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# SERVING MANY



## Combining INDUSTRIAL NUTRITION SERVICE

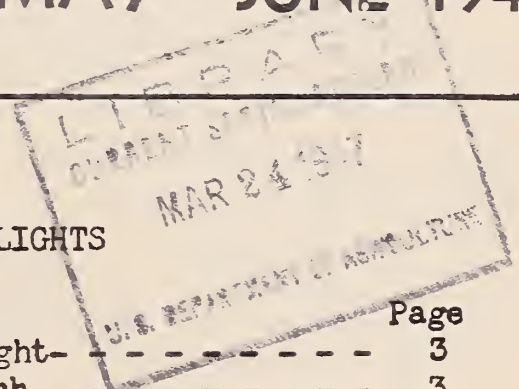
Food news for individuals and groups promoting nutrition education, and for food service managers in industrial plants, restaurants, hospitals and hotels.

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## Contents



### INDUSTRIAL NUTRITION HIGHLIGHTS

	Page
Workers join famine fight - - - - -	3
Choose the special lunch - - - - -	3
The Basic 7 - - - - -	3
What we can do now - - - - -	4
Vitamin "C" for health - - - - -	5
Watch those scarce foods - - - - -	5
In-plant feeding pays off - - - - -	5

### FOOD SERVICE NEWS

Accent on abundant foods - - - - -	6
Milk distributor helps in famine fight - -	7
Plentiful fish chart - - - - -	7

MENUS - - - - - 8

RECIPES - - - - - 10

SOME WAYS TO SAVE FATS! - - - - - 12



# SAVE FOOD

# - SAVE LIVES!



## Food for Famine

Through the long war years, the thinking was food fights for freedom. Now that the war is over, food is still very much in the global picture. Only now, the cry is: conserve food...don't waste it...so that we can use it to fight world famine.

We made lots of promises when the war was still on. We said to our allies: scorch your earth, burn your bridges, wreck your trains. Stop the enemy however you can. Do all of these things, we told them. And when the fighting's over we won't forget.

The time has come. Now we must share with others. Are you saving wheat? Are you salvaging fats? Do you know and use the plentiful foods? No peace is possible in a hungry world. There can be no peace where famine walks. Everybody knows that.

So let's pitch in. Save and conserve. Buy just what you need and use it as you go along. Have a victory garden and grow your own foods. Then "put them up" for the winter months.

Let's keep our promises --- Let's meet our obligation. It's the American way.



SERVING MANY, combined with INDUSTRIAL NUTRITION SERVICE, has been redesigned to bring you the best features of both publications. "Industrial Nutrition Highlights," appearing on pages 3 and 4, is for editors of plant publications. "Food Service News," on pages 6 and 7, is for food service operators and dietitians. Menus and quantity recipes continue as a feature.

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# Industrial Nutrition

For Editors  
of Plant Publications

# HIGHLIGHTS

## Workers join famine fight!

Workers and their families throughout the country are eager to do their part in the Nation's anti-famine campaign. The question uppermost in their minds is:

"How can we get good nutrition in times of food scarcity, and still give full cooperation to the Famine Emergency Program?"

the answer is simple

1. Check your daily meals carefully to make certain that you have included foods in the Basic 7 Food Groups. See the guide below.

2. Do not overeat.

3. Save meats, fats and oils, wheat, and sugar, the foods most needed to save the millions of our neighbors from starvation.

4. Eat the foods which are in plentiful supply instead of those which must be saved.

## Choose the Special Lunch!

Always remember that the well-balanced lunch "special" is often your best insurance that your mid-shift meal contains the vitamins, minerals, protein, and calories necessary to protect your health.

Use the guide below to check your daily meals, at home and at the plant.

Plant cafeterias are discovering that one of the best ways to save the scarce foods needed in our way on famine is to use those foods which are in plentiful supply. Your special lunch should reflect this kind of planning.



## The BASIC 7 . . .

Include the Basic 7 foods in your meals every day:

### Group I

Green and yellow vegetables

### Group II

Oranges, tomatoes, grapefruit...  
or raw cabbage or salad greens

### Group III

Potatoes and other vegetables  
and fruits

### Group IV

Milk and milk products

### Group V

Meat, poultry, fish, or eggs....  
or dried beans, peas, nuts,  
or peanut butter

### Group VI

Bread, flour, and cereals...  
(natural whole-grain -- or  
enriched or restored)

### Group VII

Butter and fortified margarine  
(with added vitamin A)

## What we can do now-

Whether we are eating at home or at the plant we can help fight famine right now by following these simple rules:

### save wheat



Choose a serving of potatoes instead of wheat bread. Cut down on the use of cakes, pies, cookies, macaroni, noodles, spaghetti and vermicelli.

### save sugar



Choose fresh fruits for desserts, instead of pies and cakes, as they become more plentiful on the market. You'll not only save sugar that way, but precious wheat, too.

### save meats



Choose fresh and frozen fish, plentiful now throughout the country, in place of meat once or twice a week. Poultry, eggs, cheese, and dry beans and peas, are also alternates for

meat. Choose them once or twice a week. We learned how to save meats during rationing, and those rules apply today as we go into self-imposed rationing to save others from starving.

Make a salad a meal fit for a king, now that the luscious salad vegetables are making their colorful appearance. Serve it with cottage cheese, or grate Cheddar cheese or other processed cheese over the top to add to its food value and flavor. Serve liberal portions for supper and no meat is necessary.

Or if you and the family go in for vegetables in a big way, serve a generous amount of spinach with poached eggs for the main dish, or a big helping of garden-fresh asparagus topped with cheese sauce. Both of these dishes have been favorite meat substitutes for years. They're timely suggestions now because both spinach and asparagus are plentiful.

### save fats and oils



Continue to salvage fats and turn them in to your grocer. Bake, broil and steam meats and fish. Do not fry foods. Cut down on your use of mayonnaise and other oil dressings. Use boiled salad dressing instead. Use rendered poultry fat in gingerbread, molasses cookies, spice cake, and chocolate cake instead of lard or other shortening. Use it also for cream soups and sauces. Make your drippings serve your needs for fats in pan frying, and seasoning.

## Health notes

### Vitamin "C" For Health

Health-giving vitamin C is found in oranges and grapefruit which are now adding a golden glow to the grocer's bins. Eat citrus fruits liberally, both at home and at the plant. Vitamin C, you know, helps to maintain health — nourishes bones, teeth, and blood vessels.

The Bureau of Human Nutrition and Home Economics of the U.S. Department of Agriculture has done some research on these fruits, which will be of interest to workers and their families. More orange, grapefruit, and lemon juice is extracted when the fruits are rolled gently with the hands before they are reamed.

## Take home ideas

### Watch Those Scarce Foods

Take a leaf from the plant cafeteria's book on good meal planning. The best way to save scarce foods is to use the foods in plentiful supply instead. Here are a few timely tips:

- 1) Instead of meats every day, use egg dishes, chicken, and fresh and frozen fish — all plentiful in May.
- 2) Instead of cakes, cookies, and pastries, use oranges and grapefruit for dessert often. You'll get a dividend in vitamin C if you do.
- 3) Use more liberally, seasonable vegetables such as spinach and asparagus, both plentiful in the growing areas in May. Serve salads often.
- 4) Save used fats and turn them in to your grocer.
- 5) Above all, produce food if you can. Keep up your victory garden and preserve food at home.

## Food-on-the-job

### In-Plant Feeding Pays Off!

Workers at the Eitel-McCullough plant in California must be on their toes and in top health as precision work there is exacting. All during the war they had a good record of food selection. Management stopped at nothing to see that workers had adequate food at low cost, with free mid-meal snacks as well. A recent diet rating project there shows that 87 percent of the workers get their daily requirement of citrus fruits, tomatoes or salad greens, all sources of vitamin C. Like many other workers, they do not get enough milk and green and yellow vegetables. Only 55 percent have the equivalent of 1 pint of milk daily and 58 percent have one or more servings of green and yellow vegetables. Only two workers failed to have their daily requirement of meat, potatoes, and other fruits and vegetables.

A high grade of morale among workers at Kay Ruth Dress Company and Delta Chenille Company in Mississippi, a reduction in illness and increase in production are the fruits of cafeterias recently installed by both companies. Adequate meals and an attractive environment in which to eat them is a sound investment.



# FOOD SERVICE

## News

For Food Service Operators  
and Dietitians

### Accent on abundant foods! no makeshift menus

With so much emphasis nowadays on "saving" and "sharing" foods, there may be some inclination to view the famine emergency program as a "belt-tightening" proposition here at home. Actually, this is not the case. The average American need suffer little or no loss of calories to help in the fight against hunger abroad, and food service establishments need not offer their patrons a reduced bill of fare.

The foods we are asked to conserve and share are wheat products, sugar, and fats and oils. We must, of course, reduce the serving and consumption of these products if we are to help in the famine campaign, but these reductions can be effectively offset by the substitution of other foods in plentiful supply.

Putting it briefly, you can help fight famine by conserving the scarce foods — and maintain well-rounded menus by accenting the plentiful foods!



#### Plentiful foods:

Foods in plentiful supply during May and June in most regions are: Eggs, chicken (fowl), fresh and frozen fish, white potatoes, onions, carrots, head lettuce, and citrus fruits.

Locally grown spring vegetables should be abundant, especially spinach, asparagus, scallions, radishes, and rhubarb. Among the spring fruits will be strawberries.

The substitution of abundant foods for the "famine" foods need not result in makeshift menus. Attractive and nourishing dishes can be prepared with them -- dishes that will please and delight your patrons. Here are a few suggestions:

1. Use fresh fruits, and milk and egg desserts instead of cakes and pies. You'll save fat, wheat flour, and sugar.

2. Use potatoes in place of bread and bread crumbs. For example: Potato stuffing - Use in proportion of 2 cups of mashed potatoes to 1 cup of dry bread crumbs. Topping for meat pie - Shepherd's pie is made with a "crust" of seasoned mashed potatoes. The potatoes should be moist, not dry.

3. Use abundant eggs, fish, and fowl instead of scarcer fat meats, in your cafeteria and special lunch menus.

For additional ideas see the menus on pages 8 and 9.

#### Conserve scarce foods!

The saving of the scarce foods cannot be overemphasized. Reduced consumption of wheat products and fats and oils is one way of conserving them for the fight against famine. Cutting waste of these products is another and equally important method.

Save every bit of wheat bread. Toast the heels of the loaves and use them for dry bread crumbs, croutons, and bread puddings.

# Doing their part . . .

## Milk Distributor Helps in Famine Fight

Like many other plants throughout the country, Sheffield Farms Company of New York is doing its part in the campaign against hunger and starvation abroad. A 7-point food conservation program has been adopted by the firm's industrial cafeteria and is resulting in substantial savings of the critical foods — wheat and fats and oils.

The program is as follows:

1. All hot meat sandwiches served as open sandwiches.
2. A 100 percent discontinuance of two crust pies.
3. A 50 percent increase in substitution of fruits for pastries and cakes.
4. A 100 percent elimination of three-layer cakes.
5. Complete use of boiled dressings instead of oil dressings.
6. A 100 percent broiling of fish instead of frying.
7. Elimination of extra dressing for salads that have already been prepared with dressing.

The Sheffield Farms cafeteria serves between 400 and 500 noonday meals.

What are you doing? Send us a brief outline of the food conservation program in your plant.



## Plentiful fish in the United States - May, June 1946

<u>New England</u>	<u>Middle Atlantic</u>	<u>South Atlantic</u>	<u>Central</u>	<u>Gulf Coast</u>	<u>Pacific Coast</u>
Cod	Croacker	Spanish mackerel	Cod fillets	Crabs	Crabs
Haddock	Flounder	Mullet	Lake trout	Mullet	Halibut
Mackerel	Mackerel	Sea trout	Rosefish fillets	Sea trout	Rockfish
Rosefish	Shad		Yellow perch	Shrimp	Salmon
Whiting	Whiting		Yellow pike		Shad
			Whitefish		Sole
			Whiting		

# SAVE SCARCE FOODS !

# MENUS

## for Special Lunches

These menus suggest ways of using foods in abundant supply, and are planned to conserve foods needed in the Famine Emergency Program. Plentiful foods in national supply are indicated by asterisks.



Barbecued frankfurters  
 Hashed brown potatoes\*  
 Spring relish plate: (scallions, carrot strips and radishes)  
 Rye bread with butter or fortified margarine  
 Chocolate bread pudding 1/  
 Beverage

Creamed eggs\* on cornbread 3/ (Split the pieces)  
 Fresh green beans  
 Sliced tomato and lettuce\* salad with cooked dressing 4/  
 Strawberry ice cream  
 Beverage

Baked shad\* with lemon 5/  
 Parsleyed new potatoes\*  
 Green peas  
 Corn muffin with butter or fortified margarine 6/  
 "Ambrosia" (sliced oranges\*) 7/  
 Milk

Meat loaf with brown gravy 2/  
 Mashed potatoes\*  
 Harvard beets  
 Celery  
 Whole-wheat bread with butter or fortified margarine  
 Orange gelatine with orange\* sections  
 Milk

Pot roast of beef with vegetables  
 Steamed potatoes\*  
 Glazed carrots\*  
 Enriched roll with butter or fortified margarine  
 Fresh fruit cup  
 Milk

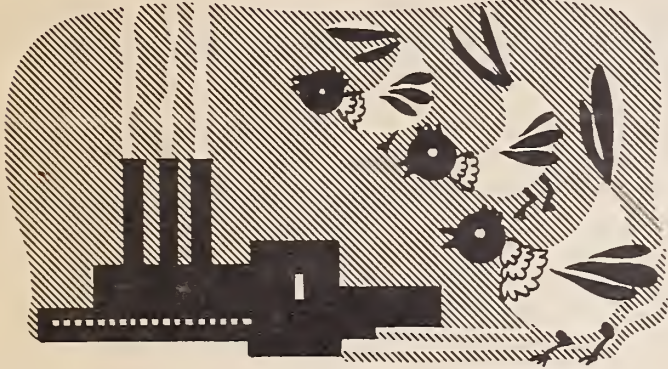
Braised liver with gravy  
 Steamed new potatoes\* in skins  
 Mixed green salad (Head lettuce\*, tender spinach\* leaves, scallions\*)  
 Whole-wheat bread with butter or fortified margarine  
 Baked rhubarb\*  
 Milk

Pan-broiled lamb patties  
 Scalloped potatoes\*  
 Head lettuce\* with Chiffonade French dressing  
 Rye bread with butter or fortified margarine  
 Milk

Scrambled eggs\*  
 Baked potato\*  
 Grapefruit\* and orange\* salad with honey dressing 8/  
 Enriched biscuits with butter or fortified margarine  
 Butterscotch pudding  
 Beverage



Smoked sausage links  
Potatoes\* au gratin  
Green asparagus\*  
Oatmeal muffin  
Baked apple  
Milk



Fricasseed chicken\*  
Spoonbread  
Cabbage, carrot\* and green pepper salad  
Apricots a la mode  
Beverage

Baked mackerel\* with egg\* sauce  
Creamed new potatoes\*  
Scalloped tomatoes  
Carrot sticks\*  
Enriched roll with butter or fortified margarine  
Baked custard  
Beverage

Roast veal and dressing with gravy  
Steamed new potatoes\*  
Carrot\*, apple, and raisin salad on lettuce\*  
Orange\* sherbet  
Milk

Savory creamed chicken\* on noodles 9/  
Baked potato\*  
Shredded carrot\* salad  
Peach shortcake  
Coffee

Pan fried sea trout\* with lemon  
Cole slaw  
Mashed potatoes\*  
Oatmeal muffin with butter or fortified margarine  
Open-faced fresh strawberry pie 11/

Corned beef with vegetables (potatoes\*, carrots\*, onions)  
Philadelphia relish 10/  
Cornbread with butter or fortified margarine  
Citrus fruit\* cup

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1/ Modify caramel bread pudding recipe in April 1946 issue of SERVING MANY by adding chocolate or cocoa.

2/ See attached recipe for meat loaf using rolled oats.

3/ See recipe for cornbread in April 1946 issue of SERVING MANY.

4/ See attached recipe for cooked salad dressing.

5/ See recipe in April 1946 issue.

6/ See attached recipe for baked shad.

7/ See attached recipe for "Ambrosia".

8/ See attached recipe for "Honey" dressing.

9/ See recipe for Savory creamed chicken in SERVING MANY for April 1946.

10/ See recipe for Philadelphia relish in SERVING MANY for September.

11/ See attached recipe for open-faced fresh strawberry pie.

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# RECIPES

## Meat Loaf with Rolled Oats

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Beef, ground	15 lbs.	75 lbs.
Pork trimmings, ground	5 lbs.	25 lbs.
Onions, ground	12 ozs.	3-3/4 lb.
Salt	4 ozs.	1 1/4 lbs.
Pepper	2 tsp.	3 tbsp.
Rolled oats, regular type	2 1/2 lbs.	12 lbs.
Milk	2 1/2 qts.	3 gal.
Eggs	10	4 doz.

Yield - 100 3-1/2 ounce slices.

### Method:

1. Mix the meats, seasonings and rolled oats together.
2. Beat eggs, add to milk and combine with meat. This may be done at low speed using dough-hook.
3. Scale into loaf pans and press firmly into corners of pans.
4. Bake for 1 1/2 hours in a moderate oven (325° F.)

## Baked Fillets of Shad

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Fillets of shad	25 lbs.	125 lbs.
Salt	to taste	to taste
Paprika	to taste	to taste
Lemon juice	2 cups	2 qts.
Melted butter or chicken fat	1 cup	1 qt.
Parsley, minced	3/4 cup	1 qt.

Size of portion - 4 ounces

### Method:

1. Lay fillets of shad on greased baking pans.
2. Brush fillets with melted fat to which the lemon juice has been added.
3. Sprinkle fillets with salt and paprika.
4. Bake at 350° F. from 10 to 15 minutes.
5. Sprinkle with finely minced parsley and serve.

## "Ambrosia"

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Sliced oranges and juice	8 doz.	40 doz.
Sirup or honey (as needed)		as required
Lemon juice	1 pint	1 1/2 qts.
Fresh grated coconut	2 cups	2 1/2 qts.

Yield - 1 orange, size 175 to 200 is needed per serving.

### Method:

1. Peel the oranges to remove white inner skin.
2. Slice oranges crosswise in 1/3 inch slices. Remove seeds, if any.
3. Save orange juice, add lemon juice, sweeten to taste, and pour this sirup over sliced oranges. Chill thoroughly.
4. Serve in fruit dishes, topped with 1 teaspoon coconut.

## "Honey" Fruit Dressing 1/

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Canned or fresh fruit juices (1 1/2 qts.)	(7 qts.)	
Lemon juice	3 cups	3 1/2 qts.
Orange juice	1 cup	1 qt.
Honey, corn sirup or sugar	2 cups	2 1/2 qts.
Salt	0-1/2 cup	0-2 1/2 cups
Paprika	2 tsp.	1 oz.
	1 tbsp.	1/2 oz.

Size of portion - 1 tablespoon

### Method:

1. Mix the sirup or sugar and the seasoning together.
2. Combine the sirup mixture with the strained fruit juices. Chill.
3. Mix the dressing thoroughly before serving it.



Cooked Salad Dressing

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Cornstarch	1½ cups	2 qts.
Water, cold	1 pint	1½ qts.
Vinegar	3 cups	4 qts.
Sugar, honey or corn sirup	1 cup	1 qt.
Paprika	2 tbsp.	1½ ozs.
Mustard, dry	2 tbsp.	2 ozs.
Salt	2 ozs.	10 ozs.
Eggs, shelled whole	1 pint	2½ qts.
Thin sour cream (may substitute evaporated milk)	2 qts.	2½ gal.
Clarified chicken fat or salad oil	1 cup	1 qt.

Yield - ½ gallon = 100 portions of 1 rounding tablespoon each (e.g. about 50 servings per quart.)

Method:

- Mix cornstarch and spices together.
- Add the sugar or sirup to the cold water.
- Make a paste of the cornstarch and sirup mixtures. Beat until smooth.
- Bring the vinegar to a boil, and add the cornstarch paste slowly until it is thickened. Continue cooking about 10 minutes.
- Beat the eggs to mix the yolks and whites, add the milk slowly and beat until well blended.
- Add the egg mixture slowly to the cooked paste stirring constantly and cook from 3 to 5 minutes or until the eggs are coagulated.
- Add the fat just before removing dressing from heat.
- Beat well and cook quickly.
- This salad dressing may be stored in the refrigerator in a covered glass container or crock. For fruit salads it may be combined with equal parts of whipped cream, or smaller amounts of an uncooked meringue mixture.

Open-face Strawberry Pie

Ingredients	9 in. pie (6 serv.)	102 por. (17 pies)
Single crust pie shells	1	17
Fresh sliced strawberries	1 qt.	4 gal.
Sugar or sirup	½ cup	2 qts.
Whipping cream (when available)	¼ pint	2 qts.



Method:

- Bake pie shells with well fluted edges.
- Prepare strawberries as required, sweeten them and fill shells.
- Cut and serve pie immediately, topped with whipped cream (when available.)
- Raspberries, sliced fresh peaches and diced fresh pineapple are delicious used in this way. Frozen fruits may be used for fresh if extra juice is drained from them. Sweetened frozen fruits do not need additional sugar.

Chiffonade French Dressing

Ingredients	Amt. for 100 por. (2 qts.)	Amt. for 500 por. (10 qts.)
Parsley, minced	1 cup	1 qt.
Pimientos or red peppers, chopped	1½ cup	2 qts.
Onions, minced	¼ cup	1 cup
Paprika	2 tbsp.	1 oz.
Salt	1 oz.	5 ozs.
Salad oil or clarified chicken fat	1 qt.	5 qts.
Vinegar	1 pint	2½ qts.
Hard cooked eggs, chopped fine	8	3 doz.

Yield - 2 quarts plus, of dressing. Use 1 rounding tablespoon por serving.

Method:

- Mix the spices together and add to the vinegar.
- Add the vinegar mixture to the oil or clarified chicken fat beating with egg whip.
- Add the mixed minced vegetables.
- Chill thoroughly.
- Beat hard to blend; add chopped eggs and serve with salad greens or sliced tomato salads.

# SOME WAYS TO SAVE **FATS!**

1. Utilize every ounce of drippings and rendered fats for frying, seasoning, and shortening.
2. Use drippings quickly, as they become rancid. Keep drippings and clarified fats in refrigerator.
3. Trim off excess fats from roasts and fowl before they are cooked. Try out this fat **at** a low temperature in a trunion kettle or top of large double boiler. Strain melted fat through fine sieve or cheesecloth. Store in clean, covered jars in the meat refrigerator.
4. Use the cracklings (the brown bits from tried-out fat) to flavor and shorten cornbread and muffins.
5. Pan fry foods instead of frying them in deep fat.
6. Drippings from ham, bacon, salt pork, and sausage may be used for seasoning vegetables and frying eggs and potatoes.
7. Chicken fat is good used in cream soups, sauces, and scalloped dishes.
8. Clarified fats may be used both in cooking and baking. Clarify fats by one of these methods:
  - a. Heat soft fats slowly with sliced raw potatoes for 20 to 30 minutes. Strain through cheesecloth into clean tins.
  - b. Add 1 pint of hot water to each pound of hard fats. Heat the mixture slowly for 15 to 20 minutes. Stir well. Strain through cheesecloth into clean metal containers. Chill for 12 to 24 hours. Remove the layer of hardened fat. Scrape off sediment from bottom. Rinse fat in cold water. Store in refrigerator.
9. Use hot bacon fat with seasoned vinegar to marinate "wilted" lettuce salad and also in hot potato salad.
10. Do not fry foods with fats at the "smoking" point. When fats smoke it is a sign of breakdown with the resulting development of unpleasant acrid flavors. Save fats by frying foods at the correct temperature.
11. Use clarified fats and chicken fat for shortening gingerbread, molasses cookies, and spice cakes.



Post in your kitchen.