the cold water, and simmer for 2 or 3 hours.
3. Remove the bone from the broth.
4. Cook all the vegetables, except the tomatoes, in the fat in a skillet for about 10 minutes, stirring frequently.
5. Add the vegetables, tomato, salt, and pepper to the broth and simmer until the vegetables are tender but not broken.
6. Left-over soup may be reheated next day.

²¹Wheat hominy (yields 10 cups)

1. Place one quart of wheat in an agate or enamel kettle. (Never use aluminum or tin.)
2. Add one level teaspoon of concentrated lye.
3. Add cold water to cover and boil 10 minutes. Stir with clean wooden stick.
4. Pour off all of liquid. Do not touch the lye water.
5. To remove lye, add twice as much cold water as wheat, bring to boil, and drain.
6. Add cold water again, bring to boil and drain.
7. Add boiling water and one level tablespoon salt to each quart of dry wheat used.
8. Boil until done, about one hour.

Serve as cereal with milk and sugar, as a side dinner dish with milk or white sauce, as a dessert with butter and brown-sugar sirup, or in any recipe in place of whole or cracked wheat, rice, macaroni, or rolled oats.

BREADS**²²Baking powder biscuits (8 to 12 biscuits)**

3 tablespoons powdered milk	4 teaspoons baking powder
Cold water to make soft dough (approximately $\frac{3}{8}$ cup)	1 teaspoon salt
2 cups sifted flour	3 tablespoons fat

1. Sift flour, milk powder, salt, and baking powder.
2. Cut in fat.
3. Add water to make soft dough.
4. Knead on floured board one minute.
5. Roll $\frac{1}{2}$ inch thick.
6. Cut with floured cutter.
7. Bake in hot oven (425° F.) for about 12 minutes, or until crust is an even brown and the inside is light, flaky and dry.

Note: Approximately $\frac{3}{8}$ cup of fresh milk can be substituted for milk powder and water.)

²³Corn bread (12 large servings)

3 cups cornmeal	$\frac{3}{4}$ cup dry milk
1 $\frac{1}{2}$ cups flour	2 $\frac{1}{2}$ cups cold water
3 tablespoons suet fat or other fat	1 $\frac{1}{2}$ teaspoons salt
3 tablespoons sugar	7 teaspoons baking powder

1. Mix and sift dry ingredients including dry milk.
2. Melt fat and add with water, stirring only enough to combine.
3. Pour into a greased pan.
4. Bake 25 to 30 minutes in a hot oven (375°-425°).

Note: 2 $\frac{1}{2}$ cups of fresh milk can be substituted for cold water and dry milk powder.

***Fried bread (6 servings)**

6 slices bread	1½ tablespoons fat
1 cup milk	¼ teaspoon salt

1. Place half of fat in frying pan and heat until it smokes slightly.
2. Add salt to milk.
3. Dip bread in milk and place in hot fat.
4. Fry bread until golden brown on both sides, using rest of fat as needed.

VEGETABLE DISHES****Cabbage in milk (5 servings)**

1½ pounds cabbage (½ medium head)	3 teaspoons salt
2 quarts boiling water	1 cup milk

1. Boil water and add salt.
2. Cut cabbage into thick slices.
3. Place cabbage in boiling salted water. Boil rapidly uncovered about 6 to 8 minutes or until tender.
4. Drain.
5. Add milk.
6. Reheat and serve immediately.

****Cole slaw (4 servings)**

½ pound cabbage	¼ cup water
¼ cup vinegar	4 tablespoons brown sugar
½ teaspoon salt	

1. Shred cabbage very fine.
2. Mix vinegar, water, salt, and sugar thoroughly and pour over cabbage.

****Scalloped cabbage (5 servings)**

1½ pounds cabbage (½ medium head)	2 quarts boiling water
1½ cups milk	2 tablespoons fat
2 tablespoons flour	¾ teaspoon salt
	¼ cup bread crumbs

1. Cut cabbage into about 4 pieces and place in boiling salted water.
2. Cook without cover until cabbage is nearly tender (about 5 minutes) and drain.
3. Make white sauce from milk, fat, flour, and salt, following directions given under Creamed Potatoes.³⁵
4. Place cooked cabbage and white sauce in alternate layers in baking dish.
5. Add bread crumbs to top.
6. Bake in hot oven until top is browned.
7. Serve immediately.

²⁵Scalloped cabbage and apples (8 to 10 servings)

2 quarts shredded cabbage	2 to 4 tablespoons butter or other fat
1 quart tart sliced apples	
2 teaspoons salt	$\frac{1}{2}$ cup sugar
1 cup bread crumbs	1 cup hot water

1. Grease baking dish.
2. Lay alternate layers of cabbage, salt, apples, sugar, fat, and crumbs, having top layer of crumbs. Add hot water.
3. Bake in hot oven until apples are tender (about 45 minutes).

²⁶Creamed eight-minute carrots (4 to 5 servings)

4 carrots	1 cup milk
1 teaspoon salt	2 tablespoons flour
Boiling water	1 tablespoon fat
2 teaspoons sugar	

1. Chop, shred, or grate carrots.
2. Boil rapidly, covered, and in as small an amount of water as possible to prevent burning, using the sugar and half the salt. Cook 8 minutes or until tender.
3. Prepare white sauce from milk, flour, fat, and $\frac{1}{2}$ teaspoon salt, using method described under Creamed Potatoes.²⁶
4. Take up carrots as soon as tender. Do not drain. Combine with white sauce and serve immediately.

²⁷Fricassee carrots (6 to 7 servings)

6 medium-sized carrots	4 tablespoons fat
4 tablespoons flour	1 teaspoon salt

1. Wash carrots and cook in boiling salted water until almost tender.
2. Drain, scrape, and cut into pieces lengthwise.
3. Dip slices into flour until well covered and fry in hot fat until brown.
4. Add boiling water or hot milk. Cover and cook until carrots are tender.
5. Serve with liquid in which last cooked.

²⁸Fried carrots and apples (10 to 12 servings)

6 medium-sized carrots	1 tablespoon sugar
6 tart apples	$\frac{1}{4}$ teaspoon salt
2 tablespoons fat	

1. Scrape the carrots and cut them lengthwise into thin slices.
2. Pare the apples or leave the skins on, as preferred. Core. Cut into slices about $\frac{1}{4}$ -inch thick.
3. Place fat in frying pan and heat.
4. Place a single layer of the apples and the carrots in the hot fat.
5. Cover tightly and cook until well-browned. Turn and brown the other side.
6. Just before the cooking is finished, sprinkle the apples with sugar and the carrots with salt.
7. Serve on hot platter.

³²German carrots (5 servings)

1½ pounds or 5 medium-sized carrots	1 tablespoon flour
½ teaspoon salt	1 tablespoon fat
Boiling water	½ tablespoon sugar
	Dash of nutmeg

1. Scrub and scrape carrots.
2. Cut lengthwise and cook in just enough boiling salted water to cook without burning.
3. Cook rapidly, covered, until tender (from 20 to 25 minutes for young carrots and from 30 to 40 minutes for old carrots).
4. Chop carrots with can into ½-inch pieces.
5. Make a sauce from the carrot water by adding the flour which has been mixed with a little cold water, fat, nutmeg, and sugar.
6. Serve immediately.

³³Carrot delight (6 servings)

3 cups diced carrots	2 tablespoons fat
3 cups diced potatoes	½ cup boiling water
1 cup sliced onions	1 teaspoon salt

1. Place vegetables in layers in greased baking dish.
2. Place fat in small pieces over the top.
3. Dissolve salt in the boiling water and pour over vegetables.
4. Cover the dish tightly. Bake in moderate oven until vegetables are tender.

³⁴Scalloped potatoes (8 servings)

2½ pounds potatoes or 8 medium	½ pound salt pork, diced
¾ cup evaporated milk	2 tablespoons flour
¾ cup water	

1. Dilute evaporated milk with water.
2. Make a white sauce of the flour and diluted milk.
3. Cut raw potatoes into thin slices.
4. Arrange alternate layers of potatoes, pork, and sauce in a greased baking dish.
5. Bake uncovered in a moderate oven.
6. Time: 1 hour or longer depending on the depth of the dish.

³⁵Creamed potatoes (6 to 8 servings)

6 to 8 boiled potatoes	2 cups milk	} for White Sauce
1 teaspoon salt	4 tablespoons flour	
	2 tablespoons fat	
	1 teaspoon salt	

1. Boil potatoes in their skins with 1 teaspoon salt.
2. Peel and dice potatoes.
3. Melt fat, add flour and 1 teaspoon salt and blend.
4. Add milk gradually, stirring until smooth.
5. Add potatoes to white sauce and reheat.
6. Serve at once.

Chopped green peppers or parsley or bits of left-over meat may be added.

³⁶Hash brown potatoes (5 servings)

1. Heat 1 tablespoon of fat in a frying pan.
2. Add 4 cups left-over mashed potatoes.
3. Chop with can or knife.
4. Cook until heated through.
5. Pack into a roll at one side of the pan.
6. Add 1 more tablespoon of fat.
7. Fry until brown on bottom.
8. Take up in one piece, brown side up.

³⁷Stuffed potatoes

1. Select the best shaped medium-sized potatoes.
2. Clean and trim if necessary but do not peel.
3. Bake in hot oven until done (about 45 minutes).
4. Cut in half lengthwise with sharp knife, keeping edges of shells even.
5. Remove potato pulp from the shells. Mash and season with milk and salt. Whip until light.
6. Replace potato in shells, heaping it above the shells.
7. Place in hot oven until tops are brown.
8. Serve immediately.

When filling, a serving of gravy may be placed in the center and covered with potato.

³⁸Scalloped tomatoes (5 servings)

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|--|------------------------|
| 1 quart tomatoes | 1 cup dry bread crumbs |
| $\frac{1}{2}$ cup finely diced salt pork | Salt |
| 1 tablespoon chopped onion | Pepper |

1. Boil the tomatoes and onion about 10 minutes.
2. Cook the salt pork until brown and crisp.
3. Remove the pork and add the bread crumbs to the fat. Stir until well mixed.
4. Mix the tomatoes and salt pork and season with salt and pepper to taste.
5. Put a layer of the crumbs into a greased baking dish, pour in the tomatoes, and cover with the remaining crumbs.
6. Bake in a hot oven until the crumbs are brown.

³⁹Vegetable casserole with meat broth (6 to 7 servings)

- | | |
|--|----------|
| 2 to 3 cups meat broth made from soup bone | 2 onions |
| 5 medium sized carrots | Salt |
| 2 turnips | Pepper |

1. Place meat bones in cold water and cook slowly 2 hours or more.
2. Wash, scrape, and cut the carrots into thin lengthwise pieces. Wash and slice turnips and onions.
3. Place vegetables into greased baking dish with seasonings and add hot meat broth.
4. Cover and bake until vegetables are tender.

⁴⁰Tomato ruffle (8 to 10 servings)

$\frac{1}{2}$ pound salt pork, diced	Salt
1 quart sliced onions	Pepper
1 quart tomatoes	2 tablespoons flour
Sugar	$\frac{1}{4}$ cup water

1. Cook the salt pork until brown and crisp.
2. Add the onions. When they are brown, pour in the tomatoes.
3. Season with sugar, salt, and pepper to taste.
4. Mix the flour and water and stir into the vegetable mixture until it thickens.
5. Cook for a few minutes longer.
6. Serve on crisp toast.

MAIN DISHES**⁴¹American Chili (14 to 16 servings)**

2 quarts cold water	3 onions
1 pound kidney beans	1 pint tomatoes
1 pound hamburger	$\frac{1}{8}$ teaspoon pepper
$1\frac{1}{8}$ tablespoons salt	

1. Wash beans and soak overnight.
2. Cook beans in same water. When boiling, add hamburger. Simmer about 2 hours or until tender.
3. One-half hour before done, add the onions cut in one-inch pieces, salt and pepper.
4. Ten minutes before done add the tomatoes.

⁴²Baked beans with salt pork (16 servings)

2 pounds navy beans	1 tablespoon salt
$\frac{1}{2}$ pound salt pork	Pepper
$\frac{1}{4}$ cup brown sugar	

1. Follow the directions for parboiling as given in the recipe for bean broth.⁴
2. Drain beans and pour into a baking dish. Bury the pork in the beans for baking.
3. Sprinkle beans with brown sugar. Add salt and pepper.
4. Bake in moderate oven for 1 to 2 hours.

The beans should have a lightly browned crust and the pork should have a crisp brown crust also.

⁴³Bean loaf (5 servings)

1 cup beans	1 teaspoon salt
$1\frac{1}{2}$ cups bread crumbs	$\frac{1}{8}$ teaspoon pepper
$1\frac{1}{4}$ cups milk	$\frac{1}{4}$ cup fat (bacon, pork, or substitute fat)
2 teaspoons sugar	

1. Wash and soak beans overnight.
2. Cook in boiling water until soft.
3. Drain and put through a sieve.
4. Add crumbs mixed with seasonings, then add liquid and fat.
5. Put into a greased bread pan and bake in a moderate oven 30 minutes.
6. Serve with tomato sauce.⁴⁴

⁴⁴Tomato sauce

- | | |
|-------------------------------|----------------------|
| 1½ cups canned tomatoes | 2½ tablespoons flour |
| 1 slice onion | ¼ teaspoon salt |
| 2½ tablespoons substitute fat | ½ teaspoon pepper |

1. Cook onion with tomatoes 10 minutes.
2. Rub through a sieve.
3. Cream fat and flour thoroughly and add seasonings.
4. Add tomato juice gradually to the fat mixture.
5. Cook until thick.

This recipe may be varied by adding fried diced salt pork or bacon back. It may be served on toast, bread or biscuits, bean loaf, meat loaf, fried mush, fried cottage cheese balls, fried wheat cutlets, etc.

⁴⁶Meat casserole (6 to 8 servings)

- 1 pint canned beef, cut into 2-inch pieces. (Substitutes: left-over cooked meat, 1 pound fresh lamb shoulder; other kinds of canned meat; ham ends.)

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|------------------|----------------------------------|
| 2 large carrots | 2 tablespoons flour |
| 3 large potatoes | 1½ teaspoons salt |
| 2 large onions | Meat stock or water to fill dish |
| 1 tablespoon fat | one-third full |

1. If meat is raw, wash and remove bone splinters. Sear in fat if desired. Do not use large pieces of meat fat in the casserole.
2. Peel carrots, potatoes, and onions, and cut into 2-inch pieces.
3. Place meat and vegetables in a casserole or baking dish, sprinkle flour and salt over them, and mix together.
4. Fill dish one-third full of liquid, using meat stock, hot water, gravy or water from frying pan in which meat was seared. If thickened gravy is used, omit flour.
5. Dot top with fat.
6. Cover dish, allowing a small opening for steam to escape.
7. Bake in hot oven until tender. If raw meat is used, the time required for baking is about 2 hours. If cooked or canned meat is used, the time required for baking is about an hour and ten minutes.
8. Remove cover toward end, to brown top.

⁴⁶Boiled dinner

- | | |
|-------------------|----------------------|
| 1½ pounds carrots | ½ pound bacon back |
| 1 pound potatoes | 2 teaspoons salt |
| 1½ pounds cabbage | ½ teaspoon pepper |
| ½ pound onions | 4 cups boiling water |

1. Quarter the potatoes, carrots and onions.
2. Section the cabbage so that leaves are held together with a part of the heart.
3. Add the potatoes and carrots to the boiling salted water. Cook until half done, covered.
4. Add browned bacon, sections of cabbage and the onions to the carrots and potatoes. Add more boiling water if necessary.
5. Cook uncovered until cabbage is tender. Serve.

***Cottage cheese made from powdered milk (yield, 3 to 4 cups)**

1. Place two quarts of warm water (not hot) in bowl or pan.
2. Place $2\frac{1}{4}$ cups of powdered milk on the water. Milk made by the spray process is preferable.
3. Beat with egg beater, fork, or spoon until milk is dissolved.
4. Add one cup of sour milk and stir.
5. Cover with clean cloth and let stand in warm room until clabbered.
6. Heat slowly over low fire until warm to the touch but not steaming hot.
7. Pour into clean muslin bag and let hang several hours to drain.
8. Press out whey through bag before using.

***Cottage cheese balls (6 medium)**

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|---|---|
| $\frac{1}{2}$ cup thick white sauce made from $\frac{1}{2}$ cup milk, 2 tablespoons of flour, $\frac{1}{2}$ tablespoon fat, and $\frac{1}{4}$ teaspoon salt | |
| 2 cups cottage cheese, unseasoned | Salt and pepper to taste |
| 2 cups mashed potatoes | $\frac{1}{4}$ cup bread crumbs or flour |
| | 2 tablespoons fat |

1. If potatoes are left over, remash.
2. Make white sauce, remove from heat and gradually beat cottage cheese into it.
3. Add mashed potatoes, season and make into stiff balls. (The cottage cheese has a tendency to soften when cooking.)
4. Roll in crumbs or flour and fry in fat until a delicate brown on both sides.
5. Serve plain or with tomato sauce.

***Cottage cheese patties (8 medium)**

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|---|
| 2 cups cottage cheese, unseasoned |
| 2 cups dry bread crumbs or 1 cup cooked cereal and 1 cup bread crumbs |
| 1 teaspoon salt |
| 4 tablespoons finely chopped onion |
| $\frac{1}{2}$ cup milk or enough to form a very stiff mixture (The cottage cheese has a tendency to soften when cooking.) |
| $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons fat |

1. Cook the onion in half of the fat until tender but not brown.
2. Combine cottage cheese, milk, salt and pepper.
3. Combine cheese mixture with bread and cereal and add onion.
4. Form into flat cakes and fry in rest of fat in a hot frying pan until a delicate brown on both sides.

⁵⁰Dumplings for meat stew

See recipe for Prune Dumplings under Desserts." Follow directions given there, omitting the sugar in the dumplings. Place the dumplings by spoonfuls into the stew. Cover and cook for ten minutes or until no raw dough shows when opened in center.

⁵¹Hopping John (10 servings)

1½ cups dried beans	1 large onion, chopped
¾ cup rice	2 teaspoons salt
2 quarts boiling water	Pepper
1½ cups diced salt pork	

1. Wash the beans well and soak overnight in cold water.
2. Cook in a covered pan in the same water, adding water if necessary to make 3 or more cups. Add 1 teaspoon of salt and cook until tender, but not broken.
3. Wash the rice several times and cook for about 20 minutes in 2 quarts of boiling water to which 1 teaspoon salt has been added.
4. As soon as the grains of rice are soft to the center, drain and run water through to wash off surplus starch and keep the grains whole and separate.
5. Brown the diced salt pork until crisp, then remove it from the frying pan and cook the onion in the fat for 2 or 3 minutes.
6. Add the rice, beans, fried salt pork, and seasonings and stir until hot and well mixed. Serve plain or with tomato sauce or stewed tomatoes.

⁵²Kidney bean and rice stew (about 6 servings)

1½ cups dried kidney beans	½ cup rice
2 quarts water	Salt
¾ pound salt pork, diced	Pepper
2 onions, chopped	2 cups canned tomatoes

1. Wash the beans thoroughly and soak overnight in the water.
2. Simmer the beans in the water in which soaked until nearly tender, about 1 hour.
3. Fry the salt pork until crisp, remove, and brown the onions in the fat.
4. Wash the rice and add with the onions to the beans and boil gently for about 20 minutes.
5. Stir in the tomatoes and salt pork. Add salt and pepper to taste, heat to boiling.
6. Serve on crisp toast.

⁵³Macaroni and ham

1. Boil macaroni until tender in a large quantity of salted water, using 1½ teaspoons salt to a quart of water.
2. Drain.
3. Place in alternate layers with diced ham in greased baking dish. Add salt to taste.

4. Add milk enough to come up to top layer but not over it.
5. Add bread crumbs to the top.
6. Bake in moderate oven about 45 minutes or until most of liquid has disappeared.

⁵⁴**Macaroni and tomato (3 to 4 servings)**

$\frac{3}{4}$ cup macaroni	$1\frac{1}{2}$ cups canned tomato
2 quarts boiling salted water	$\frac{1}{2}$ tablespoon fat
$\frac{1}{2}$ onion	$\frac{1}{2}$ cup bread crumbs

1. Cook macaroni in boiling salted water with onion.
2. Drain and place in greased baking dish in alternate layers with tomato and salt.
3. Add fat in small pieces.
4. Add bread crumbs to top.
5. Bake in hot oven until top is browned.

⁵⁵**Milk gravy with salt pork (6 servings)**

$\frac{1}{2}$ pound salt pork	3 cups milk
6 tablespoons flour	

1. Cut pork into cubes and fry until crisp.
2. Add flour to pork and fat and blend.
3. Add milk slowly and cook until thick, stirring constantly.
4. Pour gravy over crisp hot toast.

⁵⁶**Mutton or lamb stew with wheat (6 servings)**

1 pound mutton or lamb shoulder, cut into 2 inch pieces	6 carrots
3 cups whole wheat (partly cooked)	2 onions
	Boiling water
	Salt

1. Sear meat in its own fat and place in boiling water.
2. Add wheat tied in cloth leaving room for expansion. Boil slowly 2 or 3 hours.
3. One-half hour before done, add carrots cut in half and quartered onions and salt.
4. Serve wheat, meat, and carrots on separate parts of platter.

Turnips and potatoes may be substituted or added.

⁵⁷**Rice and meat loaf (6 to 7 servings)**

$\frac{1}{2}$ cup rice	1 pound ground meat
$1\frac{1}{2}$ quarts boiling water	2 small onions finely chopped
$\frac{1}{2}$ cup bread crumbs	2 teaspoons salt

1. Wash rice several times.
2. Cook the rice in the boiling water until tender and drain.
3. Sear the meat in a hot frying pan, remove, pour $1\frac{1}{2}$ cups of water in the pan and save for making a gravy for the potatoes at this meal.
4. Mix all other ingredients thoroughly.

5. Lay a piece of heavy greased paper on an open pan.
6. Mold the meat loaf on the paper with two knives.
7. Bake the loaf in a moderate oven about 1 hour.

⁵⁸Rice Pilau (6 to 7 servings)

2 thin slices of salt pork, finely diced	3 cups boiling water
$\frac{3}{4}$ cup uncooked rice	2 cups tomato juice and pulp
2 medium-sized onions cut fine	Salt
	Pepper

1. Fry the salt pork until slightly browned.
2. Add the rice which has been washed and drained, and stir until the rice is a golden brown, adding the onions meantime.
3. Add the hot water gradually, cover, and cook.
4. When the rice is tender, add the tomato, salt and pepper to taste.
5. Place in a greased baking dish and bake 30 minutes in a moderate oven (350° to 370° F.).

⁵⁹Scalloped mixed vegetables

1. Place a layer of sliced potatoes in a greased baking dish and sprinkle with salt.
2. Add a layer of sliced carrots, then another of potatoes, salt and a little flour.
3. Add a layer of sliced onion.
4. Add bread crumbs or pork rind at top.
5. Pour in milk up to top layer but not over it.
6. Cover loosely and bake in moderate oven about 1 hour or until vegetables are tender. Remove cover toward end to brown the top.

⁶⁰Spanish rice

See recipe for Spanish wheat.²¹ Substitute cooked rice for cooked wheat in same proportions.

⁶¹Spanish wheat (6 to 8 servings)

3 slices bacon or salt pork (2 ounces)	$\frac{1}{2}$ cup diced onion
1 cup canned tomato	$\frac{1}{2}$ teaspoon salt
3 cups cooked wheat	$\frac{1}{2}$ teaspoon fat

1. Cut bacon into half-inch pieces and fry until brown.
2. Combine bacon, bacon fat, cooked wheat, tomato, onion, fat, and salt, and mix.
3. Pour into greased baking dish and bake in hot oven, uncovered, about 45 minutes or until mixture becomes dry enough to serve.
4. Serve hot.

⁶²Wheat hominy boiled with meat bone or bacon rind

See recipe for wheat hominy under Cereals.²¹

1. At section 7, after lye has been washed from the wheat twice, place the hominy over to cook in cold water with a bone from fresh meat or ham, or a bacon rind.
2. Add 1 level tablespoon of salt for each quart of dry wheat used.
3. Cook until wheat is tender and well flavored from the bone or rind, about 2 hours. Add more water as it becomes necessary.
4. If desired, bone may be cracked and cooked in a cloth to prevent splinters of bone becoming mixed with the wheat.

⁶³Wheat and vegetable loaf (about 8 servings)

4 cups cooked wheat	½ cup diced onion
1½ cups canned tomatoes	2 tablespoons melted fat
1 cup chopped or grated carrots	

1. Combine ingredients.
2. Salt to taste.
3. Pour into greased baking dish and bake in hot oven about 45 minutes or until vegetables are tender.

⁶⁴Wheat hominy and bacon (4 servings)

3 cups wheat hominy	3 slices bacon (or salt pork)
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1. Cut bacon into half-inch pieces and fry until crisp.
2. Add hominy, cover and cook until hominy is hot. An onion may be sliced and cooked with bacon if desired. Also ½ cup tomato may be added with the hominy.

DESSERTS

⁶⁵Apple brown betty

3 cups diced apples	¼ teaspoon salt
¾ cup brown sugar or white sugar	2 cups crumbs
½ teaspoon cinnamon	2 tablespoons fat

1. Mix apples, sugar, cinnamon and salt.
2. Arrange crumbs and seasoned apples in layers in greased shallow baking dish, having a layer of crumbs on top. Dot with fat.
3. Bake slowly in a moderate oven until crumbs are well browned and apples are tender (about 45 minutes).

⁶⁶Apple coffee cake

1. Prepare biscuit dough. (See Baking Powder Biscuits under Breads.²²)
2. Pour into greased baking dish without rolling.
3. Spread a layer of sliced apples on top.
4. Sprinkle with nutmeg and sugar.
5. Drip two tablespoons of milk over the top.
6. Bake in a hot oven until apples are tender and biscuit is not sticky when tested in center with toothpick.

⁶⁷Apple cobbler

See recipe for Prune Cobbler.⁷⁶

Follow same directions, substituting raw apples for prunes.

Bake until apples are tender and crust is a delicate brown.

⁶⁸Apple crisp (5 to 6 servings)

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|------------------------------|--|
| 4 cups coarsely diced apples | $\frac{1}{3}$ cup fat |
| 1 teaspoon cinnamon | $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar |
| $\frac{1}{2}$ cup hot water | $\frac{3}{4}$ cup flour |

1. Grease a baking dish.
 2. Place apples in dish and add hot water.
 3. Sprinkle cinnamon over apples.
 4. Blend fat, sugar and flour in mixing bowl until crumbly.
 5. Spread over apples.
 6. Bake in hot oven 30 to 40 minutes. Serve hot.
- Other fruits may be substituted, such as rhubarb or dried fruits.

⁶⁹Apple sauce cake

- | | |
|-----------------------------|-----------------------------------|
| 1 cup sugar | 1 cup apple sauce (not sweetened) |
| $\frac{1}{2}$ cup fat | 1 teaspoon soda |
| 2 teaspoons cinnamon | 2 cups flour |
| $\frac{1}{4}$ teaspoon salt | |

1. Cream fat and sugar.
2. Add cinnamon and salt.
3. Add soda to apple sauce. Mix with creamed sugar and fat.
4. Add sifted flour gradually and beat thoroughly.
5. Place in greased and floured pan.
6. Bake 1 to 1 $\frac{1}{4}$ hours in a very moderate oven.

⁷⁰Cocoa pudding (5 to 6 servings)

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|-------------------------|---------------------------------|
| $\frac{1}{2}$ cup flour | $\frac{1}{4}$ teaspoon cinnamon |
| $\frac{1}{2}$ cup sugar | $\frac{1}{8}$ teaspoon salt |
| 2 tablespoons cocoa | 3 cups milk |

1. Place milk in double boiler to heat.
2. Mix dry ingredients and moisten with a small amount of the milk before it gets hot.
3. Add to hot milk.
4. Stir until mixture thickens.
5. Cover and cook about 15 minutes longer or until raw taste has disappeared.

⁷¹Creamy rice pudding (3 to 4 servings)

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|-----------------------------|-------------------------------|
| 6 tablespoons uncooked rice | 1 teaspoon nutmeg or cinnamon |
| $\frac{1}{3}$ cup sugar | 1 $\frac{1}{2}$ quarts milk |
| $\frac{1}{2}$ teaspoon salt | |

1. Wash the rice.
2. Add the rice and the remaining ingredients to the milk and stir the mixture.
3. Pour into a baking dish and bake 3 or 4 hours in a slow oven or until rice is tender.
4. Stir occasionally while baking.
5. $\frac{1}{2}$ cup of diced dried prunes or other dried fruit may be added one-half hour before done.

⁷³**Creamy rice with prunes (4 to 6 servings)**

$\frac{1}{2}$ cup rice	$\frac{1}{2}$ cup sugar
1 cup boiling water	2 cups chopped soaked dried prunes or other fruit
$1\frac{1}{2}$ cups milk	
$\frac{1}{2}$ teaspoon salt	

1. Cook the rice over direct heat in the cup of boiling water.
2. When the water has been almost absorbed, put the pan of rice over hot water and add the milk, salt, and sugar.
3. Cover and cook until the rice is tender.
4. Mix the rice and fruit and chill. Serve with nutmeg sauce⁷³ or milk.

⁷⁴**Nutmeg sauce (4 servings)**

1 cup milk	$\frac{1}{8}$ teaspoon nutmeg
1 tablespoon sugar	

1. Combine sugar and nutmeg dry. Add mixture to milk.
2. Stir until sugar is dissolved.
3. Serve cold as sauce for puddings and fruit desserts.
- $\frac{1}{8}$ teaspoon of ground cinnamon may be substituted for the nutmeg.

⁷⁵**Oatmeal cookies (12 medium)**

$\frac{3}{4}$ cup rolled oats	1 teaspoon baking powder
$\frac{1}{2}$ cup flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup brown sugar	$1\frac{1}{2}$ tablespoons fat
$\frac{1}{4}$ teaspoon cinnamon	3 tablespoons milk

1. Mix dry ingredients thoroughly.
2. Melt fat and add to milk.
3. Combine liquid and dry ingredients.
4. Drop from a spoon on to an oiled pan.
5. Bake in a moderate oven (375° F.) for about 15 minutes.

⁷⁶**Prune brown betty (4 to 6 servings)**

2 cups soft bread crumbs	2 cups diced cooked dried prunes
3 tablespoons fat	$\frac{1}{4}$ cup prune juice (varies with dryness of bread crumbs)
$\frac{1}{2}$ cup brown sugar	
$\frac{1}{2}$ teaspoon cinnamon	
$\frac{1}{2}$ teaspoon nutmeg	

1. Melt fat and stir into bread crumbs.
2. Place layer of crumbs in greased baking dish, then layer of prunes.
3. Sprinkle part of the sugar and spices over the prunes.
4. Repeat layers until ingredients are used, making the crumbs the top layer.
5. Pour prune juice over the mixture.
6. Bake in a moderate oven about 30 minutes. Have dish covered during the first 15 minutes.
7. Serve with nutmeg sauce or milk.

"Prune cobbler

1. Place stewed dried prunes, sweetened to taste, into a baking dish, with juice sufficient to cover the fruit.
2. Lay a rich biscuit dough, slit open in the center, on top of the prunes.
3. Brush top with milk or fat.
4. Bake until crust is browned or biscuit is not sticky in center when tested with a toothpick.
5. Serve hot with milk and sugar.

"Prune dumplings (6 to 8 servings)

PRUNES

- $\frac{3}{4}$ pound dried prunes
- $\frac{1}{4}$ cup sugar
- 1 tablespoon flour

SAUCE

- $\frac{1}{4}$ cup evaporated milk
- $\frac{1}{4}$ to $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup sugar
- $\frac{1}{8}$ teaspoon cinnamon or nutmeg

DUMPLINGS

- $1\frac{1}{2}$ cups flour
- $2\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{4}$ cup dry milk
- 1 tablespoon sugar
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon lard or other fat
- $\frac{1}{2}$ cup cold water

1. Soak dried prunes several hours in water more than sufficient to cover.
2. Stew gently until very tender.
3. Mix flour and sugar together, add to the juice and cook until juice is thickened as a thin sauce.
4. For the dough, mix and sift together all the dry ingredients including the dry milk.
5. Work in the fat either with fingers or knife.
6. Add water, making a drop batter. Drop by tablespoons on top of prunes.
7. Cover and cook for 10 minutes.
8. Serve immediately with sauce.

"Prune and wheat pudding (4 to 5 servings)

- 2 cups cooked wheat or wheat hominy
- 1 cup diced dried prunes

- 6 tablespoons sugar
- 1 cup milk
- Cinnamon or nutmeg

1. Place a layer of wheat in greased baking dish about one inch thick.
2. Add a layer of diced prunes and sprinkle them with part of sugar and spice.
3. Repeat until ingredients are used.
4. Pour in milk.
5. Partly cover dish and bake in moderate oven until most of milk has disappeared, about 45 minutes.
6. Serve with cinnamon or nutmeg sauce.

⁷⁹**Rhubarb betty (8 to 10 servings)**

4 tablespoons melted butter or other fat	Cinnamon or nutmeg
$\frac{1}{4}$ teaspoon salt	1 quart sweetened rhubarb sauce or 2 quarts raw sliced rhubarb and sugar to sweeten
1 quart fine, dry bread crumbs	

1. Mix the fat and salt with the crumbs.
2. Place the rhubarb and the crumbs in alternate layers in a greased baking dish, and sift the cinnamon or nutmeg over the top.
3. Bake the pudding in a moderate oven. If rhubarb sauce is used, this will require about 20 minutes. If raw rhubarb is used, cover the baking dish at first and bake for 25 minutes, or until the rhubarb is tender, then uncover and cook until top is browned.
4. Serve the pudding hot with or without sauce.

⁸⁰**Rhubarb crisp**

See recipe for Apple Crisp.⁶⁸

Follow same directions, substituting diced raw rhubarb for diced apples.

⁸¹**Soaked dried prunes (5 servings)**

$\frac{1}{2}$ pound prunes	$\frac{1}{2}$ cup warm water
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1. Wash prunes.
2. Place in a quart fruit jar and add water.
3. Seal jar with rubber and top.
4. During the day, occasionally turn the jar the other end up and let stand as turned. Do this about twelve times during the day. The prunes will absorb most of the water and will have a good flavor.

⁸²**Wheat and apple brown betty**

2 cups cooked wheat or wheat hominy	3 tablespoons fat
3 or 4 apples sliced	$\frac{1}{2}$ teaspoon cinnamon or nutmeg
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup bread crumbs

1. Grease baking dish.
2. Place layer of cooked wheat in bottom.
3. Add half of apples, sugar, fat and spice.
4. Repeat 2 and 3, leaving top layer apples.
5. Sprinkle bread crumbs on top.
6. Bake 35 to 45 minutes in moderate oven or until apples are tender and bread crumbs browned.

Appendix

A FOOD COST OF \$3.94 FOR FIVE PERSONS FOR ONE WEEK

Food supplies for the menus given for the First Week (page 4) for a family of five can be purchased at the rate of \$3.94 for one week. The family was assumed to include two adults and three children whose ages range from three to twelve. The quantities provided meet the requirements in calories and protein. The other dietary constituents are represented in at least fair amounts. A market order for the supplies necessary for the menus for the First Week is given on page 32.

The First Week menus were constructed by the Department of Foods and Nutrition, School of Home Economics, of the State College on the basis of certain definite restrictions in cost, available supplies, and distribution facilities which face relief committees in many Oregon communities. It was assumed, for example, that a food order is issued only once a week and that it is inconvenient or impossible to provide fresh milk and eggs. While first developed as an assistance to relief committees, the menus, recipes, and market list, like the other suggestions in this bulletin, have been planned to guide the meal planning and food preparation of every family which independently is cutting food costs to a minimum.

The eight cans of evaporated milk and the three pounds of dry skim milk provide the equivalent of twenty quarts of milk of which two-thirds is skim milk.

While no eggs are included, an egg should be provided three or four times a week for all children under six years.

In families where there are nursing or pregnant mothers every effort should be made to provide a quart of milk and an egg daily.

Cod-liver oil is not included in the market order. If there are infants in the family, cod-liver oil should be provided, allowing a few drops at one month, increasing to three teaspoons daily at three months, and continuing until at least two years of age.

Butter is allowed only for spreading the toast in the breakfast menus. Salt pork is used to add the flavor needed in soups, chowders, gravies, and beans. It is assumed that canned fruits, jams, jellies, or other spreads for bread will be used if such are available in the community for this purpose.

No bread is listed for purchase. It was assumed that flour was being obtained through the Red Cross and that families were being provided with dry yeast for bread making.

Only three choices in vegetables besides potatoes are included in the menus, those selected being the cheapest. Turnips, rutabagas, kale, chard, mustard tops, turnip tops, and edible wild greens may be substituted for the cabbage and carrots in communities where these are available. Only two fruits are specified—apples and dried prunes. Fresh meat is listed for only one day.

Variety has been sought as far as possible. However, the very low cost prevents catering to anything but healthy normal appetites.

MARKET ORDER FOR ONE WEEK

For a family of two adults and three children

Foods	Amount	Market unit price in Corvallis, February, 1933	Cost
<i>Cereals</i>			
Cornmeal	2 lb	10 lb\$0.23	\$0.05
Flour	15 lb	49 lb85	.26
Oatmeal	1.5 lb	10 lb29	.04
Wheat (whole)	3 lb	100 lb 1.15	.04
<i>Milk</i>			
Dry skim	3 lb	1 lb07-.08	.24
Evaporated	8 tall cans	1 can06	.48
<i>Fruits</i>			
Apples	10 lb	1 box50	.10
Prunes	2 lb	1 lb05	.10
<i>Vegetables</i>			
Cabbage	11 lb	1 lb04	.44
Carrots	7 lb	1 lb03½	.24
Onions	2 lb	1 lb01	.02
Potatoes	15 lb	1 lb01	.15
Tomatoes (canned)	3 No. 2½ cans	1 No. 2½ cans..... .10	.30
Navy beans (dry)	3 lb	1 lb035	.11
<i>Fats</i>			
Butter	1 lb	1 lb23	.23
Lard	1.5 lb	1 lb06½	.10
Salt pork	1 lb	1 lb12	.12
<i>Sugar</i>			
Brown	1 lb	100 lb 4.29	.04
White	2 lb	100 lb 4.39	.09
<i>Meat and other proteins</i>			
Pot roast (rump)	2 lb	1 lb11	.22
Salmon (canned, pink)	1 tall (1 lb)	1 lb09	.09
Eggs (for children)	½ doz	1 doz15	.08
Peanut butter	½ lb	1 lb10	.05
<i>Condiments, etc.</i>			
Baking powder	3½ t	1 lb23	.01
Cinnamon	½ oz	2 oz10	.03
Cocoa	½ lb	2 lb19	.03
Coffee	½ lb	1 lb21	.11
Pepper	3 tb	2 oz09	.04
Salt	½ lb	1 lb03	.02
Soda	¼ oz	1 lb10	.01
Vinegar	½ pt	1 gal29	.02
Yeast foam	4 cakes	1 pk10	.08
Total cost			\$3.94