

Quantity Cookery



Lenore Richards and Nola Treat

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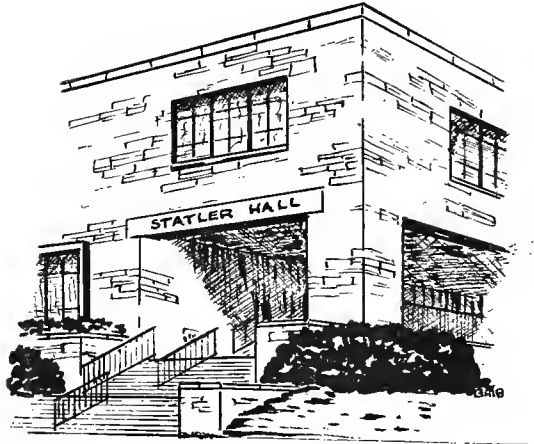
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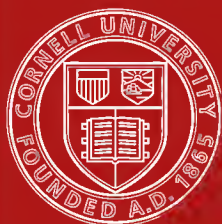


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QUANTITY COOKERY

**By Lenore Richards
and Nola Treat**

QUANTITY COOKERY

TEA-ROOM RECIPES

QUANTITY COOKERY

MENU PLANNING AND COOKING
FOR LARGE NUMBERS

BY

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PREFACE

THIS book has been written in response to the many requests for practical help in the planning of menus and for the recipes in use in the cafeteria under the management of the authors.

This book is designed primarily to assist the managers of food departments in institutions. However, it is hoped that the chapters on menu planning, the recipes, and the list of weights and their approximate measures may prove useful as a text for those teachers of institution management who have the problem of teaching large quantity cookery and menu planning.

N. T.
L. R.

UNIVERSITY OF MINNESOTA
January 1, 1922

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QUANTITY COOKERY

CHAPTER I

PRINCIPLES UNDERLYING THE PLANNING OF MENUS FOR LARGE NUMBERS

WELL-BALANCED and appropriate menus are absolutely necessary to the success of any establishment serving food. Given the best of raw materials and the most competent cooks, the institutional manager will fail to please his patrons if his menus show lack of careful planning. The truth of this assertion is verified by the analysis of many failures.

On the other hand successful menu planning is not especially difficult. Like any other art it requires careful study and observance of a few simple rules.

Of course, it is impossible to formulate one set of rules that will apply to all situations. Each manager must make his own rules based on the conditions he has to meet. There are, however, certain basic principles to be recognized and followed. If the ensuing chapters succeed in explaining these principles and in emphasizing their importance, the authors' purpose will have been served.

In planning menus for an institution the manager must:

Keep in mind the nature of the institution; its purpose; the character of its patronage.

Follow certain dietetic principles.

Maintain constant variety in the food.

Keep menus appropriate to the temperature; the weather; the season; occasional holidays.

Recognize the limitations imposed by equipment; amount and kind of help; range of cost permitted; left-over foods to be used; form of service.

The first point to consider in planning a menu is the type of institution to be served. For reasons that are obvious, the purpose of the high school cafeteria is very different from that of the metropolitan hotel, while neither of these has the same object as the municipal tuberculosis sanitarium.

The age, sex, nationality, economic condition and occupation of the patrons must be kept in mind. The adult demands a freedom of choice which may be denied children. For this reason the content of the grade school lunch may be fixed in an arbitrary way, while this will not do when one is dealing with adults of any class. For instance, grade school children are satisfied with the morning bowl of bread and milk and the noon lunch of bread and soup. Adults, even in a charitable home, would undoubtedly complain of the simplicity of such meals. The high school lunchroom may eliminate coffee from its menu and have frequent "pieless" days. Any such attempts to regulate the diet of adults, except for patriotic reasons such as were the incentive to denial during the war, are highly inadvisable.

As far as the food elements are concerned, the same kinds of food may be served to boys and girls or to men and women. But, practically, they will not eat the same foods with equal satisfaction, and this should influence the planning of menus in different institutions.

School lunch managers and social service workers have found that in order to accomplish their aims they have to recognize racial food tastes.

The economic condition of the group to be served may limit variety in the menu, on the one hand, or may permit of maximum variety on the other. The eight-page menu of the fashionable tea room as definitely reflects the ability of the patrons to pay as does the simple meal of three or four dishes served the immigrants at Ellis Island.

The occupation of the patrons, whether active or sedentary, determines to a large extent the kind of food served to them, from the dietetic standpoint and from the commercial standpoint as well. The lumberjacks of the north woods require a diet very different in quality and quantity from that of the telephone operators in a city exchange.

In institutions serving set menus, with little or no choice, special attention should be given to dietetic principles. Examples of such institutions are college dining halls or dormitories, hospitals, benevolent "homes", boarding houses, fraternities and clubs.

For those who have had little or no training in dietetics and who yet have the responsibility of planning menus, it may be said that if ample variety is provided, with emphasis on fruits and vegetables, the dietetic requirements will probably be met.

The sequence of foods in the menu is important. Where several courses are to be served, and it is the aim of those planning the menu to keep the appetite stimulated, acids, meat extractives and warm foods should be served first. Cloying foods such as sweets, very cold foods and foods which are satisfying tend to depress the appetite and hence have no place in the first course of a meal, except for luncheon where the menu may be very simple. In institutions which have fixed menus, it is especially desirable that the meal, no matter how simple, be so planned that it may

be served in courses. Children especially are likely to hurry through their meals, and the serving of food in courses prevents too rapid eating. It is true, of course, that extra service requires more labor, and so may not prove possible, even though desirable.

The responsibility for maintaining a constant variety in food calls for the continued exercise of initiative, the determination to avoid monotonous repetition, a mind open to new foods and new methods of preparation and systematic marketing trips in order to keep in touch with seasonal changes. Perhaps the most frequent criticism of institutions is on the lack of variety in meals. Hotels, clubs and tea rooms can draw trade by serving out-of-season foods when they first appear in the market. Institutions whose purchases are limited by a budget should make the most of seasonal foods when the market is at its height and the food is cheapest. Such institutions should avoid serving foods that are not actually in season. Serving berries or melons before the height of the season dulls the appetite of the patron for these foods so that by the time they have become economical to serve he has tired of them.

Variety should be introduced not only in the kinds of food but in the preparation, garnish and service. Even in charitable homes and other institutions where the aim is to serve at a minimum cost, the menus can be made attractive through variety in preparation. Corn meal and cottage cheese, two of the least expensive foods we have, can be utilized in a wide variety of ways. There should be no hesitation about serving new dishes, for maximum variety is essential to a happy patronage whether in the tea room or the benevolent institution. The point to be kept in mind, where the guest has the privilege of selection, is that all the

variety should not come within the day or meal but within the week or month. Surprise always helps to induce appetite and this fact is as applicable to the menu in the children's home as to that of the tea room.

It is good business practice as well as good dietetic practice to plan meals according to the weather and the time of year. Hot, heavy foods sell best in cold weather. Cool, crisp, fresh foods sell best on the hottest days. The public is very susceptible to weather conditions. Holidays give a popularity to certain foods which they enjoy at no other time of the year. It is good business to make the most of these foods by serving them on appropriate days.

There are definite relations between the menu and the equipment available for its execution. For instance, a menu which calls for oven cooking to the exclusion of the use of the top of the stove or supplementary steamers will be impossible to carry out. The menu should be planned in order that the cooking may be divided between all the available equipment, such as ovens, steamers and top space on stoves. In the kitchen, as in the industrial plant, it is good management to give space only to efficient equipment and to use that equipment to its maximum capacity.

Again, incomplete equipment may have to be considered in planning the menu. If there is no power machinery the amount of hand work or heavy physical preparation called for may have to be cut down in accordance with the equipment at hand. In serving large numbers power machinery will often pay for itself in a few months through the saving in labor. It will not only do the work better and more humanely but will allow a much greater variety of food. In the matter of equipment the institution must get away from the idea that it is a large home, with working

conditions as they have been in the average home. It should consider itself an industrial plant where one of the aims is maximum production with minimum labor; and it should realize that proper equipment and proper working conditions are necessary in the accomplishment of this aim. Even though the labor supply may be adequate, efficient planning of menus demands that there be an adjustment between those foods requiring much labor and those requiring little, so that proper balance may be maintained.

In discussing the limitations in menu making the element of cost has come up again and again. It becomes a definite restriction in institutions that work on a budget, or where the group to be served demands good wholesome food at the lowest price. As examples of such institutions there are the factory cafeteria, the school lunch and the college cafeteria.

Though menus must be made out in advance of the day when they are to be used, they should be sufficiently elastic to allow for proper utilization of left-overs. Using left-overs may mean very little change and substitution, or may require complete revision of the day's meals. Left-overs must be used, for it is only by constant care that the food cost can be kept down to a minimum. That this is true of all institutions, whether great or small, is shown by the extreme care exercised in the largest hotels to the end that no food shall be wasted. Where there is family service, rather than plate service from the kitchen, there will probably be a large amount of left-over food. It requires a good deal of ingenuity to use these left-overs in some other form so as to maintain variety and that element of surprise which is so essential. In the cafeteria or other institution using *à la carte* service the left-over problem is not so serious. It is very nicely taken care of in tea

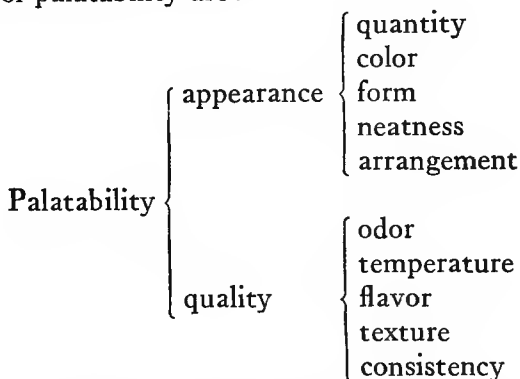
rooms and hotels which serve a club luncheon, the menu for which may be chiefly made up from the left-overs.

It is obvious that the form of service may influence the kind and extent of the menu. That is, the cafeteria can serve a large variety of dishes because the patrons wait on themselves. A similar choice or variety is impracticable where there is table service, except in hotels, restaurants and tea rooms where cost is not so great a factor.

CHAPTER II

STANDARDS FOR JUDGING MEALS

PROVIDED the principles of good nutrition have not been violated, the main basis for judging any meal is palatability. Palatability depends upon appearance and quality. Appearance in turn depends upon quantity, color, form and service upon the plate. Quality is determined by odor, flavor, temperature, texture and consistency. Reduced to outline form, the elements of palatability are :



Commercially and æsthetically it is unwise to make servings too large. Every one has had the experience of being served with more food than can be eaten with relish and without waste. The effect is to surfeit the appetite and to limit the variety which a patron may have, unless he is able financially to order the variety; in which case he is obliged to leave some food uneaten. In any institution which serves *à la carte*, it is better to adjust portions and prices to the end that the patron

may have some variety in his meal without prohibitive expense.

Color is important in inducing appetite. The cafeteria counter displaying a buff-colored pie, snow pudding, rice custard and yellow cake does not tempt patrons to buy. A basket of fruit, a bright-colored gelatin dessert or attractive garnishes may transform a drab meal into a most interesting one. Particularly in all kinds of plate service, attention must be paid to color, for while clashing color combinations must be avoided, some color must be used to give the food an appetizing appearance. A great deal of our food is very neutral in color and admits of a liberal use of garnishes of one kind or another.

As a rule articles of food served together should be of diverse shapes. One may enjoy a croquette, a stuffed baked potato, peas in timbales and a roll in the same meal, but it is usually unwise to serve them on the same plate.

The necessity for neatness and orderly arrangement of servings is obvious. At large parties where there is plate service it is wise to make up a sample plate before the time of serving in order to determine the best arrangement of food and in order actually to show those who are to dish up the food how each plate must look when it is placed before the guest. One who is inexperienced in planning menus, especially for parties, should accustom himself to visualizing the meal as it will appear when written upon the menu card and as it will appear upon the plate. A menu which has seemed very good when planned will often be unsatisfactory when actually served because some of the above points have been overlooked.

Odor and temperature are important factors in quality. It would seem superfluous to say that hot things

must be served hot and cold things must be served cold, yet in serving large numbers the strict observance of these rules is one of the difficult problems to be solved. *It can be solved, however*, with efficient equipment properly arranged, a carefully thought out organization of service and unceasing care.

Repetition of texture and consistency should also be avoided. That is to say, there should be the maximum variety in preparation of food in order that no meal shall contain two or more creamed dishes, fried foods, foods with custard basis or foods with bread foundation.

If a score card were made out for judging a meal, flavor would perhaps be given the most importance. Here again care must be taken to avoid duplicating flavors. Too many strong flavors or too many bland flavors are undesirable. While strong flavors stimulate the appetite it is unwise to employ them continually, especially where the same group of people is being served day after day. A more blandly flavored diet is likely to be less palling and more constantly inviting.

In serving the public, whether it be in the hospital, the college dormitory or the commercial restaurant, the aim should always be to have the food better than that to which the patrons are accustomed.

In almost any kind of food work, and especially in institutional food work, visiting trips to the best hotels, tea rooms, inns, cafeterias and restaurants are invaluable, since they impart a knowledge of the way things are done, which in turn creates a confidence and assurance that nothing else can give.

CHAPTER III

TYPES OF MENUS

CAFETERIA MENUS

THOUGH it may be necessary to offer slightly more choice in foods in the commercial cafeteria, some cafeterias offer such a wide variety of choice that the patron is confused and has difficulty in choosing his meal. Furthermore too much variety makes for sameness from day to day. In all cafeterias where the same group is served each day, and where there is little or no competition, a simpler menu may be used. The following menu outline is suggested for use in the average cafeteria.

A Standard Form for Cafeteria Menu

1 soup	1-2 hot breads
2 meats	1-2 sandwiches
(1 meat substitute)	2-3 salads
1 kind of potatoes	2-3 relishes
2-3 vegetables	6-8 desserts
4 beverages	

Meats

One inexpensive meat should be served in each meal.

Two made-over meats should not be served in the same meal.

Two kinds of beef or pork or two kinds of any other variety of meat should not be served in the same meal.

Potatoes

Creamed potatoes may be served with meat lacking gravy or sauce.

It is seldom advisable to serve mashed potatoes unless there is a meat gravy to offer with them.

Vegetables

When possible one vegetable should be starchy and one should be succulent.

Two creamed or two fried or two buttered vegetables should not be served in the same meal.

Breads

Raised breads and quick breads give a good variety.

Salads

There should be at least one inexpensive salad. The variety in salads may consist of one fruit salad, one vegetable salad and one salad in which protein predominates, such as cottage cheese, meat or fish.

Head lettuce salad is universally popular and may appear at every meal.

In salad dressings, there should always be a cooked dressing, French dressing and mayonnaise. Other varieties may be added as desired.

Desserts

Variety in desserts includes :

Fruit in some form.

A pudding with a dough or bread foundation.

Two cold puddings.

One kind of ice cream.

One kind of cake.

One kind of pie.

One-crust and two-crust pies should so far as possible be alternated in successive menus.

Two or more kinds of pie may be demanded, but when possible patrons should be educated to other choices in desserts.

Beverages

Milk should be served in bottles (with provision for opening).

Thirty Days' Menus for a Cafeteria

The careful manager spends a great deal of time in menu planning. If some systematic method of menu making can be adopted and used with a mind constantly alert to seasonal changes in foods, new and attractive dishes and variety in serving, the plan may result in saving much of this time.

A set of menus for thirty days has been worked out, with the idea that they may be repeated at the end of that time without too monotonous repetition. No Sunday meals are included since the majority of cafeterias are closed on that day. The Friday menus occur on the fifth day and every sixth day thereafter. No menu is shown for Saturday night when, if a meal is served, it may consist of popular dishes such as chicken in some form, waffles or steaks, along with such left-overs as it may be desirable to use.

The menus are intended to serve as a *foundation* to which may be added new dishes and seasonable fruits and vegetables, a suggestive list of which is given elsewhere (see pages 57-59). From these foundation menus may be eliminated such dishes as are unpopular or out of season, or which for any reason it is impractical to serve. Commercial cafeterias may find it necessary to add other choices to these menus. Very small cafe-

terias may offer fewer choices. The majority of establishments, however, will find this variety ample, the idea being to serve the maximum variety within the week rather than within the day or meal.

A star has been used to indicate those dishes in which left-overs may be used to particular advantage.

CAFETERIA MENUS

DATE Monday	DATE Tuesday	DATE Wednesday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS Grapefruit Prunes Apples Stewed cherries	FRUITS Oranges Bananas Apricots Canned pears	FRUITS Grapefruit Baked apples Stewed figs Canned plums
CEREALS Cream of wheat, chopped figs Grapenuts Puffed rice	CEREALS Cream of barley Post toasties Puffed wheat	CEREALS Oatmeal Shredded wheat Grapenuts
HOT DISHES Fried eggs Bacon Wheat muffins	HOT DISHES Pancakes Cinnamon toast Poached eggs	HOT DISHES Fried mush Broiled ham Toast
LUNCH	LUNCH	LUNCH
SOUP Cream of lima bean soup	SOUP Oyster stew	SOUP Vegetable soup
MEATS Veal roast, gravy Creamed dried beef on toast	MEATS Pork chops *Cheese fondue	MEATS Leg of lamb, mint sauce Hamburg balls
VEGETABLES Mashed potatoes Buttered peas Cabbage au gratin	VEGETABLES Creamed potatoes Boiled onions Buttered carrots Fried apples	VEGETABLES Mashed potatoes Scalloped tomatoes Creamed celery

* Indicates dishes in which left-overs may be used to advantage.

DATE Monday	DATE Tuesday	DATE Wednesday
<p>LUNCH (Continued)</p> <p>SALADS Pear salad Head lettuce salad Tomato salad</p>	<p>LUNCH (Continued)</p> <p>SALADS Orange salad Head lettuce salad Cabbage salad</p>	<p>LUNCH (Continued)</p> <p>SALADS Peach salad Head lettuce salad Tuna fish salad</p>
<p>BREADS Cinnamon rolls *Ham and pickle sandwiches</p>	<p>BREADS Wheat muffins</p>	<p>BREADS Corn bread Raisin and nut sandwiches</p>
<p>DESSERTS *Chocolate bread pudding with vanilla sauce Fruit Fig tapioca *Fruit whip Caramel cake Banana cream pie Ice cream</p>	<p>DESSERTS *Prunecot shortcakes Fruit Snow pudding, custard sauce Chocolate blanc mange with nuts White cake, lemon filling, white frosting Pumpkin pie Ice cream</p>	<p>DESSERTS Carrot plum pudding, vanilla sauce Fruit Baked rhubarb Baked custard Cocoanut cake Cranberry pie Ice cream, chocolate sauce</p>
<p>DINNER</p> <p>SOUP Cream of celery soup</p>	<p>DINNER</p> <p>SOUP Peanut butter soup</p>	<p>DINNER</p> <p>SOUP Clear tomato soup</p>
<p>MEATS Swiss steak Tongue, mustard sauce</p>	<p>MEATS Rib roast of beef Veal stew</p>	<p>MEATS Baked ham *Cottage cheese croquettes, cream sauce</p>
<p>VEGETABLES Browned potatoes *Corn pudding Mashed turnips</p>	<p>VEGETABLES Mashed potatoes Creamed asparagus Buttered beets</p>	<p>VEGETABLES Glazed sweet potatoes Creamed hominy String beans</p>
<p>SALADS Sardine salad Head lettuce salad Cottage cheese salad</p>	<p>SALADS Pineapple and celery salad Head lettuce salad Spinach and egg salad</p>	<p>SALADS Banana salad Head lettuce salad Deviled egg salad</p>

* Indicates dishes in which left-overs may be used to advantage.

DATE Monday	DATE Tuesday	DATE Wednesday
DINNER (Continued)	DINNER (Continued)	DINNER (Continued)
BREADS Hot rolls	BREADS Baking-powder biscuits	BREADS Raised muffins
DESSERTS Cottage pudding, lemon sauce Fruit Pineapple pudding Baked apples White cake, nut icing Chocolate pie Ice cream	DESSERTS *Rice and raisin pudding, hard sauce Fruit *Fruit cocktail Caramel tapioca Chocolate cake Apple pie Ice cream	DESSERTS Grapenut pudding, lemon sauce Fruit Loganberry tapioca Apricot whip Ginger cake Lemon pie Ice cream
DATE Thursday	DATE Friday	DATE Saturday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS Oranges Pineapple Apple sauce Bananas	FRUITS Grapefruit Peaches Apricots Baked apples	FRUITS Grapefruit Oranges Royal Anne cherries Prunes
CEREALS Malt of wheat Grapenuts Post toasties	CEREALS Corn meal mush Puffed rice Shredded wheat	CEREALS Rice boiled in milk Grapenuts Post toasties
HOT DISHES French toast Toast Boiled eggs	HOT DISHES Toast Date muffins Poached eggs	HOT DISHES Bacon and eggs Toast Pancakes
LUNCH	LUNCH	LUNCH
SOUP Cream of corn soup	SOUP Cream of tomato soup	SOUP Noodle soup
MEATS Creamed sweet- breads on toast Beef à la mode	MEATS Baked halibut, tartare sauce Egg cutlets, cream sauce	MEATS Roast beef, gravy *Spanish rice

*Indicates dishes in which left-overs may be used to advantage.

DATE Thursday	DATE Friday	DATE Saturday
<p>LUNCH (Continued)</p> <p>VEGETABLES Parsley buttered potatoes Steamed rice in milk Fried eggplant Buttered cabbage</p>	<p>LUNCH (Continued)</p> <p>VEGETABLES Baked potato Fried parsnips Buttered asparagus on toast</p>	<p>LUNCH (Continued)</p> <p>VEGETABLES Mashed potato String beans Spinach and egg</p>
<p>SALADS Fruit salad Head lettuce salad Raisin and carrot salad</p>	<p>SALADS Prune and cottage cheese salad Head lettuce salad Perfection salad</p>	<p>SALADS Grapefruit salad Head lettuce salad Asparagus salad</p>
<p>BREADS Baking-powder biscuits and honey</p>	<p>BREADS Bran muffins</p>	<p>BREADS Parker House rolls</p>
<p>DESSERTS Loganberry cobbler Fruit Maple nut mold, custard sauce Fruit cocktail Cake with fudge frosting Pineapple pie Ice cream</p>	<p>DESSERTS Apple dumplings, lemon sauce Fruit Cocoanut custard Cornstarch pudding, chocolate sauce Spice cake Blackberry pie Ice cream</p>	<p>DESSERTS Orange fritters, syrup Fruit Norwegian prune pudding *Fruit gelatin Angel cake *Mince pie Ice cream</p>
<p>DINNER</p> <p>SOUP Cream of pea soup</p> <p>MEATS Roast pork loin, gravy Macaroni and cheese</p> <p>VEGETABLES Mashed potatoes Baked lima beans with green peppers and pimentos Spinach and lemon</p>	<p>DINNER</p> <p>SOUP Creole soup</p> <p>MEATS Breaded veal chops *Scalloped fish in ramekins</p> <p>VEGETABLES Creamed potatoes Buttered onions Rice croquettes with jelly</p>	<p>DINNER</p> <p>SOUP</p> <p>MEATS</p> <p>VEGETABLES</p>

* Indicates dishes in which left-overs may be used to advantage.

DATE Thursday	DATE Friday	DATE Saturday
DINNER (Continued)	DINNER (Continued)	DINNER (Continued)
SALADS Peach salad Head lettuce salad Tomato salad	SALADS Orange salad Head lettuce salad Celery hearts	SALADS
BREADS Corn muffins	BREADS Cottage rolls	BREADS
DESSERTS Chocolate soufflé Fruit Caramel Bavarian Baked apples Sugar cookies Apricot pie Ice cream	DESSERTS Steamed molasses pudding, egg hard sauce Fruit *Fruit gelatin Tapioca cream Individual tea cakes with raisins Butterscotch pie Ice cream	DESSERTS
DATE Monday	DATE Tuesday	DATE Wednesday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS Apples Sliced oranges Plums, red canned Prunes	FRUITS Bananas Grapefruit Apricot sauce Stewed, red, pitted cherries	FRUITS Grapes Oranges Apple sauce Royal Anne cherries
CEREALS Post toasties Grapenuts Corn meal mush	CEREALS Shredded wheat Puffed rice Oatmeal	CEREALS Malt of wheat Grapenuts Post toasties
HOT DISHES French toast Boiled eggs Toast	HOT DISHES Fried mush Toast Bacon	HOT DISHES Doughnuts Toast Scrambled eggs

* Indicates dishes in which left-overs may be used to advantage.

DATE Monday	DATE Tuesday	DATE Wednesday
LUNCH	LUNCH	LUNCH
SOUP Clear tomato soup	SOUP Cream of potato soup	SOUP Noodle soup
MEATS Baked ham Spaghetti and cheese	MEATS Roast pork and gravy Beef stew	MEATS Creamed chicken on toast Meat loaf
VEGETABLES Browned sweet potatoes Creamed cabbage Baked navy beans	VEGETABLES Mashed potatoes *Corn pudding Buttered beets	VEGETABLES Parsley buttered potatoes Creamed carrots Spinach and lemon
SALADS Banana salad Shredded lettuce salad *Potato salad	SALADS Nut, celery, cabbage salad Head lettuce salad Prune and peanut butter salad	SALADS Sardine salad Head lettuce salad Mashed potato salad
BREADS Brown bread	BREADS Raisin bread Egg and pickle sandwiches	BREADS Baking powder biscuits Cottage cheese, green pepper and nut sandwiches
DESSERTS Peach shortcake Fruit Chocolate pudding Caramel tapioca White cake with orange filling and frosting Custard pie Ice cream	DESSERTS Apple puff pudding, lemon sauce Fruit Floating Island Cranberry sauce Chocolate cake Rhubarb pie Ice cream	DESSERTS *Bread pudding, vanilla sauce Fruit Apricot whip Maple nut mold, custard sauce White cake, white icing Banana cream pie Ice cream

* Indicates dishes in which left-overs may be used to advantage.

DATE Monday	DATE Tuesday	DATE Wednesday
DINNER	DINNER	DINNER
SOUP Cream of lima bean soup	SOUP Cream of celery soup	SOUP Cream of pea soup
MEATS Rib roast, gravy Frankfurters	MEATS Veal birds Creamed dried beef on toast	MEATS Short ribs of beef Sausage balls
VEGETABLES Mashed potatoes Stewed tomatoes Scalloped eggplant	VEGETABLES Baked potatoes String beans Buttered asparagus	VEGETABLES Browned potatoes Buttered onions *Succotash
SALADS Fruit salad Head lettuce salad Perfection salad	SALADS Grape and celery salad Head lettuce salad Cottage cheese salad	SALADS Banana and nut salad Head lettuce salad Tuna fish and celery salad
BREADS Graham muffins	BREADS Corn bread	BREADS Nut bread
DESSERTS Lemon rice pudding Fruit Baked custard *Fruit gelatin Raisin rocks Blueberry pie Ice cream	DESSERTS Chocolate soufflé Fruit *Fruit cocktail Baked prune whip with nuts Doughnuts Pineapple pie Ice cream	DESSERTS *Brown Betty, lemon sauce Fruit Pineapple tapioca *Fruit Bavarian Washington pie, cream filling Raisin pie Ice cream
DATE Thursday	DATE Friday	DATE Saturday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS Apples Bananas Pineapple Pears	FRUITS Peaches Prunes Oranges Stewed figs	FRUITS Cherries Baked apples Grapefruit Peaches

* Indicates dishes in which left-overs may be used to advantage.

TYPES OF MENUS

21

DATE Thursday	DATE Friday	DATE Saturday
BREAKFAST <i>(Continued)</i>	BREAKFAST <i>(Continued)</i>	BREAKFAST <i>(Continued)</i>
CEREALS Cream of rye Puffed wheat Cornflakes	CEREALS Oatmeal Shredded wheat Grapenuts	CEREALS Cream of barley Puffed rice Post toasties
HOT DISHES Fried eggs French toast Toast Broiled ham	HOT DISHES Poached eggs on toast Toast Rice pancakes	HOT DISHES Fried eggs Toast Muffins
LUNCH	LUNCH	LUNCH
SOUP Cream of corn soup	SOUP *Vegetable soup	SOUP Cream of spinach soup
MEATS Swiss steak Creamed eggs on on toast	MEATS Veal roast with dressing Scalloped salmon	MEATS Breaded pork chops Veal hearts en casserole
VEGETABLES Baked potato Mashed rutabagas Creamed celery	VEGETABLES Mashed potato Buttered beets Creamed onions	VEGETABLES Scalloped potatoes Buttered carrots String beans
SALADS Orange salad Head lettuce salad Tomato aspic	SALADS Grapefruit salad Head lettuce salad *Combination vegetable salad	SALADS Pineapple with cottage cheese Head lettuce salad Perfection salad
BREADS Brown bread	BREADS Raised muffins *Fruit sandwiches	BREADS Cinnamon rolls

* Indicates dishes in which left-overs may be used to advantage.

QUANTITY COOKERY

DATE Thursday	DATE Friday	DATE Saturday
<p style="text-align: center;">LUNCH (Continued)</p> <p>DESSERTS Steamed plum pudding, vanilla sauce Fruit Baked apples Cornstarch pudding, chocolate sauce Sponge cake, whipped cream Butterscotch pie Ice cream</p>	<p style="text-align: center;">LUNCH (Continued)</p> <p>DESSERTS *Chocolate rice custard with meringue Fruit *Fruit gelatin Lady Baltimore cake Cream puffs Loganberry pie Ice cream, maple nut sauce</p>	<p style="text-align: center;">LUNCH (Continued)</p> <p>DESSERTS Raspberry roll, raspberry sauce Fruit Red plum whip Rice Bavarian pudding Banana cream cake Apple pie Ice cream</p>
<p style="text-align: center;">DINNER</p> <p>SOUP Cream of tomato soup</p>	<p style="text-align: center;">DINNER</p> <p>SOUP Cream of corn soup</p>	<p style="text-align: center;">DINNER</p> <p>SOUP</p>
<p>MEATS Leg of lamb, gravy *Baked hash</p>	<p>MEATS Fried oysters with lemon Pot roast</p>	<p>MEATS</p>
<p>VEGETABLES Mashed potatoes Creamed cabbage Buttered peas</p>	<p>VEGETABLES Mashed potatoes Scalloped tomatoes Steamed rice in milk</p>	<p>VEGETABLES</p>
<p>SALADS Cottage cheese balls rolled in nuts Head lettuce salad Radishes</p>	<p>SALADS Deviled egg salad Shredded lettuce salad Celery hearts</p>	<p>SALADS</p>
<p>BREADS Muffins</p>	<p>BREADS Baking-powder biscuits</p>	<p>BREADS</p>

* Indicates dishes in which left-overs may be used to advantage.

DATE Thursday	DATE Friday	DATE Saturday
<p style="text-align: center;">DINNER (Continued)</p> <p>DESSERTS *Baked rice pudding Fruit *Date torte, whipped cream Orange custard Chocolate cake Cherry pie Ice cream</p>	<p style="text-align: center;">DINNER (Continued)</p> <p>DESSERTS Peach cobbler Fruit Apple tapioca *Charlotte russe White cake, chocolate icing Lemon pie Ice cream</p>	<p style="text-align: center;">DINNER (Continued)</p> <p>DESSERTS</p>
DATE Monday	DATE Tuesday	DATE Wednesday
<p style="text-align: center;">BREAKFAST</p> <p>FRUITS Oranges Baked apples Cherries Prunes</p>	<p style="text-align: center;">BREAKFAST</p> <p>FRUITS Grapefruit Bananas Plums Apricots</p>	<p style="text-align: center;">BREAKFAST</p> <p>FRUITS Apple sauce Peaches Pineapple Grapefruit</p>
<p>CEREALS Malt of wheat Cornflakes Grapenuts</p>	<p>CEREALS Oatmeal Shredded wheat Puffed rice</p>	<p>CEREALS Cream of rye Puffed wheat Grapenuts</p>
<p>HOT DISHES Toast *Crumb pancakes Fried eggs</p>	<p>HOT DISHES Toast Bran muffins Poached eggs</p>	<p>HOT DISHES Toast French toast Bacon</p>
DATE LUNCH	DATE LUNCH	DATE LUNCH
<p>SOUP Cream of corn soup</p> <p>MEATS Small steaks *Cheese fondue</p>	<p>SOUP Peanut butter soup</p> <p>MEATS Roast lamb, mint sauce Weiners</p>	<p>SOUP *Vegetable soup</p> <p>MEATS Liver and bacon *Hamburg balls</p>

* Indicates dishes in which left-overs may be used to advantage.

DATE Monday	DATE Tuesday	DATE Wednesday
LUNCH (Continued)	LUNCH (Continued)	LUNCH (Continued)
VEGETABLES Creamed potatoes Beets in vinegar Buttered onions	VEGETABLES Mashed potatoes Carrots and peas Creamed cabbage	VEGETABLES Glazed sweet potatoes *Corn pudding Spinach and lemon
SALADS Pear salad Head lettuce salad Cabbage slaw	SALADS *Potato salad Head lettuce salad Tomato aspic salad	SALADS Apple and celery salad Head lettuce salad Cottage cheese salad
BREADS *Crumb muffins *Fruit sandwiches	BREADS Cottage rolls	BREADS Corn bread *Ham and pickle sandwiches
DESSERTS Rice and raisins with hard sauce Fruit *Fruit gelatin Maple nut mold, custard sauce Spice cake Cocoanut cream pie Ice cream	DESSERTS *Brown Betty, lemon sauce Fruit Apricot whip Caramel custard White cake, choco- late frosting Raspberry pie Ice cream	DESSERTS Lemon rice pudding Fruit *Fruit cocktail *Date torte, whipped cream Apple-sauce cake Chocolate pie Ice cream
DINNER	DINNER	DINNER
SOUP *Tomato stock soup	SOUP Oyster stew	SOUP Cream of spinach soup
MEATS Baked ham *Meat loaf	MEATS Roast veal, gravy Rice and nut loaf, brown sauce	MEATS Rib roast of beef, gravy Salmon croquettes, cream sauce
VEGETABLES Baked potatoes *Scalloped corn Mashed squash	VEGETABLES Mashed potatoes Buttered turnips String beans	VEGETABLES Mashed potatoes Spaghetti and toma- toes Creamed onions

* Indicates dishes in which left-overs may be used to advantage.

DATE Monday	DATE Tuesday	DATE Wednesday
<p>DINNER (Continued)</p> <p>SALADS Cottage cheese with nuts, green peppers and pimentos Head lettuce salad Asparagus salad</p>	<p>DINNER (Continued)</p> <p>SALADS Pineapple and celery salad Head lettuce salad *Combination vegetable salad</p>	<p>DINNER (Continued)</p> <p>SALADS Grapefruit salad Head lettuce salad Sliced cucumbers</p>
<p>BREADS Baking-powder biscuits</p>	<p>BREADS Nut bread</p>	<p>BREADS Cottage rolls</p>
<p>DESSERTS Baked apples Fruit Prune pudding Pineapple pudding Jelly roll Gooseberry and raisin pie Ice cream</p>	<p>DESSERTS Cherry steamed pudding, cherry sauce Tapioca cream Chocolate blanc mange Fruit Cake with fig filling and white frosting Butterscotch pie Ice cream</p>	<p>DESSERTS Grapenut pudding, lemon sauce Fig tapioca Fruit Snow pudding, custard sauce Doughnuts Apricot pie Ice cream</p>
DATE Thursday	DATE Friday	DATE Saturday
<p>BREAKFAST</p> <p>FRUITS Oranges Apple sauce Apricots Plums</p>	<p>BREAKFAST</p> <p>FRUITS Grapefruit Bananas Peaches Prunes</p>	<p>BREAKFAST</p> <p>FRUITS Oranges Cherries Grapefruit Plums</p>
<p>CEREALS Cream of wheat Cornflakes Grapenuts</p>	<p>CEREALS Cream of barley Puffed wheat Cornflakes</p>	<p>CEREALS Corn meal mush Shredded wheat Grapenuts</p>
<p>HOT DISHES Toast Buckwheat cakes Poached eggs</p>	<p>HOT DISHES Toast Sausages Muffins</p>	<p>HOT DISHES Toast French toast Fried eggs</p>

* Indicates dishes in which left-overs may be used to advantage.

DATE Thursday	DATE Friday	DATE Saturday
LUNCH	LUNCH	LUNCH
SOUP Cream of pea soup	SOUP Cream of lima bean soup	SOUP *Chicken and rice soup
MEATS Breaded veal *Mutton stew with vegetables	MEATS Chicken and biscuit Codfish balls, cream sauce	MEATS Rib roast of beef Tongue with mustard sauce
VEGETABLES Browned potatoes *Succotash Creamed asparagus	VEGETABLES Baked potatoes Buttered peas Creamed celery	VEGETABLES Mashed potatoes Fried parsnips String beans
SALADS *Fruit salad Head lettuce salad Beet and egg salad	SALADS Deviled egg salad Head lettuce salad Lobster salad	SALADS Prune and cottage cheese salad Head lettuce salad *Potato salad
BREADS Baking-powder cinnamon rolls	BREADS Plain muffins Lettuce sandwiches	BREADS Cottage rolls
DESSERTS Peach cobbler Fruit Prune whip Floating Island White cake, white frosting Apple pie Ice cream	DESSERTS *Bread pudding, vanilla sauce Fruit Caramel pudding Baked apples Chocolate cake, chocolate icing Cream pie Ice cream	DESSERTS Chocolate soufflé Fruit Norwegian prune pudding *Fruit cocktail Apple sauce cake, chocolate icing *Mince pie Ice cream
DINNER	DINNER	DINNER
SOUP Cream of tomato soup	SOUP Cream of potato soup	SOUP
MEATS Roast pork and dressing *Cottage cheese croquettes, cream sauce	MEATS Steamed whitefish, egg sauce Breaded veal hearts	MEATS

* Indicates dishes in which left-overs may be used to advantage.

DATE Thursday	DATE Friday	DATE Saturday
<p>DINNER (Continued)</p> <p>VEGETABLES Mashed potatoes Cabbage in vinegar Creamed carrots</p>	<p>DINNER (Continued)</p> <p>VEGETABLES Creamed potatoes Stewed tomatoes Corn with pimentos and green peppers</p>	<p>DINNER (Continued)</p> <p>VEGETABLES</p>
<p>SALADS Apricot salad Head lettuce salad Celery hearts</p>	<p>SALADS Banana salad Head lettuce salad Spinach and egg salad</p>	<p>SALADS</p>
<p>BREADS Hot rolls</p>	<p>BREADS Corn bread</p>	<p>BREADS</p>
<p>DESSERTS Carrot plum pudding, vanilla sauce Date and nut blanc mange, custard sauce Chocolate pudding Fruit Cup cakes with fruit Banana cream pie Ice cream</p>	<p>DESSERTS Apple dumplings, lemon sauce Fruit Baked custard Orange gelatin Lemon filled layer cake Blueberry pie Ice cream</p>	<p>DESSERTS</p>
DATE Monday	DATE Tuesday	DATE Wednesday
<p>BREAKFAST</p> <p>FRUITS Bananas Peaches Grapefruit Baked apples</p>	<p>BREAKFAST</p> <p>FRUITS Oranges Apricots Prunes Royal Anne cherries</p>	<p>BREAKFAST</p> <p>FRUITS Plums Fresh apples Bananas Grapefruit</p>
<p>CEREALS Oatmeal Puffed wheat Cornflakes</p>	<p>CEREALS Cream of wheat Cornflakes Grapenuts</p>	<p>CEREALS Corn meal Shredded wheat Puffed rice</p>

* Indicates dishes in which left-overs may be used to advantage.

DATE Monday	DATE Tuesday	DATE Wednesday
<p>BREAKFAST (Continued)</p> <p>HOT DISHES Toast Poached eggs French toast</p>	<p>BREAKFAST (Continued)</p> <p>HOT DISHES Toast *Crumb griddle cakes Bacon and fried apples</p>	<p>BREAKFAST (Continued)</p> <p>HOT DISHES Toast Creamed dried beef on toast Doughnuts</p>
<p>LUNCH</p> <p>SOUP Cream of potato soup</p>	<p>LUNCH</p> <p>SOUP *Creole soup</p>	<p>LUNCH</p> <p>SOUP Cream of corn soup</p>
<p>MEATS Baked ham Macaroni and cheese</p>	<p>MEATS *Scalloped oysters Roast beef, gravy</p>	<p>MEATS Roast lamb, gravy Meat pie</p>
<p>VEGETABLES Baked sweet potatoes Spinach and egg *Corn pudding</p>	<p>VEGETABLES Parsley buttered potatoes Mashed squash Beets in vinegar</p>	<p>VEGETABLES Mashed potatoes Fried parsnips Creamed peas</p>
<p>SALADS Apple, celery and nut salad Head lettuce salad *Combination vegetable salad</p>	<p>SALADS *Fruit salad Head lettuce salad Cottage cheese, chopped celery and pimento salad</p>	<p>SALADS Banana salad Head lettuce salad *Potato salad</p>
<p>BREADS Crumb muffins</p>	<p>BREADS Corn bread Fruit sandwiches</p>	<p>BREADS Cottage rolls</p>
<p>DESSERTS Steamed plum pudding, vanilla sauce Fruit Baked custard Prune whip Jelly roll, chocolate filling Peach pie Ice cream</p>	<p>DESSERTS Loganberry cobbler Fruit Caramel Bavarian cream Baked apples Ginger cake, whipped cream Lemon pie Ice cream</p>	<p>DESSERTS *Prunecot shortcake Fruit Apple tapioca *Fruit cocktail Washington pie, chocolate filling Custard pie Ice cream</p>

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DATE Monday	DATE Tuesday	DATE Wednesday
DINNER	DINNER	DINNER
SOUP Cream of tomato soup	SOUP Cream of spinach soup	SOUP *Chicken and rice soup
MEATS Roast pork, dressing, gravy Mutton stew	MEATS Chicken à la king on toast *Meat loaf	MEATS Small steaks *Cheese and tomato soufflé
VEGETABLES Mashed potatoes Creamed celery Rice croquettes, jelly	VEGETABLES French fried pota- toes *Scalloped tomatoes Creamed cauliflower	VEGETABLES Creamed potatoes *Scalloped corn String beans
SALADS Orange salad Head lettuce salad Cabbage salad	SALADS Grapefruit salad Head lettuce salad Beet and egg salad	SALADS Pear salad Head lettuce salad Tuna fish salad
BREADS Graham bread	BREADS Baking-powder biscuits and maple syrup	BREADS *Crumb muffins
DESSERTS *Brown Betty, lemon sauce Fruit Tapioca cream Chocolate blanc mange Spice cake Cocoanut cream pie Ice cream	DESSERTS *Chocolate rice pud- ding Fruit Cocoanut custard Pineapple pudding White cake with white icing Cherry pie Ice cream	DESSERTS Cottage pudding, lemon sauce Fruit Cornstarch blanc mange, fruit sauce Chocolate pudding Caramel cake *Mince pie Ice cream
DATE Thursday	DATE Friday	DATE Saturday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS Peaches Pineapple Oranges Prunes	FRUITS Grapefruit Bananas Prunes Apricots	FRUITS Oranges Plums Baked apples Cherries

* Indicates dishes in which left-overs may be used to advantage.

DATE Thursday	DATE Friday	DATE Saturday
<p>BREAKFAST (Continued)</p> <p>CEREALS Cream of rice with raisins Puffed wheat Grapenuts</p>	<p>BREAKFAST (Continued)</p> <p>CEREALS Cream of rye Cornflakes Shredded wheat</p>	<p>BREAKFAST (Continued)</p> <p>CEREALS Cream of barley Puffed rice Grapenuts</p>
<p>HOT DISHES Toast French toast Fried eggs</p>	<p>HOT DISHES Toast Muffins Pancakes Broiled ham</p>	<p>HOT DISHES Toast Poached eggs Milk toast</p>
<p>LUNCH</p> <p>SOUP Cream of lima bean soup</p>	<p>LUNCH</p> <p>SOUP Cream of tomato soup</p>	<p>LUNCH</p> <p>SOUP Cream of celery soup</p>
<p>MEATS Pork chops *Hamburg balls</p>	<p>MEATS Fried salmon steak with lemon *Baked hash</p>	<p>MEATS Swiss steak *Cottage cheese croquettes with cream sauce</p>
<p>VEGETABLES Glazed sweet potatoes Buttered onions Kidney beans</p>	<p>VEGETABLES Creamed potatoes Buttered cauliflower Corn with pimento and green peppers</p>	<p>VEGETABLES Mashed potatoes Buttered rutabagas Stewed tomatoes</p>
<p>SALADS Pineapple with cottage cheese Head lettuce salad Asparagus salad</p>	<p>SALADS Celery cabbage salad Head lettuce salad *Fruit salad</p>	<p>SALADS Shrimp salad Head lettuce salad String bean and shallot salad</p>
<p>BREADS Nut bread</p>	<p>BREADS Muffins</p>	<p>BREADS Cinnamon rolls</p>

* Indicates dishes in which left-overs may be used to advantage.

DATE Thursday	DATE Friday	DATE Saturday
<p style="text-align: center;">LUNCH (Continued)</p> <p>DESSERTS Apple fritters with syrup Fruit Apricot whip Maple nut mold, custard sauce Banana cream cake Blackberry pie Ice cream</p>	<p style="text-align: center;">LUNCH (Continued)</p> <p>DESSERTS Bread pudding, vanilla sauce Fruit Snow pudding, custard sauce Fig tapioca Cake with orange filling and frosting Apple pie Ice cream</p>	<p style="text-align: center;">LUNCH (Continued)</p> <p>DESSERTS Steamed cherry pudding, cherry sauce Fruit Chocolate blanc mange Pineapple tapioca Nut cake Apricot pie Ice cream</p>
<p style="text-align: center;">DINNER</p> <p>SOUP Cream of pea soup</p> <hr/> <p>MEATS Rib roast of beef Veal hearts en casserole</p> <hr/> <p>VEGETABLES Mashed potatoes Buttered beets Cabbage in vinegar</p> <hr/> <p>SALADS Peach salad Head lettuce salad Sliced or green onions</p> <hr/> <p>BREADS Graham muffins</p>	<p style="text-align: center;">DINNER</p> <p>SOUP *Vegetable soup</p> <hr/> <p>MEATS *Scalloped fish Sausage balls, cream sauce</p> <hr/> <p>VEGETABLES French fried potatoes Buttered carrots Creamed asparagus</p> <hr/> <p>SALADS Orange salad Head lettuce salad Celery hearts</p> <hr/> <p>BREADS .</p>	<p style="text-align: center;">DINNER</p> <p>SOUP</p> <hr/> <p>MEATS</p> <hr/> <p>VEGETABLES</p> <hr/> <p>SALADS</p> <hr/> <p>BREADS</p>

* Indicates dishes in which left-overs may be used to advantage.

<p>DATE Thursday</p> <p>DINNER (Continued)</p> <p>DESSERTS Grapenut pudding, lemon sauce Fruit *Fruit gelatin Norwegian prune pudding Sponge cake Pineapple pie Ice cream</p>	<p>DATE Friday</p> <p>DINNER (Continued)</p> <p>DESSERTS *Baked rice pudding Fruit Baked rhubarb *Charlotte russe Doughnuts Chocolate pie Ice cream</p>	<p>DATE Saturday</p> <p>DINNER (Continued)</p> <p>DESSERTS</p>
<p>DATE Monday</p> <p>BREAKFAST</p> <p>FRUITS Peaches Red pitted cherries Grapefruit Apple sauce</p> <p>CEREALS Rice boiled in milk Puffed wheat Grapenuts</p> <p>HOT DISHES Pancakes Cinnamon toast Bacon</p>	<p>DATE Tuesday</p> <p>BREAKFAST</p> <p>FRUITS Oranges Grapefruit Peaches Baked apples</p> <p>CEREALS Malt of wheat Post toasties Shredded wheat</p> <p>HOT DISHES Creamed eggs on toast Graham muffins Toast</p>	<p>DATE Wednesday</p> <p>BREAKFAST</p> <p>FRUITS Bananas Grapes Plums Grapefruit</p> <p>CEREALS Oatmeal Puffed rice Grapenuts</p> <p>HOT DISHES Ham and eggs Toast Buckwheat cakes</p>
<p>LUNCH</p> <p>SOUP Cream of tomato soup</p> <p>MEATS Rib roast of beef and gravy Tongue, mustard sauce</p>	<p>LUNCH</p> <p>SOUP *Vegetable soup</p> <p>MEATS Breaded veal steak *Corned beef hash, tartare sauce</p>	<p>LUNCH</p> <p>SOUP Cream of asparagus soup</p> <p>MEATS Roast loin of pork, dressing, gravy *Cheese fondue</p>

* Indicates dishes in which left-overs may be used to advantage.

DATE Monday	DATE Tuesday	DATE Wednesday
<p style="text-align: center;">LUNCH (Continued)</p> <p>VEGETABLES Mashed potato String beans Fried eggplant</p>	<p style="text-align: center;">LUNCH (Continued)</p> <p>VEGETABLES Creamed potatoes Buttered onions Scalloped tomatoes</p>	<p style="text-align: center;">LUNCH (Continued)</p> <p>VEGETABLES Mashed sweet potatoes Lima beans, with green peppers and pimentos Creamed celery</p>
<p>SALADS Prune and cottage cheese salad Head lettuce salad Tuna fish salad</p>	<p>SALADS Peach salad Head lettuce salad *Combination vegetable salad</p>	<p>SALADS *Potato salad Shredded lettuce and egg salad Shrimp salad</p>
<p>BREADS Fig, raisin and nut sandwiches</p>	<p>BREADS Bran muffins Peanut butter and pickle sandwiches</p>	<p>BREADS Baking-powder biscuits with syrup</p>
<p>DESSERTS Loganberry cobbler Fruit *Fruit whip Date and nut blanc mange, custard sauce Cake with fudge icing Custard pie Ice cream</p>	<p>DESSERTS Steamed molasses pudding, egg hard sauce Fruit Chocolate blanc mange Baked custard Lady Baltimore cake Gooseberry and raisin pie Ice cream</p>	<p>DESSERTS Lemon rice pudding Fruit *Charlotte russe *Fruit cocktail Chocolate cake, white icing Pumpkin pie Ice cream</p>
<p style="text-align: center;">DINNER</p> <p>SOUP Cream of celery soup</p>	<p style="text-align: center;">DINNER</p> <p>SOUP Cream of corn soup</p>	<p style="text-align: center;">DINNER</p> <p>SOUP Creole soup</p>
<p>MEATS Ham and eggs *Meat croquettes, brown sauce</p>	<p>MEATS Roast lamb, currant jelly *Meat pie</p>	<p>MEATS Short ribs of beef Egg cutlets, cream sauce</p>

* Indicates dishes in which left-overs may be used to advantage.

DATE Monday	DATE Tuesday	DATE Wednesday
DINNER (Continued)	DINNER (Continued)	DINNER (Continued)
VEGETABLES Baked potato Spinach and lemon *Succotash	VEGETABLES Mashed potatoes Buttered peas Mashed rutabagas	VEGETABLES Browned potatoes Creamed asparagus Rice in milk
SALADS Banana salad Head lettuce salad Cucumber salad	SALADS Grapefruit salad Head lettuce salad Cabbage slaw	SALADS Apple and pineapple salad Head lettuce salad Perfection salad
BREADS Rolls	BREADS Parker House rolls	BREADS Corn muffins
DESSERTS *Chocolate bread pudding, vanilla sauce Fruit Norwegian prune pudding *Fruit cocktail Nut loaf cake Blueberry pie Ice cream	DESSERTS Grapenut pudding, lemon sauce Fruit Snow pudding, custard sauce Fig tapioca Sponge cake Butterscotch pie Ice cream	DESSERTS Prune custard pud- ding Fruit *Fruit gelatin Baked apples Spice cake Apricot pie Ice cream
DATE Thursday	DATE Friday	DATE Saturday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS Grapefruit Peaches Oranges Prunes	FRUITS Pears Plums Grapes Apricot sauce	FRUITS Bananas Peaches Oranges Plum sauce
CEREALS Cream of barley Puffed wheat Grapenuts	CEREALS Cream of rye Shredded wheat Post toastles	CEREALS Cream of wheat Puffed rice Grapenuts

* Indicates dishes in which left-overs may be used to advantage.

DATE Thursday	DATE Friday	DATE Saturday
<p>BREAKFAST (Continued)</p> <p>HOT DISHES *Fried corn meal mush Bacon Toast</p>	<p>BREAKFAST (Continued)</p> <p>HOT DISHES Poached eggs White Mt. muffins Pancakes Broiled ham</p>	<p>BREAKFAST (Continued)</p> <p>HOT DISHES *Scrambled eggs with bacon Cinnamon toast Toast</p>
<p>LUNCH</p> <p>SOUP Cream of bean soup</p> <p>MEATS Chicken à la king Sausage balls</p> <p>VEGETABLES Parsley buttered potatoes Mashed squash Creamed peas</p> <p>SALADS Banana salad Head lettuce salad *Spinach and egg salad</p> <p>BREADS *Ham sandwiches Hot rolls</p> <p>DESSERTS Orange shortcake Fruit Baked apples stuffed with raisins and nuts Caramel custard Washington pie, chocolate filling Rhubarb pie Ice cream</p>	<p>LUNCH</p> <p>SOUP *Chicken noodle soup</p> <p>MEATS Baked whitefish with dressing Rice and nut loaf, cream sauce</p> <p>VEGETABLES Baked potatoes Cabbage in vinegar Beets, buttered</p> <p>SALADS *Fruit salad, whipped cream Head lettuce salad Tomato salad</p> <p>BREADS Corn bread</p> <p>DESSERTS Steamed cherry pudding, cherry sauce Fruit Prune whip Date torte, whipped cream Jelly roll, cream filling Apple pie Ice cream</p>	<p>LUNCH</p> <p>SOUP Peanut butter soup</p> <p>MEATS Hot roast beef sandwiches and gravy *Veal croquettes, brown sauce</p> <p>VEGETABLES Scalloped potatoes Corn and pimentos Fried parsnips</p> <p>SALADS Pineapple salad Head lettuce salad Cottage cheese salad</p> <p>BREADS *Steamed brown bread</p> <p>DESSERTS Cottage pudding, lemon sauce Fruit Pineapple pudding Tapioca cream *Oatmeal cookies Raisin pie Ice cream, chocolate sauce</p>

* Indicates dishes in which left-overs may be used to advantage.

DATE Thursday	DATE Friday	DATE Saturday
DINNER	DINNER	DINNER
SOUP Cream of potato soup	SOUP Cream of pea soup	SOUP
MEATS Roast veal, dressing, gravy *Baked hash	MEATS Pork chops, dressing Codfish balls, cream sauce	MEATS
VEGETABLES Mashed potatoes Buttered carrots String beans	VEGETABLES Baked sweet potatoes Apple fritters with syrup Stewed tomatoes	VEGETABLES
SALADS Cottage cheese balls rolled in nuts Head lettuce salad Asparagus salad	SALADS Tuna fish salad Shredded lettuce salad Kidney bean salad	SALADS
BREADS Bran muffins	BREADS *Crumb muffins	BREADS
DESSERTS Blackberry cobbler Fruit Floating Island Chocolate pudding Apple sauce cake, chocolate icing Lemon pie Ice cream	DESSERTS *Old-fashioned rice pudding Fruit Maple nut mold, custard sauce Orange Bavarian cream Gingerbread, whipped cream Chocolate pie Ice cream	DESSERTS

TEA-ROOM MENUS

The tea-room menu is characterized by daintiness and excellence in food, garnish and service. Large tea rooms serve a variety such as is found in large

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hotels, with practically no changes in their menus from day to day. They are open to the same criticism as are the cafeterias that serve everything in the market at every meal, and so make their menu monotonous. Smaller tea rooms offer limited choices, — soups, relishes, hot dishes, vegetables, salads, breads and beverages. To add choices to a menu beyond the number which will satisfy the patrons is not economy. The longer the menu list, the more labor, equipment, food wastage and spoilage. Therefore the tea-room menu list should be as simple as is consistent with the demands of those to be served. The menus shown below are of the type which are changed from day to day. The first is a very good example of this type, embodying a moderate degree of choice. It is suitable for a tea room serving perhaps six hundred or more people daily.

LUNCHEON¹

Iced Fruit Cocktail		Iced Grape Fruit
Tuna Fish Cocktail	Grape Fruit & Mint Cocktail	Oyster Cocktail
Celery Hearts	Button Radishes	Olives

SOUP

Vegetable Soup	Oyster Stew	Cream of Corn Soup
Lamb Broth & Rice		Chicken & Tomato Puree

MEATS, FISH, ETC.

French Bread, Hot Rolls, or Bran Muffins Served with these Orders

Roast Chicken, Dressing, Mashed Potatoes and Gravy
 Creamed Sweetbreads on Toast with French Fried Potatoes
 Chicken Baked with Noodles in Casserole and Toasted Bran Muffins
 Fried Oysters with Chili Sauce and Baked Potato
 Broiled Tenderloin Steak with Sweet Potatoes Southern Style
 Breaded Veal with Browned Potatoes and Gravy
 Broiled White Fish with Lyonnaise Potatoes
 Cheese Omelet with Toasted Rolls and Preserves
 Rice and Salmon Box with Mexican Slaw
 Assorted Hot Vegetable Dinner

¹ Courtesy of The Lazarus Tea Room, Columbus, Ohio.

VEGETABLES

Apple Fritters	Candied Sweet Potatoes	Baby Garden Beets
Buttered Asparagus on Toast		Buttered or Creamed Peas
Fresh Spinach & Egg	Sautéd Egg Plant	Home Baked Beans

BREADS

Hot Biscuits with Orange Marmalade	Nut Bread	Toasted Cheese Rolls
Brain Muffins	Rye Bread & Swiss Cheese Sandwich	French Bread
Toasted English Muffins	Hot Home Made Rolls	Hot Corn Bread

SALADS

Combination Salad		Sweetbread Salad
Shrimp Salad		Club Salad
Chicken Stuffed Paradise Peppers	Tomato Stuffed with Cottage Cheese & Almonds	
Chicken Salad		Tuna Fish Salad
Sliced Tomato & Cheese Ball Salad	Head Lettuce and Roquefort Cheese Dressing	
Pineapple, Prune and Neufchatel Cheese Salad	Grape Fruit & Orange Salad	
Cream Slaw		Waldorf Salad
California Fruit and Nut Salad	Fruit Salad	Banana and Walnut Salad
Shredded Lettuce and Egg Salad	Head Lettuce with Thousand Island Dressing	
Stuffed Egg Salad with Thousand Island Dressing	Lazarus Vegetable Salad	

FROZEN DESSERTS, PASTRY, ETC.

Fresh Strawberries and Cream		Black Walnut Loaf Cake
Lemon Pie	Red Raspberry Roll with Cream	Almond Macaroons
Apple Pie à la Mode	Fresh Apple Pie with Cheese	Coffee Parfait
Chocolate Ice Cream	Charlotte Russe	Prune Whip with Cream
Cherry Parfait		Bittersweet Chocolate Parfait
Chocolate Meringue with Vanilla Ice Cream Center	Apricot & Almond Parfait	
Chocolate Almond Parfait		Butter Scotch Meringue
Hot Fudge Sundae	Steamed Fruit Pudding with Hard Sauce	
		Chocolate Mint Parfait
Vanilla Ice Cream	Black Walnut Frozen Cream	French Cake
Bittersweet Chocolate Meringue		Chocolate Luxurro Dessert
Vanilla Ice Cream with Swiss Chocolate Sauce		Date & Nut Parfait
Baked Apple & Whipped Cream		Apricot à la Mode

Less choice is shown in the following menus which would be suitable to a tea room serving from two hundred to six hundred daily.

TEA-ROOM MENU¹

Celery Olives Radishes
Green onions Fruit cocktail Spiced figs

Tomato bouillon in cup Tureen For two
Barley soup in cup Tureen For two

White fish broiled to order

Spring chicken, country style, jelly
Broiled lamb chops, peas
Roast leg of veal, dressing
Fresh mushrooms on toast
Boiled beef, horse radish sauce

Boiled rice and cream Asparagus on toast
Candied sweet potatoes Buttered new beets

Head lettuce, vinaigrette dressing
Waldorf salad
Fresh fruit salad, mayonnaise dressing
Combination vegetable salad, French dressing

Cinnamon rolls Parker House rolls
Nut bread Corn bread Maple syrup

Vanilla ice cream Wintergreen sherbet
Baked apples, whipped cream
Apple pie Red raspberry pie Whipped cream

Grapefruit half; whole
Strawberry shortcake, whipped cream
Ice cream sandwich, hot chocolate sauce

Banana custard, whipped cream
Fresh cake Whipped cream
Pineapple Bavarian cream, whipped cream
Coffee or tea

¹ Courtesy of Glass Block Tea Room, Duluth, Minnesota.

Still less choice is offered in the menus printed below, yet they are entirely satisfactory for a very small tea room serving not more than one hundred daily.

Tea-Room Menus

Relishes

Salted Almonds
Celery Hearts

Soup

Bouillon with Wafers

Ready to Serve

Lambs Chops and Peas
Creamed Fresh Mushrooms on
Toast

Vegetables

French Fried Potatoes
Scalloped Cauliflower

Salads

Tea-room Special Salad
Head Lettuce Salad with
Thousand Island Dressing
Frozen Fruit Salad

Sandwiches

Club Sandwiches
Olive Sandwiches

Breads

Hot Cinnamon Rolls
Bread and Butter

Desserts

Baked Alaska
Baked Apples
Orange Bavarian
Wellesley Fudge Cake

Beverages

Coffee: per cup for one
per pot for one
per pot for two
Tea: per pot for one
per pot for two
Chocolate per cup

Relishes

Celery Hearts and Stuffed Olives
Salted Almonds

Cocktail

Oyster Cocktail

Ready to Serve

Fillet of Sole, Tartare Sauce
Omelet with Jelly

Vegetables

Potatoes in Half Shell
Brussels Sprouts, Buttered

Salads

Chicken Salad
Head Lettuce Salad with
Thousand Island Dressing
Fruit Salad

Sandwiches

Cream Cheese Sandwiches
Ham and Olive Sandwiches

Breads

Hot Biscuits and Honey
Assorted Breads and Butter

Desserts

Chocolate Meringue Pudding
Maple Mousse
Lady Baltimore Cake

Beverages

Coffee: per cup for one
per pot for one
per pot for two
Tea: per pot for one
per pot for two
Chocolate per cup

Relishes

Stuffed Olives
Fresh Shallots
Raspberry Jam

Soup

Cream of Corn Soup

Ready to Serve

Broiled Tenderloin of Pork
Corned Beef Hash with Poached
Egg and Tartare Sauce

Vegetables

Sweet Potato Croquettes
Artichokes with Drawn Butter
Sauce
Boston Baked Beans and Brown
Bread

Salads

Stuffed Tomato
Head Lettuce with Thousand
Island Dressing
Asparagus and Cold Chicken Mousse

Relishes

Honey in Glasses
Queen Olives
Raspberry Jam

Soup

Consommé with Vegetables

Ready to Serve

Chicken à la King in Bread Cases
Meat Rosettes

Vegetables

Scalloped Sweet Potatoes with
Apples
Fried Oyster Plant

Salads

Lobster Salad
Head Lettuce Salad with Thousand
Island Dressing
Delicious Fruit Salad

Sandwiches

Date and Nut Sandwiches
Hot Roast Beef Sandwiches

Breads

Cranberry Muffins
Assorted Bread and Butter

Desserts

Banana Cream Cake
Individual Pumpkin Pies
Ice Cream with Hot Maple
Fudge Pecan Sauce
Baked Prune Whip

Beverages

Coffee: per cup for one
per pot for one
per pot for two
Tea: per pot for one
per pot for two
Chocolate per cup

Sandwiches

Toasted Cheese Sandwiches
Cold Sliced Tongue Sandwiches

Breads

Date Muffins
Assorted Breads and Butter
Bread and Butter Folds

Desserts

Individual Orange Pies
Baked Alaska
Wellesley Fudge Cake
Baked Custards with Maple Sauce

Beverages

Coffee: per cup for one
per pot for one
per pot for two
Tea: per pot for one
per pot for two
Chocolate per cup

CHAPTER IV

SUGGESTIVE CHARTS AND LISTS TO BE USED IN MENU PLANNING

LIST OF FOODS

SOUPS

Cream soups

Cream of corn
Cream of pea
Cream of tomato
Cream of asparagus
Cream of celery
Cream of potato
Cream of browned
onion
Cream of navy bean
Cream of lima bean
Cream of peanut but-
ter
Cream of spinach
Oyster stew

Stock soups

Consommé
Bouillon
Tomato bouillon
Vegetable soup
Creole soup

Stock soups (continued)

Mutton broth
Rice tomato soup
Chicken soup with rice
Chicken soup with
noodles
Vermicelli
Clear tomato

MEATS

Beef

Rib roast
Pot roast
Hot roast beef sand-
wiches
Beef à la mode
Swiss steak
Steaks, tenderloin and
sirloin
Hungarian goulash
Beef loaf
Hamburg balls

Beef (continued)

Creamed dried beef
on toast
Short ribs and
browned potatoes
Corned beef hash;
with poached eggs
Meat pie
Meat stew with vege-
tables
Meat stew with dump-
lings
Meat croquettes
Corned beef and cab-
bage
Beef heart and dress-
ing
Mock duck

Pork

Roast pork
Roast pork and dress-
ing
Roast pork and apple
sauce
Pork chops
Pork chops with dress-
ing
Baked ham
Ham baked in milk
Broiled ham
Ham and eggs
Sausages
Bacon and eggs

Pork (continued)

Broiled pork tender-
loin
Frankfurts
Spare ribs and sauer-
kraut
Spare ribs and dressing

Lamb and mutton

Roast lamb and gravy
Roast lamb and mint
sauce
Lamb stew with veg-
etables
Lamb chops
Roast mutton
Mutton chops
Mutton stew

Veal

Roast veal and dress-
ing
Breaded veal
Veal loaf
Calves liver and bacon
Veal stew, plain; with
vegetables; with
peas
Veal birds
Breaded veal heart
Veal rosettes

Veal (continued)

Veal croquettes
 Scalloped veal with
 rice
 Veal hearts en casse-
 role

Chicken

Roast chicken
 Chicken fricassee
 Chicken giblets with
 rice
 Chicken and biscuit
 Creamed chicken,
 with biscuits; on
 toast; in bread
 cases; in timbales
 Chicken pie, white
 and dark meat; all
 white meat
 Chicken à la King
 Chicken croquettes
 Hot chicken sandwich

FISH

Salmon

Fresh salmon,
 Steamed; baked

Salmon (continued)

Fresh salmon fried in
 steaks
 Canned salmon in loaf
 Scalloped salmon
 Creamed salmon on
 toast
 Salmon with lemon
 Salmon croquettes

Whitefish

Steamed; baked;
 planked; with
 dressing

Trout

Baked; fried

Codfish

Creamed, on plain
 boiled potatoes
 Codfish balls

Halibut

Steamed; fried; baked
 Scalloped fish
 Fish cakes

OYSTERS

Scalloped
 Creamed oysters on toast
 Fried
 Oyster cocktail
 Oyster stew

EGGS

- Fried with ham
with bacon
- Egg croquettes
- Egg cutlets
- Scrambled eggs with
minced ham
with bacon
with marmalade
with jelly
- Poached eggs; on toast
- Baked eggs in ramekin;
in potato nest
- Steamed eggs
- Creamed eggs on toast

CHEESE DISHES

- Cheese fondue
- Cheese soufflé
- Rice and cheese
- Macaroni and cheese
- Hominy and cheese
- Spaghetti and cheese
- Creamed cheese
- Cottage cheese loaf with
nuts and green pep-
pers
- Cottage cheese cro-
quettes with white
sauce

MEAT SUBSTITUTES

- Turkish pilaf
- Rice and nut loaf
- Spanish rice
- Peanut and rice loaf
- Lentil loaf
- Rice croquettes
- Spaghetti and tomatoes
- Spaghetti and tomatoes
with bacon

MISCELLANEOUS MEAT

DISHES

- Hash
- Croquettes
- Tongue
- Heart
- Frankfurts
- Brains, fried
with scrambled eggs
- Sweetbreads

VEGETABLES

- Potatoes*
- Baked
- Mashed
- Scalloped

Potatoes (continued)

Creamed
 American fried
 Browned
 Lyonnaise
 Parsley buttered potatoes
 Stuffed baked potatoes
 Potato chips
 Riced potatoes
 Potato croquettes
 Potato cakes
 Potato cones
 Potato puff
 Plain boiled potatoes
 Diced browned potatoes
 Potatoes au gratin
 Sweet potatoes, boiled
 Baked
 Fried
 Scalloped with apples
 Sweet potato croquettes

Beans

String beans
 String beans creamed
 Wax beans
 Boiled navy beans
 Baked navy beans

Beans (continued)

Green lima beans
 Dried lima beans,
 boiled
 Baked lima beans
 Kidney beans
 Succotash

Celery

Creamed
 Relish

Asparagus

Buttered asparagus on
 toast
 Creamed
 Creamed asparagus on
 toast

Corn

Corn with green and
 red peppers
 Corn on cob
 Corn pudding
 Succotash
 Scalloped corn
 Corn fritters

Cabbage

- Creamed
 - Scalloped
 - Scalloped cabbage au gratin
 - Fried
 - Boiled
 - Sauerkraut
 - Hot slaw
-
-
-

Carrots

- Buttered, diced
 - Creamed
 - Buttered carrots and peas
 - Creamed carrots and peas
-
-
-

Cauliflower

- Creamed
 - Scalloped cauliflower in ramekins; au gratin
-
-

Beets

- Buttered
 - Beets in vinegar sauce
 - Pickled beets
-
-

Eggplant

- Fried
-
-

Hominy

- Fried
 - Creamed
 - Scalloped
-
-

Onions

- Buttered
 - Creamed
 - Scalloped
 - Fried
-
-
-

Macaroni

- Macaroni and tomatoes
 - Macaroni croquettes
-
-
-

Spaghetti

- Spaghetti and tomatoes
 - Spaghetti croquettes
 - Spaghetti and tomatoes with bacon
-
-

Peas

Buttered
 Buttered peas and
 carrots
 Creamed
 Creamed peas and
 carrots

Peppers

Stuffed with corn
 Stuffed with meat

Rice

Rice with gravy,
 southern style
 Rice with cream
 Rice croquettes

Parsnips

Fried

Spinach

Spinach and lemon
 Spinach and egg

Squash

Baked

Squash (continued)

Mashed

Turnips

Creamed
 Buttered, diced
 Mashed

Rutabagas

Mashed
 Creamed
 Buttered

Tomatoes

Stewed
 Stewed tomatoes with
 bread
 Scalloped
 Baked
 Stuffed

BREADS

Quick breads

White muffins
 Graham muffins
 Bran muffins
 Corn meal muffins
 Date muffins
 Rice muffins
 Crumb muffins

Quick breads (con-
tinued)

- Blueberry muffins
- Bacon muffins
- Cranberry muffins
- Corn bread
- Brown bread
- Baking-powder bis-
cuit
- Baking-powder bis-
cuit cinnamon rolls,
with frosting
- Baking-powder nut
bread
- Baking-powder nut
and raisin bread
- Baking-powder brown
bread

Yeast breads

- White bread
 - Graham bread
 - Oatmeal bread
 - Raisin bread
 - Nut bread
 - Coffee cake
-
-
-
-
-

Rolls

- Cottage rolls
 - Parker House rolls
 - Clover-leaf rolls
 - Cinnamon rolls
 - Raised muffins
 - Hot cross buns
-
-
-
-

SANDWICHES

- Lettuce
- Olive
- Olive and egg
- Celery
- Celery and chicken
- Chicken
- Ham
- Peanut
- Fig and nut
- Cheese
- Cheese and pimento
- Meat
 - Ham sliced
 - Ham minced
 - Meat minced
- Fig and date
- Raisin and nut
- Cucumber
- Parsley butter
- Egg
- Tomato and cucumber
- Green pepper

Sandwiches (continued)

Club

Toasted cheese

SALADS

Vegetable salads

Asparagus

Cabbage

Cabbage salad with
nutsCabbage salad with
pickles and green
peppers

Cabbage and ham

Cabbage and salmon

Cabbage and tuna fish

Cabbage and shrimp

Cabbage and pine-
apple

Celery and apple

Stuffed celery

Tomato salad

Whole, stuffed

Half

Sliced

Tomato and cucum-
berSpring salad (head
lettuce, tomato,*Vegetable salads* (con-
tinued)onion, radishes,
peppers, cucumber)

String bean

Kidney bean

Spinach mounded

with sliced egg

Head lettuce with

mayonnaise

Head lettuce with

French dressing

Head lettuce with

Thousand Island

dressing

Lettuce shredded

with egg

Deviled eggs

Potato

Cucumber

Sliced cucumbers in

vinegar

Combination

Vegetable salad, peas,

celery, beets

Perfection

Sliced onions in vine-

gar

Egg, cheese and

pickle

Tomato aspic

Tomato and celery

Celery, peas and nuts

Cabbage, celery,

meat, pimento

Vegetable salads (continued)

Celery and beet
 Mashed potato
 Bean and beet
 Sliced Bermuda onion
 Squares of New York
 cheese on lettuce
 Carrot and raisin

Fruit salads

Orange, grapefruit
 and pineapple
 Waldorf
 Apple, banana and
 date
 White grape, apple
 and nut
 Orange and nut
 Apple and pineapple
 Pear
 Pineapple and celery
 Pineapple and nut
 Date and cottage
 cheese
 Prune and cottage
 cheese
 Pineapple and grated
 cheese
 Argyle
 Banana

Fruit salads (continued)

Prune and peanut
 butter
 Grapefruit
 Fruit salad with gin-
 ger ale
 Banana, peanut and
 carrot

Fish and meat salads

Salmon and celery
 Sardine
 Tuna fish
 Shrimp
 Lobster
 Chicken

Cottage cheese salads

Molded and sliced
 with celery
 Molded and sliced
 with green peppers
 and nuts
 Balls rolled in nuts

DESSERTS

Hot puddings

Rice and raisins with
 hard sauce

Hot puddings (continued)

Rice and raisins with cream

Rice custard

Chocolate rice pudding

Baked rice pudding

Lemon rice pudding

Rice compote with peaches

with raspberries

with prunes

Baked tapioca custard with meringue

Apple tapioca

Prune pudding

Indian pudding

Bread pudding

Chocolate bread pudding

Cottage pudding

Grapenut pudding

Apple fritters

Corn fritters

Banana fritters

Pineapple fritters

Orange fritters

Plain fritters

Apple dumplings

Apple batter pudding

Brown Betty with lemon sauce

Steamed suet pudding

Steamed cherry pudding

Hot puddings (continued)

Steamed date pudding

Steamed carrot pudding

Prunecot shortcake

Peach shortcake

Orange shortcake

Strawberry shortcake

Peach cobbler

Apricot cobbler

Cherry cobbler

Cold puddings

Baked custard

Caramel custard

Maple nut mold, custard sauce

Chocolate blanc mange

Tapioca cream

Raspberry tapioca

Caramel tapioca

Pineapple tapioca

Apple tapioca

Cold puddings (con-
tinued)

Fruit whips
 Strawberry
 Prune
 Apricot
 Plum
 Caramel Bavarian
 cream
 Cornstarch pudding
 with chocolate
 sauce
 with berry sauce
 with custard sauce
 Fig tapioca
 Fruit cocktail
 Charlotte russe
 Floating island
 Orange custard
 Fruit gelatin
 Norwegian prune pud-
 ding
 Pineapple pudding
 Rice Bavarian pudding
 Rhubarb tapioca
 Snow pudding
 Raisin tapioca

FRUITS

Sauces

Prunes
 Apricots
 Cranberry
 Rhubarb
 Apple
 Stewed figs
 Baked apples
 Cherries
 White
 Red
 Oranges
 whole
 sliced
 Bananas
 Dates with whipped
 cream
 Grapefruit
 Pears

ICE CREAMS

*Orange parfait**Mousse*

Maple

Pineapple

Mousse (continued)

Vanilla nut

Sherbets

Lemon

Orange

Ice cream

Vanilla

Strawberry

Chocolate

Maple

Macaroon

Greengage

Peach

Tutti Frutti

ICES

Orange

Ices (continued)

Lemon

Strawberry

Apricot

Pineapple

Grape

CAKES

Yellow or white cake

with vanilla frosting

with fig frosting

with raisin frosting

with cocoanut frosting

with maple frosting

with nut frosting

with orange frosting

with chocolate frosting

with nut and raisin

frosting

with pineapple frosting

with date frosting

with maraschino

cherry frosting

Chocolate cake

Lady Baltimore cake

Lord Baltimore cake

Fudge cake

Cakes (continued)

Apple-sauce cake
Gingerbread
 with whipped cream
 with chocolate frosting

Sponge cake with frosting

Sponge cake with whipped cream

Lemon filled layer cake

Individual cakes

Spice cake

Banana cake with meringue

Marble cake

Sunshine cake

Angel food cake

Strawberry cake (white cake, with sliced strawberries in the frosting)

French pastries

Martha Washington pie

Cream puffs with vanilla custard filling
 with chocolate custard filling

 with whipped cream

Tarts

 Lemon

 Orange

Marguerites

Cookies

 Fruit

Cakes (continued)

Sugar

Spice

Oatmeal

Doughnuts

 Plain

 Raised

Jelly roll with jelly filling

 with chocolate custard filling

 with vanilla custard filling

PIES

Two-crust

 Canned apple

 Fresh apple

 Cranberry pie, latticed

Pies (continued)

Cranberry and raisin
 Blueberry
 Apricot (dried)
 Red raspberry
 Black raspberry
 Blackberry
 Loganberry
 Gooseberry
 Gooseberry and raisin
 Cherry
 Mince
 Rhubarb
 Peach
 Raisin

One-crust

Lemon
 Banana cream
 Custard
 Pumpkin
 Chocolate
 Butterscotch
 Apricot cream
 Pineapple
 Cream

Pies (continued)

Cocoanut cream
 Sour cream

BEVERAGES

Coffee
 Tea
 Green
 Black
 Iced
 Chocolate
 with whipped cream
 with marshmallows
 Cocoa
 Hot
 Iced
 Milk
 Buttermilk
 Lemonade
 Lemonade and orangeade
 Orange juice
 Gingerale lemonade with
 mint
 Fruit punch
 Spiced grapejuice

SEASONAL CHART OF FOODS

(Spaces are left for additions)

	WINTER	SPRING	SUMMER	FALL
<i>Soups</i>	Celery Oyster stew	Fresh asparagus		Celery Oyster stew
<i>Meats</i>	Sausage Spare ribs Fried rabbit Turkey Goose Duck	Lamb	Lamb	Sausage Spare ribs Fried rabbit Turkey Goose Duck
<i>Meat substitutes</i>		Mushrooms		Stuffed peppers Mushrooms
<i>Fish</i>	Oysters creamed scalloped fried cocktail			Oysters creamed scalloped fried cocktail

	WINTER	SPRING	SUMMER	FALL
<i>Vegetables</i>	Sweet potatoes baked boiled browned glazed mashed fried scalloped with apples Cauliflower creamed buttered scalloped Hubbard squash baked mashed Parsnips Brussels sprouts	New potatoes battered with parsley creamed Asparagus battered creamed	String beans Lima beans Fresh peas Corn on cob Eggplant Summer squash Tomatoes	Sweet potatoes baked boiled browned glazed mashed fried scalloped with apples Hubbard squash baked mashed Tomatoes Parsnips Eggplant Brussels sprouts Celery creamed
<i>Salads</i>	Grapefruit	Fresh asparagus Cucumber Fresh young onion Radishes Watercress	Cucumber Fresh young onion Radishes Tomato	Stuffed celery Cucumbers Tomato Grapefruit
<i>Breads</i>	Cranberry muffins	Hot cross buns	Blueberry muffins	Cranberry muffins
<i>Desserts</i>	Mince pie Pumpkin pie Cranberry pie jelly sauce Grapefruit	Baked rhubarb Rhubarb tapioca Strawberry shortcake	Blueberries Raspberries	Mince pie Pumpkin pie Cranberry pie jelly sauce Grapefruit

	WINTER	SPRING	SUMMER	FALL
<i>Desserts</i> (con- tinued)		Fresh pineapple sauce Fresh straw- berries	Fresh apple sauce Fresh apricots Fresh peaches Fresh plums Concord grapes	Fresh pears Baked pears Fresh apricots Fresh peaches Fresh plums Concord grapes Tokay grapes Cantaloupe
	Cranberry and raisin pie Raisin pie	Rhubarb pie Rhubarb and raisin pie	Cantaloupe Watermelon	Watermelon Cranberry and raisin pie
<i>Beverages</i>	Hot cocoa Hot chocolate	Lemonade Lemonade with fresh mint Iced cocoa Iced chocolate Iced coffee	Lemonade Lemonade with fresh mint Iced tea Iced cocoa Iced chocolate Iced coffee	
<i>Breakfast dishes</i>	Buckwheat cakes with sausage Fried hominy cakes			Buckwheat cakes with sausage

POPULAR FOOD COMBINATIONS

Since it is customary to plan the menu, using the meat as a basis, and since custom and good usage make certain combinations popular, a list of such combinations is given below with the idea that others may be added as desired.

SUGGESTIVE AND POPULAR FOOD COMBINATIONS

KIND OF MEAT	VEGETABLE COMBINATION	SALAD, SAUCE AND BREAD COMBINATION	DESSERT COMBINATION
Beef	Potatoes-Irish (prepared in any form) Cauliflower Beets Salsify Tomatoes Mushrooms Corn		
Beef, corned	Cabbage Boiled potatoes Cauliflower Brussels sprouts	Cabbage slaw Perfection salad with mayonnaise Tartare sauce	
Chicken	Sweet potatoes Squash Celery Onions Asparagus Peas Green corn Mushrooms Rice	Head lettuce Tomato Cucumber Asparagus Fruit Cranberry muffins Beaten biscuit Hot biscuit Cranberry sauce	
Fish	Tomatoes Onions French fried potatoes Creamed potatoes Browned potatoes Spinach with lemon Stuffed peppers	Tartare sauce Hollandaise sauce Egg sauce Lemon sauce Tomato sauce Vegetable salads (of all kinds) Perfection salad Cucumber sauce	Lemon pie Fruit gelatin Fruit cocktail Lemon rice pudding Fruit tapiocas Baked rhubarb Pineapple pudding
Ham	Potatoes Creamed Browned Parsley buttered Baked Sweet potatoes Baked Glazed Fried Mashed Carrots Hominy Rice	Potato salad Cabbage slaw All vegetable combination salads Spinach salad Head lettuce Apple salad Mustard sauce Steamed brown bread Corn muffins Corn bread Hot biscuit	Pumpkin pie Indian pudding Apple pie Baked apples Apple fritters Apple sauce Apple dumplings Apple tapioca Baked custard Ginger cake

KIND OF MEAT	VEGETABLE COMBINATION	SALAD, SAUCE AND BREAD COMBINATION	DESSERT COMBINATION
Ham (<i>continued</i>)	Beans		
	Lima, baked		
	Navy, baked		
	String		
	Spinach		
	Corn		
	Cabbage		
	Brussels sprouts		
	Cauliflower		
	Lamb and mutton	Potatoes	
Mashed			
Browned			
Parsley buttered (with chops)			
Peas		Sauces	
Carrots		Mint	
Asparagus		Caper	
Tomatoes		Red currant jelly	
Tomatoes		Cranberry sauce	Acid desserts
Pork (<i>See Ham</i>)		Parsnips	
	Potatoes	All vegetable salads	
	Mashed	All fruit salads	
	Browned	Hot breads or rolls	
	Creamed (with breaded veal)		
	Sweet potatoes (in any form)		
	Celery		
	Cauliflower		
	Cabbage		
	Brussels sprouts		
Veal	String beans		
	Tomatoes		
	Peas		

WAYS OF USING LEFT-OVER FOODS

LEFT-OVER MEATS	LEFT-OVER VEGETABLES
Croquettes	Buttered vegetables may be used in
Scalloped meat with rice or potato	Soup
Shepherd's pie	Creole soup
Ham with scrambled eggs	Scalloped vegetables

LEFT-OVER MEATS	LEFT-OVER VEGETABLES
Ham fondue or omelet Hash Hash with poached eggs Meat pie (biscuit) Meat pie with dressing Meat balls rolled in cooked rice Minced meat on toast Mincemeat for pie Minced meat in ramekins Stews Stuffed peppers Stuffed tomato Meat bones cooked for stock	Meat stews Hash Salmon loaf (peas and celery) Peas in omelet Stuffed peppers Stuffed tomatoes Rice may be used in Scalloped rice with cheese Soups Puddings Croquettes Hash Salmon or fish loaves Potatoes, used same as rice All creamed vegetables can be scalloped or used in soup

LEFT-OVER FRUITS AND JUICES	LEFT-OVER BREADS AND CAKES	LEFT-OVER DAIRY PRODUCTS AND EGGS
Blanc manges Brown Betty Cocktail Cobbler Scalloped fruit Gelatin Mince pie filling Fruit salads Sherbets and ices Tapiocas Whips	Bread puddings Brown bread Brown Betty Crumb pancakes Crumb cookies Crumb muffins Dressing Scalloped fruit Fondues Meat loaf Hamburg balls Stewed tomatoes	Dairy Sour milk cakes corn bread gingerbread muffins pancakes Sour cream butter corn bread spice cake salad dressing Cheese bean loaf cottage cheese loaf cottage cheese croquettes rice and cheese salads soufflés fondues Eggs, broken dipping mixture cakes custards croquettes salad dressing

GARNISHES

Clever use of garnishes will do a great deal to make servings attractive, to develop surprise and stimulate appetite.

A list of garnishes appropriate to different kinds of food appears below. Of course there are many others, and the number of different ways in which ordinary garnishes can be used effectively is surprisingly large. The alert manager will observe what others in his field are doing, and will discover many ingenious ideas by reading food journals and women's magazines.

The garnishes used for soups are practically the same whether for cream or clear soups.

Wafers, cheese and plain	Radishes
Croutons	Celery hearts
Olives	Whipped cream (on cream soups)

Some meat garnishes can be used at all times; others are especially adapted to certain kinds of meat.

In general

- Parsley
- Watercress, in season
- Mixed pickles

For steaks

- Lemons cut in fancy shapes
- Sautéd mushrooms
- Potato roses
- Stuffed tomatoes
- Stuffed peppers
- Grilled and buttered Brussels sprouts

For fish

- Lemons, in slices and cut in fancy shapes
- Cucumber baskets, filled with dressing
- Parsley

Watercress

Clam shells, stuffed with clams and mushrooms

Mushrooms, sautéd

Potatoes, cut in fancy shapes, such as shoe strings
or lattice, and fried in deep fat

There are certain garnishes which it is customary to
use with salads, especially with chicken salad.

For chicken salad

Hard-cooked eggs, sliced or cut in eighths

Lemons, sliced

Pickles

Paprika

Parsley

Capers

Olives

Head lettuce cups

For fish salad

Pickles

Olives

Lemons, cut in fancy shapes

Cucumber baskets holding extra salad dressing

Paprika

Parsley

For fruit salad

Tiny cheese balls

Cheese balls rolled in chopped nuts

Tiny sandwiches

Olives

green

ripe

stuffed

Cheese straws in fancy shapes

Very often where sandwiches are ordered they will
serve as the main dish of the luncheon meal. They

should be made as appetizing as possible by the use of suitable garnishes.

Pickles

Olives

Cheese balls

Parsley

Watercress

Attractive paper or plain linen doilies

Nut meats

Desserts by their very nature, require some garnish to make them the perfect and satisfying last course which they should be. Candied fruit, marshmallows, slices of fresh orange or strawberries in season, whipped cream and bright candies add the needed bit of color. Here the use of paper doilies, glasses and attractively shaped china dishes is a great factor in appearance.

CHAPTER V

FORMS

THE IMPORTANCE AND USE OF FORMS

PRINTED forms or other practical aids which may help to reduce menu planning to a systematic routine are invaluable. Forms such as the party engagement blanks, shown elsewhere, and the meat order blank and menu blanks below tend to a desirable standardization. Since meat orders for the week are usually made out first and the menus planned around the meats, a form similar to the one shown below, with adaptations for the particular institution, may be helpful.

The lists of foods and the list of seasonal changes and garnishes contained in this book will save mental effort and tedium in planning by suggesting new combinations and variety.

Probably no single device will serve different kinds of institutions, but the principle of using appropriate printed forms to help in remembering details holds good for all institutions.

MEAT ORDER

WEEK BEGINNING December 6, 1920. WHERE University Cafeteria

DELIVER	AMOUNT	CUTS	SPECIFICATIONS	COST	USE
Mon. A.M.	30 lb.	beef shoulder clod		.13	Mon. night
A.M.	2 lb.	bacon	Best grade, cut 36 slices to lb.	.37	Tues. morning
P.M.	40 lb.	pork loin	10 to 12 lb. loin	.26	Tues. noon
P.M.	20 lb.	beef stew	1-inch cubes, no bones, no gristle	.13½	Tues. noon

MEAT ORDER (Continued)

DELIVER	AMOUNT	CUTS	SPECIFICATIONS	COST	USE
<i>Tues.</i> A.M.	20 lb.	short ribs of beef		.07½	Tues. noon
A.M.	15 lb.	sausage	best grade, no cereal	.18	Tues. night
A.M.	20 lb.	cottage cheese		.12	Tues. night
P.M.	50 lb.	chickens, 4-5 lbs. each	to arrive <i>frozen</i>	.24	Wed. noon
<i>Wed.</i> A.M.	20 lb.	veal steak	round, cut thin for rolling	.26	Wed. night
A.M.	5 lb.	sweetbreads	veal	.75	Wed. night
A.M.	1 qt.	oysters	standard selects, 80 to qt.	.70 per qt.	Wed. night
P.M.	50 lb.	beef, round steak	1 inch thick	.13½	Thurs. noon
<i>Thurs.</i> A.M.	2	hams	14 to 16 lb. each round	.30	Thurs. night
P.M.	55 lb.	veal roast		.26	Fri. noon
<i>Fri.</i> A.M.	2 qt.	oysters	standard selects, 80 to qt.	.70 per qt.	Fri. night
A.M.	20 lb.	rib roast of beef		.25	Fri. night
P.M.	20 lb.	pork chops	cut 4 to lb.	.18	Sat. noon
P.M.	15 lb.	veal hearts		.11	Sat. noon
<i>Sat.</i> A.M.	40 lb.	tenderloin	prime	.40	Mon. noon

MENU FORM
MENUS UNIVERSITY FARM AND SHEVLIN CAFETERIAS

DATE	DATE	DATE
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS	FRUITS	FRUITS

MENU FORM (Continued)

BREAKFAST (Continued)	BREAKFAST (Continued)	BREAKFAST (Continued)
CEREALS	CEREALS	CEREALS
HOT DISHES	HOT DISHES	HOT DISHES
LUNCH SOUP	LUNCH SOUP	LUNCH SOUP
MEATS	MEATS	MEATS
VEGETABLES	VEGETABLES	VEGETABLES
SALADS	SALADS	SALADS

LUNCH (Continued)	LUNCH (Continued)	LUNCH (Continued)
BREADS	BREADS	BREADS
DESSERTS	DESSERTS	DESSERTS
DINNER SOUP	DINNER SOUP	DINNER SOUP
MEATS	MEATS	MEATS
VEGETABLES	VEGETABLES	VEGETABLES
SALADS	SALADS	SALADS
BREADS	BREADS	BREADS
DESSERTS	DESSERTS	DESSERTS

AN OUTLINE FORM FOR SPECIAL DINNERS

The efficiency of an organization is judged by the degree of routine which each phase of the work assumes. In most institutions the serving of special dinners is quite apart from the ordinary routine of business. If this service is to be handled simply and efficiently, all of its various steps must be listed and taken up in an orderly fashion with the end in view of perfecting an emergency organization as efficient as that which regulates the daily tasks.

First of all, arrangements made with those who are giving the dinner should be definite and complete. In order to prevent misunderstandings, a printed blank such as that shown below (with any adaptations found necessary) will prove helpful. This may be made out in duplicate, one copy being retained by the manager and one by those engaging the services.

Reduced to their simplest form, the steps to be followed in organizing this work are outlined below.

I. Fill in, in duplicate, the printed blank

DINNER ENGAGEMENTS

Date..... Day of week

Time.....

Engagement made by..... Phone

Organization or Club.....

Price Probable Number

Room desired..... Flowers

Style of service :

 Cafeteria service

 Table service

 Tables set and served by guests

Date Guaranteed Number is to be reported

DINNER ENGAGEMENTS (*Continued*)

Leeway granted (either way) on guaranteed number	
On 25-40	2 plates, more or less
50-60	4 plates, more or less
75-100	6 plates, more or less
125-175	8 plates, more or less
200 up	10 plates, more or less

NOTICE.—Care should be taken to have the guaranteed number of plates accurately stated.

- II. Plan the menu. If desired, the above form may include space for writing in the menu, in order that both parties may have a clear understanding of just what is to be served
- III. Make out order list
 - a. For food
 - b. For dish rental (if necessary)
 - c. For printing (if necessary)
 - d. For flowers or other decorations
- IV. Employment of help
 - a. Rescheduling the regular help
 - b. Overtime for the regular help
 - c. Hiring of additional help
- V. Division of the work
 - a. Directions to cooks
 1. Copy of the menu
 2. Recipes and amounts to be prepared
 - b. Service of the food
 1. In the kitchen
 - (a) Instructions for counting out and arrangement of utensils for the service of the food
 - (b) Organization of each serving center, where the number served is so large that more than one center is necessary
 - (c) Assignment of special duties to workers at the serving center
 - (d) A drawing or serving of a sample plate showing arrangement of food on the plate
 2. In the dining room
 - (a) Directions to the head waitress and waitresses
 - (1) List of dishes to be counted out and carried to serving center, warming ovens or refrigerators
 - (2) Directions for setting the tables. A cover may be set or a sketch made to show the proper arrangement of the silver, napkin and the glass
 - (3) Decoration of the tables
 - (4) Arrangement of the serving tables
 - (5) A copy of the menu
 - (6) Specific instructions for serving food to the guests

DINNER ENGAGEMENTS (*Continued*)

VI. Records

- a. Cost of the food
 1. Cost of food should be figured on basis of recipes and quantities used, and listed according to the order in which the food appears in the meal
 2. Left-overs listed
 3. Approximate value of left-overs as listed
 4. Net food cost is total food cost less the value of usable left-overs
- b. Cost of labor
 1. Time spent by regular employees
 2. Overtime spent by regular employees
 3. Extra labor employed for occasion
 4. Total labor cost
- c. Overhead cost
 1. Flowers or other decorations
 2. Printing of menu cards or place cards
 3. Favors if supplied
 4. Dish rental and breakage
 5. Estimated heat, light, fuel, laundry and other overhead
- d. Summary
 1. Total cost
 - food
 - labor
 - overhead
 2. Total receipts
 3. Profit or loss
- e. Number served
- f. Per capita cost

CHAPTER VI

RECIPES

IN the pages that follow are some two hundred recipes for use in institutions. It will be noted that throughout these recipes, measures are used rather than weights. This for two main reasons. First, cooks, except for highly trained professionals, use measures more easily and with greater success than weights. Second, most institutions cannot afford an adequate number of accurate scales; and scales that are not accurate are worse than useless. Measures, on the other hand, are inexpensive and always available. It may be said that because of the amounts and the size of the measures used in large quantity cookery there is not the degree of inaccuracy which is found in measuring small quantities.

It is hoped the form of the recipes with the spaces for figuring costs and calories will be of value from the commercial and classroom standpoint.

Stars indicate those recipes in which left-overs may be used to particular advantage.

SOUPS

BOUILLON

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Beef, cubed		20 lb.			
Bones, veal		7½ lb.			
Water	4 gal.				
Peppercorns	2 tbsp.				
Salt	6 tbsp.				

BOULLON (Continued)

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Carrots, diced	2 c.				
Onions, diced	2 c.				
Celery, diced	2 c.				
Turnips, diced	2 c.				
Egg whites and shells	7				

Cut the meat in cubes and soak two thirds of it in the cold water for about three fourths of an hour. Sear the remainder and add to the meat which is soaking. Heat the meat, veal bone and water to boiling and let simmer for four or five hours. Add the seasonings and the vegetables and cook until the vegetables are soft. Pour the whole through a colander and cool. When the fat has set, remove and clear by mixing the cold stock with the shells and slightly beaten whites of eggs. Bring the mixture to a boil, stirring constantly. Let simmer 15 to 20 minutes. Strain through two or three thicknesses of cheese cloth.

Number of servings 64-96 Calories in one serving _____
 Amount of one serving $\frac{1}{3}$ - $\frac{1}{2}$ c. Cost of one serving _____

CHICKEN SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Stock, chicken	4 gal.				
Onions		1 $\frac{1}{2}$ lb.			
Salt	$\frac{1}{3}$ - $\frac{1}{2}$ c.				
Celery salt	$\frac{1}{4}$ c.				
Green peppers, chopped	1 c.				
Rice	2 c.				

Add the chopped onions, green peppers, rice, salt and celery salt to the chicken stock and cook until the rice is tender.

Number of servings 85 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

NOODLE SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs	3	1 lb.			
Flour	2 c.				
Salt	2 tsp.				
Stock	4 gal.				
Onions					
Salt	$\frac{2}{3}$ c.				
Celery salt	$\frac{1}{4}$ c.				

To make the noodles, beat the eggs lightly and add the flour and salt. This makes a very stiff mixture. Put the mixture on a board and roll as thin as possible. Sprinkle the dough with flour and roll it into a tight roll. From this, slice the noodles. Shake out and let dry. Heat the stock to boiling, add the seasonings and the noodles and cook until done. Noodles may be made up and kept for some time in the refrigerator.

Number of servings 96 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

TOMATO RICE SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Stock	5 gal.	$\frac{1}{2}$ lb.			
Green peppers	10				
Onions					
Tomatoes	1 gal.				
Rice	$2\frac{1}{2}$ c.				
Carrots, finely diced	$1\frac{1}{2}$ c.				
Flour	3 c.				
Salt	$\frac{1}{3}$ c.				
Butter substitute	$1\frac{1}{2}$ c.				

Chop the onions, carrots and green peppers and add to the boiling salted stock and tomatoes. Add the

rice and cook until the rice is tender. Melt the fat, stir in the flour and add to the hot liquid to thicken.

Number of servings 115 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

*VEGETABLE SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Stock	1 $\frac{1}{2}$ gal.				
Tomatoes, #10 cans	2				
Bay leaves	3				
Water	1 $\frac{1}{2}$ gal.				
Carrots, diced	1 pt.				
Celery, diced	1 qt.				
Onions		1 lb.			
Rice	1 c.				
Salt	$\frac{1}{4}$ c.				

Add the seasonings to the boiling stock, tomatoes and water. When the vegetables have become softened, add the rice and cook for 15 to 20 minutes. Do not strain.

Number of servings 96 Calories in one serving _____
 Amount of one serving $\frac{2}{3}$ c. Cost of one serving _____

CREAM OF CELERY SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Celery stock	6 qt.				
Onions		$\frac{1}{4}$ lb.			
Butter substitute		$\frac{3}{4}$ lb.			
Flour	3 c.				
Milk	7 qt.				
Paprika	$\frac{1}{2}$ tsp.				
Red pepper	$\frac{1}{4}$ tsp.				
Salt	$\frac{1}{4}$ c.				

Make a celery stock by cooking the leaves and outside stocks in water to cover. Rub through a sieve.

Cook finely chopped onion with the required amount of stock. Melt the fat, stir in the flour and add the hot milk to make a white sauce. Combine purée and white sauce. Add paprika, red pepper and salt just before serving.

Number of servings 60 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

CREAM OF CORN SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Corn	1 $\frac{1}{2}$ gal.				
Water	1 qt.				
Onion		$\frac{1}{2}$ lb.			
Butter substitute	$\frac{3}{4}$ c.				
Flour	1 $\frac{1}{2}$ c.				
Milk	2 gal.				
Salt	$\frac{1}{4}$ c.				
Paprika	$\frac{1}{2}$ tsp.				

Cook the corn with the water and chopped onion and rub through a sieve. Melt the fat, stir in the flour and add the hot milk to make a white sauce. Combine white sauce with purée. Add salt and paprika just before serving.

Number of servings 64 Calories in one serving _____
 Amount of one serving $\frac{3}{4}$ c. Cost of one serving _____

CREAM OF LIMA BEAN SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Butter substitute	$\frac{3}{4}$ c.				
Flour	1 $\frac{1}{2}$ c.				
Milk	6 qt.				
Salt	2 tbsps.				
Lima beans, cooked	4 qt.				
Grated onion or chives	$\frac{1}{4}$ c.				
Chopped parsley	$\frac{1}{4}$ c.				

Cook the lima beans with the onion until soft and rub through a purée sieve. Melt the fat, stir in the flour and add hot milk to make a white sauce. Combine the purée and white sauce and add the salt just before serving.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

CREAM OF PEA SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peas	2 qt.	$\frac{1}{8}$ lb.			
Onion					
Bay leaf	1 leaf				
Milk	6 qt.				
Butter substitute	$\frac{1}{2}$ c.				
Flour	1 c.				
Salt	3 tbsp.				

Cook the peas, together with their juice from the cans, and the onion and bay leaf until the peas are soft. Rub through a purée sieve. Melt the fat, stir in the flour and add the hot milk to make a white sauce. Combine purée with white sauce. Add salt just before serving.

Number of servings 38 Calories in one serving _____
 Amount in one serving $\frac{3}{4}$ c. Cost of one serving _____

CREAM OF SPINACH SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Spinach juice	1 c.	$\frac{1}{8}$ lb.			
Onion					
Milk	6 qt.				
Butter substitute		$\frac{1}{4}$ lb.			
Flour	1 c.				
Salt	1 tbsp.				

Chop the onion and add to one half of a #10 can of spinach and cook until the onions are tender. Scald the milk. Melt the fat and add the flour. When thoroughly mixed add to the hot milk, stirring constantly. When the spinach is seasoned, drain, rubbing lightly through a purée sieve until you obtain one cup of spinach juice. Add the spinach juice to the thickened milk and season.

Number of servings 35 Calories in one serving _____
 Amount in one serving $\frac{3}{4}$ c. Cost of one serving _____

CREAM OF TOMATO SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tomatoes	1 gal.				
Bay leaves	2				
Onion		$\frac{1}{4}$ lb.			
Sugar	$\frac{1}{8}$ c.				
Soda	2 tsp.				
Butter substitute	$\frac{1}{2}$ c.				
Flour	1 c.				
Milk	1 gal.				
Salt	2 tbsp.				

Cook the tomatoes with the bay leaves and onion. Rub through a purée sieve and add the sugar and soda. Melt fat, stir in the flour and add hot milk to make a white sauce. Combine purée and white sauce by pouring purée into white sauce. Add salt just before serving.

Number of servings 36 Calories in one serving _____
 Amount in one serving $\frac{3}{4}$ c. Cost of one serving _____

OYSTER STEW

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	4 gal.				
Oysters	1 gal.				
Salt	$\frac{1}{4}$ c.				
Paprika	1 tsp.				
Butter substitute		1 lb.			

Scald the milk and add the butter substitute, paprika and oysters. Cook until the edges of the oysters begin to curl. Add the salt just before serving. If the soup must stand some time before all is used, the oysters should be combined with the milk only as needed.

Number of servings 64 Calories in one serving _____
 Amount of one serving 1 c. Cost of one serving _____

PEANUT BUTTER SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peanut butter		6 lbs.			
Milk	2 gal.				
Celery stock	3 qt.				
Water	$1\frac{1}{4}$ gal.				
Flour	$\frac{3}{4}$ c.				
Salt	$\frac{1}{2}$ c.				

Add the water to the peanut butter and mix to a smooth paste. Heat the milk and celery stock, reserving sufficient liquid to make a paste of the flour. When the liquid is hot add the flour paste. When thickened add the peanut butter mixture and the salt.

Number of servings 100 Calories in one serving _____
 Amount of one serving $\frac{3}{4}$ c. Cost of one serving _____

MEATS

BEEF À LA MODE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Beef round		50 lb.			
Carrots, chopped	1 gal.				
Peppers, chopped	1½ c.				
Tomatoes, #10 can	1				
Onions, chopped		1 lb.			
Water	3 gal.				
Flour	2 c.				
Salt	½ c.				

Place the meat in a roasting pan in a hot oven to sear. When well seared, cover with water and continue cooking in a medium oven for from four to five hours. About an hour and a half before serving add the chopped carrots, peppers, onions and tomatoes, and salt. Just before serving thicken the stock with the flour mixed to a paste with water. The vegetables should be served with the meat.

Number of servings 200 Calories in one serving _____
 Amount in one serving ½ lb. Cost of one serving _____

*CORNED BEEF HASH

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Corned beef		20 lb.			
Potatoes, cooked		12 lb.			
Onions		1 lb.			
Meat stock	3 qt.				

Soak and cook the corned beef until tender. Grind or chop the beef, potatoes and onion and mix with corned

beef stock or gravy. Bake in a hot oven until brown. Serve with tartare sauce.

Number of servings 70 Calories in one serving _____
 Amount in one serving $\frac{3}{4}$ c. Cost of one serving _____

CREAMED DRIED BEEF ON TOAST

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Dried beef		5 lb.			
Flour	1 c.				
Butter substitute		1 lb.			
White sauce	2 gal.				
Bread, slices	40				

Shred the dried beef in small pieces. Melt the fat and sauté the dried beef in it. Add to this one cup of flour and let brown with the beef. Follow the usual manipulation for white sauce, and when cooked combine with the beef and serve on toast.

Number of servings 80 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. and $\frac{1}{2}$ slice of bread Cost of one serving _____

*HAMBURG BALLS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Ground beef		10 lb.			
Crumbs	3 c.				
Salt	$\frac{1}{2}$ c.				
Milk	1 qt.				
Onion		$\frac{1}{2}$ lb.			

Mix the meat well with crumbs, seasoning and milk. Shape in balls or cakes and bake in well-greased pans.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{1}{4}$ lb. Cost of one serving _____

*HASH

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Meat, chopped	6 qt.				
Potatoes	6 qt.				
Onions		$\frac{2}{3}$ lb.			
Salt	$\frac{1}{2}$ c.				
Gravy or meat stock	3 qt.				

Chop or grind the meat and potatoes. Mix with the onions and salt and moisten with the gravy or meat stock. Put in shallow pans and bake in the oven until brown.

Number of servings 60 Calories in one serving _____
 Amount in one serving $\frac{3}{4}$ c. Cost of one serving _____

*MEAT CROQUETTES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Meat, chopped	1 gal.				
Rice, uncooked	1 qt.				
Water	1 gal.				
Onions, chopped		$\frac{1}{3}$ lb.			
Salt	$\frac{1}{4}$ c.				
Stock to mix					
Crumbs, sifted	4 c.				
Eggs	4				
Milk	$\frac{1}{2}$ c.				

Cook the rice in the boiling salted water to which the onions have been added, until the rice is tender. Add the chopped or cubed meat and if necessary additional stock to moisten. Using a dipper measuring half a cup per serving, mold the mixture into croquettes. Put the sifted crumbs on a board, roll the croquettes in the crumbs, dip in a dipping mixture made of eggs and milk, roll again in the crumbs and fry in deep fat. If desired, one gallon of cooked potatoes may be sub-

stituted for the rice, in which case the water also would be omitted.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

***MEAT LOAF**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Hamburger		30 lb.			
Salt	$\frac{3}{4}$ c.				
Bread crumbs	4 qt.				
Eggs, whole	6				
Egg yolks	10				
Milk	3 qt				
Onions		1 lb.			

Mix the salt, bread crumbs and onions with the meat. Beat the eggs slightly and add to the milk. Combine with the meat and mix thoroughly. Weigh out into loaf pans which have been well greased. Be careful to press the meat well into the corners of the pan and avoid having the center of the meat higher than the edges. Bake in a medium hot oven until the meat is done. This makes nine five-pound loaves, cutting twenty-four slices each.

Number of servings 216 Calories in one serving _____
 Amount in one serving 1 slice Cost of one serving _____

***MEAT LOAF WITH TOMATO AND CELERY**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Meat, ground		20 lb.			
Crumbs	5 qt.				
Milk	3 qt.				
Tomatoes	3 qt.				
Celery, chopped	2 qt.				
Eggs	10				
Salt	$\frac{1}{3}$ c.				
Onions		$\frac{1}{2}$ lb.			

Add the crumbs, tomatoes, chopped celery, salt and onions to the meat and mix well. Beat the eggs slightly, add the milk and mix with the meat. Weigh out into well-greased loaf pans and bake in a medium oven. In order to make the loaves uniform be careful to press the meat well into the corners of the pans and avoid having the center of the loaf higher than the sides. One pound of hamburg steak, as purchased, will make nine servings when the other ingredients that go into the loaf have been added.

Number of servings 180 Calories in one serving _____
 Amount in one serving Cost of one serving _____
 $\frac{1}{2}$ pound, after cooking

MEAT PIE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Stew meat		20 lb.			
Water	2 gal.				
Onions	$\frac{1}{2}$ c.				
Potatoes, diced	2 qt.				
Salt	$\frac{1}{2}$ c.				
Flour	4 c.				
Biscuit recipe (see page 124)	$\frac{2}{3}$ of recipe				

Cut the meat in one-inch cubes and cover with boiling water. Cook just below the boiling point. When the meat is almost tender add the salt, onions and potatoes. Mix the flour to a paste with water and thicken the stock just before serving. Serve one half cup of stew with one biscuit. The biscuit may be baked separately or the stew may be poured into baking pans, covered with biscuits and the biscuits baked in the oven.

Number of servings 100 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

*MEAT PIE WITH DRESSING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Dressing	5 qt.				
Meat, cubed	4½ qt.	¼ lb.			
Onion					
Salt	6 tbsp.				
Meat stock	3 qt.				
Flour	2 c.				
Bread crumbs	1 c.				
Butter substitute	2 tbsp.				

Cut left-over meat into one-inch cubes and heat in a gravy made of the seasoned and thickened stock. Line a baking pan with dressing, leaving a well in the center. Fill this with the meat and gravy and cover with the buttered crumbs. Bake in a hot oven until brown. When serving, both meat and dressing should be given.

Number of servings 50 Calories in one serving _____
 Amount in one serving ¾ c. Cost of one serving _____

MEAT STEW

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Meat, cubed		20 lb.			
Water	3 gal.	½ lb.			
Onions					
Carrots	1¼ qt.				
Potatoes	5 qt.				
Flour	3 c.				
Salt	½ c.				

Cover the cubed meat with boiling water and cook just below the boiling point until tender. About one hour before serving time add the onions, carrots and salt. The potatoes may be added later, since they require less cooking. Mix the flour to a paste with

water and thicken the stew after the vegetables are tender.

Number of servings 96 Calories in one serving _____
 Amount in one serving $\frac{3}{4}$ c. Cost of one serving _____

RIB ROAST OF BEEF

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rib roast		50 lb.			
Salt	$\frac{2}{3}$ c.				
Water	$1\frac{1}{2}$ -2 gal.				
Flour	3-4 c.				

Place the meat in a roasting pan and sear in a hot oven. When brown, add the salt and water and continue the roasting. Baste or turn as is necessary. Mix the flour to a paste with water and use in making the gravy.

Number of servings 125 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ lb. Cost of one serving _____

SWISS STEAK

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Round steak, 1 in. thick		20 lb.			
Flour	$2\frac{1}{2}$ c.				
Salt	$\frac{1}{4}$ c.				
Water	$1\frac{1}{2}$ gal.				

Trim the steak. Mix the flour and salt and pound into the steak. Sear the steak in a pan on the top of the stove, put into a roasting pan, cover with water and cook slowly for from three to four hours.

Number of servings 45 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ lb. Cost of one serving _____

WEINERS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Weiners		10 lb.			

Wash the weiners and cut the links apart. Put them in boiling water and cook until they swell and start to burst. Drain and serve.

Number of servings 40-42 Calories in one serving _____
 Amount in one serving 2 Cost of one serving _____

CHICKEN AND BISCUIT

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cooked chicken meat, cubed		12 lb.			
Onion		1 lb.			
Salt	$\frac{3}{8}$ c.				
Celery salt	$\frac{1}{4}$ c.				
Stock	2 gal.				
Milk	2 gal.				
Flour	3 qt.				
Biscuit recipe (see page 124)	$\frac{2}{3}$ of recipe				

Heat the stock and season with the onion, salt and celery salt. Thicken with the flour mixed to a paste with some of the cold stock which has been reserved. Add the milk which has been heated, the chicken meat, and serve with baking-powder biscuits or on toast. *In ordering chicken for the above recipe, three and a half to four pounds of chicken, New York dressed, must be ordered for every pound of cooked chicken meat which is desired.* In cooking chicken care should be taken to cool the chicken and stock as quickly as possible and then put into the refrigerator. The chicken should be cooled out of the stock. From fifty pounds of chicken, New York

dressed, approximately five gallons of stock may be obtained.

Number of servings 150 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

CHICKEN À LA KING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Chicken fat	3 c.				
Flour	1 $\frac{1}{2}$ qt.				
Chicken stock	2 gal.				
Onions, chopped	$\frac{1}{4}$ c.				
Milk	$\frac{1}{2}$ gal.				
Salt	$\frac{1}{3}$ - $\frac{1}{2}$ c.				
Cooked chicken meat, cubed	7 $\frac{1}{2}$ qt.				
Pimentos, chopped	1 qt.				
Green peppers, chopped	1 qt.				
Fresh mushrooms or Canned mushrooms	3 cans	2 lb.			
Butter	1 lb.				
Egg yolks	16				
Toast, $\frac{1}{2}$ slices	150				

Heat the stock with the onion. Melt the chicken fat, add the flour, and when well mixed add to the boiling stock, stirring rapidly. Add the scalded milk, the green peppers, pimentos and cubed chicken. Sauté the mushrooms in the butter and add. Beat the yolks and add them with the salt, last. Serve on toast, in bread cases or patty shells.

Number of servings 150 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

CHICKEN CROQUETTES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Chicken meat, cubed		5 lb.			
Rice	3 c.				
Chicken stock	3 qt.				
Parsley	1 tbsps.				

CHICKEN CROQUETTES (Continued)

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lemon juice	1 tbsp.				
Celery salt	1 tsp.				
Paprika	1 tsp.				
Salt	$\frac{1}{4}$ c.				
Onion juice	2 tbsp.				
Flour	$1\frac{1}{2}$ c.				
Chicken stock	1 qt.				
Eggs	8				
Milk	1 c.				
Crumbs, sifted	2 qt.				

Wash the rice and add to the boiling chicken stock to which has been added all of the seasonings. Make a thick white sauce, using the one quart of the chicken stock and the flour. Combine with the rice, white sauce, and add the cubed chicken meat and cool. Form the mixture into croquettes, dip into sifted crumbs, then into a dipping mixture made of the eggs and milk and then in crumbs and fry in deep fat.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

ROAST LAMB

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lamb		50 lb.			
Salt	$\frac{3}{4}$ c.				
Water	$1\frac{1}{2}$ -2 gal.				
Flour	3-4 c.				

Wash the lamb, put in a roasting pan and sear in a hot oven. When brown, add the salt and water and

continue the roasting. Mix the flour to a paste with water and use in making the gravy.

Number of servings 125-150 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ - $\frac{3}{4}$ lb. Cost of one serving _____

BAKED HAM

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Hams, 15 lbs. each	3	45 lb.			
Sugar	6 c.				
Vinegar	4 c.				
Cloves, whole	$\frac{1}{2}$ c.				
Crumbs	1 c.				

Put the hams in a kettle, cover with water and bring to a boil. Simmer for three to four hours or until they are done. When tender remove from water, peel off the skin and place in a baking pan. Stick the cloves into the hams and pour over them a syrup made of the vinegar and brown sugar. Sprinkle them with crumbs and brown in a hot oven.

Number of servings 175 Calories in one serving _____
 Amount in one serving $\frac{1}{4}$ lb. Cost of one serving _____

BREADED PORK CHOPS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pork chops		20 lb.			
Bread crumbs	5 c.				
Eggs	10				
Milk	$1\frac{1}{4}$ c.				
Salt	$\frac{3}{4}$ c.				

Make a dipping mixture of the eggs and milk. Add to this the salt. Dip the chops in the mixture, then in the crumbs and place in a well-greased pan and cook

the chops in a medium hot oven. Pork should be well cooked.

Number of servings 80-85

Calories in one serving—

Amount in one serving $\frac{1}{4}$ lb.

Cost of one serving—

PORK CHOPS WITH DRESSING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pork chops		20 lb.			
Broken bread	$2\frac{1}{2}$ gal.				
Onion		10 oz.			
Butter substitute	$1\frac{1}{4}$ c.				
Salt	$\frac{1}{4}$ c.				
Hot water to moisten					

Place the pork chops in a well-greased baking pan. Sprinkle with salt, and in the center of each put a quarter of a cup of dressing. Bake in a medium hot oven until the pork is well cooked. To make the dressing, melt the fat and add to it the finely chopped onions. When brown pour over the broken bread. Add the salt and hot water sufficient to moisten. Avoid getting the dressing too wet.

Number of servings 80

Calories in one serving—

Amount in one serving

Cost of one serving—

$\frac{1}{4}$ lb. and $\frac{1}{4}$ c. dressing

ROAST PORK

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Loin of pork		50 lb.			
Salt	$\frac{3}{8}$ c.				
Water	$2\frac{1}{2}$ -3 gal.				
Onions		1 lb.			
Flour	5-6 c.				

Put the pork in a roasting pan in a hot oven and cook until well seared and brown. Add the salt and

water and continue cooking, turning the meat or basting as is necessary. When the meat is almost tender add the chopped onions to the stock to flavor. When tender remove the meat from the pan and thicken the stock on top of the stove with the flour mixed to a thin paste with water. The gravy must be strained to remove the chopped onion.

Number of servings 125 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ lb. Cost of one serving _____

SAUSAGE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sausage		10 lb.			
Bread crumbs	3 c.				
Salt	$\frac{1}{4}$ c.				

Mix the sausage, bread crumbs and salt and mold into flattened balls. There should be four servings to the pound. An ice-cream dipper of the right size may be used to keep the balls uniform in size.

Number of servings 44 Calories in one serving _____
 Amount in one serving $\frac{1}{4}$ lb. Cost of one serving _____

BREADED VEAL

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Veal, round steak		20 lb.			
Salt	$\frac{1}{2}$ c.				
Eggs	8				
Milk	1 c.				
Bread crumbs, sifted	2 qt.				

Trim the steak and cut into pieces the size of one serving. Beat the eggs, add the salt and the milk. Dip the meat in the milk and egg mixture, then into the crumbs, put into a well-greased roasting pan and

cook in a moderate oven. Turn as is necessary. Veal should be thoroughly cooked.

Number of servings 80 Calories per serving _____
 Amount in one serving $\frac{1}{4}$ lb. Cost of one serving _____

BREADED VEAL HEARTS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Veal hearts		20 lb.			
Bread crumbs, sifted	2 qt.				
Milk	1 c.				
Eggs	8				
Salt	$\frac{1}{2}$ c.				

Wash and slice the hearts. Make a dipping mixture of the eggs, milk and salt. Dip the hearts in this mixture, then in the crumbs. Place in a well-greased roasting pan and cook in a moderate oven until brown and tender. Turn as is necessary. Veal should be thoroughly cooked.

Number of servings 80 Calories in one serving _____
 Amount in one serving $\frac{1}{4}$ lb. Cost of one serving _____

ROAST VEAL

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Veal, round		50 lb.			
Salt	$\frac{2}{3}$ c.				
Onions		$\frac{1}{4}$ lb.			
Flour	5 c.				
Water	$2\frac{1}{2}$ gal.				

Wash or wipe the meat and place in a roasting pan in a hot oven. When seared, add the salt and water and continue roasting, basting and turning frequently until the meat is tender. Remove the meat from the pan, add the onion and cook. Additional water may

be added to the stock. Thicken with the flour mixed to a paste with water.

Number of servings 200 Calories in one serving _____
 Amount in one serving $\frac{1}{4}$ lb. Cost of one serving _____

VEAL BIRDS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Veal round steak		20 lb.			
Dressing	6 qt.				
Milk	2 qt.				
Water	2 qt.				
Salt	1 c.				
Fat	1 qt.				

Trim the veal and cut in pieces about four to five inches long and two and one half inches wide. The scraps of meat that are trimmed off may be added to the dressing. Salt the meat, cover with dressing, roll, and fasten with toothpicks. Melt the fat in a skillet on top of the stove and sear until brown. Put the birds into a baking pan and pour the milk and water around them. Bake in a moderate oven until tender. Four birds may be obtained from one pound of meat.

Number of servings 80 Calories in one serving _____
 Amount in one serving $\frac{1}{4}$ lb. Cost of one serving _____

VEAL HEARTS EN CASSEROLE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Veal hearts		20 lb.			
Flour	2 $\frac{1}{2}$ c.				
Salt	$\frac{1}{2}$ c.				
Bacon fat	2 c.				
Stock	1 $\frac{1}{2}$ gal.				
Green peppers, chopped	1 c.				
Onions		1 lb.			
Carrots, diced	1 c.				
Parsley, chopped	$\frac{1}{4}$ c.				
Celery salt	$\frac{1}{4}$ c.				
Peppercorns	2 tbsp.				

Wash and slice the hearts, dredge in flour and salt and brown in the bacon fat. Put the hearts into a roasting pan, pour the stock over them and add the remaining seasonings and cook in a slow oven until the heart is tender.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ lb. Cost of one serving _____

CREAMED SWEETBREADS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sweetbreads		5 lb.			
Water	1 gal.				
Vinegar	$\frac{1}{2}$ c.				
Salt	$\frac{1}{8}$ c.				
White sauce	3 qts.				
Butter substitute	1 c.				
Paprika	2 tsp.				
Salt	$\frac{1}{8}$ c.				
Bread	24 slices				

If frozen, soak the sweetbreads in cold water for an hour to thaw, then parboil in acidulated, salted water until tender, about half an hour. When cooked, drain and plunge into cold water. Remove the tough connecting membrane. Make the white sauce using the white sauce recipe, add the fat and paprika and reheat the sweetbreads in the sauce. Serve with half a slice of toast per person.

Number of servings 48 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

LIVER AND BACON

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Liver		8 lb.			
Bacon		$1\frac{1}{4}$ lb.			
Salt	2 tbsp.				
Eggs	4				
Milk	$\frac{1}{2}$ c.				
Crumbs	3 c.				

Slice the liver thin and cut in pieces the size of a serving. Pour hot water over the liver and let stand fifteen minutes. Drain the liver. Make a dipping mixture of the eggs and milk and add the salt to it. Dip the liver in the mixture, then in the crumbs and place in a well-greased baking pan. Cook in a slow oven until well browned and until the liver is done. Place the bacon in rows in a baking sheet and cook in a hot oven until brown. Place a strip of bacon on top of each piece of liver and serve.

Number of servings 48 Calories in one serving _____
 Amount in one serving Cost of one serving _____
 $\frac{1}{2}$ lb. liver and 1 slice bacon

TONGUE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tongue, fresh		20 lb.			
Water	2 gal.				
Salt	1 c.				
Vinegar	2 c.				

Wash the tongues thoroughly. Put in a kettle and cover with boiling water to which the salt and vinegar have been added. Cook below the boiling point until the tongues are tender. Remove the outer skin of the tongue. Slice thin and serve with mustard sauce.

Number of servings 60 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ lb. Cost of one serving _____

FISH

CODFISH BALLS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Boneless cod		2 lb.			
Eggs	30				

CODFISH BALLS (*Continued*)

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, raw, diced		10 lb.			
Butter substitute	$\frac{3}{4}$ c.				
Paprika	$\frac{2}{3}$ tsp.				

Shred the codfish and add to the potatoes and cook in boiling water until the potatoes are tender. Drain thoroughly, add the beaten eggs, butter substitute, paprika and mash until smooth. Fry the codfish mixture in deep fat, using an eight-to-the-quart size ice-cream dipper to keep the servings uniform. Since this mixture contains a large number of eggs, the balls do not require dipping in eggs and crumbs.

Number of servings 65 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

FRIED HALIBUT

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Halibut		20 lb.			
Salt	$\frac{2}{3}$ c.				
Crumbs	5 c.				
Eggs	5				
Milk	$\frac{3}{4}$ c.				

Cut the fish in pieces for serving and dip in a mixture made of the milk, eggs and salt. Dip in crumbs. Place in a well-greased baking pan and cook in a medium oven until the fish is tender.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ lb. Cost of one serving _____

FRIED OYSTERS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Oysters	1 gal.				
Bread crumbs	2 qt.				
Eggs	8				
Milk	1 c.				
Salt	$\frac{1}{2}$ c.				

Look over the oysters carefully and remove the shells. Dip them in a dipping mixture made of milk, eggs and salt. Let drain to remove surplus liquid, dip in the crumbs and fry in deep fat.

Number of servings 56 Calories in one serving _____
 Amount in one serving 5 Cost of one serving _____

OYSTER COCKTAIL

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Oysters	3 qt.				
Lemon juice	$1\frac{1}{2}$ c.				
Catsup	1 c.				
Grated onion juice	$\frac{1}{4}$ c.				
Tabasco sauce	$\frac{1}{2}$ tsp.				
Salt	1 tsp.				
Celery, chopped	$\frac{3}{4}$ c.				
Peppers, chopped	$\frac{3}{4}$ c.				

Look over the oysters carefully and put in cocktail glasses. Mix the lemon juice, catsup, grated onion, tabasco sauce and salt, and pour over the oysters. Sprinkle the top with chopped celery and peppers.

Number of servings 40 Calories in one serving _____
 Amount in one serving $\frac{3}{8}$ c. Cost of one serving _____

*SCALLOPED OYSTERS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Broken bread	2 qt.				
Broken crackers	2 qt.				
Milk	1 qt.				
Salt	$\frac{1}{2}$ tbsp.				
Onion juice	2 tbsp.				
Butter substitute	2 tbsp.				
Oysters	2 qt.				

Look over the oysters carefully for shells. Scald the milk and pour over the crackers, broken bread, salt, onion juice and butter substitute and mix. Put a layer of the moistened crackers and bread over the bottom of a greased baking pan, then a layer of oysters and cover the top with the bread and cracker mixture. Bake in medium oven until brown.

Number of servings 25
 Amount in one serving $\frac{3}{4}$ c.

Calories in one serving _____
 Cost of one serving _____

FRIED SALMON

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Salmon		20 lb.			
Salt	$\frac{2}{3}$ c.				
Crumbs	5 c.				
Eggs	5				
Milk	$\frac{3}{4}$ c.				

Cut the fish in pieces for serving and dip in a mixture made of the milk, eggs and salt. Dip in crumbs. Place in a well-greased baking pan and cook in a medium oven until the fish is tender.

Number of servings 50
 Amount in one serving $\frac{2}{3}$ lb.

Calories in one serving _____
 Cost of one serving _____

SALMON LOAF

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Salmon, 1 lb. cans	12				
Bread crumbs	5 qt.				
Milk	3 qt.				
Eggs	16				
Celery, diced	2 qt.				
Paprika	1 tsp.				
Salt	$\frac{1}{4}$ c.				

Mix the salmon, bread crumbs, celery, paprika and salt. Scald the milk and add to the beaten eggs. Add to the remaining ingredients and put into well-greased loaf pans. Bake in a moderate oven until the loaf is firm. This amount makes twenty-five pounds of mixture.

Number of servings 96 Calories in one serving _____
 Amount in one serving 1 slice Cost of one serving _____

SCALLOPED SALMON

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Salmon, 1 lb. cans	10				
Bread, broken	4 qt.				
Milk	4 qt.				
Bay leaves	$\frac{1}{8}$ c.				
Parsley sprigs	$\frac{1}{4}$ c.				
Onions		$\frac{1}{8}$ lb.			
Salt	$1\frac{1}{2}$ tbsp.				
Butter substitute	1 c.				
Flour	2 c.				
Paprika	$\frac{1}{2}$ tsp.				
Crumbs	3 c.				
Butter substitute		$\frac{1}{4}$ lb.			

Add the bay leaves, parsley and onion to the milk and bring to the boiling point. Melt the fat, add the flour and add to the milk, stirring rapidly. When the

milk has thickened, strain out the seasonings and pour over the broken bread. Grease a scalloping pan and line with crumbs. Add a layer of salmon, then a layer of white sauce and bread, then a layer of salmon and another layer of white sauce. Cover with the buttered crumbs. Put in an oven to brown.

Number of servings 60 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

MEAT SUBSTITUTES

*CHEESE FONDUE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	6 qt.	5 lb.			
Broken bread	8 qt.				
Cheese					
Butter substitute	$\frac{1}{2}$ c.				
Eggs	36				
Mustard	2 tbsp.				
Salt	3 tbsp.				
Paprika	2 tsp.				

Add the grated or chopped cheese, mustard, salt, paprika and fat to the broken bread. Scald the milk and add to the well-beaten egg yolks and pour over the above ingredients. Fold in the stiffly beaten egg whites and bake in a greased pan in a slow oven.

Number of servings 75 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

*COTTAGE CHEESE CROQUETTES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cottage cheese	6 qt.				
Bread crumbs	6 qt.				
Nut meats, chopped	6 c.				
Paprika	2 tbsp.				

COTTAGE CHEESE CROQUETTES (*Continued*)

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Chopped onion	$\frac{3}{4}$ c.				
Chopped green pepper	2 c.				
Salt	$\frac{3}{4}$ c.				
Milk	1-1 $\frac{1}{2}$ gal.				
Crumbs	4 $\frac{1}{2}$ c.				
Eggs	10				
Milk	1 $\frac{1}{4}$ c.				

Combine the cottage cheese and crumbs with the nut meats and seasonings. Add the milk and mix well. Using an eight-to-the-quart size ice-cream dipper, measure the mixture into croquettes. Mold, dip in a dipping mixture made of the eggs and one and a quarter cups of milk, then in crumbs. Fry in deep fat. Serve with a cream sauce.

Number of servings 100 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

MACARONI AND CHEESE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Macaroni, broken	1 gal.				
Water	2 gal.				
Salt	$\frac{1}{4}$ c.				
Cheese		2 lb.			
Bread crumbs	1 c.				
Butter substitute	$\frac{1}{8}$ c.				
White sauce	6 qt.				

Cook the broken macaroni in boiling salted water until tender. Drain and pour cold water on the macaroni to separate. Make a white sauce and add to it the cheese and macaroni. Put in a well-greased baking pan and cover with buttered crumbs.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{3}{4}$ c. Cost of one serving _____

RICE AND CHEESE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rice	5 c.				
Water	5 qt.				
Salt	$\frac{1}{4}$ c.				
Milk	$2\frac{1}{2}$ qt.				
Flour	1 c.				
Cheese		2 lb.			
Paprika	1 tbsp.				

Cook the rice in boiling salted water until tender. Make a white sauce of the flour and milk and add the chopped or ground cheese and paprika. Combine with the rice and pour into baking pan. Put in a hot oven to brown. A part of the cheese may be reserved and sprinkled over the top if desired.

Number of servings 40 Calories in one serving _____
 Amount in one serving $\frac{3}{4}$ c. Cost of one serving _____

RICE AND NUT LOAF

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rice, before cooking	4 qt.				
Stock or liquid	2 gal.				
Milk	$1\frac{1}{2}$ gal.				
Nut meats, chopped	2 qt.				
Green peppers	12				
Eggs	30				
Salt	$\frac{1}{2}$ c.				

Cook the rice in the boiling salted stock. As the rice absorbs the stock, add the milk gradually, to avoid curdling. When the rice is tender, remove from the fire and add the chopped nuts, peppers and beaten eggs. Grease loaf pans and fill with the rice mixture. The loaf pans should be set in a pan of hot water to

avoid over-baking the bottom of the loaf, thus forming a hard crust. Serve with a cream or tomato sauce.

Number of servings 192 Calories in one serving _____
 Amount in one serving 4 oz. Cost of one serving _____

EGG CUTLETS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs, hard cooked	4 doz.				
Flour	3 c.				
Milk	2 qt.				
Butter substitute	$\frac{1}{2}$ c.				
Salt	$\frac{1}{2}$ c.				
Bread crumbs	1 qt.				
Eggs	4				
Milk	$\frac{1}{2}$ c.				

Make a stiff white sauce of the flour, milk, butter substitute and salt. Hard cook the eggs, peel and chop, and add to the white sauce and cool. When cold mold in the shape of a cutlet and dip in dipping mixture made of the eggs and milk, and then in crumbs and fry in deep fat. Use an ice-cream dipper to keep the servings uniform in size.

Number of servings 48 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

*SCRAMBLED EGGS AND HAM

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs	96				
Milk	3 qt.				
Butter substitute	$1\frac{1}{2}$ c.				
Salt	$\frac{1}{4}$ c.				
Ham, cubed	4-6 c.				

Beat the eggs slightly, add the milk, salt and ham. Melt the fat in a skillet or kettle, pour in the egg mixture, and cook at a low temperature.

Number of servings 48 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

MEAT SAUCES

MUSTARD SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2 tbsp.				
Salt	2 tsp.				
Paprika	1 tsp.				
Vinegar	$\frac{1}{2}$ c.				
Oil	1 c.				
Mustard		$\frac{1}{4}$ lb.			
Mayonnaise dressing	$3\frac{1}{2}$ c.				

Mix the sugar, paprika, salt and mustard with the vinegar. Add the oil gradually, stirring well. Combine with the mayonnaise. This is a very strong flavored sauce and only a small amount is necessary for a serving. This makes five and a quarter cups of sauce.

Number of servings 250 Calories in one serving _____
 Amount in one serving 1 tsp. Cost of one serving _____

TARTARE SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Mayonnaise	1 qt.				
or					
(Cooked salad dressing	1 qt.)				
Pickles, chopped	1 c.				
Onions, chopped	2 tbsp.				
Parsley, chopped	2 tbsp.				
Vinegar	1 c.				

Chop the pickles, onions and parsley and add to the dressing. Thin with the vinegar. This makes five and a half cups of sauce.

Number of servings 90 Calories in one serving____
 Amount in one serving 1 tbsp. Cost of one serving_____

TOMATO SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tomatoes, #10 can	1				
Stock, meat stock	1 gal.				
Celery salt	2 tbsp.				
Carrots, chopped	$\frac{1}{2}$ c.				
Onion	$\frac{1}{4}$ c.				
Bay leaf	4				
Parsley, chopped	$\frac{1}{4}$ c.				
Flour	3 c.				
Salt	3 tbsp.				
Fat	$1\frac{1}{2}$ c.				

Add the seasonings to the boiling stock and tomato and cook until soft. Melt the fat, stir in the flour and make a paste with the hot liquid and add to the remainder of the liquid. Strain to remove the chopped vegetables.

Number of servings 192 Calories in one serving____
 Amount of one serving 2 tbsp. Cost of one serving_____

WHITE SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	2 gal.				
Flour	4 c.				
Egg yolks	3				
Salt	$\frac{1}{4}$ c.				

Scald the milk, reserving sufficient cold milk to make a paste with the flour. Add the paste to the hot milk,

stirring constantly. When thickened add the egg yolks and salt.

Total volume 2 gal.
 Total calories
 Total cost

VEGETABLES

CREAMED ASPARAGUS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Asparagus, 15 oz. can	10				
White sauce	1 gal.				
Butter substitute	$\frac{1}{2}$ c.				
Salt	3 tbsp.				

Make a white sauce, using the liquor from the asparagus as part of the liquid. Heat the asparagus with the salt and butter substitute and add to the white sauce.

Number of servings 58
 Amount in one serving $\frac{1}{2}$ c. Calories in one serving _____
 Cost of one serving _____

CREAMED FRESH ASPARAGUS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Asparagus		9 lb.			
Butter substitute		$\frac{3}{8}$ lb.			
Salt	3 tbsp.				
White sauce	$4\frac{1}{2}$ qt.				

Wash the asparagus and cut in two-inch pieces. Cook in boiling water until tender and drain. Combine with the white sauce, salt and butter substitute.

Number of servings 50
 Amount in one serving $\frac{1}{2}$ c. Calories in one serving _____
 Cost of one serving _____

FRESH ASPARAGUS ON TOAST

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Asparagus		12 lb.			
Salt	$\frac{1}{2}$ c.				
Butter substitute		2 lb.			
Toast	60 slices				

Wash the asparagus. Do not break the stalks except when they are very long. Tie in bundles and put in a kettle of boiling salted water to cook, so placing the bundles that the tops stand out of water. The steam from the boiling water will serve to cook the tops. When the asparagus is tender, drain. Place the stalks on a slice of toast and moisten the toast with one tablespoon of hot water and two tablespoons of melted fat. The number of stalks of asparagus will be determined by the size and length of the individual stalks. From twelve pounds, sixty servings should be obtained.

Number of servings 60 Calories in one serving _____
 Amount in one serving Cost of one serving _____
 1 slice of toast with asparagus

BAKED BEANS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Beans	4 qt.				
Soda	$\frac{1}{4}$ c.				
Molasses	1 c.				
Sugar	$\frac{1}{2}$ c.				
Mustard	2 tsp.				
Paprika	2 tsp.				
Salt	6 tbsp.				
Bacon fat or scraps or Ham fat		1 lb.			

Soak the beans twelve hours or more. Add the soda and boil until almost tender. Drain, add the season-

ings, the fat and three quarts of water and bake in a medium oven until the beans are tender and well browned.

Number of servings 75 Calories in one serving——
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving——

LIMA BEANS WITH GREEN PEPPERS AND PIMENTOS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lima beans	6 qt.				
Water	6 qt.				
Pimentos, 8 oz. cans	2				
Bacon fat	2 c.				
Onions		1 $\frac{1}{2}$ lb.			
Salt	$\frac{1}{3}$ c.				
Paprika	3 tbsp.				
Green peppers	1 $\frac{1}{2}$ c.				
Molasses	$\frac{1}{4}$ c.				
Corn syrup	1 c.				

Soak the lima beans in water over night. Drain and cook them in the six quarts of boiling salted water until almost tender. Add the remaining ingredients to the beans and pour into baking pans. Bake in a medium oven until the beans are tender and brown. The green peppers may be reserved and used as a garnish on top of the baking pans as they come out of the oven, if desired.

Number of servings 150 Calories in one serving——
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving——

STRING BEANS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
String beans, #10 can	1				
Bacon drippings	$\frac{1}{2}$ c.				
Salt	2 tbsp.				
Paprika	1 tbsp.				

Open the can of beans and unless there is an excess of liquid do not drain. Add the seasonings and heat.

Number of servings 26 Calories in one serving____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving_____

BUTTERED BEETS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Beets		8 lb.			
Butter substitute	1 c.				
Salt	$\frac{1}{2}$ c.				

Wash the beets and steam or boil until tender. Remove the skin, cube or slice, reheat, salt and pour the fat over them.

Number of servings 36-54 Calories in one serving____
 Amount in one serving $\frac{1}{3}$ - $\frac{1}{2}$ c. Cost of one serving_____

CABBAGE IN VINEGAR

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cabbage		8 lb.			
Butter substitute	$\frac{1}{2}$ c.				
Vinegar	1 c.				
Salt	$\frac{1}{4}$ c.				
Paprika	1 tsp.				

Remove the outer leaves of the cabbage and cut in eighths. Cook the cabbage in boiling salted water until tender. Avoid over-cooking to keep the cabbage from discoloring and from becoming strong in flavor. Drain off the water and add the butter substitute, vinegar and paprika.

Number of servings 48 Calories in one serving____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving_____

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BUTTERED CABBAGE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cabbage		8 lb.			
Butter substitute		1 lb.			
Salt	$\frac{1}{4}$ c.				

Remove the outer leaves of the cabbage and cut the heads in eighths. Cook in boiling salted water until tender. Avoid over-cooking, to prevent the cabbage from discoloring and from developing a strong flavor. Drain off the water and add the butter substitute.

Number of servings 48 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

CREAMED CABBAGE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cabbage		8 lb.			
White sauce	3 qt.				
Salt	$\frac{1}{4}$ c.				

Wash the cabbage and cut into eighths. Do not shred. Cook in boiling salted water until tender. Drain and cover with the white sauce.

Number of servings 48 Calories in one serving _____
 Amount of one serving $\frac{1}{2}$ c. Cost of one serving _____

BUTTERED CARROTS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Carrots, diced	2 gal.				
Salt	$\frac{1}{4}$ c.				
Butter substitute	1 c.				

Pare and dice the carrots. Cook in boiling salted water to cover until tender. Add the butter substitute and serve.

Number of servings 56 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

BUTTERED CARROTS AND PEAS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Carrots, diced	1 gal.				
Peas, #2 cans	5				
Butter substitute	$\frac{3}{4}$ c.				
Salt	3 tbsp.				

Cook the diced carrots in boiling salted water until tender. Drain and combine with the peas which have been heated in their own liquid, the butter substitute and the salt.

Number of servings 52 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

CREAMED CARROTS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Carrots		10 lb.			
Salt	$\frac{1}{2}$ c.				
Water	5 qt.				
White sauce	1 gal.				
Butter substitute	$\frac{2}{3}$ c.				

Wash, scrape or pare, and dice the carrots. Cook in boiling water until tender. Drain and mix with the white sauce and butter substitute.

Number of servings 60 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

CREAMED CELERY

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Celery, chopped	5 qt.				
Salt	6 tbsp.				
Cream sauce	2 qt.				

Wash and clean the celery and cut in three-fourths inch lengths. Cook in boiling salted water until tender. Avoid over-cooking, to prevent the discoloration of the celery. When tender, drain, and combine with the white sauce.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

CORN PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Corn, #2 cans	4				
Sugar	2 tbsp.				
Bread crumbs	2 c.				
Salt	1 tbsp.				
Eggs	8				
Milk	2 qt.				

Scald the milk and add to the corn, sugar, salt, bread crumbs and well-beaten egg. Pour the mixture into individual ramekins or a baking pan. Place in a pan of water and bake in a medium oven until the custard has set. Serve hot.

Number of servings 54 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

CORN WITH GREEN PEPPERS AND PIMENTOS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Corn, #2 cans	20	1 lb.			
Butter substitute					
Salt	6 tbsp.				
Pimento, chopped	2 c.				
Green peppers, chopped	2 c.				

Mix the corn, butter substitute, salt, pimento, green pepper and heat.

Number of servings 144 Calories in one serving _____
 Amount in one serving $\frac{1}{8}$ c. Cost of one serving _____

*SCALLOPED CORN

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	2 qt.	$\frac{1}{8}$ lb.			
Butter substitute	$\frac{1}{2}$ c.				
Onion, grated					
Salt	1 tbsp.				
Broken bread	4 qt.				
Broken crackers	2 qt.				
Corn, #2 cans	3				

Heat the milk, butter substitute and onion. Add the salt and pour over the crackers and bread. Cover a greased baking pan with the bread and cracker mixture, then with a layer of corn, and finally a layer of the crackers and bread. Bake in a hot oven until brown.

Number of servings 46 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

*SUCCOTASH

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lima beans	1½ qt.				
Corn, # 2 cans	8				
Butter substitute	1 c.				
Salt	¼ c.				
Onion, grated	2 tbsp.				
Paprika	½ tsp.				

Soak the beans over night in cold water to cover. Drain, cover with boiling water and cook until tender. Mix the beans with the corn, which has been heated, add the seasonings and butter substitute.

Number of servings 70
 Amount in one serving
 between $\frac{1}{3}$ and $\frac{1}{2}$ c.

Calories in one serving _____
 Cost of one serving _____

FRIED EGGPLANT

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggplant		14 lb.			
Water	2 gal.				
Salt	6 c.				
Eggs	8				
Milk	1 c.				
Crumbs, sifted	1 qt.				

Cut the eggplant in thin slices and pare. Soak it in the strong salt water about two hours. Make a dipping mixture by beating the eggs and milk together. Dip the eggplant in this mixture and then in the crumbs and fry in deep fat.

Number of servings 56
 Amount in one serving 2-3 slices

Calories in one serving _____
 Cost of one serving _____

BUTTERED ONIONS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Onions		10 lb.			
Salt	$\frac{1}{2}$ c.				
Water	6 qt.				
Butter substitute	$\frac{1}{2}$ c.				
Paprika	$\frac{1}{2}$ tbsp.				

Peel the outer skins from the onions and cook in the boiling salted water until tender. Drain and add the butter substitute and paprika.

Number of servings 24 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

CREAMED ONIONS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Onions		10 lb.			
Salt	$\frac{1}{2}$ c.				
Water	6 qt.				
White sauce	2 qt.				

Peel the outer skins from the onions and cook in the boiling salted water until tender. Drain and add to the white sauce.

Number of servings 40 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

BUTTERED PEAS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peas, # 2 cans	10				
Butter substitute	$\frac{1}{2}$ c.				
Salt	2 tbsp.				
Sugar	$\frac{1}{2}$ c.				

CREAMED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, after paring		15 lb.			
White sauce	3 qt.				
Salt	$\frac{1}{4}$ c.				

Steam or boil the potatoes until tender. Drain and add the white sauce. If steamed, the salt may be sprinkled on the top of the potatoes. If boiled, add the salt to the boiling water.

Number of servings 66 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

FRENCH FRIED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, after paring		10 lb.			
Salt	$\frac{1}{8}$ c.				

Cut the potatoes. Dry on a cloth. Put in a basket and fry in deep fat until brown. Drain and empty on to a brown paper and sprinkle with salt.

Number of servings 30 Calories in one serving _____
 Amount in one serving 1 c. Cost of one serving _____

MASHED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, pared		15 lb.			
Milk, scalded	1 $\frac{1}{2}$ qt.				
Salt	$\frac{1}{4}$ c.				

Steam or boil the potatoes until done. Mash thoroughly and add the scalded milk and salt. Beat until light.

Number of servings 66 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

PARSLEY BUTTERED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, pared		30 lb.			
Parsley, chopped	$2\frac{2}{3}$ c.				
Salt	$\frac{1}{4}$ c.				
Butter substitute		$1\frac{1}{3}$ lb.			

Steam or boil the potatoes until tender. When done, put the potatoes into a shallow kettle, pour the butter substitute and salt over them and sprinkle them with parsley. Shake the kettle vigorously to get the potatoes covered with the fat and parsley. This may be accomplished more easily if only a few potatoes are prepared at a time.

Number of servings 90 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ lb. Cost of one serving _____

*SCALLOPED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, steamed, sliced	4 gal.				
White sauce	$1\frac{1}{2}$ gal.				
Onion, grated		$\frac{1}{2}$ lb.			
Salt	$\frac{1}{2}$ - $\frac{3}{4}$ c.				
Crumbs	2 c.				
Butter substitute	$\frac{1}{2}$ c.				

Grease a scalloping pan. Cover with a layer of potatoes, then with white sauce to which the onion

and salt have been added. Add another layer of potato and white sauce and cover with buttered crumbs. Bake until brown.

Number of servings 96 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

STUFFED BAKED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes	12	4 $\frac{3}{4}$ lb.			
Butter substitute	$\frac{1}{8}$ c.				
Salt	2 tbsp.				
Egg whites	3				
Milk	1 c.				
Paprika	$\frac{1}{4}$ tsp.				
Chopped pimento	$\frac{1}{8}$ c.				
Chopped parsley	$\frac{1}{4}$ c.				

Bake smooth, medium-sized potatoes until done. Remove them from the oven, and inserting a knife, cut a cap from side. Scoop out the inside of the potatoes, mash or run through a ricer and add the milk, seasonings, fat, chopped pimento and parsley. Lastly, fold in the beaten egg whites. Fill the potato shells with the seasoned mixture and brown in a hot oven.

Number of servings 12 Calories in one serving _____
 Amount in one serving 1 Cost of one serving _____

GLAZED SWEET POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sweet potatoes		50 lb.			
Sugar, brown	1 qt.				
Water	2 qt.				
Butter substitute or bacon fat	1 $\frac{1}{2}$ c.				

Steam and peel the potatoes. If a vegetable parer is available, the potatoes may be put through the machine

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before steaming. When done, put in shallow baking pans and pour a syrup made of the sugar, water and melted fat over them. Brown in a hot oven.

Number of servings 100 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ lb. Cost of one serving _____

RICE CROQUETTES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rice	5 c.				
Milk	3 qt.				
Water	1 $\frac{1}{2}$ qt.				
Salt	2 tbsp.				
Eggs	20				
Butter substitute	$\frac{1}{2}$ c.				
Bread crumbs	4 c.				
Eggs	6				
Milk	$\frac{3}{4}$ c.				

Cook the rice in the milk and water until tender. Remove from fire and add well-beaten eggs, salt and butter substitute. Turn into shallow pans to cool. Mold and dip in egg and milk mixture, then in crumbs and fry in deep fat. If desired the dipping mixture and crumbs may be omitted and the mixture molded with an ice-cream dipper and dropped at once into the hot fat. Serve with jelly, jam or syrup.

Number of servings 65 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

MASHED RUTABAGAS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rutabagas		15 lb.			
Butter substitute	1 c.				
Salt	$\frac{1}{4}$ c.				

Pare the rutabagas, steam until tender and mash. Season with the butter or butter substitute, and salt.

Number of servings 60 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

SPINACH AND EGG

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Spinach, # 10 cans	2				
Vinegar	$\frac{1}{2}$ c.				
Salt	$\frac{1}{4}$ c.				
Eggs	6				

Add the salt and vinegar to the spinach and heat. Hard cook the eggs and slice them. When the spinach is hot spread in steam table or scalloping pans, and arrange the sliced, hard-cooked eggs in rows on top of the spinach. Sliced lemon may be used in place of the egg.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

*SCALLOPED TOMATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tomatoes, # 10 cans	2				
Broken bread	3 qt.				
Sugar	1 c.				
Salt	$\frac{1}{4}$ c.				
Grated onion	$\frac{1}{4}$ c.				
Crumbs	2 c.				
Butter substitute	$\frac{1}{2}$ c.				

Add the onion, sugar and salt to the tomatoes and heat. Pour over the broken bread, which has been

put in the bottom of a baking pan. Cover with buttered crumbs and brown in the oven.

Number of servings 56 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

*STEWED TOMATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tomatoes, #10 cans	2				
Broken bread	2 qt.				
Sugar	1 c.				
Salt	3 tbsp.				
Grated onion	$\frac{1}{4}$ c.				
Butter substitute	$\frac{1}{2}$ c.				

Heat the tomatoes with the seasonings. Add the broken bread just before serving.

Number of servings 65 Calories in one serving _____
 Amount in one serving, between $\frac{1}{3}$ and $\frac{1}{2}$ c. Cost of one serving _____

BREADS

BAKING-POWDER BISCUITS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	6 qt.				
Baking powder	$1\frac{1}{2}$ c.				
Salt	$\frac{1}{4}$ c.				
Shortening	3 c.				
Milk	$2\frac{3}{4}$ qt.				

Mix and sift the dry ingredients. Rub in the shortening lightly with the tips of the fingers. Add the milk gradually, mixing to a soft dough. The amount of milk may vary, due to differences in the flour. Put the dough on to a floured board and roll three quarters of an inch in thickness. To obtain one hun-

dred and eighty biscuits, use a cutter two and one half inches in diameter.

Number of servings 90 Calories in one serving _____
 Amount in one serving 2 Cost of one serving _____

BAKING-POWDER CINNAMON ROLLS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	6 qt.				
Baking powder	1½ c.				
Salt	4 tbsp.				
Shortening	3 c.				
Milk	2¾ qt.				
Raisins	2 c.				
Cinnamon	¼ c.				
Sugar	2 c.				
Butter substitute	½ c.				

Make a baking-powder biscuit dough. Roll to one third of an inch thickness, making the dough rectangular in shape. Mix the cinnamon and sugar and spread over the rolled dough. Sprinkle with the raisins, dot with the fat and, starting with the longer side, roll up the dough. Cut off rolls half an inch in thickness and bake in a hot oven. These rolls may be improved by adding a teaspoon of boiled frosting to the top of each before serving.

Number of servings 120 Calories in one serving _____
 Amount in one serving 1 roll Cost of one serving _____

***BACON MUFFINS**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	5 qt.				
Baking powder	¾ c.				
Salt	2 tbsp.				
Sugar	3 c.				
Milk	2½-2¾ qt.				
Bacon fat	½ c.				
Eggs	8				
Bacon, cooked	2 c.				

Mix the dry ingredients and the liquid ingredients separately. Combine by adding the liquid to the dry. Add the fat and bacon pieces last. Bake in well-greased muffin pans.

Number of servings 96
 Amount in one serving
 $\frac{1}{2}$ c. batter

Calories in one serving _____
 Cost of one serving _____

CORN-MEAL MUFFINS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	10 c.				
Corn meal	10 c.				
Sugar	2 c.				
Salt	2 tbsp.				
Baking powder	1 c.				
Milk	$3\frac{1}{4}$ qt.				
Eggs	10				
Butter substitute	1 c.				

Mix the dry ingredients. Beat the eggs and add to the milk. Combine the dry and liquid ingredients. Add the melted fat. Put in well-greased muffin tins and bake in a hot oven. This may be baked in sheets as corn bread.

Number of servings 96
 Amount in one serving $\frac{1}{2}$ c. batter

Calories in one serving _____
 Cost of one serving _____

*CRUMB MUFFINS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	$2\frac{1}{2}$ qt.				
Sugar	3 c.				
Crumbs	$2\frac{1}{2}$ qt.				
Baking powder	$\frac{3}{4}$ c.				
Salt	2 tbsp.				
Eggs	8				
Milk	$3\frac{1}{2}$ -4 qt.				
Butter substitute		$\frac{1}{2}$ lb.			

Mix the dry ingredients and the liquid ingredients separately. Combine by adding the liquid to the dry. Add the melted fat last. Bake in well-greased muffin tins.

Number of servings 120 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. batter Cost of one serving _____

***DARK BRAN MUFFINS**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	1 $\frac{1}{2}$ qt.				
Cake crumbs	1 qt.				
Bran	3 $\frac{1}{2}$ qt.				
Soda	$\frac{1}{2}$ c.				
Salt	3 tbsp.				
Milk, sour	2 $\frac{1}{2}$ qt.				
Molasses	3 c.				
Eggs	4				

Mix the dry ingredients. Beat the eggs, add the milk and molasses and combine with the dry ingredients. Bake in well-greased muffin pans, in a hot oven.

Number of servings 90 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. batter Cost of one serving _____

GRAHAM MUFFINS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	10 c.				
Flour, graham	10 c.				
Sugar	3 c.				
Baking powder	$\frac{3}{4}$ c.				
Salt	2 tbsp.				
Eggs	8				
Milk	3 $\frac{1}{2}$ - 3 $\frac{1}{2}$ qt.				
Butter substitute, melted	$\frac{2}{3}$ c.				

Prepare as for plain muffins.

Number of servings 96 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ - $\frac{1}{2}$ c. batter Cost of one serving _____

PLAIN MUFFINS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	$\frac{3}{4}$ qt.				
Flour	5 qt.				
Baking powder	$\frac{2}{4}$ c.				
Salt	2 tbsp.				
Eggs	8				
Milk	$3\frac{1}{2}$ - $3\frac{1}{2}$ qt.				
Butter substitute, melted		$\frac{1}{4}$ lb.			

Mix and sift the dry ingredients. Beat the eggs, add the milk and pour the liquid over the dry ingredients. Add the melted fat and pour the mixture into well-greased muffin tins to bake.

Number of servings 96 Calories in one serving _____
 Amount in one serving $\frac{1}{4}$ - $\frac{1}{3}$ c. batter Cost of one serving _____

RAISED MUFFINS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk, scalded	2 qt.				
Water, cold	2 qt.				
Egg yolks	6				
Sugar	2 c.				
Butter substitute	1 c.				
Salt	3 tbsp.				
Yeast		$\frac{1}{4}$ lb.			
Water, lukewarm	1 qt.				
Flour	10-12 qt.				

Scald the milk. Soften the yeast in the lukewarm water and add to the remaining water and scalded milk. Add the egg yolks, sugar, fat and salt and flour to make a soft dough. Let rise. Beat well and fill very well-greased muffin tins half full. Let rise. Bake in a hot oven.

Number of servings 216 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. dough Cost of one serving _____

***BROWN BREAD**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Stale cake or bread	1 qt.				
Cold water	7 c.				
Molasses	1 c.				
Corn meal	3 c.				
Graham flour	6 c.				
Soda	1½ tbsp.				
Raisins	1 c.				
Salt	1 tbsp.				

Soak the stale bread or cake in the cold water until soft. Add the molasses and the dry ingredients. Mix well and put into a well-greased pan and steam from two to three hours until done. The length of time for steaming depends on the size of the can.

Number of servings 50 Calories in one serving _____
 Amount in one serving 1 slice Cost of one serving _____

NUT BREAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	3 qt.				
Baking powder	3 tbsp.				
Nuts	1 qt.				
Salt	½ tsp.				
Sugar	1 qt.				
Milk	1 qt.				
Eggs	6				
Butter substitute	¼ c.				

Mix the dry ingredients, including the nuts. Add the milk to the beaten eggs. Combine by adding the liquid to the dry ingredients. Add the melted fat. Pour the mixture into greased loaf pans and let stand one half hour. Bake in a moderate oven. This will make four loaves, cutting 25 slices per loaf.

Number of servings 100 Calories in one serving _____
 Amount in one serving 1 slice Cost of one serving _____

CINNAMON ROLLS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2 c.				
Butter substitute	2 c.				
Water	2 qt.				
Milk	2 qt.				
Yeast		$\frac{1}{2}$ lb.			
Water	2 c.				
Flour	11 $\frac{3}{4}$ qt.				
Salt	$\frac{1}{2}$ c.				
Butter substitute	1 $\frac{1}{2}$ c.				
Fat, melted		$\frac{1}{2}$ lb.			
Sugar	5 c.				
Cinnamon	5 tsp.				
Raisins	2 c.				

Follow the directions given under Parker House rolls for the method of mixing the dough. When the dough is ready, put on a well-floured board and roll out in a rectangular shape to about half an inch in thickness. Brush with melted fat and sprinkle with the mixed sugar, cinnamon and raisins. Commencing with the long side of the dough, make into a roll. Cut crosswise of the roll making slices half an inch in thickness. Place on a greased pan, let rise until they have doubled in size, and bake in a hot oven.

Number of servings 24 dozen

Calories in one serving_____

Amount in one serving 1 $\frac{1}{3}$ oz. per roll

Cost of one serving_____

PARKER HOUSE ROLLS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2 c.				
Butter substitute	2 c.				
Water	2 qt.				
Milk	2 qt.				
Yeast		$\frac{1}{4}$ lb.			
Water, lukewarm	2 c.				
Flour	11-12 qt.				
Salt	$\frac{1}{2}$ c.				
Butter substitute	1 $\frac{1}{2}$ c.				

Scald the milk. Soften the yeast in the two cups of lukewarm water. Add the sugar and fat to the scalded milk and then add the two quarts of water. When the milk and water mixture is a little more than lukewarm add the yeast and five quarts of flour. Beat to smooth batter and let rise one hour. Then add the salt and the remainder of the flour. Beat on the machine or knead. Let rise one hour. When the dough is light, cut into small pieces, getting twelve rolls from each pound of dough. With the palm of the hand, roll these pieces into smooth balls and place them in rows to rise. When they have again become light, roll the balls flat, with a rolling pin or stick, brush with melted fat, fold over and put in pans to rise. When they have doubled in size, bake in a hot oven until well browned. The tops may be brushed with melted fat, when they come from the oven.

Number of servings 24 dozen Calories in one serving _____
 Amount in one serving 1 1/3 oz. Cost of one serving _____

WHITE BREAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Yeast		1/4 lb.			
Water, lukewarm	1 pt.				
Milk, scalded	2 qt.				
Fat	1 c.				
Sugar	1 c.				
Cold water	2 qt.				
Flour	13-14 qt.				
Salt	1/4 c.				

Soften the yeast in the pint of water. Scald the milk and add the fat, sugar and cold water. When the liquid is lukewarm, add the yeast and mix to a sponge with a part of the flour. It will require about six quarts. Let rise one hour and add salt and work to a stiff dough

with the remainder of the flour. Let rise again about one hour. Cut into loaves of two pounds each. Place in well-greased pans, let rise and bake about one hour. This makes twelve one and three quarter pound loaves, after baking.

Number of servings 12 loaves Calories in one serving——
 Amount in one serving 1 slice Cost of one serving——

SANDWICHES

COTTAGE CHEESE SANDWICH FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cottage cheese		4 lb.			
Green peppers, chopped	2 c.				
Nuts, chopped	2 c.				
Mayonnaise	1 qt.				

Add the chopped green peppers, nuts and mayonnaise to the cheese and mix. This amount makes three and one half quarts. From a one-pound loaf of bread, sixteen sandwich slices may be obtained.

Number of servings 84 Calories in one serving——
 Amount in one serving $\frac{1}{8}$ c. Cost of one serving——

EGG SANDWICH FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs, hard cooked	2 doz.				
Crumbs, sifted	1 c.				
Salt	2 tsp.				
Mayonnaise	3 c.				
Lemon juice	1½ tbsp.				

Hard cook the eggs, cool and chop. Mix with the remaining ingredients. This amount makes two

quarts, and will fill forty-eight sandwiches, using two full slices of bread for each sandwich. From a one-pound loaf, sixteen sandwich slices may be obtained.

Number of servings 48 Calories in one serving _____
 Amount in one serving $\frac{1}{6}$ c. Cost of one serving _____

FRUIT SANDWICH FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Raisins		1 lb.			
Figs		$\frac{1}{2}$ lb.			
Sugar	1 $\frac{1}{2}$ c.				
Flour	1 tbsp.				
Cold water	$\frac{1}{4}$ c.				
Orange juice	$\frac{1}{2}$ c.				
Lemons, juice and grated rind	2				

Chop the raisins and figs and combine with the flour and sugar. Add the orange juice, lemon juice and water and cook in a double boiler or steamer until thick. This amount will make three and three fourths cups of filling and will fill twenty-five sandwiches, using two full slices of bread.

Number of servings 25 Calories in one serving _____
 Amount in one serving $\frac{1}{6}$ c. Cost of one serving _____

***HAM SANDWICH FILLING**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Ham, boiled or baked (left-over)		3 lb.			
Pickles, chopped	2 c.				
Bread crumbs, sifted	3 c.				
Mayonnaise	3 c.				

Chop the ham and pickles and mix with the bread crumbs and mayonnaise. This amount will make

three quarts. One cup of mixture will fill six sandwiches, using two full slices of bread for each sandwich. From a one-pound loaf, sixteen sandwich slices may be obtained.

Number of servings 72 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

SALADS

CABBAGE SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cabbage		8 lb.			
Pimentos, chopped	1 c.				
Pickles, chopped	3 c.				
Green peppers, chopped	1 c.				
Boiled dressing	$1\frac{1}{2}$ qt.				

Shred the cabbage and let soak in cold water one hour or more. Drain off the water and mix cabbage with the other ingredients.

Number of servings 108 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

CARROT AND RAISIN SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Carrots		4 lb.			
Raisins	$2\frac{1}{2}$ qt.				
Salad dressing, mayonnaise	1 qt.				

Wash, pare or scrape the carrots and chop until fine. Add the raisins and salad dressing to the carrots and mix. Serve on lettuce.

Number of servings 54 Calories in one serving _____
 Amount of one serving $\frac{1}{3}$ c. Cost of one serving _____

***COMBINATION VEGETABLE SALAD**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peas	2 qt.				
Cooked beets, diced or cooked carrots, diced	2 qt.				
Celery, cut fine	2 qt.				
French dressing	1 qt.				

Dice the beets or carrots very fine. Drain the peas. Marinate the vegetables in three separate containers. Do not mix them together. Heap on a lettuce leaf using two tablespoons of each vegetable and keeping each mound distinct.

Number of servings 64 Calories in one serving _____
 Amount in one serving Cost of one serving _____
 2 tbsp. of each vegetable

***POTATO SALAD**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Boiled potatoes	10 qt.				
Celery	2 qt.				
Salt	$\frac{1}{4}$ c.				
Paprika	1 tsp.				
French dressing	1 qt.				
Chopped parsley	1 c.				
Pimentos, 15 oz. can	1				
Onions	$\frac{1}{4}$ c.				

Dice the potatoes and add the French dressing to marinate. Cut the celery fine, chop the pimento and onion and add to the marinated potatoes with remaining ingredients. Serve on a lettuce leaf.

Number of servings 120 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

TOMATO JELLY SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tomatoes	3 qt.				
Cloves	$\frac{1}{8}$ c.				
Bay leaves	10				
Salt	1 tsp.				
Soda	$\frac{1}{4}$ tsp.				
Cayenne	$\frac{1}{8}$ tsp.				
Gelatin	6 tbsps.				
Cold water	1 c.				

Cook the tomatoes with the seasonings and add to the gelatin which has been softened in the cup of cold water. Strain and pour into molds. Let set and serve on lettuce with mayonnaise.

Number of servings 25
Amount in one serving $\frac{1}{8}$ c.

Calories in one serving _____
Cost of one serving _____

VEGETABLE GELATIN SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Gelatin	$\frac{1}{2}$ c.				
Cold water	2 c.				
Sugar	2 c.				
Boiling water	2 qt.				
Salt	4 tsp.				
Shredded cabbage	4 c.				
Lemon juice	$\frac{3}{4}$ c.				
Mild vinegar	2 c.				
Celery, diced	2 qt.				
Red pepper, cut fine	1 c.				

Soften the gelatin in the cold water. Add to the boiling water, in which the sugar and salt have been dissolved. After the gelatin has cooled and just started to set, add the mild vinegar, lemon juice and the vegetables. Pour into molds or into a shallow pan to

cool and set. Serve on a lettuce leaf with salad dressing.

Number of servings 54 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

APPLE AND CELERY SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apples	4 qt.				
Celery	$1\frac{1}{2}$ qt.				
Dates, chopped	2 c.				
Salad dressing	3 c.				

Pare and dice the apples and mix with the chopped dates. Cut the celery fine and add to the apples and dates. Mix with the salad dressing and serve on lettuce. In case there is danger of the apples turning dark, they may be covered with salt water or water containing a little vinegar, while they are being pared and diced.

Number of servings 44 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

BANANA SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Bananas	20				
Nuts, chopped	$1\frac{1}{3}$ c.				
Salad dressing	$2\frac{1}{2}$ c.				

Cut the bananas in halves crosswise and roll in the chopped nuts until well coated. Place half a banana on a lettuce leaf. Serve with a tablespoon of salad dressing.

Number of servings 40 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ banana Cost of one serving _____

FRUIT SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pineapple, diced	2 qt.				
Oranges, diced	3 qt.				
Celery, diced	2 qt.				
Salad dressing	3½ c.				

Dice the oranges and pineapple and cut the celery fine. Drain the fruit and mix with the celery. Serve on a lettuce leaf with one tablespoon of dressing on top.

Number of servings 54 Calories in one serving _____
 Amount in one serving ½ c. Cost of one serving _____

GRAPEFRUIT SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Grapefruit, size 70	14				
Celery, cut fine	1 qt.				
French dressing	1 c.				

Peel the grapefruit and remove the fruit in whole sections from the connecting tissue. Arrange three whole sections of the fruit, one on top of the other, on a lettuce leaf, and put a teaspoon of finely cut celery at each side of the sections. Put one scant teaspoon of French dressing over each salad.

Number of servings 50 Calories in one serving _____
 Amount in one serving 3 sections Cost of one serving _____

COTTAGE CHEESE SALAD WITH CELERY
AND GREEN PEPPERS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cheese	1 gal.				
Cream	6 c.				
Salt	4 tsp.				
Celery, chopped	1 qt.				
Green pepper, chopped	2 c.				

Mix the cheese with the cream and salt. More cream may be necessary to moisten the cheese if it is very dry. Add celery and green pepper and serve on a lettuce leaf.

Number of servings 64 Calories in one serving _____
 Amount in one serving $\frac{1}{8}$ c. Cost of one serving _____

PRUNE AND COTTAGE CHEESE SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Prunes, 40-50 size		3 lb.			
Cottage cheese	6 c.				
Sour cream	1 c.				
Salt	1 tsp.				

Soak the prunes over night and cook until soft. Cool. Remove the seeds by cutting one side of the prunes lengthwise, being careful not to mash the prunes. Season the cheese with the salt, mix with the cream, and fill the prunes, using 2 teaspoons of cheese which have been rolled into a ball, for each prune. Salad dressing may be served with the prunes if desired.

Number of servings 48 Calories in one serving _____
 Amount in one serving
 3 stuffed prunes Cost of one serving _____

DEVILED EGG SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs	24				
Salt	2 tsp.				
Vinegar	$\frac{1}{2}$ c.				
Mayonnaise	$\frac{1}{2}$ c.				
Mustard	1 tsp.				
Paprika	1 tsp.				

Cook the eggs until hard and cut in halves lengthwise. Remove the yolks. Cream the yolks together

with the mayonnaise and seasonings and refill the whites of the eggs. Serve half an egg on a lettuce leaf and garnish with a pickle cut in halves.

Number of servings 48 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ egg Cost of one serving _____

CHICKEN SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Chicken, diced	1 qt.				
Celery, diced	1 qt.				
Mayonnaise	1 $\frac{1}{2}$ c.				

Mix the chicken and celery lightly with two thirds of the mayonnaise. Serve on a lettuce leaf and garnish with the remaining mayonnaise. Lemon, hard-boiled egg and capers may also be used as garnish for chicken salad.

Number of servings 16 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

LOBSTER SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lobster, 1 lb. can	4				
Celery, diced	6 qt.				
Mayonnaise dressing	1 qt.				

Open the cans of lobster and look over. Avoid breaking up into shreds or very small pieces. Mix with the celery and the mayonnaise and serve on a lettuce leaf.

Number of servings 64 Calories in one serving _____
 Amount in one serving $\frac{1}{8}$ c. Cost of one serving _____

BOILED DRESSING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cornstarch	1½ c.				
Sugar	2 c.				
Milk	3 qt.				
Mustard	2 tbsp.				
Paprika	¼ c.				
Salt	1 tsp.				
Vinegar	1¼ qt.				
Egg yolks	16				

Mix and sift the cornstarch and sugar and add to the scalded milk. Mix the mustard, paprika and salt to a paste with some of the vinegar. Add the remainder of the vinegar to the thickened milk, then add the egg yolks, and cook until the eggs are done. Add the seasonings and cool.

Total volume 4¾ qt.

Calories in one serving _____
 Cost of one serving _____

FRENCH DRESSING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Salt	3 tbsp.				
Mustard	½ tsp.				
Paprika	1 tbsp.				
Pepper	½ tsp.				
Vinegar	2 c.				
Oil	4 c.				
Onion juice	1 tbsp.				

Mix the dry ingredients and add enough vinegar to make a paste. Add to this the remainder of the vinegar and oil and beat thoroughly.

Total volume 6 c.

Calories in one serving _____
 Cost of one serving _____

MAYONNAISE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Egg yolks	3				
Vinegar	$\frac{3}{4}$ c.				
Oil	1 qt.				
Mustard	1 tsp.				
Powdered sugar	1 tsp.				
Paprika	$\frac{1}{2}$ tsp.				
Salt	1 tbsp.				
Red pepper	$\frac{1}{4}$ tsp.				

Beat the egg yolks thoroughly, and add to them about two tablespoonfuls of vinegar and continue beating. Add the oil a little at a time until a thick emulsion has been formed, and then the oil and vinegar may be added alternately in larger amounts. The seasonings may be added dry, or a little of the vinegar reserved to mix to a paste with them.

Total volume 5 c. Calories in one serving _____
 Cost of one serving _____

THOUSAND ISLAND DRESSING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Mayonnaise	$2\frac{1}{2}$ qt.				
Chili sauce	1 qt.				
Green peppers, chopped	$1\frac{2}{3}$ c.				
Chives, chopped	3 tbsp.				

Mix the chopped green peppers, chives and chili sauce with the mayonnaise and chill. Mayonnaise to be used for Thousand Island dressing should be very stiff.

Total volume $3\frac{3}{4}$ qt. Calories in one serving _____
 Cost of one serving _____

HOT DESSERTS AND SAUCES

APPLE DUMPLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	3 qt.				
Baking powder	$\frac{1}{4}$ c.				
Shortening	2 c.				
Salt	2 tbsp.				
Milk	1- $\frac{1}{2}$ qt.				
Sugar, brown	4 c.				
Cinnamon	2 tsp.				
Apples, quartered	$3\frac{1}{2}$ qt.				

Rub shortening into the flour, baking powder and salt. Add milk to make a soft dough. Roll thin and cut in squares. Place about a half to three quarters of an apple, depending on size, in each square and sprinkle with about one and one half tablespoons of cinnamon and sugar mixed together. Fold the corners over the apples and bake in a moderate oven. Serve with a lemon or hard sauce.

Number of servings 42 Calories in one serving _____
 Amount in one serving 1 Cost of one serving _____

*BREAD PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Scalded milk	2 qt.				
Broken bread	6 c.				
Sugar	$\frac{2}{3}$ c.				
Raisins		$\frac{1}{2}$ lb.			
Salt	1 tsp.				
Vanilla	1 tbsp.				
Eggs	5				

Add the beaten eggs, sugar, salt and vanilla to the scalded milk and pour over the bread and raisins.

Bake in a water bath in a moderate oven until the custard sets. Serve with a vanilla sauce.

Number of servings 25 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

*BROWN BETTY

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apples, chopped	4 qt.				
Crumbs	3 qt.				
Brown sugar	$2\frac{2}{3}$ c.				
Cinnamon	1 tsp.				
Nutmeg	$\frac{1}{2}$ tsp.				
Water	2 qt.				
Lemon juice	2 tbsp.				
Butter substitute	1 c.				

Cover the bottom of a baking pan with a layer of crumbs. Cover the crumbs with chopped apples. Mix sugar, cinnamon and nutmeg together and sprinkle one half of it over the apples. Add one half of the water and lemon juice mixed together. Repeat crumbs, apples, spices and liquid. Pour the melted fat on top. Bake and serve with lemon sauce.

Number of servings 48-50 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

*CHOCOLATE BREAD PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Scalded milk	2 qt.				
Broken or cubed bread	6 c.				
Sugar	$\frac{2}{3}$ c.				
Cocoa	$\frac{1}{4}$ c.				
Eggs	5				
Raisins		$\frac{1}{2}$ lb.			
Salt	1 tsp.				
Vanilla	1 tbsp.				

Add the beaten eggs, sugar, cocoa, salt and vanilla to the scalded milk and pour over the bread and raisins. Bake in a pan of hot water in a moderate oven until the custard sets. Serve with a vanilla sauce.

Number of servings 25 *Calories in one serving _____
 Amount in one serving Cost of one serving _____
 between $\frac{1}{3}$ and $\frac{1}{2}$ c.

CHOCOLATE SOUFFLÉ

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2 c.				
Flour	$\frac{3}{4}$ c.				
Cocoa	1 c.				
Water	$3\frac{1}{2}$ c.				
Egg yolks	8				
Vanilla	1 tbsp.				
Egg whites	16				

Mix the flour, sugar and cocoa and stir into the boiling water. When thickened add the egg yolks and vanilla. Cool. Fold this custard mixture into the stiffly beaten egg whites. Pour into a baking dish and put the dish into a pan of hot water. Bake in a moderate oven until done. Serve with whipped cream.

Number of servings 25 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

COTTAGE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Butter substitute	$\frac{3}{4}$ c.				
Sugar	4 c.				
Eggs	5				
Milk	$3\frac{1}{2}$ c.				
Flour	$2\frac{1}{4}$ qt.				
Baking powder	6 tbsp.				
Salt	2 tsp.				
Vanilla	2 tbsp.				

Cream the sugar and fat. Add the well-beaten eggs and alternate the liquid and the dry ingredients. Bake. Serve with lemon, vanilla, fruit or chocolate sauce.

Number of servings 80
 Amount in one serving
 1 square 2 in.×2 in.

Calories in one serving____
 Cost of one serving_____

FRITTERS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs	6				
Sour cream	2 c.				
Sweet milk	1 c.				
Soda	1 tsp.				
Baking powder	3 tbsp.				
Salt	1 tsp.				
Flour	5 c.				
Sugar	$\frac{1}{2}$ c.				
Diced apples, or Diced oranges, or Diced Bananas, or Corn or Hominy	3 c.				

Mix the dry ingredients and wet ingredients separately and combine. Drop from a spoon into hot fat, using one and a half tablespoons per fritter.

Number of servings 35
 Amount in one serving 2 fritters
 Calories in one serving____
 Cost of one serving_____

FRUIT COBBLER

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	3 qt.				
Baking powder	$\frac{1}{2}$ c.				
Salt	1 $\frac{1}{3}$ tbsp.				
Shortening	1 $\frac{1}{2}$ c.				

FRUIT COBBLER (Continued)

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	1-1 $\frac{1}{4}$ qt.				
Fruit, # 10 can	1				
Cornstarch	$\frac{1}{2}$ c.				
Sugar	5 c.				
Water	2 $\frac{1}{2}$ qt.				
Lemon juice	$\frac{1}{4}$ c.				

Crust: Rub shortening into well-mixed dry ingredients. Add milk sufficient for a soft dough and roll on a well-floured board. Make the dough the shape of the baking pan to be used.

Fruit: Drain the fruit and heat the juice and water, adding the well-mixed sugar and cornstarch. When thickened add the fruit and lemon juice. Fill the bottom of the baking dish with the fruit and juice; cover with the dough and bake in a hot oven.

Number of servings 80
 Amount in one serving
 piece 1 $\frac{1}{2}$ in. X 2 in. with
 $\frac{1}{4}$ c. fruit sauce

Calories in one serving _____
 Cost of one serving _____

GRAPENUT PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	7 qt.				
Grapenuts	4 c.				
Bread crumbs	2 c.				
Sugar	1 $\frac{1}{3}$ c.				
Eggs	16				
Raisins	4 c.				
Salt	$\frac{1}{4}$ tsp.				

Scald the milk and pour over the grapenuts and bread crumbs. Add the sugar, salt, beaten eggs

and raisins to the bread crumbs and scalded milk. Pour into a baking pan and bake in water bath in a moderate oven until the custard sets.

Number of servings 80 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

CARROT PLUM PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar, brown	1½ c.				
Suet, ground	1 c.				
Carrots, grated raw	3 c.				
Potatoes, grated raw	2 c.				
Lemon, grated rind and juice	1				
Flour	3 c.				
Soda	2 tsp.				
Nutmeg	1 tsp.				
Raisins	1 qt.				

Add the sugar and chopped suet to the grated carrot, potato and lemon juice. Mix the dry ingredients and combine with the above mixture. Add the raisins. Pour the mixture into a well-greased baking pan. Cover and steam for one to two hours. Individual steamed puddings may be made by filling greased ramekins half full of the dough and steaming. Avoid turning on too much steam when the pudding is first put into the steamer. Serve with vanilla sauce.

Number of servings 25 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. of dough Cost of one serving _____

STEAMED MOLASSES PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Molasses	3 c.				
Soda	3 tsp.				
Eggs	3				
Flour	4½ c.				
Salt	1 tsp.				
Boiling water	2 c.				

Mix the molasses, eggs, salt and water and add the flour and soda. Mix well. This makes a very thin batter. Pour into a greased pan and steam from one to one and one half hours. Serve with an egg hard sauce. If the molasses is very dark and strong use one half molasses and one half corn syrup.

Number of servings · 25 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. of batter Cost of one serving _____

PRUNE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	1 gal.				
Cornstarch	2 c.				
Egg yolks	12				
Salt	3 tsp.				
Sugar	2 c.				
Vanilla	4 tsp.				
Prunes, after cooking		4 lb.			
Egg whites	12				
Sugar	1 $\frac{1}{2}$ c.				

Scald the milk, mix and sift the cornstarch and sugar and add to the milk, stirring constantly. When the cornstarch has thickened add the egg yolks and salt. Pour this custard mixture over the prunes which have been seeded and placed in the bottom of a pudding pan. Spread the meringue and brown in the oven.

Number of servings 60 Calories in one serving _____
 Amount in one serving, between $\frac{1}{3}$ to $\frac{1}{2}$ c. Cost of one serving _____

PRUNCOT FILLING FOR SHORTCAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Prunes, after cooking		2 lb.			
Dried apricots, after cooking		2 lb.			
Sugar	1 qt.				
Lemon juice	6 tbsp.				

Seed the cooked prunes and mix with the apricots. Add the sugar and lemon juice and heat. This filling may be put between layers of shortcake dough and on top. Serve with whipped cream.

Number of servings 27 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

SHORTCAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	8 qt.				
Baking powder	$1\frac{1}{2}$ c.				
Salt	3 tbsps.				
Sugar	$\frac{1}{2}$ c.				
Butter substitute		$2\frac{1}{2}$ lb.			
Milk	3 qt.				
Butter	1 c.				

Mix and sift the dry ingredients. Rub in the shortening lightly, with the tips of the fingers. Add the milk gradually, mixing to a soft dough. The amount of milk may vary due to differences in the flour. Put the dough on to a board and roll out to about one third inch in thickness. Cut out, using a cutter three inches in diameter. Brush the tops with melted fat and place one biscuit on top of the other; bake in a hot oven. When baked, the shortcakes break open easily. Serve with fruit between the halves and on top.

Number of servings 144 Calories in one serving _____
 Amount in one serving 1 short cake Cost of one serving _____

STRAWBERRY SHORTCAKE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Strawberries, after hulling	6 qt.				
Sugar	$2-2\frac{1}{2}$ c.				

Hull the strawberries and wash them in a colander. Crush slightly, add the sugar, and let stand half an hour or until the sugar dissolves.

Number of servings 48 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

CHOCOLATE RICE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rice uncooked	4 c.				
Milk	5 qt.				
Sugar	4 c.				
Cocoa	$\frac{1}{2}$ c.				
Salt	2 tsp.				
Cinnamon	$\frac{1}{2}$ tsp.				
Egg whites	16				
Sugar	$1\frac{1}{2}$ c.				

Cook the rice in the scalded milk. When the rice is almost tender add the cocoa and sugar and finish cooking. Pour into a baking pan and spread with a meringue and brown in the oven.

Number of servings 60 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

OLD-FASHIONED BAKED RICE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rice	2 c.				
Raisins	$1\frac{2}{3}$ c.				
Salt	$\frac{1}{2}$ tsp.				
Milk	$5\frac{1}{2}$ qt.				
Sugar	$1\frac{1}{2}$ c.				

Wash the rice, pour over it the scalded milk and bake in a slow oven, stirring occasionally. When the

rice is almost tender add the sugar, raisins and salt, and continue cooking.

Number of servings 32 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

RICE WITH HARD SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rice	3 c.				
Water	6 qt.				
Salt	1 tsp.				
Raisins	2 c.				

Cook the rice in boiling salted water until tender. Add the raisins and serve with hard sauce.

Number of servings 36 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

CHOCOLATE SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	1 qt.				
Cocoa	$1\frac{1}{2}$ c.				
Cornstarch	$\frac{1}{2}$ c.				
Salt	1 tsp.				
Water	2 qt.				
Vanilla	1 tbspc.				
Butter substitute		$\frac{1}{4}$ lb.			

Mix the dry ingredients well. Add to boiling water, stirring constantly with wire whisk. Add the fat, and when cool add the vanilla.

Number of servings 80 Calories in one serving _____
 Amount in each serving 2 tbspc. Cost of one serving _____

CUSTARD SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	2 qt.				
Egg yolks	6				
Cornstarch	$\frac{1}{2}$ c.				
Sugar	1 c.				
Salt	$\frac{1}{2}$ tsp.				
Vanilla	1 tbsp.				

Mix the cornstarch and sugar and add to the scalded milk. When the cornstarch has cooked add the thoroughly beaten egg yolks and cook for a few minutes. Remove from fire and add the salt and vanilla.

Number of servings 100 Calories in one serving _____
 Amount in one serving $1\frac{1}{2}$ tbsp. Cost of one serving _____

EGG HARD SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Butter substitute	$1\frac{1}{2}$ c.				
Sugar, powdered	3 c.				
Eggs	6				
Vanilla	1 tbsp.				

Cream the fat and sugar thoroughly. Add the beaten yolks and continue creaming. Add the vanilla and fold in the beaten whites. Put this sauce into the refrigerator to set.

Number of servings 48 Calories in one serving _____
 Amount in one serving 2 tbsp. Cost of one serving _____

HARD SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Butter		$\frac{1}{4}$ lb.			
Sugar, powdered	$1\frac{1}{2}$ c.				
Vanilla	1 tbsp.				

Cream the butter, add the sugar and vanilla gradually.

Number of servings 24 Calories in one serving _____
 Amount in one serving 1 tbsp. Cost of one serving _____

LEMON SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Water	2 qt.				
Sugar	5 c.				
Cornstarch	$\frac{3}{4}$ c.				
Salt	1 tsp.				
Butter or butter substitute	1 c.				
Lemon juice	$\frac{1}{2}$ c.				
Lemon rind, cut thin	$\frac{1}{2}$ c.				

Mix the sugar and cornstarch and add to the boiling water, stirring constantly. When the starch is clear, remove from the fire and add the fat, lemon juice and salt, and lemon rind.

Number of servings 85 Calories in one serving _____
 Amount in one serving 2 tbsp. Cost of one serving _____

COLD DESSERTS

APPLE TAPIOCA

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tapioca, pearl	3 c.				
Water, boiling	1 gal.				
Salt	2 tsp.				
Sugar	4 c.				
Apples	1 gal.				
Cinnamon	$1\frac{1}{2}$ tsp.				
Lemons	3				

Soak the tapioca in water over night. Add to the boiling salted water and cook until clear. Add the

sugar, cinnamon and lemon juice and pour over the apples. Bake in a moderate oven until the apples are tender.

Number of servings 42 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

BAKED APPLES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apples, 100 size	25				
Sugar	2 c.				
Water	1 qt.				

Wash and core the apples. Make a syrup of the sugar and water and pour over the apples. Bake in the oven until the apples are tender.

Number of servings 25 Calories in one serving _____
 Amount in one serving 1 Cost of one serving _____

BAKED CUSTARD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk, scalded	3 qt.				
Sugar	1 $\frac{1}{2}$ c.				
Eggs, whole	12				
or					
Eggs, yolks	20				
Vanilla	1 tbsp.				
Salt	1 tsp.				
Nutmeg	$\frac{1}{2}$ tsp.				

Beat the eggs, sugar and salt and add to the scalded milk and pour into custard cups. Put the cups into a pan and pour hot water around them. Bake in a moderate oven.

Number of servings 40 Calories in one serving _____
 Amount in one serving Between $\frac{1}{3}$ to $\frac{1}{2}$ c. Cost of one serving _____

CARMEL BAVARIAN CREAM

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	1½ qt.				
Hot water	1½ qt.				
Milk, scalded	2 qt.				
Egg yolks	16				
Sugar	2 c.				
Gelatin	½ c.				
Cold water	1½ c.				
Egg whites	16				

Add the cold water to the gelatin. Caramelize the sugar, add the hot water and pour over the softened gelatin. Let this mixture cool. Scald the milk, add the egg yolks and cook as for a soft custard. When both mixtures are cool and the gelatin has begun to set, beat the egg whites until stiff and pour in the two mixtures and beat. Pour into a pan to reset. Serve with whipped cream.

Number of servings 45 Calories in one serving _____
 Amount in one serving ½ c. Cost of one serving _____

CARMEL TAPIOCA

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pearl tapioca	3 c.				
Brown sugar	6 c.				
Vanilla	2 tbsp.				
Water	2 qt.				
Salt	1 tbsp.				
Mapleine	1 tsp.				

Soak the tapioca over night and cook until clear in the boiling water and brown sugar. Remove from the fire and add the salt and mapleine.

Number of servings 48 Calories in one serving _____
 Amount in one serving ⅓ c. Cost of one serving _____

CHOCOLATE BLANC MANGE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	2 gal.				
Sugar	4 c.				
Cornstarch	3 c.				
Cocoa	3 c.				
Salt	1 tsp.				
Vanilla	$\frac{1}{4}$ c.				

Mix the sugar, cornstarch and cocoa and add to the scalded milk. When the mixture has thickened, remove from the fire and add the salt and vanilla.

Number of servings 95 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

CHOCOLATE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2 c.				
Eggs	2 doz.				
Vanilla	$\frac{1}{4}$ c.				
Chocolate		$\frac{3}{4}$ lb.			

Melt the chocolate over hot water. Separate the eggs and beat the sugar and egg yolks to a creamy consistency. When the chocolate is melted, add the beaten yolks and sugar to it, and continue cooking until the mixture thickens. Beat the egg whites stiff, add the chocolate mixture and the vanilla to them. Mix thoroughly. Pour into glasses and put in the refrigerator to cool and set. Serve with whipped cream.

Number of servings 36 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

CORNSTARCH PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	4 qt.				
Cornstarch	2 c.				
Sugar	1 c.				
Salt	$\frac{1}{2}$ tsp.				
Vanilla	1 tbsp.				
Egg whites	3				

Mix the sugar and cornstarch and add to the hot milk, stirring constantly. When the starch has cooked remove from the fire and add the vanilla and salt. Fold in the well-beaten egg whites and mold.

Number of servings _____ 48 _____ Calories in one serving _____
 Amount in one serving Between $\frac{1}{3}$ to $\frac{1}{2}$ c. Cost of one serving _____

DATE NUT BLANC MANGE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Brown sugar	$1\frac{1}{2}$ qt.				
Cornstarch	$1\frac{1}{2}$ c.				
Boiling water	2 qt.				
Egg whites	12				
Salt	$\frac{1}{2}$ tbsp.				
Vanilla	1 tbsp.				
Nut meats	$1\frac{1}{2}$ c.				
Dates	$1\frac{1}{2}$ c.				

Mix the cornstarch, sugar and salt and add to boiling water, stirring constantly. Add this mixture to the well-beaten whites and vanilla and beat until smooth. If a kitchen mixing machine is available, combine the two mixtures on the machine and beat thoroughly. This will increase the volume and improve the con-

sistency. Add the dates and nut meats. Serve with a custard sauce.

Number of servings 56 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

***DATE TORTE**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Walnuts	$1\frac{1}{2}$ c.				
Dates	3 c.				
Sugar	2 c.				
Flour	2 tbsp.				
Baking powder	1 tbsp.				
Egg whites	12				
Crumbs	3 c.				
Lemon juice	$\frac{1}{2}$ c.				
Water	$\frac{1}{4}$ c.				

Mix the dry ingredients with the dates and nuts. Add the lemon juice and water, and fold in the stiffly beaten egg whites. Pour into a well-greased baking pan, set the pan in hot water and bake in a moderate oven. This may be served hot or cold with whipped cream.

Number of servings 24 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

FIG TAPIOCA

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tapioca, pearl	3 c.				
Water	3 qt.				
Brown sugar	6 c.				
Figs, layer		$1\frac{1}{2}$ lb.			
Salt	1 tsp.				
Vanilla	3 tbsp.				
Nut meats, chopped	$1\frac{1}{2}$ c.				
Mapeline	$\frac{1}{2}$ tbsp.				

Soak the tapioca over night. Add to the rapidly boiling water and cook until clear. Remove from the fire and add the sugar, chopped figs, nuts, vanilla, mapeline and salt.

Number of servings 72 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

FRUIT COCKTAIL

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Oranges	1 doz.				
Bananas	2 doz.				
Pineapple	1 qt.				
Lemons	3				
Sugar	2 c.				
Water	2 c.				

Make a syrup of the sugar and water and pour over the diced fruit. The juice of the lemons may be added to the syrup.

Number of servings 48 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

FRUIT GELATIN

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Gelatin	$\frac{1}{2}$ c.				
Cold water	2 c.				
Sugar	4 c.				
Boiling water	$1\frac{1}{2}$ qt.				
Orange juice	$1\frac{1}{2}$ qt.				
Lemon juice	$\frac{3}{8}$ c.				
Oranges	3				
Bananas	6				

Soak the gelatin in the cold water. Add the sugar to the boiling water and pour over the softened gelatin, stirring until the gelatin is dissolved. When the gela-

tin has begun to set, add the fruit juice and the diced fruit.

Number of servings 60 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

***FRUIT WHIP**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Fruit pulp	1 qt.				
Sugar	1 qt.				
Egg whites	4				
Lemon juice	$\frac{1}{4}$ c.				

Put the fruit pulp, sugar and unbeaten egg whites into a mixing bowl and beat until stiff. Whips in this quantity should be made with a power beater or mixing machine.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

MAPLE NUT MOLD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Brown sugar	3 qt.				
Cornstarch	3 c.				
Water	1 gal.				
Egg whites	24				
Nut meats, chopped	4 c.				
Mapleine	1 tbsp.				
Salt	1 tbsp.				

Mix the cornstarch to a paste with part of the water. Bring the remainder of the water to a boil, add the brown sugar and the cornstarch paste, stirring constantly. Beat the egg whites stiff, and when the cornstarch mixture is clear add to the egg whites and beat. When thoroughly mixed add the mapleine, nut meats

and salt. Pour into pans to mold. This pudding is most satisfactory in texture, and volume is increased when beaten on a power machine.

Number of servings 100 Calories in one serving _____
 Amount of one serving $\frac{1}{3}$ c. Cost of one serving _____

NORWEGIAN PRUNE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Prunes, after cooking		4 lb.			
Cinnamon	1 tbsp.				
Sugar	3 c.				
Salt	$\frac{1}{2}$ tsp.				
Cornstarch	$1\frac{1}{2}$ c.				
Boiling water					
or	2 qt.				
Prune juice					
Lemon juice	$\frac{1}{2}$ c.				

Seed and cut up the cooked prunes. Mix the cinnamon, sugar, salt and cornstarch together and add to the boiling water or prune juice and cook until the starch is clear. Remove from the fire and add the lemon juice and prunes.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

PINEAPPLE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Water	1 gal.				
Sugar	2 qt.				
Cornstarch	2 c.				
Lemons	4				
Pineapple, grated, #10	1 can				

Mix the sugar and cornstarch and add to the boiling water. When clear, remove from the fire and add the

pineapple and lemon juice. Serve with whipped cream.

Number of servings 96 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

PINEAPPLE TAPIOCA PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pearl tapioca	1 c.				
Water	1 qt.				
Lemon juice	$\frac{1}{3}$ c.				
Pineapple juice	2 c.				
Pineapple, cut fine	2 c.				
Sugar	$1\frac{1}{2}$ c.				
Egg whites	3				

Soak the tapioca over night and cook in boiling water till transparent. Remove from the fire and add the sugar, lemon, pineapple and the beaten whites of eggs. Serve with whipped cream.

Number of servings 20 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

PRUNE GELATIN

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cold water	3 c.				
Gelatin	$\frac{3}{4}$ c.				
Prune juice	4 qt.				
Sugar	3 c.				
Lemons	6				
Prunes, after cooking		4 lb.			

Soak the gelatin in the cold water until softened. Heat the prune juice to boiling, add the sugar and pour over the gelatin, stirring until dissolved. When the gelatin begins to set, add the lemon juice and pour

over the seeded prunes which have been arranged in rows on the bottom of a pan.

Number of servings 48 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

RAISIN TAPIOCA

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tapioca	3 c.				
Sugar	4 c.				
Water	1 gal.				
Raisins	3 c.				
Mapleine	1 tbsp.				
Nuts, chopped	1 c.				
Salt	$\frac{1}{2}$ tsp.				

Soak the tapioca over night. Add to the boiling water and sugar and cook until clear. Remove from the fire and add the raisins, mapleine, nuts and salt.

Number of servings 75 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

SNOW PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Gelatin	$\frac{1}{2}$ c.				
Cold water	2 c.				
Boiling water	2 qt.				
Lemon juice	2 c.				
Egg whites	20				
Sugar	6 c.				

Soak the gelatin in the cold water. Add the sugar to the boiling water and pour over the softened gelatin, stirring until the gelatin is dissolved. When the gelatin has begun to set, add the lemon juice. Beat the egg whites stiff, add the gelatin and beat. Put

into a pan and let the mixture harden. Serve with custard sauce.

Number of servings 72 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

TAPIOCA CREAM

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tapioca, pearl	3 c.				
Eggs	15				
Sugar	3 c.				
Salt	$\frac{1}{2}$ tsp.				
Vanilla	1 tbsp.				
Milk	$1\frac{1}{2}$ gal.				

Soak the tapioca over night and cook until clear in the scalded milk. Beat the eggs and sugar, add to the tapioca mixture and cook for a few minutes. Remove from fire and add salt and vanilla.

Number of servings 75 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

FRUIT SAUCES

APRICOT SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apricots		3 lb.			
Water	$3\frac{1}{2}$ qt.				
Sugar	3 c.				

Sort and wash the apricots. Cover with cold water and soak over night. Cook slowly and when nearly done add the sugar.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ c. Cost of one serving _____

CRANBERRY JELLY

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cranberries	6 qt.				
Sugar	3 qt.				
Water	2 qt.				

Pick over and wash the cranberries. Add the water and cook until the berries are soft. Rub through a purée sieve. Add the sugar and again bring to the boiling point. Pour into a pan to mold. Cut in small squares to serve.

Number of servings 100 Calories in one serving _____
 Amount in one serving 2 tbsp. Cost of one serving _____

CRANBERRY SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cranberries	7½ qt.				
Sugar	10 c.				
Water	3¾ qt.				

Pick over and wash the cranberries. Add the water and cook until the berries are soft. Rub through a sieve, add the sugar and bring to a boil.

Number of servings 40 Calories in one serving _____
 Amount in one serving ½ c. Cost of one serving _____

DRIED PEACH SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peaches, dried		3 lb.			
Water	3¾ qt.				
Sugar	3 c.				

Sort and wash the peaches. Cover with cold water and soak over night. Cook slowly and when nearly done add the sugar.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

PRUNE SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Prunes		4 lb.			
Water	4 qt.				
Sugar	1 qt.				

Sort and wash the prunes. Cover with cold water and soak over night. Cook slowly and when nearly done add the sugar.

Number of servings 50 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

BAKED RHUBARB

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rhubarb	1 $\frac{1}{2}$ gal.				
Sugar	9 c.				
Lemons	3				

Wash the rhubarb and cut in pieces three quarters of an inch in length. Mix the rhubarb with the sugar and the lemons, which have been cut in thin slices. Pour into a baking pan and bake in a slow oven until tender.

Number of servings 45 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ c. Cost of one serving _____

CAKES, FILLINGS AND FROSTINGS

APPLE-SAUCE CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apple sauce	1½ qt.	1 lb.			
Sugar	1 qt.				
Butter substitute					
Flour	2 qt.				
Raisins	1 qt.				
Nutmeg	1 tsp.				
Cinnamon	2 tsp.				
Cloves	2 tsp.				
Salt	2 tsp.				
Soda	4 tsp.				

Cream the fat and sugar. Add the apple sauce, then the dry ingredients and the raisins. Bake in a slow oven in loaf or sheet pans. This may be iced with a chocolate icing and cut in squares. This amount makes six pans eight inches square.

Number of servings 54 Calories in one serving _____
 Amount in one serving 1 square Cost of one serving _____

BANANA CREAM CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cake recipe (see page 169)	½ of recipe	4 lb.			
Cream pie filling (see page 184)	⅓ of recipe				
Bananas					

Follow the directions for making cake and bake the mixture in a sheet pan about twenty-four inches square. Make the cream pie filling recipe. When

the cake comes from the oven slice the bananas over the top, pour the pie filling over it and cover with a meringue made of the egg whites and sugar provided in the cream pie filling recipe. Brown the meringue in the oven. Cool and cut in squares.

Number of servings 100 Calories in one serving _____
 Amount in one serving
 1 square 2 in. X 2 in. Cost of one serving _____

CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2½ qt.				
Butter substitute	3 c.				
Eggs	14				
Salt	1 tbsp.				
Baking powder	1 c.				
Flour, pastry	5 qt.				
Milk	2½ qt.				
Vanilla	2 tbsp.				

Cream the fat and sugar thoroughly. Add the yolks and vanilla and continue creaming. Mix the dry ingredients and add alternately with the milk to the fat, sugar and eggs. Fold in the well-beaten whites last. If a kitchen mixing machine is used for making the cake, the best results are obtained by creaming the fat and sugar twenty to thirty minutes on the machine and completing the remainder of the mixing as quickly as possible. This makes nine two-layer cakes, each cake nine and one fourth inches in diameter and cutting sixteen slices.

Number of servings 144 Calories in one serving _____
 Amount in one serving 1 slice Cost of one serving _____

CARMEL CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2½ qt.				
Fat	3 c.				
Eggs	14				
Water	2 c.				
Milk	2 qt.				
Flour, pastry	5 qt.				
Baking powder	1 c.				
Vanilla	2 tbsp.				
Salt	1 tbsp.				

Caramelize one cup of the sugar and add two cups of water to dissolve. Cool this syrup. Cream the fat and remaining sugar, add the egg yolks and vanilla, and the caramelized syrup. Mix the dry ingredients and add alternately with the milk. Add the beaten whites of eggs last. This will make nine two-layer cakes, nine and one fourth inches in diameter.

Number of servings 144 Calories in one serving _____
 Amount in one serving 1 slice Cost of one serving _____

CHOCOLATE CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2½ qt.				
Butter substitute	3 c.				
Egg yolks	8				
Salt	1 tbsp.				
Baking powder	¾ c.				
Flour, pastry	4¼ qt.				
Soda	5 tsp.				
Milk	5 c.				
Vanilla	2 tbsp.				
Egg whites	14				
Egg yolks	6				
Milk	5 c.				
Cocoa		12 oz.			

Make a custard of the egg yolks, milk and cocoa, and cool. Cream the fat and sugar thoroughly, add the egg yolks, the chocolate custard and vanilla. Mix the dry ingredients and add alternately with the milk. Fold in the beaten egg whites. This amount will make ten two-layer cakes, nine and one fourth inches in diameter, each cake to be cut in sixteen pieces.

Number of servings 160 Calories in one serving _____
 Amount in one serving 1 slice Cost of one serving _____

SMALL CHOCOLATE CUP CAKES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Chocolate		2 oz.			
Butter substitute	3 tbsp.				
Sugar	1 c.				
Milk	$\frac{1}{2}$ c.				
Flour, pastry	1 c.				
Baking powder	2 tsp.				
Eggs	2				
Vanilla	1 tsp.				
Nuts, chopped	1 c.				

Melt the chocolate over hot water and add the butter substitute to it. Beat the eggs and add the sugar and vanilla and combine with the melted butter substitute and chocolate. Mix and sift the dry ingredients and add alternately with the liquid. Add the nuts last.

Number of servings 36 Calories in one serving _____
 Amount in one serving 1 Cost of one serving _____

*FRUIT OATMEAL CRUMB COOKIES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	5 c.				
Butter substitute	2 c.				
Eggs	6				
Sour cream	3 c.				
Cinnamon	2 tbsp.				
Flour	$1\frac{3}{4}$ qt.				

FRUIT OATMEAL CRUMB COOKIES (*Continued*)

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cake crumbs	$\frac{3}{4}$ qt.				
Oatmeal	$1\frac{3}{4}$ qt.				
Salt	1 tbsp.				
Soda	1 tbsp.				
Raisins	$1\frac{1}{2}$ qt.				
Nuts	1 c.				
Lemon juice	3 tbsp.				
Mapleine	2 tsp.				

Cream the fat and sugar. Add the eggs, sour cream, lemon juice and mapleine, and the well-mixed dry ingredients. Drop on a well-greased pan using two tablespoons per cooky and bake in a hot oven; or this mixture may be spread out on a sheet and when baked cut in squares or bars.

Number of servings 144 Calories in one serving _____
 Amount in one serving 2 tbsp. dough Cost of one serving _____

GINGERBREAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	$1\frac{1}{2}$ c.				
Butter substitute	$1\frac{1}{2}$ c.				
Molasses	3 c.				
Eggs	6				
Soda	2 tbsp.				
Cinnamon	$1\frac{1}{2}$ tsp.				
Ginger	$1\frac{1}{2}$ tsp.				
Flour	2 qt.				
Salt	1 tsp.				
Water, hot	3 c.				

Cream the fat and sugar thoroughly. Add the eggs and molasses and continue to beat. Mix the dry ingredients and add alternately with the water. Bake in well-greased and floured pans. The gingerbread may be baked in five loaf tins cutting fifteen slices per loaf or as a sheet cake.

Number of servings 75 Calories in one serving _____
 Amount in one serving 1 slice Cost of one serving _____

ORANGE AND RAISIN CUP CAKES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	10 c.				
Butter substitute	3 c.				
Eggs	14				
Salt	1 tbsp.				
Baking powder	1 c.				
Pastry flour	5½ qt.				
Vanilla	2 tbsp.				
Raisins	2 qt.				
Oranges, size 126	10				
Milk and orange juice	1½ qt.				

Cream the fat and sugar thoroughly. Add the egg yolks and vanilla. Mix the dry ingredients and add alternately with the liquid. Chop the oranges and express the juice, to which is added the milk to make the required amount of liquid. Add the chopped oranges and raisins and the stiffly beaten whites. Bake in well-greased muffin tins.

Number of servings 152 Calories in one serving——
 Amount in one serving ¼ c. Cost of one serving——

SPICE CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	10 c.				
Eggs	14				
Sour cream	3 qt.				
Salt	1 tbsp.				
Flour	4 qt.				
Baking powder	¾ c.				
Soda	2 tbsp.				
Raisins	2 qt.				
Cinnamon	4 tbsp.				
Cloves	1½ tbsp.				
Allspice	3 tbsp.				
Molasses	1 c.				
Lemon juice	1 tbsp.				

Cream the sugar and egg yolks and add the sour cream. Add the molasses and lemon juice. Mix the dry ingredients and add to the mixture. Add the raisins and the beaten egg whites. Three quarts of sour milk and one and one half pounds of fat may be used instead of sour cream. This makes ten two-layer cakes, nine and one fourth inches in diameter.

Number of servings 160 Calories in one serving _____
 Amount in one serving 1 slice Cost of one serving _____

SUGAR COOKIES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Brown sugar	2 qt.	3 lb.			
Butter substitute					
Flour	5 qt.				
Soda	2 tsp.				
Vanilla	2 tbsp.				
Water	3 c.				
Salt	1½ tbsp.				

Cream the fat and sugar. Mix the dry ingredients and add with the water to the fat and sugar. This will make a soft dough which will not roll out until thoroughly chilled. Keep the dough in the refrigerator and take out only that portion which may be rolled at one time. Roll very thin, cut into cookies three and one half inches in diameter and bake on a floured pan.

Number of servings 300 Calories in one serving _____
 Amount in one serving One 3½ in. cooky Cost of one serving _____

WASHINGTON PIE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cake recipe (see page 169)	12 layers				
Chocolate filling (see page 175)	3 qt.				

Split the layers of cake in half. Spread them with one cup of chocolate filling. Put the top over the

filling and sprinkle with powdered sugar. Cut each layer in eight wedge-shaped pieces.

Number of servings 96 Calories in one serving _____
 Amount in one serving 1 piece Cost of one serving _____

WHITE CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	6 qt.	6 lb.			
Butter substitute					
Milk	3½ qt.				
Baking powder	¾ c.				
Egg whites	60				
Flour	9 qt.				
Salt	2 tbsp.				

Cream the fat and sugar thoroughly. Mix the dry ingredients and add alternately to the fat and sugar with the milk. Fold in the well-beaten whites last. This makes eighteen two-layer cakes. If preferred, this amount may be baked in square tins, twenty-four by twenty-four inches, and will fill three pans. Where a kitchen mixing machine is used in cake making the best results are obtained by creaming the fat and sugar in the machine for from twenty to thirty minutes and then adding the remainder of the ingredients and completing the mixing quickly.

Number of servings 288 Calories in one serving _____
 Amount in one serving 1 slice Cost of one serving _____

CHOCOLATE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cornstarch	1 c.				
Sugar	3 c.				
Cocoa	1½ c.				
Salt	¼ tsp.				
Milk	2 qt.				
Egg yolks	6				
Butter substitute	¼ c.				
Vanilla	1 tbsp.				

Mix the cornstarch, sugar, cocoa and salt and add to the hot milk, stirring constantly. When cornstarch is cooked add the beaten egg yolks, butter substitute and vanilla.

Total volume 3 qt. Calories in one serving _____
 Cost of one serving _____

CREAM FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cream pie filling (see p. 184)					

See method under recipe for cream pie filling, p.184.

This filling may be used not only for pie, but for cake, cream puffs, Washington pie and for similar desserts.

Number of servings Calories in one serving _____
 Amount of one serving Cost of one serving _____

LEMON FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lemon pie filling (see p. 185)					

This filling may be used not only for pie, but for cake and similar desserts.

See method under recipe for lemon pie filling, p.185.

Number of servings Calories in one serving _____
 Amount of one serving Cost of one serving _____

CARAMEL FROSTING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Brown sugar	5 c.				
White sugar	1 c.				
Water	1½ c.				
Egg whites	10				
Vanilla	1 tbsp.				

Cook the sugar and water to the soft-ball stage or until it forms a thread. Pour into the stiffly beaten egg whites, add the vanilla and continue beating on the machine until the icing is stiff. This amount will frost nine two-layer cakes, nine and one quarter inches in diameter.

Number of servings
Amount in one serving

Calories in one serving____
Cost of one serving_____

CHOCOLATE ICING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cocoa	1 c.				
Sugar, powdered	3 c.				
Butter		2 oz.			
Water	½ c.				
Vanilla	1 tsp.				

Roll and sift the powdered sugar and cocoa, and mix with the water, melted butter and vanilla. This amount will make two cups of icing.

Number of servings
Amount of one serving

Calories in one serving____
Cost of one serving_____

WHITE FROSTING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Granulated sugar	6 c.				
Water	1½ c.				
Egg whites	10				
Vanilla	2 tbsp.				

Cook the sugar and water to the soft-ball stage or until it forms a thread. Pour into the stiffly beaten egg whites, add the vanilla and continue beating in the machine until the icing is stiff. This amount will

frost nine two-layer cakes, nine and one quarter inches in diameter.

Number of servings 144
Amount in one serving

Calories in one serving _____
Cost of one serving _____

PIES

PIE CRUST

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour		3 lb.			
Shortening		1½ lb.			
Salt	2 tbsp.				
Iced water					

Weigh the fat and flour, add the salt and work the fat into the flour lightly, using the tips of the fingers. Add the iced water a little at a time, being careful to distribute the water evenly through the mixture. Avoid getting the dough too wet. For this amount about one and one half cups of water is sufficient. This amount will make from eleven to twelve pie shells, using pie tins ten and three quarter inches in diameter, or it will make from six to seven two-crust pies.

Number of servings
Amount in one serving

Calories in one serving _____
Cost of one serving _____

APPLE PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apples, before peeling		16 lb.			
Cinnamon	2 tbsp.				
Sugar	3½ qt.				
Flour	1½ c.				
Butter substitute	1½ c.				

Fill the crusts with one quart of apples. Cover with the sugar and flour. Add the fat and cover with the top crust. Bake in a moderate oven. This recipe makes fourteen, ten and three quarter inch pies, using one quart per pie.

Number of servings 112 Calories in one serving_____
 Amount in one serving $\frac{1}{8}$ pie Cost of one serving_____

APRICOT PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apricots, dry		5 lb.			
Water	6 $\frac{1}{4}$ qt.				
Sugar	2 qt.				
Cornstarch	1 $\frac{1}{2}$ c.				
Lemon juice	$\frac{1}{3}$ c.				

Soak and cook the apricots in the water. When the apricots are soft add the well-mixed sugar and cornstarch and cook until thickened. Add the lemon juice. This amount will make ten pies, ten and three quarter inches in diameter, using three cups of filling per pie.

Number of servings 80 Calories in one serving_____
 Amount in one serving $\frac{1}{8}$ pie Cost of one serving_____

BLUEBERRY PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Blueberries, #10 can	2				
Sugar	2 qt.				
Cornstarch	1 $\frac{1}{2}$ c.				
Lemon juice	$\frac{1}{4}$ c.				

Drain the berries and heat the juice to boiling. Mix the sugar and cornstarch and sift into boiling

juice. When thickened, add the berries and lemon juice. Fill pie shells, using three cups per pie. This will make nine, ten and three quarter inch pies.

Number of servings 72 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ pie Cost of one serving _____

CRANBERRY AND RAISIN PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cranberries, uncooked	$3\frac{3}{4}$ qt.				
Raisins	$2\frac{1}{2}$ qt.				
Sugar	7 c.				
Vinegar, spiced	$2\frac{1}{2}$ c.				
Nut meats, chopped	$2\frac{1}{2}$ c.				

Wash and pick over the cranberries. Steam the raisins and mix with the remainder of the ingredients. Fill the pie shells. This recipe makes ten, ten and three quarter inch pies, using three cups per pie.

Number of servings 80 Calories in one serving _____
 Amount in one serving $\frac{1}{8}$ pie Cost of one serving _____

DRIED PEACH PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peaches, dried		5 lb.			
Water	$6\frac{1}{4}$ qt.				
Sugar	2 qt.				
Cornstarch	$1\frac{1}{2}$ c.				
Lemon juice	$\frac{1}{2}$ c.				

Soak and cook the peaches in the water. When soft, add the well-mixed sugar and cornstarch and cook until thickened. Add the lemon juice and fill the pie shells. This will fill ten, ten and three quarter inch pies, using three cups of filling per pie.

Number of servings 80 Calories in one serving _____
 Amount of one serving $\frac{1}{8}$ pie Cost of one serving _____

GOOSEBERRY AND RAISIN PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Gooseberries, #10 can	4				
Raisins	12 c.				
Sugar	1 gal.				
Cornstarch	3 c.				
Gooseberry juice	1 gal.				
or					
Gooseberry juice and water	1 gal.				

Drain the gooseberries, retaining one gallon of the juice. Heat the juice and when it reaches the boiling point add the well-mixed sugar and cornstarch, stirring constantly. When the mixture has thickened, add the gooseberries and the raisins. The raisins will be improved by steaming before adding to the mixture. This quantity makes twenty, ten and three quarter inch pies, using three cups per pie.

Number of servings 160 Calories in one serving _____
 Amount in one serving $\frac{1}{8}$ pie Cost of one serving _____

LOGANBERRY PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Berries, #10 can	4				
Sugar	1 gal.				
Cornstarch	3 c.				
Lemon juice	$\frac{1}{2}$ c.				

Open the berries and pour into a colander to separate the berries from the juice. Heat the juice to the boiling point and add the well-mixed cornstarch and sugar, stirring constantly. When the mixture has thickened, add the lemon juice and berries. This

makes filling for eighteen pies, ten and three quarter inches in diameter, using three cups of filling per pie.

Number of servings 144 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ pie Cost of one serving _____

RHUBARB PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rhubarb, diced	4 gal.				
Sugar	5½ qt.				
Cornstarch	3 c.				

Wash and dice the rhubarb, and put over a slow fire to cook. When the mixture is boiling, add the well-mixed cornstarch and sugar, stirring constantly. When thickened, remove from the fire and fill the pie crusts, using three cups per pie. This amount makes fourteen pies, ten and three quarter inches in diameter.

Number of servings 112 Calories in one serving _____
 Amount per serving $\frac{1}{3}$ pie Cost of one serving _____

BANANA CREAM PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	8 qt.				
Sugar	5 qt.				
Cornstarch	½ qt.				
Flour	1½ qt.				
Egg yolks	48				
Butter substitute		1½ lb.			
Salt	2 tbsp.				
Vanilla	⅓ c.				
Bananas	20				
Egg whites	48				
Sugar	4¾ c.				

Mix sugar, cornstarch and flour, and add to scalded milk, stirring constantly. When thickened add well-

beaten egg yolks, butter substitute, salt and vanilla. Cut one banana in pieces over bottom of crust. Cover with filling, using two and one half cups per pie. Cover with meringue and brown in a moderate oven. This makes twenty, ten and three quarter inch pies.

Number of servings 160 Calories in one serving _____
 Amount of one serving $\frac{1}{2}$ pie Cost of one serving _____

BUTTERSCOTCH PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	8 qt.				
Brown sugar	5 qt.				
Egg yolks	48				
Flour	$1\frac{1}{2}$ qt.				
Cornstarch	$\frac{1}{2}$ qt.				
Butter substitute		$1\frac{1}{2}$ lb.			
Vanilla	$\frac{1}{3}$ c.				
Salt	2 tbsp.				
Egg whites	48				
Sugar	$4\frac{2}{3}$ c.				

Scald the milk, reserving sufficient to make a thin paste with the flour and cornstarch. Add the brown sugar to the scalded milk and pour in the thickening, stirring constantly. If a dark brown sugar is used, a little soda may be added to the milk to prevent curdling. When the mixture has thickened add the fat and egg yolks and cook for a few minutes. Remove from the fire and add the salt and vanilla. This recipe makes twenty pies, using two and one half cups per pie. See chocolate pie recipe for method of making meringue.

Number of servings 160 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ pie Cost of one serving _____

CHOCOLATE PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	5 qt.				
Water	8 qt.				
Yolks	48				
Flour	1½ qt.				
Cocoa	6 c.				
Vanilla	⅓ c.				
Butter substitute		1½ lb.			
Salt	2 tbsp.				
Egg whites	48				
Sugar	4¾ c.				

Mix the cocoa, flour, salt and sugar together thoroughly. Sift into the boiling water, stirring constantly. When the mixture has thickened add the well-beaten egg yolks and let cook three or four minutes. Add the butter substitute and vanilla.

Beat the egg whites until they hold their shape. Add the sugar and continue beating until sugar and egg are thoroughly blended. Avoid beating the sugar and egg until too stiff to spread. Bake in a moderate oven. This recipe makes twenty, ten and three quarter inch pies, using two and one half cups per pie.

Number of servings 160 Calories in one serving——
 Amount in one serving ⅔ pie Cost of one serving——

CREAM PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	8 qt.				
Sugar	5 qt.				
Cornstarch	⅓ qt.				
Flour	1½ qt.				
Egg yolks	48				
Butter substitute		1½ lb.			
Salt	2 tbsp.				
Vanilla	⅓ c.				
Egg whites	48				
Sugar	4¾ c.				

Mix the sugar, cornstarch and flour and add to scalded milk, stirring constantly. When thickened, add the well-beaten egg yolks, butter substitute, salt and vanilla. Fill the pie shells, using two and one half cups per pie and cover with meringue. This recipe makes twenty, ten and three quarter inch pies.

Number of servings 160 Calories in one serving _____
 Amount in one serving $\frac{1}{2}$ pie Cost of one serving _____

CUSTARD PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	2 gal.				
Eggs, whole	30				
Egg yolks	15				
Sugar	3 c.				
Vanilla	3 tbsp.				
Salt	2 tsp.				
Nutmeg	2 tbsp.				

Scald the milk. Add the eggs, sugar and vanilla, beaten together. Fill the pie shells and sprinkle the nutmeg over the top. Bake in a slow oven. This recipe makes twelve, ten and three quarter inch pies, using three and one half cups per pie.

Number of servings 96 Calories in one serving _____
 Amount in one serving $\frac{1}{3}$ pie Cost of one serving _____

LEMON PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Water	8 qt.				
Sugar	5 qt.				
Cornstarch	$\frac{1}{2}$ qt.				
Flour	$1\frac{1}{2}$ qt.				
Salt	2 tbsp.				
Egg yolks	48				
Butter substitute		$1\frac{1}{2}$ lb.			
Lemons, grated rind and juice	20				
Egg whites	48				
Sugar	$4\frac{3}{4}$ c.				

Mix the sugar, flour and cornstarch and add to the rapidly boiling water. When thickened, add the fat and egg yolks. Cook for a few minutes, and when removed from the fire add the lemon juice and grated rind. Put two and one half cups to each ten and three quarter inch pie shell and cover with meringue and brown in oven. For method of making meringue see chocolate pie recipe. This recipe makes twenty pies.

Number of servings 160 Calories in one serving _____
 Amount in one serving $\frac{1}{8}$ pie Cost of one serving _____

PINEAPPLE PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pineapple, # 10 cans	3				
Juice and water	9 qt.				
Sugar	5 qt.				
Cornstarch	2 c.				
Flour	1 $\frac{1}{2}$ qt.				
Yolks	48				
Salt	2 tbsp.				
Lemon juice	6 tbsp.				
Whites	48				
Sugar	4 $\frac{3}{4}$ c.				
Butter substitute	1 $\frac{1}{2}$ lb.				

Mix the sugar, flour and cornstarch and add to the rapidly boiling water. When thickened add the egg yolks. Cook for a few minutes, remove from the fire and add the lemon juice and pineapple. Fill ten and three quarter inch shells, using two and one half cups of filling per pie. Cover with meringue and bake in a moderate oven. For method of making meringue see chocolate pie recipe. This recipe makes twenty-seven pies.

Number of servings 216 Calories in one serving _____
 Amount in one serving $\frac{1}{8}$ pie Cost of one serving _____

PUMPKIN PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	5 c.				
Ginger	5 tsp.				
Cinnamon	6 tbsp.				
Cloves	2 tsp.				
Cornstarch	$\frac{1}{2}$ c.				
Salt	1 tbsp.				
Pumpkin, # 10 can	1				
Egg yolks	20				
Milk, hot	4 qt.				
Egg whites	20				

Mix the dry ingredients and add to the pumpkin. Beat the eggs, add the scalded milk and pour into the pumpkin and spices, and mix thoroughly. This fills ten, ten and three quarter inch pie shells, using three and one half cups per shell.

Number of servings 80 Calories in one serving _____
 Amount in one serving $\frac{1}{8}$ pie Cost of one serving _____

BEVERAGES

FRUIT PUNCH

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Grated pineapple	1 qt.				
Lemon juice	1 qt.				
Orange juice	1 qt.				
Grape juice	1 qt.				
Tea infusion	2 qt.				
Water	$2\frac{1}{2}$ gal.				
Sugar	2 qt.				
Mint leaves	$\frac{1}{2}$ c.				

Make a syrup of the sugar and a quart of the water. While the syrup is cooling add the mint leaves. Mix

the syrup with the fruit juices and strain. Serve the punch iced. The volume will be somewhat greater if the fruit pulp is not strained out.

Number of servings 62 Calories in one serving _____
 Amount in one serving 1 c. Cost of one serving _____

GINGER ALE LEMONADE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lemon juice	1 qt.				
Sugar	2 qt.				
Water	1 qt.				
Ice water	2 gal.				
Ginger ale	1 gal.				
Mint leaves	1 c.				

Make a syrup of the sugar and water, and while this is cooling add the mint leaves. Combine the cold syrup, lemon juice and water, and add the ginger ale. The ginger ale should not be added until just before the lemonade is to be served.

Number of servings 56 Calories in one serving _____
 Amount in one serving 1 c. Cost of one serving _____

LEMONADE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lemon juice	1 qt.				
Sugar	2 qt.				
Water	1 qt.				
Ice water	2 gal.				

Make a syrup of the sugar and the one quart of water, and let cool. Mix with the lemon juice and add the ice water. While the syrup is cooling, mint leaves may be added if desired.

Number of servings 45 Calories in one serving _____
 Amount in one serving 1 c. Cost of one serving _____

HOT CHOCOLATE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	$\frac{3}{4}$ c.				
Grated chocolate	$1\frac{1}{2}$ c.				
Salt	$\frac{1}{2}$ tsp.				
Boiling water	3 c.				
Milk	1 gal.				
Vanilla	2 tsp.				

Mix the sugar, grated chocolate and salt with the boiling water and cook until smooth. Add the hot milk and cook ten to fifteen minutes to develop the flavor. Add vanilla and serve. One half teaspoon of cinnamon may be added for flavor if desired.

Number of servings 27 Calories in one serving _____
 Amount in one serving $\frac{2}{3}$ c. Cost of one serving _____

URN COFFEE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Coffee, ground medium fine	4 c.				
Water	2 gal.				

Put the ground coffee into an urn sack. Let the boiling water from the water urn flow over the coffee. Drain the coffee from the faucet of the urn, and pour the entire amount over the ground coffee twice. This should make a coffee of good strength. The important points in making coffee are that the urn should be kept perfectly clean, using clear water and steel wool or baking soda; the water bags should be kept washed and

well aired; the water used in making the coffee should always be actively boiling before the coffee is made, and the water in the jacket should be maintained at boiling temperature.

Number of servings 48
Amount in one serving $\frac{2}{3}$ c.

Calories in one serving _____
Cost of one serving _____

CHAPTER VII

TABLE OF WEIGHTS AND THEIR APPROXIMATE MEASURES

FOOD MATERIAL	WEIGHT	MEASURE	CALORIES
Apples, A. P.,* fresh	6 oz.	1 apple 100 size box apples	
Apples, diced, half-inch cubes	1 lb.	4 $\frac{1}{8}$ c.	
Apricots, dried, A. P.*	1 lb.	3 c.	
1 lb. apricots soaked and cooked equals 4 $\frac{1}{2}$ cups without juice.			
1 lb. apricots after soaking and cooking weighs 2 $\frac{1}{2}$ lb., without juice.			
Baking powder	1 lb.	2 $\frac{1}{8}$ c.	
Bananas, A. P.*	1 lb.	3 medium sized	
Beans, dried lima, uncooked	1 lb.	2 $\frac{2}{3}$ c.	
1 lb. dried lima beans soaked and cooked equals 6 $\frac{1}{2}$ cups			
1 lb. dried lima beans after soaking and cooking weighs 2 lb. 9 oz.			
Beans, kidney, A. P.*	1 lb.	2 $\frac{2}{3}$ c.	
1 lb. kidney beans soaked and cooked equals 7 cups.			
1 lb. kidney beans after soaking and cooking weighs 2 lb. 6 $\frac{1}{2}$ oz.			
Beans, navy, A. P.*	1 lb.	2 $\frac{1}{8}$ c.	
1 lb. navy beans soaked and cooked equals 6 cups.			
1 lb. navy beans after soaking and cooking weighs 2 lb. 3 oz.			
Beets, diced, cooked	1 lb.	2 $\frac{1}{2}$ c.	
Bran	1 lb.	10 $\frac{1}{2}$ c.	
Bread, soft, broken	1 lb.	9 c.	
Bread, broken stale	1 lb.	9 c.	
Bread crumbs, stale, finely sifted	1 lb.	3 $\frac{1}{3}$ c.	
Butter	1 lb.	2 c.	
Cabbage, shredded	1 lb.	5 $\frac{1}{2}$ c.	
Celery, quarter-inch pieces	1 lb.	4 c.	
Carrots, diced	1 lb.	4 c.	
Cheese, cottage, A. P.*, unmixed	1 lb.	2 $\frac{2}{3}$ c.	
Cheese, N. Y. or Wisc. cream, fresh, cubed or cut fine	1 lb.	2 $\frac{2}{3}$ c.	
Chicken, cooked and cubed	1 lb.	3 c.	

*A. P. = As purchased.

TABLE OF WEIGHTS AND MEASURES (Continued)

FOOD MATERIAL	WEIGHT	MEASURE	CALORIES
Chocolate, cut fine	1 lb.	3½ c.	
Cinnamon, ground	1 lb.	4 c.	
Cloves, ground	1 lb.	3¾ c.	
Cocoa	1 lb.	4 c.	
Cocanut, short	1 lb.	7 c.	
Coffee, medium ground	1 lb.	4½ c.	
Corn, canned	1 lb.	1¾ c.	
Corn meal	1 lb.	3 c.	
1 lb. corn meal when cooked equals 3½ qt.			
Cornstarch	1 lb.	3⅛ c.	
Crackers, 2 inches by 2 inches	1 lb.	108	
Crackers, sodas, whole	1 lb.	56	
Crackers, broken	1 lb.	10 c.	
Cranberries, uncooked	1 lb.	5 c.	
Eggs, whole in shell	1 lb.	8	
Egg whites	½ lb.	8 whites = 1 c.	
Egg yolks	½ lb.	12 yolks = 1 c.	
Farina, uncooked	1 lb.	2⅔ c.	
1 lb. farina when cooked equals 3 qts.			
Figs, layer, whole	1 lb.	2½ c.	
Figs, layer, cut fine	1 lb.	3 c.	
Flour, graham	1 lb.	3⅔ c.	
Flour, wheat, unsifted	1 lb.	3½ c.	
Gelatin, granulated	1 lb.	3 c.	
Ginger	1 lb.	4¼ c.	
Grapenuts	1 lb.	3⅞ c.	
Grapes, cut and seeded as for salad	1 lb.	2¾ c.	
Hamburg steak, raw	1 lb.	2 c.	
Hominy, pearl	1 lb.	2½ c.	
Lard substitute or compound	1 lb.	2⅛-2½ c.	
Lemons, 300 size	1 lb.	4 lemons	
Lemon juice		4-5 lemons = 1 c.	
Lettuce, average head size	9 oz.	1 head or 10-12 salad leaves	
Macaroni, broken 1½ inch pieces	1 lb.	5 c.	
1 lb. macaroni when cooked equals 3 qt.			
Molasses	1 lb.	1⅓ c.	
Mustard	1 lb.	5 c.	
Nutmeats, English walnuts, whole	1 lb.	4¾ c.	
Nutmeats, English walnuts, chopped	1 lb.	4 c.	
Nutmeg, ground	1 lb.	3½ c.	
Oats, rolled	1 lb.	5½ c.	
1 lb. oats when cooked equals 2⅓ qts.			

TABLE OF WEIGHTS AND MEASURES 193

TABLE OF WEIGHTS AND MEASURES (Continued)

FOOD MATERIAL	WEIGHT	MEASURE	CALORIES
Oils, cottonseed	1 lb.	2½ c.	
Oleomargarine	1 lb.	2 c.	
Oranges, diced	1 lb.	2½ c.	
Oranges, whole, 126 size	8-9 oz.	1 orange	
Onions, chopped	1 lb.	3 c.	
Paprika	1 lb.	3¾ c.	
Peaches, dried	1 lb.	3 c.	
1 lb. peaches soaked and cooked equals 4¼ cups without juice.			
1 lb. peaches soaked and cooked weighs 2½ lb. without juice.			
Peas, canned, drained	1 lb.	2¾ c.	
Pepper, white	1 lb.	4¼ c.	
Pickles, whole	1 lb.	16-3 in. length 22-2 in. length	
Pickles, chopped	1 lb.	3 c.	
Pineapple, canned broken pieces	1 lb.	2 c.	
Potatoes, unpeeled	1 lb.	3 medium sized	
Potatoes, peeled	¾ lb.	1 lb. before peeling	
Potatoes, diced for creaming	1 lb. before peel- ing	2½ c. diced	
Prunes, A. P.*	1 lb.	2½ c.	
1 lb. prunes soaked and cooked equals 3 cups without juice.			
1 lb. prunes soaked and cooked weighs 1⅝ lbs. without juice.			
Pumpkin, canned	1 lb.	1¾ c.	
Raisins, seeded	1 lb.	2½ c.	
Raisins, seedless	1 lb.	3 c.	
Rice, whole	1 lb.	2⅛ c.	
1 lb. of rice when cooked equals 2 qt.			
Salmon	1 lb.	2 c.	
Salt	1 lb.	2⅝ c.	
Soda	1 lb.	2 c.	
Spaghetti	1 lb.	5 c.	
1 lb. spaghetti when cooked equals 2¾ qt.			

*A. P. = As purchased.

TABLE OF WEIGHTS AND MEASURES (*Continued*)

FOOD MATERIAL	WEIGHT	MEASURE	CALORIES
Spinach	1 lb.	2 c.	
String beans, canned	1 lb.	2 c.	
Sugar, brown	1 lb.	2 $\frac{3}{4}$ c.	
Sugar, granulated	1 lb.	2 $\frac{1}{2}$ c.	
Sugar, powdered	1 lb.	2 $\frac{3}{4}$ c.	
Tapioca, pearl	1 lb.	2 $\frac{3}{4}$ c.	
1 lb. of tapioca soaked and cooked equals 7 $\frac{1}{2}$ c.			
Tea	1 lb.	8 c.	
Tuna fish	1 lb.	2 c.	

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