

# 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 TIME, ABILITIES, SKILLS, AND INTERESTS.

Oregon State Agricultural College  
Extension Service  
Corvallis, Oregon

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# Low Cost Menus for One Month with Recipes

THE amount of food value a family receives from its meals does not depend entirely upon the amount spent for food. A homemaker who is a good manager may frequently keep her family well fed on a very meager income, while another may spend much more money for food and still have her family undernourished.

The menus and recipes in this bulletin have been selected with the idea of assisting the homemaker to use her money most wisely in a manner to afford the family maximum satisfaction as well as adequate nutrition. By following the suggestions contained herein, a family may be certain that its food needs will be reasonably well met at very low cost.

Many families, of course, are able to afford a more varied diet than is outlined here, adding canned foods or fresh fruits or vegetables in season. For such families the suggestions given will serve to aid them in reducing their food costs.

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 can cater only to healthy normal appetites.

It may be noted that the suggestions given in this bulletin do not specify fresh milk. Evaporated milk, which is whole milk, is easily handled and is a satisfactory substitute for fresh milk. Dry skim milk is inexpensive, easily handled, and is a valuable food. 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.

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.\*

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, fruit butter 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 daily at one month, increasing to three teaspoons daily at three months, and continuing this amount until at least two years of age.

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

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
<b>Sunday</b>		
Cornmeal or <sup>16</sup> wheat hominy	Baked potatoes, gravy	<sup>6</sup> Potato chowder
Toast—butter	Pot roast	<sup>19</sup> Bread or toast
Coffee for adults	<sup>20</sup> Boiled cabbage	<sup>67</sup> Apple brown betty
<sup>1</sup> Cocoa for children	<sup>18</sup> Bread	
	<sup>67</sup> Oatmeal cookies	
<b>Monday</b>		
<sup>15</sup> Cracked wheat	<sup>7</sup> Vegetable chowder	<sup>31</sup> Scalloped tomatoes
Toast with brown sugar sirup	<sup>18</sup> Bread or toast with peanut butter	Scrambled eggs
Coffee for adults	<sup>61</sup> Cocoa pudding	<sup>19</sup> Bread
Milk for children		Stewed prunes
<b>Tuesday</b>		
<sup>49</sup> Milk and salt pork	<sup>39</sup> Bean loaf with	<sup>31</sup> Scalloped potatoes
gravy on toast	<sup>40</sup> tomato sauce	Boiled onions
Coffee for adults	Creamed carrots	<sup>27</sup> Cole slaw
Cocoa for children	<sup>18</sup> Bread	<sup>19</sup> Bread — peanut butter
	<sup>60</sup> Apple sauce cake	<sup>60</sup> Apple sauce cake
		(left from noon)
<b>Wednesday</b>		
<sup>14</sup> Rolled oats	<sup>54</sup> Spanish wheat	Hash brown potatoes
<sup>22</sup> French toast (toast for youngest child)	Mashed potatoes	<sup>30</sup> German carrots
Coffee for adults	<sup>26</sup> Cabbage in milk	<sup>19</sup> Bread
Cocoa for children	<sup>18</sup> Bread	Dried prunes
<b>Thursday</b>		
<sup>14</sup> Rolled oats with prunes	<sup>3</sup> Bean broth	<sup>38</sup> Baked beans with salt pork
Eggs poached in milk on toast	<sup>18</sup> Bread	<sup>27</sup> Cole slaw
Coffee for adults	Baked potato	<sup>19</sup> Bread
	Baked apple	

\*Recipes 11, 50, 51, 52, 65, and 72 have been adapted from *The Market Basket*, published by the Bureau of Home Economics, United States Department of Agriculture.

**Friday**

<sup>13</sup>Cornmeal mush or  
<sup>18</sup>wheat hominy  
cooked with milk  
Toast—butter  
Coffee for adults

Creamed salmon  
Mashed potatoes  
Raw carrot sticks  
<sup>70</sup>Prune dumplings  
with prune juice  
sauce and milk

<sup>6</sup>Potato chowder  
Toast sticks  
<sup>74</sup>Apple sauce

**Saturday**

<sup>15</sup>Cracked wheat  
Toast—butter  
Coffee for adults  
<sup>1</sup>Cocoa for children

<sup>41</sup>Boiled dinner with  
bacon back  
<sup>18</sup>Bread  
Canned tomatoes  
(not heated)

<sup>21</sup>Cornbread or <sup>20</sup>hot  
biscuits  
<sup>49</sup>Milk gravy  
Baked apple

**SECOND WEEK**

BREAKFAST

DINNER

SUPPER

**Sunday**

Baked apple  
<sup>22</sup>Creamed potatoes  
Toast—butter  
Milk for children  
Coffee for adults

<sup>47</sup>Lamb stew with  
potatoes, carrots,  
onion for flavor  
<sup>48</sup>Dumplings cooked  
in stew  
<sup>68</sup>Prune brown betty

Milk toast with jelly  
or jam if available  
Baked apple

**Monday**

<sup>16</sup>Wheat hominy, milk  
and sugar  
Toast—butter  
Milk for children  
Coffee for adults

<sup>12</sup>Vegetable soup  
(from meat bone)  
Baked potatoes  
<sup>19</sup>Bread  
Raw carrot sticks  
with salt

Toasted cheese sand-  
wiches  
Stewed tomatoes,  
breaded  
Canned fruit

**Tuesday**

Stewed dried prunes  
<sup>12</sup>Cornmeal mush  
cooked in milk  
Toast—butter  
Milk for children  
Coffee for adults

<sup>16</sup>Wheat hominy boil-  
ed with meat bone  
or bacon rind  
<sup>18</sup>Bread  
<sup>27</sup>Cole slaw  
<sup>20</sup>Wild berry short-  
cake

Scalloped onions  
Fried cornmeal mush  
Jelly, jam or sirup  
<sup>2</sup>Milk shake

**Wednesday**

<sup>14</sup>Rollod oats, milk  
and sugar  
<sup>15</sup>Fried wheat cereal  
<sup>1</sup>Cocoa  
Coffee for adults

Baked squash mashed  
and seasoned with  
milk, salt, and fat  
<sup>19</sup>Bread  
Potatoes boiled in  
skins  
<sup>49</sup>Milk gravy  
Cabbage and apple  
salad

<sup>68</sup>Spanish rice  
Fried potatoes  
<sup>19</sup>Bread  
Canned fruit

**Thursday**

<sup>14</sup>Rolled oats, milk  
and sugar  
Bacon or <sup>40</sup>salt pork  
gravy on toast  
Milk for children  
Coffee for adults

Scalloped cabbage  
Boiled potatoes  
<sup>19</sup>Bread  
<sup>50</sup>Apple crisp

<sup>11</sup>Split pea soup  
Toast sticks  
<sup>74</sup>Upsidedown apple  
ginger cake

**Friday**

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

<sup>44</sup>Baked macaroni and  
cheese  
Mashed potatoes  
Cabbage and carrot  
salad with dressing  
of vinegar, grated  
onion, sugar, and  
salt  
Rolls

<sup>10</sup>Cream of tomato  
soup  
<sup>18</sup>Bread  
<sup>48</sup>Fried fish cakes  
from mashed  
potatoes and fish

**Saturday**

<sup>15</sup>Whole wheat, milk  
and brown sugar  
Toast  
Cocoa  
Coffee for adults

Sausage and fried  
apples  
Boiled potatoes and  
thin sausage gravy  
Rolls  
Canned tomatoes with  
salt, pepper, sugar,  
and fat

<sup>5</sup>Corn chowder  
Sour dough biscuits  
<sup>88</sup>Seven minute  
spinach

**THIRD WEEK****BREAKFAST****DINNER****SUPPER****Sunday**

<sup>14</sup>Rolled oats, milk  
and sugar  
Toast  
Milk for children  
Coffee for adults

<sup>46</sup>Beef and vegetable  
casserole  
Mashed potatoes  
<sup>19</sup>Bread  
<sup>63</sup>Creamy rice with  
prunes

Vegetable hash from  
left over potatoes  
and casserole vege-  
tables  
<sup>18</sup>Bread  
<sup>74</sup>Apple sauce and  
gingerbread

**Monday**

<sup>74</sup>Apple sauce  
<sup>22</sup>French toast  
Milk for children  
Coffee for adults

<sup>5</sup>Clam chowder  
<sup>19</sup>Bread  
Baked potato  
<sup>20</sup>Prune shortcake  
with <sup>66</sup>nutmeg sauce

<sup>16</sup>Hominy warmed  
over with fried  
diced bacon or salt  
pork  
Stewed tomatoes  
Rolls

**Tuesday**

<sup>16</sup>Wheat hominy, milk  
and sugar  
Toast  
Milk for children  
Coffee for adults

<sup>4</sup>Carrot chowder  
<sup>51</sup>Rice pilau  
<sup>19</sup>Bread  
<sup>70, 74</sup>Stewed apples with  
dumplings

<sup>42</sup>Cheese pudding  
<sup>37</sup>Cabbage and raisin  
salad  
<sup>18</sup>Bread

**Wednesday**

- |  |  |  |
|--|--|--|
| <sup>14</sup> Rolled oats, milk<br>and sugar | <sup>46</sup> Meat loaf                  | <sup>8</sup> Corn chowder  |
| <sup>21</sup> Corn bread                     | Canned tomatoes with<br>squares of toast | <sup>19</sup> Bread  |
| Milk for children                            | Mashed potatoes                          | <sup>37</sup> Lettuce, spinach,<br>and radish salad<br>with French dress-<br>ing <sup>38</sup> |
| Coffee for adults                            | <sup>19</sup> Bread                      |  |

**Thursday**

- |  |  |                             |
|--|--|-----------------------------|
| <sup>15</sup> Cracked wheat, milk<br>and sugar | Vegetable plate,<br>baked potato,                  | Cream of vegetable<br>soup  |
| Toast  | <sup>28</sup> creamed carrots,                     | <sup>18</sup> Bread         |
| Milk for children                              | <sup>25</sup> Harvard beets,<br>celery or radishes | Fried apples                |
| Coffee for adults                              | <sup>20</sup> Baking powder<br>biscuits            | <sup>64</sup> Baked custard |
|  | <sup>62</sup> Creamy baked rice<br>pudding         |                             |

**Friday**

- |  |                           |                                |
|--|---------------------------|--------------------------------|
| <sup>18</sup> Cornmeal mush<br>cooked in milk, milk<br>and sugar | American chili            | Fried cornmeal mush            |
| Toast  | Mashed potatoes           | <sup>22</sup> Creamed potatoes |
| Milk for children  | <sup>21</sup> Spoon bread | Cold canned tomatoes           |
| Coffee for adults  | <sup>74</sup> Apple sauce | <sup>19</sup> Bread            |

**Saturday**

- |                                  |   |  |
|----------------------------------|---|--|
| <sup>15</sup> Fried wheat cereal | <sup>52</sup> Scalloped salmon                                    | <sup>9</sup> Cream of cabbage<br>soup            |
| Toast                            | Boiled potatoes with<br>milk gravy                                | Fried potatoes                                   |
| Milk for children                | <sup>37</sup> Lettuce salad with<br>French dressing <sup>38</sup> | Cottage cheese and<br>raw carrot sand-<br>wiches |
| Coffee for adults                | Bread   |  |
|                                  | <sup>29</sup> Apple shortcake with<br><sup>66</sup> nutmeg sauce  |  |

**FOURTH WEEK**

BREAKFAST

DINNER

SUPPER

**Sunday**

- |  |  |                                       |
|--|--|---------------------------------------|
| <sup>22</sup> French toast with<br>jelly | <sup>50</sup> Rice and meat loaf                   | <sup>1</sup> Cocoa                    |
| Milk for children                        | Mashed potatoes with<br>gravy from searing<br>meat | Raw carrot and onion<br>sandwiches    |
| Coffee for adults                        | <sup>19</sup> Bread                                | Prunes stuffed with<br>cottage cheese |
|  | <sup>64</sup> Chocolate bread<br>pudding           |                                       |

**Monday**

<sup>14</sup>Rolled oats, milk  
and sugar  
Toast  
Milk for children  
Coffee for adults

<sup>44</sup>Baked macaroni and  
tomato  
Mashed potatoes  
Cottage cheese, raw  
carrot and onion  
salad with dressing  
of tomato juice and  
salt  
<sup>60</sup>Prune cobbler

<sup>7</sup>Vegetable chowder  
<sup>18</sup>Bread  
Raw apples

**Tuesday**

<sup>18</sup>Cracked wheat, milk  
and sirup  
Toast  
Milk for children  
Coffee for adults

<sup>35</sup>Vegetable casserole,  
potatoes, carrots,  
onion  
<sup>19</sup>Bread  
<sup>56</sup>Apple cobbler

<sup>9</sup>Cream of celery  
soup (substitute cel-  
ery for cabbage)  
Crackers  
Bread and jam

**Wednesday**

Boiled rice with  
prunes, milk and  
sugar  
Toast  
Milk for children  
Coffee for adults

Hamburg and  
brown gravy  
Mashed potatoes  
Canned tomatoes  
with sugar  
Bread  
<sup>60</sup>Apple crisp

<sup>20</sup>Fried cooked carrots  
and apples  
<sup>32</sup>Creamed potatoes  
<sup>10</sup>Bread

**Thursday**

Toast and <sup>48</sup>salt pork  
and milk gravy  
Milk for children  
Coffee for adults

Wheat and vegetable  
loaf  
Baked potato  
<sup>18</sup>Bread  
<sup>72</sup>Rhubarb betty

Toast with <sup>40</sup>tomato  
sauce  
<sup>19</sup>Bread  
Canned fruit

**Friday**

<sup>33</sup>Cornmeal mush,  
milk and sugar  
Toast  
Milk for children  
Coffee for adults

Soft fried eggs  
Mashed potatoes  
Raw carrot sticks  
<sup>18</sup>Bread  
<sup>65</sup>Baked Indian  
pudding

<sup>37</sup>Lettuce and cottage  
cheese salad with  
<sup>36</sup>French dressing  
Cinnamon toast  
Cocoa

**Saturday**

Potato balls and fried  
salt pork for adults  
and older children  
<sup>14</sup>Rolled oats for  
younger children  
Milk for children  
Coffee for adults

<sup>3</sup>Bean broth  
Stuffed baked pota-  
toes  
<sup>28</sup>Creamed carrots  
<sup>78</sup>Rhubarb crisp

<sup>38</sup>Baked beans  
Stewed tomatoes  
<sup>19</sup>Bread  
<sup>2</sup>Milk shake



## 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  $4\frac{1}{2}$  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

### \*Cocoa (Four servings)

3 cups milk	2 tablespoons sugar
2 tablespoons cocoa	Few grains of salt

1. Scald milk.
2. Mix cocoa, sugar, and salt thoroughly.
3. Dilute with  $\frac{1}{2}$  cup of 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.

### \*Nutmeg milk shake

(Powdered milk and goat's milk are often more acceptable beverages when made into milk shakes.)

1 pint milk	$\frac{1}{4}$ teaspoon grated nutmeg
1 tablespoon sugar	Few grains of salt

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

Among other flavorings that may be substituted are cocoa, vanilla, cinnamon, canned fruit juice, maple flavoring, caramel sirup, beaten egg and vanilla, banana, orange, lemon, or pineapple flavoring.

## SOUPS AND CHOWDERS

If cream soups curdle, they may be beaten with a rotary beater. Milk scorches easily and is most safely heated over hot water in a double boiler or by using a similar arrangement of one saucepan inside another containing hot water.

**\*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 or slash 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.\*

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 cold milk or water.

**\*Clam chowder (6 to 8 servings)**

Use recipe for potato chowder,\* adding 1 pint of chopped clams at (3).

Boil the clam liquor and add it just before serving. Clam chowder has a tendency to curdle if allowed to stand.

**\*Potato chowder (6 to 8 servings)**

4 cups potatoes cut in thin  
slices

$\frac{1}{2}$  pound salt pork diced

$\frac{1}{2}$  onion sliced thin

1 quart milk

Pepper

$1\frac{1}{2}$  teaspoons salt

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. Mash vegetables.

4. Heat milk.

5. Add hot milk to potato mixture.

6. Add bread crumbs. Serve very hot in soup bowls.

Note: One cup cooked wheat and 3 medium carrots sliced may be substituted for potatoes. Add at (3).

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

2 pounds potatoes (6 medium)

2 pounds carrots (6 medium,  
mature)

1 quart boiling water

4 tablespoons flour

1 quart milk

$\frac{1}{4}$  pound salt pork or bacon  
back

1 onion, diced

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. Season to taste. Celery salt and minced hard-cooked eggs may be added at end.

**\*Corn chowder**

See recipe for potato chowder.\*

Use same directions and proportions, substituting 1 pint of corn for potatoes, and adding thickening to the milk, made from 4 level tablespoons of flour and  $\frac{1}{2}$  cup of cold milk or water. One-quarter cup of chopped parsley may be added to the chowder just before serving.

**\*Cream 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 preferably in double boiler or substitute.
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. Stir until thickened.
3. Add salt to taste, pepper and fat.
4. Serve very hot.

**<sup>10</sup>Cream of tomato soup (3 to 4 servings)**

- |                             |                   |
|-----------------------------|-------------------|
| 1 pint milk                 | 1 teaspoon fat    |
| 1 cup tomato juice and pulp | 1 teaspoon sugar  |
| 3 tablespoons flour         | Few grains pepper |
| 1 tablespoon grated onion   | 1 teaspoon salt   |

1. Heat milk and tomato juice in separate saucepans, using double boiler or equivalent for milk. Heat onion with tomato juice.
2. Mix flour with  $\frac{1}{2}$  cup of the cold milk.
3. When milk and tomato juice are hot, add part of thickening to each. Stir until thickened, using separate spoons for each mixture.
4. Just before serving, add tomato to milk gradually, stirring each installment of tomato well into the milk before adding more, to prevent curdling.
5. 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." Avoid use of soda with fresh and canned vegetables as it destroys Vitamin C.

**<sup>11</sup>Split 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 1½ 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.

Note: For variation, 2 cups tomatoes, 1 cup diced cabbage, and 1 cup diced carrots may be added at (4), last half hour of cooking the peas.

**<sup>12</sup>Vegetable 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. Cook all the vegetables, except the tomatoes, in the fat in a skillet for about 10 minutes, stirring frequently.
  4. Add the vegetables, tomato, salt, and pepper to the broth and simmer until the vegetables are tender but not broken (about 10 minutes).
  5. Remove the bone from the broth. If bone has marrow scrape it out and add it to soup.
  6. Left-over soup may be reheated next day.

## CEREALS

Cereals may be cooked in water or in milk, the latter having more food value and better flavor. A little sugar or dried fruit added to cereals when cooking improves flavor. Milk scorches easily. It is safest to cook milk dishes in a double boiler or in a pan surrounded by hot water.

**<sup>13</sup>Cornmeal cooked in milk (5 to 6 servings)**

- |                |                               |
|----------------|-------------------------------|
| 1 cup cornmeal | $1\frac{1}{2}$ teaspoons salt |
| 1 quart milk   |                               |
1. Heat milk to the scalding point.
  2. Add salt.
  3. Add cornmeal slowly to hot milk, stirring frequently until thickened.
  4. Cook 30 minutes or until done in double boiler or equivalent.

**<sup>14</sup>Rollled oats (6 to 8 servings)**

- |                                   |                  |
|-----------------------------------|------------------|
| 3 cups rolled oats                | 3 teaspoons salt |
| 6 to 7 cups boiling water or milk |                  |
1. Add salt to boiling water.
  2. Add rolled oats.
  3. Cook over direct heat one-half hour stirring frequently or cook in double boiler or equivalent one hour without stirring.

**<sup>15</sup>Wheat cereal** (one cup dry wheat yields about  $2\frac{1}{2}$  cups cooked)

To clean wheat, add a large amount of water in a broad pan and pour off oats and chaff into strainer. Repeat. Then look over a handful at a time, removing impurities. Soak in warm water two hours or more.

To cook, add  $2\frac{1}{2}$  cups hot water and 1 level teaspoon salt to 1 cup of washed wheat. Boil 30 minutes. Cover pan and place in dishpan containing boiling water. Wrap whole combination securely on all sides with several thicknesses of newspapers, cover with a clean old quilt and let stand overnight. Or boiled wheat may stand in oven or fireless cooker overnight. Should be ready to serve in the morning after a short additional cooking. If cracked wheat is desired, soaked wheat may be run through food chopping machine, and cooking completed by same method as for whole wheat but requiring less time. Whole wheat may be cooked in pressure cooker at 15 pounds pressure for 60 minutes, cracked wheat for 50 minutes. Whole soaked wheat may also be cooked in double boiler in 4 hours and cracked wheat in shorter time.

**Fried Wheat Cereal.**

Cold cooked cracked wheat may be sliced in  $\frac{1}{4}$ -inch slices and fried in meat drippings. If desired, first dip in milk or beaten egg and milk and bread crumbs and then fry.

**<sup>16</sup>Wheat hominy** (yields 10 cups)

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

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. At (7) above, ham bone, fresh meat bone, or bacon rind may be added and hominy cooked until well flavored. Bone may be cracked and cooked in a cloth to prevent splinters becoming mixed with the wheat.

**BREADS**

**<sup>17</sup>Liquid Yeast**

- |                              |                                 |
|------------------------------|---------------------------------|
| $\frac{1}{2}$ cup dried hops | 2 teaspoons salt                |
| 5 cups boiling water         | 1 cake dry yeast or 1 cake com- |
| 4 medium potatoes            | pressed yeast or 1 pint pre-    |
| 4 tablespoons sugar          | vious liquid yeast.             |

1. Peel and slice 4 potatoes, add 2 cups of the boiling water and cook until done.

2. Pour 3 cups of boiling water over  $\frac{1}{2}$  cup dried hops and let stand on back of stove 5 to 10 minutes. Do not boil. Place a piece of clean cloth in a strainer and strain the hop tea.
3. When potatoes are tender, press them through strainer (without use of cloth) into hop tea. Add 4 tablespoons sugar and 2 teaspoons salt.
4. When lukewarm, add 1 cake dry yeast which has been soaked one hour in  $\frac{1}{2}$  cup lukewarm water, or 1 cake compressed yeast which has been soaked 10 minutes in  $\frac{1}{2}$  cup lukewarm water, or 2 cups of previous liquid yeast.
5. Cover pan and allow to ferment at temperature of a warm room for 12 to 24 hours. Yeast grows best at a temperature of approximately 80° to 85° F. Higher temperature may destroy the yeast.
6. The liquid yeast is ready to use at the end of 12 to 24 hours. Store in a cool place in sterilized fruit jars partly sealed. It is best to set aside in a separate jar one pint of liquid yeast for making the next batch. When a new supply of liquid yeast is needed, repeat the process, using liquid yeast instead of yeast cake. A new supply of yeast should be made at least twice a week. Add hop tea only occasionally when yeast does not bubble actively. When not using hops, add three cups of boiled water to the strained potatoes.

#### <sup>15</sup>Whole wheat bread (4 loaves)

5 cups liquid, scalded milk or water (includes amount used in yeast)	1 to 4 cakes dry or compressed yeast or 2 to 4 cups liquid yeast
4 tablespoons shortening	1 $\frac{3}{4}$ quarts whole wheat flour (varies from 6 to 8 cups)
4 tablespoons sugar, brown or granulated, molasses, honey, or corn sirup	1 $\frac{3}{4}$ quarts sifted white flour (varies from 6 to 8 cups)
4 teaspoons salt	

1. Scald milk, deducting amount of liquid used as yeast. If bread is to be made in 8 hours, or overnight, the smaller amount of yeast is to be used. If bread is to be made in a shorter period the larger amount of yeast is to be used. The liquid used with the yeast is included in the 5 cups of liquid in the recipe.  
Add shortening, sugar, and salt to milk while hot. Set to cool in a large bowl.
2. When lukewarm, add yeast or liquid yeast. Dry yeast should be soaked one hour in  $\frac{1}{2}$  cup lukewarm water and compressed yeast should be soaked 10 minutes in  $\frac{1}{2}$  cup lukewarm water.
3. Add one-half the amount of whole wheat flour and white flour and beat well.
4. Add the remainder of the flour gradually until the dough is stiff enough to knead on a board. It should be stiff enough to form a ball that does not flatten out when it stands on the board. Save one cup of flour in recipe to place on board and hands, but use only enough flour on board to keep the dough from sticking. Con-

- tinue kneading until the dough is smooth and will not stick to unfloured board, which requires about 10 minutes. A bread-mixing machine is a great convenience in mixing and kneading of bread.
5. Place the ball of dough in a pan or bowl. Cover the dough with a clean, damp towel and a dry towel to prevent the formation of crust.
  6. Set to rise in a warm place at a temperature of 80° to 85° F. Paper covering is advisable to keep dough warm. Bowl may be placed in a pan of lukewarm water. Keeping dough at a uniform temperature of 80° to 85° F. helps it to rise.
  7. When the dough has about doubled in bulk, touch the surface lightly with a finger. If the dough has risen enough, a slight depression will remain on the surface. If the dough is still so elastic that the depression disappears quickly, it should rise a little longer. When the dough has risen sufficiently, work it down in the pan.
  8. Cover the dough again, and allow it to rise again in a warm place. Test again with a finger and when the depression so made remains, cut and shape the dough into four equal loaves. Have the crease on the bottom, and place loaves in greased pans.
  9. Cover, set again in warm place and allow to rise until they have doubled their bulk or meet the test given above. Bake for 50 to 60 minutes in a moderate oven. Start baking at 400° F. for 20 minutes and lower temperature to 350° F. When done, the loaves shrink from the sides of the pan and have an even, light brown color. When tapped with the finger nail, they sound hollow, if done.
  10. Remove bread from the pans at once and place on rack to cool. Do not cover bread while it is hot. If a soft crust is desired, grease the crust after removing from the oven.

#### **\*<sup>10</sup>White bread**

Use same recipe as for whole wheat bread, using all white flour. Dough need not be quite as stiff as for whole wheat. It may be allowed to rise a slightly longer time, and baked slightly faster.

#### **<sup>20</sup>Baking powder biscuits (8 to 12 biscuits)**

- |                           |                                 |
|---------------------------|---------------------------------|
| 2 cups sifted flour       | 3 tablespoons fat               |
| 4 teaspoons baking powder | Milk enough to make soft        |
| 1 teaspoon salt           | dough (about $\frac{3}{4}$ cup) |
1. Sift flour, salt, and baking powder.
  2. Cut in fat.
  3. Add milk to make soft dough.
  4. Knead on floured board one minute.
  5. Roll  $\frac{1}{2}$  inch thick.
  6. Cut with floured cutter. (Tin can with holes in bottom may be used.)
  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.

\*Further information on home baking and use of soft wheat flour in bread is contained in Farmer's bulletin 1450 *Home Baking*. This bulletin and a mimeograph (H. E. 484 *Making Rolls*) can be obtained free of charge from your County Extension Agent or from Oregon State Agricultural College, Corvallis.

**Apple shortcake**

To make apple shortcake, partly cook apples in a greased cake pan, pour soft biscuit dough over them and bake until dough is done. Invert on a plate, dot with butter and sprinkle sugar and nutmeg over the apples. Serve with nutmeg sauce.<sup>66</sup> A large variety of shortcake can be made from fresh sweetened berries, sliced peaches, canned fruits, and creamed vegetables. Pour biscuit dough into cake pan or muffin pan and when baked, split with sharp knife into two layers horizontally. Butter open side, pour filling over it, add second layer open side up, butter it and pour filling over the top. Fruit shortcakes may be served with milk, top milk, or fruit juice.

**<sup>21</sup>Corn bread (12 servings)**

- |                     |                                 |
|---------------------|---------------------------------|
| 3 cups cornmeal     | 7 teaspoons baking powder       |
| 1½ cups flour       | 3 tablespoons suet or other fat |
| 3 tablespoons sugar | 2½ cups milk                    |
| 1½ teaspoons salt   |                                 |

1. Mix and sift dry ingredients.
2. Melt fat and add. Add milk, stirring only enough to combine.
3. Pour into a greased pan.
4. Bake 25 to 30 minutes in a hot oven (400°-450° F.)

**<sup>22</sup>French toast (6 servings)**

- |                 |                   |
|-----------------|-------------------|
| 1 to 2 eggs     | 2 tablespoons fat |
| ¾ cup milk      | 6 slices bread    |
| ½ teaspoon salt |                   |

1. Slice bread about ½ inch thick. Old bread, if not brittle dry, may be used.
2. Beat egg and add milk and salt and stir.
3. Heat butter, meat drippings or other fat in frying pan.
4. Dip the slices of bread quickly into the egg mixture, drain and fry at once. Use moderate heat. After lightly browned on one side, turn and brown the other side. If egg is not available, it may be omitted.

**<sup>23</sup>Cinnamon toast**

1. Cut old bread in slices ½ inch thick. Cut slices in half diagonally.
2. Toast. Spread with butter and sprinkle with a mixture of 3 parts of sugar and 1 part of cinnamon.
3. Place in oven until sugar has melted. Serve hot.

**<sup>24</sup>Spoon bread (4 to 6 servings)**

- |                                   |                          |
|-----------------------------------|--------------------------|
| 2½ cups milk                      | 2 egg yolks              |
| ½ cup cornmeal                    | 1 teaspoon baking powder |
| 2 teaspoons salt                  | 2 egg whites             |
| 2 tablespoons butter or other fat |                          |

1. Place milk and salt in top of double boiler or equivalent and heat.
2. Stir cornmeal gradually into hot milk and cook over hot water one half hour. Mush should be soft.
3. Add fat to cornmeal mush and stir.
4. Beat egg whites stiff, then beat egg yolks.
5. Add baking powder to egg yolks, pour into mush and stir.
6. Fold in egg whites, and pour into greased baking dish.
7. Bake in moderate oven 20 to 25 minutes.
8. Serve hot with spoon.



**VEGETABLE DISHES**

**\*Ground beets with Harvard sauce (6 servings)**

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 3 or 4 large beets                | $\frac{3}{4}$ teaspoon salt |
| $1\frac{1}{2}$ cups boiling water |                             |

Beets are often so tough and hard that it requires two hours to cook them whole. Time may be saved and the product improved by grinding or grating the beets. When the water is boiling, add the salt and ground beets, cover, and boil rapidly until tender, which takes about 35 minutes for tough beets. Addition of acid sauce brings back red color.

**Harvard sauce for beets**

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 2 tablespoons (level) cornstarch | $\frac{1}{2}$ cup vinegar       |
| 2 tablespoons sugar              | $\frac{3}{4}$ cup boiling water |
| $\frac{1}{2}$ teaspoon salt      | 2 tablespoons butter            |
1. Place cornstarch, sugar, salt, and vinegar in a small saucepan and mix thoroughly.
  2. Place on stove, add boiling water and stir until mixture thickens. Cook five minutes.
  3. Add butter. Combine sauce and cooked beets and serve hot.

**\*Cabbage in milk (5 servings)**

- |  |                  |
|--|------------------|
| $1\frac{1}{2}$ pounds cabbage ( $\frac{1}{2}$ 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 from 3 to 12 minutes or until tender. Young cabbage requires about 3 minutes boiling; old cabbage about 12 minutes.
  4. Drain.
  5. Add milk or top milk.
  6. Reheat and serve immediately.

Butter, or vinegar, sugar, and fat may be substituted for milk. Cabbage is readily digestible and leaves little odor in the house when cooked by this method. Use same method with cauliflower, turnips, rutabagas, kohlrabi, broccoli, kale, brussels sprouts, and onions.

**\*Cole slaw (4 to 5 servings)**

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 pound cabbage (3 cups chopped) | 1 teaspoon salt               |
| $\frac{1}{2}$ cup vinegar        | $\frac{1}{2}$ cup water       |
|                                  | $\frac{1}{2}$ cup brown sugar |
1. Chop or shred cabbage very fine.
  2. Mix vinegar, water, salt, and sugar thoroughly, pour over cabbage just before serving, and mix well.

**\*Creamed 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.<sup>32</sup>
4. Take up carrots as soon as tender. Do not drain. Combine with white sauce and serve immediately. Milk or top milk may be substituted for white sauce.

### <sup>29</sup>Fried carrots

Carrots may be cut lengthwise and boiled, then dipped in flour and fried. Boiled carrots may also be fried with apples.

### <sup>30</sup>German carrots (5 servings)

$1\frac{1}{2}$ pounds or 5 medium-sized carrots	1 tablespoon flour
$\frac{1}{2}$ teaspoon salt	1 tablespoon fat
Boiling water	$\frac{1}{2}$ tablespoon sugar
	Dash of nutmeg

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

### <sup>31</sup>Scalloped potatoes (8 servings)

$2\frac{1}{2}$ pounds potatoes or 8 medium	2 tablespoons flour
2 cups milk	2 teaspoons salt
2 tablespoons fat	Pepper
	$\frac{1}{2}$ cup bread crumbs

1. Make white sauce of the fat, flour, milk, salt, and pepper.
2. Cut raw potatoes into thin slices.
3. Arrange alternate layers of potatoes and white sauce in a greased baking dish with bread crumbs on top.
4. Bake uncovered in a moderate oven for one hour or until potatoes are done.

Variations:  $\frac{1}{8}$  pound diced salt pork,  $\frac{1}{2}$  pound diced ham, diced fresh pork, ground beef or ground lamb may be placed between layers of potatoes. One cup of seasoned tomato sauce may be poured over top before bread crumbs.

### <sup>32</sup>Creamed potatoes (6 to 8 servings)

6 to 8 potatoes	2 cups milk	} for White Sauce
1 teaspoon salt	2 tablespoons fat	
Boiling water	4 tablespoons flour	
	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 thick and smooth (heating the milk saves time)
5. Add potatoes to white sauce and reheat.
6. Serve at once.

Variation: chopped green peppers or parsley or bits of left-over meat or sliced hard-cooked eggs may be added.

**\*\*Seven minute spinach (8 servings)**

- $\frac{1}{4}$  pound bacon
- 2 pounds spinach
- $\frac{1}{2}$  teaspoon salt

1. Cut roots from spinach and discard undesirable leaves.
2. Wash several times by dipping from one pan of cold water to another.
3. Place on board and shred fine with long-bladed butcher knife.
4. Place spinach without water in broad-bottomed saucepan and cook for about 8 minutes or until tender, stirring often.
5. Meanwhile cut bacon into half-inch pieces and fry until crisp.
6. When spinach is nearly done, add bacon, bacon grease, and salt and mix.
7. Serve as soon as possible.

**\*\*Scalloped tomatoes (5 servings)**

- |  |                            |
|--|----------------------------|
| 1 quart tomatoes                         | 1 tablespoon chopped onion |
| $\frac{1}{2}$ cup finely diced salt pork | 1 cup dry bread crumbs     |
| (butter or other fat may be substituted) | Salt                       |
|  | Pepper                     |

1. Boil the tomatoes and onion about 5 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.

**\*\*Vegetable casserole (6 to 7 servings)**

- |   |           |
|---|-----------|
| 2 to 3 cups meat broth made from soup bone (milk or hot water may be substituted for broth) | 2 turnips |
|   | 2 onions  |
|   | Salt      |
|   | Pepper    |

5 medium sized carrots

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 up to the top layer, but not over it.

4. Cover and bake until vegetables are tender. Remove cover toward end to brown top.

Potatoes and other vegetables may be added or substituted in this dish. When using milk or water, place vegetables in layers and sprinkle a little flour and salt over each layer and dot with fat.

### SALADS

#### \*French dressing

$\frac{1}{2}$ cup vinegar	1 teaspoon salt
$1\frac{1}{2}$ cups salad oil	1 teaspoon sugar
2 garlic buds or 1 teaspoon grated onion	

1. Place ingredients in quart fruit jar.
2. Place rubber and cover tightly on jar and shake well just before using. Keep on hand in a cool place.

Variations: Add following ingredients or combinations: catsup, Chili sauce, diced pickle, piccalilli, diced cheese, minced hard-cooked egg, grated raw beet or carrot, diced olives or peppers, tomato juice, chopped nuts, paprika, mustard, pepper.

#### \*Salad combinations

Add dressing to greens in a bowl just before meal time or at the dining table. Mix and add salt, sugar or vinegar to taste. Serve cool and crisp.

- a. Shredded cabbage and raw carrot.
- b. Shredded cabbage and apples.
- c. Shredded cabbage and raisins.
- d. Shredded cabbage and dried prunes or cherries.
- e. Shredded raw carrots and raisins.
- f. Shredded raw carrots and cauliflower.
- g. Shredded lettuce and spinach and diced radishes.
- h. Shredded lettuce and diced hard-cooked egg.
- i. Diced celery and apple.
- j. Shredded lettuce, diced cheese and raw spinach.
- k. Sliced cucumbers and onion.
- l. Lettuce and sliced tomatoes.

### MAIN DISHES

#### \*Baked beans with salt pork (16 servings)

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

1. Follow the directions for parboiling as given in the recipe for bean broth.<sup>a</sup>
2. Drain beans, add sugar, salt, and pepper and mix.
3. Pour into a baking dish. Bury the pork in the beans for baking.
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.

**<sup>30</sup>Bean loaf (5 servings)**

- |                      |  |
|----------------------|--|
| 1 cup beans          | 1 teaspoon salt                            |
| 1½ cups bread crumbs | ½ teaspoon pepper                          |
| 1¼ cups milk         | ¼ 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 milk and fat.
  5. Put into a greased bread pan and bake in a moderate oven 30 minutes.
  6. Serve with tomato sauce.<sup>40</sup>

**<sup>40</sup>Tomato sauce (5 to 6 servings)**

- |                               |                      |
|-------------------------------|----------------------|
| 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. Melt fat, add flour and blend thoroughly. 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, fish, pot roast, fried cottage cheese balls, fried wheat cereal, macaroni, rice, etc.

**<sup>41</sup>Boiled dinner (10 to 15 servings)**

- |                                   |                      |
|-----------------------------------|----------------------|
| 1½ pounds carrots (4 to 5 mature) | ½ pound bacon back   |
| 1 pound potatoes (3 to 5)         | 2 teaspoons salt     |
| 1½ pounds cabbage                 | ½ teaspoon pepper    |
| ½ pound onions (3 medium)         | 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, onions, and carrots to the boiling salted water. Cook until half done, covered.
  4. Add browned bacon, and sections of cabbage. Add more boiling water if necessary.
  5. Cook uncovered until cabbage is tender. Serve.

**<sup>42</sup>Cheese pudding (6 to 8 servings)**

- |   |                    |
|---|--------------------|
| 8 slices buttered bread, preferably whole wheat or graham | 4 eggs             |
| ½ pound American cheese grated or ground                  | 4 cups milk        |
|   | 1 teaspoon salt    |
|   | ½ cup bread crumbs |
1. Place slices of buttered bread on bottom of a greased baking tin. Sprinkle part of the cheese evenly over the buttered bread.

2. Place alternate layers of bread and cheese until desired amount is used.
3. Beat eggs, add milk and salt. Pour this mixture over the bread and cheese.
4. Sprinkle bread crumbs on top.
5. Bake in a moderate oven until knife thrust in center shows that the custard is set.

Variation: Corn may be used instead of bread and cheese, especially scored corn with kernels cut and pulp scraped out.

**\*Fish cakes (4 to 5 servings)**

$\frac{3}{4}$ cup flaked cooked fish, fresh or salted	Flour
2 cups mashed potatoes	2 tablespoons fat

1. Mix fish and potatoes. Season to taste.
2. Shape into 4 or 5 round flat cakes about  $\frac{3}{4}$  inch thick and roll in flour.
3. Heat fat in frying pan and fry cakes until brown on both sides.

Variations: Cooked meat may be substituted for fish. Meat cottage pie: left-over cooked meat and broth may be placed in a baking dish, covered with mashed potatoes, and baked in a moderate oven until brown and hot throughout. Meat pie: place left-over cooked meat and gravy in a baking dish and cover with a layer of biscuit dough about 1 inch thick. Bake in a moderately hot oven until crust is brown and done. Serve at once.

**\*Baked macaroni with cheese (6 to 7 servings)**

$1\frac{1}{2}$ cups macaroni in 1-inch pieces	1 teaspoon salt
4 quarts boiling water	3 cups milk, scalded
2 tablespoons salt	$1\frac{1}{2}$ cups grated, ground, or diced cheese
4 tablespoons butter	$1\frac{1}{2}$ cups bread crumbs
6 tablespoons flour	

1. Cook macaroni in boiling water to which the 2 tablespoons of salt have been added, for 20 minutes, or until tender.
2. Drain in strainer and pour cold water over it.
3. Make medium white sauce by melting fat, blending flour and salt and gradually adding scalded milk. Stir until thickened.
4. Add cheese to white sauce, cover, and let stand until cheese is melted, then stir.
5. Place alternate layers of boiled macaroni and cheese sauce in buttered baking dish.
6. Cover with crumbs and bake in moderate oven (375° F.) until crumbs are brown.

Variations: (1) A quicker method is to place alternate layers of macaroni and diced cheese in pan and add milk up to top layer, then bread crumbs, and bake as described above. (2) Diced ham may be substituted for cheese in the white sauce. (3)  $\frac{1}{2}$  onion may be added to boiling macaroni and canned or fresh tomato substituted for white sauce with this dish, with or without cheese. Add fat in small pieces on top of dish just before bread crumbs. Salt each layer.

**46Meat casserole (6 to 8 servings)**

- |   |  |
|---|--|
| 1 pint canned beef or other<br>canned meat, cut into 2-<br>inch pieces. (Substitutes:<br>left-over cooked meat; 1<br>pound fresh lamb shoulder<br>or beef chuck; ham ends.) | 3 large carrots<br>6 potatoes<br>2 large onions<br>1 tablespoon fat<br>2 tablespoons flour<br>2 teaspoons salt<br>Meat stock or water to fill dish<br>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 two 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.

**46Meat loaf (6 servings)**

- |   |  |
|---|--|
| 1 pound ground beef, lamb,<br>pork or liver or mixture<br>1 cup bread crumbs<br>1 chopped onion | 1 teaspoon salt<br>$\frac{1}{8}$ teaspoon pepper<br>About $\frac{1}{2}$ cup milk, water or<br>tomato juice |
|---|--|

1. Mix meat, crumbs, onion, salt, and pepper.
2. Add liquid until moist enough to shape into a loaf and pack in greased bread pan.
3. Bake in moderate oven about 45 minutes or until meat is done.

Variations: Two beaten eggs may be substituted for bread crumbs. Serve with tomato sauce (see recipe <sup>40</sup>). For part of moisture,  $\frac{1}{2}$  cup ketchup may be substituted. Also  $\frac{1}{2}$  teaspoon sage, 1 tablespoon chopped celery leaves,  $\frac{1}{4}$  pound ground salt pork, and 1 tablespoon chopped parsley may be added. Loaf may be shaped, placed in roaster and surrounded with small peeled potatoes and baked with frequent basting. If insufficient moisture for basting appears, baste with  $\frac{3}{4}$  cup hot water in which  $\frac{1}{4}$  cup fat has been melted.

**47Meat stew (6 servings)**

- |   |  |
|---|--|
| 1 pound mutton or lamb shoul-<br>der or beef shank, cut in<br>2-inch pieces<br>6 potatoes | 5 carrots<br>2 onions<br>2 teaspoons salt<br>Boiling water |
|---|--|

1. Sear meat in its own fat and place in boiling water.
2. Boil slowly 2 or 3 hours or until tender.
3. One-half hour before done, add potatoes and carrots cut in half, quartered onions and salt to taste.
4. Serve meat, potatoes and carrots on separate parts of platter.

Variations: Turnips or cabbage and celery may be added or substituted. Cook uncovered after adding turnips or cabbage. A cup of rice or 3 cups of partly cooked whole wheat may be tied loosely in a cloth or bag, cooked with the meat and served separately, retaining the flavor of meat and vegetables.

#### **<sup>48</sup>Dumplings for meat stew**

See recipe for Prune Dumplings under Desserts.<sup>70</sup> 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 one is opened in center. Try veal stew with dumplings and without the vegetables.

#### **<sup>49</sup>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 or potatoes.

#### **<sup>50</sup>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.

#### **<sup>51</sup>Rice 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.).

#### **<sup>52</sup>Scalloped salmon (6 servings)**

1 pound can salmon (2 cups)	$1\frac{1}{2}$ cups milk
2 tablespoons fat	$\frac{3}{4}$ teaspoon salt
2 tablespoons flour	1 cup bread crumbs



1. Flake salmon and remove bones.
2. Melt fat, blend in flour, add milk gradually and stir until thickened.
3. Place alternate layers of salmon and sauce in greased baking dish.
4. Cover top with bread crumbs and bake in a moderate oven until the sauce bubbles up and the crumbs are brown.

Variations: Salmon loaf may be made by substituting 2 beaten eggs and  $\frac{1}{4}$  cup milk for the white sauce, and stirring in bread instead of adding to top. May be served with white sauce to which chopped parsley has been added.

#### <sup>54</sup>Spanish rice

See recipe for Spanish wheat.<sup>51</sup> Substitute cooked rice for cooked wheat in same proportions.

#### <sup>55</sup>Spanish wheat (6 to 8 servings)

- |   |  |
|---|--|
| 3 to 6 slices bacon or salt pork<br>(2 to 4 ounces) | $\frac{1}{2}$ cup diced onion<br>$\frac{1}{2}$ teaspoon salt |
| 1 cup canned tomato                                 | 1 teaspoon fat   |
| 3 cups cooked wheat (see<br>recipe <sup>55</sup> )  |  |

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.

#### <sup>56</sup>Wheat and vegetable loaf (about 8 servings)

- |  |   |
|--|---|
| 4 cups cooked wheat (see<br>recipe <sup>56</sup> ) | $\frac{1}{2}$ cup diced onion<br>2 tablespoons melted fat |
| $1\frac{1}{2}$ cups canned tomatoes                |   |
| 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.

Variation: Diced left-over meat or canned meat may be added.

#### <sup>57</sup>Wheat hominy and bacon (4 servings)

- |   |  |
|---|--|
| 3 cups wheat hominy (see recipe <sup>57</sup> ) |  |
| 3 to 6 slices bacon (or salt pork)              |  |
1. Cut bacon into half-inch pieces and fry until crisp.
  2. Add hominy, cover and cook until hominy is hot.

Variations: When hominy is hot, add 4 eggs and scramble. A sliced onion may be cooked with the bacon.  $\frac{1}{2}$  cup tomato may be added with the hominy. Canned corn or untreated cooked wheat may be substituted for wheat hominy.

### DESSERTS

#### <sup>57</sup>Apple brown betty (5 to 6 servings)

- |   |                                    |
|---|------------------------------------|
| 3 cups diced apples                             | $\frac{1}{4}$ teaspoon salt        |
| $\frac{3}{4}$ cup brown sugar or white<br>sugar | 2 cups crumbs<br>2 tablespoons fat |
| $\frac{1}{2}$ teaspoon cinnamon                 |                                    |

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).

Variation: Substitute cooked wheat for bread crumbs, keeping  $\frac{1}{2}$  cup crumbs for top.

#### **<sup>88</sup>Apple cobbler**

See recipe for Prune cobbler.<sup>88</sup>

Follow same directions, substituting raw apples for prunes.

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

#### **<sup>89</sup>Apple crisp (5 to 6 servings)**

4 cups coarsely diced apples	$\frac{1}{2}$ 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 soaked dried fruits.

#### **<sup>90</sup>Apple sauce cake (6 to 8 servings)**

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.

#### **<sup>91</sup>Cocoa pudding (5 to 6 servings)**

$\frac{1}{2}$ 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. Serve cold with milk and sugar.

**<sup>62</sup>Creamy rice pudding (3 to 4 servings)**

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

1. Wash the rice.
2. Add the rice, sugar, salt, and nutmeg 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.

**<sup>63</sup>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
$1\frac{1}{2}$ cups milk	prunes or other fruit
$\frac{1}{2}$ 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 sauce<sup>66</sup> or milk.

**<sup>64</sup>Baked custard (5 to 6 servings)**

3 to 4 eggs	$\frac{1}{2}$ teaspoon salt
4 cups milk	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	

1. Scald milk.
2. Beat eggs slightly, add sugar and milk.
3. Add salt and vanilla and stir thoroughly.
4. Pour into baking dish. Place dish in pan of hot water. Bake in slow oven (350° F.) until custard is set when tested by inserting knife in center, about 1 hour. Serve cold.

Variations: (1) Add  $\frac{1}{2}$  cup caramel sirup made by combining hot water with browned sugar. (2) Substitute  $\frac{1}{4}$  teaspoon maple flavoring for vanilla. (3) To make bread pudding, add 2 cups soft bread crumbs and 1 cup of diced dried fruit. (4) For chocolate bread pudding, mix  $\frac{1}{2}$  cup cocoa or two squares of chocolate melted, and a little milk with sugar. (5) The juice and grated rind of 2 lemons may be substituted for the chocolate. (6) Caramel sirup may be served over custard after it is baked. (7) Nutmeg may be grated over top of custard at end of baking.

**<sup>65</sup>Baked Indian pudding**

1 quart milk	$\frac{1}{2}$ cup molasses
$\frac{1}{3}$ cup yellow cornmeal	$\frac{1}{2}$ to 1 teaspoon ginger
1 teaspoon salt	

1. Heat milk, stir in cornmeal and salt and cook in double boiler 20 minutes.
2. Stir in molasses and ginger. Pour into greased baking dish and bake in a slow oven for 2 hours. Serve hot or cold with pudding sauce or top milk.

**<sup>66</sup>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.

**<sup>67</sup>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 to a greased pan.
5. Bake in a moderate oven (375° F.) for about 15 minutes.

**<sup>68</sup>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 brown sugar   | $\frac{3}{4}$ cup prune juice (varies with dryness of bread crumbs) |
| $\frac{1}{2}$ 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.

**<sup>69</sup>Prune cobbler**

1. Place stewed dried prunes, sweetened to taste, in 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 (see recipe <sup>20</sup> for biscuit dough).
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.

**<sup>70</sup>Prune dumplings (6 to 8 servings)**

- | PRUNES                           | DUMPLINGS                              |
|----------------------------------|--|
| $\frac{3}{4}$ pound dried prunes | $1\frac{1}{2}$ cups flour              |
| $\frac{1}{4}$ cup sugar          | $2\frac{1}{2}$ teaspoons baking powder |
| 1 tablespoon flour               | 1 tablespoon sugar                     |
|                                  | $\frac{1}{2}$ teaspoon salt            |
|                                  | 1 tablespoon lard or other fat         |
|                                  | $\frac{1}{2}$ cup milk                 |

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.
5. Work in the fat either with fingers or knife.
6. Add milk, making a drop batter. Drop by tablespoons on top of prunes.
7. Cover and cook for 10 minutes.
8. Serve immediately with nutmeg sauce.<sup>66</sup>

**"Prune and wheat pudding (4 to 5 servings)**

- |  |   |
|--|---|
| 2 cups cooked wheat <sup>15</sup> or wheat | $\frac{1}{2}$ cup sugar                   |
| hominy <sup>16</sup>                       | 2 cups milk                               |
| 1 cup diced, soaked dried prunes           | $\frac{1}{2}$ teaspoon cinnamon or nutmeg |
| 2 eggs (may be omitted)                    |   |

1. Place a layer of wheat about one inch thick in greased baking dish.
  2. Add a layer of diced prunes and sprinkle them with part of spice.
  3. Repeat until ingredients are used.
  4. Beat eggs, stir in sugar and milk and pour over wheat and prune mixture.
  5. Bake in moderate oven until custard has set (about 45 minutes).
  6. Serve hot or cold with cinnamon or nutmeg sauce.<sup>66</sup>
- Variation: Substitute boiled rice for wheat.

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

- |   |   |
|---|---|
| 4 tablespoons melted butter or other fat          | 1 quart sweetened rhubarb sauce or 2 quarts raw sliced rhubarb and sugar to sweeten |
| $\frac{1}{4}$ teaspoon salt                       |   |
| 1 quart fine, dry bread crumbs                    |   |
| Cinnamon or nutmeg (about $\frac{3}{4}$ teaspoon) |   |

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.

**"Rhubarb crisp**

See recipe for Apple Crisp.<sup>69</sup>

Follow same directions, substituting diced raw rhubarb for diced apples. Add  $\frac{1}{2}$  cup sugar to a quart of diced rhubarb and heat before adding flour mixture.

**"Upsidedown ginger cake with apples (6 to 8 servings)****Stewed apples**

6 cups apples cut in eighths  
(preferably a variety that  
holds shape)

$\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  cup hot water (stewed apples  
should be nearly juiceless when  
cooked)

Boil without cover until nearly tender. Pour into buttered cake pan, dot with tablespoon butter, and sprinkle with  $\frac{1}{8}$  teaspoon of nutmeg and  $\frac{1}{8}$  teaspoon of cinnamon.

**Gingerbread**

$\frac{1}{2}$  cup sugar  
3 tablespoons fat  
1 egg  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  cup molasses

$1\frac{3}{4}$  cups flour  
 $\frac{1}{8}$  teaspoon salt  
1 teaspoon ginger  
1 teaspoon cinnamon  
1 teaspoon soda

1. Cream sugar and butter together.
2. Beat egg and add to sugar mixture.
3. Sift dry ingredients together.
4. Mix milk and molasses. Add alternately mixture of dry ingredients and milk mixture to sugar mixture.
5. Pour batter over the apples. Bake in a moderate oven (350° F.) 30 to 45 minutes, or until done when tested with toothpick. Invert. Serve plain or with top milk.

Variations: (1) Substitute stewed dried fruits for apples. (2) Substitute plain one-egg cake for ginger bread. (3) Add juice to fruit. (4) Add chopped nuts to fruit.

## Appendix

### A FOOD COST OF \$4.56 FOR FIVE PERSONS FOR ONE WEEK

Food supplies for the menus given for the First Week (pages 4-5) for a family of five can be purchased at the rate of \$4.56 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. 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. Twenty-three to 28 quarts of whole milk would be a desirable standard.

An egg should be provided three or four times a week for all children under six years, if possible.

In families where there are nursing or pregnant mothers every effort should be made to provide her 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 relief committees 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 in the week's market order.

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, May, 1934	Cost
<i>Cereals</i>			
Cornmeal .....	2 lb	10 lb .....\$0.29	\$0.06
Flour .....	15 lb	49 lb .....1.31	.40
Oatmeal .....	1.5 lb	9 lb .....43	.07
Wheat (whole).....	3 lb	100 lb .....1.30	.04
<i>Milk</i>			
Dry skim.....	3 lb	1 lb .....10	.30
Evaporated.....	8 tall cans	1 can .....06	.48
<i>Fruits</i>			
Apples .....	10 lb	1 box .....50	.10
Prunes .....	2 lb	4 lb .....19	.10
<i>Vegetables</i>			
Cabbage .....	11 lb	1 lb .....025	.28
Carrots .....	7 lb	3 lb .....10	.24
Onions .....	2 lb	3 lb .....10	.07
Potatoes .....	15 lb	100 lb .....75	.12
Tomatoes (canned) .....	3 No. 2½ cans	1 No. 2½ can .....13	.39
Navy beans (dry) .....	3 lb	4 lb .....25	.19
<i>Fats</i>			
Butter .....	1 lb	1 lb .....27	.27
Lard .....	1.5 lb	1 lb .....10	.15
Salt pork .....	1 lb	1 lb .....15	.15
<i>Sugar</i>			
Brown .....	1 lb	100 lb .....4.75	.05
White .....	2 lb	100 lb .....4.75	.10
<i>Meats and other proteins</i>			
Pot roast (rump) .....	2 lb	1 lb .....13	.26
Salmon (canned, pink).....	1 tall (1 lb)	1 lb .....12	.12
Eggs (for children).....	1½ doz	1 doz .....16	.24
Peanut butter .....	½ lb	1 lb .....10	.05
<i>Condiments, etc.</i>			
Baking powder .....	3½ t	1 lb .....15	.01
Cinnamon .....	½ oz	2 oz .....10	.03
Cocoa .....	½ lb	2 lb .....19	.03
Coffee .....	½ lb	1 lb .....21	.11
Pepper .....	3 tb	2 oz .....10	.04
Salt .....	½ lb	8 lb .....19	.02
Soda .....	¼ oz	1 lb .....10	.01
Vinegar .....	½ pt	1 gal .....25	.02
Yeast foam .....	4 cakes	1 pk .....10	.08
Total cost .....			\$4.56