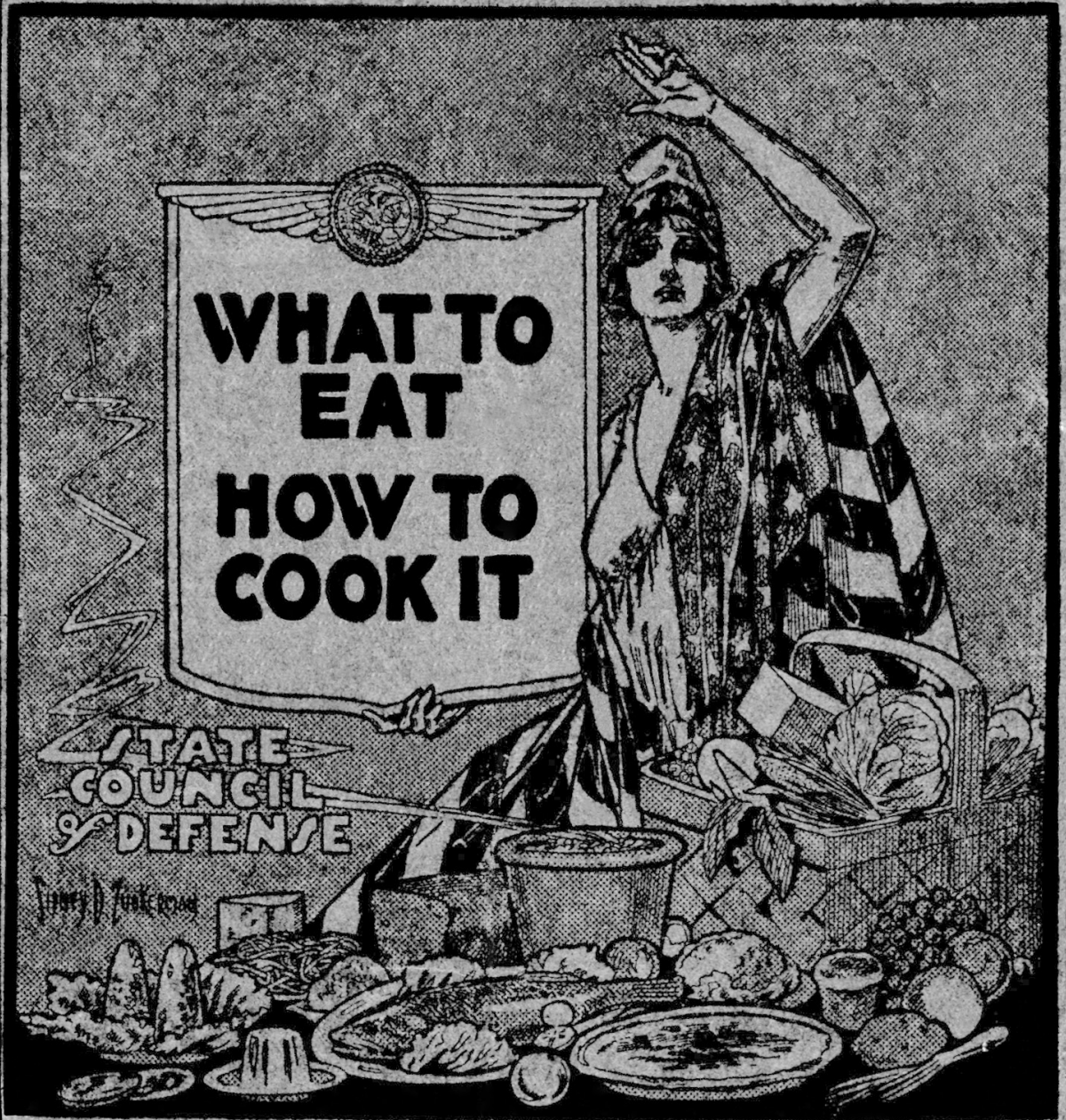


OFFICIAL RECIPE BOOK



STATE
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OFFICIAL RECIPE BOOK

This book of recipes was compiled for the Patriotic Food Show of the State Council of Defense, which took place at the Coliseum, Chicago, January 5-13, 1918. All the recipes it contains were demonstrated at the Show; all have the approval of the United States Department of Agriculture and the United States Food Administration.

The recipes were prepared, tested and edited by a commission of experts representing the domestic economy and household science departments of the following institutions:

University of Illinois.

University of Chicago.

Chicago Normal School.

Lewis Institute.

School of Domestic Arts and Sciences, Chicago.

The Recipe Book is offered to the women of the United States as a definite guide to food conservation. It is not a mere preachment upon the necessity for saving; it tells in detail how essential saving may be achieved.

It is the policy of the State Council of Defense to regard rules, regulations and requests from the national government as orders—binding orders made necessary by the stress of the war. The Council asks the people of the state, and particularly the housewives, to accept that view, and live up to it. The Council asks rigid adherence to the government's commands for meatless days and wheatless days, for meatless meals and wheatless meals. Observance of such rules will work no real hardship; will cause no real distress. This book is intended to make observance of the rules an easy duty for the housewife.

State Council of Defense of Illinois.

Note—A copy of the Official Recipe Book will be sent to any address for 10 cents. It sells for 5 cents the copy when called for. Organizations can get the book in quantities at 5 cents the copy, plus the cost of postage or express charges.

Address: Recipe Book Department, State Council of Defense, 120 W. Adams street, Chicago.

WAR SERVICE IN THE HOME

WHAT YOU CAN DO

Everyone must help if we are to win. The soldier must obey orders or there will be no army. The people must be one or there will be no nation. So that if we win all of us must follow directions.

This is Your War guide for use in Your home.

It tells you what foods we must save to provision ourselves and our allies; it tells how we can stretch our supplies so everyone will have enough—without any hurt to your health or your strength.

Your Government does not ask you to give up three square meals a day—nor even one. All it asks is that you eat less of the foods we need to keep the armies going and eat all you want of the other things that we have in plenty.

Eat plenty—keep up your strength and your vim to help win the war. You have dedicated to the Nation everything that you have; you are asked now to give up—just some habits of the kitchen and table.

America and her Allies must not run out of Wheat, Meat, or Fats. If we let that happen, Germany will win the war.

We must save Sugar, use every drop of Milk, and we must learn to Follow Directions.

FOOD WILL WIN THE WAR

If you have given a son or brother or husband to fight; if your wife or daughter or sister is nursing at the front; if you have subscribed for Liberty Bonds or Red Cross; if you aid war orphans or cripples; If doing all these things you think you have done your share. Know the Grim Truth.

All the blood, all the heroism, all the money and munitions in the world will not win this war unless our allies and the armies behind them are fed.

They will Not be fed unless we take care; indeed, if we are not prudent we, too, shall go hungry. Protect our supplies, then, that they may be fed, that your sacrifice of life and money be not in vain.

Lest we lose the Great Cause, do you stand guard, each day, in your home, over your supply of Wheat, Meat, Fats, Sugar and Milk.

Use here the foods that we have to spare so we will be able to supply the needs “over there.”

YOUR COUNTRY'S CALL

You would give your life for your country. You would scorn an American whose patriotism ended with waving flags, cheering the troops and standing up when the band plays. You want to serve your country.

Are you willing to do what your Government asks? Are you willing to follow directions?

Are you so comfortably fixed that you can afford to eat what you please? Ah, but you can't afford to eat what your country needs. Follow Directions.

Are you saving now of your slender means all you possibly can? Still, as far as your circumstances permit, Follow Directions.

Have you servants who can't be made to understand? It is your chore to see that they do. Follow Directions.

Follow directions. Today the direction is to save two slices of bread, an ounce of meat, an ounce of sugar, a snitch of butter. Tomorrow, as conditions change, there will be new directions. Follow Directions.

Follow directions. If Germany wins you will be obeying orders given by someone you will not care to obey. Your government asks you to prove that free people can follow directions.

Follow Directions. If we fail in this, the war will drag on, As we succeed, we shall sooner have peace. Follow Directions.

OUR PROBLEM—AND ITS SOLUTION

Ten million American homes—and more—have taken the pledge to help win the war by joining in the United States Food Administration—to send to our Armies and our Allies as much as we can of concentrated nutriment, the things which, in the shortage of shipping, take the least vessel room.

These things we must send—wheat, beef, pork, dairy products, sugar.

As we drew near to harvest, the first home card of the Food Administration was sent to all members, saying, the men of the Allied nations are fighting, they are not on the farms. They consume more than ever; they produce less than before. Cut off from their other markets, they depend more than ever on America. They look to America for food as never before; they ask for it with a right they never had before. For they are our companions in the great war for democracy and liberty.

Wheat must be sent them, for their harvests are short. They cannot take corn instead, seeing they have neither mills to grind corn nor ovens to bake it in, while they are already adulterating their white flour all they can and still make it into a loaf. We must send them part of our wheat to mix with their heavy war bread.

Meat must be sent them, for their herds are depleted. They have deliberately killed off their cattle for which they had no fodder.

Dairy products must be sent them in three and five and ten times their accustomed volume.

Sugar must be sent them, since they are cut off from all other sources, reduced to one-fourth of what we have been accustomed to use. When we have done all we are asked to do, we shall still allow ourselves nearly double the portion that is offered to France and England.

This we are told; we were told to use freely what America has in abundance that we might release the stores of the few things we must share with our Allies. We were told to study how to set our tables with the nation's needs in view.

Ten million American homes have now taken the pledge to follow directions as new circumstances shape them from time to time; to eat poultry and fish in place of meat as may be necessary; potatoes and corn and rye in place of wheat; vegetable oils instead of animal fats, as the needs of the situation may indicate. And on definite days at definite meals, in accordance with the pledge to follow directions, this substitution is made in millions of homes.

THE SITUATION BEFORE US

The food situation in Europe is far graver than when the preliminary survey of the food supply of the world for this year was made. We have an abundance for ourselves, and it is the firm policy of the Food Administration, by the prevention of exports, to retain for our people an ample supply of every essential foodstuff. The harvests of our Allies have proved less than we had contemplated, and the great curtailment of shipping by the submarines during the last few months has further prevented them from access to more remote markets. Beyond the

demands of the Allies there is a call upon us by the friendly neutrals for food supplies, and if we cannot at least in part respond to these neutral calls starvation on an unparalleled scale must ensue.

Food has now taken a dominant position in the war, and we must ask the American people to sacrifice far more than was at first thought necessary. We have exported the whole of the surplus of the wheat from this harvest after reserving to ourselves an amount sufficient for our normal consumption of seed and flour until the next harvest, and therefore the amount of wheat flour that the United States can contribute to mix with the war bread of our Allies during this Winter will be simply the amount that our people reduce their consumption month by month. In other words, every grain of wheat or its products that the Allies receive from the United States from now on will be exactly the amount which our people have saved each month on their behalf.

The Allies today ask for 25 per cent more meat and fats (pork, dairy products and vegetable oils) than we consider our monthly production permits us to send them without trenching on our own supplies, or, on the other hand, unless we can consume less. Due to the shortage in shipping, our available sugar supplies must be less than normal from the present time forward.

Thus every particle of diminished consumption by the American people is one particle more for the soldiers, men, women and children of our Allies and for the starving people in other countries. This is a personal obligation upon every one of us toward some individual abroad who will suffer privation to the extent of our own individual negligence.

THE NEED FOR SUBSTITUTION

If we are to reduce the consumption of the few products which we should export abroad, we will need to eat a larger proportion of many different foodstuffs which we cannot export and which we have at home. For this reason we must not waste any foodstuffs. A great many individuals in our population eat far more food than is necessary to maintain their health and strength. In this emergency only the simplest of living is patriotic. We want no person in the United States to eat less than is required for good health and full strength, for in this emergency America requires every atom of the productive power of our people. While many can eat less, all of our population can substitute other foodstuffs for the few that are vitally needed for export.

We must not overlook the fact that Russia collapsed not because of the Germans on her borders, but largely because of the failure to organize and feed her own citizens, and, if we are to emerge victorious from this war, we cannot risk the collapse of another of our Allies from this same cause. There is no waste of food among any of our Allies—there is the most drastic reduction in their consumption; there is actual privation among their women and children; there is starvation in Belgium.

We have already issued a series of suggestions in the Home Card—a card that is now hanging in over ten millions of homes. These suggestions have already shown important results, and to these we now add others. The problem of saving in food is a local and individual one, so that more precise and definite rules just to all cannot be formulated. It is a matter for the conscientious consideration of every individual that he or she should eat only that which is necessary to maintain bodily health and strength and unselfishly to select those foodstuffs the use of which relieves international necessities.

In this winter of 1918 lies the period when there will be tested in this great free country of ours the question as to whether or not our people are capable of voluntary individual self-sacrifice to save the world.

FOLLOW THESE DIRECTIONS

The Food Administration, aside from those general directions, asks everyone to maintain rigidly a minimum of at least:

One wheatless day each week and one wheatless meal each day; the wheatless day to be Wednesday. By wheatless we mean to eat no wheat products.

One meatless day each week which shall be Tuesday and one meatless meal each day. By meatless we mean to eat no red meat—beef, pork, mutton, veal, lamb; no preserved meat—beef, bacon, ham or lard.

One porkless day each week in addition to Tuesday, which shall be Saturday. By porkless we mean no fresh or salted pork, bacon, lard or ham.

Sugar—You can materially reduce sugar by reducing the use of candy and sweet drinks. We will make every endeavor to see that the country is provided with a supply of household sugar on the basis of three pounds of sugar for each person per month. Do not consume more.

HUMAN FOODSTUFFS COMPRISE THREE PRINCIPAL ELEMENTS:

Protein: Mainly present in meat, beans, fish, poultry, milk, and to some extent in grains.

Fats: That is, butter, cream, lard, bacon, margarine, cooking fats, beans, cottonseed oil, and other vegetable oils.

Carbohydrates: Grains, sugar, potatoes and other vegetables.

As a nation we eat and waste 80 per cent more protein than we require to maintain health. Therefore, we can reduce the amount of meat we eat without harm.

We eat and waste 240 per cent more fat than is necessary.

Of the carbohydrates we can just as well consume corn, oats and other cereals as wheat, and we have abundant supplies of potatoes and vegetables.

Do not limit your supplies of milk and table butter, but consume it all. Don't waste any.

You can reduce the consumption of fats by reducing pastry and fried foods.

Remember the gospel of the clean plate, the serving of small portions, the purchase of less supplies.

Hoarding—Any person in the United States who buys more foodstuffs than he customarily keeps at home in peace times is defeating the Food Administration in its purpose to secure a just distribution of food and in its great endeavors to reduce prices. The hoarding of food in households is not only unnecessary, as the Government is protecting the food supply of our people, but it is selfish and is a cause of high prices.

Such actions, multiplied by thousands, increase the demands upon our railways for cars and already, because of our military demands, it is with extreme difficulty we can now move the vitally necessary food to markets.

There is much insidious propaganda in the country against conservation and increased production. All opposition to these services is direct assistance to the enemy.

SUGGESTIONS FOR SUBSTITUTIONS IN PLANNING MEALS

The question of planning meals grows daily more important, because it is more evident that food is to win or lose the war.

The housewife is in an especially trying position. The needs of her family and the requests of the Food Administration seem at first glance at variance. The word "save" has been over-emphasized in the public mind and the word "substitute" overlooked. A closer study reveals the fact that what the Food Administration really wishes and our Allies really need is that we restrict ourselves in the use of a few staples and encourage the wise use of many. From that viewpoint the housewife has left a large and varied supply of food from which to select nourishment adapted to the wishes and needs of her family and to the condition of her pocketbook.

LET US REMEMBER

Let us remember that every flag that flies opposite the enemy's is by proxy the American flag, and that the armies fighting in our defense under these flags can not be maintained through this winter unless there is food enough for them and for their women and children at home. There can be food enough only if America provides it. And America can provide it only by the personal service and patriotic co-operation of all of us.

The Soldiers Need

Wheat

Butter

Lard

Sugar

Bacon

Beef

Mutton

Pork

The Folks at Home Can Use

Corn

Oats

Barley

Rye

(For cooking)

Cottonseed Oil

Peanut Oil

Corn Oil

Drippings

Molasses

Honey

Syrups

Chicken

Eggs

Cottage Cheese

Fish

Nuts

Peas

Beans

MEAL PLANS

Study your meals. Plan them for at least three days in advance. This helps you to buy to better advantage, gives variety in material and preparation.

Ask yourself the following questions about your meal:

Does this plan mean—

1. The use of home grown products and thus allow the railroads to be hauling supplies for the army instead of food for my family?
2. The exchange of milk, cheese, eggs, fish, game, beans, nuts and peas for beef, mutton, pork?
3. The use of barley, buckwheat, corn, oats, potatoes and rye instead of wheat?
4. Plenty of whole milk for the children?
5. Twelve ounces of fat per adult per week and six ounces per child per week. The substitution of the vegetable fats wherever possible?
6. The substitution of honey, molasses, corn syrup or other syrup for sugar, so as to reduce the amount of sugar used to three pounds or less per person per month?
7. Meals adapted to the season and pocketbook? Have they character, color, flavor?

HELPS TO A WISE CHOICE

Use sparingly the Foods printed in Capital letters. Use freely all others.

Protein

Dried Beans	Fish	MUTTON	PORK
BEEF	Game	Nuts	Poultry
Cheese	Milk	Dried Peas	VEAL
Eggs			

Fats

BACON	Cottonseed Oil	Margarine	Olive Oil
BUTTER	CREAM	Nut	Peanut Oil
Corn Oil	HAM	Butterine	SALT PORK

Sugars

CANDY	Figs	Jams	Raisins
Dates	Honey	Molasses	SUGAR—
Dried Fruits	Jellies	Prunes	cane, beet, maple

Starches

Barley	Cornstarch	Potatoes, Sweet	WHEAT
Cereal Foods	CRACKERS	Rice	WHITE BREAD
Chestnuts	Oats	Rye	
Corn Meal	Potatoes, Irish	Tapioca	

Regulators

Fruits

Apples	Melons
Bananas	Oranges
Berries	Pears

Vegetables

Cabbage	Onions
Celery	Salads
Green Peas	Squash

Lemons

Greens or
Pot Herbs

String Beans
Tomatoes

AID IN PLANNING MEALS

CHOOSE WISELY COOK CAREFULLY SERVE NICELY

Following are sample menus illustrating the proper selection of food from the five principal classes:

Protein	Starches	*Sugars	Fats	Minerals and Cellulose
Breakfast				
Whole milk	Oatmeal with dates Rye toast		Oleomargarine	Stewed prunes
Dinner				
Bean and nut loaf	Hot cornbread Brown potatoes	Syrup	Oleomargarine	Stewed tomatoes
Supper				
Cream of pea soup	Baked potatoes Rye bread	Oatmeal cookies	Oleomargarine	Celery Baked apples
Breakfast				
Whole milk	Hominy grits Oatmeal muffins	Syrup	Nut butterine	Orange
Rice and tomato with a little Hamburg steak	Stuffed potatoes	Gingerbread (cornmeal)	Nut butterine	Cold slaw
Supper				
Cottage cheese salad	Scalloped corn Rye bread wafers Cornmeal		Nut butterine	Oatmeal brown betty
Breakfast				
Whole milk	Buckwheat cakes Barley bread	Syrup	Butter	Stewed apricots
Dinner				
Fish chowder	Cornmeal batter bread		Butter	Beets, boiled Fruit salad
Supper				
Baked hominy and cheese	Oatmeal yeast bread	Cornmeal gingerbread	Butter	Boiled onions

*The needs for this class can be met largely by substitutes.

SUGGESTIONS FOR CONSERVATION

In Course Dinners and Luncheons

Soups—

Oyster †Cream of vegetable
Lobster Clam

†Use skim milk and vegetable fat and cornstarch.

Entrees—

Omelets Shell fish
Any fish—with lemon or tomato sauce Mushrooms

Meats—

Chicken	Goose	Squab
Fish	Pheasant	Turkey
Duck	Rabbit	Venison

***Salads—**

Cottage cheese Vegetables
Fish Nuts
Fruits and cheese

*Served with boiled dressing or vegetable oil or fruit juice and honey.

Desserts—

Gelatine jellies with fruits and nuts
Cereals molded with dates and raisins; whipped cream if desired
Fresh or stewed dried fruits
Blanc manges
Tapioca creams with fruits
Ices sweetened with maple syrup or honey.
Date and fig puddings, using oatmeal or barley flour
Buckwheat shortcake with fruit
War cake (boiled raisin cake)
Spiced oatmeal cakes
Cornmeal cookies
Tarts—crust of cornmeal or oatmeal
Oatmeal macaroons

Pies—

Mock mince—green tomatoes
Pumpkin or cream with cornmeal crust
Custard
Raisin

DIRECTIONS

Serve no white bread with dinner.

Serve no butter with lunch or dinner.

Use no toast as garnish.

Use no croutons.

Use no bacon for trimming.

Use left-over meats, minced or in stews.

Use vegetables in omelets.

Use potatoes in many forms—stuffed, puffed, scalloped with cheese.

If there are bits of bread left, dry and grind or pound, using the crumbs in place of flour.

Do not use crackers made from wheat (or graham) flour, or serve croutons with soup.

Do not use breakfast cereals made from wheat.

If you use macaroni, spaghetti, any Italian paste or noodles, remember that it is made of wheat and do not serve bread at the same meal.

Use cornstarch or rice flour for thickening sauces and gravies and in puddings. (Use half as much as you would of flour.)

Remember—bread made of mixed flours is better body-building material than that made from one grain alone.

Modify your own recipes—If you have good recipes for bread of any kind, make them conform to food conservation by omitting sugar and fat and by using at least one-fourth wheat substitute. Try for yourself with your own recipe. Many people think milk is necessary for good bread, but it is not, although it of course adds to the food value, and is therefore advisable when it can be afforded. Water, milk and water, whey, potato water or rice water may be used for the liquid.

In using part other grains than wheat, the loaf will be as nourishing, but usually not so large or light.

All measures in these recipes are level. The flour is measured after sifting.

A LESSON IN BUYING

Yet another method of studying food values is to be found in consideration of weight, cost, and measure. This has been used by wise housekeepers for some time, but some women have been so impressed with the importance of buying by weight that they have almost lost sight of the expression of this weight in terms of measure. Very few women would think of buying bananas except by the pound, but not many realize that they get only three medium bananas in a pound. Such a common commodity as potatoes of course are always purchased by weight, but it is very important to realize that there are 15 pounds of potatoes in a peck and that this same 15 pounds also represents about 50 medium sized potatoes. In other words, if a housekeeper buys a pound of potatoes, she will get three medium-sized potatoes and a little one thrown in for full weight. A pound of prunes may be ordered without any special interest by the woman buyer, and she may get either large or small prunes depending upon the grocer's wishes, while a wise buyer would stipulate the size wanted because she would know that in a pound of small prunes she would get about 40 prunes, while if they were large there would be about 28.

The following table shows the relation of weight and measure and also brings about the difference in the weight of contents of the cans of different sizes. In the case of canned pork

and beans, the No. 1 can, cost 15 cents, weighs 11 ounces, while the No. 2 can, cost 20 cents, weighs 21 ounces. In the latter can, the cost of the additional 10 ounces is 5 cents. If the housekeeper uses condensed milk in quantity, it is better for her to buy the 16-ounce can, as the cost per ounce is much less than if she purchases the 6-ounce can. Of course, it may be better economy for the woman to buy the No. 2 can of vegetables, but this is true only when the No. 2 can gives her exactly enough for one meal for her family. If there is a serving left over, it is evidently wiser for her to buy the No. 3 can, because then she has enough for two meals, and, with different methods of preparation, will run no risk of monotony.

It seems clear, then, that several elements enter into the wise buying of food. One who enlists in that service ought to have a clear conception of the relation of these units of weights, cost and measures.

TABLE OF WEIGHTS AND MEASURES

Material	Weight	Measure
Apricots	1 lb.	75 pieces
Bananas	1 lb.	3 large
Beans, Navy	1 lb.	2 $\frac{1}{3}$ cups
Beans, canned—		
String No. 2	1 lb. 2 oz.	1 $\frac{2}{3}$ cups, drained
Lima No. 2	1 lb. 4 oz.	1 $\frac{2}{3}$ cups, drained
Bread—		
Graham	12 oz.	14 $\frac{1}{2}$ -in. slices
Rye	1 lb.	21 $\frac{1}{2}$ -in. slices
White	1 lb. 2 oz.	16 $\frac{1}{2}$ -in. slices
Whole wheat	1 lb. 4 oz.	15 $\frac{1}{2}$ -in. slices
Butter	1 lb.	48 squares
Milk, condensed	6 oz.	$\frac{2}{3}$ cup
	16 oz.	1 $\frac{7}{9}$ cups
Molasses No. 2 $\frac{1}{2}$	2 lbs. 6 oz.	2 $\frac{3}{4}$ cups
Pineapple—		
No. 1 flat	9 oz.	5 slices
No. 2 tall	1 lb. 3 oz.	10 slices
Prunes—		
Small	1 lb.	40 prunes
Large	1 lb.	28-30 prunes
Tapioca—		
Instant	10 oz.	1 $\frac{3}{7}$ cups
Pearl	10 oz.	1 $\frac{3}{7}$ cups
Minute	1 lb.	2 $\frac{1}{7}$ cups

1 ounce of sugar measures 2 level tablespoons.

$\frac{1}{3}$ ounce of butter measures 2 level teaspoons.

2 ounces of flour measures $\frac{1}{2}$ cup.

MEAT

We can reduce our consumption of beef, mutton and pork in the following ways: (1) By using other foods which serve the same purpose in the diet; (2) by serving smaller portions of meat; (3) by using meat less frequently; (4) by paying careful attention to the use of meat bone, fat and small portions commonly trimmed off and thrown away; (5) by utilizing all left-overs; (6) by utilizing all cuts and organs of the animal to the best advantage; (7) by combining meat with other foods in such a way that the meat flavor is extended.

The tougher cuts of meat can be made tender in preparation by using low moist heat for a long cooking period; by hacking as in flank steak; by pounding as in Swiss steak; or grinding as in Hamburger steak, to break up the connective tissue and muscle fibers.

If we reduce meat cooking to its simplest terms, we find there are only three processes for cooking meat. The process we choose depends on the cut we have and the result we desire. They are:

1. Application of intense heat to keep in the juices as in broiling and roasting of tender cuts.
2. Use of lower temperature (in almost cold water and heating slowly to less than boiling point) to extract juices as in making soups from soup bones, gristle and very tough cuts.
3. By a combination of these two processes which consists in searing meat over and then stewing it. The recipes following illustrate these three processes and modifications of it.

Rabbit deserves a place as a substitute for beef, mutton, and pork in the diet. A rabbit may be broiled or fried in the same manner as a young chicken. An older one will require longer cooking.

1—RABBIT IN CASSEROLE

Dress and disjoint a rabbit. Season pieces with salt and pepper, dredge in corn flour, sear to brown in corn oil or oleomargarine. Remove and place in casserole and cover with hot soup stock, water or skim milk. Cook slowly for 2 hours or until tender.

2—CREAMED RABBIT

(Left over rabbit may be used in this way). Dress and cut up rabbit. Cook the pieces until meat comes from bone. Remove from bone and cut in small pieces. For 2 cups cooked meat use about $\frac{1}{2}$ cup diced mushrooms (this may be omitted). Make a sauce by cooking 3 tablespoons corn flour in 3 table- spoons oleomargarine and then adding 2 cups stock in which rabbit was cooked. A bit of egg yolk may be used in place of a part of the corn flour as a thickening agent. Season with 1 $\frac{1}{2}$ teaspoons salt, pepper, $\frac{1}{4}$ teaspoon chopped parsley, and 2 teaspoons mushroom ketchup. Add meat and mushrooms and sauce. Heat and serve in pattie shells, in pie, or on corn dodgers.

3—RABBIT MOULD

Dress and cut up a rabbit. Cook slowly in seasoned boiling water until meat falls from the bone. Remove rabbit. Concentrate soup stock to 2 cups. Strain and skim off fat. Decorate bottom of mold with parsley and slices of hard cooked eggs. Soak 1 tablespoon Knox gelatine in cold water and add to hot liquid. To this add the diced meat, $\frac{3}{4}$ cup diced celery, and 3 or 4 strips pimento. Pour all into a mould to set. Other diced vegetables may be added if desired. Serve with boiled salad dressing.

4—HEAD CHEESE

Dress 1 hog's head or half a head if a smaller quantity is desired. Remove excess fat. Cover remainder with water and cook slowly until meat falls from the bone. Highly season the water during cooking with salt, celery salt, onion salt, a bit of bay leaf, and a bit of onion. Take from stock and concentrate the stock to $\frac{1}{2}$ its original volume. Cut meat in small pieces, some of which may be reserved for scrapple. Reheat in stock. Put in mold to cool and set.

5—SCRAPPLE

7 cups water	3 teaspoons salt
2 $\frac{1}{3}$ cups cornmeal	2 cups meat in small pieces

Make a mush by stirring the corn meal into boiling salted water. Add meat and cook two to three hours in double boiler or fireless cooker. Put in mould to cook. Slice and sauté in hot fat.

Scrapple may also be made by using in place of the meat the cracklings from which fat has been tried out.

6—TAMALE PIE (MEAT EXTENDER)

2 cups corn meal	1 lb. Hamburger steak
2 $\frac{1}{2}$ teaspoons salt	2 cups tomatoes
6 cups boiling water	$\frac{1}{2}$ teaspoon cayenne pepper or
1 onion	1 small chopped sweet pepper
1 tablespoon fat	1 teaspoon salt

Make mush by stirring corn meal into boiling salted water. Cook in double boiler or fireless cooker 1 $\frac{1}{2}$ hours. Brown onion in fat, add Hamburger and stir until red color disappears. Add tomato, pepper, salt. Grease a baking dish, put in layer mush, then the seasoned meat, and then another layer of mush over the top. Bake 30 minutes.

7—BRAISED TONGUE

1 beef tongue	$\frac{1}{3}$ cup celery diced
$\frac{1}{3}$ cup carrots diced	1 sprig parsley
$\frac{1}{3}$ cup onion diced	

Cook tongue slowly in boiling water 2 hours. Take out, remove skin and roots. Place in deep pan and surround with vegetables. Add 4 cups of sauce. Cover closely and bake 2 hours, turning after the first hour.

8—SAUCE FOR BRAISED TONGUE

Brown $\frac{1}{4}$ cup oleomargarine. Add $\frac{1}{4}$ cup corn flour and stir together until well browned. Add gradually 4 cups of hot water in which the tongue was cooked. Season with salt and pepper and 1 teaspoon Worcestershire sauce. 1 $\frac{1}{2}$ cups strained tomatoes may be substituted for part of the water.

9—VEAL SWEET BREADS

Sweet breads spoil quickly and should be removed from the paper as soon as possible. Plunge into cold water and let stand 1 hour, changing water two or three times. Put in acidulated, salted, boiling water and cook slowly 30 minutes. Drain. Plunge into cold water to be kept white and firm.

10—BROILED SWEET BREADS

After parboiling as above, split crosswise, season with salt and pepper, and broil 8 minutes. Serve with lemon butter made by creaming 4 tablespoons oleomargarine and adding slowly 2 tablespoons lemon juice.

11—CREAMED SWEET BREADS IN RAMEKINS

1 ½ cups parboiled sweetbreads cut in ½ inch cubes	⅛ teaspoon celery salt
⅓ cup mushrooms cut in ½ inch cubes	Dash cayenne pepper
2 tablespoons oleomargarine	2 teaspoons mushroom ketchup
3 tablespoons corn flour	1 teaspoon lemon juice
1 ½ cups milk or meat stock	1 tablespoon oleomargarine
1 teaspoon salt	1 cup bread crumbs

Add the corn flour to the melted fat in pan. Mix thoroly and add the liquid making a sauce. Season with the salt, pepper, ketchup and lemon juice. Add to this the sweetbreads and mushrooms. Put into oiled ramekins. Cover with crumbs, which have been stirred into 1 tablespoon of oleomargarine. Bake 20 minutes.

12—VEAL KIDNEY

1 pair kidneys	1 teaspoon kitchen bouquet
2 tablespoons oleomargarine	1 tablespoon mushroom ketchup
2 tablespoons corn flour	2 tablespoons orange juice
1 cup stock or water	1 teaspoon lemon juice
1 teaspoon salt	and Cayenne pepper

Split fresh kidneys in halves. Remove white fat and sinew from center. Cover with cold water and let heat over moderate fire. Just before boiling point is reached drain from the water and cut into small pieces. Cover with cold water and heat again, but not letting the water reach the boiling point as that will toughen the kidneys and they will then have to be boiled a long time to make them tender again. Make a sauce by browning the oleomargarine in a pan, adding the flour, liquid and other ingredients.

13—CANNELON OF BEEF

2 lbs. lean beef, cut from round	2 tablespoons melted oleomargarine
Juice ½ lemon and bit of grated rind	Few gratings nutmeg
1 teaspoon finely chopped parsley	1 teaspoon salt
1 egg	¼ teaspoon pepper
½ teaspoon onion juice	

Chop meat finely and add remaining ingredients in order given. Shape in a roll 6 inches long. Place on rack in baking pan and bake 30 minutes. Baste occasionally with 1 tablespoon oleomargarine in 1/3 cup of hot water. Serve with tomato sauce.

14—COTTAGE PIE

(Use of left-over meat). Cover the bottom of an oiled baking dish with seasoned mashed potatoes. Add a thick layer of creamed meat or bits of meat moistened with skim milk or meat stock. Cover with mashed potatoes. Bake long enough to heat thru.

15—BROWN STEW (MEAT EXTENDER)

Cut 1 pound neck of beef in 1 inch cubes, season, dredge in flour, brown in fat in pan. Add hot water to cover. When it boils up once put in double boiler or cook slowly 3 hours. One hour before end of cooking period, add $\frac{3}{4}$ cup of each of following vegetables in cubes, carrots and turnips, and $\frac{1}{2}$ hour before end of cooking period add $\frac{3}{4}$ cup potatoes cubed.

16—LIVER

1 lb. beef liver sliced	1 teaspoon lemon juice
$\frac{1}{4}$ teaspoon mustard	$\frac{1}{4}$ teaspoon Worcestershire sauce
1 teaspoon salt	1 teaspoon flour
Pepper	1 teaspoon butter

Parboil 1 pound beef liver 5 minutes. Drain. Remove outside skin and veins. Brown in fat, chop, add mustard, salt, pepper, Worcestershire sauce, water if necessary, and thicken with 1 teaspoon flour blended in 1 teaspoon butter. Add finely chopped hard cooked egg and lemon juice. Serve on corn dodgers or toast.

17—MUTTON STEW

1 $\frac{1}{2}$ lbs. breast of mutton	1 pint boiling water
4 potatoes (medium sized, quartered and parboiled)	1 onion (sliced about 1 $\frac{1}{2}$ inches in diameter)
2 tablespoons rice	1 cup tomato, strained or
Salt and pepper	1 tablespoon tomato ketchup

Brown onions in a little fat in sauce pan. Put with them meat cut in $\frac{1}{2}$ inch cubes and sprinkle with salt and pepper. Cover meat with boiling water, let simmer two hours or until meat is tender. After 1 hour of simmering, add rice. Half an hour before serving the stew add potatoes. When they are cooked remove bones and pieces of fat and stir in tomato or ketchup.

18—BEEF HEART STUFFED AND WITH VEGETABLES

1 beef heart	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup flaked hominy	Cayenne pepper
$\frac{1}{4}$ cup bread crumbs	Few drops onion juice
2 tablespoons melted oleomargarine	$\frac{1}{4}$ cup hot water or stock

Wash heart, remove veins, arteries, and clotted blood. Stuff with dressing made of remaining ingredients. Skewer or sew. Season, dredge with flour, and sauté in fat, adding to fat 1 stalk celery, 1 tablespoon chopped onions, 2 sprigs parsley, 4 slices carrot, 2 slices turnips, 1 bit bay leaf, 2 cloves, $\frac{1}{4}$ teaspoon peppercorns. Turn occasionally till well browned. Put a bit of fat on top, add 1 $\frac{1}{2}$ cups hot stock or water, cover and cook slowly 3 hours. Serve with cooked carrots and turnips cut in fancy shapes.

19—PORK TENDERLOIN AND DRESSING

Sear meat and put in bottom of low baking dish. Place bits of fat over it, then a layer of dressing made of 1 cup crumbs, 3 tablespoons oleomargarine, $\frac{1}{4}$ teaspoon salt, pepper, 1 $\frac{1}{2}$ teaspoon sage, $\frac{1}{4}$ cup boiling water. Put cored apples, cut in half, over top and bake. Garnish with parsley.

20—BROWN SOUP STOCK

6 lbs. shin of beef	1 sprig marjoram
3 qts. cold water	½ cup each of following cut in cubes:
½ teaspoon pepper-corns	carrot, turnip, onion, celery
6 cloves	1 tablespoon salt
½ bay leaf	3 sprigs thyme

(Seasoning may be varied according to taste and materials at hand.)

Cut lean meat from bone and in cubes. Brown ⅓ of meat in hot frying pan in marrow of bone or any fat. Put remaining ⅔ with bone and fat in soup kettle, add cold water and let stand 30 minutes. Place on back of range, add browned meat and heat gradually to boiling point. As scum rises it should be removed. Cover and cook slowly 4 to 6 hours, keeping below boiling point during cooking. Add vegetables and seasoning. Cook until vegetables are tender. Strain and cool as quickly as possible to remove fat. Heat before serving.

21—POSSUM

Dress the possum. Disjoint, remove excess fat. Marinate pieces over night in vinegar and lemon juice seasoned with salt, marjoram, thyme, parsley, and other seasonings. Remove from liquid, dredge in flour, sear in hot fat, cover with boiling water and cook until tender. One hour before end of cooking period add carrots, turnips, and a bit of onion cut in cubes. One-half hour before end of cooking time add potatoes cut in cubes.

MEATLESS MEATS

POULTRY

Let the Food Administration define “meatless” for us. “By meatless we mean to eat no red meat—beef, pork, mutton, veal, lamb; no preserved meat—beef, bacon, ham, or lard.”

WHY WE USE POULTRY

In these days of conservation we must not overlook poultry of various kinds which may be used instead of meats.

Poultry contains practically the same amount of nourishment pound for pound as beef, pork, or mutton. It cannot be shipped as well so will not be sent to our allies and soldiers.

Eat poultry. Make soup from the bones and tiny scraps. Make the meat go farther by combining it with rice, hominy, or vegetables in scalloped dishes and stews. Try out the fat from poultry and use it instead of lard and butter for shortening. French cooks consider poultry fat as a real delicacy in cookery.

BUYING

In selecting poultry see that the flesh is firm, that there is a fair amount of fat underneath the skin, that the skin is whole and of a clear yellow color, and that the odor is good. Chickens and fowls have certain characteristics which make them readily distinguishable. Chickens have soft feet, a flexible breast bone, many pin feathers, and little fat, while fowls have hard scaly feet, a rigid breast bone, and long hairs over the body.

26—POTTED PIGEON ON TOAST

2 pigeons	½ cup boiling water
½ cup potato stuffing	salt and pepper
1 outer stalk celery	rice flour

Clean, stuff, and truss pigeons, place upright in stew pan or baking dish. Add water in which celery has been cooked. Cover and cook slowly until tender. Remove from water, cool slightly, sprinkle with salt and pepper, dredge with flour, and brown entire surface in fowl fat. Make a sauce or gravy with 2 tablespoons flour, 2 tablespoons fat and remaining stock. There should be 1 cup. Place each bird on a slice of dry toast, pour gravy over all. Garnish with parsley. Toast should be made from any type of emergency bread on hand.

27—PIGEON SAUCE OR GRAVY FOR 2 PIGEONS

2 tablespoons fowl fat	salt
2 tablespoons flour (rice or barley)	pepper
1 cup stock	

Brown flour in the fat, add the stock gradually, boil 5 minutes. Season.

28—STEWED CHICKEN WITH ONIONS

1 chicken	2 teaspoons salt
9 tiny onions	¼ teaspoon pepper
3 cups water	

Dress, clean and cut chicken in pieces for serving. Cook chicken with onions and seasonings until chicken is tender. Remove chicken to serving dish, When onions are soft drain from stock and reduce stock to 1 cup. Make sauce of 3 tablespoons chicken fat, 3 tablespoons rice or barley flour, stock and ¼ cup skimmed milk. Add 1 egg yolk, salt, pepper and juice of ½ lemon. Pour the sauce over the chicken and onions.

Cost, \$1.35.

Eight servings.

29—TURKEY SALAD

2 cups cold turkey	1 cup boiled salad dressing
1 ½ cups celery	

Cut the turkey and celery in ½ inch pieces. Mix with half the salad dressing. Arrange the salad on plates, add the rest of the salad dressing. Serve cold.

Cost, \$0.65.

Eight servings.

30—COOKED SALAD DRESSING

1 teaspoon mustard	1 teaspoon turkey fat
1 teaspoon salt	1 egg yolk
2 teaspoons rice flour	½ cup vinegar
f. g. cayenne	½ cup water or skimmed milk

Mix dry ingredients, add fat, egg, water, and vinegar slowly. Cook in double boiler, stirring constantly until mixture thickens. Cool.

Cost, \$0.12. Eight servings.

31—ROAST GOOSE WITH POTATO STUFFING

Dress carefully. Season with salt and pepper inside and out. Stuff, skewer, and tie legs and wings close to the body. Lay strips of fat across breast to prevent burning. Place on rack of covered baking pan, and roast till tender. Remove surplus fat as it tries out. Place on hot platter, remove strings and skewers. Garnish with bright red cranberries and watercress. Serve with apple sauce.

Cost 14 lb. goose, \$4.20.

Twenty-four servings.

Cooked it is 4 ½ pounds meat, 4 1/16 pounds fat.

32—POTATO STUFFING

2 cups hot mashed potato	3 tablespoons tried out goose fat
1 ¼ cup bread crumbs	1 egg
1 chopped onion	1 ½ teaspoon salt
1 teaspoon sage	

Stuffing costs \$0.16.

Twenty-four servings.

33—GRAVY

Use recipe for turkey gravy, substituting goose fat.

34—GOOSE SCALLOPED WITH HOMINY

2 cups cooked goose	1 ½ cup gravy or white sauce
2 cups cooked hominy	Salt
¼ cup crumbs browned in goose fat	Pepper

Cover the bottom of a baking dish with hominy. Add a layer of goose meat and half the gravy, another layer of hominy, meat, and gravy. Put crumbs over the top and bake until crumbs are brown.

Cost, \$0.75.

Twelve servings.

35—GOOSE IN RICE TIMBALES

2 cups goose	2 cups cooked rice
1 cup gravy	

Line cups or molds with rice, making a layer ¼ inch thick. Let stand 15 minutes, remove carefully from cups and fill with creamed mixture. Cut goose meat in ½ inch pieces and beat in gravy.

Cost, \$0.70. Twelve servings.

36—ROAST CAPON

Prepare for roasting according to directions for Roast Turkey at \$0.30 per pound, 5 pound capon costs \$1.50. 2 pounds, 8 ounces cooked meat. 10 ounces fat.

12 servings.

37—STUFFING

1 ¼ cup warbread crumbs	1 teaspoon salt
3 tablespoons fowl fat	¼ teaspoon pepper
½ cup boiling water	½ teaspoon sage

Mix the crumbs and seasonings. Soften with fat and hot water.

Cost, \$0.07.

Twelve servings.

38—GIBLETS WITH RICE

2 cups giblets	salt
1 ½ cups gravy	pepper
2 cups rice	

Cut the giblets in ½ inch pieces, mix with gravy and rice. Season.

Cost, \$0.60.

Ten servings.

39—GUINEA SOUTHERN STYLE

1 guinea	¼ cup rice flour
1 onion	2 tablespoons fowl fat
1 ½ teaspoons salt	¼ teaspoon pepper

Cover the bottom of a baking dish with slices of onion. Cut the guinea as for fricassee, sprinkle it with salt and pepper, roll in rice flour, sauté in fowl fat until well browned. Place the pieces of guinea upon the slices of onion, add ½ cup water. Cook in closely covered dish until the meat is tender. Add more water as it is needed.

40—CAPON PIE WITH MASHED POTATO CRUST

2 cups capon	2 cups gravy
2 cups mashed potato	

Put capon in baking dish, cover with gravy and mashed potato. Bake until potato crust becomes brown.

Cost \$.70.

10 servings.

41—CAPON SANDWICHES

1 cup cold capon	2 tablespoons cooked salad dressing
2 tender stalks celery	1 loaf oatmeal bread
¼ teaspoon salt	cayenne

Chop meat and celery fine, mix with seasoning and salad dressing. Spread on oatmeal bread cut thin.

Cost \$.40. 20 sandwiches.

42—GUINEA AND TOMATO SOUP

1 tablespoon fowl fat	3 cups broth
2 slices onion (chopped)	1 tablespoon cornstarch
2 sprigs parsley (chopped)	3 tablespoons cold water
1 ½ cups tomatoes	salt and pepper

Cook the onion and parsley in hot fat till yellow. Add tomatoes and broth and let simmer 15 minutes. Press through a sieve. Reheat, add cornstarch mixed with cold water; let cook 10 minutes. Skim and season.

43—DUCK

Prepare duck for roasting as you would goose. The pinfeathers are hard to remove, but they must be cut out if they cannot be taken out any other way. Under the skin of a firm young duck there may be as much as a half inch of fat. This melts at a low temperature. If the duck is well browned this fat layer becomes an excellent crackling. On account of this fat, the duck shrinks a great deal in cooking. This shrinkage is not waste, however, because the fat is excellent for cooking.

44—ROAST MALLARD OR TEAL DUCK

Single, draw and remove all the tiny pinfeathers. Wash inside and out with cool water and dry. Stuff the ducks, sew, and truss. Put on a rack in a pan, sprinkle with salt, pepper and a little rice flour. Cover with small pieces of fowl fat and put in hot oven. In about 5 minutes the ducks will be light brown. Reduce the heat and pour a little water into the pan. The dripping fat will burn unless a little hot water is added. Baste every 4 or 5 minutes. Ducks should cook 45 minutes to 1 hour.

45—STUFFING

Boiled onions	salt and pepper
Chopped sour apples	sage
Dried corn bread crumbs	hot water
1 tablespoon fowl fat	

Mix equal parts of onion, apples and bread crumbs. Add seasonings, fat and hot water to moisten.

46—POULTRY WITH PEAS

1 cup cold chicken, duck, or turkey	2 tablespoons rice flour
1 cup canned peas	1 ½ cups skimmed milk
2 tablespoons fat	salt, pepper

Melt fat, add the flour, beat until brown. Add the milk gradually, cook until thick. Add the chicken with peas, seasoning.

Cost \$0.35.

8 servings.

FISH

The U. S. Bureau of Fisheries is calling our attention to some new fish soon to be obtainable in our markets. Many of these fish, hitherto wasted, surpass in flavor some of our well-known favorites. Among these are eulachon, a rich and delicious little fish now obtainable fresh and salted; whiting, a fish long known and enjoyed but not adequately utilized here; the grayfish, available in some markets fresh, and unexcelled when smoked, as well as excellent canned like salmon; the sable fish, one of the richest of American fishes, with firm, white, flaky flesh of delicious flavor, obtainable fresh and smoked; carp, which is particularly abundant in Illinois waters, previously much despised and little used, although a tempting product when properly cooked; bowfin, numerous in the Great Lakes region and Mississippi Valley, a real delicacy when salted and smoked; burbot, the only fresh water member of the cod family, purchased skinned, dressed and decapitated at a relatively low price considering the little waste; and sea mussels, closely related to clams and oysters, sharing their delicate flavor and nutritive value, besides being cheap and abundant and in season thru the summer.

In so far as possible people living inland should utilize local fresh water fish, thus saving the "long haul." Salt and smoked fish also are particularly recommended.

Let us make every day a fish day.

The following recipes are suggestive merely as typical methods for cooking these fish. For further suggestions, consult the leaflets of the U. S. Bureau of Fisheries.

47—BROILED FRESH EULACHON

Dress, without splitting, and wipe dry. Score across the back, and broil slowly over a clear fire, turning once. No fat need be used. Serve on a hot platter, with high seasoning of salt and pepper and lemon juice.

48—BROILED FRESH WHITING

Proceed as for Broiled Fresh Eulachon.

49—BOILED SABLEFISH

Add 1 tablespoon vinegar, 1 teaspoon salt, 1 slice onion, and a bit of bay leaf to 1 quart boiling water. Into this put compact pieces of fish tied in cheese cloth. Simmer until flesh leaves the bone easily, about 10 minutes to the pound. Drain and serve on a hot platter with

50—EGG SAUCE

Make a white sauce, using 2 tablespoons drippings, 2 tablespoons rice flour or corn starch, 1 cup milk, salt and cayenne pepper, 1 tablespoon lemon juice, add 1 or more hard cooked eggs cut in pieces.

51—BOILED CARP

Dress fish, rub with salt and wrap in cheese cloth. Tie the ends and place fish in kettle. Cover with boiling water.

1 teaspoon salt

1 bay leaf

Slice of onion

Sprig of parsley

1 tablespoon lemon juice or vinegar

Cover and simmer 10 minutes to every pound. Take fish from water. Remove to hot plate and garnish with slices of lemon and parsley.

52—MAITRE D'HOTEL BUTTER

Cream 3 tablespoons butter substitute, and a little pepper, ½ tablespoon chopped parsley and then drop by drop ½ tablespoon lemon juice.

53—BAKED CARP

Clean and wipe inside and out with clean, damp cloth. Bone, leaving head and tail on. Rub with salt. Stuff with a dressing of

1 cup stale bread crumbs	⅛ teaspoon pepper
¼ cup fat	½ tablespoon minced parsley
1 tablespoon minced onion	Hot water to moisten (about ¼ cup)
¼ teaspoon salt	

Sew up opening. Brush over with lemon juice, soft fat, salt and pepper. Place on a greased fish sheet in baking pan, dredge with flour. Baste with hot water and fat every 10 minutes. Bake about an hour. Serve with acid fish sauce.

54—HOT MAYONNAISE

To the yolks of 2 eggs add slowly 2 tablespoons olive oil, then 1 tablespoon vinegar and 1/4 cup hot water. Cook over boiling water till it thickens, add salt, cayenne pepper and 1 teaspoon finely chopped parsley.

55—BAKED SABLEFISH STEAKS

Place fish on baking sheet, season with salt and pepper. Add ½ cup water with 1 teaspoon vinegar, 1 minced onion, dredge lightly with coarse cornmeal. Bake in covered pan 15 minutes. Uncover and brown well.

56—BAKED FISH WITH SAUCE PIQUANTE

Use any kind of fish steak or small fish. Put 2 tablespoons cottonseed oil in baking dish. When hot add fish steaks and cover with sliced onion. Bake till two-thirds done. Add one small can of tomatoes; season with salt and paprika.

57—PANNED GRAYFISH

Put smoked grayfish in baking pan on a sheet and add 1 cup milk. Place in hot oven until heated thru. Serve on hot platter garnished with lemon and parsley. The milk may be thickened for a sauce.

58—SMOKED GRAYFISH BAKED IN PAPER

Place fish in paper bag. Close tightly and bake in hot oven 30 minutes. Serve hot.

59—SALT WHITING FISH CAKES

Freshen, skin and bone whiting. Boil equal quantities of potatoes and fish, drain, mash fine and season with cayenne, fat. Add one beaten egg and milk if necessary. Shape into cakes, roll in corn meal. Bake in hot oven till brown and serve garnished with parsley and dill pickles.

60—SMOKED BOWFIN FISH CAKES

Proceed as above, save that the flaked fish is added to the mashed cooked potatoes.

61—BURBOT CHOWDER

Cut the meat from 4 pounds skinned fish. Cover bones and head with cold water and boil for ½ hour. Fry 2 small onions in 4 tablespoons drippings, add strained fish stock and 1 quart sliced raw potatoes. Cook 10 minutes, add fish, salt, and white pepper. Cook till potatoes are done, add 1 quart hot milk, thicken with 4 tablespoons oleomargarine rubbed into 4 tablespoons flour. Serve with corn dodgers.

62—CORN DODGERS

Use instead of toast or crackers under creamed and fricasseed dishes. Pour 1 ¾ cups boiling water over 2 cups corn meal mixed with 2 tablespoons fat and 1 teaspoon salt. Beat well. When cool form into thin cakes and bake ½ hour in a hot oven.

63—SALT WHITING CHOWDER

Pick 2 cups salt whiting free from bones and skin. Pare and slice thin 1 quart potatoes, 2 large white onions. Put layers of potato, fish, and onion in chowder kettle, sprinkling in 2 tablespoons of fine corn meal. Cover with hot water, boil gently 20 minutes. Season with pepper and salt if necessary, add 1 quart hot milk, and 2 tablespoons oleomargarine, and bring all to the boiling point. Serve with corn dodgers.

64—MILT SANDWICHES

1 can salmon milts	2 pimentos
Juice of 2 lemons	1 teaspoon salt

Make a paste and spread on thin slices of buttered rye bread. Minced olives may be added.

65—MILT SALAD

Cut milts in pieces and marinate in Fresh dressing. Drain. Add an equal amount of crisp celery or cabbage. Add some strips of green pepper for garnish. Serve with cooked dressing or mayonnaise.

66—FRENCH DRESSING

6 tablespoons salad oil	Paprika
3 tablespoons vinegar or lemon juice	Few drops lemon juice
¼ teaspoon salt	

Mix thoroughly.

67—SMOKED CARP SALAD

2 cups of flaked smoked carp	1 cup nut meats
2 cups diced celery	

Serve with boiled salad dressing.

68—BOILED SALAD DRESSING

2 egg yolks or 1 whole egg	2 tablespoons oil
¾ teaspoon salt	1 spk. pepper
½ teaspoon mustard	2 tablespoons strong vinegar or lemon juice
1 teaspoon corn starch	¼ cup water

Cook in double boiler.

69—SMOKED BOWFIN SALAD

See Smoked Carp Salad and Boiled Salad Dressing.

70—JELLIED GRAY FISH

1 ½ cups cold flaked gray fish bellies	2 tablespoons lemon juice
2 tablespoons chopped capers	¼ teaspoon salt
1 tablespoon granulated gelatin	2 tablespoons cold water
1 cup boiling water	

Mix fish and capers. Arrange in a mold. Soak gelatin in 2 tablespoons of cold water. Add boiling water and stir till gelatin dissolves. Then add lemon juice and salt. Pour jelly carefully.

71—WHALE MEAT

Boil 1 can whale meat in water for 15 minutes. Turn onto chop plate and surround with hot steamed or boiled potatoes and minced parsley.

72—WHALE MEAT PIE

Dice 1 can whale meat, add 1 cup diced and parboiled carrots, make sauce of stock from the meat and carrots, thickening it with rye flour. Place all in greased baking dish and cover with crust of hot mashed potatoes. Bake 15 minutes in hot oven.

LEGUMES AND NUTS

“BEAN PORRIDGE HOT,
BEAN PORRIDGE COLD,

BEAN PORRIDGE IN THE POT
NINE DAYS OLD.”

We have chanted this nonsense rhyme many times, always thinking, no doubt, of plain white beans. But now some other members of the bean family are calling our attention. Here they come—Lima beans, Kidney beans, and Soy beans in many colors. Soy beans are much richer in fat and protein or tissue building food than other beans. They have proved milk and butter to the Japanese and Chinese people. Let them prove so to you. Try these recipes:

73—YELLOW SOY BEAN LOAF

½ cup soy bean pulp (¼ cup)	2 teaspoons chopped parsley
1 stalk celery (minced)	¼ teaspoon onion juice
1 egg	1 cup dry bread crumbs
2 tablespoons fat	¼-½ cup bean liquor
½ teaspoon salt	2 cups chopped parsley
Spk. pepper	

Soak beans 24 hours. Drain. Boil in water in which is dissolved ½ tea- spoon soda 10 minutes. Drain. Cover with water and simmer 2 hours. Place in fireless cooker for 12 hours. Put beans through food grinder. Combine ingredients. Bake in a loaf 1 hour. Serve with tomato sauce.

74—TOMATO SAUCE

1 cup strained tomato	1 teaspoon grated onion
spk. Soda	½ teaspoon salt
2 teaspoons cornstarch or 1 teaspoon potato starch and 2 teaspoons cold water	¼ teaspoon paprika
1 tablespoon oleomargarine	

Heat tomato, onion, and seasonings. Boil till onion is cooked. Strain. Add starch and water. Boil till clear. Add fat. Serve hot on loaf. Garnish with parsley.

75—YELLOW SOY BEAN SOUFFLE

1 cup yellow soy beans cooked (½ cup)	½ cup milk
white sauce	½ teaspoon salt
1 tablespoon oleomargarine	¼ teaspoon pepper
1 tablespoon potato starch	2 eggs (beaten separately)

Make white sauce by melting fat, adding starch, then cold milk and seasoning. When cooked add bean pulp. Cool. Add egg yolks beaten. Fold in egg whites. Put in baking dish and bake 1 hour. Bake in moderate oven.

76—BLACK SOY BEAN SOUP

1 cup cooked black soy beans	1 teaspoon salt
4 cups cold water	½ teaspoon pepper
½ onion	⅛ teaspoon mustard
1 stalk celery	1 tablespoon fat (drippings)

Cook onion in fat. Add beans, water, and seasonings. Simmer 1 hour. Serve hot.

77—LIMA BEANS EN CASSEROLE

2 cups lima beans cooked (1 cup)	¼ pound sliced salt pork
1 medium onion	⅔ cup bean liquor

Soak beans overnight. Simmer till tender and drain. Brown the minced onion and salt pork in frying pan. Add beans and liquid. Place in greased baking dish. Bake until brown.

78—BEAN AND TOMATO STEW

2 ¼ cups stewed white beans (1 cup uncooked)	1 teaspoon salt
2 cups tomato juice	¼ teaspoon paprika
½ sliced onion (stewed till tender in tomato juice)	spk. soda
2 tablespoons drippings	

Strain tomato and onion mixture. Add to beans seasoning and fat. Cook till thick enough to serve on dinner plate.

79—BEAN ROAST

1 cup beans (white) stewed	1 teaspoon salt
1 cup ground peanuts	spk. pepper
½ cup bread crumbs	½ cup milk

Put beans and peanuts thru grinder. Add crumbs, seasoning, and milk. Shape in loaf. Bake 30 minutes. Serve hot with tomato sauce.

LEGUMES

Beans of all varieties are high in protein and can therefore be occasionally substituted for meat. Beans are legumes. Other legumes are peas, lentils, cowpeas, and peanuts, which can be used in the following ways.

80—KIDNEY BEAN SALAD

2 cups stewed kidney beans	1 cup diced celery
3 sweet pickles chopped	

Marinate beans and celery and pickles. Mix with mayonnaise. Serve cold on lettuce.

81—PEAS IN RAMEKINS

1 cup pea pulp	Few drops onion juice
3 eggs	

White Sauce

½ cup milk	½ teaspoon salt
2 tablespoons oleomargarine	spk. pepper
1 teaspoon potato starch	

Soak dried peas 24 hours. Cook slowly. When nearly tender add ¼ teaspoon salt to 1 cup peas. Put peas thru colander. Combine white sauce, beaten egg, pea pulp and seasoning. Put in oiled ramekins. Bake slowly 40 minutes.

82—PEA LOAF

2 cups peas (stewed)	1 teaspoon chopped celery
1 cup bread crumbs	1 egg beaten
1 teaspoon chopped parsley	1 teaspoon minced onion

Put stewed peas thru food grinder. Combine ingredients. Bake 30 minutes.

83—STEWED LENTILS

2 cups cooked lentils	1 cup stock
1 onion	1 teaspoon salt
1 green pepper	spk. paprika
2 tablespoons fat drippings	

Cook chopped pepper till tender with lentils. Drain. Fry onion, peppers, and lentils in fat till onion is cooked. Add drained liquid and simmer till almost dry.

84—LENTIL CASSEROLE

2 cups cooked lentils	4 tablespoons oleomargarine
1 teaspoon salt	1 onion
2 cups tomatoes	1 cup bread crumbs

Soak lentils overnight. Cook till soft. Brown chopped onion in fat. Put lentils and tomato and onion in layers in greased casserole. Cover with buttered crumbs. Bake till brown in moderate oven.

85—BAKED COWPEAS AND CHEESE

2 cups cooked cowpeas	1 teaspoon salt
½ cup grated cheese	1 tablespoon finely chopped onion
1 tablespoon oleomargarine	1 tablespoon finely chopped green pepper

Put cowpeas (soaked and cooked) thru colander to remove skins. Mix with cheese. Cook onion and pepper in fat. Add to peas and cheese. Form into a roll. Bake in moderate oven, basting occasionally with fat and water. Serve hot as meat loaf.

86—PEANUT BUTTER SOUP

1 cup peanut butter	1 cup boiling water (in which has been cooked ½ cup outer stalks celery)
3 cups milk	1 teaspoon potato starch
2. teaspoons salt	1 tablespoon oleomargarine
¼ teaspoon pepper	

Blend the peanut butter and 1 cup milk. Heat remainder of milk in double boiler. Add starch and fat creamed together to boiling water. Cook till clear. Add this to hot milk. Add peanut butter and seasoning. Mill with a Dover egg beater. Strain and serve hot.

87—PEANUT LOAF

1 cup soft bread crumbs (toasted)	spk. pepper
¾ cup peanut butter	1 teaspoon poultry seasoning
½ cup cooked rice	1 tablespoon chopped parsley
1 teaspoon salt	

Combine. Bake in a loaf 30 minutes; unmold and serve with tomato sauce or ketchup.

NUTS

Nuts like legumes are also rich in protein and fat. To be digestible they should be finely divided (ground or chopped) and combined with starchy materials. They are such a concentrated food that they should not be used alone in large quantities.

88—NUT AND CHEESE LOAF

1 cup grated cheese	1 teaspoon salt
1 cup English walnut or hickory nut meats	¼ teaspoon pepper
1 cup dry bread crumbs	2 tablespoons onion
2 tablespoons water	1 tablespoon oil

Cook onion in cooking oil and water till tender. Strain into mixture of cheese, ground nuts, and crumbs. Add seasoning. Bake in a loaf till brown. Garnish with lemon points.

89—NUT CROQUETTES

1 cup nuts	1 egg slightly beaten
½ cup bread crumbs	1 teaspoon salt
½ cup rice (cooked)	spk. pepper
½ cup milk	

Soak crumbs in milk. Add cooked rice, seasoning, and egg. Mold egg and crumb and fry in deep fat.

90—NUT, CHEESE, DATE SALAD

18 dates	½ cup ground English walnuts or pecans
Cream cheese	

Stuff dates with cream cheese. Roll in nuts. Arrange 3 on salad plate. Pile mayonnaise in center.

91—NUT MUFFINS

1 ½ cup whole wheat	½ cup molasses
½ teaspoon soda	1 egg
½ teaspoon salt	½ cup nuts, hickory
½ cup sour milk	

Mix dry ingredients and coarsely ground nuts. Mix molasses, milk and egg together. Add liquid to dry ingredients, stirring just enough to mix. Put in greased muffin tins. Bake 30 minutes in moderate oven.

MILK, EGGS AND CHEESE

MILK DESSERTS

For desserts the skim-milk may be thickened, sweetened, and flavored to make puddings. The thickening material may be any starchy substance as cornstarch, tapioca or cereals, or it may be bread crumbs, eggs or gelatin.

92—INDIAN PUDDING

5 cups scalded skim-milk	1 teaspoon spice
½ cup corn meal	1 tablespoon butter substitute
1 teaspoon salt	½ cup molasses

Pour skim-milk slowly on meal, cook in double boiler twenty minutes and add other materials. Pour into buttered pudding dish and bake slowly for two hours.

93—TAPIOCA PUDDING

1 quart skim-milk	speck salt
¾ cup tapioca	¾ cup sugar

Add tapioca, sugar, salt to the milk and cook until granules are clear and liquid is absorbed. Pour into wet molds. Chill, unmold and serve with juice from canned fruit. Rice, cornstarch or bread crumbs may be used. Raisins, cocoanut, chocolate, cocoa or caramel may be used to give variety of flavor.

94—MILK SOUPS

1 quart skim-milk	¼ cup flour
¼ cup oleomargarine or meat fat	2 teaspoons salt

Melt the fat and stir into it the flour. When these are thoroly mixed add the cold milk and heat until the flour is cooked, stirring constantly until the milk boils.

This thickened milk may be used as the foundation for any cream of vegetable soup by adding mashed vegetable with enough of the water in which it has been cooked to give the consistency of the thickened milk. Use with this recipe:

2 cups corn, peas, bean, or potato pulp

1 cup cabbage, turnips, onion pulp

In using tomato add ¼ teaspoon soda to 2 cups tomato juice so that it will not curdle the soup. ½ cup peanut butter may be used to make peanut soup or ½ cup cheese to make cheese soup.

95—CREAMED OR SCALLOPED VEGETABLES OR FISH

1 pint skim-milk	¼ cup flour
¼ cup oleomargarine or meat fat	1 teaspoon salt

Melt the fat and stir into it the flour. When these are thoroly mixed, add the cold milk and cook until the flour is cooked, stirring constantly until the milk boils. This thickened milk may be used with any cooked vegetable, fish, meat, macaroni, etc., to make a creamed dish.

One quart of cooked vegetable should be used for the amount given. The creamed food may be put in a buttered baking dish, covered with butter crumbs and baked until the food is hot. ¼ cup cheese may be added for flavor and it will add to the food value of the dish.

96—COTTAGE CHEESE

Heat 1 quart sour milk to 100 degrees F. or until quite warm, not scalding. As soon as the curd separates from the whey, strain the milk thru a cloth. Let drain until free from whey. Season with $\frac{1}{2}$ teaspoon salt, and 2 tablespoons salad oil, butter or cream.

If skim-milk is sweet add junket tablet to warm milk and let it stand until it sets. Break curd with a fork and drain. Use whey obtained in making cottage cheese in your yeast bread. Just use it in place of water or milk and proceed as usual.

CUSTARDS

97—BOILED CUSTARD

2 cups scalded milk	$\frac{1}{8}$ teaspoon salt
yolks 3 eggs	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup sugar	

Beat eggs slightly, add sugar and salt. Add scalded milk slowly. Cook in double boiler until thick. $\frac{1}{2}$ tablespoon cornstarch may be used in place of one egg.

98—BAKED CUSTARD

4 cups scalded milk	$\frac{1}{2}$ cup sugar
4 eggs	$\frac{1}{4}$ teaspoon salt

Flavoring:

Nutmeg	Chocolate
Caramel	Cocoanut

Beat eggs slightly, add sugar and salt, pour on slowly scalded milk. Bake very slowly until custard sets.

99—JUNKET

1 quart milk	1 teaspoon vanilla
$\frac{1}{4}$ cup sugar	few grains salt
1 junket tablet dissolved in 1 tablespoon water	

Heat milk until lukewarm, stir in sugar and salt. Add vanilla and dissolved tablet and pour into a glass dish. Set it in a warm room until it sets. Chill and serve.

100—SPONGE CAKE WITH BARLEY FLOUR

4 egg yolks	1 $\frac{1}{2}$ teaspoons baking powder
1 cupful sugar	$\frac{1}{4}$ teaspoon salt
1 tablespoon hot water	4 egg whites
1 cupful barley flour	1 teaspoon lemon juice

Beat yolk of eggs until very light; add sugar gradually, beating constantly. Add water and flour, mixed and sifted with salt and baking powder; add lemon juice. Fold in egg whites stiffly beaten and bake in slow oven 50 minutes.

101—LEMON MILK SHERBERT

1 quart skimmed milk

1 ½ cup syrup or sugar

1 ½ cup lemon juice

Combine lemon juice and syrup, and gradually add the milk. If added too rapidly, or without constant stirring, the mixture will have a curdled appearance. Freeze.

Other sweetened fruit juices may be substituted for the lemon juice and syrup.

OMELETS

102—PUFFY OMELETS

4 eggs

4 tablespoons hot water

½ teaspoon salt

1 tablespoon butter

pepper

Add other flavors, if desired

Separate yolks from whites. To yolks add salt, pepper and hot water and beat until thick and lemon colored.

Beat whites until stiff and fold into first mixture. Heat omelet pan, butter sides and bottom. Turn in mixture and cook slowly until puffed up and brown on the bottom. Place in oven to finish cooking the top. Fold and turn onto a hot platter.

White sauce may be served with this or left over meat, fish, vegetable or cheese may be added before omelet is turned. Use heavy preserves for sweet omelet.

103—FRENCH OMELET

4 eggs

⅛ teaspoon pepper

4 tablespoons milk

2 tablespoons butter

½ teaspoon salt

Beat eggs slightly, just enough to blend yolks and whites, add milk and seasonings. Put butter in hot omelet pan, when melted turn in the mixture. As it cooks, prick and pick up with a fork until the whole is of a cream consistency. Roll and turn on hot platter.

104—CHEESE SOUFFLE

2 tablespoons butter

3 eggs

2 tablespoons flour

Cayenne pepper

½ cup milk

½ teaspoon salt

½ cup grated cheese

Make white sauce of butter, flour, milk and seasonings. Remove from fire, cool and stir in beaten egg yolks. Then fold in stiffly beaten whites. Pour into a buttered baking dish, place in pan of hot water, and bake 30 minutes in a moderate oven. Serve at once.

105—CHEESE RAREBIT

1 tablespoon butter	¼ teaspoon salt
1 tablespoon flour	Cayenne pepper
½ cup milk	1 egg
1 cup soft mild cheese	

Make a white sauce of butter, flour, milk and seasonings. Stir into it the cheese and keep hot until cheese melts. Stir in the egg and cook a moment longer. Serve on bread toasted on one side or with corn meal muffins.

106—CHEESE IN SANDWICHES INSTEAD OF MEAT

Put ½ lb. of cream cheese thru the food chopper with 1 canned pimento. Moisten with 2 tablespoons cream, oil, or butter substitute.

Use for sandwich filling.

2 Neufchatel cheeses or one cup cottage cheese, 2 tablespoons cream, oil or melted butter substitute and a generous sprinkling of paprika.

These fillings are especially nice with rye, whole wheat, or barley bread.

107—USE CHEESE IN SALADS

Cottage cheese, Neufchatel or cream cheese.

Make cheese into balls and roll in paprika. Serve on lettuce.

108—ROQUEFORT SALAD DRESSING

¼ cup cheese creamed. Gradually beat in 6 tablespoons oil and 2 or 3 tablespoons vinegar, ½ teaspoon salt and paprika. Use on lettuce for salad.

109—PRESERVATION OF EGGS IN WATER GLASS

Eggs should be preserved during March, April, May and June, when the production is greatest and the price is lowest.

Eggs preserved in water glass can be successfully kept for as long a time as one year.

Directions: If the commercial water glass solution is to be used, mix 1 pint with 6 quarts of boiled water. Stir until ingredients are thoroly mixed. Use stone jars or glass jars that can be closely covered. Place the eggs in the water glass, see that those at the top are submerged at least two inches when stone jars are used and cover closely. Keep in a cool place.

Suggestions: Preserve only absolutely fresh eggs. Do not preserve dirty eggs or ones that have been washed. Do not use the same liquid preservative more than one year. Use spring eggs; they will keep better than summer or fall eggs. Rinse the eggs with water after removing them from the preservative.

FATS ARE DOUBLY PRECIOUS

Fats are the most precious thing in this war. Germany is nearer breaking for want of fats than any other one thing.

Hindenburg himself not long ago gave notice that unless his troops and the munition makers got more fats—something would happen in Germany.

Fats supply energy. When people go hungry they draw on the fats in their bodies. When that is gone they are an easy prey to disease. Some fats have stuff in them for growth. Without fats, people weaken and waste away.

Our armies use fat by shipload. Glycerin, which comes from FAT, is one of the chief things for making modern explosives. We must have fats to keep up the fight.

Save Fats. Do not limit your supplies of milk, table butter and cheese; but consume all. Don't waste any. You can cut the consumption of fats by reducing pastry and fried foods. Use cottonseed or corn oil or peanut oil for cooking. Use drippings.

Trim your own meat and melt the fat. Don't let a scrap get into the garbage pail.

Waste no soap, save the scraps; it's made of fats. Fats that can not be used for cooking should be saved and made into soft soap.

Our waste of animal fat has been awful. Save it. Cut down your consumption at least one-third of an ounce a day. That is enough to make 400,000 tons a year, if all America saves its FATS.

Use butter as sparingly as possible on the table, except for children.

Do not use it in cooking.

Peanut butter, jellies, or a nut and fig paste are excellent substitutes.

Use little pastry.

When you do make pies, use one crust instead of two.

Try the New England deep apple pie, with only a top crust.

Use the vegetable fats instead of animal fats in making the pastry.

If vegetable oils are used, the quantity of fat may be reduced by one-third; that is, 2 $\frac{3}{4}$ tablespoons of oil to one cup of flour is sufficient. The oil itself helps to moisten the flour so that very little water is necessary. The dough should be made as dry as possible to make a tender pastry.

Do not fry in deep fat.

Bake croquettes in the oven.

Make meat-loaf instead of meat croquettes.

Either do not use recipes calling for a large quantity of fat or try reducing the amount.

SALADS AND SALAD DRESSINGS

110—FRENCH DRESSING

$\frac{3}{4}$ cup oil

paprika and pepper

$\frac{1}{4}$ cup vinegar

onion juice

1 teaspoon salt

Mix dry ingredients, add vinegar and onion juice. Add oil and mix thoroly.

111—CHEESE DRESSING

To $\frac{1}{4}$ cup French dressing add enough cream cheese to make the consistency of soft mayonnaise.

112—CLUB DRESSING

To $\frac{1}{2}$ cup French dressing add $\frac{1}{4}$ cup chili sauce, 1 teaspoonful Worcestershire sauce, 1 teaspoonful chives or onion.

113—RIPE OLIVE DRESSING

To $\frac{1}{2}$ cup French dressing add $\frac{1}{2}$ onion, finely cut or grated, and 5 ripe olives, finely cut.

114—CHIFFONADE DRESSING

$\frac{1}{2}$ cup oil	1 tablespoon chopped chives
2 tablespoons vinegar	1 teaspoon salt
1 tablespoon tarragon vinegar	$\frac{1}{4}$ teaspoon paprika
1 tablespoon chopped green pepper	$\frac{1}{8}$ teaspoon pepper
1 tablespoon chopped red pepper	

Mix thoroly

115—MAYONNAISE DRESSING

1 teaspoon salt	2 tablespoon vinegar
cayenne	2 tablespoon lemon juice
1 teaspoon mustard	1 $\frac{1}{2}$ cup oil
2 egg yolks	

Mix dry ingredients, add egg yolks, and when well mixed add $\frac{1}{2}$ tablespoon vinegar. Add oil gradually, at first drop by drop and stir constantly. As mixture thickens, thin with vinegar or lemon juice. Add oil, and vinegar or lemon juice alternately, until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. A smooth consistency may be restored by taking yolk of another egg and adding curdled mixture slowly to it.

116—SAUCE TARTARE

$\frac{1}{2}$ teaspoon mustard	$\frac{1}{2}$ tablespoon finely chopped capers
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ tablespoon finely chopped pickles
few grains cayenne	$\frac{1}{2}$ tablespoon finely chopped olives
yolks 2 eggs	$\frac{1}{2}$ tablespoon finely chopped parsley
1 $\frac{1}{2}$ tablespoon vinegar	$\frac{1}{2}$ tablespoon finely chopped chives
$\frac{1}{2}$ cup oil	

Mix mustard, salt and cayenne, add egg yolks and when well mixed add $\frac{1}{2}$ tablespoon vinegar. Add oil gradually and as mixture thickens add the remainder of the vinegar. When ready to serve add the remaining ingredients.

123—RICE AND PIMENTO SALAD

1 cup cooked rice
3 tablespoons chopped green pepper
3 tablespoons chopped pimento

Mix ingredients and season. Serve on lettuce and garnish with strips of pimento. Serve with mayonnaise, French or cheese dressing.

124—MACEDOINE SALAD

2 cups cauliflower
2 cups peas
1 cup carrots
1 cup celery

Marinate separately in French dressing cold cooked cauliflower, peas and carrots, cut in small cubes and stalks of celery cut in pieces. Mix separately with cooked dressing. Other vegetables may be used.

125—CARROT, CELERY AND PEANUT SALAD

1 cup carrots
1 cup celery
1 cup peanuts
1 cup cooked salad dressing

Put through meat grinder (finest knife) carrot, celery and peanuts. Add cooked dressing, serve on lettuce leaves.

126—STAR SALAD

1 Blue Label cheese
2 tablespoons cream
salt and pepper
1 teaspoon gelatine
1 tablespoon cold water
green peppers

Soften gelatine in cold water and dissolve over hot water. Add to cheese that has been worked smooth with cream. Stuff green peppers with mixture and place on ice and when very cold, slice in thin rings. Serve with French dressing.

127—ELMHURST SALAD

Dates
Cream cheese
Salt
Paprika
Lettuce
French dressing

Stone dates and fill with cream cheese, seasoned and worked until smooth. Serve on lettuce with French dressing.

128—CAMPESTRIS SALAD

1 cream cheese
salt and paprika
½ tablespoon French dressing
salted almonds

Mash cheese, season with salt and paprika and moisten with French dressing. Shape to represent mushrooms. Roll in finely chopped almonds. Serve with lettuce and French dressing. Currant jelly or orange marmalade may be served with this salad.

129—FISH SALAD

2 cups cooked fish
1 cup celery
¼ cup French dressing
1 cup mayonnaise dressing

Marinate fish in French dressing and when ready to serve, drain, mix with celery and add mayonnaise dressing. Serve on lettuce.

130—BRAZIL SALAD

Canned peaches, apricots or pears	Salt
Cream cheese	Paprika
Brazil nuts or almonds	

Work cream cheese until smooth; add salt, paprika and nuts which have been blanched and chopped or shredded. Fill centers of fruit with cheese mixture and serve on lettuce with mayonnaise or cooked dressing.

131—PRUNE SALAD

Prunes	Nuts or cream cheese
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Soak prunes and cook until soft. Remove stones and fill prune with nuts or cream cheese. Serve on lettuce with mayonnaise, cooked or French dressing.

132—PERFECTION SALAD

1 tablespoon granulated gelatine	¼ cup sugar
¼ cup cold water	½ teaspoon salt
¼ cup vinegar	1 cup cut celery
juice of ½ lemon	½ cup shredded cabbage
1 cup boiling water	¼ cup pimentos cut in strips

Soften the gelatine in cold water. Mix vinegar, lemon juice, salt and boiling water. Bring all to the boiling point and add the softened gelatine. When the mixture begins to thicken add the celery, cabbage and pimentos, and turn into a ring mold. Chill. Serve with mayonnaise dressing.

133—JELLIED FRUIT SALAD

1 tablespoon gelatine	¼ teaspoon salt
¼ cup cold water	few grains cayenne
¼ cup lemon or orange juice	1 cup boiling water
2 tablespoons sugar	1 ½ cups fruit (pineapple, orange, grapefruit, or other combination)

Soften gelatine in cold water. Mix lemon juice, sugar, salt and boiling water. Bring to the boiling point and add softened gelatine. Cool and as the mixture begins to thicken add the fruit cut in pieces. Turn into a mould and when firm turn out on a platter. Serve with mayonnaise or cooked dressing.

SAUCES AND SOUPS

134—WHITE SAUCE

2 tablespoons butter substitute	⅛ teaspoon white pepper
½ teaspoon salt	1 cup milk
1 tablespoon cornstarch	

Heat butter, add cornstarch and seasonings. Add milk gradually, stirring constantly. Cook until well thickened.

135—PIMENTO SAUCE

To 1 cup white sauce add 2 pimentos rubbed through a sieve.

136—CHEESE SAUCE

To 1 cup white sauce add $\frac{1}{4}$ cup grated cheese.

137—MOCK HOLLANDAISE

To 1 cup white sauce add 2 egg yolks, $\frac{1}{4}$ cup butter substitute, 1 tablespoon lemon juice or vinegar.

138—TOMATO SAUCE

2 tablespoons butter substitute	paprika
1 tablespoon cornstarch	$\frac{1}{8}$ teaspoon sugar
1 $\frac{1}{2}$ cups canned tomatoes	1 slice onion
salt	

Cook onion with the tomato 10 minutes and rub thru a strainer. Melt butter substitute, add cornstarch, seasonings and tomato puree. Cook until thickened.

139—CREOLE SAUCE

To 1 cup tomato sauce add 1 tablespoon chopped onion, 2 tablespoons green pepper, finely chopped; $\frac{1}{2}$ tablespoon parsley, finely chopped, and 6 olives, stuffed with pimentos, sliced thin.

140—HOT SAUCE TARTARE

$\frac{1}{2}$ cup thick white sauce	$\frac{1}{2}$ tablespoon finely chopped pickles
$\frac{1}{3}$ cup mayonnaise	$\frac{1}{2}$ tablespoon finely chopped olives
$\frac{1}{2}$ teaspoon vinegar	$\frac{1}{2}$ tablespoon finely chopped parsley
$\frac{1}{2}$ tablespoon finely chopped capers	$\frac{1}{2}$ tablespoon finely chopped chives

To white sauce add mayonnaise and other ingredients. Stir constantly until heated, but do not let it come to boiling point.

141—CREAM OF CELERY SOUP

3 cups hot water	2 tablespoons cornstarch
3 cups hot milk	3 tablespoons fat
2 cups celery ends, roots and leaves	salt, celery salt and pepper
$\frac{1}{2}$ onion, sliced	$\frac{1}{2}$ cup celery, cut small

Cook celery and onion in water half an hour to extract the flavor. Heat the fat, mix the cornstarch with it and let them cook together before adding the celery water. Add the water gradually and stir until smooth, then add hot milk, seasonings and the cut-up celery.

142—CREAM OF ONION SOUP

2 tablespoons butter substitute	bit of mace
1 pint sliced onions	2 tablespoons butter substitute
3 cups boiling water	1 ½ tablespoons cornstarch
3 cups hot milk	½ teaspoon salt
bit of bay leaf	⅛ teaspoon pepper

Melt butter substitute, add onions and cook slowly for 10 minutes, keeping them covered to prevent browning. Add boiling water and let simmer until soft enough to be put through a sieve, from 45 to 60 minutes. Melt 2 tablespoons butter substitute, add cornstarch, salt and pepper and hot milk that have been scalded with bay leaf and mace. Add onion puree and serve.

143—POTATO SOUP

2 potatoes	salt
4 cups milk	paprika
½ onion	pepper
2 tablespoons butter substitute	1 tablespoon chopped parsley
1 tablespoon cornstarch	

Cook the potatoes in boiling salted water until soft and put through a sieve. Scald milk with onion and add milk to potatoes. Melt butter substitute, add cornstarch, and seasonings, and then the potato mixture. When thoroly blended add chopped parsley.

144—CORN SOUP

1 can corn	1 tablespoon cornstarch
2 cups boiling water	1 teaspoon salt
2 cups milk	paprika
2 tablespoons butter substitute	

Add water to corn and simmer 20 minutes; rub thru a sieve. Make white sauce of butter substitute, cornstarch and milk; add sauce to corn puree. Add salt and paprika. Serve with popped corn.

145—CREAM OF ASPARAGUS SOUP

To 1 cup white sauce add 1 cup milk and 1 cup asparagus puree.

146—CAULIFLOWER SOUP

2 tablespoons butter substitute	½ cup cauliflower puree
1 tablespoon cornstarch	salt
1 ½ cups milk	paprika
1 ½ cups cauliflower liquor	

Cook cauliflower in boiling water and save the liquor. Rub cauliflower thru a sieve. Make a white sauce of the butter substitute, cornstarch, milk and seasonings. Add the cauliflower liquor and puree just before serving.

147—CABBAGE SOUP

Make same as cauliflower soup, substituting cabbage for cauliflower.

148—CARROT SOUP

Make same as cauliflower, substituting carrots for cauliflower.

149—CREAM OF TOMATO SOUP

2 tablespoons butter substitute	1 slice onion
1 tablespoon cornstarch	$\frac{1}{8}$ teaspoon sugar
1 $\frac{1}{2}$ cups canned tomatoes	1 $\frac{1}{2}$ cups milk
salt	paprika

Cook onion with tomatoes 10 minutes and rub thru strainer. Make tomato sauce using butter substitute, cornstarch, tomato puree and seasonings. Allow this mixture to become very cold. When ready to use, combine with 1 $\frac{1}{2}$ cups cold milk. Heat in double boiler and serve. No soda is needed if this method is followed.

150—PEA SOUP (USING DRIED PEAS)

1 cup dried peas (either yellow, Scotch or green)	2 tablespoons butter substitute
2 $\frac{1}{2}$ quarts cold water	1 tablespoon cornstarch
2 cups milk	1 teaspoon salt
$\frac{1}{2}$ onion	$\frac{1}{8}$ teaspoon paprika

Soak peas in cold water 10 to 12 hours. Cook with onion until soft; rub thru a sieve. Make white sauce, using butter substitute, cornstarch, seasoning and milk. Dilute to proper consistency with the water in which the peas were cooked.

151—LENTIL SOUP

1 cup lentils	1 tablespoon cornstarch
2 $\frac{1}{2}$ quarts cold water	1 $\frac{1}{2}$ teaspoon salt
1 pint stock or boiling water	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ onion	2-inch cube fat salt pork
2 tablespoons butter substitute	

Pick over lentils and soak several hours, drain, add cold water, pork, onion. Simmer 3 or 4 hours or until soft; rub thru a sieve. Add butter substitute and cornstarch cooked together; salt and pepper. Dilute with stock, adding more if necessary.

152—LIMA BEAN SOUP

1 cup Lima beans	$\frac{1}{2}$ tablespoon cornstarch
1 quart water	1 teaspoon salt
2 cups milk	paprika
1 tablespoon butter substitute	1 slice onion

Soak the beans in cold water 10 to 12 hours. Cook in same water in which beans are soaked, with onion, until tender. Rub thru a sieve. Make a white sauce of the butter substitute, cornstarch, milk and seasonings. Add the bean puree. If soup seems too thick dilute with the bean water.

WHY WE MUST SAVE SUGAR

Americans eat more sugar than other folks do; more than is really good for them. We have been using four ounces apiece daily, other people half as much. And now our Allies are down to one ounce a day—or less.

Till the new crop comes in, there is not enough sugar in the country to give us our usual allowance. We may have to cut down on sugar, whether we choose or not.

During the canning season you were told to use sugar for preserving, because by eating preserves we save fats. Otherwise—save sugar.

Instead of four ounces a day, use not more than two. That is more than folks have in Europe. Save at least an ounce of sugar a day.

Give the children syrup, honey, molasses, preserves. It's better for them than candy. Munch raisins if you crave sweets. Go light on sugar in tea and coffee. Don't leave any in the bottom of the cup. Stint yourself on sweet drinks. Eat your cake without frosting.

Nibbling sweets to tickle the palate never did anyone any good. Too much makes a body logy. And now that sugar is wanted to win the war, it's a sin to use any for mere indulgence.

One ounce a day—that's all it takes to make a stock of 1,185,000 tons this year for our Army and our Allies. Saving that ounce a day is part of your war service.

Cut out candy.

Use less sugar in tea and coffee and substitute other sweetening wherever possible.

Try cooking breakfast cereals with chopped figs, dates or raisins. You will not need to add any sugar at the table.

Use molasses, honey, corn or other syrups for sweetening.

*Apple syrup and concentrated cider.

Get Government pamphlet giving directions for making syrup from apples and other fruits. Try some of these.

Use fresh fruits for desserts in place of rich pastries and sweet puddings.

Bake apples or pears with a little water for several hours until a rich syrup forms.

If more sweetening is desired add a little honey or molasses.

Stew dried prunes in the water in which they were soaked until the liquid is almost all boiled away.

If more juice is wanted add water to the syrup.

The long, slow cooking is necessary to develop a rich flavor.

Cut down the use of cake.

Do not use frosting unless you can make it without sugar.

Either honey or maple syrup can be substituted for sugar in a boiled frosting.

When cake is made it should be not only wheat-saving, but sugar-saving and fat-saving. Try making cakes in which cornmeal, corn flour, rye flour, potato flour, rice flour or cornstarch is substituted for part of the wheat flour.

Use corn syrup, molasses, honey and other syrups for part or all of the sugar.

A good working rule in making such substitution is to use 1 cup of syrup as equivalent to 1 cup of sugar and $\frac{1}{4}$ cup of liquid. Corn syrup does not sweeten as much as molasses or honey.

—Department of Agriculture Yearbook Separate 639.

PATRIOTIC COOKIES

153—GINGER COOKIES

5 cups of flour (3 cups white flour, 2 cups rye flour) 1 teaspoon baking powder
½ cup of brown sugar ½ cup molasses or sorghum
1 tablespoon ginger ½ cup melted fat
¾ teaspoon salt 1 tablespoon vinegar
1 teaspoon soda ½ cup water

Sift together the flour, soda and spice; mix the water, sugar molasses and fat, and add gradually to the dry ingredients. Mix well. Chill. Roll on a floured board to ⅛-inch thickness. Cut with a floured cutter. Bake in a moderate oven (185° C to 190° C) for about 10 minutes. This makes about ninety cookies.

154—HONEY DROP COOKIES

¾ cup honey ½ teaspoon soda
¼ cup fat 2 tablespoons water
1 egg 1 cup raisins, cut in small pieces
1 ½ cup white flour ¼ teaspoon salt
¾ cup of rice flour

Heat the honey and fat until the fat melts. Sift together the flour, soda and salt. To the cooled honey mixture add egg, well beaten, water and raisins. Add gradually to the dry ingredients. Drop by spoonful on a greased sheet. Bake in a slow oven (180° C to 185° C) for about 12 to 15 minutes. This makes about 42 cookies.

½ teaspoon cinnamon and ⅛ teaspoon of cloves may be added to the honey mixture.

155—CHOCOLATE PEANUT COOKIES

½ cup corn syrup 1 egg
½ cup sugar (brown) 5 teaspoons baking powder
½ cup fat ½ cup peanuts or walnuts
½ cup milk ¼ teaspoon salt
2 ¼ cups white flour ½ teaspoon vanilla
½ cup corn flour 2 squares chocolate

Cream sugar and fat, add syrup, melted chocolate, salt, vanilla and beaten egg; sift flour with baking powder and add alternating with milk to first mixture. Add nuts dredged in flour last. Drop from spoon on cookie sheets. Bake at 190° C to 200° C.

156—OATMEAL DROP COOKIES

1 $\frac{3}{4}$ cups flour	$\frac{1}{4}$ teaspoon nutmeg
2 cups rolled oats	2 $\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ cup corn syrup
$\frac{3}{4}$ teaspoon cinnamon	$\frac{3}{4}$ cup milk
$\frac{3}{4}$ teaspoon salt	$\frac{1}{2}$ cup melted fat
$\frac{1}{2}$ teaspoon cloves	$\frac{3}{4}$ cup raisins, seeded and cut into halves

Sift together the flour, salt, spices and baking powder; add raisins and oatmeal. To the corn syrup add melted fat, add milk and brown sugar. Add liquid mixture gradually to the dry ingredients. Stir well. Drop by small teaspoonsful on greased baking sheet. Bake about 15 minutes in a moderate oven (195° C to 210° C). This makes about 72 cookies.

SUGARLESS QUICK BREADS

157—TEA BISCUITS

1 $\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup barley flour	2 tablespoons fat
4 teaspoons baking powder	$\frac{3}{4}$ cup milk

Mix and sift dry ingredients. Cut in fat. Add milk gradually. Roll out about $\frac{1}{2}$ -inch thick. Mix $\frac{1}{2}$ cup nut meats with $\frac{1}{2}$ cup maple sugar and 1 tablespoon melted butter. $\frac{1}{3}$ teaspoon cinnamon. Spread sugar mixture lightly over dough. Roll carefully and cut off slices $\frac{1}{2}$ -inch thick. Bake in a moderate oven (200° C to 210° C). This makes about 12 biscuits.

158—DAFFODIL BISCUITS

Use recipe for Tea Biscuits.

Omit sugar mixture and add 2 tablespoons of honeyed orange peel to the soft dough before rolling out. This may be varied by adding 2 tablespoons of crystallized ginger in place of the orange peel and 1 cup of whole wheat in place of 1 cup of white flour.

159—HONEYED ORANGE PEEL

2 oranges	$\frac{1}{2}$ cup strained honey
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Boil the peel from 2 oranges in water until it is tender. Remove as much of the white as possible. Cut in $\frac{1}{8}$ -inch strips with the scissors. Boil $\frac{1}{2}$ cup of strained honey until it reaches 104° C or cook for about 5 minutes. Remove peel and lay on a plate to cool. Cut in small pieces and put in baking powder biscuits.

160—FIG CRESCENTS

Roll biscuit dough $\frac{1}{4}$ -inch thick. Cut out with a large floured cutter. Spread $\frac{1}{2}$ with filling. Fold over and press together. Pull the straight side until a crescent shape is assumed. Bake in a hot oven (200° C. to 210° C.) about 10 to 12 minutes.

161—FIG FILLING

$\frac{1}{2}$ pound figs	$\frac{1}{3}$ cup boiling water
2 tablespoons corn syrup	1 tablespoon lemon juice (add after cooking)

Wash and dry figs. Chop fine. Mix ingredients in order given and cook until thick enough to spread.

162—DATE OR RAISIN MUFFINS

2 tablespoons glucose or corn syrup	½ cup chopped raisins or dates
½ teaspoon salt	1 egg
4 teaspoons baking powder	1 cup milk
2 cups flour (1 cup white flour, 1 cup rye)	3 tablespoons fat

Mix and sift dry ingredients. Add milk, beaten egg, corn syrup and floured raisins or dates. Pour into greased muffin tins and bake in a hot oven (200° C. to 210° C.) about 20 to 25 minutes. This recipe makes 10 muffins.

163—COFFEE CAKE

2 cups flour or ¾ cup white, ½ cup corn flour	4 tablespoons corn syrup
4 tablespoons fat	½ cup milk
4 tablespoons baking powder	1 egg, well beaten
	½ teaspoon salt

Mix and sift the dry ingredients. Cut in the fat. Add the corn syrup, milk, and egg. Spread ¾-inch thick in a well greased pan. Mix 1 ½ tablespoons of syrup (either corn or maple) and 1 teaspoon of cinnamon. Spread lightly over the top. Scatter ½ cup chopped peanuts over the syrup. Bake in a moderate oven at first. Raise the temperature to brown the cake (190° C. to 220° C.).

WAR-TIME CAKES AND FROSTINGS

164—MAPLE SYRUP CAKE

½ cup brown sugar	½ cup barley flour
½ cup fat (½ oleomargarine and ½ vegetable fat)	2 teaspoons baking powder
2 well beaten eggs	½ teaspoon soda
1 cup maple syrup	½ cup warm water
½ teaspoon salt	2 cups flour

Cream fat and sugar. Add beaten eggs and syrup. Mix and sift dry ingredients. Add dry ingredients. and milk alternately to the first mixture. Bake in three layers. Bake in a moderate oven at first and raise the temperature to brown the cake when fully risen. (Oven temperature 185° C. to 210° C.).

165—COCOANUT SPICE CAKE

3 $\frac{3}{4}$ cups flour or	1 cup cocoanut
2 $\frac{3}{4}$ cups white flour, 1 cup rye	$\frac{3}{4}$ cup corn syrup
1 teaspoon ginger	1 $\frac{1}{4}$ cup molasses
$\frac{1}{4}$ teaspoon cloves	$\frac{3}{4}$ cup boiling water
1 teaspoon cinnamon	$\frac{1}{2}$ cup fat
$\frac{1}{4}$ teaspoon salt	2 eggs
1 teaspoon soda	

Sift together the flour, spices, salt and soda. Add the boiling water to the fat, molasses and corn syrup. Add this liquid gradually to half of the sifted dry ingredients. Beat the eggs; stir into the batter; add the remainder of the dry ingredients and the cocoanut. Half fill muffin cups, well greased, with this mixture. Bake in a moderate oven (185° C. to 195° C.) for about 25 minutes. This makes about 30 cup cakes.

166—CHOCOLATE EGGLESS CAKE

1 $\frac{1}{3}$ cups brown sugar	$\frac{1}{2}$ cup cocoa
4 tablespoons fat	1 $\frac{3}{4}$ cups flour or
1 cup sour milk	1 cup white flour ($\frac{1}{2}$ cup rice flour)
1 teaspoon soda	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon cream of tartar	

Cream the butter; add the sugar and mix thoroughly. Mix and sift the dry ingredients. Add the dry ingredients and the liquid alternately to the fat mixture. Flavor with vanilla. Bake in a moderate oven (185° C. to 195° C.) about 20 minutes. This makes a two layer cake.

167—MAPLE SYRUP FROSTING

1 cup maple syrup	1 white of egg, well beaten
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Boil syrup until it spins a thread (117° C.). Beat egg well and pour hot syrup over it, beating constantly with an egg beater. When it begins to thicken, spread on cake. This will frost a three layer cake.

168—CHOCOLATE FUDGE FROSTING

1 $\frac{1}{2}$ tablespoons fat	$\frac{1}{4}$ cup corn syrup
$\frac{1}{3}$ cup unsweetened powdered cocoa	few grains salt
1 cup brown sugar	$\frac{1}{4}$ cup milk
1 teaspoon gelatine	$\frac{1}{2}$ teaspoon vanilla

Melt fat; add cocoa, brown sugar, corn syrup, salt, milk and 1 teaspoon gelatin soaked in 1 tablespoon water. Heat to the boiling point and boil from 3 to 5 minutes or until thermometer reaches 113° C. Remove from the fire and beat until creamy. Add vanilla and pour over cake.

168A—MARSHMALLOW FILLING

1 cup brown sugar	White of 1 egg
$\frac{1}{2}$ cup water	Few drops vanilla
1 $\frac{1}{2}$ ounce marshmallows (about 12)	

Cook sugar and water without stirring until it reaches the thread stage (112° C). Add syrup slowly to the beaten white. Add marshmallows cut in pieces. Beat mixture until cool enough to spread. Add flavoring.

WAR CANDIES

169—MOLASSES CANDY

½ cup corn syrup
1 ½ cups molasses or sorghum
1 tablespoon vinegar
1 teaspoon fat
pinch of soda

Boil first 3 ingredients until brittle when dropped in cold water (132° C). This is the crack stage. Add fat and soda. Remove from fire, beat well and pour into greased tins. When cool pull until light in color. Cut in 1 inch pieces.

170—MAPLE DROPS

2 cups maple sugar
¾ cup water or milk
1 tablespoon fat
1 cup chopped nuts

Cook the water and sugar to the soft ball stage or until a little dropped into cold water forms a firm, soft ball (114 ½° C). Add butter and nuts. Cool slightly. Beat until mixture begins to thicken, then drop from a tablespoon on a greased plate. The candy may be varied by adding candied cherries or chopped raisins or figs, or 6 marshmallows to the hot mixture and beaten until candy begins to thicken.

171—HONEY CARAMELS

1 cup milk
¼ cup honey
¾ cup corn syrup
pinch of salt
1 teaspoon fat

Heat the honey and the corn syrup to the boiling point. Add the milk gradually, stirring constantly. Cook the mixture until it forms a firm, soft ball when dropped into cold water. Turn into a greased pan and cut in squares when cold. Chopped nuts may be added just before taking from fire.

172—PEANUT BRITTLE

2 cups maple sugar
½ cup chopped peanuts
pinch of salt

Boil syrup until it becomes brittle when dropped into cold water. Scatter chopped nuts over a greased pan and pour over them the cooked syrup. Mark in squares before candy is hard.

173—MAPLE FONDANT

5 cups of brown or maple sugar
¾ cup water

Place over fire and heat to the soft ball stage (113° C.), or until candy forms a soft ball when dropped in cold water. Pour on a greased platter. Let cool. Stir with a wooden spoon or a wooden butter paddle until mixture becomes creamy; then knead in the hands. Form in balls and put between two halves of walnuts, or dip in melted chocolate and let harden on oiled paper.

Maple Cream Patties may be made by melting fondant over hot water. Drop the melted fondant from a teaspoon on oiled paper.

173A—GUM DROPS

3 tablespoons granulated gelatine	2 cups of light brown sugar
1 ½ cups of cold water	1 cup of hot water
1 tablespoon cornstarch	

To make Gum Drops, soak the gelatin in the cold water for three minutes. Then stir the cornstarch thoroughly through the soaked gelatin. Place the brown sugar and cup of hot water on the fire and when the sugar is dissolved add gelatin. Boil slowly for about 25 minutes. Remove from the fire and when partially cool add the desired flavoring and beat for about five minutes, or until the mixture has a cloudy appearance. Pour in a bread pan which has been rinsed out with water. When firm, cut in cubes and roll in powdered sugar. Use for flavoring oil of cinnamon, peppermint, wintergreen, etc.

173B—MAPLE DIVINITY

1 cup maple	White of 1 egg (stiffly beaten)
¼ cup water	½ teaspoon vanilla extract
¼ cup chopped nuts	

Boil sugar and water until it forms a soft ball (113° C) when dropped in cold water. Pour the hot mixture over the stiffly beaten white of egg, beating constantly. Add nuts and flavoring and beat until candy stiffens. Drop from a spoon on a greased platter.

173C—SUGARLESS SWEETS

1 cup stoned dates	1 cup nut meats
1 cup seeded raisins	pinch salt

Run all through a food chopper and form into balls. Dip balls into melted dipping chocolate and drop on a greased platter, or roll in dried cocoanut which has been browned in the oven.

173D—BUTTERSCOTCH

1 cup corn syrup	½ cup fat
1 cup brown sugar	

Boil together until it will crack in cold water. Pour into a buttered plate.

COMPARISON OF METHODS OF COOKING VEGETABLES

BOILING

This is the method in which there is the greatest loss of food materials. This loss is greater if vegetables are cut in small pieces and least if boiled with the skins intact. The material lost includes starch and sugar, the mineral salts which are valuable for building material and regulating body processes; and the protein which is absolutely necessary in the diet.

STEAMING

This method involves more labor, but little loss of food material. It should be followed unless use is made of the water in which vegetables have been boiled.

BAKING AND ROASTING

This method involves no loss of food material and is recommended for all vegetables suitable for baking.

SAUTEING

and scalloping are recommended for variety. Frying in deep fat is not recommended on account of the need for saving fat.

GENERAL PRINCIPLES UNDERLYING THE BOILING OF VEGETABLES

1. Cook all vegetables uncovered after they reach the boiling point.
 - A. To keep color and texture.
 - B. To lessen odor of cooking.
 - C. To let undesirable compounds escape in steam.
2. Cook all fresh vegetables in boiling salted water.
 - A. Start withered vegetables in cold water unless they have been soaked.
3. Some very young vegetables, such as peas or greens, can be cooked without the addition of water.
4. Use water in which vegetables have been soaked because it contains a large proportion of the mineral salts of the vegetable.

Vegetables furnish 8.7 per cent of the protein, 1 per cent of the fat, and 12 per cent of the starch and sugar of the average American dietary and are therefore an important factor in the food supply and should be used to a much greater extent in order to save other foods. They also contain valuable mineral salts.

Green vegetables should be cooked just long enough to make them tender; overcooking makes them less digestible as well as less palatable. This is especially true of cabbage and green beans.

174—CARROT PUDDING

Soak $\frac{1}{3}$ cup of dried carrots in $2\frac{1}{2}$ cups of water 6 to 8 hours, or over night. Add to the carrots 1 cup of raw potatoes, 1 cup of dried cherries, and $\frac{2}{3}$ cup of suet, chopped fine. Then add 1 cup of flour, $1\frac{1}{4}$ cups glucose, $\frac{1}{2}$ teaspoon salt, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon soda, well mixed. Stir until thoroughly mixed. Steam 3 hours and serve hot with pudding sauce.

175—CORN

Soak the corn for 2 to 4 hours in water, using 2 cups of water to 1 cup of corn. Some housekeepers prefer to soak it overnight, but if this is done the corn should be kept in a very cool place so that it does not sour. Cook the corn in the water in which it was soaked for an hour or more. Then season with butter, salt and pepper, and if desired, a very little sugar also. Some housekeepers prefer to add milk to the water in which the corn is cooked or to use cream in place of butter for seasoning it.

176—VEGETABLE SOUFFLE

These dishes are a good way to combine eggs and vegetables. If made with the green shelled legumes (peas, beans, soy beans, or cowpeas), they may be considered meat savers. Cornstarch or rice flour should be used for thickening sauces. Use half as much as you would of wheat flour.

1. A thick sauce made with $\frac{1}{4}$ cup fat, $\frac{1}{4}$ cup flour, and 1 cup liquid which may be milk (whole or skim), cream, meat stock, or the water in which vegetables have been cooked.
2. 1 cup thick vegetable pulp made by draining cooked vegetables and then mashing them or putting them through a sieve.
3. 3 eggs, the whites and yolks beaten separately.
4. Flavoring—Salt, pepper, onion juice, and any one of the following may be used: Very finely chopped parsley, chives, or $\frac{1}{8}$ teaspoon curry powder. Mix the vegetable pulp, seasoning, sauce and well-beaten egg yolks. Carefully fold in the well-beaten whites of the eggs, put into a buttered baking dish, and bake in a slow oven until firm.

The amount of vegetables in this dish may be increased by serving vegetables around the souffle.

176—RECIPES FOR COOKING DRIED FRUITS AND VEGETABLES

It must be remembered that the water which has been dried out of the fruits or vegetables must be restored to them before cooking and that this process requires time. Because the kind of vegetable (old and tough or young and tender), the size of the pieces and the amount of moisture which the dried products contain affect the length of time the vegetable should soak, the housekeeper must use her best judgment in selecting the method of preparation best suited to her needs.

After soaking, dried vegetables and fruits can be cooked in almost any of the ways in which fresh ones can be cooked. Several recipes are given below.

The following is a typical recipe in which the protein is equivalent to that in 10 or 11 ounces of average beef.

177—GREEN-PEA SOUFFLE

¼ cup fat	3 eggs
¼ cup flour	salt
1 cup skim milk	pepper
1 cup mashed cooked peas	

A few drops onion juice, or a very small piece of onion boiled with the peas. Combine the ingredients as directed above.

178—CARROTS

Buttered carrots—very young carrots do not require soaking. They may be placed in cold water (about 3 cups of water to 1 cup of dried carrots) and cooked slowly for about 1 ¼ hours. If the carrots are old and cut in large pieces for drying, soaking 2 to 8 hours or even over night may be necessary. Drain off water, add salt and pepper, and serve buttered or with drawn butter or cream sauce.

To use with boiled or roast meats, soak as above, boil in same water 10 minutes, and drop in with meat.

179—TZIMNAS MEREN (YIDDISH RECIPE)

Cook carrots until tender, add sugar, mix flour and cold water to smooth paste, stir into carrots.

Beat eggs lightly, work in matzos meal, season with salt. Form in ball, place in middle of boiling carrots. Cook in covered kettle ten minutes. Remove and serve by cutting slices from ball and covering with carrots and syrup liquid.

Method

1 cup carrots	2 tablespoons cold water
3 cups boiling water	1 cup matzos meal
¼ teaspoon salt	2 eggs
½ cup sugar	¼ teaspoon salt
1 tablespoon flour	

180—JAPANESE SOUP

1 cup cooked carrots	3 tablespoons flour
4 cups skim milk, boiling	½ tablespoon salt
3 tablespoons peanut oil	

Method

Put carrots through sieve. Add fat and flour creamed, to boiling milk. When smooth stir in carrots and salt. Serve in hot bowls.

181—CARROT SALAD (OLD DANISH)

1 cup sliced raw carrots	2 tablespoons lemon juice
1 cup sliced apples	½ cup sugar
1 bunch lettuce	½ cup chopped pecans

Method

Mix apples, carrots and nuts, sprinkle with sugar; add lemon juice. Place on ice one hour. Arrange on lettuce and sprinkle with part of nuts.

182—CARROT PUDDING (OLD ENGLISH)

1 cup grated raw carrots	1 cup chopped raisins
1 cup bread crumbs	1 cup flour
1 cup minced suet	1 cup milk
1 cup washed and dried currants	¼ teaspoon soda
1 teaspoon salt	

Method

Mix all dry ingredients. Flour, raisins and currants. Stir all thoroughly, steam four hours in bag or pail over boiling water. Serve hot with a sauce.

183—CARROT CANDY (OLD HEBREW)

1 cup grated raw carrots	1 cup powdered or chopped almonds
½ cup sugar	1 cup water
½ cup honey	

Method

Scrape and grate raw carrots. Dissolve sugar in water, add honey. Cook carrots in mixture over slow fire. When clear, add nuts, pour on oiled plates and cut in diamonds. Use olive oil for oiling plates.

184—CARROT COFFEE (OLD COLONIAL)

1 cup parched and powdered carrots	1 teaspoon vanilla
4 cups boiling water	

Method

Pour boiling water on carrots, bring to boiling point, remove from stove, repeat four times. Let stand on back of stove ten minutes. Serve with cream and minted sugar.

185—MINTED SUGAR

One drop of mint oil on each lump of cube sugar. To parch carrots, wash, scrape, and slice. Roast in moderate oven until rich brown. Cool and pound.

186—CORN FRITTERS

1 can corn	½ teaspoons paprika
1 cup flour	2 eggs
2 teaspoons salt	

To the corn add dry ingredients mixed and sifted, then add beaten eggs. Sauté in a hot pan until brown.

187—EGG PLANT

Pare an egg plant, cut in one-fourth inch slices and soak in cold salted water. Drain, and dry between towels. Sprinkle with salt and pepper, dip in batter, or dip in flour, egg, and crumbs, and sauté in hot pan.

188—STUFFED PEPPERS

Cut peppers in half or cut a slice from the top. Remove seeds and parboil ten minutes. Stuff with a creamed vegetable, e. g., celery or corn, or a mixture of bread crumbs, cold meats, vegetables and seasonings. Bake in a moderate oven for thirty minutes.

Egg plant, tomatoes, and other vegetables may be stuffed in the same way.

189—VEGETABLE SOUP

2 turnips	6 tomatoes or 1 pint can of tomatoes
2 potatoes	2 sprigs parsley
1 onion	1 ½ teaspoons salt
6 stalks celery with tips	¼ teaspoon pepper
2 carrots	2 tablespoons rice
1 quart water	

Wash and pare the vegetables and put them through the meat chopper, using the finest blade. Combine all the ingredients and cook until the vegetables and rice are soft. The water in which rice has been cooked may be used in preparing this dish instead of rice itself.

190—MIXED VEGETABLE CHOWDER

¼ pound salt port or bacon	1 green pepper
1 onion	2 cups skim milk
4 medium-sized potatoes	2 tablespoons flour
3 carrots	2 teaspoons salt
6 medium-sized tomatoes or 1 pint stewed tomatoes	

Put the bacon or pork, onion, and pepper through the meat chopper and cook carefully about five minutes. Add the water and tomatoes and cook until the vegetables are tender, drain, and add with the skim milk to the other ingredients. Thicken with the flour mixed with a little cold milk.

191—CREAMED POTATOES

2 cups white sauce	6 medium-sized cooked potatoes
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Make white sauce by mixing 4 tablespoons flour with a little cold milk, add remainder of the milk, and cook until it boils, stirring constantly.

Add 1 to 2 tablespoons fat, and ½ teaspoon of salt. Pour white sauce over potatoes, reheat and serve hot.

Note—Almost any cooked vegetable may be creamed in this same way.

Examples: Cauliflower, onion, cabbage and carrots.

192—POTATOES AU GRATIN

6 medium-sized boiled or steamed potatoes	½ cup grated cheese
2 cups white sauce	½ cup crumbs

Put a layer of boiled potatoes in a greased baking dish. Cover with ⅓ of white sauce and ⅓ cheese. Repeat, making three layers, cover with crumbs and bake ½ hour in moderate oven.

192a—Note—Oak Hill potatoes are prepared by substituting slices of hard cooked eggs for the cheese in the above recipe for potatoes au gratin.

193—SCALLOPED CABBAGE

Put a layer cooked cabbage in a greased baking dish. Cover with a layer of white sauce. Repeat, making three layers of each. Cover with crumbs and bake 30 minutes in moderate oven.

Note—Any cooked vegetable may be used instead of cabbage. Grated cheese may be added to the white sauce if desired.

Note—Crumbs used on top of scalloped dishes will brown more satisfactorily if mixed with melted fat or oil in the proportion of 1 teaspoon of fat to ½ cup of crumbs.

194—BAKED CABBAGE

Put a layer of finely chopped cabbage in a greased baking dish. Cover with bread crumbs and sprinkle with salt and pepper. Repeat until all the cabbage is used. Half cover with milk. Cover with crumbs and bake in a moderate oven 45 minutes.

195—VEGETABLE SALAD

Almost any combination of cold cooked vegetables may be used as a salad. They may be combined with uncooked vegetables. Following are some suggestions:

Potato, cucumber and radish.

Potato, green pepper and radish.

Potato, onion and parsley.

Lima beans, carrots and peas.

Cauliflower and green pepper.

196—SCALLOPED POTATO

Slice 4 potatoes very thin, using vegetable slicer. Put into a greased baking dish a layer of potatoes, sprinkle with salt and flour, and add a little fat. Repeat, making three layers. Cover with hot milk and bake in a moderate oven for an hour.

197—HASHED BROWN POTATOES

Heat pan, add ½ cup of fat, and 4 cooked potatoes, sliced or chopped fine. Sprinkle with salt and a little pepper. Mix potatoes thoroughly with the fat and cook for 3 minutes, stirring constantly. Add ¼ cup milk and let stand to brown underneath. Fold as an omelet.

198—POTATO SOUP (CORNELL BULLETIN)

2 cups hot riced or mashed potato	1 ½ teaspoon salt
1 quart milk	celery salt
2 slices onion	pepper
2 tablespoons fat	1 teaspoon chopped parsley
2 tablespoons flour	

1. Mix flour with a little of the cold milk.
2. Add the rest of the milk slowly to the mashed potato. Combine 1 and 2.
3. Add the remaining ingredients except parsley, and boil 1 minute, stirring constantly.
4. Add finely chopped parsley and serve.

The pulp of any vegetable may be used instead of the potato, omitting the onion.

Vegetable soups may be served with a little whipped cream if desired.

199—CAULIFLOWER SOUP

2 cups of water in which cauliflower has been cooked 2 tablespoons fat
2 cups milk 1 teaspoon salt
4 tablespoons flour pepper

Mix flour with a little of the cold liquid. Add remaining liquid and ingredients. Boil 1 minute, stirring constantly.

Note—Any vegetable water may be used in place of the cauliflower water, except the water in which green beans and beets have been cooked.

200—SAVORY RICE

1 cup uncooked rice 1 cup boiling water
1 small onion 1 quart tomatoes
1 green pepper 1 ½ teaspoons salt
3 tablespoons fat

Brown chopped onion and rice in fat; when rice is brown add boiling water and chopped green pepper; when water has been absorbed add tomatoes and salt. Cook until rice is tender. Add more boiling water if necessary.

201—HUNGARIAN POTATOES

1 quart cooked potatoes 2 cups tomatoes
3 tablespoons fat 1 teaspoon salt
1 tablespoon chopped onion ¼ teaspoon paprika
2 tablespoons parsley

Brown onion slightly in fat and add to diced potatoes. Add remaining ingredients except parsley to potatoes and put in greased pan. Bake covered in a moderate oven 45 minutes. Sprinkle top with chopped parsley and serve.

202—POTATOES BAKED IN HALF SHELL

Select six medium-sized potatoes and bake, following recipe for Baked Potatoes. Remove from oven, cut slice from top of each, and scoop out inside. Mash, add two tablespoons fat, salt, pepper and three tablespoons milk; refill skins and bake five to eight minutes in very hot oven. Potatoes may be sprinkled with grated cheese before putting in oven.

203—FRANCONIA POTATOES

Parboil potatoes for ten minutes. Remove the skins and place the potatoes on a roasting rack with meat. Bake until the potatoes are soft, or for about forty minutes, basting them occasionally. These can be prepared without the meat, by using fat for basting.

204—SAVORY RICE

1 cup of rice	1 small onion
boiling water to cover well	green or red pepper, 1 piece
1 teaspoon salt	½ teaspoon salt
2 cups tomatoes	

1. Wash and drain rice, add to boiling salted water and cook rapidly until soft. Drain.
2. Cook tomatoes, onion, pepper, etc., 10 minutes.
3. Add to rice and steam 20 minutes.

205—BLACK BEAN AND KAFIR CORN

¼ cup black beans	1 ½ tablespoons flour
⅛ cup kafir corn	1 teaspoon salt
¼ cup tomato	pepper
1 tablespoon wheat	Water to make 1 pint soup

206—LIMA BEAN AND SOY BEAN

¼ cup Lima beans	1 ½ teaspoons flour
¼ cup soy beans	1 teaspoon salt
¼ cup tomato	pepper
Water to make 1 pint soup	

207—SOY BEAN AND KAFIR CORN

¼ cup soy beans	1 ½ tablespoons flour
⅛ cup kafir corn	1 teaspoon salt
1 tablespoon canned corn	pepper
Water to make 1 pint soup	

208—SOY BEAN AND TOMATO

¼ cup soy beans	1 ½ tablespoons flour
½ cup tomatoes	1 teaspoon salt
1 tablespoon kafir corn	pepper
1 tablespoon canned corn	Water to make 1 pint soup

209—COW PEAS AND KAFIR CORN

½ cup cow peas	1 ½ tablespoons flour
⅛ cup kafir corn	1 teaspoon salt
1 tablespoon onion	pepper
water to make 1 pint of soup	

Note—Some of the dry ingredients increase from three to four times in bulk during cooking. In most cases one cup of cooked material is included in each pint (two cups) of soup.

—————
Following is an example showing how many varieties may be included in one soup. These amounts should make two quarts of soup.

210

¼ cup navy beans
¼ cup soy beans
¼ cup black beans
1 ½ cups tomatoes
¼ cup flour

¼ cup cow beans
⅛ cup kafir corn
1 ½ cups corn (canned)
2 teaspoons salt
Water to make 2 quarts of soup

Methods

1. Cook dried vegetables and grains. If two or more are to be used, they may be cooked together. (Exception—Do not cook cow peas with other vegetables. Use a large amount of water to extract strong flavor.
211—Dried Vegetables—Soak from 8 to 10 hours in cold water. Drain Add twice their bulk of water. Boil till well softened (about two hours).
To cook in a pressure cooker, soaking is unnecessary. Add twice their bulk of water. Cook 1 hour at 15 to 20 pounds pressure. Drain off water.
212—Grains—Method of cooking is the same as for dried vegetables except that the water should not be drained.
2. If both fat and flavor vegetables are to be used, brown the fat, add the chopped vegetables and brown, then add to the cooked vegetables.
3. Add the tomato or corn and seasonings, being careful to blend to secure a good flavor.
4. Add the flour to thicken. (Add water if necessary to make required volume.)
5. Cook all together 2 hours in a double boiler or from ½ to 1 hour in a pressure cooker. This operation is very essential in order to blend and to develop the proper flavor.
6. Reduce the required volume, by boiling if necessary, or add water to make the required amount.

Allow one cup for each serving.

Each of the suggested combinations is on the basis of one pint.

To make any greater quantity, multiply by one-half the number of servings.

It would be a great economy in time to make a large quantity and preserve for future use by canning.

213—PEPPER RELISH

1 dozen green peppers
1 dozen red peppers

15 onions

All chopped

Cover with hot water, let stand until cool. Drain and cook a few minutes in 1 pint of vinegar and 1 pint of water. Drain and throw away vinegar. Cook until soft in 1 quart of vinegar, 1 cup of sugar and teaspoon salt. Bottle hot.

214—CORN RELISH

2 cans corn	¼ cup of salt
1 small cabbage	¼ cup of flour
2 large onions	½ tablespoon each of ground mustard and turmeric
2 green peppers (remove seeds)	1 tablespoon of celery salt
1 red pepper (remove seeds)	1 quart of vinegar
1 cup of sugar	

Chop all vegetables—add 1 pint of vinegar. Mix the rest of the ingredients with the rest of the vinegar. Then add the first mixture and cook 30 minutes.

FRUITS

Fruits, like vegetables, can and should form a considerable portion of the food of the American people. They furnish starch and sugar, as well as mineral salts.

The general principles of vegetable cookery apply to the cooking of fruits. Custom has established the practice of using many fruits without cooking or of serving them as sauce. Neither of these methods involves a loss of food materials.

215—CODDLED APPLES WITH RICE

Core and pare 6 medium-size apples. Cook in a syrup until tender. Fill center with a mixture of chopped nuts, figs, dates or raisins. Serve with boiled rice.

Note—May be made without paring apples.

216—FRIED APPLES

Wash, core and slice 3 apples. Sauté in hot fat until brown. Sprinkle with a little salt or sugar.

217—CHRISTMAS FRUIT PUDDING

1 cup raisins, chopped	1 cup water
1 cup figs, chopped	½ teaspoon cinnamon
1 cup dates, chopped	¼ teaspoon mace
4 cups cornflakes	¼ teaspoon ginger
3 eggs, beaten	⅛ teaspoon cloves
1 cup milk	6 tablespoons sugar

Mix spices with cornflakes and crush cornflakes fine. Add remaining ingredients. Mix well together. Put into a buttered baking dish and bake slowly 1 hour. Serve with whipped cream.

218—RICE AND PINEAPPLE

1 cup of rice
2 cups boiling water

1 teaspoon salt
1 can of pineapple

Wash rice, drain, add to boiling water and salt and steam $\frac{1}{2}$ hour. Add juice from pineapple and steam 15 minutes longer.

Remove from fire, add pineapple cut into small pieces.

Serve hot or cold, with or without milk or cream.

Other canned fruits may be substituted for the pineapple in the above recipe.

Method

Mix gelatin with $\frac{1}{4}$ cup cold water, add boiling water and sugar and stir until gelatin is dissolved. Add lemon juice and enough water to make up to 1 quart; set aside to partly solidify. Prepare nuts and fruit, such as oranges, figs or cooked pineapple or grapes; place a layer in the bottom of a mold, cover with gelatin and repeat with desired number of layers. Let stand in a cool place until firm.

219—FRUIT GELATIN

3 tablespoons of gelatin
1 pint of boiling water

$\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup of lemon juice

220—FRUIT SPONGE

Prepare $\frac{1}{2}$ of the above recipe for fruit gelatin, omitting the fruit. When partially solid, beat in the beaten whites of two eggs. Pour into a mold and chill.

221—BAVARIAN CREAM

Bavarian Cream is made in the same way as fruit sponge by adding one cup of whipped cream in place of the egg whites. Variations of the above may be made by using other flavors, such as pineapple, orange or strawberry juices, coffee, etc. Fancier desserts may be made by combining the plain gelatin with layers of Bavarian Cream or sponge.

222—NORWEGIAN PRUNE PUDDING

$\frac{1}{2}$ pound prunes
2 cups cold water
1 cup sugar
1 tablespoon lemon juice

$\frac{1}{2}$ teaspoon cinnamon
1 $\frac{1}{3}$ cups boiling water
 $\frac{1}{3}$ cup corn starch

Cook prunes and remove stones; then add sugar, cinnamon, boiling water, and simmer 10 minutes. Combine cornstarch with enough water to pour easily. Add to prune mixture, cook until cornstarch is thoroughly done. Add lemon juice, mold and chill. Any dried fruit can be used in place of prunes.

223—PRUNE TAPIOCA

$\frac{3}{4}$ cup Pearl or Minute tapioca
2 $\frac{1}{2}$ cups boiling water (use water in which prunes were cooked)
 $\frac{1}{2}$ teaspoon salt

$\frac{3}{4}$ cup corn syrup
1 cup finely cut, soaked and cooked prunes or any dried, canned or fresh fruit

Soak Pearl tapioca one hour in cold water; drain; add boiling water and salt; cook in double boiler until transparent. Arrange prunes in buttered baking dish; pour over tapioca, and corn syrup, and bake in moderate oven until it becomes light brown.

224—COMPOTE OF RICE

Cook $\frac{2}{3}$ cup rice in boiling water (3 cups) and steam until rice has absorbed all the water. Add $\frac{1}{3}$ cup hot milk, 1 teaspoon salt, and $\frac{1}{4}$ cup sugar. Cook until rice is soft. Turn into slightly buttered mold. When shaped, remove from mold to serving dish and arrange over it halves of canned peaches, pears, apples or these fruits dried and cooked. Serve with or without cream. Fruit may be added to rice before molding.

225—DATE PUDDING

1 package dates
1 quart milk

speck salt

Wash dates and cut in small pieces. Add milk and cook in double boiler until thick, about $\frac{3}{4}$ hour.

226—FRUIT ICES

Fruit ices may be made from canned fruit. Rub fruit through a sieve, add juice and sweeten if necessary. Freeze.

227—FRUIT SAUCES

For fruit sauces to be used with puddings and desserts, use various fruit juices, jellies and marmalades, diluting when too rich. A little lemon juice improves the flavor.

Recipe for 1 Pint of Sauce

2 cups fruit juice
speck of salt

2 tablespoons flour or
1 tablespoon cornstarch

Mix flour or cornstarch with a little cold juice, add the remaining juice and bring to the boiling point. Sweeten if necessary.

228—BAKED BANANAS

Split bananas in half, place on a greased pan and sprinkle with a little sugar and fat. Bake in a moderate oven 20 minutes.

229—APRICOT AND PRUNE MARMALADE

2 pounds prunes
1 pound dried apricots
juice and rind of 1 orange

$\frac{3}{4}$ cup sugar
1 cup corn syrup

Cook apricots and prunes separately until soft. Remove prune stones and put fruit through meat grinder. Cook together with sugar until thickened, cool and add the orange.

230—APRICOT AND PINEAPPLE MARMALADE

1 lb dried apricots
1 can grated pineapple (25c)

Wash apricots thoroughly, soak in just enough water to cover. When soft put through meat grinder or chop fine. Add grated pineapple and mix. To each cup of the mixture add $\frac{1}{2}$ cup corn syrup and $\frac{1}{2}$ cup of sugar. Cook until it thickens.

231—ORANGE AND GRAPEFRUIT MARMALADE

2 large oranges
1 small grapefruit

½ lemon

Wash fruit, press out juice with a lemon squeezer and put remainder through a meat grinder or slice very thin. Measure the pulp, add three times as much water and boil ten minutes. Add the fruit juice; measure, and for each cup add ½ cup of sugar and ½ cup of glucose. Cook until it begins to thicken. Let stand in kettle until firm and put in glasses.

RECIPES FOR COOKING DRIED FRUITS

232—APPLES

Soak 6 to 8 hours, or over night, using 6 pints of water to 1 pound of apples or 3 parts of water to 1 part of apples. Two hours' soaking is sufficient for thinly sliced apples. Commercial apples are sulphured and do not discolor.

233—APPLE SAUCE

Cook about 30 minutes in the same water in which they have been soaked; then add ½ cup sugar, ½ cup Karo corn syrup, ½ teaspoonful of nutmeg or cinnamon and mash.

234—APPLE PIE

Cook the apples in the same water in which they have been soaked about 5 minutes to make them tender, then drain off water and use in pie in the same way as fresh apples. One pound of dried apples will make eight large pies.

235—PRUNES

Wash thoroughly. Soak 6 to 8 hours, or over night, using 2 pints of water to 1 pound of prunes, or 2 parts of water to 1 part of prunes.

236—STEWED PRUNES

Cook slowly in the same water in which they have been soaked until tender.

237—SPICED PRUNES

After soaking, drain off the water and add to it the following: For every 2 pounds of soaked prunes, take ½ pint of glucose, ¼ pint of vinegar, 1 teaspoonful cinnamon, 1 teaspoonful allspice and cloves. Put spices in a cloth. Boil the above 15 or 20 minutes until a syrup is formed, then add prunes and cook slowly about 30 minutes.

238—RASPBERRIES

Soak 4 to 5 hours, using 6 pints of water to 1 pound of raspberries, or 1 ½ parts of water to 1 part of raspberries. Cook in the same water 20 minutes and sweeten to taste. Use in the same way as fresh raspberries.

EAT YOUR WAR BREAD NOW

Bread we must have. But millions of people get along very well who never taste wheat. It won't hurt us to do with less wheat.

Notice, White Bread is printed in capital letters, That means save wheat. We must stretch our supply or there won't be enough for ourselves and our allies.

Use 4 pounds of wheat flour instead of 5 and the thing is done. Eat corn bread, rye bread, oatmeal bread and cakes, barley scones, rice, potatoes.

Save one pound a week for everyone in the United States and it gives us 133,000,000 bushels more this year for our allies. They can pull through with that. Without it, they can't.

Use other cereals with wheat to make bread. Mix wheat-and-oatmeal or wheat-and-cornmeal. It's better to grow on than wheat alone.

Eat a baked potato instead of the other slice of bread when potatoes are plentiful.

Cut down on pie and cake. Use cornmeal in making them. The wheat flour you save will keep a soldier in the trenches.

When you do eat wheat bread, save every crumb. Cut it at the table so there will be no stale slices left. Make crusts and crumbs into puddings, muffins, baked dishes, griddle cakes.

Share your wheat with the Allies.

Better eat war bread now than eat the black bread of Germany later.

WHEAT SAVING

We must cut down our own use of wheat one-fourth if we are to have enough to send the Allies. Therefore study these suggestions.

Substitute flour or meal made from any other grain for at least one-fourth of the wheat you would ordinarily use.

Use white potatoes, sweet potatoes, rice, squash, and pumpkin as substitutes for the wheat flour.

Use what is available in your community.

Those who can save more than the one-fourth will help make up for those who cannot or are not willing to do their share.

The quick breads can be made so as to save from half to all the wheat.

The use of whole wheat and graham flours is not regarded as saving wheat.

SAVE BREAD

Cut it on the table, so that none is left to dry.

Do not have stale bread.

Do not use toast as a garnish or serve food on toast.

YEAST BREADS

239—STANDARD BREAD RECIPE

$\frac{3}{4}$ cup liquid (water, milk or other liquid)	1 tablespoon fat
1 teaspoon salt	3 cups flour
1 tablespoon sugar	$\frac{1}{4}$ cake compressed yeast softened in $\frac{1}{4}$ cup lukewarm liquid

Heat the liquid to boiling. Put the salt, sugar and fat into a bowl and pour the hot liquid over them. Allow the mixture to become lukewarm. Then add the softened yeast and one-half the flour. Beat thoroughly. Work in the remaining flour in small portions, kneading with the hands when the dough is too stiff to stir. The exact quantity of flour to be added cannot be definitely stated as it depends upon the quality of the flour. Sometimes a little more, sometimes a little less, than the 3 cups of flour given in the recipe will be required. The dough should finally be of such a consistency that it will not stick to the hands or the bowl. If a larger quantity of bread is made it is more convenient to knead the dough on a board. About 10 minutes kneading is desirable to mix the ingredients thoroughly and make a smooth, elastic dough. Cover the bowl and set it where it will keep an even, slightly warm temperature (about 80° to 86° F.). Allow the dough to rise until a little more than double in bulk. Then knead again until the gas is evenly distributed throughout the dough. Shape into loaves, place in greased pans and allow to rise again until a light touch with the finger makes a slight dent. A hard, dry crust should not be allowed to form over the top of the loaf while it is rising. This may be prevented by rubbing the surface with a little melted fat.

Bake for 45 minutes to 1 hour in a moderate oven 395° to 400° F.). It may be baked in a hot oven (410° to 430° F.) if a pan of water is placed in the bottom of the oven to keep the air moist. In that case the bread need be baked only 30 to 35 minutes.

This makes a loaf weighing about one pound. When water is used as the liquid it contains 1,336 calories and 37.5 grams of protein. If 1 cup milk is substituted for the water, one loaf contains 1,506 calories and 45.5 grams of protein. That is, a 1-lb. loaf of bread made with milk contains 170 calories and 8 grams of protein more than a loaf made with water. The increase in cost is 25 cents (milk at 10 cents a quart).

This wheat bread recipe is given as a standard for comparison. In place of part of the wheat flour may be substituted rye flour, corn meal, oatmeal, rice, potato, bran, etc. At least some, in most cases about two-thirds, of the wheat flour must be retained in the mixture, because it alone contains the gluten necessary for making a light, porous loaf. Of the following recipes those for oatmeal, corn meal, rice, potato and flour have been taken with a number of changes from Farmers' Bulletin 807, Bread and Bread Making in the Home.

240—OATMEAL BREAD

$\frac{3}{4}$ cup liquid (water, milk or other liquid)	$\frac{1}{4}$ cake compressed yeast softened in $\frac{1}{4}$ cup lukewarm water
2 teaspoons salt	1 cup uncooked oatmeal
1 tablespoon sugar	2 cups flour
1 tablespoon fat	

Heat the liquid to boiling and pour it over the oatmeal, salt, sugar and fat which have been mixed in a bowl. When this mixture has cooled to lukewarm, stir in the softened yeast. Then add the flour in portions, kneading it with the hand when too stiff to stir. This dough must be stiffer than when all white flour is used, or the baked loaf will be very moist and of a coarse texture. Allow the dough to rise in a covered bowl until it is $2\frac{1}{4}$ to $2\frac{1}{2}$ times the original

volume. Then knead, shape into loaves, and complete as directed for the standard loaf.

This loaf contains about 1,300 calories and 39.6 of protein.

By substituting the 1 cup of oatmeal for white flour the cost is decreased 1.1 cents.

241—CORNMEAL BREAD

1 $\frac{1}{4}$ cup liquid (water, milk or other liquid)	$\frac{1}{4}$ cake compressed yeast softened in $\frac{1}{4}$ cup liquid
1 $\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup corn meal
1 tablespoon sugar	2 $\frac{1}{4}$ cups flour
1 tablespoon fat	

Pour the 1 $\frac{1}{4}$ cups of liquid over the salt, sugar, fat and corn meal which have been mixed together, and heat the mixture gradually to near the boiling point. Cook for 20 minutes. This can be done best in a double boiler. Then allow the meal to cool to lukewarm, add the softened yeast and the flour in portions. Knead thoroughly. This dough must be very stiff or the interior of the baked loaf will be too moist and have a coarse texture. Allow it to rise until double in bulk, then knead and shape into loaves. Allow it to rise again until at least double in bulk. This bread does not expand after it has been put into the oven. So it must rise as much as desired before baking. It should be baked in a moderate oven for 45 minutes to 1 hour.

This loaf contains about 1,470 calories and 40 grams of protein.

By substituting corn meal at 5 cents a pound, for white flour at 9 cents a pound, the cost is decreased only 0.3 cents because one cup of corn meal weighs more than one cup of white flour. The calories per loaf, however, are, of course, higher than for the wheat bread.

242—RICE BREAD

1 cup liquid (water, milk or other liquid)	$\frac{1}{2}$ cup uncooked rice
1 $\frac{1}{2}$ teaspoon salt	1 $\frac{1}{3}$ cup flour
1 tablespoon sugar	$\frac{1}{4}$ cake compressed yeast softened in $\frac{1}{4}$ cup lukewarm water
1 tablespoon fat	

Pour the 1 cup of boiling liquid over the washed rice and cook in a double boiler until the rice is soft and dry. Add the sugar, salt, and fat. Let this cool until lukewarm, then add the softened yeast. Work in the flour gradually and knead about ten minutes. The dough should be considerably stiffer than when all white flour is used. Allow it to rise to twice the original bulk. Then knead it again, mixing in more flour if the dough has softened much in rising. If the dough is too soft, the baked loaf will be very moist and of a coarse texture. Any flour added at this stage must be worked in thoroughly, however, to prevent getting an uneven texture in the finished bread. Shape the dough into a loaf and let it rise again until it has again doubled in bulk. Bake as directed for the standard loaf.

This rice bread, made with water, has 1,035 calories and 25 grams of protein.

By substituting the rice, at 8 $\frac{1}{3}$ cents a pound, for wheat flour, at 9 cents a pound, the cost is reduced \$0.023.

243—POTATO BREAD

1 ¼ cups mashed potato (solidly packed)	1 tablespoon fat
1 ½ teaspoon salt	2 ¼ cups flour
1 tablespoon sugar	¼ cake compressed yeast softened in 1 tablespoon lukewarm water

Clean thoroughly and boil, without paring, 3 potatoes of medium size, allowing them to become very soft. Pour off the water, peel and mash the potatoes while hot, being careful to leave no lumps. Take ¾ of a pound, or 1 ¼ cups, solidly packed mashed potato, and when at the temperature of lukewarm water, add to it the salt, sugar and the yeast which has been rubbed smooth in 1 tablespoon water. Then work in all the flour possible, which will be about 1 cupful. Add no more water. Let this mixture rise until it has reached 2 ½ or 3 times the original volume. During this process the dough becomes very soft and light. The temperature at which the dough should rise to 86° F. To this well-risen dough, add the remainder of the flour, kneading thoroughly until a smooth elastic dough has been formed. The dough must be very stiff, since the boiled potato contains a large amount of water, which causes the dough to soften, as it ferments. Mold into a loaf, place in a greased pan and set to rise until it has doubled in volume. Bake as directed for the standard bread recipe.

One loaf contains about 1,320 calories and 36 grams of protein.

244—PEANUT BREAD

Peanut bread may be made by substituting ¾ cup of ground peanuts for an equal measure of white flour, and omitting the fat. The method of procedure is exactly the same as for the standard bread recipe.

Such a loaf contains about 1,470 calories and 53.5 grams of protein.

245—RYE BREAD

¾ cup liquid (water, milk or other liquid)	¼ cup compressed yeast softened in
1 teaspoon salt	¼ cup of water
1 tablespoon sugar	1 cup wheat flour
1 tablespoon fat	2 cups rye flour

Mix the ingredients just as directed for the standard bread recipe. This makes a dough much softer and more sticky than ordinary bread. Allow it to rise at 80° to 86° F. until it has a little more than doubled in bulk. Knead it down and place it in a bowl lined with a cloth into which flour has been rubbed. When it has again risen to 2 ¼ to 2 ½ times the original bulk, turn it out on a baking sheet which has been floured or greased. An inverted baking tin may be substituted for the baking sheet. Bake for ten minutes in a hot oven (410° to 438° F.), then lower the temperature somewhat and bake twenty minutes longer. This makes a flat, thin loaf of nice texture.

A good loaf may also be made by increasing the white flour sufficiently to make a dough that can be kneaded. About ¼ cup is usually enough. This must be given a longer time to rise. If it is not permitted to become sufficiently light before baking, the bread will be solid and of very close texture.

246—BARLEY BREAD

1 quart potato water	1 teaspoon salt
$\frac{1}{3}$ cup mashed potato	$\frac{1}{2}$ cake compressed yeast
2 tablespoons glucose	2 cups wheat flour
1 tablespoon melted fat	barley flour to make a soft dough

Make a sponge of the potato water, mashed potato, sugar, salt, fat, yeast, wheat flour and about 1 cup of the barley flour. Allow to stand over night. Add the remainder of the barley flour to form a soft dough. When this has doubled in bulk, cut down and allow to rise a second time. Form into loaves. When the dough has doubled in bulk, bake in a moderate oven.

247—POTATO WAR BREAD

$\frac{2}{3}$ cup sweet milk	1 teaspoon salt
1 cup potato	1 teaspoon sugar
2 cups flour	$\frac{1}{2}$ yeast cake

Heat milk to boiling point, then cool to lukewarm. Bake or boil potatoes, then mash or put through ricer. Dissolve the yeast in the milk. Make a sponge of the milk, yeast cake, salt, sugar, mashed or riced potatoes and $\frac{1}{3}$ of the flour. Beat well, let stand over night to rise. In the morning add the balance of the flour. Let rise again until double in bulk, then mold into a loaf; let rise again to double in bulk, then bake 40 minutes in a moderate oven. A little more flour will be required if potatoes are not mealy.

248—OATMEAL BREAD

1 quart boiling water	1 ounce salt
1 pint rolled oats	$\frac{1}{2}$ ounce yeast
$\frac{1}{2}$ cup molasses	2 $\frac{1}{2}$ lbs. white flour, approximately

Dissolve yeast in $\frac{1}{4}$ cup of the water which has been cooled to lukewarm temperature. Pour remainder of water over the rolled oats, molasses and salt and let stand until lukewarm. Add the dissolved yeast and flour. Knead well. Let rise in warm place until doubled in bulk. Knead again and let rise about 15 minutes. Mold into loaves and bake 45 minutes in a moderate oven.

249—RYE BREAD

1 quart water	1 $\frac{1}{2}$ pounds white flour
1 ounce salt	1 pound rye flour
$\frac{1}{2}$ ounce yeast	

Dissolve yeast in $\frac{1}{4}$ cup of water cooled to lukewarm temperature. Add salt to remaining liquid. When lukewarm add dissolved yeast and white flour, beat thoroughly. Add rye flour and knead well. Let rise until doubled in bulk. Mold into loaves, let rise again and bake.

250—BARLEY BREAD

1 quart water	$\frac{1}{2}$ ounce yeast
1 ounce sugar	2 pounds white flour
1 ounce salt	$\frac{3}{4}$ pound barley flour
1 ounce fat	

Follow directions for Rye Bread with the exception that the sugar and fat should be dissolved in the hot water with the salt.

251—RICE BREAD

1 quart liquid	1 ounce fat
1 pint boiled rice	½ ounce yeast
1 ounce sugar	1 pound rice flour
1 ounce salt	2 pounds white flour

Follow directions for potato bread, treating the boiled rice in the same manner as the mashed potatoes.

252—CORNMEAL BREAD

1 quart liquid	1 ounce fat
4 ounces yellow corn meal (cook meal in liquid)	½ ounce yeast
1 ounce sugar	2 ½ pounds white flour
1 ounce salt	

Boil liquid. Reserve ¼ cup of liquid. When it is lukewarm add yeast. Dissolve salt, sugar and fat in remainder of hot liquid. Pour over cornmeal and beat well. Cool to lukewarm temperature. Add dissolved flour and yeast. Knead thoroughly. Let rise until doubled in bulk. Mold into loaves. Let rise until double in bulk and bake 45 minutes.

253—POTATO BREAD

1 pound potatoes (boiled or mashed)	1 ounce fat
1 quart liquid	½ ounce yeast
1 ounce sugar	3 pounds flour
1 ounce salt	

Boil liquid. Add yeast to ¼ cup of liquid cooled to lukewarm temperature. Dissolve sugar, salt and fat in remainder of liquid. When lukewarm add yeast and mashed potatoes. Beat well. Add flour and knead thoroughly. Let rise until it has doubled in bulk. Mold in loaves. Let rise again and bake.

SOME HOT BREADS OTHER THAN MUFFINS AND BISCUITS

254—LIBERTY BREAD

1 ½ cups white flour	1 teaspoon salt
1 cup cornmeal	1 ½ cups liquid
½ cup bran	2 tablespoons fat
6 teaspoons baking powder	1 egg

Sift cornmeal, flour, salt and baking powder together. Add bran and stir thoroughly, adding all the moisture, then shortening, beating all the time. Turn into well greased bread tins. Bake in a moderate oven 40 minutes.

255—BARLEY SPOON BREAD

2 tablespoons butter or drippings	2 eggs
4 cups boiling water	1 teaspoon salt
1 cup barley meal	

Add barley meal to boiling water, stirring constantly. Cook in a double boiler one hour. Cool and add well beaten eggs. Turn into a buttered dish and bake in a moderate oven $\frac{3}{4}$ hour.

256—NUT BREAD

1 cup brown sugar	1 teaspoon salt
1 cup chopped nut meats	4 teaspoons baking powder
1 cup chopped dates, stoned	2 cups milk
2 cups rye flour	1 egg
2 cups white flour	

Place dry ingredients in a bowl. Mix egg with milk and mix thoroughly with the dry ingredients. Set to rise for 15 minutes in a warm place.

257—OATMEAL BREAD

5 teaspoons baking powder	2 cups oatmeal
3 $\frac{1}{2}$ cups flour	1 egg
1 teaspoon salt	$\frac{1}{2}$ cup milk or water
1 tablespoon molasses	

Cook 1 cup oatmeal in 3 cups of water until a porridge; add salt, sugar and cool. Beat egg, add milk and egg to cooked oatmeal. Add flour and baking powder sifted together, mix thoroughly, turn out on molding board and knead well. Bake for 1 hour in a moderate oven.

258—RYE AND CORNMEAL BREAD

3 cups rye flour	1 tablespoon sugar
1 cup cornmeal	2 tablespoons shortening
1 teaspoon salt	1 $\frac{1}{2}$ cups milk and water
6 teaspoons baking powder	

Sift the dry ingredients. Add the milk and water and melted shortening. Beat well; put into a greased pan and allow to stand in a warm place for 25 to 30 minutes. Bake in a moderate oven 50 minutes.

259—BARLEY SCONES

2 cups barley meal	2 tablespoons fat
$\frac{1}{4}$ teaspoon salt	$\frac{3}{4}$ cup sour milk
2 teaspoons baking powder	$\frac{1}{3}$ teaspoon soda

Sift together the dry ingredients and work in fat. Dissolve soda in a little cold water and add to milk. Combine all to form a soft dough. Turn out on a well floured board, knead slightly, roll to $\frac{1}{2}$ inch thickness. Cut in diamond shapes and bake in a hot oven.

260—BROWN BREAD (WITHOUT WHEAT)

2 cups yellow cornmeal	2 cups sour milk
1 cup Bohemian rye	1 teaspoon salt
1 cup molasses	$\frac{3}{4}$ tablespoon soda

Mix dry ingredients. Add molasses and sour milk. Put in molds or 1-lb. baking powder tins. Steam 3 hours, then dry in oven 15 minutes.

261—CORN DODGERS

2 cups yellow cornmeal	1 cup water
1 cup milk	1 teaspoon salt

Boil together milk and water; pour this over the salted meal; bake about 30 minutes in a very hot oven.

262—SPOON CORN BREAD

2 cups water	1 tablespoon butter
1 cup milk	2 teaspoons salt
1 cup white cornmeal	2 eggs

Mix boiling water and cornmeal and bring slowly to the boiling point and cook 5 minutes. Add eggs well beaten and other ingredients. Beat thoroughly and bake in a well greased pan for 25 minutes in a hot oven. Serve from same dish with a spoon. This serves 6 people.

263—CORN BREAD

1 tablespoon fat	3 teaspoons baking powder
2 $\frac{1}{2}$ tablespoons glucose	1 cup flour
2 eggs, separated	$\frac{1}{2}$ teaspoon salt
1 cup cornmeal	1 cup milk

Mix fat and glucose, add yolks of eggs, one by one; beat the whites of eggs to a stiff froth and add them, with the cornmeal and flour sifted with the baking powder. Mix all together thoroughly and pour into well greased floured shallow pans and bake in a moderately hot oven.

264—BAKED BROWN BREAD

1 cup rye flour	1 teaspoon salt
1 cup coarse meal	$\frac{3}{4}$ cup molasses
1 cup fine whole wheat flour	2 cups sour milk
1 $\frac{1}{2}$ teaspoons soda	$\frac{1}{2}$ cup seedless raisins

Mix and sift dry ingredients, add milk and molasses. Beat thoroughly and pour into well greased molds filled one-half full. Steam 3 hours, then remove covers and dry in oven to brown top. May be made in double boiler.

265—SOY BEAN NUT BREAD

1 ½ cups soy bean meal	2 teaspoons baking powder
1 ½ cups flour	2 cups buttermilk
½ cup brown sugar	1 ⅛ teaspoon soda
1 teaspoon salt	1 cup nut meats

Mix and sift all dry ingredients and add the milk. Lastly, stir in the chopped nuts. Bake in a loaf 30 or 40 minutes.

266—CORN PARKER HOUSE ROLLS

½ cup cornmeal	¾ level teaspoon salt
2 tablespoons sugar	2 tablespoons butter substitute
4 teaspoons baking powder	1 cup milk
3 level cups flour	1 egg

Sift together the dry ingredients. Cut in butter. Beat egg well and add milk and mix with dry ingredients. Roll ½ inch thick, butter and turn over to make Parker House Rolls. Bake 15 minutes and serve immediately.

267—RYE BREAD

3 cups rye flour	1 tablespoon sugar
1 ½ cups milk	1 tablespoon shortening
1 teaspoon salt	1 tablespoon caraway seed
6 teaspoons baking powder	

Sift dry ingredients. Add caraway and stir well. Work in shortening. Add milk and cut with a knife. Place bread in a well greased pan. Let raise 20 minutes. Bake 45 minutes in a moderate oven.

268—BARLEY BREAD

1 ½ cups barley flour	6 teaspoons baking powder
1 ½ cups white flour	1 tablespoon shortening
1 teaspoon salt	1 ½ cups milk
1 tablespoon sugar	1 cup raisins

Sift dry ingredients. Add raisins and stir well. Work in shortening. Add milk and cut in with knife. Place in a well greased pan and let raise 20 minutes. Bake 45 minutes in a moderate oven.

269—CORN BREAD

2 cups white flour	1 tablespoon sugar
1 cup cornmeal	1 tablespoon shortening
6 teaspoons baking powder	1 ½ cups milk
1 teaspoon salt	1 cup finely chopped dates

Sift dry ingredients. Add dates and stir well. Add milk and cut with knife. Place in a well greased pan and let raise 20 minutes. Bake in a moderate oven 45 minutes.

BISCUITS

270—RYE BISCUITS

2 cups rye flour	2 tablespoons shortening
4 teaspoons baking powder	$\frac{3}{4}$ cup milk
1 teaspoon salt	

Mix dry ingredients and sift into basin. Add fat and chop in with a knife. Add milk gradually until mixture is soft and spongy. Turn onto a slightly floured board and roll lightly until a uniform thickness, about one-half inch. Cut with a floured biscuit cutter, place on a greased tin and bake for 12 or 15 minutes in quick oven.

271—RYE AND CORN FLOUR BISCUIT

1 cup rye flour	2 tablespoons shortening
1 cup corn flour	$\frac{3}{4}$ cup milk
1 teaspoon salt	

Combine as for rye biscuit.

272—OATMEAL BISCUITS

1 cup oatmeal	2 tablespoons baking powder
1 cup rye or white flour	liquid
2 tablespoons fat	1 teaspoon salt

Mix the fat and flour, which has been sifted, with the baking powder and salt. Add enough liquid to make a soft dough. Turn onto a floured board and roll to about one-half inch in thickness. Cut with a floured biscuit cutter. Bake about 15 minutes.

273—POTATO BISCUITS

2 cups flour	1 tablespoon fat
1 cup potato (mashed)	1 teaspoon sugar
3 teaspoons baking powder	Liquid to make a soft dough
1 teaspoon salt	

Sift flour, baking powder, salt and sugar together. Work fat into flour. Add mashed potato, then add milk to make a soft dough. Roll out to about $\frac{1}{2}$ inch thick, cut with a biscuit cutter and bake 15 minutes in a quick oven.

274—POTATO BISCUIT

2 cups flour (1 barley and 1 white)	1 teaspoon salt
1 cup potato	2 tablespoons shortening
4 teaspoons baking powder	1 cup milk

Sift dry ingredients. Pass potato (cooked) through a ricer. Add potato, shortening and milk. Cut in with a knife. Toss on a floured board and pat out with hand to about $\frac{1}{2}$ inch thickness. Cut out in a hot oven 15 minutes.

275—ALFALFA BISCUIT

2 cups white flour	1 teaspoon salt
1 cup alfalfa	2 tablespoons shortening
4 teaspoons baking powder	1 cup milk

Sift dry ingredients. Add shortening and milk cut in with knife. Toss on floured board. Pat out to ½ inch thickness. Cut out and bake in hot oven 15 minutes.

MUFFINS

276—RYE AND RICE MUFFINS

1 cup rye flour	1 tablespoon fat
1 cup rice flour	4 teaspoons baking powder
1 tablespoon sugar	½ teaspoon salt
1 cup milk	1 egg

Sift together the flour, sugar, salt and baking powder. Combine beaten egg, melted fat and milk. Add about half of liquid to dry materials. Mix thoroughly without beating. Add remainder of liquid. Mix together. Do not beat. Bake at 210° C.

277—PLAIN RYE MUFFINS

2 cups rye flour	1 egg
1 cup milk	4 teaspoons baking powder
1 tablespoon sugar	½ teaspoon salt
1 tablespoon melted fat	

Mix and sift the dry ingredients. Add gradually the well beaten egg to which the fat and milk have been added. Stir carefully until the two are mixed and no flour can be seen. Do not stir long enough to make a smooth batter. Bake from 20 to 25 minutes in a hot oven.

278—CORNMEAL MUFFINS

1 cup flour	½ teaspoon salt
½ cup cornmeal or corn flour	1 cup milk
3 teaspoons baking powder	1 egg
1 tablespoon glucose	2 tablespoons shortening

Mix and sift dry ingredients. Add egg and milk beaten together. Add shortening last. Bake in gem pans or muffin tins 25 to 30 minutes.

279—OATMEAL MUFFINS

⅔ cup rolled oats	2 tablespoons melted fat
1 cup scalded milk	1 ½ cups flour
3 tablespoons sugar	1 ½ tablespoons baking powder
½ teaspoon salt	1 well beaten egg

Add scalded milk to rolled oats and let stand 30 minutes. Add sugar, salt and melted fat, the flour sifted with the baking powder. Mix ingredients. Add the well beaten egg and beat the mixture thoroughly. Drop by spoonful into well greased muffin tins and bake from 25 to 30 minutes in a moderately hot oven.

280—BARLEY MUFFINS

1 cup whole wheat flour	1 egg
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1 cup barley meal	1 ¼ cups sour milk
¼ teaspoon salt	½ teaspoon soda
2 teaspoons baking powder	2 tablespoons fat

Sift flour, barley meal, salt and baking powder. Dissolve soda in a little cold water and add to sour milk. Combine flour mixture and sour milk. Add beaten egg and melted fat. Bake in muffin pans in a moderate oven.

281—HOMINY MUFFINS

1 cup cooked hominy	¾ cup milk
1 teaspoon salt	2 cups corn flour
1 ½ tablespoons shortening	4 tablespoons baking powder
1 egg	

Mix together hominy, salt, melted shortening, beaten egg and milk. Add flour which has been sifted with baking powder. Beat well and bake in greased muffin tins or shallow pan in hot oven 25 to 30 minutes.

282—BUCKWHEAT MUFFINS

1 cup buckwheat flour	1 well beaten egg
1 cup white flour	1 cup milk
½ teaspoon salt	¼ cup molasses
4 teaspoons baking powder	1 ½ teaspoons melted fat

Beat the molasses into the egg, add the melted fat. Add alternately the milk and buckwheat flour. Then add the white flour in which the salt and baking powder have been sifted. Bake in gem pans.

283—CANNED CORN MUFFINS

2 cups flour	1 cup water
2 tablespoons baking powder	1 cup canned corn
1 teaspoon salt	

Sift dry ingredients into a bowl, add water and canned corn gradually and beat well. Bake in muffin rings.

284—SOY BEAN MUFFINS

1 cup soy bean meal	2 tablespoons sugar
1 cup flour	1 cup milk
4 teaspoons baking powder	2 tablespoons fat
½ teaspoon salt	1 egg

Sift the dry ingredients together, Mix the egg and milk, mix thoroughly and add the melted fat. Bake in muffin pans.

GRIDDLE CAKES

285—PEA PANCAKES

2 cups dried peas	2 egg yolks
2 egg whites	½ teaspoon salt
½ cup flour	1 tablespoon fat
1 cup milk	1 teaspoon baking powder

To make this recipe it is best to use the split pea, which can be secured either in bulk or package form. These peas cook in an hour's time after soaking. When the peas are tender, mash and mix the ingredients. A tablespoon of this mixture placed on a hot griddle makes a good-sized pancake.

286—CORNMEAL GRIDDLE CAKES

1 cup cornmeal	1 ½ cups sour milk
½ cup flour	½ teaspoon soda
½ teaspoon salt	5 teaspoons baking powder
1 tablespoon melted fat	1 egg

Combine all dry ingredients, add the milk and beaten egg, then the melted fat. Cook this on a hot soapstone griddle.

287—GRIDDLE CAKES (CORN FLOUR)

1 ½ cups corn flour	1 cup sour milk
¾ teaspoon soda	1 egg
½ teaspoon salt	

Sift the dry ingredients together, add the milk and the beaten egg. Mix well and cook on a hot griddle. The batter must be very thin.

288—STALE BREAD GRIDDLE CAKES

1 ½ cups stale bread crumbs	3 ½ teaspoons baking powder
1 ½ cups hot milk	½ teaspoon salt
2 eggs	2 tablespoons fat
½ cup flour	

(One cup any cooked cereal may be used instead of the bread crumbs.)

Soften bread crumbs in hot milk; cool; add yolks of eggs and add this mixture to dry ingredients, sifted together; cut and fold in whites of eggs and add melted fat last. Cook at once on a hot griddle.

289—BUCKWHEAT CAKES

5 teaspoons baking powder	1 teaspoon salt
2 cups buckwheat flour	1 tablespoon molasses
2 ½ cups milk	1 cup water
1 cup white flour	

Mix and sift the dry ingredients into a bowl; add milk, water and molasses and beat well. Cook at once.

290—SOY BEAN GRIDDLE CAKES

1 ½ cups soy bean meal	¼ cup sugar
1 ½ cups flour	2 cups milk
1 ½ tablespoons baking powder	1 egg
1 teaspoon salt	2 tablespoons melted fat

Mix and sift dry ingredients. Add milk and egg beaten together. Beat well and add melted fat. Cook over a hot griddle.

PASTRY

291—RYE PASTRY

1 ⅓ cup patent rye flour	½ cup liquid
⅔ cup bread flour	1 ½ teaspoons salt
½ cup fat	

Mix flour and salt, cut in fat. Add liquid gradually. Turn out on a board which has been brushed with flour. Roll thin. Bake in an oven at a temperature of 210° C. to 215° C.

292—WHEATLESS PIE CRUST, NO. 1

1 ½ cups rye flour	1 teaspoon baking powder
1 ½ cups barley flour	¾ cup fat
¾ cup rice flour	¾ cup water
1 teaspoon salt	

293—WHEATLESS PIE CRUST, NO. 2

2 ½ cups rye flour	1 teaspoon salt
1 ½ cups rice flour	¾ cup fat
1 teaspoon baking powder	¾ cup of water

Sift flour, salt and baking powder together; cut the fat into the flour mixture. Add water, mixing and handling as little as possible. Chill until ready to roll.

294—RICE CORN PUDDING

1 cup cornmeal	1 teaspoon baking powder
1 tablespoon rice	1 teaspoon salt
1 tablespoon fat	2 eggs
2 cups milk	

Boil rice in 1 ½ cups water for 10 minutes: Scald half the cornmeal with the boiled rice. Add melted butter and well beaten eggs. Then add the milk and the remainder of the cornmeal, together with the salt and baking powder. Mix thoroughly and bake in a moderate oven 40 minutes.

CAKES

295—PLAIN BARLEY CAKE

2 cups barley flour	$\frac{3}{4}$ cup glucose
$\frac{1}{4}$ cup fat	1 egg
1 $\frac{1}{2}$ teaspoons baking powder	$\frac{1}{8}$ teaspoon salt
$\frac{2}{3}$ cup milk or water	1 cup raisins

Cream fat, add glucose and cream thoroughly. Add beaten egg and milk. Add the sifted dry ingredients and the raisins. Pour into a shallow greased pan and bake about 20 minutes.

296—HONEY CAKE (RICE FLOUR)

1 cup rice flour	$\frac{2}{3}$ cup glucose
2 cups pastry flour	$\frac{1}{3}$ cup honey
$\frac{1}{2}$ cup fat	5 teaspoons baking powder
$\frac{1}{2}$ cup water	1 teaspoon vanilla
2 eggs	

The glucose must be warm so that it will mix. Add to it the honey and fat; beat well. Add water and flour with baking powder alternately, then add beaten eggs and vanilla. Bake in three layers.

297—CHOCOLATE SPONGE CAKE

4 eggs	1 teaspoon baking powder
$\frac{1}{3}$ cup cold water	$\frac{1}{4}$ cup cocoa
1 cup sugar	$\frac{1}{2}$ teaspoon cinnamon
1 $\frac{1}{4}$ cup flour ($\frac{1}{4}$ cup cotton seed, 1 cup pastry)	1 teaspoon vanilla

Beat yolks and add water, sugar and flour sifted with baking powder. Add cocoa, cinnamon, vanilla and stiffly beaten whites. Bake 25 minutes.

298—GINGER BREAD

$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ egg
$\frac{1}{6}$ cup fat	1 cup flour
$\frac{3}{8}$ teaspoon soda	1 teaspoon ginger
$\frac{1}{4}$ cup sour milk	$\frac{1}{4}$ teaspoon salt

Heat molasses, pour over shortening. When cool add egg. Now add flour sifted with ginger and salt. Add milk with soda dissolved in it. Cook in moderate oven.

299—DEVIL'S FOOD CAKE—COTTONSEED FLOUR

4 squares unsweetened chocolate	$\frac{1}{4}$ cup sour milk
$\frac{1}{2}$ cup sugar	1 egg
$\frac{1}{2}$ cup sweet milk	1 cup bread flour
yolk 1 egg	$\frac{1}{3}$ cup cottonseed flour
$\frac{1}{4}$ cup fat	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla

Melt chocolate over hot water, add $\frac{1}{2}$ cup sugar and gradually sweet milk; then add yolk of egg, and cook until mixture thickens. Set aside to cool. Cream the fat, add gradually $\frac{1}{2}$ cup

sugar, egg well beaten, sour milk and flour mixed and sifted with soda. Combine mixture and add vanilla. Bake in shallow cake pans.

300—CORNMEAL GINGERBREAD

2 cups yellow cornmeal	1 cup barley flour
½ cup molasses	1 teaspoon soda
½ cup sugar	2 teaspoons baking powder
2 tablespoons shortening	1 egg
1 teaspoon salt	1 ½ teaspoons ginger
1 cup sour milk	1 ½ teaspoons cinnamon
1 ½ cups sweet milk	½ teaspoon cloves

Mix the first seven ingredients in a double boiler and cook for 35 minutes over hot water. Beat the egg and sift the flour, soda and spice together. Add the first mixture when it has cooled. Bake in a shallow tin in a moderate oven.

301—CHOCOLATE CAKE (ONE-HALF CORN FLOUR)

2 oz. (squares) grated chocolate	½ cup corn flour
¼ cup fat	½ teaspoon soda, mixed with
½ cup boiling water	¼ cup sour milk
1 cup sugar	1 egg
½ cup flour	

Mix ingredients in order given. The boiling water will melt the chocolate and fat. Add others before the hot water, chocolate and fat have cooled. The batter will be exceedingly thin. Bake in a loaf or in layers.

302—DEVIL'S FOOD CAKE (COTTONSEED FLOUR)

4 squares unsweetened chocolate	1 egg
½ cup sugar	1 cup bread flour
½ cup sweet milk	⅓ cup cottonseed flour
yolk 1 egg	½ teaspoon soda
¼ cup fat	½ teaspoon vanilla
¼ cup sour milk	

Melt chocolate over hot water, add the sugar and gradually the sweet milk; then add yolk of egg and cook until mixture thickens. Set aside to cool. Cream the fat and add gradually the second ½ cup sugar, the eggs well beaten, sour milk, flour mixed and sifted with soda. Combine mixture and add vanilla. Bake in shallow cake pans.

303—RAISIN CAKE (RED DOG FLOUR)

3 cups flour, sifted	1 cup milk
½ cup fat	1 ⅓ cup sugar
2 eggs	½ teaspoon salt
1 teaspoon vanilla	1 cup raisins

Cream the fat and sugar together. Add the egg and beat until well mixed. Add the vanilla. Sift dry ingredients together. Add alternately with the milk. Beat. Add raisins. Bake in a well greased pan for 35 to 40 minutes.

304—BUCKWHEAT CHOCOLATE CAKE

½ cup fat	¾ cup wheat
1 cup sugar	2 ounces chocolate (melted)
2 eggs	2 ½ teaspoons baking powder
½ cup milk	½ teaspoon vanilla
¾ cup buckwheat flour	

Cream butter, add sugar gradually, and yolks of eggs well beaten. Beat the whites of the eggs stiff. Add milk, flour and baking powder and beat thoroly. Add chocolate and vanilla and bake 40 minutes in a shallow cake pan.

305—RYE GINGERBREAD

1 cup molasses	2 teaspoons ginger
⅓ cup fat	½ teaspoon salt
1 egg	¾ teaspoon soda
2 cups rye flour	½ cup sour milk
2 teaspoons baking powder	

Heat molasses and pour over shortening. When cool add egg. Then add dry ingredients except soda. Mix soda and milk. Add to dry ingredients. Stir well. Bake in a moderate oven. Barley flour may be used.

306—BEAN SPICE CAKE

½ cup fat	1 cup flour
½ cup brown sugar	1 teaspoon cinnamon
1 egg; yolks of 4	½ teaspoon soda
½ cup molasses	½ teaspoon clove
½ cup milk	¼ teaspoon nutmeg
1 ¼ cup soy bean meal	lemon rind

Cream the butter and sugar; add the eggs; add molasses. Sift the dry ingredients together and add to first mixture. Add the grated lemon peel. Bake in a loaf in a moderate oven.

307—CHOCOLATE CAKE

½ cup fat	¾ cup flour
1 cup sugar	2 ½ teaspoons baking powder
2 eggs	2 ounces chocolate
½ cup milk	2 teaspoons vanilla
¾ soy bean meal	

Cream the fat and sugar together, add the eggs. Melt the chocolate and add, mixing well. Sift together the dry ingredients and add to the mixture alternately with the milk. Add the vanilla. Beat thoroly and bake in a moderate oven.

308—BEAN MOLASSES CAKE

1 ½ cups flour	1 ¼ cup milk
1 ½ cups bean meal	½ cup molasses
1 teaspoon soda	1 egg
1 teaspoon salt	

Sift the dry ingredients. Add the egg and molasses to the milk and add to the dry ingredients. Bake in a moderate oven in a loaf.

309—CORNMEAL ORANGE GINGER BREAD (CORNMEAL)

2 cups yellow cornmeal	1 teaspoon soda
1 egg	2 teaspoons baking powder
½ cup molasses	1 ½ cups milk
1 teaspoon ginger	2 cups flour
½ cup sugar	1 teaspoon cinnamon
2 tablespoons shortening	½ teaspoon cloves
1 teaspoon salt	grated rind of 1 orange

Sift cornmeal, flour and spices twice. Dissolve soda in molasses. Add egg, shortening, milk and sifted ingredients and stir well with orange peel. Bake in a shallow buttered pan 20 minutes.

310—LAYER OR LOAF CAKE (RYE)

¾ cup sugar	½ cup milk or water
2 eggs	2 teaspoons baking powder
½ cup shortening	1 ½ cups rye flour
¾ teaspoon salt	1 teaspoon flavoring

Cream shortening and sugar. Add well beaten eggs and milk. Add the sifted dry ingredients. Add flavoring. Beat well. Bake in moderate oven 25 minutes.

311—THREE LAYER CHOCOLATE CAKE

1 ½ cups brown sugar	3 cups rye flour
½ cup shortening	1 teaspoon soda
2 eggs	2 teaspoons baking powder
5 tablespoons cocoa or 2 oz. chocolate	1 teaspoon salt
1 cup milk	1 teaspoon vanilla extract

Cream shortening and sugar. Add cocoa and well beaten eggs. Beat well. Add milk and sifted dry ingredients. Beat all together 5 minutes. Bake 25 minutes in a moderate oven.

312—LOAF CAKE (BARLEY FLOUR)

½ cup shortening	½ cup barley flour
½ cup granulated sugar	2 teaspoons baking powder
1 cup maple syrup	¾ teaspoon soda
2 eggs	½ teaspoon ginger
2 cups flour	½ cup hot water

Cream shortening. Add sugar and syrup and cream again. Add well beaten eggs. Sift dry ingredients. Add ½ dry ingredients and beat. Then add hot water and then the rest of the dry

ingredients. Beat 5 minutes. Bake 45 minutes in a moderate oven.

313—FRUIT CUP CAKES

½ cup shortening	1 ½ cups rye flour
1 cup brown sugar	1 teaspoon cinnamon
¼ cup cocoa	¼ teaspoon cloves
1 cup dried fruits	½ teaspoon mace
3 eggs	½ teaspoon salt
½ cup water	3 teaspoons baking powder

Beat shortening to cream. Gradually beat in the sifted cocoa. Add fruit and well-beaten eggs. Add the sifted dry ingredients alternately with the water. Bake from 12 to 15 minutes in a moderate oven.

314—BARLEY CUP CAKES

½ cup shortening	1 teaspoon salt
1 cup sugar	2 teaspoons baking powder
2 eggs	½ cup milk
¾ cup white flour	2 cups chopped dates or peanuts
¾ cup barley flour	1 teaspoon flavoring

Method; same as above.

315—DROP CAKES (RYE FLOUR AND OATS)

1 cup rye flour	3 tablespoons water
1 ¼ cup rolled oats	2 teaspoons baking powder
½ cup shortening	½ teaspoon salt
¼ cup brown sugar	½ teaspoon cinnamon
½ cup corn syrup	½ cup nut meats
1 egg	½ cup raisins

Combine the sugar and the fat. Add the syrup and the water. Combine the flour, rolled oats, baking powder and salt and add to the first mixture. Add the cinnamon, nuts and raisins. Drop on greased pans and bake in a moderate oven.

316—BARLEY DROP CAKES

2 cups barley flour	2 teaspoons baking powder
½ cup fat	¼ teaspoon salt
¾ cup sugar	½ cup water or milk
1 or 2 eggs	¾ cup chopped nuts

Cream fat and sugar. Add beaten egg and milk. Sift dry ingredients and add with chopped nuts. Mix thoroly. Drop on a well greased pan and bake in a moderate oven.

317—DROP CAKES (RICE FLOUR)

¾ cup rice flour	½ teaspoon salt
2 cups bread flour	¾ cup syrup
¾ teaspoon cinnamon	5 tablespoons fat
¼ teaspoon cloves	1 egg
¼ teaspoon nutmeg	2 tablespoons water
2 teaspoons baking powder	1 cup chopped raisins

Sift together the dry materials. Add the chopped raisins. Combine syrup, beaten egg and water. Add gradually to dry materials. Stir well. Drop by the teaspoonful onto a greased pan or sheet and bake in a moderate oven.

318—CORN PEANUT COOKIES

3 tablespoons fat	4 tablespoons cornmeal
4 tablespoons sugar	4 tablespoons corn flour or other flour
2 eggs	2 tablespoons milk
1 teaspoon baking powder	¼ cup peanuts
¼ teaspoon salt	2 teaspoons cocoa

Combine the fat and sugar. Add the eggs well beaten and mix. Mix all dry ingredients together with the milk. Then add the peanuts. Drop in spoonful portions; not too close together on a greased pan. Bake in a moderate oven until golden brown.

319—BARLEY AND OATMEAL DROP CAKES

1 cup barley flour	1 egg
1 ¼ cup rolled oats	3 tablespoons water
½ cup fat	2 teaspoons baking powder
¼ cup brown sugar	½ teaspoon salt
½ cup corn syrup	½ cup nuts

Cream butter and sugar; mix dry ingredients. Then add beaten egg to creamed butter and sugar. Then add the flour and milk alternately. Mix well. Drop from spoon upon buttered tin. Bake in a moderate oven.

CUP CAKES

320—COCOANUT SPICE CAKE

2 cups white flour	1 cup cocoanut
1 ¾ cups rye flour or barley	¾ cup corn syrup
1 teaspoon ginger	1 ¼ cup molasses
¼ teaspoon cloves	¾ cup boiling water
1 teaspoon cinnamon	½ cup hard fat
¼ teaspoon salt	2 eggs
1 teaspoon soda	

Sift together dry ingredients. Add the boiling water to the fat and molasses and corn syrup. Add this gradually to ½ of the sifted dry ingredients. Beat the eggs; stir into the batter. Add the remainder of the dry ingredients and the cocoanut. Bake in a moderate oven for about 25 minutes.

321—BEAN CUP CAKES

¼ cup fat
½ cup sugar
1 egg
½ cup milk

¾ cup soy bean meal
¾ cup flour
2 ½ teaspoons baking powder

Cream butter and sugar together; add the egg. Sift flour and baking powder together and add alternately with the milk to the mixture.

322—RAISIN CUP CAKES

⅓ cup fat
1 cup sugar
1 egg
½ cup milk

¾ cup rye flour
½ cup bread flour
3 teaspoons baking powder
1 cup raisins

Cream fat and sugar; add egg, then milk and flour mixed with baking powder alternately. Lastly stir in raisins. Bake in muffin tins in a moderate oven.

YOUR OWN WAR RECIPE

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If we can secure allegiance to national service in our 20,000,000 kitchens, our 20,000,000 breakfast, lunch and dinner tables, if we can multiply an ounce of sugar, or fats or what not per day by 100,000,000 people, we have saved 180,000,000 pounds in a month. If we save a pound of flour per week, we save 125,000,000 bushels of wheat per annum. It is this multiplication of minute quantities—teaspoons full, slices, scraps—by 100,000,000 and 360 days that will save the world. Is there anyone in this land who cannot deny himself or herself something? Who cannot save some waste? Is not your right to life and freedom worth this service?

—Herbert Hoover.

The women of the nation are already earnestly seeking to do their part in this our greatest struggle for the maintenance of our national ideals, and in no direction can they so greatly assist as by enlisting in the service of the Food Administration and cheerfully accept its direction and advice. By so doing they will increase the surplus of food available from our own army and for export to the Allies. To provide adequate supplies for the coming year is of absolutely vital importance to the conduct of the war and without a very conscientious elimination of waste and very strict economy in our food consumption, we cannot hope to fulfill this primary duty.

—President Wilson