

THE SCHOOL LUNCH

COMMUNITY RESPONSIBILITY FOR THE FOOD NEEDS OF THE CHILDREN OF TODAY WILL BE MEASURABLE ONLY IN TERMS OF THE HEALTH AND VIGOR OF THE COMMUNITY OF TEN YEARS FROM TODAY.

TEN YEARS FROM TODAY THE DEGREE AND THE QUALITY OF RESPONSIBILITY TAKEN BY PARENTS, SCHOOLS, COMMUNITIES, STATES, AND THE NATION TO INSURE ADEQUATE FOOD TO THE CHILDREN OF TODAY WILL BE MEASURABLE IN TERMS OF DEPLETED OR VIGOROUS ADULTS.

TODAY'S FOOD NEEDS CANNOT BE MET TOMORROW. EVERY CHILD WELL FED EVERY DAY IS AN INSURANCE POLICY FOR TOMORROW WITHIN THE REACH OF EVERY COMMUNITY.

Oregon State Agricultural College
Extension Service
Corvallis, Oregon

This Bulletin is prepared

For MOTHERS who, eager to have their children abundantly healthy, realize the importance of the noon lunch at school which represents one-third of the day's meals.

For PARENT-TEACHER GROUPS who, seeing about them children who are inadequately fed at home, desire to take leadership that will insure for those children one-third of the day's food needs adequately met.

For TEACHERS, many of whom are responsible for the establishment of the noon lunch program and without whose whole-hearted interest no plan could be successful.

For OTHERS, individuals or groups, who desire to help in a very practical way to maintain a high standard of child health in their communities.

CLARIBEL NYE,
State Leader of Home
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The School Lunch

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AN adequate school lunch is important to the health and well-being of every child and teacher who must have the noon meal at school. For the child who is not adequately fed at home, the school lunch becomes an opportunity partly to make up for the deficiencies of the other meals of the day.

THE SCHOOL LUNCH IN CHILD NUTRITION

Relation to the day's food program. The noon lunch is related to the remainder of the day's food program. In Table I are given both the desirable and the emergency standards of food selection for growing children. The emergency standard although inadequate protects from danger of permanent injury. The nearer the diet approaches the standards in the left-hand column, however, the greater the protection from disease, poor growth, and poor development.

TABLE I. FOOD STANDARDS FOR SCHOOL CHILDREN

Foods	Amount every normal school child should have daily	Amount every normal school child should have daily if on an emergency standard
MILK.....	1 quart of whole milk to drink and in cooked food (fresh or evaporated)	1 pint of whole milk to drink and in cooked food (fresh or evaporated)
VEGETABLES.....	2 or 3 servings of vegetables preferably green and yellow, in addition to potatoes	1 or more servings of potatoes daily and 1 or more servings of other vegetables daily including 1 serving of tomatoes or raw cabbage three times a week.
FRUITS.....	2 servings (1 serving of fruit or vegetable should be raw. Canned or raw tomato or orange daily.)	May be omitted if requirements in vegetables are met.
EGGS.....	1 egg	See Cheese, Meat, Fish, Dried Beans
CHEESE, MEAT, FISH, DRIED BEANS.....	1 serving of any one	1 serving of any one of the following three times a week: Eggs, Cheese, Meat, Fish, Dried Beans
BREADS AND CEREALS.....	2 servings or more (Whole grain products are recommended.)	1 or more servings at each meal. (Whole grain products are recommended.)
WATER.....	1 quart	1 quart
FATS.....	Butter 1 tablespoon cod-liver oil	Enough fat to make food palatable 1 tablespoon cod-liver oil

TABLE II. EXAMPLES OF A DAY'S MEALS FOR THE SCHOOL CHILD

Meal	Desirable standard	Emergency standard
Breakfast.....	Fruit	
	Whole-grain cereal with milk and sugar	Whole-grain cereal with milk and sugar
	Whole-grain toast and butter or potatoes	Toast or potatoes
	Milk to drink	One-half cup milk to drink
	(Eggs and bacon may be added and the protein dish omitted from one of the other meals.)	
Noon lunch at school.....	Cream of vegetable soup	Cream of vegetable soup
	Vegetable or fruit sandwich of whole-grain bread	Vegetable or fruit sandwiches of whole-grain bread
	Egg, cheese, meat, or fish sandwich	
	Fruit or milk dessert	
	Cookie or plain cake occasionally	
Supper.....	Egg, fish, meat, or cheese	Egg, fish, meat, or cheese three times a week
	Bread and butter	Bread or cereal or both
	Salad containing raw vegetable or fruit	Vegetable or fruit
	(Canned tomato may be substituted.)	Tomatoes three times a week
	Potatoes	Potatoes
	Another cooked vegetable, preferably green or yellow	
	Fruit dessert, pudding, cookies, or plain cake.	
	Milk to drink	One-half cup milk to drink or used on other food or in puddings or soup

Children's eating habits need guidance. The cooperation of parents and teachers is needed in the wise guidance and supervision of children if desirable eating habits are to become the general practice. Eating habits are being developed whenever and wherever the child consumes food. These habits include not only the habit of choosing foods essential for growth, resistance to disease, and energy, but habits of eating slowly, of chewing food well, and of eating in a way that is socially acceptable. If left to themselves, children usually hurry through the noon meal at school, sometimes not taking time to sit down to eat, in order that they may have all the time possible for games and sports. In order to encourage the children to eat leisurely a teacher or parent must be present to eat with the children. If the habit of eating slowly is to be practiced, it is desirable that the children who eat lunch at school sit down together and remain seated for at least fifteen minutes. Those who wish to spend longer at the noon meal should not be hurried. Children who go home for lunch should not be allowed on the school grounds until the lunch period of the noon hour is over. Fifteen minutes for lunch and fifteen minutes for exercise and

zestful play is the minimum standard. An hour for lunch and play is a much more desirable program.

Many childhood ills and physical handicaps in later life can be traced to improper nourishment during school days. Without guidance and supervision the school child's food program may run as follows: lunching on food in the evening; slight appetite and no breakfast in the morning, or an inadequate hurried meal; poor work and poor behavior at school; most of the carried lunch eaten at recess; hurried, inadequate noon lunch; enormous appetite after school, large lunch which includes cake, pie, or cookies; small appetite for simple essential foods at the evening meal; more lunching in the evening. Such a program is disastrous to optimum health, growth, and development.

The habit of eating an adequate breakfast at home undoubtedly contributes to health and therefore to successful participation in school. Children should have time at home in the morning to eat breakfast in a leisurely fashion and also to have an evacuation from the bowels before starting to school. A light hurried breakfast encourages eating the carried lunch at recess. This interferes with appetite for the noon meal, and encourages heavy lunching after school and consequent poor appetite for the evening meal. If breakfast is eaten early or if a child is very young or frail he may need food at recess. This should be provided in the carried lunch in addition to the noon meal and may well be fruit, or he may drink part of his milk with a graham cracker at recess. Sandwiches should be reserved for the noon meal. The recess lunch should be small and light, and should be eaten slowly and chewed well.

A problem which many parents find puzzling is the after-school lunch. Children should be encouraged to drink plenty of water between meals but except in the case of very young or frail children little food should be eaten between meals. One way of determining a child's need for food between meals is his appetite for the next meal. The between-meal lunch is undesirable when it deprives a child of appetite for the simple essential foods that he should take at meal time. Eating sweets between meals is a particularly undesirable habit for this reason. If an after-school lunch is necessary, it should be limited to moderate amounts of such foods as fruit, bread and butter, or milk. In some cases it may be desirable and possible to have the hot evening meal ready soon after the children return from school. The serving of a nourishing hot dish at school to supplement the carried lunch often removes the after-school lunch problem because the child's appetite is satisfied until the evening meal is served.

Sales of candy and other sweets at school should be discouraged. Fruit, pop-corn, and cookies are more healthful foods for children and therefore more suitable for them to sell.

THE CARRIED LUNCH

Milk and vegetables, especially tomatoes, are particularly important constituents of the school lunch. Where a hot dish containing them is not served, it is especially important that they be included in the carried lunch.

SUGGESTED LUNCHES

Pattern for the school lunch. The following suggested foods for the school lunch provide the essential nutrients in satisfactory balance.

- | | |
|---------------------------------|--------------------------------|
| 1 cup of milk in some form | 1 serving of protein such as |
| Whole grain bread and butter | eggs, cheese, fish, or meat |
| 1 serving of vegetable or fruit | Something sweet for flavor and |
| or preferably both | calories |

Lunches not including a hot dish. Examples of good lunches to be carried to school where a hot dish is not served are:

- | | |
|---|---|
| 1. Bottle or jar of whole milk | 3. Bottle of whole milk |
| Carrot sandwich with whole-wheat bread | Cottage cheese and tomato sandwiches with whole-grain bread |
| Egg sandwich | Apple sauce |
| Gingerbread | Cookies |
| Apple | 4. Bottle of whole milk |
| 2. Bottle of whole milk | Shredded cabbage sandwich |
| String beans and peanut-butter sandwich with graham bread | Jelly sandwich |
| Salmon sandwich | Cup of baked custard or rice pudding |
| Soaked dried prunes | |

Lunches including a hot dish. The following lunches include one hot dish each, the remaining foods being carried by the school child.

- | | |
|------------------------------------|--------------------------|
| 1. Cream-of-mixed-vegetable soup | 3. Creamed smoked salmon |
| Bread-and-butter sandwiches | Bread and butter |
| Apple | Dried fruit sandwich |
| Cookies | Celery |
| 2. Boiled potatoes with milk gravy | 4. Buttered turnips |
| Egg-and-tomato sandwiches | Chopped meat sandwiches |
| Stewed dried pears or cherries | Canned fruit |
| | Cup cake |

SANDWICH MAKING*

1. Bread made from flour which contains more of the whole grain than is found in white flour furnishes a much larger amount of minerals, vitamin B, and roughage, than white bread. If the day's needs are limited to few foods there is danger that certain growth-promoting or protective foods will be omitted. For this reason whole grains which are inexpensive and abundant are particularly valuable at this time. The coarser whole grains should not be given to young children or others who have certain digestive difficulties.

*Time in making sandwiches can be saved and the lunch may be more palatable if the filling for the sandwiches is placed in a small jar or paper cup and eaten with plain bread-and-butter sandwiches.

2. A variety of kinds of bread for sandwiches may increase interest in the lunch.

Graham bread
Whole-wheat bread
White bread
Rye bread

Oatmeal bread
Prune, dried cherry, or raisin bread
Prune-and-nut bread
Boston brown bread

3. Bread that is twenty-four hours old is more easily used for sandwiches than is fresh bread.

4. Even slices cut about one-third inch thick make attractive sandwiches.

5. Creaming the butter makes it spread easily and go farther. To cream butter, cut it into pieces and heat it slightly until it is soft but not melted. The amount of butter can be doubled by beating in cream or milk. Keep the butter slightly warm while creaming it. Both slices of bread should be buttered evenly and to the edges of the slices.

6. If the filling is very soft, do not spread it to the edge of the slice. An even supply of butter on both slices helps to prevent soft filling from soaking into the bread.

7. Cutting the sandwich diagonally makes it easier to handle when eating.

8. Salad dressing highly seasoned with mustard, strong pepper, or vinegar should not be used in sandwiches for young children. Pickled products should be used sparingly.

9. Many sandwiches are improved by adding a leaf of lettuce or other greens. As substitutes for lettuce, shredded cabbage, raw spinach, young kale, chard or beet, garden-cress, watercress if from pure water, parsley, celery, dandelion leaves, and other greens may be used. Wash all raw foods carefully and dry them. These may be more palatable if packed separately to keep them crisp.

10. Many kinds of sandwiches are improved by being toasted just before they are to be eaten.

11. All mixtures should be tasted before making the sandwiches and additional seasoning added if needed. Many sandwich mixtures are improved by the addition of a little salt and tomato or lemon juice. If liquids or soft foods are added use only enough to form a mixture of the proper consistency to spread. Use a generous supply of filling when possible.

SUGGESTIONS FOR SANDWICH FILLINGS

Egg combinations. Eggs are more easily digested when cooked below the boiling point. This may be done by cooking them in water in the top of a double boiler. Egg combinations for sandwiches are suggested as follows:

1. Sliced hard-cooked egg and salad dressing. Thin slices of crisp broiled bacon may be added.

2. Minced hard-cooked egg mixed with salad dressing. Cream, salt, and vinegar or lemon juice may be substituted for the salad dressing.
3. Minced egg, American cheese, chopped pickle, and salad dressing.
4. Minced egg, chopped meat, and salad dressing.
5. Scrambled eggs and bacon. Cut the bacon into one-half-inch pieces, fry until crisp, pour off half of the fat, add one tablespoon of milk or cream to each egg, and salt. Stir in beaten eggs and scramble at a low temperature in a frying-pan or cook in a double boiler. Chopped left-over meat may be used instead of bacon.
6. Minced hard-cooked egg, broiled diced bacon, and salad dressing.
7. Minced hard-cooked egg, diced celery, chopped nuts, and cream or salad dressing.
8. Eggs scrambled with canned tomato, diced onion, and salt.
9. Salad dressing containing a little chili sauce, piccalilli, relish, chopped pickle, olive or pimiento, and minced hard-cooked egg.

Meat and Fish combinations suitable for school-lunch sandwiches are suggested as follows:

1. Chopped boiled liver, minced hard-cooked egg, salad dressing. A small amount of meat sauce or chopped sour pickle may be added.
2. Boiled or roasted beef, veal, lamb, mutton, or chicken sliced thin and covered with grated raw carrot, salad dressing.
3. Chopped boiled beef, diced celery, chopped pickle, salad dressing.
4. Chopped boiled or roasted meat, salad dressing.
5. Chopped meat, minced eggs, salad dressing.
6. Broiled diced bacon, chopped raw mild onion, salad dressing.
7. Chopped chicken, green pepper, a little diced pickle.
8. Chopped chicken, diced celery, salad dressing.
9. Thin sliced bacon cooked crisp, crushed and spread on buttered bread.
10. Sliced boiled tongue, a very little horseradish.
11. Headcheese, salad dressing.
12. Boiled corned beef and a little chili sauce.

13. Diced boiled liver, chopped onion, boiled rice mixed.
14. Dried beef ground with cheese and moistened with a little catsup and cream.
15. Flaked salmon, salad dressing.
16. Flaked salmon or other fish, diced celery or a little pickle, salad dressing.
17. Minced sardines added to creamed butter.

Cheese combinations for sandwiches may include any of the following:

1. Cottage cheese, sliced tomato, salad dressing.
2. Cottage cheese on one slice, jam, jelly, honey, marmalade, or conserve on the other.
3. Cottage cheese on one slice, minced dried stewed prunes on the other.
4. Cottage cheese mixed with diced onion and chopped nuts.
5. Cottage cheese mixed with pulp of canned tomato, celery salt, and paprika.
6. Cottage cheese, diced olives, salad dressing.
7. Cottage cheese on one slice, mixture of grated raw carrot, a little grated onion, and salad dressing on the other.
8. Cottage cheese, diced green peppers.
9. Cottage cheese, broiled diced bacon, chopped chives, ground nuts.
10. Ground or minced American cheese, cream to moisten, salt, celery salt, and paprika, with or without grated onion.
11. Ground American cheese, diced olive, pimiento or a small amount of pickle, salad dressing.
12. Ground American cheese, canned or fresh tomato.
13. Ground American cheese, hard-cooked egg, a small amount of pickle, salad dressing.
14. Ground American cheese, ground walnuts, a small amount of dill pickle, salad dressing or cream.
15. Sliced American cheese. Toast sandwich slowly.

Nut combinations. Any of the following combinations are suggested:

1. Peanut butter mixed with jam, jelly, honey, marmalade, conserve, or sirup.
2. Peanut butter, a little chopped pickle, or chili sauce or catsup, salad dressing.

3. Peanut butter softened with warm water, cream, salt, lemon juice or tomato juice.
4. Peanut butter, ground dried fruit, salad dressing or fruit juice or cream.

The peanut butter and fruit mixture without the cream may be prepared in quantity if kept in a cool place.

5. Finely chopped walnuts or other nuts, salad dressing.
6. Equal parts of finely chopped walnuts or other nuts and jelly, jam, or honey.

Vegetable combinations like the following make delicious sandwiches for the school lunch:

1. Lettuce, shredded cabbage, raw spinach, watercress if from pure water, diced celery, young leaves of curly kale, chard, dandelions or other greens, salad dressing. Wash all raw foods carefully.
2. Shredded raw carrot, a little grated onion, salad dressing.
3. Sliced tomato, salt or salad dressing.
4. Shredded cabbage or other greens, ground nuts, and grated onion mixed with salad dressing.
5. Fresh or canned string beans, peanut butter, salad dressing. Boil home-canned beans thoroughly (10 minutes) after opening them and before tasting. Mix equal parts of peanut butter and salad dressing.
6. Baked beans or lima beans, broiled diced bacon or sliced tomato or chili sauce.
7. Baked beans mixed with canned tomato, a little horseradish and chopped onion.
8. Shredded raw spinach, a little grated onion, salad dressing.
9. Two-thirds grated raw carrot, one-third ground raisins or other dried fruit, salad dressing.
10. Sliced tomato with crisp bacon.

Fruit combinations make sweet sandwiches which can serve as dessert.

1. Ground dried fruits such as prunes, pears, or cherries, mixed with orange juice or tart canned fruit juice. Soak fruit a few minutes in warm water and dry before grinding. The fruit mixture can be made in a quantity if kept in a cool place. Grated or finely ground orange rind and salad dressing may be added just before using.
2. Ground dried fruit, ground nuts, and salad dressing or fruit juice.

3. Ground dried prunes mixed with orange marmalade or apricot marmalade.
4. Ground dates and nuts moistened with lemon or orange juice or canned fruit juice.
5. Jelly, jam, marmalade, conserve, honey or fruit butter, with or without ground nuts.

PACKING THE CARRIED LUNCH

1. Milk may be carried in half-pint milk bottles or fruit jars, screw-top jars such as those in which candy and salad dressing are sold, jelly glasses with tight covers if carried carefully, and bottles and paper cartons with tight-fitting tops. The inside of metal tops may be protected by waxed paper.

2. Canned fruits, stewed dried fruits, salads, rice pudding, custards, cereal puddings, junkets, gelatins, tapioca puddings made with milk, corn-starch puddings, cottage cheese, and other semi-soft foods may be carried in jelly glasses with tops, screw-top jars, or covered paper cartons.

3. Lunch containers should be clean and should protect the flavor and shape of the food. They should be washed and rinsed daily with hot water. Satisfactory lunch containers:

Tin or granite pail. Nail holes for ventilation are necessary and may be in form of child's initials.

Folding tin box.

Tin box with vacuum jar.

Less satisfactory containers:

Cardboard box. Cannot be cleaned and crushes easily.

Fiber or cloth box. Difficult to clean.

Paper sacks. Do not protect food from getting crushed.

Baskets. Difficult to clean.

Unventilated metal containers. These result in all foods tasting of foods with stronger odors.

4. Firm food should be packed in the bottom of the container.

5. Food should be packed compactly to prevent shaking.

6. Each kind of food should be wrapped separately in waxed paper. Sandwiches should be wrapped carefully to prevent drying.

7. Two paper or cloth napkins are useful. Place the napkins last in the lunch box. One napkin is for use as a desk cloth.

8. Knives, forks, or spoons should be included if needed.

9. In hot weather soft, moist foods in which molds are likely to grow rapidly should be omitted; for example, sliced meat or peanut butter is to be preferred to chopped meat moistened with salad dressing.

10. A lunch-box drawer in the kitchen or pantry for accessories is a convenience. It may contain:

Waxed-paper roll
Paper napkins
Small glass jars
Paper cartons
Scissors
Spatula

String
Paper cups, forks, spoons
Straws
Toothpicks
Wrapping paper

THE HOT DISH

Milk, vegetables, and egg dishes should form the basis of the hot-lunch dish. If parents have canned vegetable mixtures to provide for the school lunch or if a variety of fresh vegetables is available, cream-of-vegetable soup will occupy an important place. Salmon, clams, oysters, or other fish may be added, forming chowders. To avoid having pupils tire of the milk-and-vegetable combinations, cream soups may well be alternated with meat-stock soups, buttered vegetables, cocoa, cereals, eggs, creamed and baked fish, and meat dishes. If eggs can be purchased and stored at the season of lowest price, this valuable food may well be used frequently in the noon lunch.

The lunch should not include dishes which digest slowly such as fried foods, sausage or wieners, or which may be irritating to the digestive tract, such as mustard, pepper, pickles, and candies. Coffee and tea should not be included. The hot-lunch schedule should be made out in advance and posted so that lunches from home can be planned to supplement it.

The object of having the school hot-lunch dish is defeated unless each child has some of it. If several dishes are prepared at school, children should have the hot dish although they may be allowed a choice among other foods served. In some schools the hot dish is served for from three to five cents and the hot dish with sandwich and dessert is sold for eight to ten cents.

ADVANTAGES OF A HOT DISH WITH THE CARRIED LUNCH

1. A well-planned meal is seldom accomplished in the cold lunches brought to school in the average lunch box.

2. Many children eat more and are willing to bring a more adequate lunch from home if it is supplemented with hot food. Underweight and lowered resistance are improved in many cases when the child increases the amount of food he eats at school.

3. The hot dish encourages eating slowly.

4. The hot dish at noon supplementing the lunch brought from home should satisfy the child's hunger and need for food and he is less likely to overeat after school. Eating a normal evening meal is thus encouraged.

5. The preparation, serving, and financing of the hot-lunch dish offers educational opportunities for guidance in understanding food values, food preparation, serving, table etiquette, sanitation, and in some cases knowledge of food prices and food buying.

6. In cases of under-privileged children, the hot-lunch dish may be the only wholesome, adequate food eaten during the day.

7. Children enjoy a hot lunch more than a cold one. They also enjoy participation in the preparation or serving of the hot dish. It makes the noon meal a happy social occasion.

8. Improvement in behavior and even in the scholarship of many children is noted and reported following the introduction of the hot dish.

9. Teachers receive the same health benefits as children and can therefore work more efficiently.

METHODS OF FINANCING THE HOT DISH

In order to feed those children who are most in need of food the hot dish should be available to every child and at the lowest possible cost. In some schools all the food and supplies are furnished by the families. Those families that can contribute food or money should do so. If a central fund of money is necessary to meet a part of the expenses different methods are used:

1. Appropriated by the school board.
2. Supplied from proceeds from entertainments such as school plays, community dinners, basket suppers, bazaars, or dances.
3. Donated by an organization or by individuals. Parent-teacher associations and women's clubs often take this responsibility.
4. Collected from parents or children, preferably monthly or weekly rather than daily. In larger schools the sale of a printed or mimeographed card upon which meals or cents can be punched has been found practical. When children are given money for school lunches, the temptation is great to spend some of it on candies, pie, and pickles.

TYPES OF MANAGEMENT IN THE PREPARATION OF THE HOT-LUNCH DISH

1. Food prepared by a paid worker at school or at her home. The person employed may be a homemaker living near the school who has free time or a high school girl who must earn her way.

2. Food prepared by older girls and boys under the supervision of a teacher or a parent.

3. Food prepared at home or at school by mothers who take turns as individuals or in groups of two. Women who are not skillful in food preparation can help in other ways.

4. Food prepared by a teacher.

5. Food prepared at home, carried to school by each child in glass jars, and jars placed in pan of water a half hour before lunch and heated quickly.

6. Food prepared at home and brought to school in thermos bottles.
7. Food prepared by a 4-H cooking club or other 4-H clubs.
8. Hot dish prepared as part of the school cafeteria luncheon.

Preparation of the hot dish by home economics classes is inadvisable, as a regular responsibility, as such an arrangement interferes with a balanced program of instruction in foods and nutrition.

CHECKING THE RESULTS OF THE IMPROVED SCHOOL LUNCH

Parents, teachers, and children would find it interesting to study improved conditions in the school to which the improved noon lunch may have made a substantial contribution. The improvements noted could be discussed at parent-teacher meetings or other group meetings.

Health results to which the improved noon lunch may contribute are:

1. Manifestations of physical fitness such as improved posture and vigor, zest in play and work, color of skin, condition of hair.
2. Decrease in absence from school owing to illness.
3. Normal gain in weight and height of children during a given period. There is danger of over-emphasis on these points. Gain in weight and height is but one of many indications of health.

Educational results from the improved noon lunch may be observed in:

1. Increased interest in school work.
2. Less restlessness, listlessness, lack of concentrated attention and effort.
3. Improved scholarship in some cases.
4. Knowledge shown of balanced dietary through better food selection in carried lunches.
5. Improved habits of cleanliness.

Social results from the improved noon lunch include:

1. Cooperation among pupils, teachers, and parents.
2. Improvement in consideration for others and the observance of courtesies.
3. Ideals of better living.
4. Increased interest of the community toward its responsibility for child welfare and community health.

SERVING THE HOT DISH

Participation by the children in serving and clearing away the lunch, if wisely directed, gives children practice in sharing happily in responsibilities. Girls and boys may be divided into groups of three or four, each group taking turn for a week at various duties, such as passing desk covers, cooking or serving the hot dish, washing dishes, and sweeping the floor. The duties of groups and names of pupils in each group should be posted continuously.

Three ways of serving. The type of service depends on the size of the school and the space and equipment. Children should be encouraged to wait on themselves and to return the soiled dishes to the place assigned. Three types of service are frequently used:

1. In a small school if a table is available, all sit down together at the table for lunch. A clean white cover of oilcloth or other material is desirable. Home-made stools, or boards on boxes may be substituted for chairs. Lunch served at a table affords excellent opportunity for teaching table setting and table manners.

2. Lunch is served on school desks. Desks should be covered with clean cloth or paper which may be cut out by primary pupils. Each child may keep in his desk two napkins made of fringed crepe, pieces of a worn sheet or of a towel.

3. Where space permits, the best plan is to serve lunch in a special lunch room at tables with chairs or benches.

Rules for table setting. Whether pupils eat in groups at tables or individually at their desks accepted rules for arrangement of silver, dishes, and napkins should be observed.

1. Lay the silver parallel, at right-angles to the edge of the table, one inch from the edge.

2. Place the knives, if used, at the right of the plate with the cutting edge toward the plate.

3. Place the forks at the left of the plate, tines up. If no knives are used, the forks are placed at the right.

4. Place the spoons at the right of the knife, bowls up, or at the right of the bowl or plate if no knife is used.

5. Place the silver for serving beside the serving dish, parallel to other silver.

6. Place the glass at the tip of the knife: if no knife is used, at the tip of the spoon.

7. Place the napkin one inch from the edge of the table on the left-hand side with the hems parallel to the silver and to the edge of the table. The open corner of the napkin is the lower right-hand corner.

8. Place serving dishes parallel with the edge of table. Place dishes with handles so that the handles are parallel to the edge of the table.

9. Place a low-growing plant or a low bouquet of flowers, ferns, leaves, or berries in the center of the table.

Good manners are as important at school as in the home.

1. Be on time at meals.
2. Wash hands clean with soap and water before each meal, and after returning from the toilet.
3. When standing or marching in line to be served the hot dish, observe the rules of good posture—stand tall; feet parallel; chin in; head back; abdomen held in; chest out.
4. Where possible, remain standing until all are ready to be seated.
5. Where possible, wait until all are served before beginning to eat.
6. Use a napkin on the lap. Remove food that remains on the lips with the napkin.
7. Sit straight at the table or desk with hips well back on the seat.
8. Make as little noise in eating as possible. Avoid the clatter of the spoon against the bowl, and avoid a sucking sound when eating soup. Dip soup away from you in the bowl.
9. Do not reach in front of another person, but ask to have the desired food passed, addressing the person by his or her name.
10. Reserve waste such as apple cores in the lunch container or on the plate and at the end of the lunch deposit it in a container for waste. (Avoid throwing or dropping waste objects or water on the floor.)
11. Take part in conversation. Talk about cheerful and interesting subjects. Do not interrupt when another person is talking.
12. Avoid playing with table utensils. Avoid nervous movements of hands, feet, or body. Cultivate poise and control.
13. Remain seated until excused. If it is necessary to leave the table before finishing, ask the person in charge if you may please be excused.

EQUIPMENT AND SUPPLIES FOR THE HOT-LUNCH DISH

A bowl and spoon for each child may be brought from home and washed and kept at school or taken home for washing. Kettles, other necessary equipment and cupboard for storing them, are often contributed by parents, other interested individuals, or merchants under the leadership of a committee of the parent-teacher association. Equipment, including dishes for children, may be purchased from the lunch fund.

A very inexpensive cupboard may be made from a few boards or from packing boxes, using curtains made from flour sacks. In some schools, cupboards, curtains, and table are made by the older children. The table may well be covered with oilcloth or painted. The lower part may be boxed in and shelves made for dishes and supplies.

Staple groceries may be kept in glass jars or in painted tin cans.

Suggestive list of simple equipment. All the following pieces of equipment will be found useful in preparing and serving hot lunch dishes.

A stove on which liquids can be boiled.

A cupboard for equipment and supplies—preferably with door or close-fitting curtain.

A work table with washable surface or an improvised table made from saw horses and planks.

A large double boiler with a cover or one made of two kettles, or one kettle and a pan, one of which fits inside the other, the inside one resting on perforated tin-pail covers.

2 medium-sized pans and covers

Measuring cup

Measuring spoons

Butcher knife

2 paring knives

Large stirring spoon, preferably wooden

Fork

2 tablespoons

2 teaspoons

Egg-beater

Strainer or colander

Mixing bowl

Can opener

Vegetable brush

2 hot-dish holders

2 dish pans

6 dish towels

2 dish-cloths

Kettle scraper

Cans and jars for staple supplies

Garbage container and cover

Soup spoon and bowl or cup for each person

Clothes-line or rack for drying towels and dish-cloth

Desirable additional equipment. An oven will make possible a variety of appetizing hot dishes. A small oven for use on the top of the stove can be made from an oil can. The bottom of the can is removed and one side made into a door. Other useful equipment may be the following:

2 baking pans

Food-chopper

Teakettle

Ladle

Large pitcher

Kitchen salt shaker

Potato masher

Frying-pan for chowders

Plate and fork for each person

A few extra dishes for guests

Sink with drain boards

Dish-rack (for drying dishes)

Pancake turner

Long-handled paddle

Quart measure

Spatula

Case-knives and additional spoons and forks

Additional pans and bowls

Metal or linoleum top for table

Serving dishes for vegetables

Tray for each child

Suggestive list of food staples and cleaning supplies. The following supplies can be obtained in suitable amounts and kept for use as needed.

Salt

Sugar

Flour

Cocoa

Rice

Macaroni

Wheat

Canned vegetables and soups

Bacon or salt pork

Canned meat, fish, and other sea food

Onions

Potatoes

Cabbage

Carrots

Vanilla

Prunes and other dried fruits

Dried celery leaves

Dried vegetables such as beans, corn, and peas

Cheese

Peanut butter

Soap

Scouring powder

Paper napkins

Supplies to be obtained fresh as needed are:

Milk and cream
Butter
Fresh vegetables

Fresh meat and soup bones
Eggs

PREPARATION OF THE HOT SCHOOL-LUNCH DISH

Rules for cooking the hot dish are:

1. Cook milk and cereals over hot water to avoid burning.
2. To avoid lumps in the white sauce, combine melted fat and flour off the stove, and add this mixture *slowly* to the hot milk, stirring constantly until the mixture has thickened. Thickened milk is completely cooked in fifteen minutes near the boiling point and need not be boiled. To remove lumps from a white sauce beat with an egg beater.
3. Vegetables should be placed in boiling water and cooked as quickly as possible. Overcooking vegetables spoils their flavor and appearance, decreases their food value, and in some cases makes them less easily digested.
4. In making soups from home-canned vegetable mixtures, add any of the following seasonings or combinations: fresh grated onion, fried brown diced onion, diced cooked potatoes, alphabet or animal noodles, vermicelli, macaroni, rice, wheat, wheat hominy, cooked dried peas and beans, chopped cabbage, fried diced bacon or salt pork, minced hard-cooked eggs, beaten raw eggs, celery salt, bay-leaves or peppercorns. Combinations of these seasonings improve the flavor, add variety and food value.
5. In making cream soups from any mixture which includes tomatoes, follow the precautions given under Cream of Tomato Soup.
6. Boil all non-acid home-canned vegetables, meats, and fish ten minutes after opening the can and before tasting the food. Count the time after the food begins to boil.
7. Where practical, use in soups water in which vegetables were cooked or canned.
8. Taste all dishes before serving and add seasoning if necessary.
9. Boil cracked bones in a cloth or sack to avoid danger from splinters in the stew or soup.
10. Soda destroys vitamins and should be used sparingly or not at all in cooking vegetables.

Precautions and safety measures. The school hot-lunch dish should not be attempted unless sanitary conditions can be maintained. Careful, systematic, clean housekeeping should be observed. A place for everything and everything in its place saves time and confusion.

1. Persons handling food or dishes should have clean hands. Water, soap, and towels should be available. The wearing of hair nets by the girls who handle food may be desirable.

2. An adequate supply of water for dish washing is necessary.
3. Dishes and silver should be washed with hot water and soap, and should be rinsed with boiling water. Dishes belonging to children who have colds or any infection should be washed separately or taken home to be washed.
4. In schools with no sink, dish-water should be disposed of at a distance from the school.
5. All working surface should be covered with washable material or clean paper and should be washed clean with hot water and soap daily.
6. Garbage should be buried or burned each day if not collected.
7. Food should be kept covered and free from dust and dirt. Warm food should be cooled before it is covered.
8. Floors should be kept clean and should be swept without raising a dust. The desks or the table should be cleaned after the meal, but before the floor is swept.
9. Clean all vegetables and fruits carefully. Wash dried fruit, especially if it has been purchased in bulk.
10. Use clean milk from tested, healthy cows.
11. Ventilate the room after serving the lunch.
12. Children with colds or other contagious ailments should not handle food which is to be served to others.
13. Children should not be permitted to carry kettles of food which are too heavy for their strength.
14. Dish towels and dish-cloths should be washed regularly and kept clean.
15. The supply of drinking water should be readily available and in sufficient quantities. It should be tested regularly for purity. If not pure, it should be boiled before being used. A sample of water sent to the Department of Bacteriology, Oregon State Agricultural College, Corvallis, or to the State Department of Health, Portland, will be tested without charge. Send request for sterile container.
16. The common drinking cup or pail spreads disease. If the school does not have a sanitary type of water bubbler each child should use an individual cup which is washed regularly with hot water and soap.

Tabulations for use in preparing hot dish. The tables given below include facts useful in food preparation and particularly in preparing cooked food for large groups.

TABLE III. COMMON KITCHEN MEASUREMENTS

3 teaspoons equal 1 tablespoon	4 quarts equal 1 gallon
16 tablespoons equal 1 cup	8 quarts equal 1 peck
2 cups equal 1 pint	4 pecks equal 1 bushel
2 pints equal 1 quart	1 cup equals 8 fluid ounces

TABLE IV. CONTENTS OF COMMONLY USED TIN CANS

Size	Contents
	<i>Cups</i>
Picnic	1½
No. 1	2
No. 2	2½
No. 2½	3½
No. 3	4
No. 10	13

TABLE V. STANDARD OVEN TEMPERATURES

Description	Temperature
	<i>Degrees F.</i>
Slow oven	250° to 350°
Moderate oven	350° to 400°
Hot oven	400° to 450°
Very hot oven	450° to 550°

TABLE VI. APPROXIMATE AMOUNTS OF COMMON FOODS IN ONE POUND

Food	Measure of one pound
<i>Beverages</i>	
Chocolate	5½ cups grated
Cocoa	4 cups
Water	2 cups
Milk	2 cups
<i>Bread stuffs</i>	
Bread, white	16 slices, ½-inch thick
Bread crumbs	4 cups
Crackers, soda 2" x 2"	140
<i>Cereals</i>	
Flour, entire wheat	4½ cups
Flour, white	4 cups
Macaroni	4½ cups
Rolled oats	5½ cups
Rice	2 cups
Whole wheat	2½ cups
<i>Eggs</i>	
With shell	9 eggs
<i>Fats</i>	
Butter	2 cups
Lard	2 cups and 2 tablespoons
Salad oil	2 cups
<i>Fruits, dried</i>	
Apples, A.P.*	7 cups
Prunes	40 to 60
Raisins	3 cups
<i>Sugar</i>	
Granulated	2 cups
<i>Vegetables, dried</i>	
Beans, Navy A.P.	2+ cups
Beans, lima	2½ cups
<i>Vegetables, fresh</i>	
Beets, A.P.	2 to 5 mature
Cabbage, A.P.	¾ to 1 medium head or 5½ cups shredded
Carrots, A.P.	5½ medium
Celery	1 bunch
Onions, A.P.	6 to 8 medium
Potatoes, A.P.	2½ medium

*A.P. means as purchased.

Salt: 1 ounce is 1½ tablespoons.

TABLE VII. STANDARD AMOUNTS OF FOODS FOR ONE HUNDRED SERVINGS

Food	Standard amount for 100 servings*
Apples, baked	$\frac{3}{4}$ to 1 bushel
Apples, sauce	$\frac{3}{4}$ to 1 bushel
Beans, kidney	10 pounds
Beans, lima	9 pounds
Beans, navy	12 pounds
Beans, string	4 $\frac{1}{2}$ cans
Beef, dried	8 pounds
Beef, roast	30 pounds
Beef, stew	25 pounds
Beets, canned	4 cans
Beets, fresh	$\frac{1}{2}$ bushel
Bones, soup	15 pounds
Bread, 1 $\frac{1}{2}$ -pound loaf; 30 slices per loaf	5 loaves
Butter, 44 parts per lb.; 1-pat serving	2 $\frac{1}{2}$ pounds
Cabbage, buttered	30 pounds
Cabbage, creamed	25 pounds
Cabbage, salad	18 pounds
Carrots, fresh	$\frac{1}{2}$ bushel
Cauliflower	1 to 2 crates
Celery, creamed, outsides	2 to 2 $\frac{1}{2}$ dozen
Celery, hearts	1 $\frac{1}{2}$ to 2 dozen
Cocoa, $\frac{1}{2}$ -pound to 1 gallon of milk	$\frac{1}{2}$ pound
Corn, creamed	4 cans
Corn, scalloped	4 cans
Cornmeal, mush	4 pounds
Hamburger, cakes	20 pounds
Hamburger, loaf	20 pounds
Hominy, corn	6 pounds
Kale	1 $\frac{1}{2}$ bushels
Liver, straight	23 pounds
Liver, with bacon	18 pounds
Macaroni	7 pounds
Milk	12 $\frac{1}{2}$ gallons
Oats, rolled	4 pounds
Onions, buttered	35 pounds
Onions, creamed	30 pounds
Parsnips	1 bushel
Peas, buttered	4 cans
Peas, creamed	3 $\frac{1}{2}$ cans
Peas, with carrots	2 cans
Potatoes, mashed	45 pounds
Prunes, dried	9 pounds
Rice, steamed	7 pounds
Rutabagas	$\frac{1}{2}$ bushel
Salmon, loaf	12 cans
Salmon, scalloped	16 cans
Sauerkraut	4 cans
Spaghetti	7 pounds
Spinach, canned	4 $\frac{1}{2}$ cans
Spinach, fresh	2 bushels
Split peas, soup	6 pounds
Tomatoes, breaded	3 cans
Turnips	$\frac{3}{4}$ bushel

*All cans are No. 10 unless otherwise specified.

SUGGESTIONS FOR HOT SCHOOL-LUNCH DISHES

Simple hot dishes. Under certain conditions only a very simple hot dish can be prepared. The following dishes are suggested for situations requiring a minimum of time and work.

1. Canned soup. Boil thoroughly before tasting. Add hot milk or water.
2. Postum made with hot milk.

3. Hot cocoa, which should not be strong.
4. Boiled, baked, or mashed potatoes with butter.
5. Rice cooked in milk in a double boiler.
6. Boiled rice and prunes or raisins with milk and sugar.
7. Scrambled eggs.
8. Creamed canned vegetable. Boil vegetable thoroughly before tasting. Add cream or milk.
9. Soup made from home-canned mixed vegetables. Boil thoroughly before tasting. Add milk and fresh onion, cabbage, broiled bacon, bay-leaf or celery leaves.
10. Cereals with milk and granulated or brown sugar.
11. Boiled macaroni or rice with grated cheese over it.
12. Boiled macaroni or rice with hot canned tomato soup over it.
13. Boiled rice with crushed fruit or sirup.
14. Boiled whole or cracked wheat or wheat hominy with milk and sugar.
15. Sandwiches toasted over the school fire in long-handled wire holders.
16. Stewed tomatoes with sugar and butter.

Suggested schedule for eight weeks. The following schedule provides a variety of hot dishes for each school day for eight weeks. Recipes for these and similar dishes are given in this bulletin.

SUGGESTED SCHEDULE FOR HOT SCHOOL-LUNCH DISHES

	Monday	Tuesday	Wednesday	Thursday	Friday
FIRST WEEK....	Cream of potato soup	Buttered turnips	Macaroni and cheese	Cream of tomato soup	Cracked wheat with cheese sauce or butter
SECOND WEEK...	Buttered carrots and peas	Cocoa	Lima-bean soup	Rice omelet or savory beets	Creamed salmon
THIRD WEEK...	Rice and dried prunes or other fruit with milk or cream	Vegetable chowder	Baked potato and milk gravy	Scrambled eggs or cream of corn soup	Clam soup
FOURTH WEEK...	Creamed cabbage	Macaroni and tomato	Tomato bisque	Lamb stew with vegetables	Mashed potatoes and brown gravy
FIFTH WEEK....	Cream of carrot soup	Bean stew or potato omelet	Rice-tomato soup	Cracked wheat with fruit	Split-pea soup
SIXTH WEEK....	Cream of spinach soup	Corn chowder	Creamed carrots and celery	Vegetable soup with meat stock	Salmon loaf
SEVENTH WEEK	Corned beef hash	Cream of cabbage soup	Scalloped potatoes	Clam chowder	Cream of celery soup
EIGHTH WEEK...	Potato omelet	Peanut-butter soup	Creole rice or succotash	Cream soup from mixed canned vegetables	Scalloped cabbage

RECIPES FOR HOT SCHOOL-LUNCH DISHES*

Recipes (pages 25-42) and schedule were prepared with the cooperation of Georgia C. Bibee, Assistant Professor of Institution Economics, School of Home Economics, Oregon State Agricultural College.

SAUCES

White Sauce (one quart)

Ingredients	THIN	MEDIUM	THICK
	Used for: Cream soup; Scalloped dishes made of starchy foods	Used for: Sauce for creamed vegetable and other creamed dishes and scalloped dishes	Used for: Croquettes Souffles
Flour	$\frac{1}{2}$ c	$\frac{3}{4}$ c	1 c
Butter	$\frac{1}{2}$ c	$\frac{3}{4}$ to $\frac{1}{2}$ c	$\frac{3}{4}$ to 1 c
Salt	1 t	1 t	1 t
Pepper	$\frac{1}{4}$ t	$\frac{1}{2}$ t	$\frac{1}{2}$ t
(may be omitted)			
Milk or vegetable water.....	1 qt	1 qt	1 qt

Scald the milk in a double boiler. Melt the fat and add the flour and seasonings. Add the flour mixture a little at a time to the scalded milk and stir until it thickens. Cook fifteen minutes over hot water. A whip is a convenient utensil for stirring the milk to prevent lumps forming as the flour mixture is added.

For 100 servings of creamed dishes such as creamed vegetables, use 2 gallons of medium white sauce or cream.

Cheese Sauce

Ingredients	Number of servings (12 servings to one quart)				
	12	25	50	75	100
Thin white sauce..	2 $\frac{3}{4}$ pts	4 $\frac{1}{2}$ pts	4 $\frac{3}{4}$ qts	7 qts	9 qts
Cheese	$\frac{1}{2}$ lb	1 lb	2 lbs	3 lbs	4 lbs
Salt	1 t	$\frac{1}{2}$ tb	1 tb	1 $\frac{1}{2}$ tb	2 tb
Cayenne	Few grains	Few grains	$\frac{1}{16}$ t	$\frac{1}{16}$ t	$\frac{1}{8}$ t
Paprika	$\frac{1}{8}$ t	$\frac{1}{4}$ t	$\frac{1}{2}$ t	$\frac{3}{4}$ t	1 t

Prepare thin white sauce (see recipe on this page). Cut cheese into small pieces or put through food chopper and add to hot white sauce. Add the seasonings. Stir until cheese is melted. Serve at once.

Use as a sauce over bread, toast, potatoes, boiled rice, boiled macaroni or spaghetti, boiled wheat or hominy, and vegetables such as asparagus and cauliflower. A little catsup may be added.

*Abbreviations used in all the recipes are as follows: c=cup; t=teaspoon; tb=tablespoon; gal=gallon; qt=quart; pt=pint; lb=pound.

SOUPS

Meat Stock or Bouillon

Ingredients	Number of servings (5 servings to one quart)				
	12	25	50	75	100
Lean beef and bone ($\frac{3}{4}$ meat and $\frac{1}{4}$ bone).....	3 lbs	6 lbs	12 lbs	18 lbs	25 lbs
Water	2 $\frac{1}{2}$ qts	5 qts	2 $\frac{1}{2}$ gal	4 gal	5 gal
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{2}$ c
Carrots, chopped	$\frac{1}{2}$ c	$\frac{3}{4}$ c	1 $\frac{1}{2}$ c	2 $\frac{1}{2}$ c	3 c
Celery, chopped (May be omitted)	$\frac{1}{2}$ c	$\frac{3}{4}$ c	1 $\frac{1}{2}$ c	2 $\frac{1}{2}$ c	3 c
Onion, chopped.....	$\frac{1}{2}$ c	$\frac{3}{4}$ c	1 $\frac{1}{2}$ c	2 $\frac{1}{2}$ c	3 c
Bay-leaves (May be omitted)	$\frac{1}{2}$	$\frac{3}{4}$	1 $\frac{1}{2}$	2 $\frac{1}{2}$	3

Crack the bone into short lengths and soak in cold water. Cut the meat into small pieces and brown on all sides in a hot skillet. Add the browned meat to the liquid and bones and let stand for one hour. Simmer for 4 to 5 hours. Add the vegetables and seasoning the last hour of cooking. Strain. Use as basis for different soups. To clarify, chill over night, remove cake of fat that forms on top, and add one egg white for each quart of stock. Bring slowly to the boiling point, stirring constantly. Boil 15 to 20 minutes without stirring. Strain through cheese-cloth. Reheat and serve as bouillon if desired or use as basis of a large variety of soups.

Cream of Spinach Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	80	100
Milk	2 qts	1 gal	2 gal	3 gal	4 gal
Butter	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Flour	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{2}$ c
Water	1 pt	1 qt	2 qts	3 qts	1 gal
Spinach	1 No. 2 $\frac{1}{2}$ can or 2 pint cans	2 No. 2 $\frac{1}{2}$ cans or 4 pint cans	1 No. 10 can or 7 pint cans	8 No. 2 cans or 10 pint cans	2 No. 10 cans or 13 pint cans
Onions	1 medium	1 medium	2 medium	3 medium	$\frac{1}{2}$ lb or 4 medium
Celery leaves (May be omitted)	2 oz	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb	1 lb

Boil the spinach 10 minutes if home-canned. Chop the onions and celery coarsely and cook in the boiling water until tender. Press vegetables through a sieve. Make a thin white sauce (see page 25). Add sieved vegetables and salt to the white sauce, bring to scalding point, and serve. Spinach soup has a tendency to curdle if allowed to stand. If soup curdles beat vigorously with egg beater just before serving.

Split-pea Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	75	100
Split peas	$\frac{3}{4}$ lb	1 lb	2 lbs	3 lbs	4 lbs
Water	1 $\frac{1}{2}$ qt	$\frac{3}{4}$ gal	1 $\frac{1}{2}$ gal	2 $\frac{1}{2}$ gal	3 gals
Onions	1 medium	$\frac{1}{2}$ lb or 2 medium	$\frac{1}{2}$ lb	$\frac{3}{4}$ lb	1 lb
Celery leaves	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb	$\frac{3}{4}$ lb	$\frac{3}{4}$ lb
Tomatoes	1 $\frac{1}{2}$ pts	3 pts	2 $\frac{1}{2}$ qts	4 qts	5 qts
Milk	1 qt	2 qts	1 gal	1 $\frac{1}{2}$ gals	2 gal
Cabbage, chopped	1 c	1 pt	$\frac{1}{2}$ qt	1 $\frac{1}{2}$ qts	1 $\frac{1}{2}$ qts
Carrots, chopped	1 c	1 pt	$\frac{1}{2}$ qt	1 $\frac{1}{2}$ qts	1 $\frac{1}{2}$ qts
Salt	4 t	2 $\frac{1}{2}$ tb	3 oz or 3 $\frac{1}{2}$ tb	4 oz or 7 tb	6 oz. or 11 tb
Fat	4 tb	$\frac{3}{4}$ lb or 8 tb	$\frac{1}{2}$ lb	$\frac{3}{4}$ lb	1 lb
Flour	$\frac{3}{4}$ c	1 $\frac{1}{2}$ c	2 $\frac{1}{2}$ c	3 $\frac{3}{4}$ c	5 c

Soak the peas overnight. Drain, add one half of the water, onions, salt and celery tops. Cook 2 hours. Add carrots and tomatoes and cook $\frac{1}{2}$ hour longer. Put through colander or sieve. Cook cabbage in the remaining half of the water uncovered for 5 to 10 minutes. Combine mixtures. Thicken and season. Heat milk. Add vegetable mixture to milk just before serving.

Cream of Peanut Butter Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	80	100
Peanut butter	1 c	2 $\frac{1}{2}$ c	2 $\frac{1}{2}$ lbs	4 lbs	5 lbs
Onions	5 medium	1 $\frac{1}{2}$ lbs	3 lbs	5 lbs	6 lbs
Water, boiling	1 pt	1 qt	1 $\frac{1}{2}$ qts	2 $\frac{1}{2}$ qts	3 qts
Milk	2 qts	1 gal	2 gals	3 gals	3 $\frac{3}{4}$ gals
Flour	$\frac{1}{2}$ c	$\frac{3}{4}$ c	1 $\frac{1}{2}$ c	2 c	2 $\frac{1}{2}$ c
Salt	2 t	4 t	2 $\frac{1}{2}$ tb	$\frac{3}{4}$ c	5 tb
Celery salt	1 t	2 t	4 t	2 tb	3 tb

Peel onions and cut or grind into small pieces. Add the peanut butter and boiling water, stir until blended, and boil 15 minutes. Heat the milk and add the thickening made from the flour and a little cold water. Mix salt and celery salt dry and add to milk. Combine peanut-butter mixture with milk, scald, and serve.

Celery stock may be substituted for celery salt and used as part of the liquid in cooking the onions and peanut butter. The proportion of celery stock is 2 quarts to 80 servings.

Cream of Vegetable Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	80	100
Milk	2 qts	1 gal	2 gal	3 gal	4 gal
Butter	$\frac{3}{4}$ c	1 c	2 c	3 c	4 c
Flour	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Salt	1 tb	2 tb	$\frac{3}{4}$ c	6 tb	$\frac{3}{4}$ c
Water, boiling	1 $\frac{1}{2}$ c	3 c	1 $\frac{1}{2}$ qts	2 qts	3 qts
Canned mixed vegetables	1 pt	2 pts	4 pts	6 pts	8 pts
Bay-leaf	$\frac{1}{2}$	$\frac{3}{4}$	1 $\frac{1}{2}$	2 $\frac{1}{2}$	3
Onion, grated	3 tb	$\frac{1}{4}$ c	$\frac{1}{2}$ c	$\frac{3}{4}$ c	1 c
or Cabbage, chopped or other fresh greens	$\frac{3}{4}$ c	1 c	2 c	3 c	4 c

Make thin white sauce (see page 25). Boil home-canned vegetables and spices tied in a cloth in the boiling water and the liquid from the cans for 10 minutes. Remove spices. Combine canned vegetable and white sauce. Add grated onion or chopped cabbage or other fresh greens such as spinach or parsley, and continue to cook for 10 minutes.

Flavor may be varied by addition of dried celery leaves, celery stock, celery salt, diced fried bacon or salt pork, minced hard-cooked eggs, raw beaten eggs, ground cloves or peppercorns.

Cream of Tomato Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	80	100
Milk	2 qts	1 gal	2 gal	3 gal	4 gal
Butter	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Flour	$\frac{1}{4}$ c	1 c	2 c	3 c	4 c
Strained tomatoes	1 $\frac{1}{2}$ qts	3 qts	6 qts	9 qts	3 gal
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{2}$ c

Make a thin white sauce of the butter, milk, and one half the flour (see page 25). Heat the strained tomatoes quickly and thicken with the remaining half of the flour mixed with a little cold water. Just before serving, remove both mixtures from the stove, add the tomato gradually to the milk mixture stirring constantly. Do not add milk to tomato. The addition of soda to the tomato prevents curdling, but also destroys the protective food substance, vitamin C. When soda must be used the proportion is 1 teaspoon soda for 50 servings of soup. Serving immediately after combining helps to prevent curdling.

For additional flavoring, the following ingredients may be added: for 50 servings, 1 large onion grated, 6 tablespoons sugar, 3 bay-leaves, 3 sprigs of parsley chopped, 1 teaspoon cloves, 2 teaspoons of peppercorns. Tie spices in a cloth and remove from soup before serving.

Cream of Cabbage Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	80	100
Milk	2 qts	1 gal	2 gal	3 gal	4 gal
Butter	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Flour	$\frac{1}{4}$ c	1 c	2 c	3 c	4 c
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{2}$ c
Water, boiling	3 qts	1 gal	2 gal	3 gal	4 gal
Cabbage	2 lbs or 1 medium head				
Pepper	$\frac{1}{2}$ t	3 $\frac{1}{2}$ lbs $\frac{1}{2}$ t	7 lbs $\frac{3}{4}$ t	10 lbs 1 t	13 lbs 1 $\frac{1}{2}$ t

Make thin white sauce (see page 25). Chop cabbage and place in boiling water. Boil without cover rapidly from 5 to 8 minutes or until tender. Drain. Combine with white sauce. Add water in which cabbage was cooked to make soup consistency desired.

Cream of Carrot Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	80	100
Milk	2 qts	1 gal	2 gal	3 gal	4 gal
Butter	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Flour	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{2}$ c
Water, boiling	1 pt	1 qt	2 qts	3 qts	1 gal
Carrots	1 lb or 6 medium	2 lbs	4 lbs	6 lbs	8 lbs
Onions	1 medium	$\frac{1}{2}$ lb or 2 medium	$\frac{1}{2}$ lb	$\frac{3}{4}$ lb	1 lb
Pepper	$\frac{1}{2}$ t	$\frac{1}{2}$ t	$\frac{3}{4}$ t	1 t	1 $\frac{1}{2}$ t

Slice onions and carrots and cook in boiling water until tender. Press through sieve or colander. Save the water. Make thin white sauce (see page 25). Add vegetables and seasoning and bring to scalding point just before serving.

Cream of Celery Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	80	100
Milk	2 qts	1 gal	2 gal	3 gal	4 gal
Butter	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Flour	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{2}$ c
Water, boiling	1 pt	1 qt	2 qts	3 qts	1 gal
Celery stalks and leaves	$\frac{1}{2}$ lb	1 lb	2 lbs	3 lbs	3 $\frac{1}{2}$ lbs
Onions	1 medium	2 medium	$\frac{1}{2}$ lb or 4 medium	$\frac{3}{4}$ lb or 6 medium	1 lb or 8 medium
Carrots	1 medium	$\frac{1}{2}$ lb or 2 medium	$\frac{1}{2}$ lb or 3 medium	1 lb or 6 medium	7 medium

Cut the celery into 1-inch pieces. Slice the onions and carrots. Cook the vegetables in the boiling water until tender. Press through colander or coarse sieve. Make thin white sauce (see page 25). Combine the mixtures and bring to the scalding point just before serving. Celery soup has a tendency to curdle if allowed to stand. If soup curdles, beat vigorously before serving.

Cream of Clam Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	80	100
Milk	2 qts	1 gal	2 gal	3 gal	4 gal
Butter	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Flour	1 $\frac{1}{2}$ tb	3 tb	6 tb	9 tb	4 c
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{2}$ c
Clams, ground	1 pt	1 qt	2 qts	3 qts	4 qts
Water, boiling	1 pt	1 qt	2 qts	3 qts	1 gal

Boil clams in own liquor and boiling water for 15 minutes. Make thin white sauce (see page 25) omitting salt. Combine, add salt, and bring to scalding point just before serving. Clam soup has a tendency to curdle if allowed to boil or to stand.

Cream of Corn Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	80	100
Milk	2 qts	1 gal	2 gal	3 gal	4 gal
Butter	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Flour	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{4}$ c
Corn	1 $\frac{1}{2}$ pts	3 pts	5 pts	8 pts	10 pts
	or	or	or	or	or
Onion, chopped	1 No. 2 can 1 tb	2 No. 2 cans 2 tb	4 No. 2 cans $\frac{1}{4}$ c	6 No. 2 cans $\frac{1}{2}$ c	8 No. 2 cans 1 c

Run corn and onion through food-chopper or coarse sieve and boil 10 minutes. Prepare thin white sauce (see page 25) omitting salt. Add corn and salt. Bring to scalding point just before serving. Paprika and chopped parsley may be added.

Lima Bean Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	80	100
Milk	3 pts	2 $\frac{1}{2}$ qts	5 qts	8 qts	2 $\frac{1}{2}$ gal
Butter	$\frac{1}{2}$ c	$\frac{1}{2}$ lb or $\frac{1}{2}$ c	$\frac{1}{2}$ lb or 1 c	$\frac{1}{2}$ lb or 1 $\frac{1}{2}$ c	1 lb or 2 c
Flour	$\frac{1}{2}$ c	$\frac{1}{2}$ c	1 c	1 $\frac{1}{2}$ c	2 c
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{4}$ c
Lima beans, dry....	$\frac{1}{2}$ qt	1 qt	1 $\frac{1}{2}$ qts	2 $\frac{1}{2}$ qts	3 $\frac{1}{2}$ qts
	or	or	or	or	or
Onion, grated	$\frac{1}{2}$ lb	1 $\frac{1}{2}$ lbs	3 lbs	5 lbs	6 lbs
Water, cold	$\frac{1}{2}$ qt	$\frac{1}{2}$ qt	1 qt	1 $\frac{1}{2}$ qt	2 qt
	2 qts	3 $\frac{1}{2}$ qts	7 qts	11 qts	3 $\frac{1}{2}$ gal

Soak beans overnight in cold water. Cook in same water slowly three or four hours or until tender. Rub through sieve. Make thin white sauce (see page 25). Combine with beans, salt, and onion, and bring to scalding point just before serving. If desired, add 1 teaspoon celery salt or 1 cup celery stock or $\frac{1}{4}$ cup chopped parsley for 50 servings.

Rice Tomato Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	75	100
Brown meat stock	1 qt	2 qts	1 gal	6 qts	2 gal
Tomato puree or sieved canned tomato	1 $\frac{1}{2}$ pts	1 $\frac{1}{2}$ qts	3 qts	4 $\frac{1}{2}$ qts	6 qts
Bay-leaves	$\frac{1}{2}$ c	1	2	3	4
Water	1 $\frac{1}{2}$ pts	1 $\frac{1}{2}$ qts	3 qts	4 $\frac{1}{2}$ qts	1 $\frac{1}{2}$ gal
Rice	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Onion	1 tb	2 tb	1 small	1 medium	1 large
Fat	1 tb	2 tb	4 tb	6 tb	$\frac{1}{4}$ c
Flour	1 $\frac{1}{2}$ tb	2 $\frac{1}{2}$ tb	5 tb	7 $\frac{1}{2}$ tb	1 tb
Celery salt	$\frac{1}{2}$ t	1 t	$\frac{1}{2}$ tb	2 t	1 tb
Salt	$\frac{1}{2}$ t	1 t	$\frac{1}{2}$ tb	2 t	1 tb

Chop onion and boil in enough water to cover. When tender add to the tomato puree. Cook rice in the brown stock until soft. Combine mixtures, season, and thicken with flour which has been added to the melted butter. Heat and serve.

Corn Chowder

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	75	100
Milk	2 qts	3 $\frac{1}{2}$ qts	7 qts	10 $\frac{1}{2}$ qts	3 $\frac{1}{2}$ gal
Butter	$\frac{1}{2}$ c	$\frac{3}{4}$ c	$\frac{1}{2}$ lb or $\frac{1}{2}$ c	2 $\frac{1}{2}$ c	1 $\frac{1}{2}$ lb
Flour	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Salt	2 $\frac{1}{2}$ t	1 $\frac{1}{2}$ tb	3 tb	4 $\frac{1}{2}$ tb	6 tb
Water, boiling	1 pt	1 qt	2 qts	3 qts	1 gal
Onions, chopped	1 small	1 medium	$\frac{1}{2}$ lb or 2 medium	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb
Potatoes, diced	1 lb or 2 $\frac{1}{2}$ medium	2 lbs	2 qts or 4 lbs	3 qts or 5 $\frac{1}{2}$ lbs	1 gal or 7 $\frac{1}{2}$ lbs
Corn	2 $\frac{1}{2}$ pts	2 $\frac{1}{2}$ qts	5 qts	7 $\frac{1}{2}$ qts	10 qts
Celery tops. (May be omitted)	3	4	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb
Pepper	$\frac{1}{4}$ t	$\frac{1}{4}$ t	$\frac{1}{2}$ t	$\frac{3}{4}$ t	1 t

Cook celery leaves in boiling water 30 minutes. Strain. Add potatoes, onions, and corn to water. Cook 20 minutes or until tender. Make thin white sauce (see page 25). Combine mixtures and seasonings. Bring to scalding point just before serving.

Southern Bisque

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	75	100
Tomatoes, puree	3 pts	5 pts	5 qts	7 $\frac{1}{2}$ qts	3 No. 10 cans or 10 qts
Carrots	$\frac{1}{2}$ medium	1 medium	$\frac{1}{2}$ lb	2 medium	$\frac{1}{2}$ lb
Onions	$\frac{1}{2}$ medium	$\frac{1}{2}$ medium	1 medium	1 $\frac{1}{2}$ medium	$\frac{1}{2}$ lb
Cloves, whole	1	1	1	2	2
Bay-leaves	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	1
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{2}$ c
Sugar	1 $\frac{1}{2}$ tb	3 tb	6 tb	$\frac{1}{2}$ c	$\frac{1}{2}$ c
Water, boiling	2 c	3 c	3 pts	2 $\frac{1}{2}$ qts	3 qts
Milk	1 qt	2 qts	3 $\frac{1}{2}$ qts	5 $\frac{1}{2}$ qts	7 qts
Butter	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	1 c	10 oz or 1 $\frac{1}{2}$ c
Flour	$\frac{3}{4}$ c	1 $\frac{1}{2}$ c	3 c	4 $\frac{1}{2}$ c	6 c
Water, cold	1 c	2 c	3 $\frac{1}{2}$ c	5 $\frac{1}{2}$ c	7 c
Corn	$\frac{1}{2}$ pt	1 pt	2 pts	3 pts	3 No. 2 cans or 4 pts

Slice the carrots and onions. Add to the puree. Add the seasonings and hot water and cook until well seasoned. Strain. Mix the flour and cold water and add to the scalded milk. Cook over hot water 15 minutes. Add corn. Combine by stirring tomato mixture gradually into milk mixture. Serve immediately. Tomato bisque has a tendency to curdle if allowed to stand.

Cream of Potato Soup

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	80	100
Milk	2 qts	1 gal	2 gal	3 gal	4 gal
Butter	$\frac{1}{2}$ lb or $\frac{1}{2}$ c	$\frac{1}{2}$ lb or $\frac{1}{2}$ c	$\frac{1}{2}$ lb or 1 c	12 oz or 1 $\frac{1}{2}$ c	1 lb or 2 c
Flour	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Potatoes	1 $\frac{1}{2}$ lbs or 4 medium	3 lbs	6 lbs	9 lbs	12 lbs
Onions	$\frac{1}{2}$ lb or 2 medium	$\frac{1}{2}$ lb	1 lb	1 $\frac{1}{2}$ lbs	2 lbs
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{2}$ c
Water, boiling	1 pt	1 qt	2 qts	3 qts	1 gal

Cook potatoes and sliced onion in boiling water until soft. Put through a strainer without draining. Make a thin white sauce (see page 25). Add potato mixture to white sauce. Just before serving, add salt, and bring to the scalding point.

Clam Chowder

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	75	100
Milk	3 pts	3 qts	6 qts	9 qts	3 gal
Butter	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ lb or 1 c	$\frac{3}{4}$ lb or $\frac{1}{2}$ c	1 lb
Flour	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	2 c
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{3}{4}$ c
Water, boiling	1 qt	2 qts	1 gal	6 qts	2 gal
Clams	2 pts	4 pts	8 pts	12 pts	8 qts
Potatoes, cubed raw	$1\frac{1}{2}$ qts or 2 lbs	$2\frac{1}{2}$ qts or 4 lbs	5 qts or 7 lbs	8 qts or $10\frac{1}{2}$ lbs	10 qts or 14 lbs
Salt pork or bacon	2 oz	2 oz	$\frac{1}{2}$ lb	6 oz	$\frac{1}{2}$ lb
Onion, diced	1 c	1 pt	$1\frac{1}{2}$ pts	1 qt	$1\frac{1}{2}$ qts

Chop or mince the clams. Cut the potatoes into $\frac{1}{2}$ -inch cubes. Cut the salt pork into $\frac{1}{2}$ -inch cubes and fry slowly with the onion until the onion is tender but not browned. Cook the diced potatoes, clams, pork, onions, and seasonings in the boiling water for 15 minutes or until potatoes are tender. Make a thin white sauce (see page 25). Combine the mixtures. Boil the clam liquor and add just before serving. Clam chowder has a tendency to curdle if allowed to stand.

Vegetable Chowder

Ingredients	Number of servings (servings are about $\frac{3}{4}$ cup)				
	12	25	50	75	100
Milk	2 qts	4 qts	8 qts	12 qts	4 gal
Flour	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Potatoes	1 lb or $2\frac{1}{2}$ medium	2 lbs	4 lbs	6 lbs	8 lbs
Carrots	1 lb or 2 large	$1\frac{1}{2}$ lbs	3 lbs	5 lbs	6 lbs
Onions	1 lb or 6 medium	$1\frac{1}{2}$ lbs	3 lbs	5 lbs	6 lbs
Bacon or salt pork	$\frac{1}{2}$ lb	1 lb	2 lbs	3 lbs	4 lbs
Salt	$1\frac{1}{2}$ tb	$2\frac{1}{2}$ tb	5 tb	8 tb	10 tb
Eggs, hard cooked (May be omitted)	2 to 3	4 to 6	8 to 12	12 to 18	16 to 24

Peel potatoes, carrots, and onions. Cut into large pieces, and cook in enough boiling water to keep from burning. Use half of the salt in cooking the vegetables and half in the milk. Heat the milk and thicken with the flour which has been mixed with a little cold water. As soon as the vegetables are tender, drain the water into the milk and chop the vegetables with a perforated can into $\frac{1}{2}$ -inch pieces. Cut bacon or salt pork into $\frac{1}{2}$ -inch pieces. Fry until brown and add with fat to milk. Mince eggs and add to milk. Combine vegetable and milk mixtures, bring to scalding point, and serve. If desired, dice half of onions and fry with bacon.

Other vegetables may be substituted for the carrots for variety.

Vegetable combinations for canned soups. Extension Bulletin 450, *Home Food Preservation*, gives directions for canning fruits, vegetables, meats, and fish. In canning a mixture of vegetables and meats, process the

period needed by the ingredient which, according to the time-table, requires the longest time. This bulletin on food preservation will be mailed to any school free of charge on request of the county extension agent or the Extension Service in Home Economics, Oregon State Agricultural College, Corvallis, Oregon.

The following recipes illustrate a number of vegetable combinations for canned soups.

- | | |
|-----------------|---------------------------------|
| 1. 4 cups corn | 10 tomatoes |
| 8 carrots | $\frac{1}{8}$ teaspoon cloves |
| 2 green peppers | 1 bay-leaf |
| 1 bunch celery | $1\frac{1}{2}$ tablespoons salt |

Grind or chop all vegetables. Precook all ingredients five minutes. Can and process.

- | | |
|---------------------------|----------------------------------|
| 2. 4 cups sliced tomato | 1 sprig parsley (may be omitted) |
| 1 cup sweet corn | $\frac{3}{4}$ teaspoon salt |
| 1 cup sliced sweet pepper | $\frac{1}{2}$ tablespoon sugar |

Precook all ingredients five minutes. Remove parsley. Can and process.

- | | |
|--------------------------------|--------------------------------|
| 3. 4 cups peeled chopped beets | 8 cups meat stock |
| 6 cups diced tomatoes | (Hot water may be substituted) |
| 1 tablespoon sugar | |

Grind beets in food chopper. Combine ingredients and precook five minutes. Can and process using processing period for beef if meat stock is used.

- | | |
|----------------------------|-----------------------------------|
| 4. 8 cups cut string beans | 4 cups soaked or fresh lima beans |
| 2 cups sliced carrots | $2\frac{1}{2}$ cups diced tomato |
| 1 cup diced celery | 1 tablespoon salt |

Precook five minutes. Can and process.

- | | |
|--------------------------|-------------------------------|
| 5. 4 cups diced tomatoes | 2 cups corn |
| 3 cups sliced potatoes | 1 tablespoon salt |
| 2 cups diced celery | Few sprigs parsley if desired |
| 6 cups sliced carrots | |

Precook five minutes. Can and process.

VEGETABLE DISHES

Bean Stew

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Beans, navy	$1\frac{1}{2}$ lbs or 3 c	3 lbs	6 lbs	9 lbs	12 lbs
Bacon, salt pork or ham bone.....	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb	$\frac{3}{4}$ lb	1 lb
Salt	$2\frac{1}{2}$ t	$1\frac{1}{2}$ tb	3 tb	$4\frac{1}{2}$ tb	6 tb
Butter	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$1\frac{1}{2}$ c	$1\frac{1}{2}$ c
Pepper	$\frac{1}{8}$ t	$\frac{1}{8}$ t	$\frac{1}{8}$ t	$\frac{1}{4}$ t	1 t

Soak the beans overnight. Drain. Add twice their volume of water and cook slowly with the meat and salt two hours or until done. Beans

should be soft but not broken and liquid should be creamy. Replenish water if necessary while cooking. Add butter and pepper before serving.

Savory Beets

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Beets	4 lbs or 4 pt cans	8 lbs or 7 pt cans	15 lbs or 13 pt cans or 2 No. 10 cans	23 lbs or 3 No. 10 cans	30 lbs or 4 No. 10 cans
Butter	$\frac{1}{2}$ c	$\frac{1}{2}$ c	1 c	$1\frac{1}{2}$ c	2 c
Cornstarch	6 tb	$\frac{1}{2}$ c	$1\frac{1}{2}$ c	$2\frac{1}{2}$ c	3 c
Beet water or juice	$1\frac{1}{2}$ c	$1\frac{1}{2}$ pts	$1\frac{1}{2}$ qts	$2\frac{1}{2}$ qts	3 qts
Sugar	3 tb	6 tb	$\frac{1}{2}$ c	$1\frac{1}{2}$ c	$1\frac{1}{2}$ c
Cider vinegar	$\frac{1}{2}$ c	$\frac{1}{2}$ c	1 c	$1\frac{1}{2}$ c	2 c
Salt	$1\frac{1}{2}$ t	1 tb	2 tb	3 tb	$\frac{1}{2}$ c

When using young beets, boil in skins until tender, plunge into cold water, remove skins, and dice with chopping can or knife.

When using old beets, peel them, run them through the food-chopper, and boil until tender.

Make a sauce of the butter, cornstarch, beet liquor, and vinegar, using the same method as for white sauce. Add sugar and salt to the sauce, pour over the beets and heat thoroughly before serving.

Creamed Cabbage

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Cabbage	4 lbs	8 lbs	15 lbs	23 lbs	30 lbs
Cream or rich milk	$2\frac{1}{2}$ c	$4\frac{1}{2}$ c	$4\frac{1}{2}$ pts	7 pts	$4\frac{1}{2}$ qts
Water, boiling	3 qts	1 gal	2 gal	3 gal	4 gal
Salt	$1\frac{1}{2}$ tb	2 tb	4 tb	6 tb	8 tb

Slice or chop cabbage. Place in boiling salted water and cook rapidly without cover until tender, which takes from five to eight minutes at the boiling temperature. Drain. Add cream or milk, reheat, and serve immediately.

Scalloped Cabbage

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Cabbage	5 lbs	10 lbs	20 lbs	30 lbs	40 lbs
Crumbs	1 c	1 pt	1 qt	$1\frac{1}{2}$ qts	2 qts
Butter	3 tb	6 tb	$\frac{3}{4}$ c	1 c	$1\frac{1}{2}$ c
Medium white sauce	1 pt	1 qt	2 qts	3 qts	4 qts

Make medium white sauce (see page 25).

Cabbage may be sliced or cut into eighths. Boil cabbage in a large quantity of boiling salted water without cover until nearly done (about eight minutes) and drain. Melt butter, add crumbs, and mix. Place half of buttered crumbs in bottom of baking-pan and then add a layer of boiled

cabbage. Cover with white sauce and sprinkle with rest of buttered crumbs. Bake in a moderate oven until well browned. Cheese may be added to the white sauce using $\frac{1}{2}$ lb. ground cheese to 25 servings.

Scalloped Onions

Use same proportions and methods as given for scalloped cabbage.

Buttered Carrots and Peas

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Carrots	3 lbs or 14 medium	5 lbs	10 lbs	15 lbs	20 lbs
Peas	3 pt cans	5 pt cans	9 pt cans	14 pt cans	18 pt cans
Butter	4 tb	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb	1 lb
Salt	2 t	4 t	6 t	3 tb	$\frac{1}{2}$ c

Peel carrots, cut lengthwise and cook in as small amount of boiling salted water as is possible without burning. Boil peas 15 minutes in their own juice and drain. When carrots are tender, drain and dice with chopping can. Add peas, butter, and salt to taste.

Carrots may be combined in the same proportions with cooked celery and creamed.

Mashed Potatoes

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Potatoes	4 lbs or 10 medium (be- fore peeling)	8 lbs	15 lbs	23 lbs	30 lbs or $\frac{1}{2}$ bushel
Hot milk	1 c	1 pt	1 qt	1 $\frac{1}{2}$ qts	2 qts
Butter	3 tb	$\frac{1}{2}$ c	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb	$\frac{1}{2}$ lb
Salt	2 t	1 $\frac{1}{2}$ tb	3 tb	4 tb	$\frac{1}{2}$ c

Peel the potatoes, removing blemishes. If desired, wash in salt water to avoid discoloring, but avoid allowing to stand in water. Place in boiling water and cook until tender, about 30 minutes or less. Mash. Add hot milk, salt, and butter. Beat until light and fluffy. If potatoes have to stand any length of time, they may be rewhipped by adding a little hot milk or hot water and beating.

Scalloped Potatoes

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Potatoes, sliced...	2 qts	1 gal	2 gals	3 gal	4 gal
Thin white sauce...	1 $\frac{1}{2}$ pts	3 pts	3 qts	1 $\frac{1}{2}$ gal	1 $\frac{1}{2}$ gal
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{2}$ c
Crumbs	$\frac{1}{2}$ c	$\frac{1}{2}$ c	1 c	1 $\frac{1}{2}$ c	2 c
Butter	2 tb	2 tb	$\frac{1}{4}$ c	6 tb	$\frac{1}{2}$ c

Make thin white sauce (see page 25). Add the additional salt to the white sauce. Grease baking dishes, preferably covered casseroles. Steam potatoes for 15 minutes if equipment is available. Place potatoes and white sauce in alternate layers in baking dishes. Cover the top with buttered crumbs. Bake in moderate oven until potatoes are well done. Remove cover to brown the top.

Succotash

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Canned corn	1 qt	2 qts	4 qts	6 qts	8 qts
Lima beans, dry.....	1 pt	1 qt	2 qts	3 qts	4 qts
Salt	2 t	$1\frac{1}{2}$ tb	3 tb	$4\frac{1}{2}$ tb	6 tb
Butter	$\frac{1}{2}$ c	$\frac{1}{2}$ c	1 c	$1\frac{1}{2}$ c	2 c
Pepper	$\frac{1}{8}$ t	$\frac{1}{4}$ t	$\frac{1}{2}$ t	$\frac{3}{4}$ t	1 t

Soak the beans overnight. Boil until tender and drain. Boil the corn 10 minutes, add the beans and seasonings, and boil 5 minutes longer.

Fresh lima beans or green shelled beans may be substituted in the proportion of 4 quarts to 50 servings.

If a baked dish is desired, place strips of bacon on top and bake in moderate oven 45 minutes or until top is browned.

Scalloped Tomatoes

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Tomatoes, solid pack	3 pts	3 qts	6 qts	9 qts	12 qts
Melted butter.....	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Salt	$2\frac{1}{2}$ t	$1\frac{1}{2}$ tb	3 tb	$4\frac{1}{2}$ tb	6 tb
Dry bread crumbs	$1\frac{1}{2}$ pts	3 pts	3 qts	$4\frac{1}{2}$ qts	6 qts
Sugar	$\frac{1}{4}$ c	$\frac{1}{2}$ c	1 c	$1\frac{1}{2}$ c	2 c
(May be omitted)					
Pepper	$\frac{1}{2}$ t	$\frac{1}{2}$ t	$\frac{1}{2}$ t	$\frac{3}{4}$ t	1 t

Mix the crumbs with the melted butter. Place a layer of buttered crumbs in bottom of baking-dish. Mix seasonings with the tomatoes and turn into the pan. Cover with the remaining crumbs. Bake about one-half hour in a moderate oven.

Macaroni and Tomato

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Macaroni broken into 2-inch lengths	$1\frac{1}{2}$ pts	$1\frac{1}{2}$ qts	3 qts or 2 $\frac{1}{2}$ lbs	$4\frac{1}{2}$ qts	6 qts
Tomato, strained.....	1 qt	2 qts	4 qts	6 qts	8 qts
Bacon fat or butter	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$1\frac{1}{2}$ c	$2\frac{1}{2}$ c	3 c
Flour	6 tb	$\frac{1}{2}$ c	$1\frac{1}{2}$ c	$2\frac{1}{2}$ c	3 c
Salt	2 tb	4 tb	$\frac{1}{2}$ c	$\frac{3}{4}$ c	1 c
Water, boiling.....	2 qts	1 gal	2 gal	3 gal	4 gal
Onion, chopped.....	$\frac{1}{2}$ medium	$\frac{1}{2}$ medium	1 medium	$1\frac{1}{2}$ medium	2 medium

Break the macaroni into 2-inch lengths or use elbow macaroni. Add two-thirds of the salt to the boiling water and cook the macaroni until well swelled and tender. Drain. Place in colander and let cold water run through it to separate the pieces. Cook the onion in the fat until tender. Make a sauce of the fat, onion, flour, tomato, and the rest of the salt, using the same method as for white sauce. Add sauce to macaroni in alternate layers, and serve; or bake in moderate oven until top is browned and then serve.

If the dish is to be baked, ground cheese may be added in alternate layers, using one-half the amounts of cheese given under Macaroni and Cheese.

For 50 servings, 2 quarts of chopped ham may be added; if desired 1 teaspoon of peppercorns and 1 bay-leaf may be boiled with the tomato 20 minutes and strained out. Meat stock may be substituted for one-half of the tomato.

CHEESE, EGG, MEAT, AND FISH DISHES

Macaroni and Cheese

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Macaroni, broken into 2-inch lengths	1 qt or 1 lb	2 qts	4 qts. or 4 lbs	6 qts	8 qts or 8 lbs
Water, boiling.....	2 qts	1 gal	2 gals	3 gal	4 gal
Salt	1 tb	2 tb	$\frac{1}{2}$ c	6 tb	$\frac{1}{2}$ c
Cheese, ground.....	$\frac{1}{2}$ lb	1 lb	2 lbs	3 lbs	4 lbs
Bread crumbs.....	$\frac{1}{2}$ c	$\frac{1}{2}$ c	1 c	1 $\frac{1}{2}$ c	2 c
Butter	2 t	1 tb	2 tb	3 tb	$\frac{1}{2}$ c
Medium white sauce	3 pts	3 qts	1 $\frac{1}{2}$ gal	2 $\frac{1}{2}$ gal	3 gals

Break the macaroni into 2-inch lengths or use elbow macaroni. Add the salt to the boiling water. Add macaroni and cook until well swelled and tender. Drain. Place in colander and let cold water run through it to separate the pieces. Make a medium white sauce and add to it the ground cheese. Stir until the cheese is melted. Place macaroni and cheese sauce in alternate layers in greased baking-pans. Melt butter and stir in crumbs. Cover macaroni with buttered crumbs and bake in moderate oven until top is browned (about $\frac{1}{2}$ hour).

Potato Omelet

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Diced cooked potatoes	3 pts	3 qts	6 qts	9 qts	12 qts
Eggs	9	1 $\frac{1}{2}$ doz	3 doz	4 $\frac{1}{2}$ doz	6 doz
Salt	2 t	1 $\frac{1}{2}$ tb	3 tb	4 tb	$\frac{1}{2}$ c
Pepper, preferably white	$\frac{1}{2}$ t	$\frac{1}{2}$ t	$\frac{1}{2}$ t	$\frac{3}{4}$ t	1 t
Slices of bacon.....	12	25	50	75	100
Hot milk	3 c	3 pts	3 qts	4 $\frac{1}{2}$ qts	6 qts

Arrange the bacon strips close together in meat pans and bake in the oven until crisp. Remove from pans and keep warm. Dice cold boiled or steamed potatoes into $\frac{1}{2}$ -inch pieces and turn into the hot bacon fat. Fry until slightly browned. Beat the eggs until light. Add the seasonings and milk. Pour this mixture over the potatoes and bake in a moderate oven until the egg is set as for baked custard, about 30 to 40 minutes. Remove from oven, lay the slices of crisp bacon on top. Serve at once. To economize, $\frac{1}{2}$ -size slices of bacon may be used.

Wheat or Rice Omelet

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Cooked rice or wheat	3 c	3 pts	3 qts	4 $\frac{1}{2}$ qts	6 qts
Milk	3 c	3 pts	3 qts	4 $\frac{1}{2}$ qts	6 qts
Melted butter	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{3}{4}$ c	1 $\frac{1}{2}$ c	1 $\frac{1}{2}$ c
Salt	2 t	1 tb	1 $\frac{1}{2}$ tb	2 $\frac{1}{2}$ tb	3 $\frac{1}{2}$ tb
Eggs	9	1 $\frac{1}{2}$ doz	3 doz	4 $\frac{1}{2}$ doz	6 doz

Add the melted butter, seasonings, and milk to the cooked rice. Separate yolks and whites of eggs and beat well. Stir the yolks into the rice mixture, then fold in the whites. Bake in a slow oven until the omelet is well puffed, a golden brown in color, and set (45 to 60 minutes). Serve at once.

Meat Stew with Vegetables

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Lamb, beef or veal (weight exclusive of bone)	1 $\frac{1}{2}$ lbs	3 lbs	6 lbs	9 lbs	12 lbs
Carrots, diced	1 pt	1 qt	2 qts	3 qts	4 qts
Turnips, diced	1 pt	1 qt	2 qts	3 qts	4 qts
Celery, diced	1 pt	1 qt	2 qts	3 qts	4 qts
Onions, sliced	$\frac{1}{2}$ c	$\frac{1}{2}$ c	1 c	2 c	3 c
Butter (may be omitted)	$\frac{1}{2}$ c	$\frac{1}{2}$ c	1 c	1 $\frac{1}{2}$ c	2 c
Flour	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Salt	2 $\frac{1}{2}$ t	1 $\frac{1}{2}$ tb	3 tb	4 tb	5 c
Cloves (may be omitted)	2 t	$\frac{1}{2}$ t	$\frac{1}{2}$ t	1 t	1 $\frac{1}{2}$ t
Bay-leaves	1	2	4	6	8
(May be omitted)					

Cut meat into as many pieces as servings. Cook slowly in boiling water until tender. About one-half hour before the meat is done, add cut vegetables and salt. Just before serving, thicken stew and add butter. One-half tablespoon of paprika for 50 servings may be added if desired. Other vegetables may be substituted for those given, such as peas, string beans, potatoes, etc.

Corned Beef Hash

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Mashed potatoes.....	2 qts or 4 lbs raw	4 qts or 8 lbs raw	8 qts or 16 lbs raw	12 qts or 24 lbs raw	16 qts or 32 lbs raw
Corned beef, chopped	1 qt	2 qts	4 qts	6 qts	8 qts

Mix finely chopped boiled corned beef and mashed potatoes thoroughly. Include part of the fat as it improves the flavor of the hash. Moisten with stock in which the meat was cooked and season to taste with salt.

Cook in beef drippings or other fat in frying-pans on top of stove for about half an hour or in oven for about an hour.

Creamed and Scalloped Fish

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Milk	3 c	3 pts	3 qts	4 $\frac{1}{2}$ qts	6 qts
Bay-leaves	$\frac{1}{2}$	1	2	3	4
(May be omitted)					
Parsley, chopped	2 t	1 tb	2 tb	3 tb	$\frac{1}{2}$ c
(May be omitted)					
Onion, chopped.....	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{2}{3}$ c
Salt	2 t	3 t	1 $\frac{1}{2}$ tb	5 t	3 tb
Butter	$\frac{1}{2}$ c	$\frac{1}{2}$ c	1 $\frac{1}{2}$ c	2 $\frac{1}{2}$ c	3 c
Flour	6 tb	6 c	1 $\frac{1}{2}$ c	2 $\frac{1}{2}$ c	3 c
Cold flaked fish.....	1 qt	2 qts	4 qts	6 qts	8 qts
Bread crumbs.....	$\frac{3}{4}$ c	1 $\frac{1}{2}$ c	1 $\frac{1}{2}$ pts	4 $\frac{1}{2}$ c	1 $\frac{1}{2}$ qts

Scald the parsley, onion, and bay-leaves in the milk until delicately flavored. Strain. Make medium white sauce of the butter, flour, and milk, following directions given on page 25. Boil or steam the fish 15 minutes and drain. If creamed fish is desired, add the fish and salt to the white sauce and bring to the scalding point just before serving, omitting bread crumbs.

If scalloped fish is desired, place the fish, bread crumbs, and white sauce in alternate layers in greased baking-dishes, cover with buttered crumbs, and bake in a hot oven until heated through and browned.

Salmon Loaf

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Salmon	2 No. 1 cans	3 No. 1 cans	6 No. 1 cans	9 No. 1 cans	12 No. 1 cans
Bread crumbs	3 c	3 pts	3 qts	4 $\frac{1}{2}$ qts	6 qts
Milk	1 pt	1 qt	2 qts	3 qts	4 qts
Celery, diced and cooked	1 $\frac{1}{2}$ c	3 c	3 pts	2 $\frac{1}{2}$ pts	3 qts
Eggs	3	5	10	15	21
Paprika	$\frac{1}{2}$ t	$\frac{3}{4}$ t	1 $\frac{1}{2}$ t	2 $\frac{1}{2}$ t	1 tb
Salt	$\frac{1}{2}$ tb	1 $\frac{1}{2}$ tb	2 $\frac{1}{2}$ tb	$\frac{1}{2}$ c	$\frac{1}{2}$ c

Cut celery fine and boil or steam in a small quantity of water until tender. Beat eggs. Mix ingredients, pour into greased baking-dishes, and bake in moderate oven about 45 minutes until knife inserted in center shows no liquid. Heating the milk shortens time of baking.

Scrambled Eggs

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Eggs (1 egg per person)	1 doz	25	50	75	100
Milk	3 c	3 pts	3 qts	4 $\frac{1}{2}$ qts	6 qts
Salt	1 $\frac{1}{2}$ t	1 tb	2 tb	3 tb	$\frac{1}{2}$ c
Paprika	$\frac{1}{4}$ t	$\frac{1}{2}$ t	$\frac{1}{2}$ t	$\frac{1}{2}$ t	$\frac{1}{2}$ t

Beat the eggs until light. Scald the milk and add to eggs. Add seasonings and stir well. Cook without stirring in double boilers until the mixture begins to thicken. Loosen the egg from the sides and bottom, which cook first, and continue cooking until the egg is jelly-like in consistency.

A variation is to add bits of fried diced bacon, ham, left-over meat or vegetables to the egg mixture before cooking.

CEREAL DISHES

Creole Rice

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Rice	$\frac{3}{4}$ lb or $1\frac{1}{2}$ c	$1\frac{1}{2}$ lbs	3 lbs or $6\frac{3}{4}$ c	$4\frac{1}{2}$ lbs	6 lbs
Strained tomato.....	$\frac{3}{4}$ qt	$1\frac{1}{2}$ qts	3 qts	$4\frac{1}{2}$ qts	6 qts
Ham or bacon drippings	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{3}{4}$ c	$1\frac{1}{2}$ c	$1\frac{1}{2}$ c
Sliced onion	1 c	1 pt	1 qt	$1\frac{1}{2}$ qts	2 qts
Salt	2 t	$\frac{1}{2}$ tb	1 tb	$1\frac{1}{2}$ tb	2 tb
Paprika	$\frac{1}{2}$ t	$\frac{1}{2}$ t	1 t	$1\frac{1}{2}$ t	2 t
Green peppers	$\frac{1}{2}$ small	1 small	2 small	3 small	4 small
(May be omitted)					
Pimiento	$\frac{1}{2}$	$\frac{1}{2}$	1	$1\frac{1}{2}$	2
(May be omitted)					

Wash the rice several times. Boil it in a large quantity of boiling water until tender. Drain. Slice the onion and chop the peppers and pimiento. Cook them slowly in the fat until tender, being careful not to scorch. Add the onion, salt, and paprika to the tomato and combine with the hot rice. Pour into greased baking-dishes and bake in a hot oven for about 30 minutes. Cooked wheat, whole or cracked, and cooked wheat hominy may be substituted for the rice.

Boiled Rice with Fruit

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Rice	2 c	$3\frac{1}{2}$ c	7 c	$2\frac{1}{2}$ qts	$3\frac{1}{2}$ qts
Milk	3 pts	3 qts	$5\frac{1}{2}$ qts	2 gal	$2\frac{3}{4}$ gal
Salt	1 t	$\frac{1}{2}$ tb	1 tb	$1\frac{1}{2}$ tb	2 tb
Sugar	$\frac{1}{2}$ c	1 c	2 c	3 c	4 c
Vanilla	1 t	2 t	1 tb	$1\frac{1}{2}$ tb	2 tb
Dried fruit	1 c	1 pt	1 qt	$1\frac{1}{2}$ qts	2 qts
(Stoned diced prunes, raisins, cherries)					

Wash rice several times to remove loose starch.

Heat milk in double boiler. Add rice and salt and cook until tender, about 30 minutes. When almost done, add sugar and fruit. Do not cover. After removing from stove add vanilla. Serve with milk and sugar if desired. Cooked wheat, whole or cracked, and cooked wheat hominy may be substituted for the rice.

Whole Wheat

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Wheat	1 qt	2 qts	$3\frac{1}{2}$ qts	$5\frac{1}{2}$ qts	7 qts
Boiling water	2 qts	4 qts	7 qts	11 qts	$3\frac{1}{2}$ gal
Salt	1 tb	2 tb	4 tb	6 tb	8 tb

Clean wheat by washing several times and picking out impurities. Boil the wheat the night before for 5 minutes, using twice as much boiling water as wheat and adding salt. Surround pan with hot water and let stand overnight. Heat may be retained by use of fireless cooker, wrapping in paper, or placing in oven. The next morning add as much milk or water as dry wheat and cook in double boiler until tender, which requires about one hour. Diced dried fruit may be added the last half hour of cooking, using 2 quarts to 50 servings. Chopped nuts may also be added, 2 cups to 50 servings. Wheat may be run through food-chopper after soaking.

Serve with milk and sugar, butter, cream, cheese sauce, or sirup. In a large variety of dishes cooked wheat may be used in place of rice, rolled oats, or macaroni.

Cocoa

Ingredients	Number of servings (servings are from $\frac{1}{2}$ to $\frac{3}{4}$ cup)				
	12	25	50	75	100
Milk	2 qts	7 pts	7 qts	10 $\frac{1}{2}$ qts	3 $\frac{1}{2}$ gal
Water, hot	1 c	1 pt	1 qt	3 pts	2 qts
Cocoa	$\frac{1}{2}$ c	$\frac{1}{2}$ c	$\frac{1}{2}$ lb or 1 c	1 $\frac{1}{2}$ c	$\frac{1}{2}$ lb or 2 c
Sugar	$\frac{1}{2}$ c	$\frac{1}{2}$ c	1 c	1 $\frac{1}{2}$ c	2 c

Mix the sugar and cocoa together, add the hot water, and boil five minutes. Heat the milk in a double boiler. Add the cocoa mixture. Beat in scum with egg beater before serving. The cocoa mixture may be kept for some time and milk added to part of it as needed.

FLAVORED MILK DRINKS

Every child should learn to drink whole milk without dissatisfaction. For variety rather than to accept the dislike of milk, however, the occasional use of milk drinks is desirable if the expense is justified.

Milk shakes should be made in clean jars, preferably by the children themselves. After placing ingredients in the jar, cover, and shake well. Place the jars in a pan of cold water or other cool place in order to serve milk drinks as cold as possible. Use whole milk if it is available; if not, reconstituted powdered milk may be used. To reconstitute dry skim milk, measure 1 cup of cold water into a bowl, add 4 $\frac{1}{2}$ tablespoons of powdered milk and beat with egg beater, fork or spoon.

1. Caramel milk shake

- | | |
|--|------------------|
| 1 pint milk | Few grains salt |
| 2 or more tablespoons caramel
flavoring | 1 teaspoon sugar |

Caramel flavoring or sirup

Heat $\frac{1}{2}$ cup sugar in a frying-pan to the bubbling point. Stir to prevent burning. The melted sugar should be a light brown color but not burned.

Add $\frac{3}{4}$ cup of water and boil five minutes without stirring. The caramelized sugar should then be stirred until it has dissolved. A supply of caramel and chocolate sirup may well be made for use from time to time.

2. Chocolate milk shake

- | | |
|-------------------------------|--------------------|
| 1 pint milk | 1 teaspoon vanilla |
| 2 tablespoons chocolate sirup | Few grains salt |
| 2 teaspoons sugar | |

Chocolate sirup

Boil $1\frac{1}{2}$ tablespoons cocoa, 2 tablespoons sugar, and $\frac{1}{2}$ cup water for five minutes. Cool.

3. Banana milk shake

- | | |
|--|--------------------|
| 1 pint milk | 1 tablespoon sugar |
| 1 teaspoon banana flavoring or | Few grains salt |
| 1 ripe banana pressed through
a sieve | |

4. Maple milk shake

- | | |
|-------------------------|-------------------|
| 1 pint milk | 2 teaspoons sugar |
| 3 drops maple flavoring | Few grains salt |

5. Fruit milk shake

- | | |
|--|-------------------|
| 1 pint milk | 2 teaspoons sugar |
| 6 tablespoons canned strawberry
juice or other canned fruit juice | Few grains salt |

6. Vanilla milk shake

- | | |
|--------------------|--------------------|
| 1 pint milk | 1 tablespoon sugar |
| 1 teaspoon vanilla | Few grains salt |

Pineapple, lemon, orange and other flavorings may be substituted for vanilla.

7. Egg nog

- | | |
|--------------------|-----------------|
| 1 egg | 1 pint milk |
| 1 tablespoon sugar | Few grains salt |
| 1 teaspoon vanilla | |

Beat egg. Add other ingredients and stir well.

8. Milk shakes made from commercial preparations

Many brands of milk-drink preparations are on sale at grocery and drug stores. Follow directions on can or box; frequently more milk is needed than directions advise.

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