

(cured) Bacon, Can. Style	30	1 in strip 5 lg. (crisp)	6.6	68	—	.07	1.0	0	.06	.01	.29	0
Ham, baked	120	Sl. 4 1/2" x 4" x 1/4"	20.3	461	.01	.22	3.0	0	.65	.21	4.14	0
Ham, cooked (boiled)	52†	Sl. 4 1/4" x 4" x 1/8"	10.6	147	.01	.13	1.4	0	.59	.14	3.48	0
Salt Pork	50	Sl. 4" x 1 3/4" x 1/4"	2.0	166	—	.02	.3	0	.08	.02	.43	0
<b>VEAL</b> , Chops, Loin	120	Chop 5/8" th.	23.0	211	.01	.25	3.5	0	.17	.31	7.23	0
Rib	120	Chop 3/4" th.	22.6	241	.01	.24	3.4	0	.13	.38	7.07	0
Roasts, Leg.	120	Sl. 4" x 2 1/2" x 1 1/2"	22.9	223	.01	.25	3.5	0	.15	.29	6.79	0
Loin	120	Sl. 4" x 2 1/2" x 1 1/2"	23.0	211	.01	.25	3.5	0	.15	.29	6.85	0
Rib	120	Sl. 4" x 2 1/2" x 1 1/2"	22.6	241	.01	.24	3.4	0	.14	.36	6.70	0
Shoulder	120	Sl. 5" x 3" x 1 1/2"	23.3	202	.01	.25	3.5	0	.14	.35	6.59	0
Steaks, Round	120	Pc. 4" x 2 1/2" x 1 1/2"	23.4	191	.01	.25	3.5	0	.17	.31	7.32	0
Shoulder	120	Pc. 5" x 3" x 1 1/2"	23.3	202	.01	.25	3.5	0	.16	.36	6.95	0
Sirloin	120	Pc. 4" x 2 1/2" x 1 1/2"	23.0	211	.01	.25	3.5	0	.17	.31	7.23	0
Stew (breast)	120	4 pc. 2 1/2" x 1" x 1"	22.0	271	.01	.24	3.3	0	.09	.28	6.55	0
<b>VARIETY MEATS</b> Brains (beef)	120	2 pc. 2 1/2" x 1 1/2" x 1"	12.6	152	.01	.11	2.8	0	.24	.16	3.99	10.6
Heart (average)	120	1/2 ht. 3" dia. x 3 1/2" lg.	19.7	157	.01	.28	7.4	41	.42	1.09	7.52	1.2
Kidney (average)	120	3 sl. 3 1/4" x 2 1/2" x 1/4"	20.0	164	.02	.32	6.7	940	.28	2.31	8.60	8.2
Liver, Beef	90	2 sl. 3" x 2 1/2" x 3/8"	17.7	119	.01	.34	10.9	17,280	.19	2.39	13.73	13.9
Lamb	90	2 sl. 3 1/2" x 2" x 3/8"	18.9	118	.01	.34	5.9	36,000	.32	2.27	12.83	22.5
Pork	90	2 sl. 3 1/2" x 2" x 3/8"	17.7	116	.01	.34	22.5	9,000	.30	2.31	11.24	10.4
Veal	90	2 sl. 3" x 2 1/2" x 3/8"	17.1	122	.01	.34	4.9	9,000	.15	2.82	12.83	15.2
Sweetbreads	120	Pc. 4" x 3" x 3/4"	18.2	216	—	—	—	20	.04	—	3.53	33.1
Tongue	96	3 sl. 3" x 2" x 1/4"	15.7	194	.03	.11	6.6	0	.05	.20	2.16	0
Tripe	85†	Pc. 5" x 2 1/2"	16.2	80	—	—	—	—	.01	.13	1.36	0
<b>SAUSAGE AND COOKED SPECIAL-TIES</b> Bologna	30†	Sl. 4 1/2" dia. x 1/8" th.	4.4	65	—	.05	.7	0	.09	.09	.91	0
Frankfurters	60†	5 1/2" lg. x 3/4" dia.	9.1	121	.01	.10	1.4	0	.11	.14	1.41	0
Head Cheese	60†	Sl. 4" x 3" x 1/8"	7.9	98	—	.09	.4	—	.05	.07	.64	0
Liver Sausage	30†	Sl. 3" dia. x 1/4" th.	5.0	77	—	.07	1.6	1,725	.05	.33	1.37	0
Luncheon Meat	30†	Sl. 4" x 3 1/2" x 1/8"	4.6	81	.01	.05	.4	—	.11	.06	.95	0
Pork Sausage, Link	21	3" lg. x 1/2" dia.	2.3	94	—	.02	.3	—	.04	.03	.37	0
Patty	60	Pc. 2" dia. x 1/2" th.	6.5	268	—	.07	1.0	—	.12	.09	1.31	0
Salami	30†	Sl. 3 1/4" dia. x 1/4" th.	7.2	128	—	.08	1.1	—	.07	.06	.87	0
Summer (Cervalet)	30†	Sl. 3 3/4" dia. x 1/4" th.	7.1	122	—	.08	1.1	—	.14	.11	1.23	0
Vienna Sausage	18†	2" lg. x 3/4" dia.	2.9	38	—	.03	.1	0	.01	.03	.56	0
<b>DISHES PRE-PARED WITH MEAT</b> Beef Bouillon		3/4 cup	1.8	7	—	—	—	—	—	—	—	—
Creamed, dried		2/3 cup	22.1	267	.15	.30	2.8	358	.12	.33	2.19	1.6
Corned, hash, can'd.	150†	2/3 cup	22.7	215	.04	.14	2.0	0	.03	.20	3.60	0
Chili con carne, can'd	112†	1/2 cup scant	11.4	222	.02	.17	.8	179	.01	.11	2.35	0
Croquettes		2 pc. 3 1/2" lg. x 1 3/4" dia.	22.1	354	.07	.27	3.3	284	.14	.24	4.36	0
Ham Salad w. Lettuce		3/4 cup and 1 leaf	12.0	330	.02	.14	2.1	247	.33	.14	1.86	1.3
Hash		1 cup	28.8	361	.03	.34	4.6	98	.17	.19	6.47	7.4
Liver Loaf		Sl. 4" x 2 1/2" x 3/4"	19.8	233	.07	.36	9.7	14,242	.26	2.08	11.62	11.8
Meat Loaf		Sl. 4" x 2 1/2" x 3/4"	16.4	331	.06	.20	2.5	123	.11	.19	3.55	0
Meat Salad with Lettuce		3/4 cup and 1 leaf	19.2	222	.03	.22	3.1	199	.14	.24	5.00	4.5
Meat Stew		1 cup	19.5	390	.05	.18	3.5	1,370	.19	.35	—	4.0
Swiss Steak		Pc. 3" x 2 1/2" x 1/2"	27.0	343	.02	.29	4.1	0	.13	.21	6.93	0
Veal Cutlet, breaded		Pc. 4" x 2 1/4" x 1/2"	24.3	271	.02	.27	3.8	114	.17	.35	7.15	0

The weight, given in grams, is that of the raw edible portion except where a dagger is used to indicate that weight is for the canned or ready-to-eat meat as it is purchased.

The measure describes the size of the piece of meat as it is served.

Figures in bold italic indicate vitamin content after cooking or processing. Where no figures are given, it is because

no satisfactory information was available. A dash (—) shows that the quantity of the nutrient in a serving of the food may be considered negligible.

Abbreviations used: Wt.—weight; E.P.—edible portion; gm.—grams; mg.—milligrams; I.U.—International Units; lg.—long; sl.—slice; pc.—piece; dia.—diameter; and th.—thick.



## NUTRITIVE VALUE OF MEAT

Meat is universally liked, and is recognized as a basic food because it is rich in food nutrients. This has been proved by extensive research.

**Protein.** Meat is an important source of protein, which is necessary for the growth and repair of body tissues and for building resistance to disease. The protein of meat is of the highest quality, supplying amino acids in proportions well utilized by the body.

**Calories.** While meat is classified as a protein food, it does furnish energy. Its caloric value varies with the amount of fat it contains. This fat not only supplies heat and energy, but also carries certain fat soluble vitamins. In digestion, fat is broken down into fatty acids to be used by the body. Since some fatty acids cannot be synthesized by the body, they must be obtained from foods in which they are found, such as lard and other meat fats.

**Minerals.** Meat provides minerals. It is the richest source of phosphorus which is needed to combine with calcium in building bones and teeth, and with protein and fat in building many body tissues. The iron of meat is present not only in large amounts but also in a highly available form.

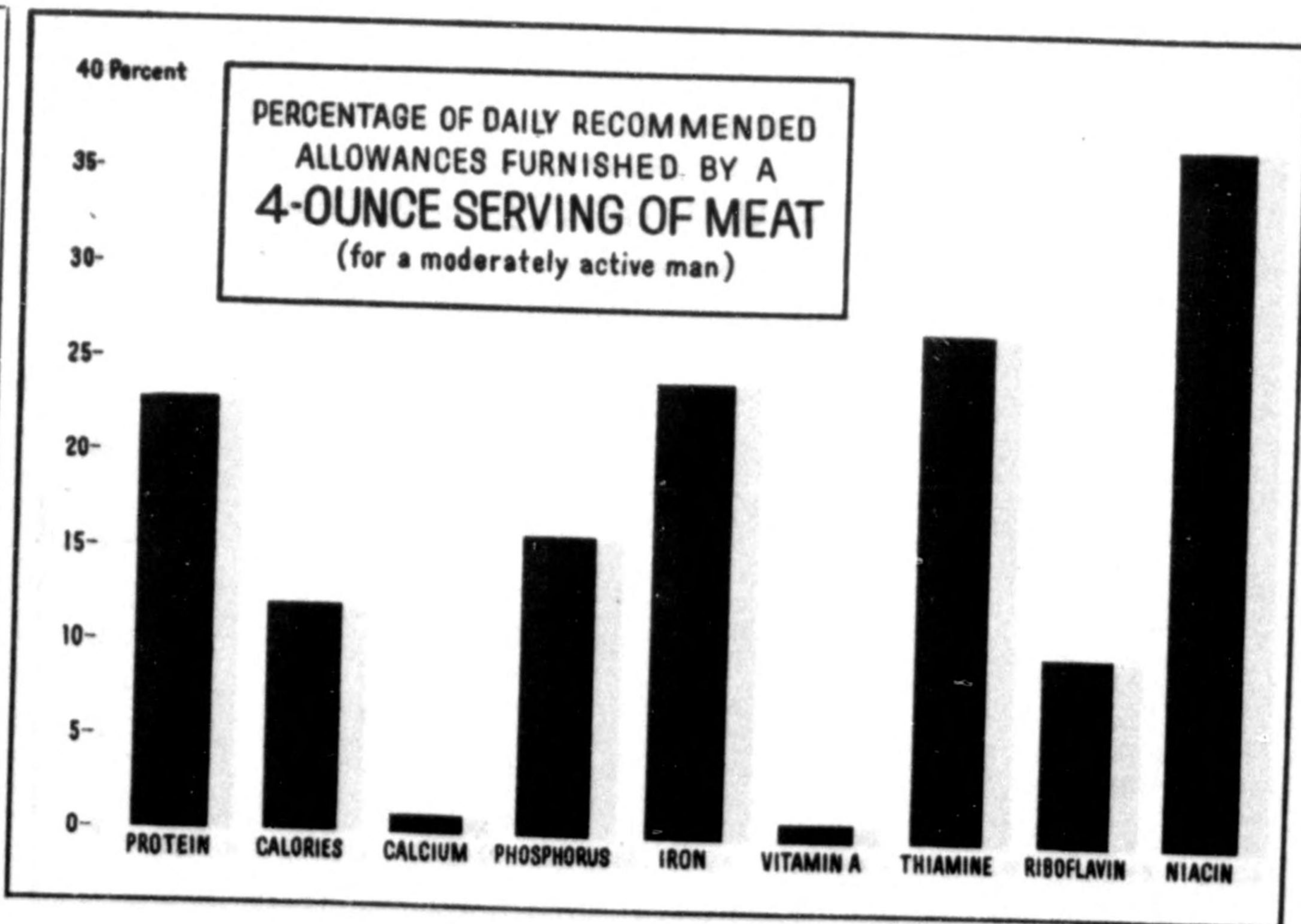
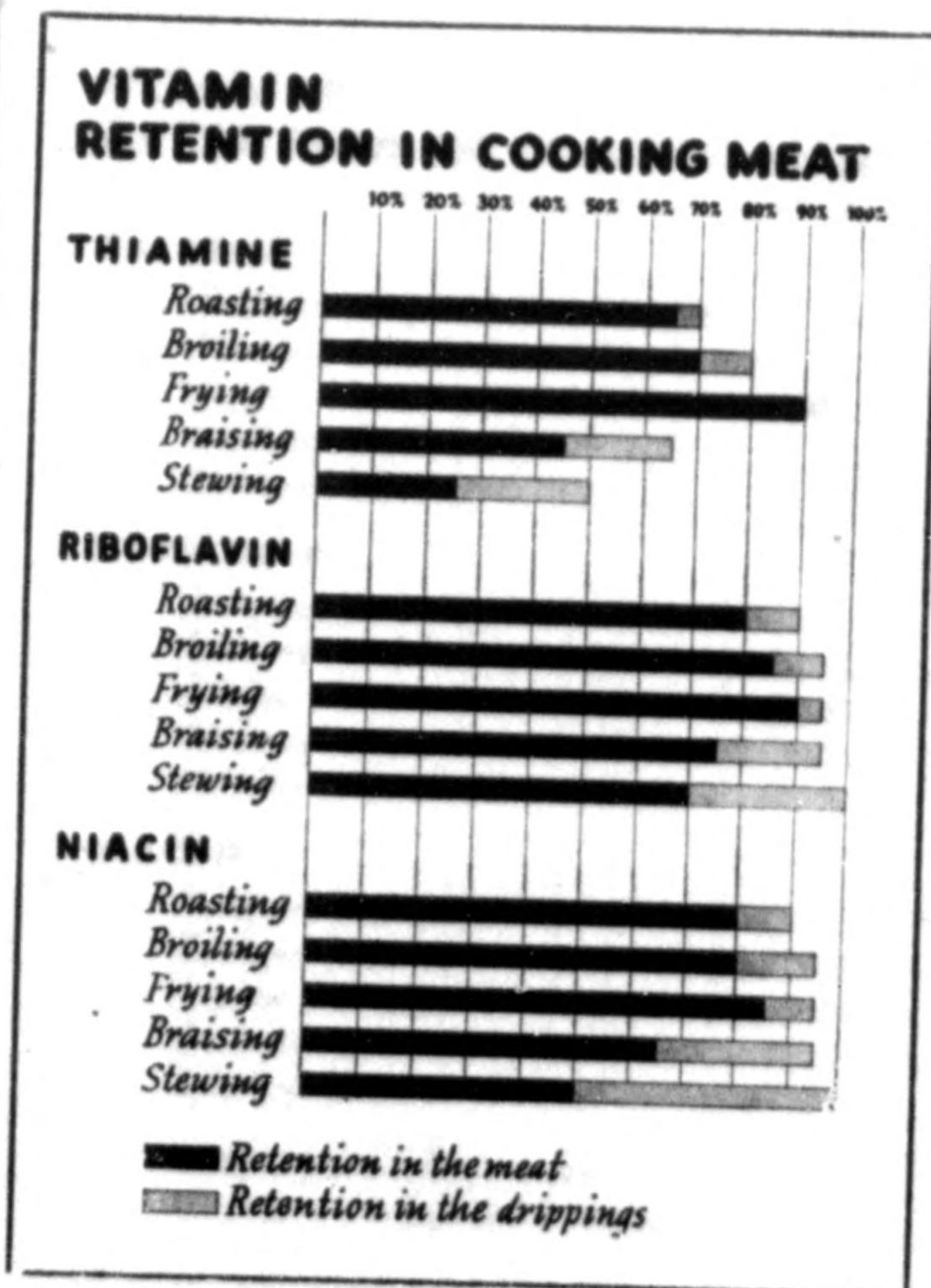
**Vitamins.** Meat is one of the best sources of the B vitamins—thiamine, riboflavin and niacin. Pork is the richest natural source of thiamine, but variety meats, beef, veal, and lamb make valuable contributions of this vitamin to the diet. Riboflavin is found

in largest amounts in variety meats, especially kidney and liver. All meats contain liberal quantities of niacin, supplying about half of the niacin in the American diet. Meat provides other B vitamins—pyridoxine, pantothenic acid, choline, biotin, inositol and folic acid—and some unidentified factors. Liver and kidney are rich in vitamin A.

**Cooked meat.** Since B vitamins are affected by heat and may be dissolved, it has been necessary to determine the vitamin content of cooked meats. Studies have shown that when meat is cooked properly and all of the drippings are served with it or made into a savory sauce, soup or gravy, most of the original vitamin content is retained. Charts below show percentage of the vitamins retained in meat and in drippings after cooking and percentage of the recommended daily dietary allowances supplied by a serving of meat. Table on inside shows actual vitamin content of cooked meats.

**Other values.** In addition to its food value, meat has many characteristics which recommend it for the diet. The tempting aroma and distinctive flavor of meat give it universal appetite appeal. Meat makes the meal more satisfying—it “sticks to the ribs.” The extractives of meat stimulate the flow of digestive juices, thus aiding in the digestion of other foods. Meat is almost completely digested—proteins 97% and fat 96%. It is well utilized by the body.

### Meat Makes the Meal





### SELECTING AN ADEQUATE DIET

Appetite can no longer be considered a satisfactory guide in selecting an adequate diet because of the peculiarities of individual food habits, the variety of foods available and the removal of important nutrients in processing, handling and preparing food.

Effort must be made to select a combination of foods which is not only pleasing but which will provide all of the nutrients in the right proportions to meet the needs of the body.

*Protein*—for building and repairing body tissues and for building resistance to disease

*Calories*—for heat and energy

*Minerals*—for building bones, teeth, blood, etc., and for regulating body processes

*Vitamins*—for promoting growth and protecting health.

The diet pattern shown in the chart below divides the foods that should be included in the diet into eight groups, namely, meat, milk, eggs, potatoes, vegetables, fruits, bread, and cereals, fats and sweets. It also recommends the amount of each which should be taken every day.

## THE FOODS YOU NEED EVERY DAY

 <p><b>MEAT, POULTRY OR FISH</b> One or more servings <small>For any kind of meat (beef, veal, pork or lamb). Include variety meats often, such as liver, kidney and heart.</small></p>	 <p><b>MILK</b> Adults 1 pint—Children more <small>Drink milk or eat cheese and foods prepared with milk such as custards, creamed dishes, soups and ice cream.</small></p>
 <p><b>EGGS</b> One (at least three a week) <small>Have it cooked any way desired or in combination with other foods.</small></p>	 <p><b>POTATOES</b> One or more servings <small>Choose either white or sweet potatoes prepared in any of a variety of ways.</small></p>
 <p><b>VEGETABLES</b> Two or more servings <small>Get green and yellow vegetables often. Include salads or other raw vegetables.</small></p>	 <p><b>FRUITS</b> Two or more servings <small>Eat all kinds of fruit. Have oranges, grapefruit, tomatoes, or berries often.</small></p>
 <p><b>BREAD AND CEREALS</b> As needed <small>Select enriched breads, cereals, etc. or those made of whole grain products.</small></p>	 <p><b>FATS AND SWEETS</b> As needed <small>Include some fat. Enjoy sweets after other foods needed have been eaten.</small></p>



BQ B7

*Food  
for  
growth*

**FOOD FOR**



**FREEDOM**



U. S. DEPARTMENT OF AGRICULTURE

AWI-1





**U**NCLE SAM wants school boys and girls to help him make this country strong. He wants you to eat the right food to grow tall and sturdy, with a bright mind and a healthy body.

If you are in the fourth grade this year, or the fifth or sixth, you are grown up enough to choose for yourself the foods that give you strong, straight bones, sparkling teeth, shining hair, and plenty of pep for work and play. You know some foods are better builders than others.

You girls know carrots won't make your hair curl, but they will help to keep your skin clear. You boys know one plate of spinach won't turn your muscles to iron, but plenty of vegetables will help you grow strong and husky, and keep your skin smooth, too.

For strength . . . good health . . . good looks . . . you need these foods every day:

**Milk**—At least 2 cups to drink, or in your food; 3 or 4 cups are better.

**Vegetables and Fruit**—At least four kinds . . . one from each of these groups: 1. Potatoes or sweetpotatoes. 2. Tomatoes, oranges, or grapefruit. 3. Green and yellow vegetables. 4. Other vegetables or fruit.

**Eggs, Meat, Poultry, or Fish (Sometimes Dried Beans or Peas)**—At least one helping of one of these.

**Bread, Cereal, Cookies, and Cakes**—Some of these made from the whole grain, or "enriched" flour.

And you need 4 to 6 glasses of water a day.

Uncle Sam says, "Be sure to eat these foods. Then eat anything else you want." Of course, you will not eat much candy because it is patriotic to use less sugar now . . . and better for your health, too.

## The Milky Way

Are you proud of your smile? Are your teeth sound and shining? Then say "thank you" to your friend the cow, whose milk is the best tooth builder you can find. It contains more calcium than any other food . . . calcium is the stuff that helps make strong teeth and bones.

Soldiers, aviators, and football players drink milk every day, because milk also builds muscle. While you are growing, you can make good use of as many as 4 cups a day, counting the milk on cereal, and the milk you get in soup, creamed vegetables, cheese, custard, ice cream, pudding, and in other ways.

You can drink buttermilk instead of sweet milk, or put chocolate into your sweet milk if you like it that way.

## Something Colored . . . Something Crisp

Green and yellow vegetables give you vitamin A for good health.

The leafy, green vegetables, like turnip greens and collards and spinach, are just about tops in two vitamins, and they also contain iron. They help to keep you from having colds and give you a good color.

Have tomatoes, an orange, or a grapefruit, or their juices, every day, to help keep your teeth and mouth healthy. And don't forget white potatoes or sweetpotatoes, at one meal each day. But when you have a good helping of dried beans or peas, you don't need potatoes at the same meal.

All vegetables do not need to be cooked. Chew crisp, raw carrots and celery and cabbage to give your teeth and gums some exercise. Eat raw vegetables in salads.

Fruit makes a good dessert . . . apples, peaches, strawberries, watermelon. How many different fruits and berries have you tasted?



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## The Building Foods

Your building foods are meat, poultry, fish, eggs, milk, cheese, and dried beans and peas. You need one or more of these every day.

Remember it is the "lean" and not the fat of meat that builds muscles. Meat gives iron for red blood, too. Poultry means the meat of the winged creatures on the farm . . . chickens and turkeys, geese and ducks.

Fish and other sea food are first-rate building foods, and in case you are a good fisherman, you can bring home part of the dinner yourself, now and then.

Eggs contain everything baby chicks need to make them grow . . . so you know they will help you grow, too.

You already know that milk and cheese help build bones and teeth.

The best builders among vegetables are dried beans and peas. You'll like them as the main dish at dinner, sometimes.

## Energy Foods To Make You Go

How many miles do you cover in a day, walking, playing games, skating, climbing stairs, and helping around the house? Most of your power to do these things comes from energy foods . . . bread, cereal, sweets, fats.

Some of your energy food each day should be cereal or bread made of the whole grain. Whole-grain cereal and flour contain the bran layers and the heart of the kernel, which have been lost from refined cereals and plain white flour.

"Enriched" bread and flour contain vitamins and minerals which ordinary white bread and flour do not have, but the taste is the same.

Rice, grits, macaroni, spaghetti, and noodles also are energy foods . . . not vegetables as some people think. When you eat them, you do not need so much cereal and bread.

## Grade Yourself in Eating . . .

What is your mark for today? On the next page is a score card for boys and girls, which will show how smart you are in choosing your food. Score yourself for each listed food you have eaten today. Add up your score. Then subtract 10 if you ran off to school without eating breakfast. Subtract 10 for each time you have eaten candy or sweets before meals. Aim for the high score of 100 each day.

If your grade is low, try to raise it by choosing better food every day this week. Then score your eating again next week, and see how many points you have gained.

## . . . And Then Go Into Action

What action can you take in Uncle Sam's home-defense army of boys and girls doing a 100-percent job of eating? How can you help yourself to get good food every day? Talk it over with your mother and father and your teacher.

Maybe you can get up earlier, to have more time for breakfast. Maybe you can help pack better lunches to carry to school . . . or pick out different foods at the school cafeteria. Perhaps you are missing noon dinner at home. If you are, why not ask your mother to have the main meal at night?

If you live in the country you can help feed the cows . . . or help raise calves, baby pigs, and little chicks. You can plant vegetables and work in the garden.

If you live in town, you can help your mother choose the foods you need when she buys.

Girls, and boys too, can learn to cook vegetables so that none of the best parts are wasted. Cook them in a very little water, without soda, and stop cooking them as soon as they are tender. Learn to make salads from raw vegetables.

Uncle Sam gave you this job to do for him: Eat the right foods to make you strong.

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Then say "thank  
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## HOW WELL DID YOU CHOOSE YOUR FOOD TODAY?

What you ate	How much and what kind	Your record today	Your record 2d week	Your record 3d week	Your record 4th week
	<p style="text-align: right;">Points</p> 1 cup of milk..... 10 2d cup of milk..... 10 3d cup of milk, or more..... 10				
	Potatoes or sweetpotatoes..... 10 Tomatoes, or orange, or grapefruit. 10 A green or yellow vegetable..... 10 Another vegetable or fruit..... 5 One of your vegetables or fruits raw..... 5				
	One or more helpings of eggs, or meat, or poultry (or dried beans or peas)..... 15				
	Whole-grain cereal..... 5 At least 2 slices of whole-wheat or enriched bread..... 10				
	Did you skip breakfast?..... Subtract 10				
	Did you eat sweets before meals? For each time ... Subtract 10				
	Your eating record ..... High score is 100				





## References

Other publications on foods and nutrition available from the United States Department of Agriculture:

- Cheese in Your Meals. AWI-16
- Fats in Wartime Meals. AWI-34
- Dried Beans and Peas in  
Wartime Meals. AWI-47
- Green Vegetables in  
Wartime Meals. AWI-54
- Root Vegetables in  
Wartime Meals. AWI-39
- Potatoes in Popular Ways. AWI-85
- Egg Dishes for Any Meal. AWI-89
- Tomatoes on Your Table. AWI-104
- Meat for Thrifty Meals.  
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- Cooking with Soya  
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- Family Food Plans for  
Good Nutrition. AWI-78
- Eat a Good Breakfast to  
Start a Good Day. AWI-107

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B6

*Vitamins  
from  
farm  
to  
you*

**FOOD FOR**

**FREEDOM**

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AWI-2



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AWI-2





*How can  
vita*

Eat the foods needed for  
need. Follow the Food  
When Americans fail to  
foods that carry vitamins  
valuable vitamins A, B, C

★ ★ ★  
**FOOD FOR  
FREEDOM**

It is important to eat the right food . . . important to you because you want to be well and feel well . . . important to the Nation because the United States depends on you to keep up health and strength to do your share.

If you raise your own food, you can have the right kinds without spending a great deal. If you can afford to buy what you like, you can afford to have what you need. If you must spend carefully to stretch a small income, it is all the more urgent for you to buy food wisely, get the most for your money.

For all-round health, keep in mind the following list of foods you need. The list is fitted to the yardstick of good nutrition adopted by the Nation's nutrition experts.

*Try to have in your meals every day - -*

**MILK**

- For a growing child, 3/4 to 1 quart.
- For an expectant or nursing mother, 1 quart.
- For other family members, 1 pint or more.

**TOMATOES, ORANGES, GRAPEFRUIT, RAW CABBAGE, OR SALAD GREENS**

1 or more servings.



Check shows vitamins in foods listed	A	Thiamine	Riboflavin	Niacin	C	D	Check show in food
<b>DAIRY PRODUCTS, EGGS</b>							
Butter . . . . .	✓					✓	Asparagus, g
Cheese . . . . .	✓		✓				Beans, lima.
Cream . . . . .	✓					✓	Beans, navy.
Eggs, whole . . . . .	✓	✓	✓	✓		✓	Beans, snap.
Egg yolk . . . . .	✓	✓		✓		✓	Beet greens.
Milk, whole . . . . .	✓	✓	✓	✓		✓	Broccoli . . .
<b>MEAT, POULTRY, FISH</b>							
Beef, lean . . . . .		✓	✓	✓			Brussels spro
Chicken . . . . .		✓	✓	✓			Cabbage . . .
Codfish . . . . .		✓	✓				Carrots . . . .
Fish-liver oils . . . . .	✓						Cauliflower .
Haddock . . . . .				✓			Chard . . . . .
Kidney . . . . .	✓	✓	✓		✓		Collards . . .
Liver . . . . .	✓	✓	✓	✓	✓	✓	Corn, sweet.
Mutton, lean . . . . .		✓	✓	✓			Cowpeas . . .
Pork, lean . . . . .		✓	✓	✓			Dandelion g
Roe, fish . . . . .	✓	✓	✓				Dock . . . . .
Salmon . . . . .	✓	✓		✓		✓	Eggplant . . .
Sardines . . . . .	✓	✓				✓	Endive . . . .
<b>FRUIT</b>							
Apples . . . . .	✓						Kale . . . . .
							Kohlrabi . . .
							Leeks . . . . .



*How can I get the vitamins I need each day?*

Eat the foods needed for all-round health, each day, and you will get the vitamins you need. Follow the Food for Freedom list at the left. Eat as much variety as you can. When Americans fail to eat a well-balanced diet, they are very apt to be short on the foods that carry vitamins. The chart below will help you plan meals that include the valuable vitamins A, B, C, and D.



## VITAMINS IN THE KITCHEN

You don't want vitamins vanishing from foods right in your kitchen. It can happen, and the food won't show it.

Some vitamins get out into cooking water. This is true of B vitamins—thiamine, riboflavin, niacin. Vitamin C does this, too.

Heat destroys some vitamins, particularly thiamine and C.

Foods lose some vitamins while just waiting to be used. Vitamin A is slowly lost this way . . . vitamin C more rapidly.

You notice that C is the vitamin most damaged by heat and air. Take special care of fruits and vegetables rich in C so they can take care of you.

### First Aid for Vitamins

Here are four first-aid rules for saving vitamins in food:

1. Don't crush or bruise.
2. Don't soak.
3. Keep cold until ready to cook or eat.
4. Use quickly when prepared.

Here are more detailed suggestions:

- Make raw salad or slaw as a last-minute job.

Riboflavin	Niacin	C	D	Check shows vitamins in foods listed	A	Thiamine	Riboflavin	Niacin	C	D
				<b>VEGETABLES</b>						
✓			✓	Asparagus, green.....	✓					✓
			✓	Beans, lima.....		✓	✓			
✓			✓	Beans, navy.....		✓	✓			
✓	✓		✓	Beans, snap.....	✓	✓	✓		✓	
✓	✓		✓	Beet greens.....	✓	✓	✓		✓	
✓	✓		✓	Broccoli.....	✓	✓	✓		✓	
✓	✓		✓	Brussels sprouts.....	✓	✓	✓		✓	
✓	✓		✓	Cabbage.....	✓	✓	✓	✓	✓	
✓	✓		✓	Carrots.....	✓	✓	✓	✓	✓	
✓	✓		✓	Cauliflower.....	✓	✓	✓		✓	
✓	✓		✓	Chard.....	✓	✓	✓		✓	
✓	✓		✓	Collards.....	✓	✓	✓	✓	✓	
✓	✓		✓	Corn, sweet.....	✓	✓	✓		✓	
✓	✓		✓	Cowpeas.....	✓	✓	✓	✓	✓	
✓	✓		✓	Dandelion greens.....	✓	✓	✓		✓	
✓	✓		✓	Dock.....	✓	✓	✓		✓	
✓	✓		✓	Eggplant.....	✓	✓	✓		✓	
✓	✓		✓	Endive.....	✓	✓	✓		✓	
✓	✓		✓	Kale.....	✓	✓	✓	✓	✓	
✓	✓		✓	Kohlrabi.....	✓	✓	✓		✓	
✓	✓		✓	Leeks.....	✓	✓	✓		✓	



spend carefully to stretch a small income, it is all the more urgent for you to buy food wisely, get the most for your money.

For all-round health, keep in mind the following list of foods you need. The list is fitted to the yardstick of good nutrition adopted by the Nation's nutrition experts.

*Try to have in your meals every day - -*

**MILK**

For a growing child, 3/4 to 1 quart.  
For an expectant or nursing mother, 1 quart.  
For other family members, 1 pint or more.

**TOMATOES, ORANGES, GRAPEFRUIT, RAW CABBAGE, OR SALAD GREENS**

1 or more servings.

**GREEN OR YELLOW VEGETABLES**

1 or more servings.

**OTHER VEGETABLES OR FRUITS**

2 or more servings. (Among these include your potatoes and apples.)

**LEAN MEAT, POULTRY, FISH, OR SOMETIMES DRIED BEANS OR PEAS**

1 or more servings.

**EGGS**

1 a day or at least 3 or 4 a week cooked as you like or in made dishes.

**CEREALS AND BREAD**

2 or more servings of whole-grain or "enriched" products.

**BUTTER AND OTHER FATS**

When you eat a large variety of nourishing foods you get all the vitamins known. In addition—and this is important, too—you may be getting unknown vitamins in food . . . vitamins not yet discovered but working for you just the same.

16-28900-1

Milk, whole . . . . .	✓	✓	✓	✓	✓	✓
<b>MEAT, POULTRY, FISH</b>						
Beef, lean . . . . .		✓	✓	✓		
Chicken . . . . .		✓	✓	✓		
Codfish . . . . .		✓	✓			
Fish-liver oils . . . . .	✓					✓
Haddock . . . . .				✓		
Kidney . . . . .	✓	✓	✓		✓	
Liver . . . . .	✓	✓	✓	✓	✓	✓
Mutton, lean . . . . .		✓	✓	✓		
Pork, lean . . . . .		✓	✓	✓		
Roe, fish . . . . .	✓	✓	✓			
Salmon . . . . .	✓	✓		✓		✓
Sardines . . . . .	✓	✓				✓
<b>FRUIT</b>						
Apples . . . . .		✓	✓		✓	
Apricots . . . . .	✓	✓	✓		✓	
Avocados . . . . .	✓	✓	✓		✓	
Bananas . . . . .	✓	✓	✓		✓	
Blackberries . . . . .	✓	✓				
Blueberries . . . . .	✓					
Cantaloup . . . . .	✓	✓	✓		✓	
Cherries . . . . .					✓	
Cranberries . . . . .					✓	
Currants, black . . . . .	✓				✓	
Dates . . . . .	✓	✓				
Figs . . . . .		✓	✓			
Gooseberries . . . . .					✓	
Grapefruit . . . . .		✓	✓		✓	
Lemons . . . . .					✓	
Oranges . . . . .	✓	✓	✓		✓	
Olives, green and ripe . . . . .	✓					
Peaches . . . . .	✓		✓		✓	
Pears . . . . .		✓	✓			
Pineapples . . . . .	✓	✓			✓	
Plums . . . . .	✓	✓				
Prunes . . . . .	✓	✓	✓			
Raspberries . . . . .		✓			✓	
Strawberries . . . . .	✓		✓		✓	
Tangerines . . . . .		✓	✓		✓	
Watermelon . . . . .	✓	✓			✓	
Broccoli . . . . .						
Brussels sprouts . . . . .						
Cabbage . . . . .						
Carrots . . . . .						
Cauliflower . . . . .						
Chard . . . . .						
Collards . . . . .						
Corn, sweet . . . . .						
Cowpeas . . . . .						
Dandelion greens . . . . .						
Dock . . . . .						
Eggplant . . . . .						
Endive . . . . .						
Kale . . . . .						
Kohlrabi . . . . .						
Leeks . . . . .						
Lettuce, green . . . . .						
Mushrooms . . . . .						
Mustard greens . . . . .						
Okra . . . . .						
Onions . . . . .						
Parsnips . . . . .						
Peanuts . . . . .						
Peas, dried . . . . .						
Peas, green . . . . .						
Peppers, sweet . . . . .						
Potatoes . . . . .						
Radishes . . . . .						
Rhubarb . . . . .						
Rutabagas . . . . .						
Soybeans . . . . .						
Spinach . . . . .						
Squash, yellow . . . . .						
Sweetpotatoes . . . . .						
Tomatoes . . . . .						
Turnip greens . . . . .						
Water cress . . . . .						
<b>CEREALS</b>						
Corn meal, yellow . . . . .						
Whole grains . . . . .						



**THIS WAY FOR YOUR**



✓	✓	✓	✓	Broccoli . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Brussels sprouts . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Cabbage . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Carrots . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Cauliflower . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Chard . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Collards . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Corn, sweet . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Cowpeas . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Dandelion greens . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Dock . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Eggplant . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Endive . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Kale . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Kohlrabi . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Leeks . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Lettuce, green . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Mushrooms . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Mustard greens . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Okra . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Onions . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Parsnips . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Peanuts . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Peas, dried . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Peas, green . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Peppers, sweet . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Potatoes . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Radishes . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Rhubarb . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Rutabagas . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Soybeans . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Spinach . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Squash, yellow . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Sweetpotatoes . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Tomatoes . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Turnip greens . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Water cress . . . . .	✓	✓	✓	✓
CEREALS								
✓	✓	✓	✓	Corn meal, yellow . . . . .	✓	✓	✓	✓
✓	✓	✓	✓	Whole grains . . . . .	✓	✓	✓	✓

to be used. Vitamin A is slowly lost this way . . . vitamin C more rapidly.

You notice that C is the vitamin most damaged by heat and air. Take special care of fruits and vegetables rich in C so they can take care of you.

**First Aid for Vitamins**

Here are four first-aid rules for saving vitamins in food:

1. Don't crush or bruise.
2. Don't soak.
3. Keep cold until ready to cook or eat.
4. Use quickly when prepared.

Here are more detailed suggestions:

- Make raw salad or slaw as a last-minute job. Vitamin C gets away faster from foods peeled or cut.
- When you cook vegetables, use as little water as possible. Add salt to cooking water at the start, to help hold the vitamin C.
- Cook quickly whenever you can. Put vegetables into boiling water, and bring the water back to boiling point fast.
- Cook vegetables until just tender—but no longer.
- Stir vegetables only when you must. If you stir you mix air into the food and that destroys some of the vitamins.
- Do not add soda when you cook green vegetables. The soda destroys thiamine and vitamin C.
- Do not thaw frozen vegetables before you cook them.
- Serve raw frozen foods, such as fruits, at once, before thawing.
- Since cooking water takes up some of the vitamins and also minerals, it is good food. So, don't pour cooking water down the sink. Serve it with the vegetables . . . or in soups . . . sauces . . . gravies.

**FOR YOUR VITAMINS**



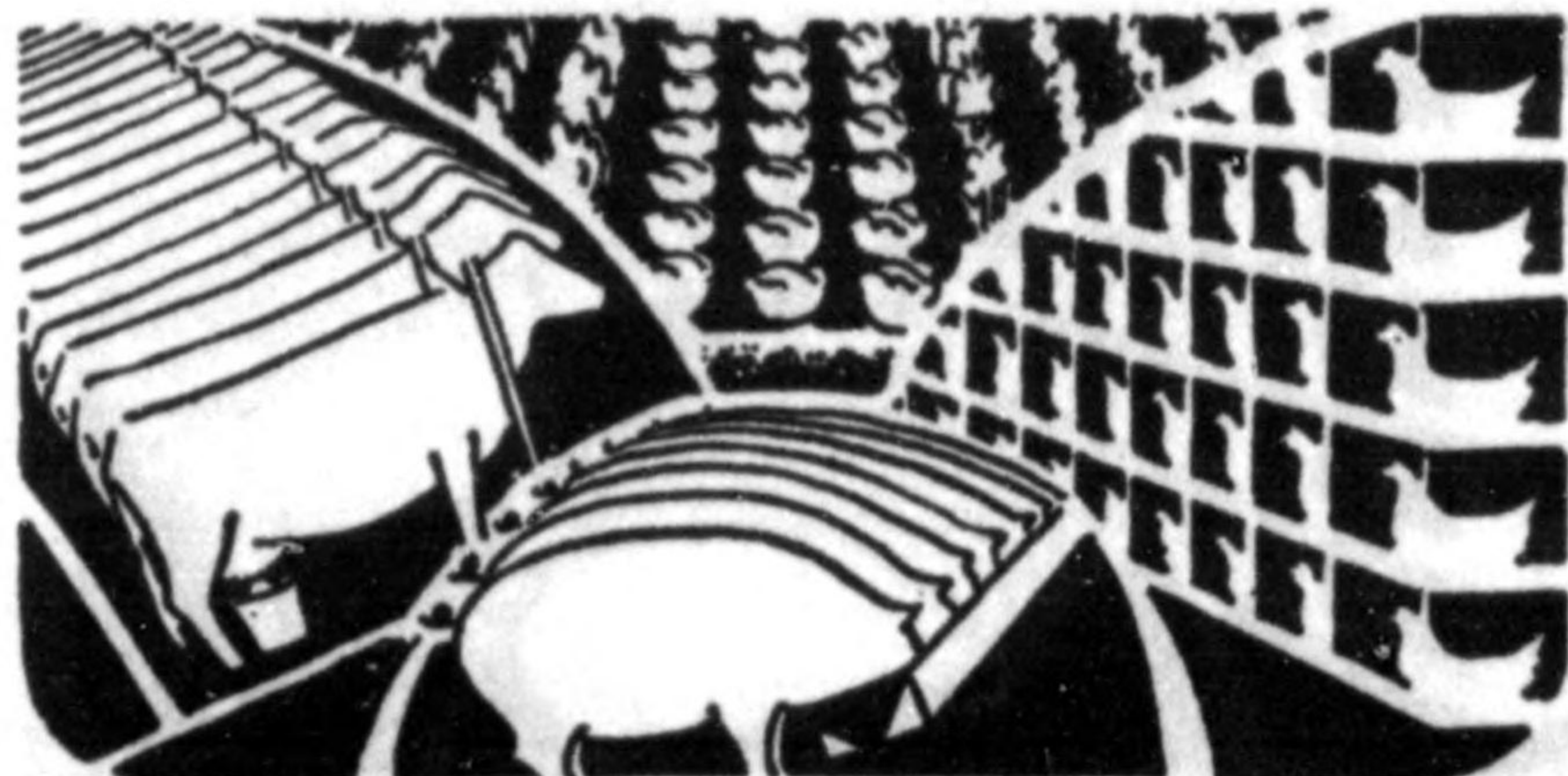


# GET YOUR VITAMINS IN FOOD

**You need vitamins. Everyone does—young and old. You need them for building a healthy body and for keeping fit and strong. Vitamins are especially important in a period of stress and strain.**



## THE VITAMIN ASSEMBLY LINE



The greatest vitamin factory on earth is a farm, for vitamins come to you from plants, animals, and sunshine.

When you eat a variety of good food grown on America's farms or in a home Victory garden, you get vitamins in their natural form.

The farm's vitamin assembly line runs from the ground up. Seeds are rich in certain vitamins. Green growing plants produce and hold vitamins or vitamin materials. Ripe fruits, vegetables, and grains bring the vitamins—along with other nourishment from the plants—to you.

Animals on the farm get vitamins from their feed and sunshine. Eggs, meat, and milk and other dairy products are all a part of the vitamin supply line that ends at your dining table.

## SMALL BUT IMPORTANT

One thing is true of all the known vitamins: Tiny amounts handle big jobs. But tiny though these amounts are, they are essential for health.

Each of the vitamins has special work to do, helping the body to grow normally or to keep well and strong.

Because vitamins make up so small a part of food, for a long time no one dreamed they were there. You can't taste vitamins in food or smell them. For the most part you can't even see them in the food you eat, though one exception is this: The yellow color in many fruits and vegetables is carotene, the mother-substance of vitamin A.

## Naming the Vitamins

When first discovered, vitamins did not seem to belong to well-known chemical families, as minerals in food do, for instance. So scientists called the orphans A, B, and so on a good way down the alphabet. Now vitamins are better known, and some have names that tell what they do or what they are like.

It is well to have a friendly acquaintance with vitamins A to D.

Other b  
available f  
ment of A

Eat the r  
Three m  
Market  
meals.

Food for  
Fight fo  
Meat for  
Dried fru

Dried be  
Green ve  
Root veg  
Soybeans  
Home c  
meats.

BURE  
United

★



## VITAMINS IN FOOD

vitamins. Everyone does—young and old. They are essential for building a healthy body and for keeping you fit and strong. Vitamins are especially important in a period of stress and strain.



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Other bulletins on foods and nutrition available from the United States Department of Agriculture—

Eat the right food to help keep you fit.

Three market lists for low-cost meals.

Market lists for moderate-cost and liberal meals.

Food for growth. (For children.)

Fight food waste in the home.

Meat for thrifty meals.

Dried fruits in low-cost meals.

Dried beans and peas in low-cost meals.

Green vegetables in low-cost meals.

Root vegetables in low-cost meals.

Soybeans for the table.

Home canning of fruits, vegetables, and meats.

*Issued by*

**BUREAU OF HOME ECONOMICS**  
United States Department of Agriculture  
Washington, D. C.  
1942





## VITAMIN *A* IN WAR AND PEACE

Vitamin A has a war nickname—the blackout vitamin.

This vitamin is needed for normal eyesight in dim light . . . it is important to air pilots . . . to fighting men . . . to people in darkened places.

When a person has too little A, his eyes cannot adjust quickly from bright light to darkness. This eye trouble is night blindness. The night-blind person may run into objects at night which a normal person would see.

Even in daylight a person with serious night blindness can't see well toward the right or left. This, too, may cause accidents. You need side-sight as well as front-sight when you walk, ride, or just stand still.

Vitamin A—in fact, all vitamins—help to protect against infections. A is one of the vitamins needed for growth, and for healthy teeth, bones, and nerves. Vitamin A is important for good skin and good linings to nose, mouth, and organs throughout the body.

### Follow the Colors

Cows and chickens manufacture vitamin A in their bodies. So do fishes. And so do you.

You get vitamin A by eating ripe yellow and green vegetables and some red-colored ones . . . tomatoes, for example; also from liver, butter, and eggs. Bright colors in food are often—though not always—like flags, signaling with yellow, green, orange, or red, "This way for vitamin A."

### Store for the Future

You can store some vitamin A in your body for future use. A wise plan is to get a generous supply in your food each day, so you will have some to draw on, if you should get less in food at any time.

## VITAMIN *B* VITAMINS FOR MORALE

For a while one vitamin was called B. Then scientists learned that B was a large family of vitamins.

Now, one member is B<sub>1</sub>. Better still, call it thiamine (rhyme "thi" with "my").

Thiamine, nicknamed the morale vitamin, helps steady nerves . . . helps you to keep cheerful—with a stiff upper lip. People who get too little thiamine in food often have poor appetites, constipation, slow heart rate, a tired feeling.

Another of the B family is niacin, or nicotinic acid (not the same as nicotine). You need this vitamin to help nerves and digestion and for healthy skin.

### Health Watchman

Niacin is probably the health watchman that does most to ward off pellagra, a disease that weakens thousands of people in our own country. Victims of pellagra have skin trouble, poor digestion, feel weak and tired, gloomy . . . a few even go insane. Pellagra can be prevented by eating enough foods containing B vitamins, particularly niacin.

A third B vitamin is riboflavin ("ri" rhymes with "why," and "fla" with "way"). Riboflavin is needed for health and normal growth. If the body gets too little, ugly sores may form around nose and mouth—eyes see dimly and are bloodshot, and the light hurts.

### Stay Above the Border

For one person in America who becomes out-and-out ill for lack of B vitamins, thousands are borderline cases.

Almost everyone can improve his health by eating more of the foods that have B vitamins. You get these vitamins in many foods.

## VITAMIN *C*

Vitamin C ascorbic acid first discovered

When your tissues are hurt, teeth, and gums

### Lesson From

For lack of vitamin C you get ill when the weather is no fresh food after day.

Joints swell

In time you get lemon, lime recovered from green food the way to before scurvy-fighting

To keep your health to help them give them vitamin juice or canned

Many people get vitamin C in their food. The best of health, but more fit if you eat tables that

### Eat As You

The body needs vitamin C by day.

Canned fruits are practically perfect. So, some vitamins in canned food



THIS WAY FOR YOUR



**MORALE****VITAMIN C AGAINST SCURVY****VITAMIN D FOR FRAMEWORK**

Vitamin C is widely known by a longer name, ascorbic acid. This vitamin was one of the first discovered.

When you get enough vitamin C your body tissues are healthier . . . especially the bones, teeth, and gums.

**Lesson From Sailors**

For lack of this vitamin, sailors used to fall ill when they sailed on long voyages and ate no fresh food, just limited ship's rations day after day. Their strong muscles grew weak. Joints swelled and hurt. Gums bled.

In time seamen learned that if they took lemon, lime, or orange juice, they quickly recovered from this misery called scurvy. Raw green food such as cabbage also cured it. So the way to drive scurvy away was found long before scientists discovered vitamin C, the scurvy-fighter itself.

To keep babies safe from this condition and to help them to grow normally, mothers today give them vitamin C in some form . . . orange juice or canned tomato juice, usually.

Many people, young and old, get less vitamin C in their food than they should have for the best of health. They may escape actual illness, but they would be sturdier and feel more fit if they ate sufficient fruits and vegetables that carry this vitamin.

**Eat As You Go**

The body cannot store large amounts of vitamin C. You must get your supply day by day.

Canned tomatoes and citrus fruits contain practically as much vitamin C as fresh ones. So, some vitamin C may be kept on the shelf in canned foods ready for use.

Vitamin D is a two-way vitamin. You can get it from foods and from sunshine.

**For the Baby's Bones**

Vitamin D helps bones and teeth to grow strong and straight. This is why babies and young children need a special supply of this vitamin regularly.

You may have heard someone say that a baby with bowlegs "walked too soon." It is known now that the real trouble isn't walking but too little vitamin D. When a child with bowlegs is given the vitamin D he needs, the bones will grow sturdier, though they may never be as firm and straight as if he'd had the right start.

Some people call vitamin D the sunshine vitamin. When sunlight meets the skin direct, vitamin D is formed in the skin.

Sunshine is good for babies . . . but avoid sunburn!

Children cannot get much vitamin D from sunshine when they need to bundle up warm for cold weather or when they live where clouds, fog, smoke, or dust form curtains against the sun.

**From Sea and Land**

Fortunately, many fish in the sea store up this vitamin in their livers along with vitamin A. Oils from fish livers are the foods most commonly used as a source of vitamin D.

For years the richest source of D known was cod-liver oil. Now it is known that livers of other fish, such as halibut, perch, and shark, have even richer supplies of vitamin D.

Whole milk has some vitamin D when Bossy stands in sunny pastures. Some dairies add vitamin D to milk.

**FOR YOUR VITAMINS**



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Root  
Vegetables  
in  
Everyday  
Meals



U.S. DEPARTMENT OF AGRICULTURE



AIS-42





## Watch the pot... don't overcook

### GUIDE TO BOILING

Beets—young	30-45 minutes	Parsnips	20-30 minutes
older	60-90 minutes	Onions	30-40 minutes
Carrots—young	15-20 minutes	Rutabagas	20-30 minutes
older	20-25 minutes	Turnips	15-20 minutes

Crimson beets . . . orange carrots . . . turnips, white, yellow, purple-topped . . . cream-colored parsnips . . . green spring onions, dry winter onions, brown, red, and silver-skinned—these vegetables from the earth bring vitamins, minerals, starches, and sugars to help supply the body's needs.

### When the Kettle Boils

To make the most of minerals, vitamins, and flavor . . .

- Start root vegetables in boiling salted water . . . about 1 teaspoon of salt to a quart of water.
- With young tender roots use only enough water to prevent sticking to the pan. For older roots, have enough water to cover.
- Boil root vegetables whole in their skins unless too strong or tough.
- If peel you must, make the peelings thin, or scrape no more than skin deep.
- To keep beets from losing their bright red, leave on the long taproot and an inch or two of stems. A quick dip into cold water loosens the jacket on a cooked beet so it slips off like a glove.
- To speed cooking time . . . save fuel . . . conserve vitamins, cover the kettle. If not overcooked, even onions and turnips are not too strong flavored.
- Slice or dice to cut cooking time more.
- To bring out their best, cook root vegetables only until tender. Don't overcook.
- Serve in their own juice, or if too much, use right away in soup, sauce, gravy, or vegetable cocktail.

### Season to Taste

Easiest way to season a plain-cooked hot vegetable is to add salt and pepper to taste and a little meat drippings or melted fat, just before ready to serve.

Or some like a little milk added at the last minute to cooked carrots, turnips, or onions.

To give more "lift" now and then, drop in a little chopped onion, green onion tops, green pepper, parsley, or chives.

A little vinegar or a squeeze or two of lemon juice adds a pleasantly sour note to seasoning for boiled carrots, beets, or turnips.

### Be "Saucy" Now and Then

White sauce blends well with plain-cooked onions, carrots, parsnips, or turnips.

For a medium-thick sauce to serve over vegetables, blend 3 tablespoons of flour with 3 tablespoons of fat. Add 1½ cups of milk (fresh, evaporated, or dried mixed with water). Cook 5 minutes, stirring constantly to make the sauce smooth. Season to taste with salt and pepper. This makes enough sauce to mix with 3 cups of cooked vegetables.

Some vegetables are better with a thin white sauce, made with 2 tablespoons of fat to 2 of flour, for 2 cups of milk.

*Invent your own.*—To the white sauce add leftover bits of meat or fish, or hard-cooked egg, or grated cheese.

For a thrifty family-size scalloped dish, combine leftovers of vegetables too small to serve by themselves with a white sauce—plain or fancy. Top with bread crumbs and bake until bubbling and brown.

*Recipes in this leaflet are for 6 servings and take about 2 pounds of raw vegetables.*



**BEETS****Beets and Beet Greens**

Cook baby beets and greens in water until tender (15 or 20 minutes), drain, and chop together. Season with fat, salt, and pepper.

Or use the tops of larger beets if they are still crisp and green. They may take longer cooking, but are high in food value.

**Harvard Beets**

1 tablespoon cornstarch	1/4 cup vinegar
or 2 tablespoons flour	1/4 cup water
2 to 4 tablespoons sugar	2 tablespoons fat
1/2 teaspoon salt	3 cups cooked beets, sliced

Mix cornstarch or flour, sugar, and salt. Add vinegar and water and boil 5 minutes, stirring constantly. Add the fat and beets, and let stand until the sauce becomes red. Reheat if necessary.

**Beet Soup**

Here's a quick way to make beet soup something like Russian borsch, but using leftovers.

Add finely chopped cooked beets to meat broth, along with chopped cooked onion, carrot, or cabbage. Season with herbs and serve hot. Some like beet soup topped with sour cream.

**PARSNIPS****Browned Parsnips**

To get rid of the woody core, boil the parsnips whole, split lengthwise, and strip out the tough center. Dip the halves in flour and fry in fat until they are golden brown. Or mash and season the parsnips to make little cakes, and fry them.

**Scalloped Parsnips**

Arrange cooked parsnips, split lengthwise, in a baking dish, pour over them thin white sauce, sprinkle with bread crumbs, and bake in a hot oven (400° F.) 20 minutes or until brown.

**CARROTS AND TURNIPS****Panned Carrots**

Slice carrots thin. Place in a frying pan with a little melted fat, cover, cook slowly until tender. Season with salt and pepper.

If desired, fry carrots with sliced onions.

*With Apples.*—Cut the carrots in strips and cook as above until almost tender. Then add apples sliced in rings with the skins on, sprinkle with salt and sugar, and brown well.

**Carrot Scallop**

Arrange 3 cups of sliced cooked carrots in a baking dish. Pour over them 2 cups of thin white sauce. Sprinkle with a mixture of bread crumbs and grated cheese, if desired. Bake in a moderately hot oven (375° F.) 20 minutes or until browned.

**Quick Carrot or Turnip Soup**

Cook 2 tablespoons of finely chopped onion in 2 tablespoons of fat for a few minutes. Stir in 2 tablespoons of flour. Add 1 quart of heated milk and 1 cup of grated, ground, or finely chopped raw carrots or turnips. Season with salt and pepper. Stir well and cook until tender, about 10 minutes.

**Carrots or Turnips O'Brien**

Chop cooked carrots or turnips and season with salt and pepper. Add chopped green or sweet red pepper. Melt 2 tablespoons of fat in a frying pan and spread a thin layer of the vegetable in the pan. Heat slowly, serve hot.

**Turnips and Greens**

Cook tiny turnips and their greens together just as you would baby beets.

**Mashed Rutabagas and Potatoes**

Cook equal portions of rutabaga and potato together. Drain. Mash and season with salt and pepper. Serve hot.



## ONIONS

### Onion Soup

Cook 2 cups finely chopped onions in 2 tablespoons fat until lightly brown. Sprinkle with 3 tablespoons of flour and stir. Add 1½ quarts hot meat broth, made by cooking a soup bone in water, and stir until smooth. Season with salt and pepper and simmer until the onions are tender and flavor well blended. Serve in bowls with a slice of toast in each.

If you have dry cheese on hand, grate a little over the toast.

### Spring Onions on Toast

If you have an abundance of spring onions, allow 6 or 7 finger-size ones to each serving. Cook, green tops and all, until tender in lightly salted boiling water, about 20 minutes if onions are young and fresh. Season with melted fat and serve on toast.

### Scalloped Onions and Peanuts

Measure 3 cups of cooked onions, 1 cup of ground roasted peanuts, 2 cups of thin white sauce, 1 cup of bread crumbs blended with a little melted fat. In a baking dish, make alternate layers of onions, peanuts, and sauce; top with bread crumbs. Bake in a hot oven (400° F.) 20 minutes or until crumbs are brown.

### Stewed Onions and Tomatoes

Stew sliced onions with tomatoes, thicken with a little flour or stale bread toasted and broken into small pieces.

## ROOTS AND ROAST

Place root vegetables around a pot roast when the meat is nearly done. Make it any combination you like—onions, potatoes, turnips, carrots, whole or in halves. Cook under a lid until the vegetables are almost tender, then baste with the meat broth, and let brown lightly. Serve on a hot platter with vegetables circling the meat.

## MIX YOUR VEGETABLES

### Vegetable Soup

Simmer a soup bone in water. To each quart of this meat broth allow—

1 medium-size onion	1 small green pepper
2 small carrots	2 stalks celery and leaves
1 turnip	1 cup tomato juice and
1 medium-size potato	pulp

Cut all the vegetables about the same size and shape. Cook until tender in the salted meat stock. Season well and serve hot.

### Vegetable Chowder

Make chowder with the same vegetables as for soup, but use milk instead of meat broth. Brown the onion first in meat drippings. Then add the cut-up vegetables and 2 cups of boiling water. Cook until vegetables are tender. Add 3 cups of hot milk, ¼ cup of bread crumbs, and season to taste. Serve hot.

### Vegetable Stew or Pie

Use half as much meat broth and the same quantity of vegetables as for vegetable soup. Thicken with a tablespoon of flour mixed with cold water, and you have a delicious stew.

Or put the stew in a baking dish, cover with rounds of biscuit dough or with mashed potatoes, and bake in a hot oven.

## SOME RAW

*For a relish* to eat raw with salt, serve spring onions, young turnips, and carrots cut in thin sticks.

*For a salad* to mix with dressing . . .

Shredded raw carrots with sliced cabbage, or diced apple.

Shredded carrots and cottage cheese balls.

Diced raw rutabaga, chopped green pepper, and cold cooked potato.

*For a sandwich*, shredded raw carrot with chopped nuts or raisins, mixed with table fat.



*Vegetables from home gardens . . .*

*Vegetables from truck farms . . .*

*Vegetables from wherever they grow, tender and tasty, help to keep meals balanced when other foods are scarce.*

*Every root vegetable has its virtues. Carrots, for instance, get a high rating for vitamin A. Turnips, especially if eaten raw, help to fill the daily vitamin C quota. Onions are the world's most popular seasoner.*

*To get the good from vegetables—*

*Eat some raw, some cooked.*

*Cook quickly; use all the juices.*

*Store to keep crisp and plump. Root vegetables like a cool, moist place best. One exception—winter onions—like it cool and dry.*

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**BUREAU OF HUMAN NUTRITION  
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**Agricultural Research Administration**

**U. S. Department of Agriculture**

**Washington, D. C.**

**January 1946**

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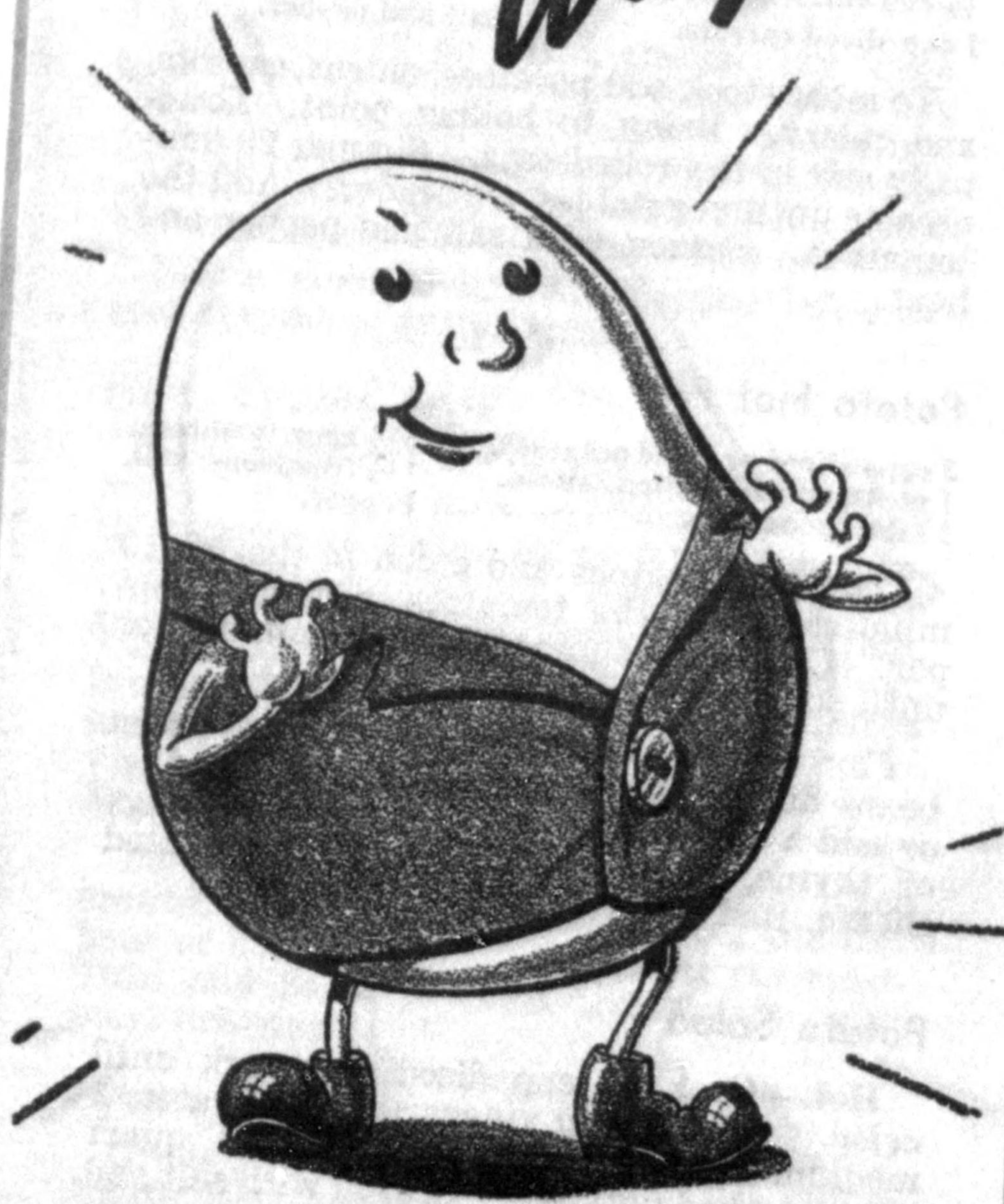
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B6

# Potatoes in Popular Ways



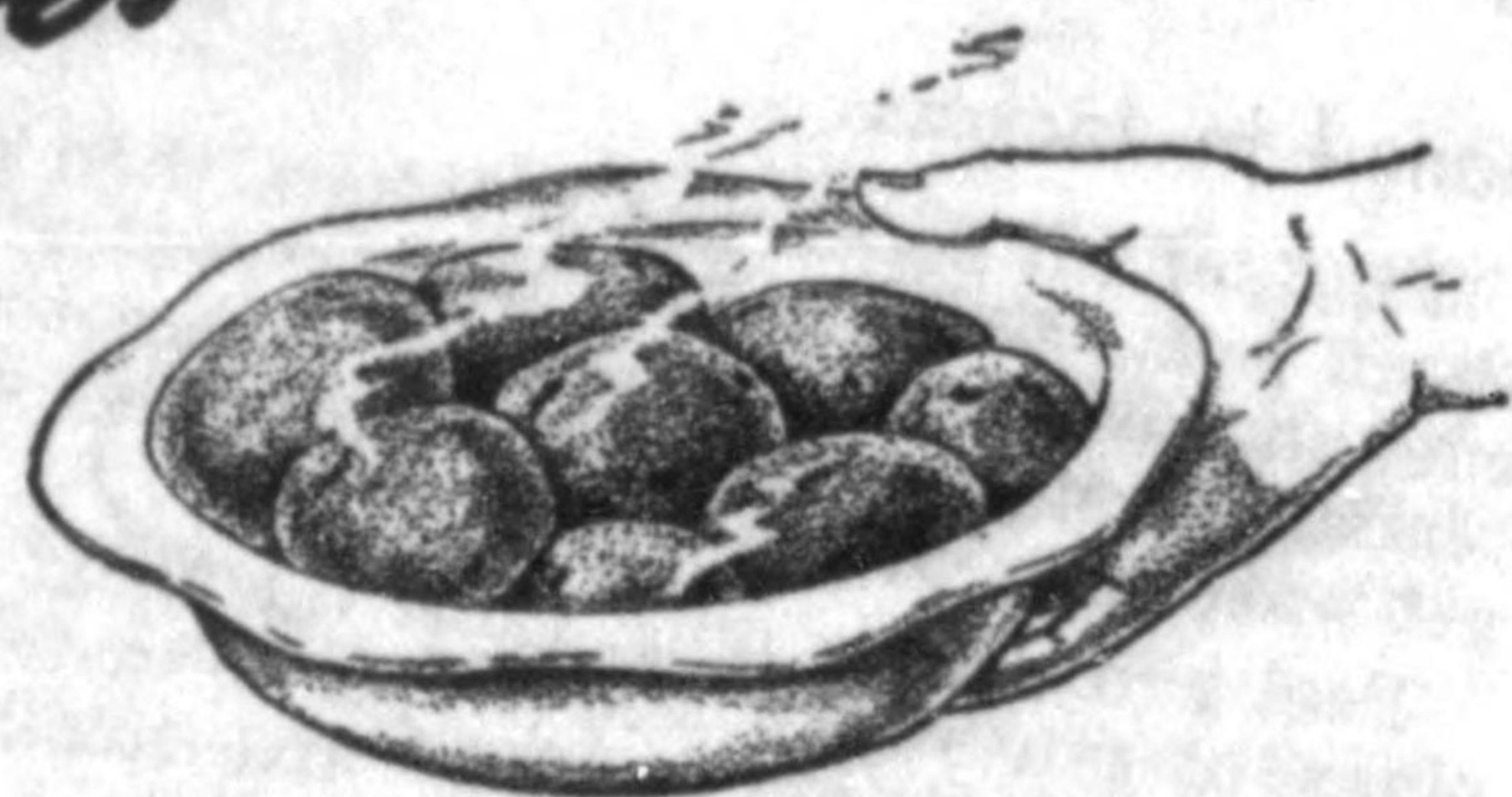
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U.S. DEPARTMENT OF AGRICULTURE



# Please pass the Potatoes

Taters . . . spuds . . . murphies . . . Irish—call them what you will—potatoes belong on your priority list of foods for year-round eating.



## And Here's Why

- Potatoes pack good food values under their brown jackets. When you eat them daily, you can get as much as one-fourth of your vitamin C quota, besides some of the B vitamins, iron and other important minerals, and starch.
- Potatoes are a cheap energy food. Penny for penny, they have more energy-giving value than any other vegetable.
- Potatoes fit into any meal. You may serve them at breakfast, dinner, or supper.
- And potatoes need not be fattening. One medium-sized potato has about 100 calories—no more than an apple or banana, and only half the calories of a medium-sized piece of pie or a hamburger and roll. If you're watching weight, watch what you put on the potatoes. It's the gravy, butter, or other fat that "piles up" calories. And it's the total of all the foods you eat that adds the pounds.



THE BEST  
POTATOES  
WEAR THEIR  
JACKETS  
TO DINNER

## Potato Tips

Best potatoes are firm and clean, have shallow eyes, and no cuts, decay, or green spots. For good mashed or baked potatoes, use a mealy, flaky variety of potato; for salads, creaming, and the like, use firm, waxy kinds that hold their shape.

## Get the Good From Potatoes

- Best way to get most food value from potatoes is to cook them in their jackets.
- And of the two ways of cooking potatoes in jackets, boiling conserves more vitamins than baking.
- So—start with potatoes "boiled in their jackets" whether you're serving them parsleyed, mashed, creamed, hash-browned, or in salad.
- When raw potatoes are called for, as in scallop or soup . . . keep the peelings thin.
- Peel potatoes just before you cook them . . . don't let them soak. If you must peel them ahead of time, put them in salted water.
- Best way to serve all potatoes is quick-cooked and steaming hot, for the longer they stand exposed to the air, the more vitamin C they lose.
- But if you have left-overs, save them to start a good dish for another meal. And be sure to keep them covered and in a cold place till you're ready to use them.

*Recipes in this folder are for 6 servings*



☆ ☆ ☆ POTATOES FOR EVERY DAY ☆ ☆ ☆

### Boiled in Jackets

First of all scrub the potatoes, then drop them into a kettle of boiling water . . . enough to cover them. Cook covered until tender; drain at once so the potatoes won't get waterlogged.

Peel and season with table fat, meat drippings, or gravy, salt and pepper to taste. Or eat skins and all if they are small new potatoes.

### Quick Mashed

Peel 6 medium-sized hot cooked potatoes. Mash thoroughly and quickly. Beat in hot milk a little at a time until potatoes are fluffy and smooth. Season with salt and pepper. If desired, add fat, finely chopped green pepper, pimiento, chives, or onion.

### Creamed—Plain With Garnish

Peel and slice 6 medium-sized cooked potatoes. Make a white sauce by blending 3 tablespoons melted fat with 3 tablespoons flour; add 2 cups milk and  $1\frac{1}{2}$  teaspoons salt. Cook, stirring constantly, until mixture thickens. Add potatoes and heat.

For a "different" taste or added food value—grate a little onion or cheese into the sauce, or stir in cooked peas and carrots or chopped parsley just before serving.

For a baked dish.—Pour the creamed potatoes into a greased baking dish. Sprinkle the top with bread crumbs mixed with melted fat. Bake in a moderately hot oven ( $375^{\circ}$  F.) 15 to 20 minutes or until crumbs are brown.

### Potato Scallop

6 medium-sized potatoes.  
2 tablespoons flour.  
 $1\frac{1}{2}$  teaspoons salt.

Pepper.  
2 tablespoons fat.  
2 cups hot milk.

Peel and slice the potatoes. Put a layer of potatoes in a greased baking dish. Sprinkle with part of flour, salt, and pepper. Dot with fat. Repeat until all the potatoes are used. Pour in the milk—use very fresh milk or it may curdle. Bake in a moderate oven ( $350^{\circ}$  F.) for 1 hour or until the potatoes are tender and browned on top. Add more milk if the potatoes get dry.

### The Perfect Baked Potato

Wash and dry potatoes of uniform size. Bake in a hot oven ( $425^{\circ}$  F.) 40 to 60 minutes or until tender.

If you want the skin to be soft, rub a little fat on the potato before baking.

Cut crisscross gashes in the skin of the baked potato on one side. Then pinch the potato so that some of the soft inside pops up through the opening. Drop in meat drippings, bits of crisp-cooked salt pork, or table fat.

Save fuel by baking potatoes when you oven-cook other food. If a moderate oven is called for, allow a little extra time for the potatoes to bake.

**Stuffed.**—For an extra special, cut large baked potatoes in half lengthwise. Scoop out the inside. Mash; add fat and seasonings. Stir in hot milk and beat until fluffy and smooth. Stuff back into potato shells, brush top with melted fat, and brown in a hot oven.

For a main dish, add chopped left-over cooked meat or grated cheese.

### Fried, Country Style

Peel, and slice thin, enough raw potatoes to make 1 quart. Put in a frying pan with 2 tablespoons of melted fat or meat drippings. Cover closely. Cook over medium heat 10 to 15 minutes or until browned on the bottom. Turn and brown on the other side. If desired, brown a little chopped onion in the fat before adding the potatoes.

### Roast Potatoes

Peel medium-sized potatoes and place around meat in roasting pan during the last hour or hour and a half of cooking the meat. Turn and baste potatoes occasionally with meat drippings.

### Potato Pancakes

Grate 2 cups raw potatoes and put immediately into  $\frac{1}{4}$  cup milk. Add 1 egg, beaten slightly, 2 tablespoons flour, 1 teaspoon salt, pepper, and 1 tablespoon finely chopped onion. Drop from a tablespoon onto a greased frying pan. Cook until well browned and crisp on both sides. Serve hot.



☆ ☆ ☆

## HEARTY SOUPS AND SALADS

### Quick Potato Soup

3 cups cubed potatoes.	1½ cups boiling water.
2 tablespoons chopped onion.	4 cups milk.
2 tablespoons fat.	1½ teaspoons salt.
	Pepper.

Cook the potatoes, onion, and fat in the water until the potatoes are tender. Add the milk, salt, and pepper. Heat and serve.

### Potato Soup With Oatmeal

4 cups meat stock, or use bouillon cubes.	½ cup chopped celery.
2 cups diced potatoes.	½ cup rolled oats.
½ cup sliced onions.	½ to 1 cup cooked tomatoes.
1 cup sliced carrots.	Salt and pepper.

To meat stock add potatoes, onions, carrots, and celery. Bring to boiling point. Gradually stir in the rolled oats. Simmer 20 minutes or until vegetables are tender. Add the tomatoes. Season with salt and pepper and heat.

### Potato Hot Pot

3 cups sliced or diced potatoes.	3½ cups tomatoes.
1 medium-sized onion, sliced.	1½ teaspoons salt.
2 tablespoons fat.	Pepper.

Cook the potatoes and onion in the fat 10 minutes. Add the tomatoes, salt, and pepper. Cover and simmer 25 to 30 minutes, or until potatoes are tender.

*For variety*, add a cup of cooked green beans during the last 10 minutes of cooking, or add a dash of chili powder or a few sprigs of thyme, or sprinkle with a little grated cheese, just before serving.

### Potato Salad

**Hot.**—Cook ¾ cup diced salt pork until crisp. Add ¼ cup vinegar, ¼ cup water, 1 medium-sized chopped onion, and 1 quart cubed cooked potatoes. Season with salt and pepper. Heat well.

**Cold.**—Slice or dice cold cooked potatoes. Season with salt, chopped onion, and salad dressing. If desired, add sliced hard-cooked eggs.

## GIVE LEFT-OVERS A "LIFT"

### Hash Browned

Add chopped cooked potatoes to a little fat in a frying pan. Season with salt and pepper. Moisten with water—about ¼ cup for 4 cups potatoes. Cook over low heat until brown on the bottom—don't stir. Serve folded in half.

**Potato hash.**—Add chopped cooked meat and enough gravy or hot water to moisten. Brown on both sides.

### Potato Cakes

Shape cold mashed potatoes into small cakes; roll in flour. Fry golden brown in a little fat. For variety, add to the mashed potatoes chopped cooked meat or fish, or grated cheese.

### Potato Crust

Line a baking dish with mashed potatoes. Fill center with vegetable stew and left-over bits of meat or fish. Cover with mashed potatoes. Bake in a hot oven (400° F.) until hot through and brown on top. If you have just a little potato, make only the upper crust.

### Potato Puff

To 3 cups mashed potatoes, add 1 egg yolk, hot milk to moisten, 2 tablespoons melted fat, salt, and any other seasoning you like. Beat well. Then fold in 1 stiffly beaten egg white. Pile lightly into a greased baking dish. Bake in a moderately hot oven (375° F.) 30 minutes or until puffy and brown.

### Potato Griddle Scones

2 cups sifted flour.	3 tablespoons fat.
1 teaspoon salt.	1 cup cold mashed potatoes.
3 teaspoons baking powder.	1 egg, beaten.
	½ cup milk (about).

Sift together flour, salt, and baking powder. Cut in fat with 2 knives or a pastry blender. Blend in the potatoes. Mix egg and milk; add to first mixture. Mix slightly. Roll ¾ inch thick and cut into squares. Bake slowly on a hot greased griddle or frying pan. Turn several times to cook through. Makes 10 to 12.

For a main dish, pour creamed left-over meat or fish or vegetables over the scones.



### Store Spuds Cool and Dark

● Best potatoes for storing are the late crop. But early potatoes will keep several weeks if stored properly.

● Sort before you store. Take out the decayed potatoes and set aside any bruised or cracked ones to use up first.

● Keep potatoes cool but not cold—at temperatures between 40° and 60° F., but don't let them freeze. Stored below 40°, potatoes may acquire a sweetish taste because some of the starch turns to sugar. Sometimes you can restore the flavor of such potatoes by putting them in a warmer place for a week before using.

● Keep potatoes dark . . . they like a blackout. Light gives them green spots that are harmful to eat. And although you can cut off the greenish part and eat the rest, it's wasteful. So cover your stored potatoes well with cloth or paper.

● You can eat sprouted potatoes if you peel them. But never eat the sprouts. They have the same harmful substance contained in green spots.



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*Fight  
Food  
Waste  
in the  
home*

**FOOD FOR**

**FREEDOM**

U. S. DEPARTMENT OF AGRICULTURE

AWI-3



**ALL SET to save food**

**KEEP MEAT cold**

**EGGS an**

One slice of bread molds, one carrot shrivels—small loss, isn't it?

But—multiply that loss by our Nation's 34 million homes. Thirty-four million slices of bread, 34 million fresh vegetables, can help nourish many families and many fighting men.

Little everyday wastes also make big yearly losses in your own family funds.

Help America, help yourself, by fighting food waste on the home kitchen front.

**Buying to Save**

Food saving starts with the spending of the food dollar. So figure your family's exact needs in all perishable products before you buy.



**Serving to Save**

She saves the best who comes closest to serving just what her family will eat. Plan each dish of each meal in terms of servings.



**Storing to Save**

Find out how each food keeps best, and store each article in the right, and correctly cared for, cupboard, cooler, can, or jar.



**You will need—**

- The all-important refrigerator, or other very cold storage place, for all foods that spoil quickly at room temperature. Defrost refrigerator, if mechanical, and wash entire interior, including freezing unit, with warm soda water, at least once a week.
- Ventilated containers, scalded, sunned, and aired once a week for bread and cake.
- Airtight, pestproof containers for dry staples.
- Plenty of dry, airy cupboard space.
- Cool, dry, dark storage for foods canned in glass and for onions and potatoes.

Meat has its own conservation corps, the three C's—*clean, cold, covered*.



Keep meat and poultry in the coldest part of the ice box or your coldest storage place—45° F. or lower is best.

**Fresh Meat**

Cover fresh meat loosely. Wipe with damp cloth just before cooking. If ground, store in extra cool place and cook soon.

**Meat Broth**

Cool meat broth rapidly, keep cold, use soon.

**Cooked Meat**

Keep cooked meat covered. Chopped and sliced cooked meats spoil more quickly than meat in the piece. Cut or chop just before using. Keep meat sandwiches and salads cold right up to serving time.

**Cured Meat**

Keep uncooked, well-cured meat in a dark, cool, dry, airy place. Leave wrapping on ham, bacon, and other cured meat until ready to cook. Keep mildly cured meats like fresh meats.

**Poultry**

Wash poultry thoroughly inside and out, pat dry, and store very cold until time to cook.

**Sea Food**

Fish and all other sea food spoils in a few hours at room temperature. Cook at once, or wrap in wax paper to keep odor from other food, and store very cold.

For milk and three C's are

**Milk**

Don't let it... Keep it in the refrigerator, take out cream needed, stay cold. Over milk supply. Put first thing... Keep odor away from onions, cap... and sun on all. Scald often.

No single... tant in the... buy milk in enough to m... your family... best possible used. Even longer in the covered. K... densed milk

**Milk and E**

Milk and... spoil easily... puddings, a... at once, co... very cold.

**Cheese**

Cold and... cheese too... quickly, fo... cheese, well

**Eggs**

Wipe off... rough cloth... storing. W... that keeps... open bowl



**T cold EGGS and MILK cold too VEGETABLES-wilt not-waste not**

ervation corps, the  
ered.

**Covered**

the coldest part of  
storage place—45°

Wipe with damp  
If ground, store in  
on.

keep cold, use soon.

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more quickly than  
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e wrapping on ham,  
eat until ready to  
meats like fresh

inside and out, pat  
til time to cook.

ood spoils in a few  
Cook at once, or  
p odor from other

For milk and for milk and egg products, the three C's are important, too.

**Milk**

Don't let milk stand out. Keep it in the colder part of the refrigerator. When cooking, take out only milk and cream needed and let the rest stay cold. Don't pour left-over milk back in the main supply. Put away milk the first thing after each meal. Keep odorous foods—fish, onions, cabbage, melons—away from milk. Use suds and sun on all milk containers. Scald often.



No single food is as important in the diet as milk. So buy milk in quantities large enough to meet the needs of your family and keep it in the best possible condition until used. Even dried milk keeps longer in the refrigerator, well covered. Keep opened condensed milk there, too.

**Milk and Egg Dishes**

Milk and eggs are good combinations, but spoil easily. If custards, cream pies and puddings, and cream puffs are not to be eaten at once, cool them quickly, cover, and keep very cold.

**Cheese**

Cold and covered, are the watchwords for cheese too. Use cottage and other soft cheese quickly, for they soon spoil. Hard, cured cheese, well wrapped, may be kept longer.

**Eggs**

Wipe off soiled spots on eggs with a dry, rough cloth. But don't wash eggs before storing. Water destroys the protective film that keeps out air and odors. Store eggs in open bowl or wire basket in a cool place.

The fresher a vegetable when it is used, the better the taste, the less the waste, and the more vitamins retained.

Wilt not, waste not, is a golden rule for garden stuff. For household storage of fresh vegetables, use refrigerator or other cold place.

**Salad Greens**

To crisp up lettuce, radishes, celery—all raw vegetables headed for the salad bowl—wash, drain, store in covered vegetable pan. Keep cold.

**Cooking Greens**

Pile cooking greens loosely to prevent bruising. Store in covered vegetable pan, or waterproof bag, preferably after washing and draining. Keep them cold.

**Snap Beans, Limas, Peas, Corn**

To hold the sweet in corn, peas, and lima beans and to keep snap beans fresh, keep them cold. Let them stay in the pod or husk unless you can store them tightly covered in refrigerator.

**The Cabbage Family**

Cauliflower, brussels sprouts, and broccoli lose freshness faster than cabbage. Leave them uncut; keep cold and not too dry.

**Root Vegetables**

Put beets, turnips, rutabagas, carrots in a cool ventilated place. Cut tops to 2 inches to save space.

**White Potatoes, Onions**

A dry, cool blackout suits them both, but avoid freezing.

**Sweetpotatoes, Squash**

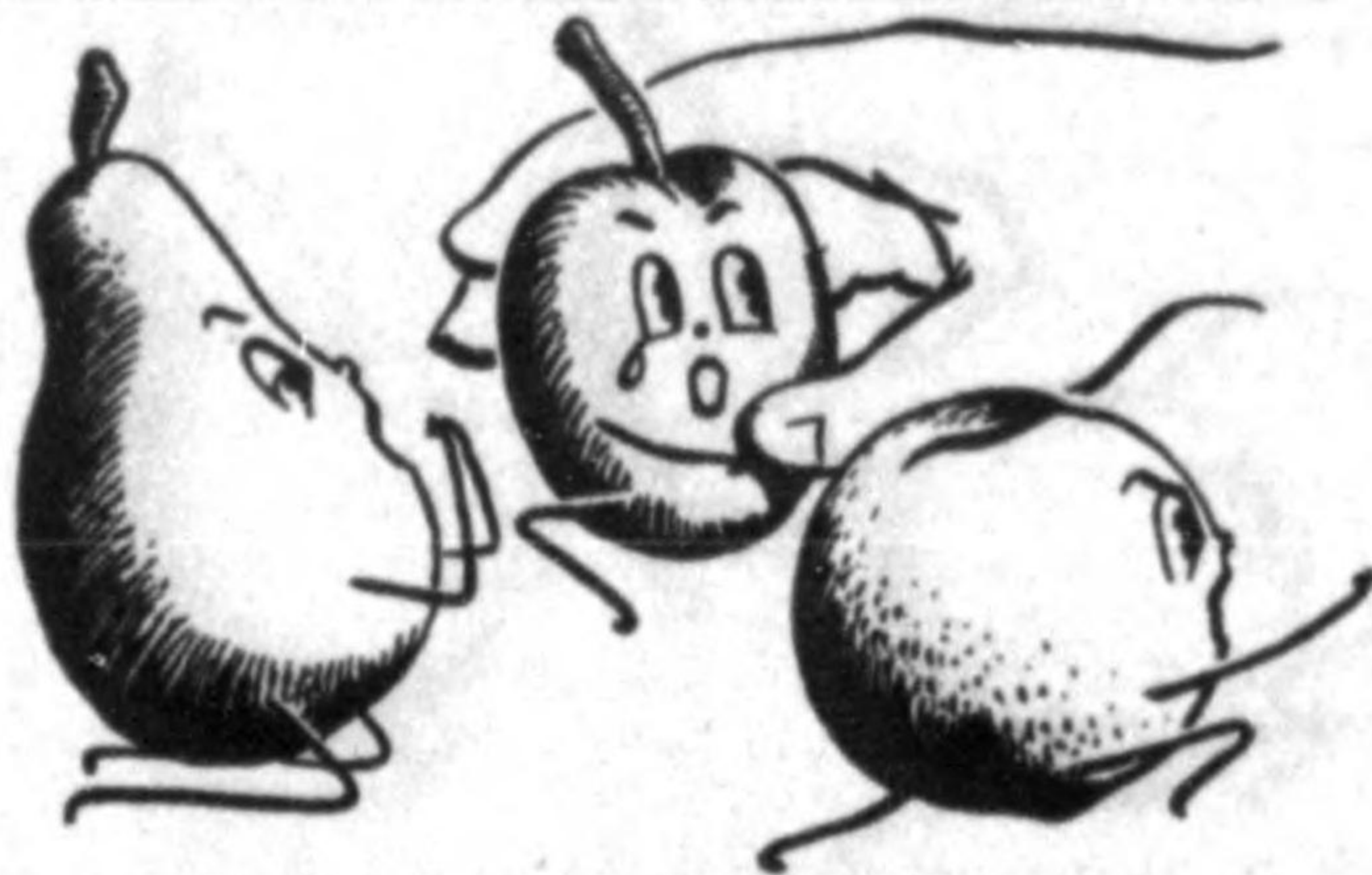
For sweetpotatoes and squash, dry cool storage.



**FOR FRESH FRUIT—a light touch****STOP the spread of spoilage**

Be gentle with the firm apple and orange as well as with the soft berry and the tender-skinned peach.

To pinch and bruise and break the skin will let the enemy, rot, come in.

**Berries, Cherries, Grapes**

To keep berries, cherries, and grapes tiptop, store in a shallow tray in a cold place. Wash just before using.

**Peaches, Pears, Plums**

Spread to keep from bruising. Keep the ripe fruit cool. Let underripe fruits ripen at room temperature.

**Oranges, Lemons**

Spread out to prevent mold and rot. Keep in a cool place.

**Apples**

Apples soften as much in 1 day at 70° F. as in 2 days at 50° F.—so keep them at the cooler temperature.

**Bananas**

Bananas are best when kept at warmer temperatures than our native fruits. Let underripe bananas ripen at room temperature.

**Dried Fruits**

The natural sugar in dried fruits keeps them from molding easily. Store them in a tight bag or jar in a cool place. Watch in warm weather for worms or weevils.

Spoilage spreads as mold breeds mold, weevils breed weevils. This happens oftenest in the forgotten can or box. Frequent check-ups save food.

**Bread**

Cool home-baked bread before storing in ventilated box. In hot weather, to keep bread from molding, wrap in moistureproof paper and put in refrigerator.

**Cake**

Cool on rack before storing in its own covered box, ventilated if in humid climate.

**Cookies**

Crisp cookies and crackers soften if kept with bread and cake. Keep them in airtight tins or boxes all their own.

**Flour, Cereal, Sugar, Spice**

Don't try to store much flour and cereal over the hot months—buy less and oftener. Store such dry foods as flour, cereal, sugar, spices in tight containers to keep out dust, moisture, insects, and mice.

**Dried Vegetables**

Mice and weevils are fond of dried vegetables, too. Keep dried vegetables in tight containers.

**Canned Goods**

Tinned foods should be kept dry to prevent rust and spoilage. Foods canned in glass should be stored in a cool dark place.

**Quick-Frozen Foods**

Quick-frozen foods must be kept frozen solidly in the freezing compartment of a mechanical refrigerator until used. Don't hold too long even at freezing. Once thawed, frozen foods spoil rapidly. Do not refreeze.



**STOP the spread of spoilage**

**SAVE every drop and crumb**

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● Waste no fats. Store butter and other table fats in tightly covered dish in a cold dark place away from strong odors. To keep cooking fats well, strain fat drippings to remove food particles and store in clean covered jars in a cool, dark, dry place until used.

● Don't drain away vegetable juices. Save them for soups and sauces.

● Save fruit juices for cold drinks.

● Save bread and cracker crumbs for poultry stuffing or to make a crumb blanket for scalloped dishes.

● Use perishable foods promptly.

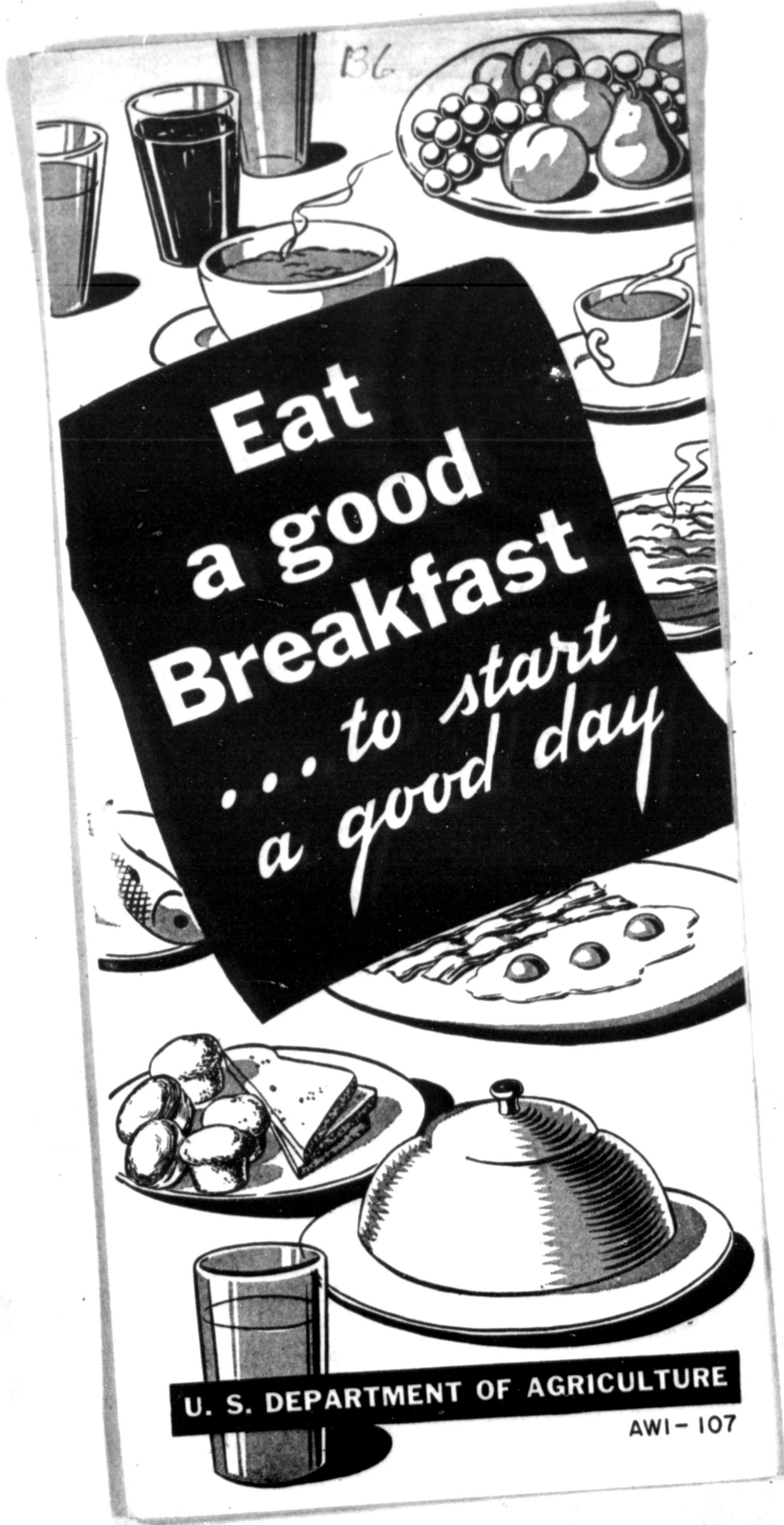
*Stop every small loss of good food. Save every drop and crumb*



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**BUREAU OF HOME ECONOMICS**  
U. S. Department of Agriculture  
Washington, D. C.  
1942





U. S. DEPARTMENT OF AGRICULTURE

AWI - 107



Did you



Eat a Good Breakfast this Morning?

If

fo

**Here's a three-point test of a good breakfast:**

- ☑ It gives you materials for body building and repair and to help keep you healthy
- ☑ It provides fuel for body energy
- ☑ It tastes good

A doughnuts-and-coffee breakfast fails the test right on Point One. It leaves far too much for other meals to make up.

A fruit-juice-and-coffee breakfast goes a little way toward Point One, but not far enough. It's short on Point Two also. Between supper and breakfast there's a 10- or 12-hour stretch. Breakfast should supply its share of energy food.

**How big is a good breakfast?**

For many people, and particularly for children, it's sound planning to have one-fourth to one-third of the day's food at breakfast. But there's no hard-and-fast rule. A desk worker who eats a substantial lunch early may get along very well on a light breakfast. It's the food you eat in the entire day, totaled up, that tells the tale of whether or not you're well fed.

**One thing is certain**—going without breakfast is a bad start for the day.

It's been found that workers who skip breakfast get less done in the first working hour than those who tuck away a good meal before work. And as the morning goes on, the hungry ones grow less efficient. After lunch, they do better; then they slow up again.

What happens to these workers happens to homemakers, too . . . and to everyone else. It's especially true for children. A child who eats a good breakfast has a better chance to do well in studies and games.

**What's in a good breakfast?**

Here are some patterns, all the way from light to hearty:

- Fruit . . . cereal or bread . . . beverage.
- Fruit . . . cereal or bread . . . eggs . . . beverage.
- Fruit . . . egg and bacon . . . bread . . . beverage.
- Fruit . . . cereal . . . meat, such as sausage cakes, hash, fish . . . bread . . . beverage.

Let's take these patterns apart to see what a good breakfast does for you.



Fruit is in every one of these breakfasts, mainly for these two reasons:

Fruits help to prevent constipation.

Some of the fresh fruits are outstanding for vitamin C.

Breakfast is the best time to make sure of some vitamin-C-rich food. If it's left to later meals entirely, it's hard to get your quota.

Citrus fruits are richest in vitamin C. Half a glass (4 ounces) of orange or grapefruit juice—fresh or canned—or half a grapefruit, goes far toward meeting vitamin C needs for the day.

Use citrus juice unstrained . . . to get the most vitamins and minerals from the pulp.

Tomatoes, fresh or canned, are also good vitamin C providers, and may take over this job when they are easier to get. It takes about twice as much tomato juice as orange juice to give you an equal amount of vitamin C.

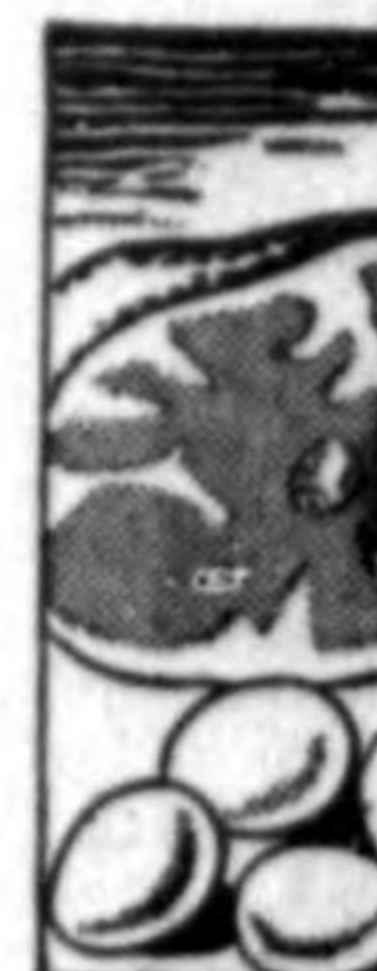
Strawberries, cantaloup, and some other fresh fruits have much vitamin C, and can take a turn providing it when they're in season and when variety is wanted.



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# If you fixed Breakfast for others, was it a Good one this Morning?

## What's in a good breakfast?

Here are some patterns, all the way from light to hearty:

- **Fruit . . . cereal or bread . . . beverage.**
- **Fruit . . . cereal or bread . . . eggs . . . beverage.**
- **Fruit . . . egg and bacon . . . bread . . . beverage.**
- **Fruit . . . cereal . . . meat, such as sausage cakes, hash, fish . . . bread . . . beverage.**

Let's take these patterns apart to see what a good breakfast does for you.



Fruit is in every one of these breakfasts, mainly for these two reasons:

Fruits help to prevent constipation.

Some of the fresh fruits are outstanding for vitamin C.

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Strawberries, cantaloup, and some other fresh fruits have much vitamin C, and can take a turn providing it when they're in season and when variety is wanted.



Summer or winter, there's something hot, as a rule, in a good breakfast—a hot beverage, or hot cereal, for example. Something hot is cheering and tones up the whole digestive route.

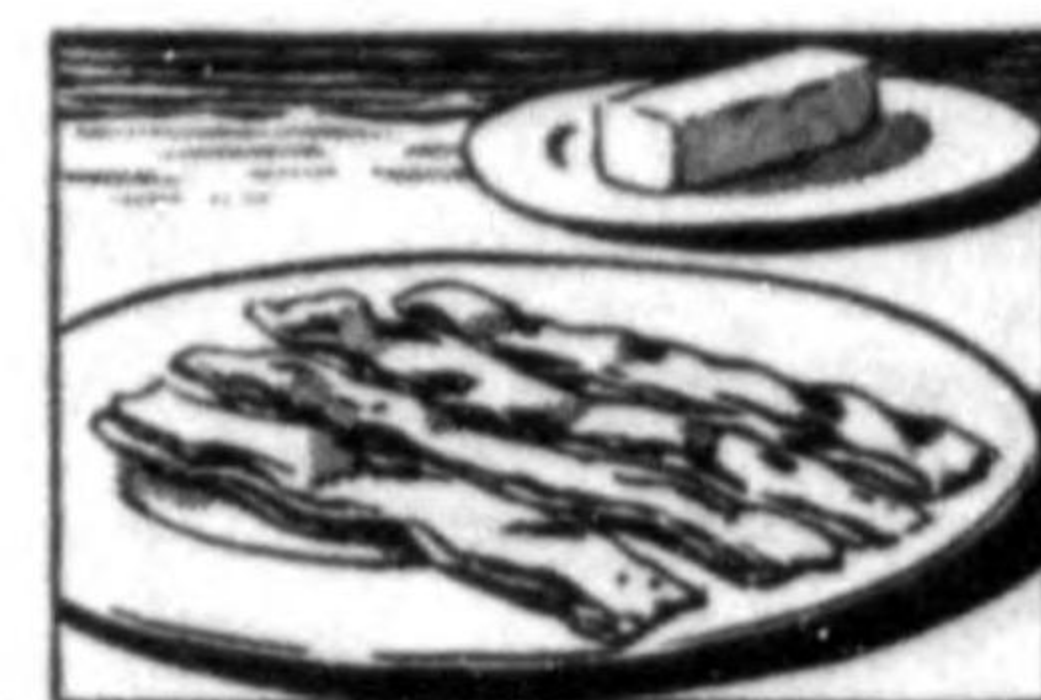
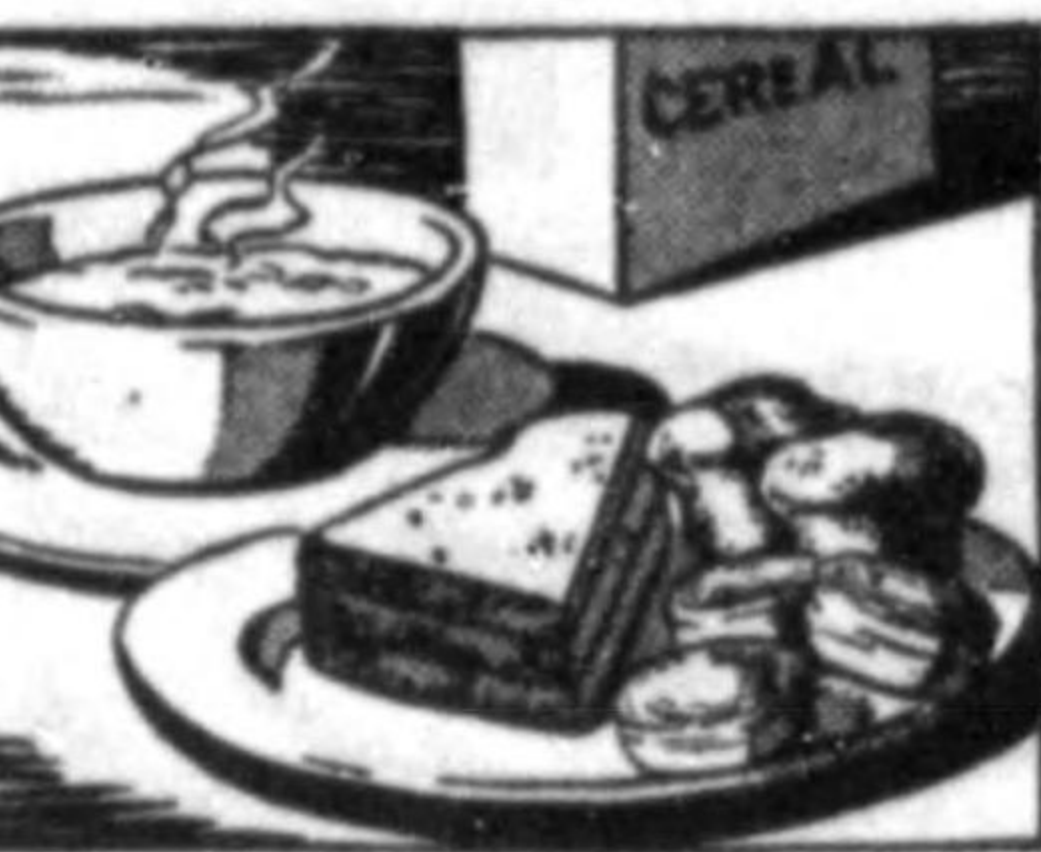
There's always food for energy in a good breakfast. Cereals, bread, fats are mainstays for this. An active worker or a growing child can have a heartier breakfast by eating both cereal and bread. Choose whole-grain and enriched kinds, for they have added values in B vitamins and minerals.

Milk is part of a good breakfast. It's hard to get enough calcium—important mineral for good bones and teeth—without a regular supply of milk in meals. Same is true about the B vitamin called riboflavin . . . milk is one of the best sources.



Normal, healthy adults need at least a pint of milk in some form each day. Children should have more—a quart, if possible.

The fat in the spread for your bread or in fat meat helps breakfast to stick to your ribs. That's because fat digests slowly and stays by you longer than most foods.



Eggs, liver, and other lean meats, fish, and dried beans and peas provide high-grade proteins for body building and repair, and they have mineral and other values besides. Building foods of some kind are a "must" in the day's eating.

## For variety

Most for a few ways breakfast.

Mix fruit sliced banana when you

Enjoy a biscuit and other sym generous p

Vary cinnamon dried fruit figs, or dried

Scramble together 6 eggs Season, and constantly

Broil or bacon.

Take a night's bath with codfish

Chop a scramble

Brown in cooked cere well, it mu

Split le Spread with Or make toasted roll

Use stale Dip bread juice. Br



# You fixed Breakfast

# others, was it a Good One?



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Always food for energy and breakfast. Cereals, fruits are mainstays for the active worker or a child can have a heartier breakfast by eating both cereal and fruit.



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Use the spread for your breakfast. Fat meat helps break down fat to your ribs. That's because fat digests slowly and you longer than most.



Eggs, liver, and other lean meats, fish, and dried beans and peas provide high-grade proteins for body building and repair, and they have mineral and other values besides. Building foods of some kind are a "must" in the day's eating.



## For variety

Most folks like a change now and again. Below are a few ways to get variety—and maybe surprises—into breakfast.

Mix fruits—berries with sliced peaches, for instance, or sliced bananas with orange—for change of flavor, and when you haven't enough of one kind to go round.

Enjoy old-fashioned shortcake for breakfast. Split biscuit and spread with butter or margarine. Use berries or other sweetened fruit as a filling and top. Serve with generous portions of whole milk or with cream.

Vary cooked fruit flavor. Sprinkle applesauce with cinnamon or other spice . . . or with raisins or chopped dried fruit. Add orange or lemon slices to prunes, figs, or dried peaches.

Scramble eggs with tomatoes. To serve 6: Beat together 6 eggs and a cupful of cooked or canned tomatoes. Season, and cook in a little fat over low heat, stirring constantly, until as firm as you like it.

Broil or fry tomatoes—red or green—and serve with bacon.

Take a tip from New England and have Saturday night's baked beans for Sunday morning . . . perhaps with codfish cakes and brown bread.

Chop cold potatoes and heat in a little fat, then scramble them with eggs.

Brown in a little fat slices of left-over oatmeal or other cooked cereal, or corn meal mush. To slice and brown well, it must be thick and cold.

Split left-over rolls, biscuits, muffins, or corn bread. Spread with butter or margarine, and toast in the oven. Or make bacon rolls by putting crisp brown bacon into toasted rolls.

Use stale bread to make an old favorite—French toast. Dip bread in a mixture of egg and milk or egg and tomato juice. Brown carefully in a little fat.





## Is Breakfast a Problem Meal?

**Don't give up . . . try to solve it!**

### If the family eats at different times— Or a child has to be left to eat breakfast alone—



Halve oranges or prepare other fruit. Cover with waxed paper and leave in a cold place for latecomers.

Pour out glasses of milk, or a pitcherful to use on cereal. Cover and put into refrigerator or other cold, dark place until wanted.

Keep cereal hot in a double boiler covered tight, or set the covered saucepan in a pan of hot water.

If you know how much of a food the family will eat, set out "just enough." Then they will have fewer leftovers to put away.

### If every minute counts . . .

Squeeze citrus juice the night before. Store it cold and tightly covered and you lose very little vitamin C.

Slice peaches or pears the night before, if you must, but quickly squeeze lemon juice to coat them, so they won't darken. Cover and store in a cold place.

If you make toast in an oven or broiler, you can put buttered bread, covered, in the refrigerator or other cold place overnight—and it's ready to pop into the stove.

When you plan muffins or other hot bread for breakfast, put dry ingredients into the mixing bowl the night before and cover; add liquid and melted fat next morning. Baking pans may be greased and covered the night before.

Cook dried fruit and cereal together sometimes for quicker, easier serving.

### If your weight's on your mind . . .

Some people try to keep from gaining weight by eating a bird-sized breakfast, or skipping the whole meal. It's a far better plan to eat a good breakfast . . . and learn enough calorie arithmetic to even out your day's quota over the three meals. More calories than you need for work or play—that's where fat begins.

For work and for warmth, your body uses as fuel mainly starch, sugar, fat. The amount of fuel that foods provide is figured in calories.

All foods give you calories—some many, some few in a given-sized portion. There are about 100 calories in each of these:

1 large orange	1-inch cube of butter or margarine
1 large apple	1-ounce serving of dry cereal
1 banana	$\frac{3}{4}$ cup of milk
3 large prunes	2 slices cooked bacon
1 thick slice of bread or 2 thin slices	1 $\frac{1}{2}$ eggs
1 medium-sized potato	About 5 teaspoons sugar

An average-sized woman, sitting still, uses calories at the rate of 80 an hour. While she walks to work, she uses 160 an hour; as she rides a bicycle, 195. If she's a fast typist, she uses 112 calories an hour; if a factory metal worker, 192. Dancing, she uses about 250 calories an hour; swimming, 400. Even asleep, she uses calories—about 50 an hour.

For one day's living, an average-sized man who is a desk worker requires about 2,500 calories from his food. An average-sized woman who is a typist or housewife requires about 2,100. An active farmer needs 3,500 to 4,000; a farmer's wife, 2,600.

Not many people need to keep track of all the calories in their food. Just remember: Pounds are added when daily eating totals more calories than your body can use for energy. And the foods that pack the most calories are the starches, sweets, and fats.



# Problem Meal?

... try to solve it!

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- |   |                                    |
|---|------------------------------------|
| 1 large orange                          | 1-inch cube of butter or margarine |
| 1 large apple                           | 1-ounce serving of dry cereal      |
| 1 banana                                | $\frac{3}{4}$ cup of milk          |
| 3 large prunes                          | 2 slices cooked bacon              |
| 1 thick slice of bread or 2 thin slices | 1 $\frac{1}{2}$ eggs               |
| 1 medium-sized potato                   | About 5 teaspoons sugar            |

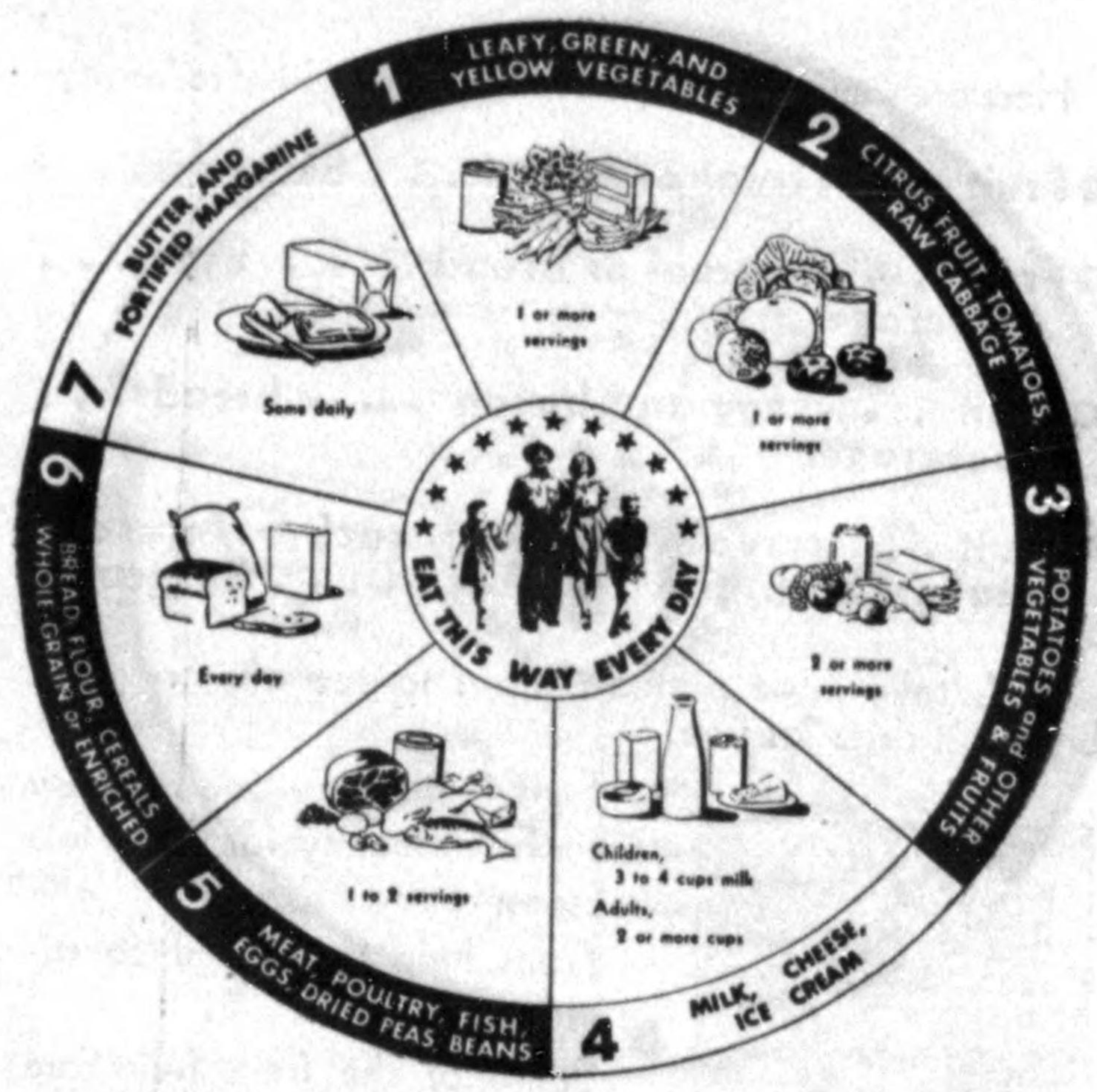
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## Make breakfast count toward these seven . . .

In the day's meals you need food from each group in the basic 7 circle below, to keep you well fed.



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 BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS  
 Agricultural Research Administration  
 U. S. Department of Agriculture  
 Washington, D. C.

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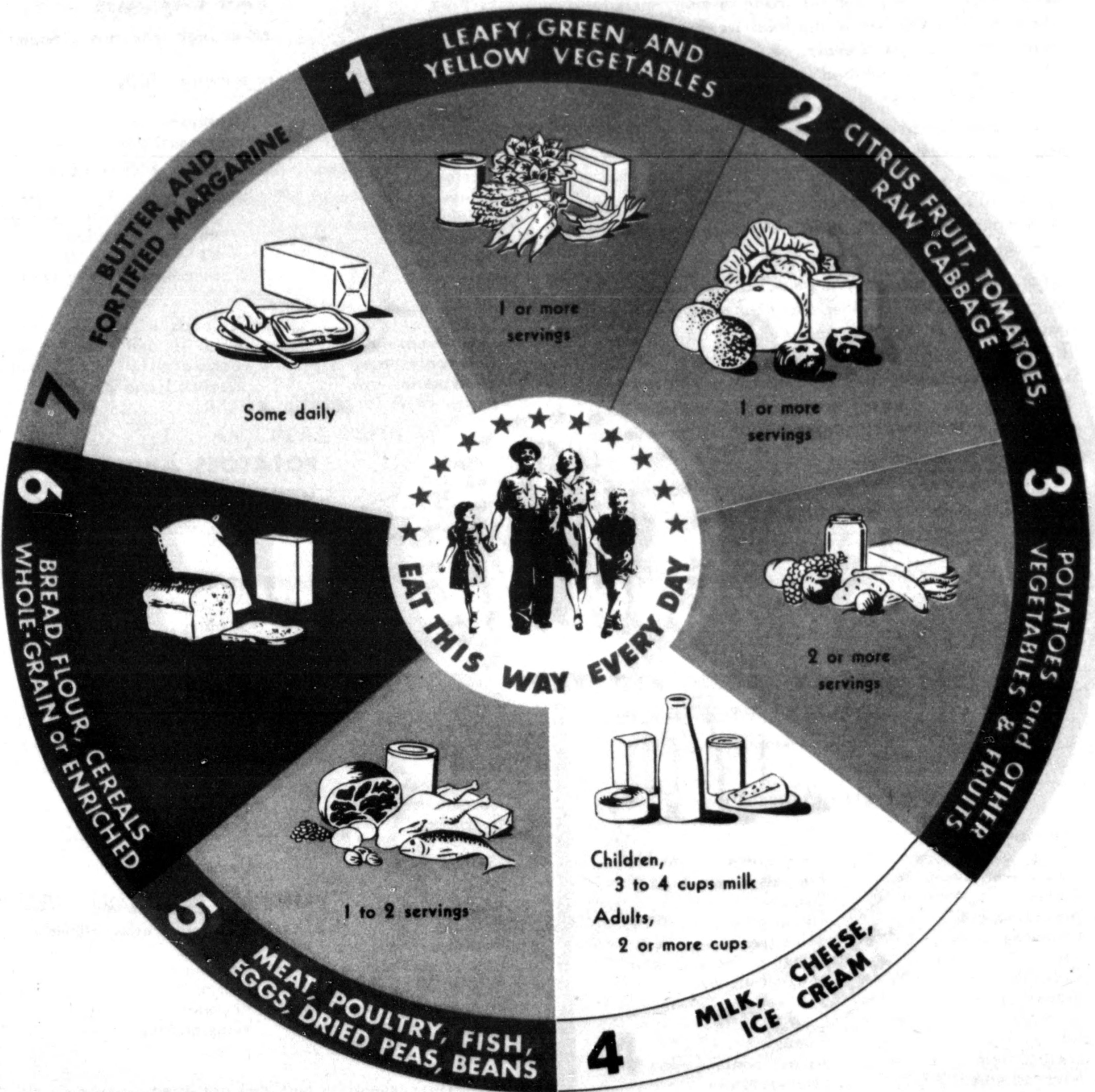
# NATIONAL FOOD GUIDE



U. S. DEPARTMENT OF AGRICULTURE  
AIS-53



# THE BASIC 7 FOOD GROUPS





## Guide to Good Eating

All kinds of food are good . . . but for health we need variety. Our bodies are made of many materials which must be supplied in the food we eat. We must have foods that yield energy . . . foods that supply the materials for growth and upkeep . . . and foods to keep our bodies in good running order.

You can get all the right kinds of food needed for health by using this simple guide—the Basic 7. Be sure to include in your meals each day at least the minimum number of servings from each group shown on the chart. And make it a point to provide extra large servings to teen-agers and active adults.

Foods within each group are much alike in food value, so one can replace another and give many choices in each group. A few foods are in more than one group. Though all of the food groups could, and often do, appear in one meal, this is not necessary. It's the total for the day that counts. Be sure one serving of food is not counted twice, even though it is listed in more than one group.

Follow the Basic 7 when you plan your garden and what other foods to produce, what to store, what to can.

Follow the Basic 7 when you eat out.

Make lunches and lunch boxes contribute a share of the day's Basic 7.



### 1 LEAFY, GREEN, AND YELLOW VEGETABLES

*Raw, cooked, frozen, canned*

One or more servings daily

- |                    |                                      |
|--------------------|--------------------------------------|
| Asparagus, green   | Okra                                 |
| Beans, snap, green | Peas, green                          |
| Beans, lima        | Peppers, green and red               |
| Broccoli           | Spinach                              |
| Brussels sprouts   | Turnip greens                        |
| Cabbage, green     | Wild greens                          |
| Chard              | Other greens, including salad greens |
| Collards           |                                      |
| Endive, green      | Carrots                              |
| Escarole           | Pumpkins                             |
| Kale               | Squash, winter yellow                |
| Lettuce, leaf      | Sweetpotatoes                        |
| Mustard greens     |                                      |



### 2 CITRUS FRUIT, TOMATOES, RAW CABBAGE, other high vitamin C foods

One or more servings daily

- |                         |  |
|-------------------------|--|
| Grapefruit              | Cabbage, raw   |
| Grapefruit juice        | Greens; salad  |
| Kumquats                | Peppers, green, raw  |
| Lemons                  | Turnips, raw   |
| Limes                   |  |
| Oranges                 | A large serving of the above vegetables can be substituted for the fruits listed in this group |
| Orange juice            |  |
| Tangerines              |  |
| Tomatoes                |  |
| Tomato juice            |  |
| Cantaloups (muskmelons) | If foods in Group 2 are hard to get, use more, especially raw, from Groups 1 and 3.            |
| Pineapples, raw         |  |
| Strawberries, raw       |  |



### 3 POTATOES AND OTHER VEGETABLES AND FRUIT

*Raw, cooked, frozen, canned, dried*

Two or more servings daily

- |                         |                         |
|-------------------------|-------------------------|
| Potatoes                | Apples                  |
| Sweetpotatoes           | Apricots                |
| Artichokes              | Avocados                |
| Beets                   | Bananas                 |
| Cabbage, white          | Berries                 |
| Cauliflower             | Cherries                |
| Celery                  | Cranberries             |
| Corn, sweet             | Currants                |
| Cucumbers               | Dates                   |
| Eggplant                | Figs                    |
| Leeks                   | Grapes                  |
| Lettuce, head           | Peaches                 |
| Mushrooms               | Pears                   |
| Onions                  | Persimmons              |
| Parsnips                | Pineapple, canned       |
| Radishes                | Pineapple juice, canned |
| Rutabagas               | Plums                   |
| Salsify, or oysterplant | Prunes                  |
| Sauerkraut              | Raisins                 |
| Squash, summer          | Rhubarb                 |
| Turnips                 | Watermelons             |

Also, vegetables and fruits not listed elsewhere

4



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MEAT

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Veal  
Lamb  
Mutton  
Pork  
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Lunch  
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EGGS

DRIED  
NUTS

Dried  
Dried  
Lentils  
Soybe  
Soya





**CITRUS FRUIT,  
TOMATOES,  
RAW CABBAGE,  
other high vitamin C foods**

**One or more servings daily**

- Orange
- Orange juice
- Pumpkins
- Tomatoes
- Tomato juice
- Watermelons (muskmelons)
- Apples, raw
- Raspberries, raw

- Cabbage, raw
- Greens; salad
- Peppers, green, raw
- Turnips, raw

A large serving of the above vegetables can be substituted for the fruits listed in this group

If foods in Group 2 are hard to get, use more, especially raw, from Groups 1 and 3.



**POTATOES AND OTHER  
VEGETABLES AND FRUIT**

*Raw, cooked, frozen, canned, dried*

**Two or more servings daily**

- Potatoes
- Sweet potatoes
- Squash
- Cabbage, white
- Brussels sprouts
- Carrots
- Onions
- Peas
- Spinach
- Tomatoes
- Tomato juice
- Watermelons

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Cranberries
- Currants
- Dates
- Figs
- Grapes
- Peaches
- Pears
- Persimmons
- Pineapple, canned
- Pineapple juice, canned
- Plums
- Prunes
- Raisins
- Rhubarb
- Watermelons

Also, vegetables and fruits not listed elsewhere



**MILK, CHEESE,  
ICE CREAM**

**MILK . . .** whole, skim, evaporated, condensed, dried, buttermilk

**Children through teen age: 3 to 4 cups daily**

**Adults: 2 or more cups daily**

**Pregnant women: At least 1 quart daily**

**Nursing mothers: About 1½ quarts daily**

On the basis of calcium content, the following may be used as alternates for 1 cup of milk: Cheddar-type cheese, 1 oz.; cream-type cheese, 4 oz.; cottage cheese, 12 oz.; ice cream, 2 to 3 large dips.



**MEAT, POULTRY, FISH,  
EGGS, DRIED BEANS  
AND PEAS, NUTS**

**MEAT, POULTRY, FISH**

*Fresh, canned, or cured*

**One serving daily, if possible**

- |                                  |  |
|----------------------------------|--|
| Beef                             | Variety meats, such as liver, heart, kidney, brains, tongue, sweetbreads |
| Veal                             |  |
| Lamb                             |  |
| Mutton                           |  |
| Pork (except bacon and fat back) | Game   |
| Lunch meats, such as bologna     | Poultry, such as chicken, duck, goose, turkey                            |
|                                  | Fish and shellfish   |

**EGGS . . . Four or more a week**

**DRIED BEANS AND PEAS;  
NUTS AND PEANUT BUTTER**

**Two or more servings a week**

- |                      |                   |
|----------------------|-------------------|
| Dried beans          | Peanuts           |
| Dried peas           | Peanut butter     |
| Lentils              | Nuts of all kinds |
| Soybeans             |                   |
| Soya flour and grits |                   |



- Breads:**
- Whole-wheat
  - Dark rye
  - Enriched
  - Rolls or biscuits with whole-wheat enriched flour
  - Oatmeal bread

- Crackers, enriched, grain, soya



Basic 7 foods give energy. Listed below give choice in addition to the Basic 7.

- Bacon
- Drippings
- Lard, other shortening
- Mutton fat
- Poultry fat
- Salad dressings
- Salad oils
- Salt pork, fat back
- Suet

- Honey
- Jams
- Jellies
- Molasses
- Preserves
- Sirup
- Sorghum



**CHEESE, CREAM**

ated, condensed, dried,  
3 to 4 cups

quart daily  
quarts daily  
the following may be  
of milk: Cheddar-type  
4 oz.; cottage cheese,  
ps.

**POULTRY, FISH, DRIED BEANS, NUTS**

possible  
meats, such as  
er, heart, kidney,  
ins, tongue, sweet-  
ads

y, such as chicken,  
k, goose, turkey  
nd shellfish

ak

a week  
butter  
all kinds



**6 BREAD, FLOUR, AND CEREALS**

*Whole-grain or enriched or restored*

**Every day**

- |   |   |
|---|---|
| Breads:   | Flour, enriched, whole-wheat, other whole-grain |
| Whole-wheat   | Corn Meal, whole-grain or enriched              |
| Dark rye  | Grits enriched                                  |
| Enriched  | Cereals:  |
| Rolls or biscuits made with whole-wheat or enriched flour | Whole-wheat                                     |
| Oatmeal bread   | Rolled oats                                     |
| Crackers, enriched, whole-grain, soya                     | Brown rice                                      |
|   | Converted rice                                  |
|   | Other cereals, if whole-grain or restored       |



**7 BUTTER AND FORTIFIED MARGARINE**

**Some daily**

**ENERGY FOODS**

Basic 7 foods give energy and protect health. The foods listed below give chiefly energy. They may be eaten in addition to the Basic 7 foods, but not in place of them.

- |                         |                         |
|-------------------------|-------------------------|
| Bacon                   | Corn meal, degerminated |
| Drippings               | Cornstarch              |
| Lard, other shortenings | Hominy grits            |
| Mutton fat              | Macaroni                |
| Poultry fat             | Noodles                 |
| Salad dressings         | Rice, white             |
| Salad oils              | Spaghetti               |
| Salt pork, fat back     | Unenriched:             |
| Suet                    | Crackers                |
| Honey                   | White bread, rolls      |
| Jams                    | White flour             |
| Jellies                 | Cakes                   |
| Molasses                | Candy                   |
| Preserves               | Chocolate               |
| Sirup                   | Cocoa                   |
| Sorghum                 | Cookies                 |
|                         | Pastries                |
|                         | Sugar                   |
|                         | Other sweets            |



**Check your meals against these rules—**

1. Leafy, green, and yellow vegetables  
One or more servings daily
2. Citrus fruit, tomatoes, raw cabbage, and other high  
vitamin C foods  
One or more servings daily
3. Potatoes and other vegetables and fruit  
Two or more servings daily
4. Milk, cheese, ice cream  
(See directions inside for replacing part of milk with  
cheese or ice cream)  
Children through teen age: 3 to 4 cups milk daily  
Adults: 2 or more cups milk daily  
Pregnant women: At least 1 quart milk daily  
Nursing mothers: About 1½ quarts milk daily
5. Meat, poultry, fish  
One serving daily, if possible  
Eggs . . . Four or more a week  
Dried beans, peas, nuts, peanut butter  
Two or more servings a week
6. Bread, flour, and cereals  
(Whole-grain or enriched or restored)  
Every day
7. Butter and fortified margarine  
Some daily

---

This is the Basic 7 guide for well-balanced meals.  
In time of emergency, you need to eat less of the  
scarce foods, more of the plentiful.

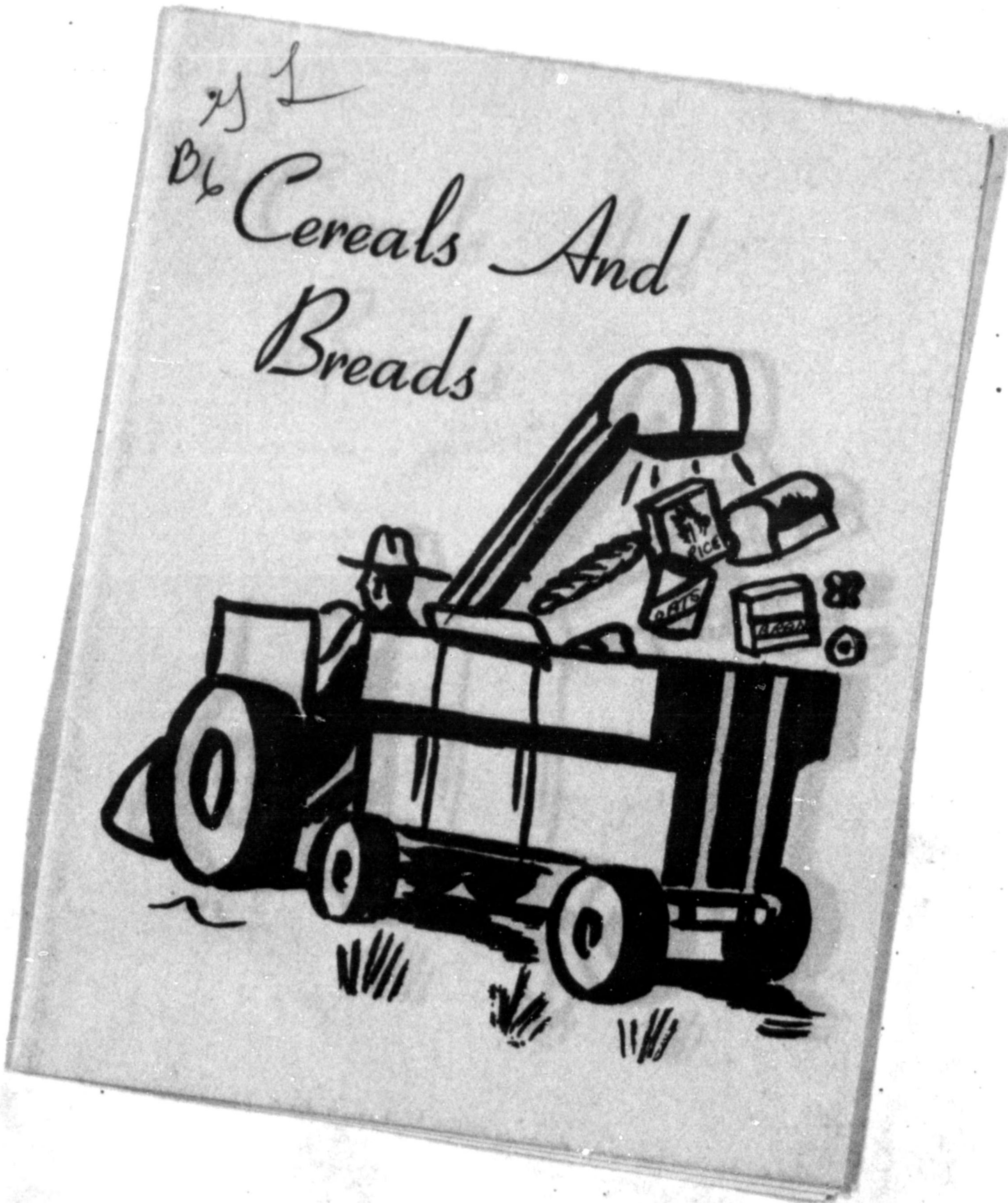
**FOOD IS NEEDED TO FEED THE HUNGRY—  
DON'T WASTE IT**

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Issued by  
**BUREAU OF HUMAN NUTRITION  
AND HOME ECONOMICS**  
Agricultural Research Administration  
U. S. Department of Agriculture  
Washington, D. C.      August 1946

This publication is a revision of and supersedes NFC-4, National  
Wartime Food Guide.







### Why Use Them?

Cereals and breads are important foods at the present time because:  
They are our cheapest energy foods.



Whole grain, enriched or restored breads and cereals are a good source of thiamin or vitamin B-1, which helps create a good appetite, sound nerves, strong muscles, and helps to prevent fatigue. Iron, the mineral added to enriched products, aids in the building of rich, red blood.

Cereals and breads contain protein for growth and rebuilding of body structure.

They can be used as breakfast foods, desserts, and as meat extenders and substitutes.

### Whole Grains

The outer coats of grains have valuable vitamins and minerals. If their coats are removed in milling, the vitamins and the grains must be enriched to regain their nutritive value.



Whole-grain cereals are usually made from the entire kernel of oats, wheat, corn and rice. They are usually identified by their rough texture and slightly dark color. Other cereals are, for the most part, enriched or restored. Always read the label on cereal packages to make sure that cereals are whole-grain, enriched or restored.



### Time Table for Cooking Cereals

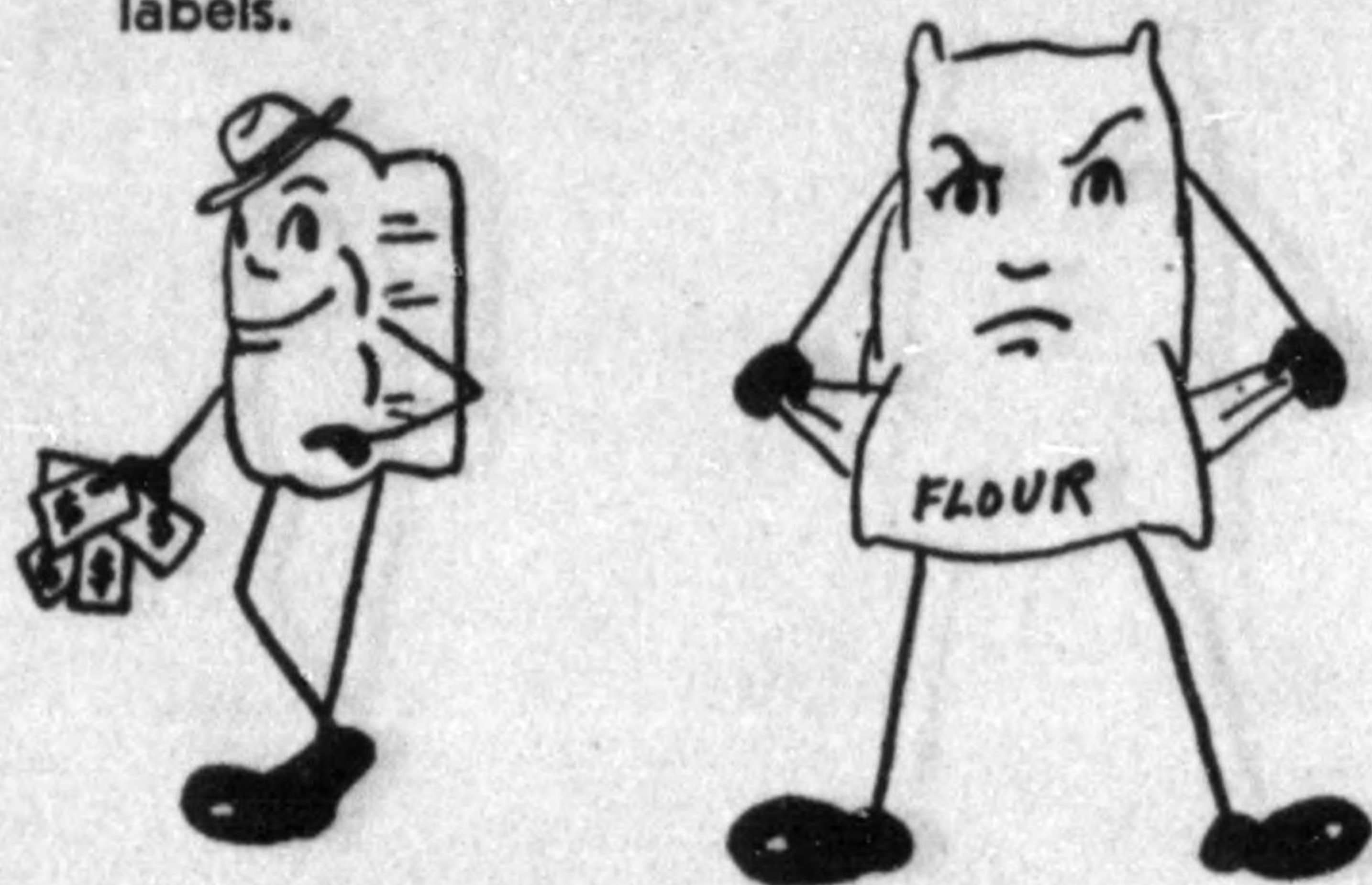
Kind of Cereal	Amount	Water	Time in Double Boiler
*Cornmeal	1 cup	6 cups	1-2 hours
Farina	1 cup	5-6 cups	1 hour
Oatmeal or Rolled Oats	1 cup	3 cups	1 hour
Quick Oats	1 cup	2-2½ cups	10-15 minutes
*Wheat, cracked	1 cup	4-5 cups	1-2 hours or more

Use scant ½ teaspoon salt to each cup water. Pour cereal slowly into boiling salted water. Stir constantly to prevent lumps forming, or mix finely granulated cereals with a little cold water before adding to the boiling water. Cook over direct heat until it thickens (5-10 minutes). Finish cooking in double boiler over hot water (or set pan inside another pan of boiling water) according to directions given in time table.

\* Coarse cracked wheat and corn will require longer cooking than if ground fine.

### Breads

Use dark breads often.  
All white bread is now enriched.  
However, all flour is not enriched. Read the labels.



### Quick Breads

#### CORN BREAD

- |                           |                           |
|---------------------------|---------------------------|
| 1 1/3 cups flour          | 1 cup milk                |
| 2/3 cup cornmeal          | 3 tablespoons fat, melted |
| 5 teaspoons baking powder | 1/2 teaspoon salt         |
| 2 tablespoons sugar       | 1 egg                     |

Mix and sift dry ingredients. Beat egg, add milk and melted fat. Add liquid to dry ingredients and mix. Pour into shallow greased baking pan and bake in moderate oven (370°-400°F.) 15-20 minutes.

NOTE: If sour milk is used, change leavening to ½ teaspoon soda and 3 teaspoons baking powder.

### Meat Stretcher

#### MEAT LOAF WITH OATMEAL—Serves 4

- |                         |                               |
|-------------------------|-------------------------------|
| 1 pound hamburger steak | 1 cup milk, or 1 cup tomatoes |
| 1 cup uncooked oatmeal  | 1½ teaspoons salt             |
| 1 medium onion, diced   | 1/8 teaspoon pepper           |

Mix all ingredients, place in greased loaf tin, and bake in moderate oven about forty-five minutes. Serve hot or cold.



### Recipes

#### WHOLE WHEAT BREAD—4 Loaves

- |                            |                                      |
|----------------------------|--------------------------------------|
| 1-2 cakes compressed yeast | 2 tablespoons shortening             |
| 1 pint water (lukewarm)    | 1½ quarts (6 cups) enriched flour    |
| 1 pint milk                | 1½ quarts (6 cups) whole wheat flour |
| 2 tablespoons sugar        |                                      |
| ¼ cup molasses             |                                      |
| 2 tablespoons salt         |                                      |

Soften yeast in the lukewarm water. Scald milk. Pour hot milk over sugar, salt and shortening. Cool to lukewarm temperature before adding yeast. Add yeast and enough flour to make a stiff batter; beat well. Add enough more flour to make a firm but not stiff dough. Knead until light and elastic and dough does not stick to board (about 5 minutes). Place in a lightly greased bowl, rub a little fat over the top of the dough and cover. Keep in a warm place (80°F.) until dough has doubled in bulk. Knead very lightly. Let rise again until double in bulk. Punch down, cut dough into 4 equal parts; mold the dough into loaves. Put in greased baking tins (3" x 4" x 8"); grease top lightly. Let rise again until double in bulk. Bake 45-60 minutes in moderate oven (400°F.) for 15 minutes, then lower to 375°F. Cool loaves before storing.



### Desserts

#### OATMEAL BROWN BETTY

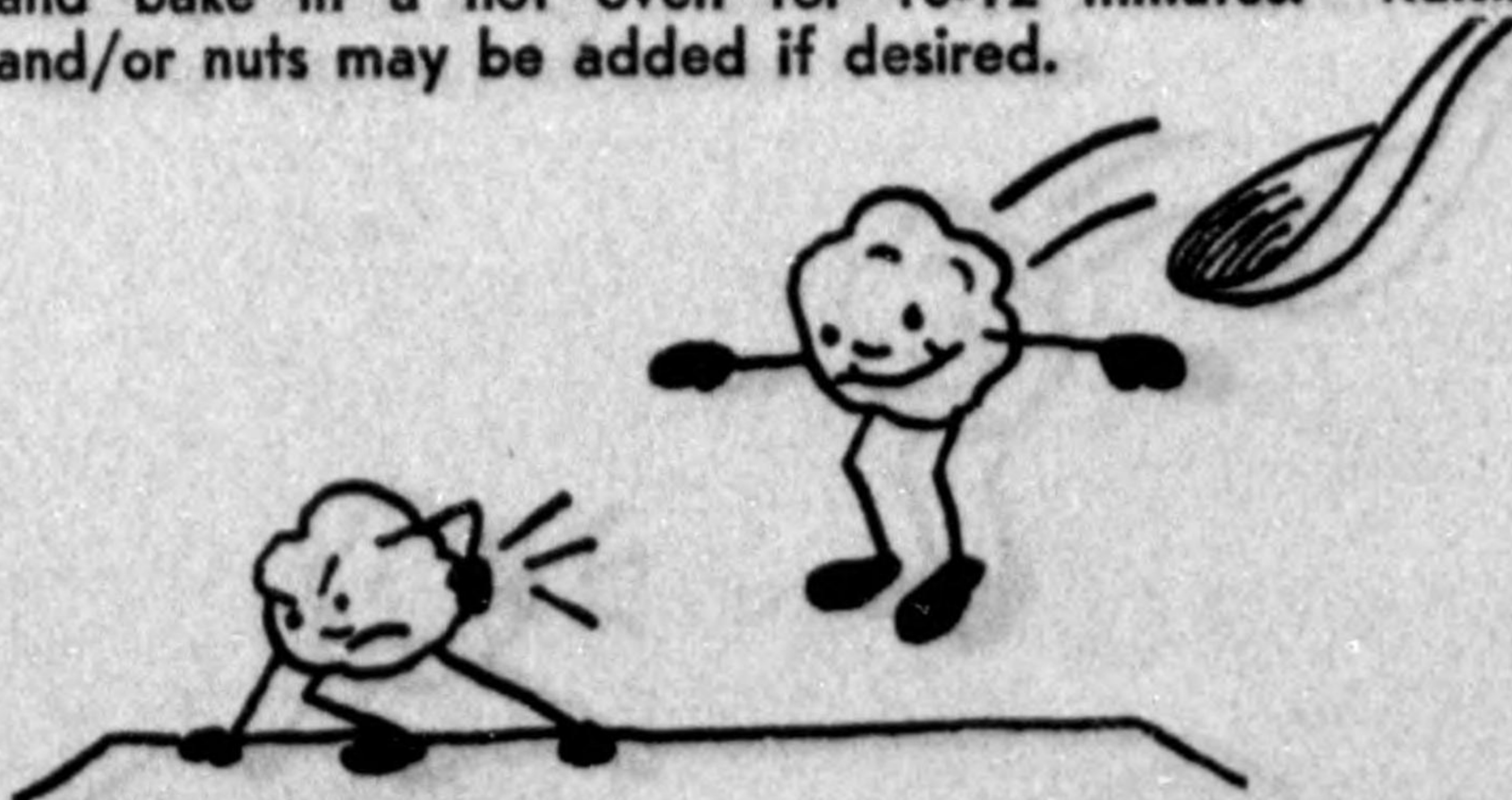
- |                                |                   |
|--------------------------------|-------------------|
| 2½ tablespoons fat             | 1 cup brown sugar |
| 1/2 teaspoon salt              | 1 cup milk        |
| 6 cups diced apples            | bread crumbs      |
| 1½ cups rolled oats (uncooked) | cinnamon          |

Melt fat, add salt and mix thoroughly with the rolled oats. In a greased pan put a layer of apple, rolled oats, some brown sugar and cinnamon. Repeat, ending with a layer of apple. Add milk. Sprinkle with sugar and cinnamon and cover with bread crumbs. Bake 40 minutes in a modern oven.

#### OATMEAL COOKIES

- |                           |                    |
|---------------------------|--------------------|
| 2½ cups rolled oats       | 1½ cups sugar      |
| 2/3 cup enriched flour    | 6 tablespoons milk |
| 2 teaspoons baking powder | 1/2 cup shortening |
| 1/2 teaspoon salt         | 1 egg              |

Mix flour, baking powder, salt, and sugar thoroughly with the oatmeal. Stir together the melted fat, milk, and egg and add to the dry ingredients. Mix until well blended. Drop from a teaspoon onto a well oiled pan and bake in a hot oven for 10-12 minutes. Raisins and/or nuts may be added if desired.





STATE OF ILLINOIS - DWIGHT H. GREEN, Governor

DEPARTMENT OF PUBLIC HEALTH

ROLAND R. CROSS, M.D., Director

SPRINGFIELD

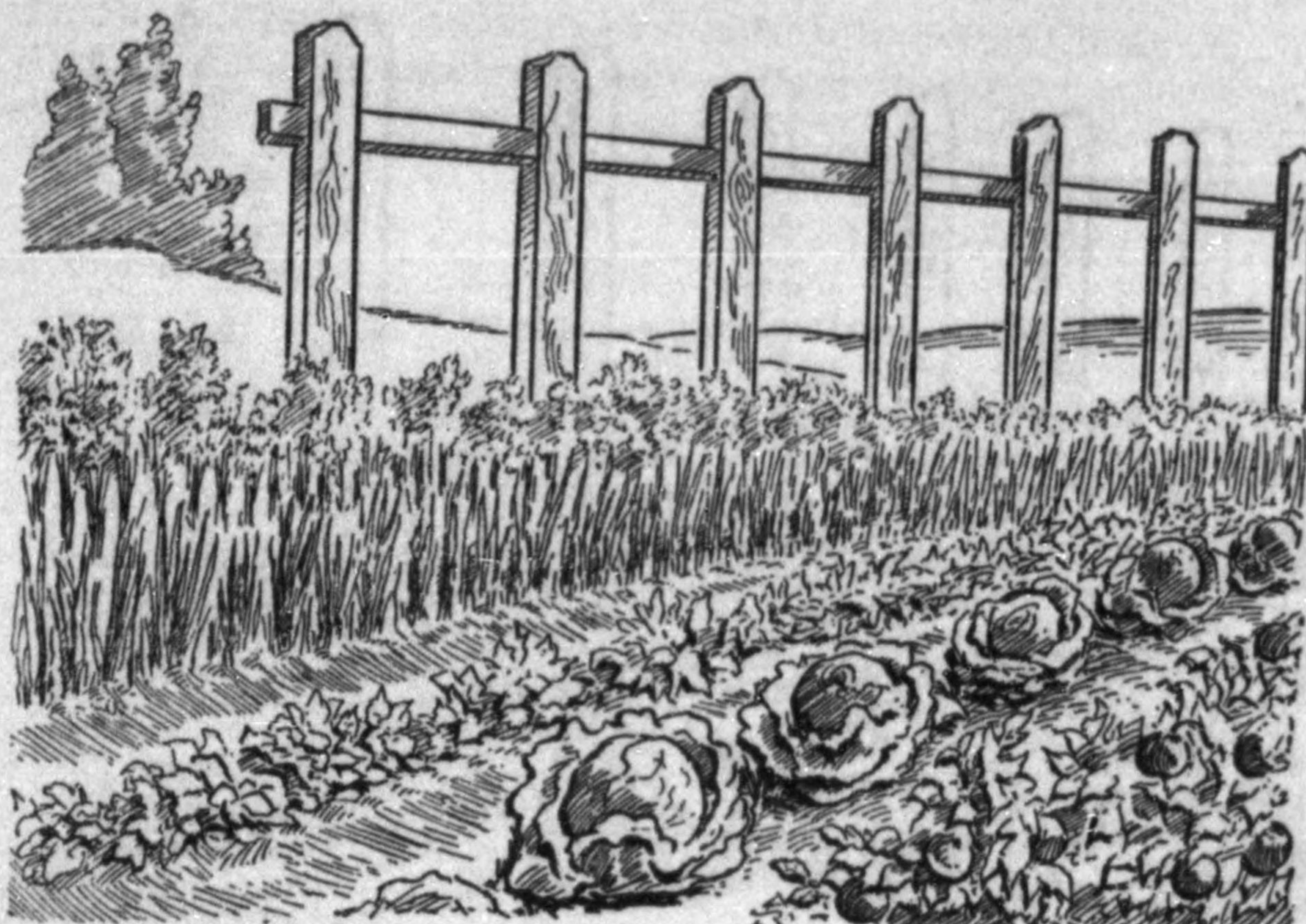
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# VEGETABLES



MINNESOTA DEPARTMENT OF HEALTH

A. J. CHESLEY, M. D.  
Secretary and Executive Officer

DIVISION OF CHILD HYGIENE

Prepared by  
IRENE J. NETS, Nutritionist

*Drink More Milk, Eat More Butter—For Your Health and Prosperity.*



VEGETABLES

Vegetables are one of our best and most delicious health promoting foods.

They contain many materials which children need for growth and the whole family needs for good health.

They help to build good red blood and to maintain the health and vigor of many other body tissues.

Vegetables are one of our best body regulating foods. They aid in the elimination of waste materials from the intestine and help prevent constipation.

DARK GREEN (swiss chard, spinach, kale, lambquarter, beet and mustard greens) and YELLOW VEGETABLES (carrots, yellow squash and sweet potatoes) are the highest in food value.

USE VEGETABLES IN YOUR DAILY MEALS

- One green or yellow vegetable each day.
- One raw vegetable each day.
- Potatoes once, or twice a day.

VEGETABLES IN THE FAMILY'S MEALS

BREAKFAST	DINNER	LUNCH or SUPPER
Tomato juice	Baked potatoes	Creamed eggs and peas on rice
Oatmeal—Milk	Meat balls—Gravy	Raw mixed vegetable salad
Toast—Butter	Buttered carrots	Cornbread — Butter
Milk for children	Whole wheat bread—	Stewed apricots
Coffee for adults	Butter	Cocoa for all
	Apple Brown Betty	
	Milk for children	

ENJOY AN ABUNDANCE OF VEGETABLES

Grow a good garden. Plant a variety of vegetables. Use them fresh during the summer. Can and store the surplus for winter use. Capitalize on the health benefits and savings your vegetable garden makes possible!

- Buy vegetables when the home supply is exhausted.
- Money spent for the cheaper fresh vegetables as cabbage, carrots, onions, rutabagas and turnips is an excellent investment in food value at small cost.
- Buy canned vegetables as peas, string and wax beans and spinach during the winter months when they are cheaper than the fresh varieties.
- Buy fresh vegetables in season when they are reasonable.



**COOK VEGETABLES SO THEY KEEP THEIR FLAVOR AND FOOD VALUE!**

Serve potatoes, squash and carrots, baked or cooked in their skins often. Vegetables keep most of their flavor and food value when prepared this way.

Peel vegetables thin; scrape when possible.  
 Cut vegetables into uniform sized pieces before boiling.  
 Start vegetables in boiling water.

**COOK ALL VEGETABLES AS SHORT A TIME AS POSSIBLE UNTIL JUST TENDER IN THE SMALLEST POSSIBLE AMOUNT OF WATER.** Overcooking or cooking vegetables in too much water destroys flavor and food value.

**SAVE THE WATER IN WHICH VEGETABLES ARE COOKED AND USE IT IN PREPARING SOUPS AND GRAVIES.** It contains valuable blood building and other health promoting materials.

Cook green and white vegetables in an uncovered utensil to keep their natural color.

Soda added to the water in which vegetables are cooked destroys important food value and flavor.

Serve vegetables as soon as they are cooked.

**RAW VEGETABLES SERVED AS SALADS AND RELISHES CONTAIN ALL THE FOOD VALUE OF THE VEGETABLE.**

**USE A VARIETY OF VEGETABLES PREPARED IN DIFFERENT WAYS.**

Teach young children to eat a variety of vegetables.

The whole family will enjoy cooked vegetables and salads if they are well prepared and properly seasoned.

**TIME TABLE FOR COOKING VEGETABLES**

VEGETABLE	Preparation for Cooking	Baked (minutes)	Steamed (minutes)	Boiled (minutes)
Asparagus	Tips		10 - 15	5 - 10
	Butts		30 - 40	20 - 25
*Beans, green or wax	In pieces		35 - 40	25 - 35
Beets, young	Whole		60 - 90	40 - 60
Beet greens	Leaves alone			10
	With stems			15 - 20
Broccoli	Cut in strips		18 - 20	14 - 18
Brussels sprouts	Whole	30 - 35	10 - 12	9 - 10
Cabbage	Shredded		12 - 20	8 - 12
Carrots	Whole	45 - 60		12 - 40
	Diced			8 - 10
Cauliflower	Separated			8 - 10
Celery	1 1/2 inch pieces		25 - 35	15 - 20
Corn	On cob		10 - 15	5 - 8
Dandelion greens				10 - 20
Egg plant	Diced		15	10
Kale				20 - 25



TIME TABLE FOR COOKING VEGETABLES—Continued

VEGETABLES	Preparation for Cooking	Baked (minutes)	Steamed (minutes)	Boiled (minutes)
Kohlrabi	Pared, sliced		30	25 - 30
Onions	Small or sliced			20 - 35
Parsnips	Cut in 4 pieces		35 - 45	25 - 30
Peas, fresh	Shelled			15 - 20
Potatoes, white	Whole	45 - 60	30 - 50	25 - 40
Potatoes, sweet	Whole	35 - 45	25 - 35	20 - 30
Rutabagas	Sliced ½ in. thick			25 - 30
Spinach	Stems removed Young			5 - 10 5 - 10
Squash, summer	Pared, sliced		20	15
Squash, Hubbard	About 2 in. squares	50 - 60	20 - 30	20
**Swiss chard	Leaves alone Stems alone			10 30 - 35
Tomatoes	Peeled, quartered	30 - 45		10 - 15
Turnips	Cut into ¾ in. cubes			20 - 25
Turnip greens				20 - 30

Exact time required depends on age of vegetables.  
For boiling vegetables use 1 teaspoon salt to a quart of water.  
Bake potatoes, squash and carrots in a hot oven (450° F.). Tomatoes in a moderate oven (375° F.).

\*Green beans lose color when steamed.

\*\*Cook leaves and stems separately and combine for serving.

#### —RECIPES—

##### WHITE SAUCE

	Milk	Flour	Fat	Salt
Thin	1 cup	1 tablespoon	1 tablespoon	¼ teaspoon
Medium	1 cup	2 tablespoons	2 tablespoons	¼ teaspoon

Melt fat, add flour and stir until smooth. Add all the cold milk, stir constantly until thickened. Cook 20 minutes in a double boiler or 5 minutes over the flame, stir constantly. Add salt.

##### CREAM SOUPS

Add ¾ to 1¼ cups hot strained vegetable pulp or finely chopped cooked vegetable to 3 cups hot thin white sauce. Serve immediately.

NOTE: To prevent curdling in *cream of tomato* and *asparagus* soups, add hot vegetable slowly to hot white sauce just before serving, stir constantly.

##### CREAMED VEGETABLES

Use ½ cup white sauce (medium) to 1 cup cooked vegetable.



## ESCALLOPED VEGETABLES

Put alternate layers of cooked vegetable and medium white sauce into a greased baking pan. Allow  $\frac{1}{4}$  to  $\frac{1}{2}$  cup white sauce to 1 cup vegetable. Top with buttered crumbs and bake in a moderate oven ( $375^{\circ}$  F.) until the crumbs are golden brown.

NOTE: Potatoes may be escalloped raw or cooked.

## AU GRATIN VEGETABLES

Prepare as for escalloped vegetable but add grated cheese to hot white sauce or sprinkle cheese on each layer of white sauce. Bake in a moderate oven ( $375^{\circ}$  F.) until crumbs are golden brown.

## VEGETABLE CHOWDER

4 medium potatoes, diced	3 small onions, chopped	2 tablespoons butter
2 cups diced carrots	2 cups canned tomatoes	2 cups milk
	2 teaspoons salt	

Add enough water to just cover the potatoes and carrots. Cook about 20 minutes or until just tender. Do not drain off the water. Brown the chopped onion in the fat. Add the onion to the cooked potato, carrots and vegetable liquid. Add salt, milk and tomatoes, heat.

## VEGETABLE SOUP (Without Stock)

$\frac{1}{3}$ cup diced carrots	$1\frac{1}{2}$ cups diced potato	4 tablespoons butter
$\frac{1}{3}$ cup diced turnips	$\frac{1}{2}$ onion, chopped fine	1 cup tomatoes
$\frac{1}{2}$ cup diced celery	1 quart water	$\frac{1}{2}$ tablespoon parsley, chopped fine
Salt and pepper to taste		

Cook diced vegetables (except potatoes) in the butter until lightly browned, stir constantly. Add potatoes and water and cook slowly until the vegetables are just tender. Add tomatoes, parsley, salt and pepper to taste.

## BAKED ONIONS

Peel onions. If onions are very large cut across in the middle. Arrange in baking dish, cut side up and spread with a sauce made of salt, pepper, 2 tablespoons butter and the juice of  $\frac{1}{2}$  lemon. Cover with a buttered paper. Bake 35 minutes in a moderate oven ( $375^{\circ}$  F.) basting occasionally. Sprinkle buttered bread crumbs over onions and brown lightly in the oven.

## SPINACH AND OTHER GREENS

Remove roots and pick over carefully. Wash thoroughly in several waters until all traces of dirt are removed. Put into covered kettle without additional water and cook over slow heat until the leaves begin to wilt. Remove cover. Cook 5 to 10 minutes (depending on the age and tenderness of the leaves). Lift the leaves occasionally from the bottom. Drain. Season with salt, pepper and butter.

NOTE: A very small amount of water may be necessary in cooking some greens.



## ESCALLOPED ONIONS AND TOMATOES

1 cup sliced onions	3 cups tomatoes	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup water	2 teaspoons salt	Buttered bread crumbs

Steam onions by cooking in the water in a tightly covered sauce pan until soft. Arrange onion and tomato in layers, sprinkling each with salt and pepper. Cover with buttered crumbs and bake in a hot oven (400° F.) about 30 minutes or until the crumbs are well browned.

## CABBAGE

Remove outer coarse leaves. Chop or shred fine. Cook uncovered in boiling salted water 5 to 10 minutes. Drain. Add butter 1 to  $1\frac{1}{2}$  tablespoons to 2 cups cooked cabbage, or  $\frac{1}{4}$  to  $\frac{1}{2}$  cup medium white sauce to 1 cup cooked cabbage.

## COOKED SALAD DRESSING

3 tablespoons flour	$\frac{1}{2}$ teaspoon salt	2 tablespoons butter
1 tablespoon sugar	$\frac{1}{4}$ cup vinegar	2 eggs beaten
1 teaspoon mustard	$\frac{3}{4}$ cup water	$\frac{1}{3}$ teaspoon pepper

Mix all dry ingredients, add water and vinegar and stir well. Cook 5 minutes over direct flame, stir constantly. Remove from fire, pour slowly into beaten eggs. Cook about 1 minute until thick. Stir constantly.

## FRENCH DRESSING

1 teaspoon mustard	1 teaspoon sugar	1 cup salad oil
1 teaspoon paprika	$1\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup vinegar or lemon juice
	$\frac{1}{8}$ teaspoon pepper	

Put all ingredients into a bottle or fruit jar. Shake well before serving.

## MAYONNAISE DRESSING

$\frac{1}{2}$ teaspoon sugar	$\frac{1}{2}$ teaspoon mustard	1 to 3 tablespoons vinegar or lemon juice
$\frac{1}{2}$ teaspoon salt	1 egg yolk or egg white	
	1 cup salad oil	

Mix all dry ingredients with egg and 1 tablespoon vinegar. Beat with egg beater just enough to combine all ingredients. Add 5 teaspoons oil, one at a time, beat vigorously after each addition. Add the remaining oil slowly, beat constantly.

NOTE:  $\frac{1}{2}$  to 2 teaspoons paprika may be added for color.

## THOUSAND ISLAND DRESSING

1 cup mayonnaise or French dressing	2 hard cooked eggs
$\frac{1}{2}$ cup thick chili sauce	2 green peppers
	2 pimentos

Chop pimentos, hard cooked eggs and green peppers and add with the chili sauce to the salad dressing. Ripe olives, cream cheese or chopped beets may also be used.







## SALMON, CABBAGE AND ONION SALAD

1 tall can pink salmon  
2 cups chopped raw cabbage

$\frac{1}{2}$  onion, chopped fine  
 $\frac{1}{4}$  teaspoon salt

Remove skin and bones from salmon, drain liquid. Mix all ingredients lightly with salad dressing.

## TOMATOES STUFFED WITH CABBAGE

4 tomatoes

2 cups shredded cabbage

Cut tomatoes in half. Scoop out centers with a spoon. Mix tomato pulp with cabbage and moisten with French dressing. Fill tomato shells with mixture and serve on lettuce.

## RAW VEGETABLE APPETIZERS

Cut carrots, rutabagas or turnips into lengthwise strips and cabbage cores into cubes. Serve with salt. Vegetables may be crisped by putting into cold water 20 minutes before serving.

## VEGETABLE SALAD

2 cups shredded cabbage  
1 green pepper, chopped

1 cup cooked carrots, diced  
Salt

French dressing

Add carrots to salad dressing and allow to stand for 30 minutes. Mix cabbage and green pepper and add to carrots. Serve on lettuce leaves or outer leaves of cabbage.

## SPRING VEGETABLE SALAD

1 cup canned or freshly cooked peas

$\frac{1}{4}$  cup French dressing

1 cup shredded raw carrots

1 teaspoon sugar

1 cup finely diced cheese

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

1 teaspoon finely chopped onion

Mix vegetables and cheese. To the French dressing, add the sugar, salt and chopped onion. Pour over vegetables and let stand in refrigerator until chilled. Serve on lettuce.

## LETTUCE SALAD

Serve very fresh and crisp. Wash leaf or head lettuce in cold water; drain, put in refrigerator vegetable pan or wrap in damp towel and keep near ice until ready to serve. Fresh lettuce may be crisped by putting in cold water 20 - 30 minutes before serving if ice is not available. Cut lettuce into suitable size servings or shred. Add salad dressing as desired.

These recipes will serve 5 or 6 people.



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# CEREALS AND BREADS



MINNESOTA DEPARTMENT OF HEALTH

A. J. CHESLEY, M. D.  
Secretary and Executive Officer  
DIVISION OF CHILD HYGIENE



### Cereals and Bread

To the majority of people of the World, Bread is symbolic of one of the prime necessities of life—their food. Through the ages the cereals and breads made from them have been important foods in the diet of man. Breadmaking, it is believed by archaeologists from evidence found in the tombs of the early Egyptians, the pre-historic dwellings of the Swiss, and the early Chinese, was practiced by these civilizations as early as 4000 B. C.

History tells us that bread, especially the lack of it, has played an important role in shaping the destinies of nations.

The development and cultivation of cereals used for breadmaking and the improvements in methods of preparing flours and cereals for human use closely parallels the progress of civilization.

Bread is often called the "staff" of life. Important a food as it is in many diets, it cannot be depended upon as the sole support of life. The old adage, "Man cannot live by bread alone" literally is true. The cereal grains and breads made from them are incomplete foods and but one source of certain important dietary needs.

Cereals and breads when supplemented by other foods in the well-rounded diet provide variety as well as important food value in our daily meals.

Cereals and bread are good foods for the whole family.

They supply our bodies with energy materials for work, play, and other activities and fuel to keep us warm.

Some of the materials in these foods help children grow.

Cereals and breads are our cheapest energy and fuel foods.

Cereals and bread are important foods in your family's meals.

Serve bread in some form at every meal.

Eat cereals once, sometimes twice a day.

Serve a nourishing hot cereal as the main breakfast dish, especially to growing children.

Use cereals in hot dishes, in hot breads, in desserts and in other ways.



Serve a variety of cereals and breads in your daily meals.  
Use half of your breads and cereals as "Dark" and "Whole Grain" varieties.

**"Dark" Breads**  
CRACKED WHEAT  
GRAHAM  
WHOLE WHEAT  
OATMEAL  
RYE

**"Whole Grain" Cereals**  
DARK FARINA  
CRACKED WHEAT  
OATMEAL  
WHOLE WHEAT  
WHEAT FLAKES  
WHOLE CORNMEAL

These foods contain valuable materials to help build red blood, stimulate hearty appetites, and aid in promoting good digestion and elimination.

"Refined" cereals and foods made from refined flours add variety as well as energy and fuel materials to your meals.

Many but not all kinds of white flour and all commercially baked white breads and plain white rolls are now enriched as a wartime measure with four important nutrients which are largely removed from wheat when it is milled to make white flour. These enriched flours and breads are more nearly like whole wheat products in food value than the ordinary white flour and bread. Look for labels "enriched" on white flour and breads you buy.

Refined cereals sometimes are also enriched or fortified. The label on the package states if a cereal is fortified and the nutrients that have been added.

**"Refined" Cereals**  
LIGHT FARINA  
CORNMEAL (NEW PROCESS)  
HOMINY  
RICE (POLISHED)  
and Many Others

**"Refined" Cereal Products**  
WHITE BREAD  
MACARONI  
NOODLES  
SPAGHETTI  
TAPIOCA

Use cereals grown at home—they are cheapest, delicious and nutritious! Use:

**Wheat**  
WHOLE  
CRACKED

**Corn**  
GROUND  
POPPED

**Oats**  
HULLED  
HULLESS

Cook wheat grains whole; have corn and wheat ground at the mill or grind them at home in a small mill or coffee grinder. Oats may be hulled in communities where hullers are available before being ground. Use these cereals as breakfast foods, in baking breads, in hot breads, hot dishes and desserts.

**Cereals and Breads in Your Family's Meals**

**Breakfast**  
Orange or Tomato Juice  
Cracked Wheat Cereal—Milk  
Toast—Butter  
Milk or Cocoa for children  
Coffee or Tea for adults

**Lunch or Supper**  
Creamed Eggs and Peas on Rice  
Raw Mixed Vegetable Salad  
Whole Wheat Bread—Butter  
Oatmeal and Raisin Cookies  
Cocoa for all

**Dinner**  
Beef and Vegetable Stew  
Cornbread—Butter  
Sliced Bananas—Top Milk  
Milk for children

**BREAKFAST**

Kind of Cereal	Amount	Cereal Time
*Cornmeal	1 cup	
Farina	1 cup	
Oatmeal or Rolled Oats	1 cup	
Oatmeal—home ground	1 cup	
Quick Oats	1 cup	
*Wheat, cracked	1 cup	

Use scant 1/2 teaspoon salt to each cup of boiling salted water. Stir constantly to prevent lumps. Add finely granulated cereals with a little water. Cook over direct heat until thickening. If cooking in double boiler over hot water (not boiling water) required time as given in time column.

NOTE:—Milk substituted for 1/2 the water in recipe for cereals.

Dried skim milk powder moistened with water before end of cooking period improves food value. Use 1/4 cup in recipe for Quick Oats, 3/4 cup for other cereals.

Combine cereals for variety as cornmeal and oatmeal. Add chopped raisins, dates, figs or any other fruit during cooking.

Save time and fuel by cooking breakfast cereals in a double boiler. If cereal is soaked for several hours in advance, cooking time can be reduced. Cook in the same water.

\*Coarse cracked wheat and corn will require more water.

**How to Prepare and Cook**

Use grains which have gone through the mill or eight waters. The hulls, chaff and bran are removed. Pour boiling water over grains to cover. Cook as follows:

**Double Boiler**

Add 1 1/2 cups boiling water to 1 cup soaked wheat. Use water in which wheat was soaked, add more as needed. Use method for cooking cereals given above. Cook 3 1/2-4 hours or until tender in a double boiler over water. Add more water as needed.

Serve cooked whole wheat with milk. Use it in preparing hot dishes and cereals.



**BREAKFAST CEREALS**

**Cereal Time Table**

Kind of Cereal	Amount	Water	Time in Double Boiler
*Cornmeal	1 cup	6 cups	1-2 hours
Farina	1 cup	5-6 cups	1 hour
Oatmeal or Rolled Oats	1 cup	3 cups	1 hour
Oatmeal—home ground	1 cup	4 cups	3-4 hours
Quick Oats	1 cup	2-2½ cups	10-15 minutes
*Wheat, cracked	1 cup	4-5 cups	1-2 hours or more

Use scant ½ teaspoon salt to each cup water. Pour cereal slowly into boiling salted water. Stir constantly to prevent lumps from forming, or mix finely granulated cereals with a little cold water before adding to the boiling water. Cook over direct heat until it thickens (5-10 minutes). Finish cooking in double boiler over hot water (or set pan inside another pan of boiling water) required time as given in time table.

NOTE:—Milk substituted for ½ the water in the recipe improves food value and flavor of cereals.

Dried skim milk powder moistened with a little water and added to cereals 5 minutes before end of cooking period improves food value and flavor. Use ½ cup skim milk powder in recipe for Quick Oats, ¾ cup for other cereals.

Combine cereals for variety as cornmeal and farina, oatmeal and farina, etc.

Add chopped raisins, dates, figs or any other dried fruit to cereal the last 10 minutes of cooking.

Save time and fuel by cooking breakfast cereals while preparing supper; reheat over water.

If cereal is soaked for several hours in part of the water called for in the recipe, cooking time can be reduced. Cook in the same water in which cereal was soaked.

\*Coarse cracked wheat and corn will require longer cooking than if ground fine.

**How to Prepare and Cook Home Grown Whole Wheat**

Use grains which have gone through the separator. Wash through seven or eight waters. The hulls, chaff and foreign seeds will float off in washing. Pour boiling water over grains to cover and let stand over night. Cook as follows:

**Double Boiler**

Add 1½ cups boiling water to 1 cup soaked wheat. Use water in which wheat was soaked, add more as needed. Use method for cooking cereals given above. Cook 3½-4 hours or until tender in a double boiler over water. Add more water as needed.

**Pressure Cooker**

Add 1½ cups boiling water to 1 cup soaked wheat. Use water in which wheat was soaked, add more as needed. Steam in pressure cooker 1½ hours at 15 pounds pressure or 250°.

Serve cooked whole wheat with top milk and sugar as a breakfast cereal. Use it in preparing hot dishes and desserts. Cook enough to last several days.



**Cornmeal Mush (home grown corn)**

Select yellow corn, wash and dry in a slow oven. Grind or crack kernels in a small mill or coffee grinder. Add 1 cup cracked corn to 4 cups water just before it reaches the boiling point. Allow it to boil about 5 minutes; stir constantly. Cook 1 hour in a double boiler. Serve with top milk and sugar.

**Whole Wheat Flakes**

- 3 1/2 cups whole wheat flour
- 1 cup honey
- 1 teaspoon salt
- 1 cup buttermilk
- 1 teaspoon soda

Combine all dry ingredients. Add honey and buttermilk to make a dough. Spread thin in baking pan and bake in a slow oven (250°-300° F.) Stir several times during drying and continue until the mass is quite dry. Allow it to cool and put through a food grinder using the coarsest knife.

NOTE:—Flavor is improved if sour buttermilk is used.

**Soup Thickening**

Add cracked wheat or oatmeal to soups in place of rice or barley to increase food value and for thickening.

**YEAST BREADS**

**White Bread (4 loaves)**

- 1 cup lukewarm water
- 2 tablespoons salt
- 1-2 cakes compressed yeast
- 3 1/2 tablespoons sugar
- 3 cups milk
- 2 tablespoons shortening
- 3 quarts (12 cups) or more flour

Soften yeast in the lukewarm water. Scald milk. Pour hot milk over sugar, salt and shortening. Cool to lukewarm temperature before adding yeast. Add yeast and enough flour to make a stiff batter; beat well. Add enough more flour to make a firm but not stiff dough. Knead until light and elastic and dough does not stick to board (about 5 minutes). Place in a lightly greased bowl, rub a little fat over the top of the dough and cover. Keep in a warm place 80°-85° F. until dough has doubled in bulk. Knead very lightly. Let rise again until double in bulk. Punch down, cut dough into 4 equal parts; mold the dough into loaves. Put in greased baking tins (3"x4"x8"); grease top lightly. Let rise again until double in bulk. Bake 45-60 minutes in moderate oven; 400° F. for 15 minutes, then lower to 375° F. Cool loaves before storing.

NOTE:—Milk used as the liquid improves flavor and food value of bread and gives crust a richer brown. Potato water used as the liquid gives a slightly coarser texture but more moist loaf and one which keeps moist longer. 1/3-1/2 cup mashed potato may be added to the scalded milk and the flour decreased slightly.

More yeast may be used if necessary to hasten leavening process.

**Suggestion**

When the larger amount raises more rapidly. Sweeten with shortening than straight sugar. Use amount of yeast.

If maca yeast is used substitute for 1 cake compressed yeast for dissolving the yeast as follows:

- 1-2 cakes compressed yeast
- 1 pint water (lukewarm)
- 1 pint milk
- 2 tablespoons sugar
- 1/4 cup molasses

Follow directions given.

- 1-2 cakes compressed yeast
- 1/2 cup water (lukewarm)
- 3 cups milk
- 4 tablespoons sugar

Mix the rolled oats with the milk making white bread.

- 1-2 cakes compressed yeast
- 1 1/2 pints water (lukewarm)
- 1 pint milk
- 2 tablespoons sugar

Follow directions given.

NOTE:—Wheat germ meal may be used. Cracked home grown wheat may be used.

- 1-2 cakes compressed yeast
- 1 cup water (lukewarm)
- 3 cups milk
- 2 tablespoons sugar

Sift the rye flour with the yeast making bread.

- 2 1/2 cups milk
- 1-2 cakes compressed yeast
- 2 tablespoons sugar

Mix the wheat germ with the milk making white bread.



**Suggestions for Use of Yeast in Bread Doughs**

When the larger amount of yeast called for in the recipe is used, the dough raises more rapidly. Sweet doughs which usually contain a larger amount of shortening than straight bread doughs raise more slowly and require a larger amount of yeast.

If maca yeast is used in place of compressed yeast, 1 package may be substituted for 1 cake compressed yeast in the recipe. Follow directions carefully for dissolving the yeast as indicated on the package.

**Whole Wheat Bread (4 loaves)**

- |                            |   |
|----------------------------|---|
| 1-2 cakes compressed yeast | 2 tablespoons salt                                |
| 1 pint water (lukewarm)    | 2 tablespoons shortening                          |
| 1 pint milk                | 1 1/2 quarts (6 cups) white flour                 |
| 2 tablespoons sugar        | 1 1/2 quarts (6 cups) whole wheat or graham flour |
| 1/4 cup molasses           |   |

Follow directions given for making white bread.

**Oatmeal Bread (4 loaves)**

- |                            |                           |
|----------------------------|---------------------------|
| 1-2 cakes compressed yeast | 1 1/2 tablespoons salt    |
| 1/2 cup water (lukewarm)   | 2 tablespoons shortening  |
| 3 cups milk                | 3 cups ground rolled oats |
| 4 tablespoons sugar        | 9 cups flour              |

Mix the rolled oats with the white flour and follow directions given for making white bread.

**Cracked Wheat Bread (4 loaves)**

- |                              |                                |
|------------------------------|--------------------------------|
| 1-2 cakes compressed yeast   | 1/4 cup molasses               |
| 1 1/2 pints water (lukewarm) | 2 tablespoons salt             |
| 1 pint milk                  | 4 tablespoons shortening       |
| 2 tablespoons sugar          | 2 quarts (8 cups) white flour  |
|                              | 1 quart (4 cups) cracked wheat |

Follow directions given for making white bread.

NOTE:—Wheat germ may be used in place of half of cracked wheat. Cracked home grown wheat should be ground fine.

**Rye Bread (4 loaves)**

- |                            |                            |
|----------------------------|----------------------------|
| 1-2 cakes compressed yeast | 1 1/2 tablespoons salt     |
| 1 cup water (lukewarm)     | 4 tablespoons shortening   |
| 3 cups milk                | 1 quart (4 cups) rye flour |
| 2 tablespoons sugar        | 9 cups white flour         |

Sift the rye flour with the white flour and use directions for making white bread.

**Wheat—Germ Bread (3 loaves)**

- |                            |                          |
|----------------------------|--------------------------|
| 2 1/2 cups milk            | 4 teaspoons salt         |
| 1-2 cakes compressed yeast | 2 tablespoons shortening |
| 2 tablespoons sugar        | 2 cups wheat germ        |
|                            | 8 cups white flour       |

Mix the wheat germ with the flour and follow directions for making white bread.

Grind or crack kernels to 4 cups water just about 5 minutes; stir top milk and sugar.

milk to make a dough. (250°-300° F.) Stir is quite dry. Allow it rest knife.

rice or barley to increase

lt sugar shortening

Pour hot milk over before adding yeast. at well. Add enough until light and elastic). Place in a lightly and cover. Keep in a Knead very lightly. t dough into 4 equal ing tins (3"x4"x8"); Bake 45-60 minutes o 375° F. Cool loaves

ue of bread and gives crust rser texture but more moist may be added to the scalded



**Dried Fruit Bread**

2 3/4 cups milk	2 tablespoons shortening
1-2 cakes compressed yeast	1 1/2 cups soaked and drained dried fruit, chopped
6 tablespoons sugar	3 quarts (12 cups) white flour
4 teaspoons salt	

Soak dried fruit (use raisins, apricots, prunes, etc., as desired) 3-4 hours in just enough water to cover. Save any surplus water the fruit does not absorb and use in the sponge in place of part of the milk. Follow directions for making white bread and add the fruit to the first mixing. Bake in oven at 380° F. for first 15 minutes, finish baking at 350° F.

NOTE:—Use any dried fruit desired or combination of figs, prunes, raisins, dates and apricots.

3/4 cup each of dried fruits and nuts may be substituted for all the fruit in the recipe.

**SUGGESTIONS FOR OTHER VARIATIONS**

Any of the following may be added to the White Bread Recipe.

**Nut Bread**

Add 2 cups chopped nuts and increase sugar to 6 tablespoons in the first mix.

**Cocoanut Bread**

Add 1 1/2 cups shredded cocoanut to the first mix and increase sugar to 6 tablespoons.

**Peanut-Butter Bread**

Add 1 1/2 cups peanut butter to the first mix and increase sugar to 6 tablespoons.

**Cheese Bread**

Add 2 cups grated American Cheddar cheese to the first mix.

**Ice Box Rolls**

1 cake compressed yeast	1 egg
1/4 cup water (lukewarm)	1 1/2 teaspoons salt
1/2 cup shortening	2 cups milk, scalded
1/2 cup sugar	8 cups sifted flour

Soften the yeast in the water and add 1 teaspoon sugar. Cream the shortening and add to it the remaining sugar, beaten egg, the milk which has been cooled, and the yeast. Stir in the flour, which has been sifted with the salt, until the mixture is stiff enough to knead. Toss on a floured board and knead 10-15 minutes or until the dough is smooth and elastic. Put dough into a greased bowl, grease surface of the dough and keep in a warm place until doubled in bulk. Turn onto the board, knead and again grease surface of the dough; cover and put in the refrigerator. When the rolls are to be used, cut off the amount of dough needed. Shape as desired and put in a warm place to double in bulk. Bake 15-20 minutes in a hot oven (about 400° F.)

NOTE:—This dough will be satisfactory for rolls for 3-4 days or even a week. Less sugar may be used but the dough loses sweetness when kept for a time.

1 1/3 cups flour
2/3 cups cornmeal
5 teaspoons baking powder
2 tablespoons sugar

Mix and sift dry ingredients and liquid to dry ingredients and bake in moderate oven 370°.

NOTE:—If sour milk is used, use 1/2 cup more baking powder.

1 egg
1/2 cup sugar
1/2 cup molasses
1 cup sour milk

Mix and sift dry ingredients and melted shortening. Add liquid, beat, pour into shallow greased pan and bake in moderate oven 375°-400°.

**Brown Bread**

1/4 cup white flour
1 teaspoon salt
1 teaspoon soda
1 cup cornmeal
2 cups whole wheat flour

Sift white flour, salt and soda. Beat egg, add milk and molasses thoroughly. Fill greased pan and bake 1 hour in oven with tops removed.

Pressure cooker method:—Put into pressure cooker. Steam slowly to obtain best results. Bake about 15 minutes steaming.

1 1/2 cups flour
1/4 cup sugar
2 teaspoons baking powder
1/4 teaspoon soda
1/2 teaspoon salt
1/2 teaspoon ginger

Sift dry ingredients. Combine liquid and dry ingredients and pour into shallow pan. Bake about 15 minutes.

NOTE:—If sour milk is used, use 1/4 cups whole wheat flour.



**QUICK BREADS**

**Corn Bread**

- |                           |                           |
|---------------------------|---------------------------|
| 1 1/3 cups flour          | 1 cup milk                |
| 2/3 cups cornmeal         | 3 tablespoons fat, melted |
| 5 teaspoons baking powder | 1/2 teaspoon salt         |
| 2 tablespoons sugar       | 1 egg                     |

Mix and sift dry ingredients. Beat egg, add milk and melted fat. Add liquid to dry ingredients and mix. Pour into shallow greased baking pan and bake in moderate oven 370°-400° F., 15-20 minutes.

NOTE:—If sour milk is used, change leavening to 1/2 teaspoon soda and 3 teaspoons baking powder.

**Johnny Cake**

- |                  |                            |
|------------------|----------------------------|
| 1 egg            | 3/4 teaspoon soda          |
| 1/2 cup sugar    | 2 teaspoons baking powder  |
| 1/2 cup molasses | 1/8 teaspoon salt          |
| 1 cup sour milk  | 1 1/2 cups yellow cornmeal |
|                  | 1/2 cup white flour        |

Mix and sift dry ingredients. Beat egg, add sour milk, molasses and melted shortening. Add liquid to dry ingredients all at once. Mix but do not beat, pour into shallow greased pans so batter is about 1/4" thick in pan. Bake in moderate oven 375°-400° F., 15-20 minutes. Cut into narrow strips.

**Brown Bread (3 one-pound cans)**

- |                          |                          |
|--------------------------|--------------------------|
| 1/4 cup white flour      | 1 egg, well beaten       |
| 1 teaspoon salt          | 1 cup sweet milk         |
| 1 teaspoon soda          | 1 cup sour milk          |
| 1 cup cornmeal           | 1 cup molasses           |
| 2 cups whole wheat flour | 1/2 cup dates or raisins |

Sift white flour, salt and soda. Add cornmeal and whole wheat flour. Beat egg, add milk and molasses and turn into the dry ingredients. Mix thoroughly. Fill greased cans 2/3 full. Cover. Steam 3 hours and bake 1/2 hour in oven with tops removed or cook in pressure cooker.

Pressure cooker method: Allow cans to stand 15 minutes before putting into pressure cooker. Steam at 20-lbs. pressure for 1 hour. Raise pressure slowly to obtain best results. Bake in oven with tops removed 1/2 hour after steaming.

**Gingerbread**

- |                           |                          |
|---------------------------|--------------------------|
| 1 1/2 cups flour          | 1/2 teaspoon cloves      |
| 1/4 cup sugar             | 1/2 teaspoon cinnamon    |
| 2 teaspoons baking powder | 1 egg                    |
| 1/4 teaspoon soda         | 1/2 cup milk or water    |
| 1/2 teaspoon salt         | 1/2 cup molasses         |
| 1/2 teaspoon ginger       | 2 tablespoons shortening |

Sift dry ingredients. Beat egg, add milk, molasses and melted shortening. Combine liquid and dry ingredients thoroughly; pour into well greased shallow pan. Bake about 40 minutes in oven at 325° F.

NOTE:—If sour milk is used, use 1 teaspoon soda and 1 1/2 teaspoons baking powder for leavening. 1 3/4 cups whole wheat or graham flour may be used with 3/4 cup white flour.







**Whole Wheat Muffins**

- |                           |                                     |
|---------------------------|-------------------------------------|
| 1 cup white flour         | 1 cup milk                          |
| 1 cup whole wheat flour   | 1/2 teaspoon salt                   |
| 1-2 tablespoons sugar     | 1 egg                               |
| 5 teaspoons baking powder | 2-4 tablespoons shortening (melted) |

Sift dry ingredients thoroughly. Beat eggs, add milk and melted shortening. Turn into dry ingredients. Stir just enough to combine (mixture should have a rough appearance). Fill greased muffin tins 2/3 full handling batter as little as possible. Bake about 20 minutes at 400°-425° F.

NOTE:—For oatmeal muffins, use 1 1/4 cups ground rolled oats and 3/4 cup white flour and follow other directions given.

If sour milk is used substitute 1/2 teaspoon soda and 3 teaspoons baking powder for leavening.

For variety add 1/2 cup washed raisins or dates cut in pieces to dry ingredients before mixing with liquid.

**Graham Crackers**

- |                    |                               |
|--------------------|-------------------------------|
| 1 cup graham flour | 1/2 teaspoon salt             |
| 1 cup white flour  | 1 tablespoon baking powder    |
| 1/4 cup sugar      | 2 tablespoons molasses        |
| 1/2-3/4 cup milk   | 2 tablespoons butter (melted) |

Sift and measure white flour. Measure graham flour without sifting. Mix all dry ingredients. Add melted butter, molasses and water to dry ingredients. Knead together until all is well blended, breaking dough apart to absorb all the dry mixture. (The dough should be very stiff.) Divide dough into 3 parts for rolling. Roll out to 1/16 inch thickness. Put on greased baking sheet, mark off into squares with dull edge of knife (do not cut through). Prick each cracker several times with a fork. Bake in a slow oven, 300° F., until crisp and light brown.

**Rye or Whole Wheat Crisp**

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 2 cups oatmeal or cornmeal      | 4 teaspoons baking powder             |
| 2 cups whole wheat or rye flour | 1 tablespoon shortening               |
| 1 tablespoon sugar              | Milk, buttermilk or water to roll out |
| 1/4 teaspoon salt               |                                       |

Mix all dry ingredients, cut in the fat. Add just enough liquid to roll out. Flour the board and rolling pin lightly and roll out 1/8 inch thick. Cut in squares or oblongs. Mark surface with a fork. Sprinkle top with salt. Bake on an ungreased baking sheet 15 minutes at 400° F. or until brown.



## ONE DISH MEALS

## Spanish Wheat

3 cups cooked wheat	1 1/2 cups tomatoes
4 strips bacon	3/4 teaspoon salt
4 tablespoons chopped onion	Pepper

Cut bacon into small pieces and fry until crisp. Mix together the cooked wheat, bacon, 4 tablespoons fat in which the bacon was fried, chopped onion and salt. Pour into a baking dish and bake in a moderate oven 20-30 minutes. Serve at once.

NOTE:—Cooked rice may be substituted for the wheat; increase tomatoes 1/2 cup.

## Wheat With Cheese Sauce

3 cups cooked wheat	1 cup milk
2 tablespoons fat	3/4 cup grated cheese
2 tablespoons flour	1/4 teaspoon salt
Buttered crumbs	1 green pepper

Melt the fat in a sauce pan and add flour. Mix thoroughly; add the milk slowly. Cook until the consistency of thick cream, stirring constantly. Add salt, grated cheese, cooked wheat and green pepper cut in strips. Pour into baking dish, cover with buttered crumbs and bake in a hot oven until crumbs are brown. Serve at once.

## Whole Wheat Chowder

2 cups diced carrots	1 pint milk
1 pint boiling water	2 cups cooked whole wheat
1/2 cup diced salt pork	1 teaspoon salt
4 tablespoons chopped onion	1/8 teaspoon pepper
1 tablespoon flour	1 tablespoon chopped parsley

Cook the carrots in the boiling water until tender. Fry the salt pork until crisp, remove it from the fat and cook the onions in the fat. Stir in the flour and cook a few minutes longer. Put all ingredients in top part of a double boiler; stir until well blended and cook about 10 minutes.

## Meat Balls with Tomato and Rolled Oats

1 pound ground beef	1 onion, chopped fine
1 cup rolled oats (uncooked)	2 teaspoons salt
2 cups canned tomatoes	Pepper

Mix ground beef, rolled oats, onion and seasoning. Add 1/4 to 1/2 cup canned tomatoes. Shape into small balls and put in greased baking dish. Pour remaining tomato over meat and bake in moderate oven 40 minutes.

NOTE:—Mixture may be shaped into a loaf and baked.

1 egg  
1/2 teaspoon salt

Add the baking powder. Beat the egg, add salt and mix. Roll out the dough. Mix just enough to hold together. Let stand on a flat surface until like a jelly roll and cut with a sharp knife. Let stand until dry.

1/2 cup uncooked rice  
1/2 cup sugar  
1/2 teaspoon salt

Wash rice, mix all ingredients. Cook until rice is tender and milk is thick. Serve warm or cold.

NOTE:—Pudding may be served with fruit.

5 cups milk  
1/2 cup molasses

Cook milk and cornstarch with salt and ginger; pour into a hot oven; serve with top milk.

2 cups cooked whole wheat  
1/2 cup brown sugar or honey

Drain the raisins and mix with the top of cooked wheat so as to make a filling.

2 1/2 cups milk  
5 tablespoons sugar  
1 teaspoon vanilla  
5 tablespoons cocoa

Mix cocoa with small amount of milk, add remaining milk and bring to a boil and pour gradually into the milk to boiling point and cook 5-10 minutes. Add butter and vanilla. Serve with top milk.



**Noodles**

1 egg  
 1/2 teaspoon salt

1 1/4 cups flour  
 1 tablespoon cold water  
 1 teaspoon baking powder

Add the baking powder to 1 cup flour (reserve the rest to use if needed). Beat the egg, add salt and water. Add flour to make a stiff but not hard dough. Mix just enough to roll out. Flour the board and roll out to wafer thinness. Let stand on board a few minutes to dry out slightly. Roll up like a jelly roll and cut in thin strips with a kitchen scissors or very sharp knife. Let stand until dry and brittle before storing.

**DESSERTS****Creamy Rice Pudding**

1/2 cup uncooked rice  
 1/2 cup sugar  
 1/2 teaspoon salt

1/8 teaspoon cinnamon, mace or nutmeg  
 4 cups milk, scalded  
 1/2 cup raisins or dates

Wash rice, mix all ingredients in baking dish. Bake in slow oven until rice is tender and milk is creamy. Stir occasionally during first part of baking. Serve warm or cold.

NOTE:—Pudding may be cooked in double boiler (about 2 hours).

**Indian Pudding**

5 cups milk  
 1/2 cup molasses

1 teaspoon salt  
 1 teaspoon ginger  
 1/3 cup cornmeal

Cook milk and cornmeal in double boiler for 20 minutes; add molasses, salt and ginger; pour into buttered baking dish and bake 2 hours in a slow oven; serve with top milk or cream.

**Raisin Wheat Pudding**

2 cups cooked whole wheat  
 1/2 cup brown sugar or honey

1/2 cup seedless raisins (soaked in small amount of water)

Drain the raisins and with a fork stir raisins and sugar into the grains of cooked wheat so as to keep them whole. Serve with top milk or cream.

**Chocolate Wheat Pudding**

2 1/2 cups milk  
 5 tablespoons sugar  
 1 teaspoon vanilla  
 5 tablespoons cocoa

5 tablespoons finely cracked wheat  
 1/8 teaspoon salt  
 1 tablespoon butter

Mix cocoa with small amount of milk, stir and cook until smooth, add remaining milk and bring to boiling point. Add sugar to sifted cracked wheat and pour gradually into the hot milk, stirring to prevent lumps forming. Bring to boiling point and cook 5 or 6 minutes. Set over boiling water and cook 2 hours. Add butter and vanilla at end of cooking period. Serve warm or cold with top milk.



**Chocolate Oatmeal Cookies**

- 2 1/2 cups rolled oats
- 2/3 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 5 tablespoons cocoa
- 1 1/2 cups sugar
- 6 tablespoons milk
- 1/2 cup shortening
- 1 egg

Mix flour, baking powder, salt, cocoa, and sugar thoroughly with the oatmeal. Stir together the melted fat, milk and egg and add to the dry ingredients. Mix until well blended. Drop from a teaspoon onto a well oiled pan and bake in a hot oven for 18 minutes.

**Wheat Prune Pudding**

- 3/4 cup cooked whole wheat
- 2 eggs slightly beaten
- 1/3 cup sugar
- 2 cups milk
- 1 teaspoon vanilla
- 1/2 cup chopped cooked prunes

Add all ingredients to cooked wheat and mix. Pour the mixture into a greased baking dish and bake in a slow oven (300°-325° F.) for one hour. Serve hot or cold.

**Wheat Custard**

- 2 cups milk
- 2 eggs
- 4 tablespoons sugar
- 3/4 cup cooked wheat
- 3/4 cup raisins
- 1/8 teaspoon salt
- Cinnamon

Beat eggs slightly, add sugar and milk. Stir until sugar is dissolved. Add other ingredients. Pour into a baking dish. Set baking dish in a pan of water and bake in a moderate oven until firm.

**Oatmeal Brown Betty**

- 2 1/2 tablespoons fat
- 1/2 teaspoon salt
- 6 cups diced apples
- 1 1/2 cups rolled oats (uncooked)
- 1 cup brown sugar
- 1 cup milk
- Bread crumbs
- Cinnamon

Melt fat, add salt and mix thoroughly with the rolled oats. In a greased pan put a layer of apple, rolled oats, some brown sugar and cinnamon. Repeat ending with a layer of apple. Add milk. Sprinkle with sugar and cinnamon and cover with bread crumbs. Bake 40 minutes in a moderate oven.

**Oatmeal Molasses Pudding**

- 1 1/2 cups cooked oatmeal
- 1 1/2 cups milk
- 1/2 cup molasses
- 1/2 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1 cup chopped raisins or prunes
- 2 eggs

Mix the milk with the oatmeal and when free from lumps, add beaten eggs, molasses, spices and raisins. Pour into a greased baking dish and bake in a slow oven about 40 minutes or until firm. Serve hot or cold, plain or with top milk.

NOTE:—Left over cooked oatmeal may be used.

**1 cup wild rice**

Wash rice thoroughly in boiling water and let stand covered 8 to 10 hours. Drain and serve.

NOTE:—Rice expands to about 4 times its original volume. It cannot be served at once to produce a soft texture.

**Suggestion**

Season cooked wild rice with wild game. Serve cooked with onions. Add chopped onions for soup.

- 1 cup wild rice
- 1 cup tomato puree or soup
- 1 onion, chopped fine

Wash rice thoroughly in boiling water and let stand 8 to 10 hours. Stand covered 20 minutes; then fry in frying pan until browned. Mix with the rice in greased baking dish, cover (375° F.), about 30 minutes.

**Baked**

- 1 cup wild rice
- 1 cup mushrooms
- 1/2 cup butter

Wash rice thoroughly in boiling water and drain. Cover with boiling water. Cook mushrooms in the boiling water. Drain, wash and dry thoroughly, add milk and cook in greased baking dish. Bake in moderate oven (375° F.) about 30 minutes.

- 1 cup wild rice
- 1/2 cup celery, diced
- 3 tablespoons butter
- 1/2 teaspoon salt

Wash rice thoroughly in boiling water, drain. Cover with boiling water. Cook celery in the boiling water. Drain, wash and dry thoroughly, add milk and cook in greased baking dish. Bake in moderate oven (370° F.) about 30 minutes.

NOTE:—Cooked, diced celery soup may be used with left-over rice.



**Cookies**  
 2 tablespoons cocoa  
 1 cup sugar  
 2 tablespoons milk  
 1/2 cup shortening

and sugar thoroughly with the  
 and egg and add to the dry in-  
 om a teaspoon onto a well oiled

**Pudding**  
 1/2 cup milk  
 1/2 teaspoon vanilla  
 1/2 cup chopped cooked prunes  
 and mix. Pour the mixture into a  
 pan (300°-325° F.) for one hour.

**Wheat**  
 1/2 cup cooked wheat  
 1/2 cup raisins  
 1/2 teaspoon salt

Stir until sugar is dissolved. Add  
 Set baking dish in a pan of water

**Betty**  
 1/2 cup brown sugar  
 1/2 cup milk  
 1/2 cup crumbs  
 1/2 cup cinnamon  
 with the rolled oats. In a greased  
 pan brown sugar and cinnamon. Repeat  
 and sprinkle with sugar and cinnamon  
 minutes in a moderate oven.

**Pudding**  
 1/2 teaspoon cinnamon  
 1/2 teaspoon allspice  
 1/2 cup chopped raisins or prunes

When free from lumps, add beaten  
 to a greased baking dish and bake  
 1 hour. Serve hot or cold, plain or with

#### Wild Rice

1 cup wild rice                                 4 cups boiling water  
   2 teaspoons salt

Wash rice thoroughly in several changes of cold water. Cover with boil-  
 ing water and let stand covered 20 minutes. Drain. Repeat this process four  
 times using fresh boiling water each time. Add the salt to the last water.  
 Drain and serve.

NOTE:—Rice expands to about twice its original bulk. Keep the cooked rice covered if  
 it cannot be served at once to prevent its drying out.

#### Suggestions for Use of Wild Rice

Season cooked wild rice with butter and serve in place of potatoes with  
 wild game. Serve cooked wild rice as breakfast cereal with top milk and sugar.  
 Add chopped onions for seasoning and use as stuffing for fowl.

#### Spanish Wild Rice

1 cup wild rice                                 6 bacon strips—diced  
 1 cup tomato puree or soup                 1/2 green pepper—chopped  
 1 onion, chopped fine                         Salt and pepper to taste

Wash rice thoroughly in several changes of water. Cover with cold water  
 and let stand 8 to 10 hours. Drain. Cover with boiling, salted water; let  
 stand covered 20 minutes; drain. Cook bacon, onion and green pepper to-  
 gether in frying pan until pepper is tender and onion and bacon are delicately  
 browned. Mix with the rice and 3/4 cup of tomato puree or soup. Put into  
 greased baking dish, cover with remaining puree and bake in moderate oven  
 (375° F.), about 30 minutes.

#### Baked Wild Rice with Mushrooms

1 cup wild rice                                 2 tablespoons flour  
 1 cup mushrooms                             2/3 cup milk  
 1/2 cup butter                                 1/2 teaspoon salt  
   Pepper as desired

Wash rice thoroughly; cover with cold water and let stand 8 to 10 hours,  
 drain. Cover with boiling salted water, let stand covered 20 minutes. Drain.  
 Cook mushrooms in the butter until lightly browned, add flour, blend thor-  
 oughly, add milk and cook until thickened. Mix sauce with rice, season and  
 put into greased baking dish. Cover with a thin layer of buttered crumbs,  
 bake in moderate oven (375° F.) about 30 minutes.

#### Wild Rice Casserole

1 cup wild rice                                 1 cup diced cold veal, chicken or  
 1/2 cup celery, diced                         canned salmon  
 3 tablespoons butter                         2 tablespoons flour  
 1/2 teaspoon salt                                 2/3 cup milk

Wash rice thoroughly; cover with cold water and let stand 8 to 10  
 hours, drain. Cover with boiling salted water, let stand covered 20 minutes,  
 drain. Cook celery in the butter until lightly browned, add flour, blend thor-  
 oughly, add milk and cook until thickened. Mix with rice, meat or fish; sea-  
 son and put into greased baking dish. Bake covered in a moderate oven  
 (370° F.) about 30 minutes.

NOTE:—Cooked, diced carrots and peas may be added for variety. Canned mushroom  
 soup may be used with left-over meat if desired in place of white sauce.



**BUY CEREALS AND CEREAL FOODS WISELY AND ECONOMICALLY**

Read carefully all labels and printed information on cereal and cereal product containers. Check weights and figure costs per pound. Buy those which give best returns in food value for the money.

Cereals put up in heavy paper sacks usually sell for 2 to 3 times less per pound than those in packages.

Cereals that must be cooked at home are 5 to 10 times cheaper per pound than "ready-to-eat" kinds and are more nutritious.

Buy "whole grain" cereals, flour and "dark" breads. Use these foods in some form regularly in your daily meals. They return more in food value for your money than white and refined kinds.

Buy "enriched" white flour for cooking and baking purposes and "enriched" white bread. The food value of these "enriched" flours and breads is higher than that of ordinary white flour and bread. Look for the label "enriched" on these foods at the store. Ask for the "enriched" kind when you give your order.

Bake bread at home and save about half its cost at the store. Bake whole wheat, rye, oatmeal and other "dark" breads, muffins and other hot breads as well as white kinds.

Bake rolls, pies, cakes, cookies and similar foods at home and save even more than by baking bread.

Buy day-old bread and other bakery goods when possible at local bakeries if these foods must be purchased; they usually sell for about half the price of fresh kinds.

Mix your own ingredients at home for making cake, biscuits and pancakes and save the cost of the much more expensive ready-mixed flours.

Buy flour for baking purposes in 50 or 100 pound sacks; it is considerably cheaper per pound than in small bags.

Buy macaroni and spaghetti in 5 or 10 pound boxes rather than in the small 8 ounce packages for real economy.

Broken rice is as nutritious and cheaper than whole kernel rice.





**Y**OUR Victory Garden is planted, and perhaps you are already enjoying some of its fruits. Of course you want to keep it going until frost, with not a square inch of ground or a bite of food wasted. It is the gardens that are kept producing throughout the growing season that will help to provide the food needed now for health and contribute to ultimate victory on the food front.

The enthusiasm that goes into early spring planting must not be allowed to flag in summer heat. A short time spent in the garden daily, or at least several times a week, is better for gardens and for the health of gardeners than longer hours and harder work at infrequent intervals.

Gardening should be done in the early morning hours or late afternoon, when the sun is not so hot as in the middle of the day.



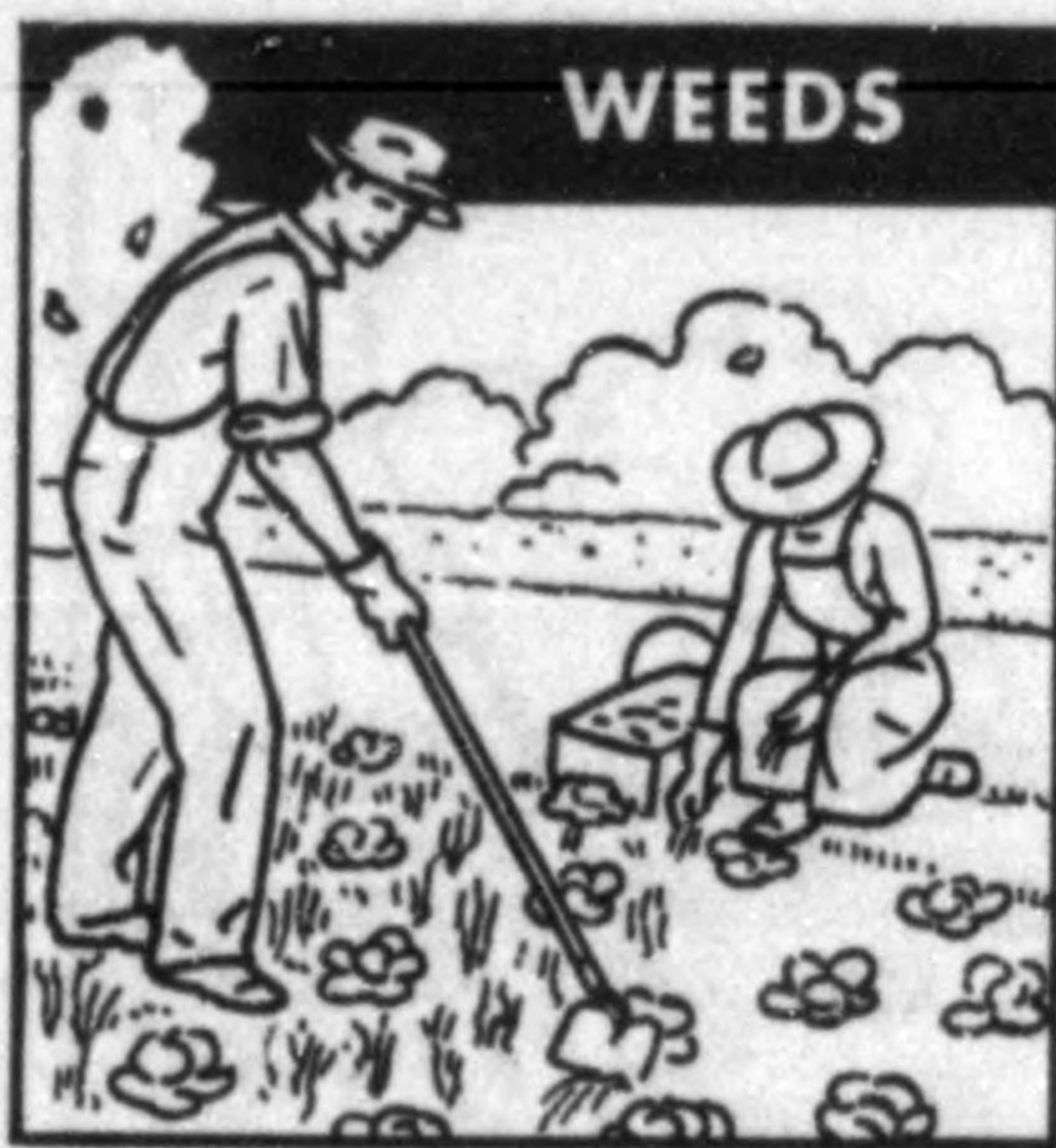
## FOR A GOOD GARDEN:

**Keep weeds out.**

**Cultivate and feed plants regularly.**

**Use insecticides before pests get the upper hand.**

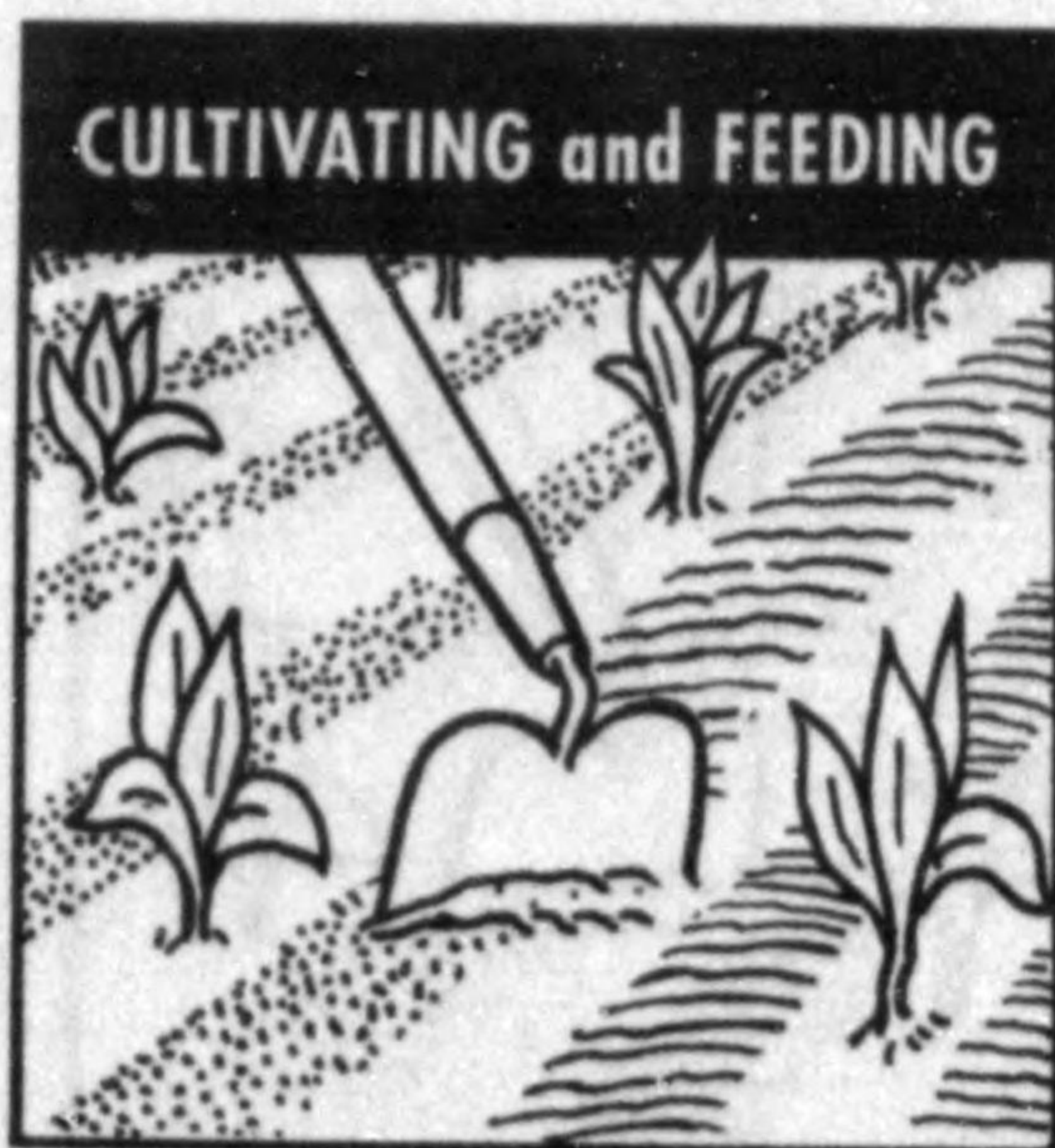
**Water thoroughly in dry weather.**



ALL soil contains weed seeds that start to grow as soon as planted seeds do. If weeds are allowed to flourish, they rob garden plants of needed room, food, and moisture. They also harbor insects, and some varieties, notably ragweed, produce pollens which cause hay fever in susceptible individuals. The easiest way to keep down weeds is to uproot them when they are still very small.

For the small plot a hoe sharpened to a bevel edge on the inside is effective in scraping off weeds as they grow. In the larger garden it may be worth while to buy a wheel hoe, which has an assortment of blades for different gardening operations. In the case of vegetables that must be thinned out when they are large enough, the weeding operation can be combined with the thinning process.

Weeds come out most easily when the ground is still soft after a rain. They should be raked off so that they cannot take root again, and be placed on the compost heap.



CULTIVATING means keeping the soil around plants loose. The chief purpose of cultivation is to eliminate weeds. It also aerates the soil and roughens it so that rain water can penetrate to the roots of the plants. In dry weather it creates a dust mulch which conserves moisture. Cultivating is done with a hoe, or other hand cultivator, to a depth of 2 or 3 inches. Care should be taken not to disturb the roots of vegetables, most of which grow close to the surface.

In most gardens good growth calls for several applications of fertilizer during the growing season. It should be done when preparing the soil for each new seeding and again a few weeks later. The fertilizer applied before seeding should be mixed thoroughly with the soil and covered about 2 inches deep, so that the seeds will not come in contact with it. Later applications are best

made in bands along each side of the plants and the stems. The fertilizer must not come in contact with the leaves, or it will burn them. The three essential elements—nitrogen, phosphorus, and potassium—are found in most fertilizers. The one most freely available is nitrogen. Commercial dried cow and sheep manure can entirely replace the more complete fertilizer. Lime should not be used unless the soil is deficient in it.

**Compost.** Another source of organic matter is compost. Leaves, grass cuttings, pea vines, and other material known to be free from disease and insect infestation should be piled and allowed to rot. Kitchen refuse can be added, but care must be taken to keep the pile moist and covered, so that valuable elements are not lost.

**Protection Against Tetanus.** Tetanus germs (lockjaw), which are found in animal manure, have been thrown. A wound, especially a punctured or lacerated wound, should be treated by a person who may also wish to administer tetanus antitoxin. The person should be vaccinated against tetanus by the injection of tetanus toxoid.

It is fatal to crops to allow an insect pest to gain a foothold in the garden. Some vegetables, especially members of the cabbage family, are especially appetizing to insects; whereas carrots, beets, turnips, radishes, salsify (oyster plant), and other vegetables, to a considerable extent, lettuce and spinach, are especially susceptible to insect attack. In addition to measures taken to destroy insect pests, garden sanitation will help to keep them from spreading from plant to plant. Any plant that is infested or diseased should be burned.

Garden insect pests are of two general classes.

**Chewing insects** actually eat out part of the plant tissue. Cutworms, grasshoppers, beet beetles, and other insects are typical examples. Chewing insects are easily controlled.

**Sucking insects**, like aphids (plant lice), pierce the leaves and stems, and wilting is the result. Control of sucking insects requires contact with insecticides.

Young plants of the cabbage family, lettuce, and other vegetables are especially vulnerable to cutworms. The plants can be protected by covering them, or the cutworms can be destroyed by hand.



## GARDEN:

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 either a hand cultivator, to a depth of  
 2 inches. Care should be taken not to disturb  
 the roots of vegetables, most of which grow close  
 to the ground.

Gardens good growth calls for several  
 applications of fertilizer during the growing season.  
 Fertilizer should be done when preparing the soil for each  
 crop. The fertilizer applied before seeding  
 should be mixed with the soil and covered about 2 inches deep, so  
 that it will not wash away with it. Later applications are best

made in bands along each side of the plant rows, from 2 to 3 inches away from  
 the stems. The fertilizer must not come in contact with the plant leaves, as  
 it will burn them. The three essential elements of fertility—nitrogen, phos-  
 phorus, and potassium—are found in various combinations in commercial  
 fertilizers. The one most freely available this year is the 3-8-7 Victory Garden  
 fertilizer. Commercial dried cow and sheep manure are good also. They do not  
 entirely replace the more complete fertilizers but supply valuable organic  
 matter. Lime should not be used unless tests have shown that the soil is acid.

**Compost.** Another source of organic material is rotted vegetation called  
 compost. Leaves, grass cuttings, pea vines—in fact, all garden refuse that is  
 known to be free from disease and insect infestation—should be placed on  
 a pile and allowed to rot. Kitchen refuse from vegetables and fruits may also  
 be added, but care must be taken to keep it free from fat. The compost heap  
 should have applications of fertilizer from time to time. Also, it should be kept  
 moist and covered, so that valuable elements will not leach out.

**Protection Against Tetanus.** The soil in many localities contains the  
 germs of tetanus (lockjaw), which are found in animal manure or in soil where  
 animal manure has been thrown. A wound received while gardening, espe-  
 cially a punctured or lacerated wound, should be cleaned out by a physician  
 who may also wish to administer tetanus antitoxin. It is possible to be immu-  
 nized against tetanus by the injection of tetanus toxoid.

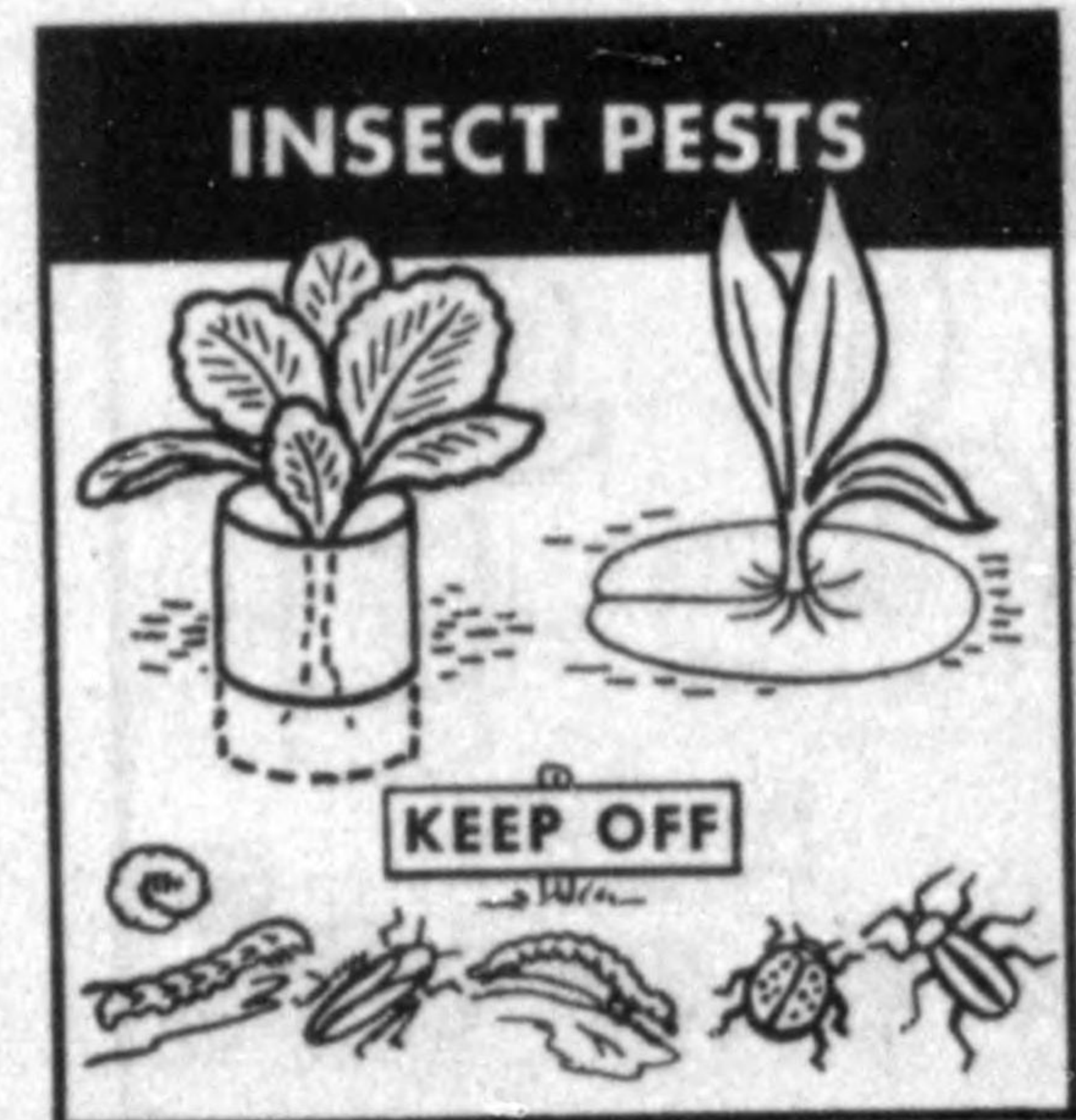
It is fatal to crops to allow an insect pest to get a  
 foothold in the garden. Some vegetables—for ex-  
 ample, members of the cabbage family—are very  
 appetizing to insects; whereas carrots, beets, pars-  
 nips, radishes, salsify (oyster plant), and, to a  
 considerable extent, lettuce and spinach are not  
 especially susceptible to insect attack. In addition  
 to measures taken to destroy insect pests, garden  
 sanitation will help to keep them from spreading  
 from plant to plant. Any plant that is badly  
 infested or diseased should be burned.

Garden insect pests are of two general varieties:

**Chewing insects** actually eat out parts of the  
 plant tissue. Cutworms, grasshoppers, beetles, and the various caterpillars are  
 typical examples. Chewing insects are exterminated by stomach poisons.

**Sucking insects**, like aphids (plant lice) and leaf hoppers, suck the juices  
 out of the leaves and stems, and wilting is the usual evidence of their presence.  
 Control of sucking insects requires contact poison.

Young plants of the cabbage family, lettuce, and tomatoes are first attacked  
 by cutworms. The plants can be protected by putting paper collars around  
 them, or the cutworms can be destroyed by putting poisoned bran as bait





under boards or stones where birds and animals cannot get at it. Aphids and cabbage worms are pests to which members of the cabbage family are susceptible later on. All beans, except soy beans, are attacked by the Mexican bean beetle, while cucumbers, squashes, and other vine crops are attractive to the small, striped cucumber beetle and later to borers which invade the stems.



**B**ECAUSE vegetables are attacked by both chewing and sucking insects, routine spraying or dusting with both stomach and contact insecticides is the safest procedure. The aphid population can be decreased by getting rid of ants, since they use the aphids as "cows" and transport them to the plants for that purpose.

Rotenone, a stomach insecticide, and pyrethum, a contact insecticide, are harmless to human beings and animals. Both are scarce this year, but enough rotenone will probably be available to take care of small gardens. When these insecticides are unobtainable it will be necessary to resort to poisons

such as paris green for a stomach insecticide, and Black Leaf 40 and nicotine sulphate for contact insecticides. A 1-inch cube of laundry soap dissolved in 1 gallon of water is a good homemade contact spray for aphids. To be effective it must hit the insect.

There are many good commercial insecticides. They should be used according to the directions given by the manufacturers. Reserve supplies of these should be marked plainly and kept in a safe place where there will be no possible chance of having human beings mistake them for something harmless. Since most of the insecticides available this year are poisonous to human beings, they should not be used within 10 days of harvesting vegetables. Even with this precaution, vegetables must be carefully washed before eating.

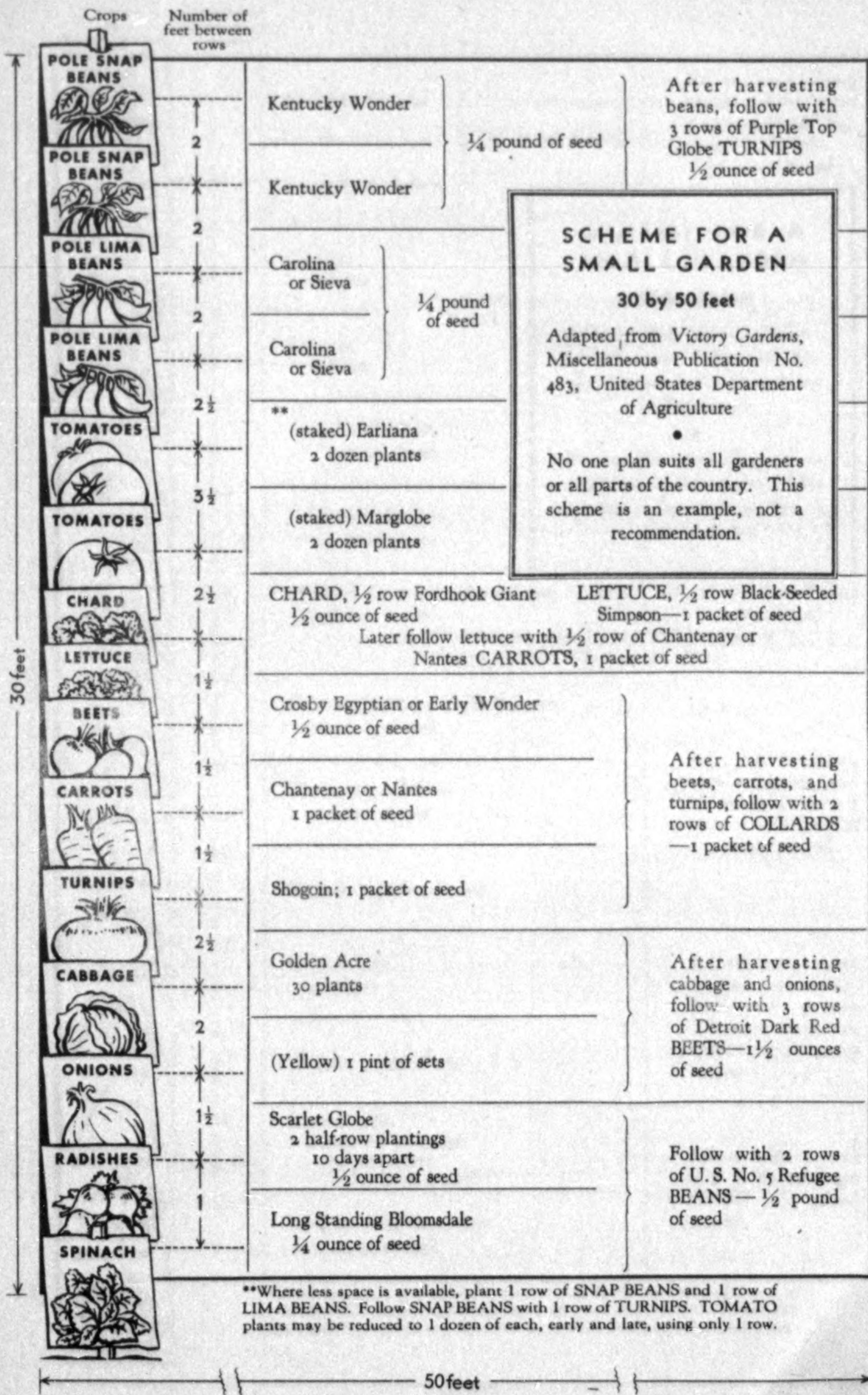


**M**ost amateur gardeners use the hose too often and not thoroughly enough. A thorough soaking once a week in dry weather is better than a medium sprinkling. Light sprinkling is worse than no watering at all, since the water does not penetrate the soil but merely brings the roots to the surface. The best time to sprinkle is in the early morning or late evening—never in the heat of the day. In midsummer it may be necessary to soak the ground after new seedlings are made and repeat waterings frequently until the young plants are sprouted and established thoroughly.

Crops	Number of feet between rows	
POLE SNAP BEANS	2	Kentucky Wonder
POLE SNAP BEANS	2	Kentucky Wonder
POLE LIMA BEANS	2	Carolina or Sieva
POLE LIMA BEANS	2	Carolina or Sieva
TOMATOES	2½	** (staked) Earliana 2 dozen plants
TOMATOES	3½	(staked) Marglob 2 dozen plants
CHARD	2½	CHARD, ½ row ½ ounce of seed Later to
LETTUCE	1½	
BEETS	1½	Crosby Egyptian ½ ounce of seed
CARROTS	1½	Chantenay or Nantes 1 packet of seed
TURNIPS	1½	Shogoin; 1 packet of
CABBAGE	2½	Golden Acre 30 plants
ONIONS	2	(Yellow) 1 pint of
RADISHES	1½	Scarlet Globe 2 half-row plants 10 days apart ½ ounce of
SPINACH	1	Long Standing Bloo ¼ ounce of seed

\*\*Where less space is available LIMA BEANS. Follow SP plants may be reduced to



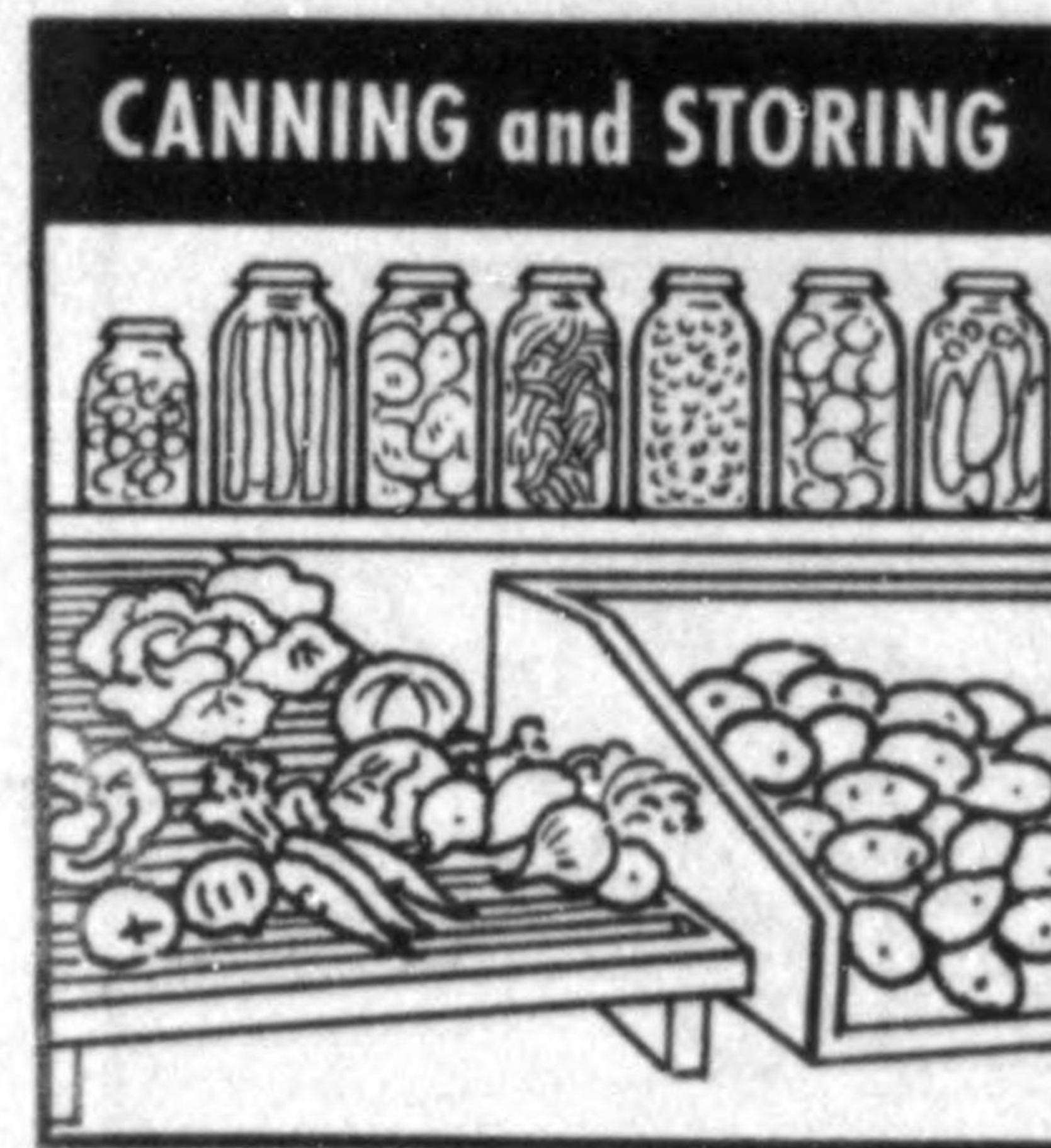


The secret of getting maximum product from every inch of ground working all the time is to repeat plantings of the same crop in 4-6 weeks, and to plant later vegetables in the place of early crops.

Some vegetables are not harmed by a late fall. Others must be picked before the latest dates at which vegetables are harvested. Consider the variety and the frost dates in each locality.

Probably early crops have included peas, beets, and carrots. All of these can be planted later in the summer and, if the garden is well managed, can be harvested in the fall.

Tomatoes and green-leaf vegetables, some of the root vegetables that can be planted in the fall, are part of the year's Victory Garden.



WHENEVER you have surplus crops grown to produce, the cellar or places it is possible to store them where they can be frozen and preserved. Both flavor and nutrition are preserved.

**Canning.** Spinach and other green vegetables, asparagus, and tomatoes are the vegetables best suited to canning. Vegetables are classified as acid and nonacid. Acid vegetables require the boiling-water bath, open-kettle, or pressure cooker. The United States Department of Agriculture where pressure cookers are not available, the boiling-water bath, as brining or drying, be used.

**Causes of Food Spoilage.** Various bacteria and unless their action is stopped they will destroy the food. Solutions discourage the growth of these bacteria. A solution of vinegar added to nonacid vegetables will quite easily destroyed by heat in canning.



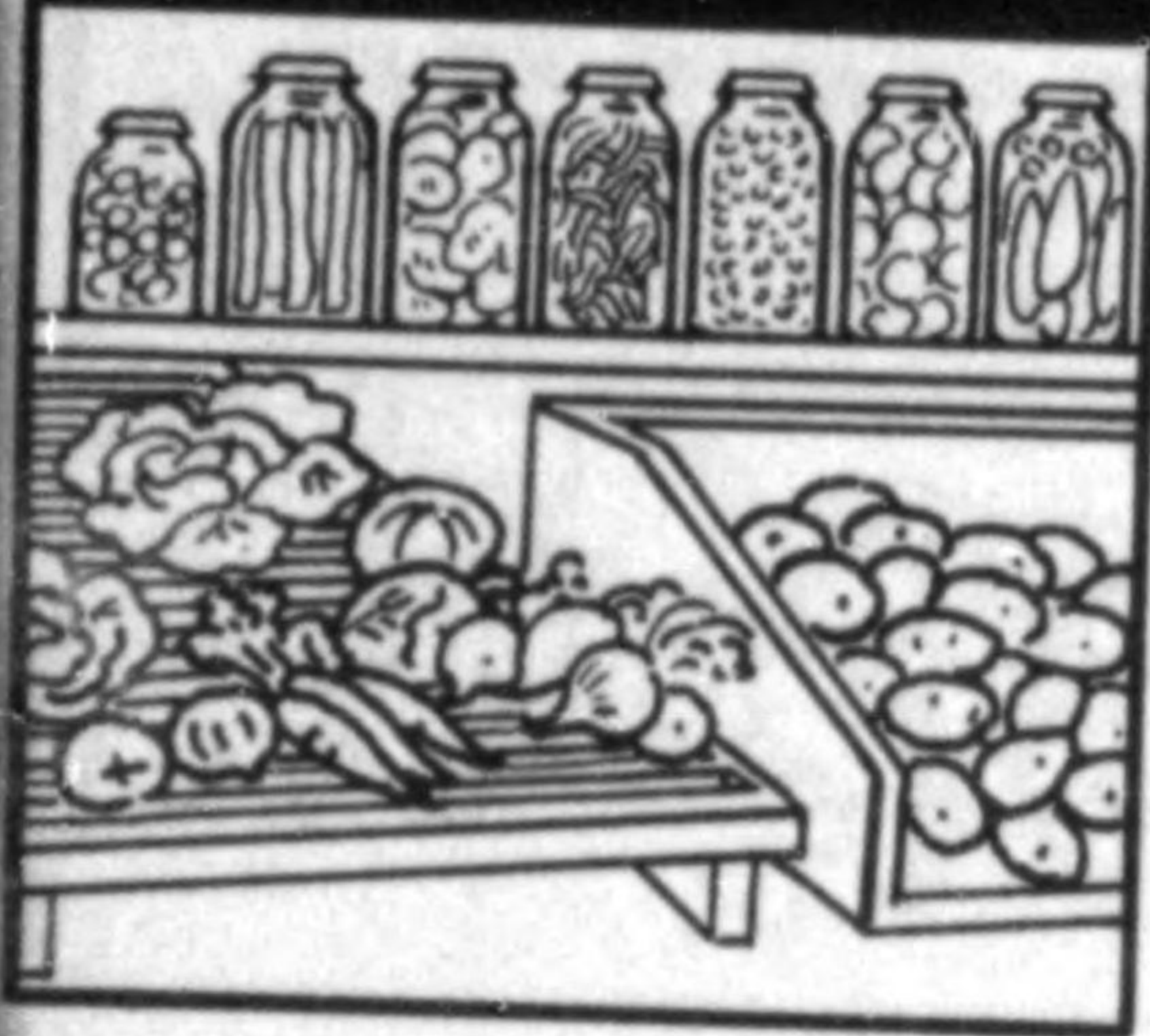
**T**HE secret of getting maximum production from the small garden is to keep every inch of ground working all the time. Two ways of achieving this are to repeat plantings of the same crop in short rows at intervals of two or three weeks, and to plant later vegetables in the space left vacant by the harvesting of early crops.

Some vegetables are not harmed by frost and will continue to grow until late fall. Others must be picked before even light frost touches them. Therefore the latest dates at which vegetables may be planted safely depends upon the variety and the frost dates in each locality.

Probably early crops have included lettuce, radishes, spinach, onion sets, peas, beets, and carrots. All of these can be followed by vegetables for use later in the summer and, if the garden is large enough, for storing and canning.

Tomatoes and green-leaf vegetables, which are high in food value, and some of the root vegetables that can be stored should all find place in this year's Victory Garden.

### CANNING and STORING



**W**HENEVER possible, enough vegetables should be grown to provide a supply for out-of-season use. Canning, drying, and storage in outdoor pits or in the cellar are the usual methods of taking care of surplus crops (see references). However, in some places it is possible to rent lockers in cold-storage plants where, after proper preparation, foods can be frozen and stored until they are needed. With the exception of the late-fall root crops, vegetables should be harvested when they are at their prime and preserved as soon after harvesting as possible. Both flavor and food value are lost rapidly after vegetables are harvested.

**Canning.** Spinach and other green-leaf crops, peas, snap beans, corn, asparagus, and tomatoes are the vegetables usually canned for winter use. Vegetables are classified as acid and nonacid, and on that basis require different canning methods. Tomatoes, which are acid, are relatively simple to can by the boiling-water bath, open-kettle, or cold-pack methods. All of the others are nonacid and require a temperature that can be reached only in a pressure cooker. The United States Department of Agriculture recommends that where pressure cookers are not available, other methods of preservation, such as brining or drying, be used.

**Causes of Food Spoilage.** Various types of organisms are present in food, and unless their action is stopped they will cause the food to spoil. Acid solutions discourage the growth of these organisms. However, small amounts of vinegar added to nonacid vegetables are ineffective. Yeasts and molds are quite easily destroyed by heat in canning. But to kill the bacillus which causes

botulism (a dangerous form of food poisoning) the high pressure cooker is required. Canned food that shows such as cloudiness of the liquid, fermentation, or a bad

**Storing.** Parsnips and salsify may be left in the ground and are actually improved by freezing. Other root crops can be stored in a door pit or in the cellar if it is not too warm there.

**I**N a well-drained spot, dig a trench about 1 foot deep, 3 feet wide, and long enough to hold the vegetables to be stored. Place about 6 inches of straw in the bottom of the trench. Then pile the vegetables in carefully. Cover them with several inches of straw, and cover the straw with at least 1 foot of firmly packed soil. The pit must be surrounded by a ditch with an outlet, so that water can drain away from it. For ventilating the pit, insert a piece of stovepipe, covered at the top so that moisture cannot get in. The mound should be protected against too hard freezing by covering it with old carpet or boards. One section at a time is opened to remove vegetables as they are needed.

Indoor storage is a problem in small, warm basements. The best way is to build a small room of double wallboard near a window which can be kept partly open for ventilation. Vegetables should never be allowed to freeze, but fresh humidity keeps them in good condition. Carrots, beets, and root crops may be kept in boxes or bushel baskets covered with straw. Squashes, pumpkins, and sweet potatoes thrive in dry, warm places, 50 to 60 degrees Fahrenheit.

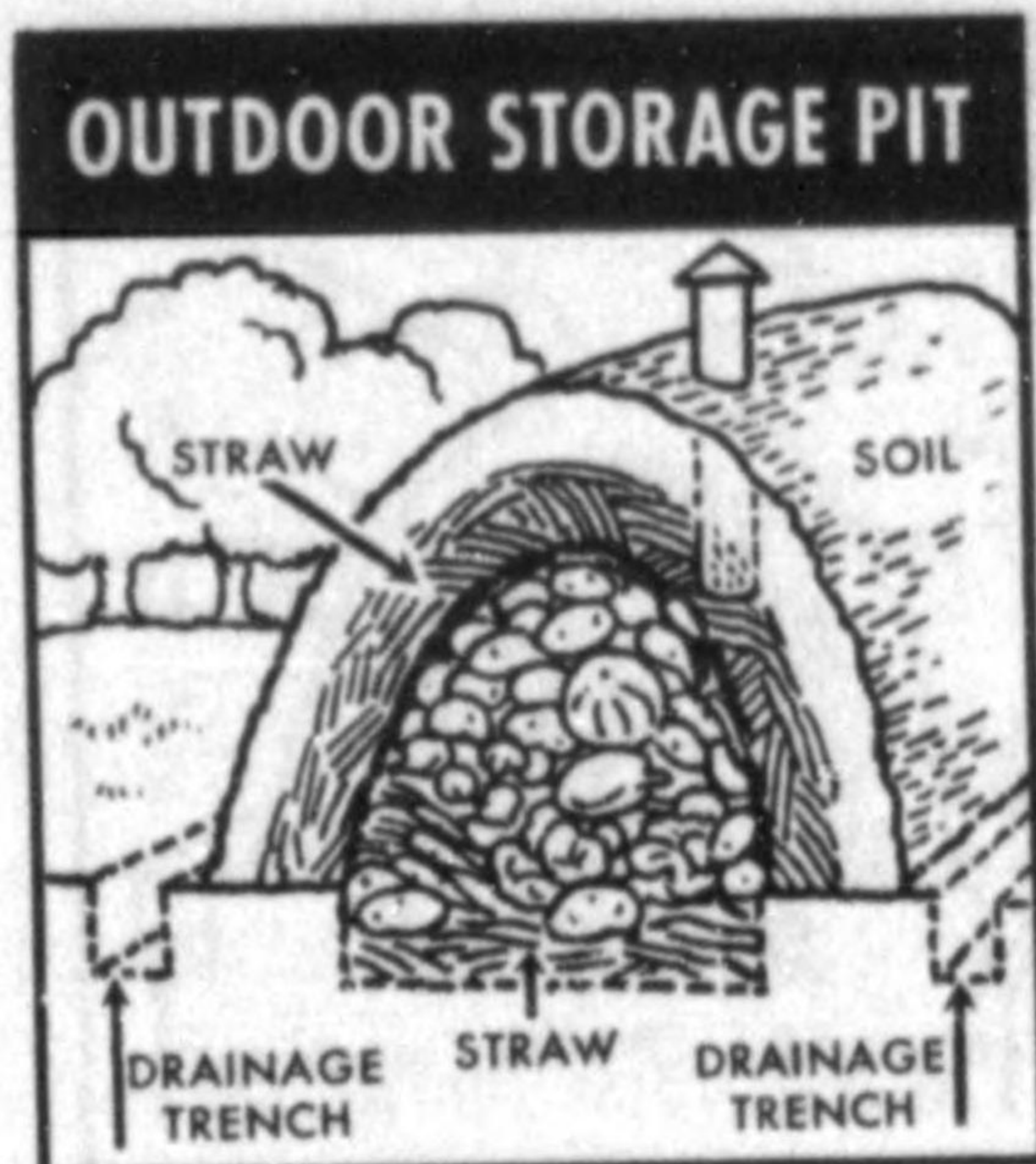
**A**s soon as frost kills a garden, the dead plants should be cleaned off and placed in a compost heap, where they will rot down for future humus. Those which are very woody or diseased or suspected of harboring insects should be burned. It is a good idea to plant winter rye and winter vetch as a cover crop to protect the ground during the cold months. This should be spaded or plowed under early in the spring before growth becomes too heavy. Fall is also a good time to apply manure if it can be obtained at a reasonable price. Fall plowing is also a good practice, but the garden will need to be dug



botulism (a dangerous form of food poisoning) the higher temperature of the pressure cooker is required. Canned food that shows any sign of spoilage, such as cloudiness of the liquid, fermentation, or a bad odor, is unsafe to eat.

**Storing.** Parsnips and salsify may be left in the ground all winter, as they are actually improved by freezing. Other root crops can be stored in an outdoor pit or in the cellar if it is not too warm there.

**I**n a well-drained spot, dig a trench about 1 foot deep, 3 feet wide, and long enough to hold the vegetables to be stored. Place about 6 inches of straw in the bottom of the trench. Then pile the vegetables in carefully. Cover them with several inches of straw, and cover the straw with at least 1 foot of firmly packed soil. The pit must be surrounded by a ditch with an outlet, so that water can drain away from it. For ventilating the pit, insert a piece of stovepipe, covered at the top so that moisture cannot get in. The mound should be protected against too hard freezing by covering it with old carpet or boards. One section at a time is opened to remove vegetables as they are needed.



Indoor storage is a problem in small, warm basements, but it can be done. The best way is to build a small room of double wallboard or insulating board near a window which can be kept partly open for ventilation. Fruits and vegetables should never be allowed to freeze, but fresh, cool air with high humidity keeps them in good condition. Carrots, beets, turnips, and other root crops may be kept in boxes or bushel baskets covered with sand. Onions, squashes, pumpkins, and sweet potatoes thrive in dry, warm storage at about 50 to 60 degrees Fahrenheit.

**A**s soon as frost kills a garden, the dead plants should be cleaned off and placed in a compost heap, where they will rot down for future humus. Those which are very woody or diseased or suspected of harboring insects should be burned. It is a good idea to plant winter rye and winter vetch as a cover crop to protect the ground during the cold months. This should be spaded or plowed under early in the spring before growth becomes too heavy. Fall is also a good time to apply manure if it can be obtained at a reasonable price. Fall plowing is also a good practice, but the garden will need to be dug





over again in the spring. The advantage of fall plowing is that the action of the frost breaks the ground up and puts it in fine condition for spring planting. Ground or sod that is being broken up for the first time is always better if turned over in the fall.



SINCE scarce metals are used in the manufacturing of all garden tools, it is necessary more than ever to give them good care to prolong their period of usefulness. Then, too, careless handling may be the cause of painful and dangerous accidents. Experienced gardeners have developed methods of using tools which keep them close at hand and insure safety. Spades, forks, and the small digging tools, like trowels, are stuck upright into the ground when they are not in use. Rakes and hoes should be propped against a tree or fence if possible. When this is not possible they should be laid on the ground in an open space where they can be seen easily.

Tines of rakes and blades of hoes should be placed toward the ground. Stepping on them when they are upturned may cause serious injuries. All garden tools should be cleaned after each using and then hung up where they will not get lost, broken, or stepped on.

#### Sources of Information on Gardening and Food Preservation

*Home Canning of Fruits, Vegetables and Meats.* United States Department of Agriculture. Farmers' Bulletin No. 1762.

*Drying Foods for Victory Meals.* United States Department of Agriculture. Farmers' Bulletin No. 1918.

*Home Storage of Vegetables.* United States Department of Agriculture. Farmers' Bulletin No. 1743.

National Victory Garden Institute, 598 Madison Avenue, New York, N. Y.

The State agricultural college bulletins.

The local county agent or home demonstration agent.

The local civilian defense garden committee.

*Prepared in cooperation with National Victory Garden Institute*

**METROPOLITAN LIFE INSURANCE COMPANY**

HOME OFFICE: NEW YORK

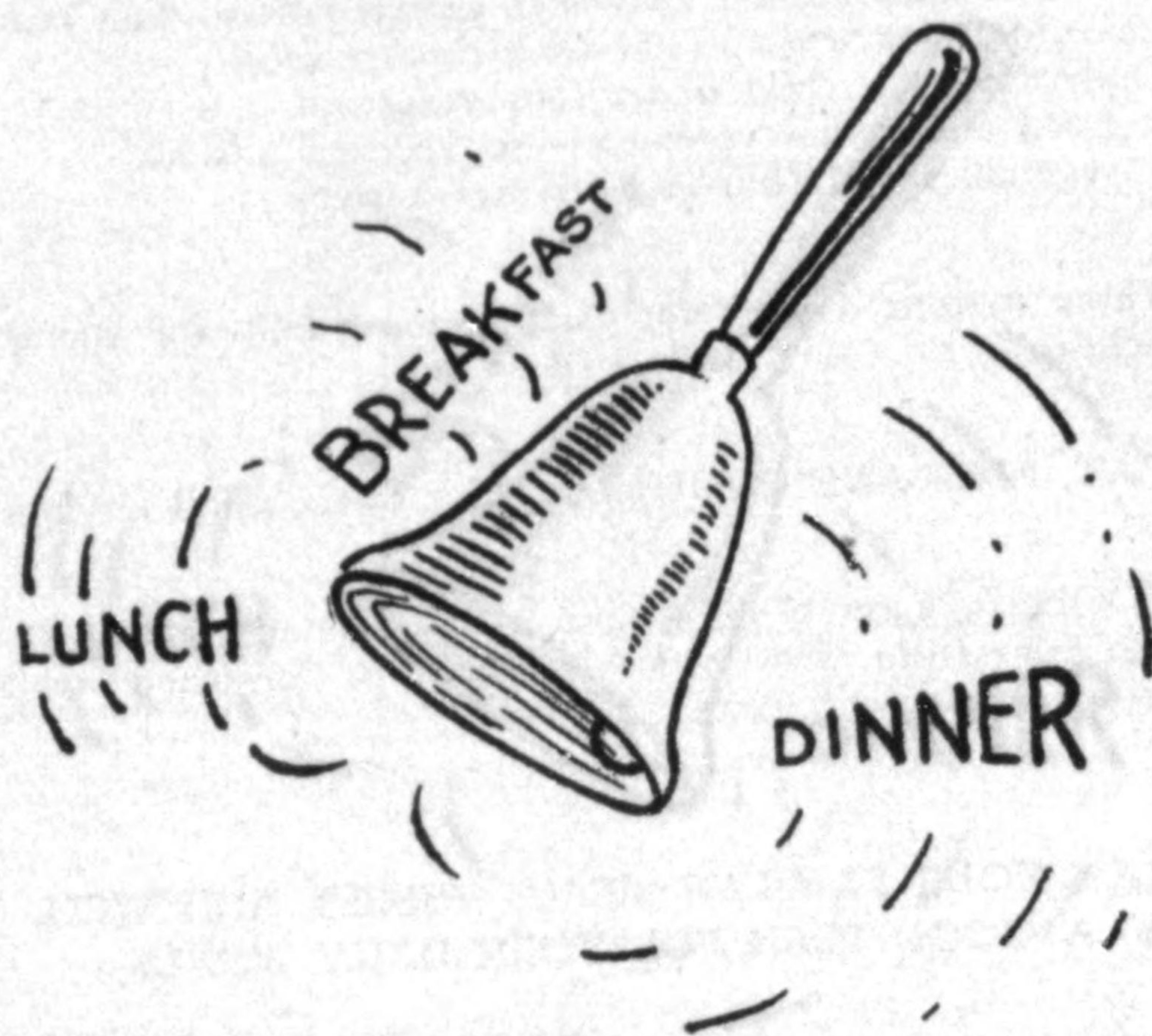
Pacific Coast Head Office: San Francisco

Canadian Head Office: Ottawa



B6

# A DAY'S MEALS FOR YOUR FAMILY



Prepared by  
DIVISION OF CHILD HYGIENE  
MINNESOTA DEPARTMENT OF HEALTH  
A. J. CHESLEY, M.D.  
Secretary and Executive Officer



*Drink More Milk, Eat More Butter—For Your Health and Prosperity*

6058-6-3-42-50M



**A GOOD PLAN FOR FEEDING YOUR FAMILY  
AT LOW COST**

**MILK:** 3 to 4 cups daily for each child  
1 quart daily for the expectant mother  
1½ quarts daily for the nursing mother  
2 to 3 cups daily for each adult

To drink,  
in cooked or  
baked foods,  
or, as cheese

**VEGETABLES AND FRUIT:**

Potatoes—two times daily  
Navy, lima or kidney beans, split peas, peanut butter—four times a week.  
Tomatoes, oranges or grapefruit—five times a week  
Daily for each child under four years  
Leafy green and yellow vegetables—six servings a week  
Other vegetables and fruit—six servings a week

**EGGS:** Three to four a week for each person (daily for young children when cheap).

**LEAN MEAT, FISH AND POULTRY:** Five to six small servings a week.

**OTHER FOODS:** A cereal dish—once a day, sometimes twice.  
Bread in some form at every meal—"dark" or "enriched" white bread.  
Dessert—once a day if desired.

**PLAN YOUR FAMILY'S MEALS WISELY AND WELL  
A GOOD PLAN FOR YOUR DAILY MEALS**

<b>BREAKFAST</b>	Fruit (fresh, stewed or as juice) Cooked cereal—milk (especially "dark" cereals) Toast—butter Milk or cocoa for children
<b>DINNER</b>	Potatoes (omit when dried peas or beans are used) Meat or a meat substitute (egg, cheese, dried pea or bean dish) Vegetable (green or yellow often) Bread—butter Fruit or simple pudding
<b>LUNCH OR SUPPER</b>	A hot dish—as nourishing cream or vegetable soup, mixed vegetable, potato, egg or cereal hot dish Raw vegetable or fruit (as salad or dessert) Bread—butter Milk for children

**VARIETY IN FOODS ADDS SPICE  
A SAMPLE DAY'S MEALS**

<b>BREAKFAST</b>	<b>DINNER</b>
Orange, grapefruit or tomato juice Oatmeal—milk Toast—butter Milk or cocoa for children	Liver loaf Baked potato Five minute cereal Whole wheat bread butter Baked apple Milk for children

**RECIPE**

**Stewed Dried Fruit**

1 pound dried fruit  
Sugar if desired

Wash fruit, add the water and allow to boil for 1 hour. Cook slowly in the same water for 2 hours. baked in a covered dish in the oven if desired.

**NOTE:** Mixed dried fruits may be used.

**Oatmeal**

1 cup rolled oats 1 level teaspoon salt

Add the oatmeal to the boiling salted water and stir constantly. Cook over boiling water for 10-15 minutes. Quick Oatmeal reduce the water in cooking time to 10-15 minutes.

**Cream of Vegetable Soup**

2 tbsps. finely chopped rutabaga strips  
2 tbsps. finely chopped carrots  
2 tbsps. finely chopped onion  
2 tbsps. finely chopped celery

Cook the finely chopped vegetable mixture in boiling water for 10-15 minutes. Add about 1 cup hot milk to the cooked vegetable mixture to the hot milk and the soup to stand a short time before serving.



**FEEDING YOUR FAMILY  
AT LOW COST**

child  
lactant mother  
nursing mother  
adult

To drink,  
in cooked or  
baked foods,  
or, as cheese

peas, peanut butter—four times a week.  
five times a week  
four years  
—six servings a week  
servings a week

each person (daily for young children

Y: Five to six small servings a week.

once a day, sometimes twice.  
—“dark” or “enriched” white bread.

**MEALS WISELY AND WELL  
YOUR DAILY MEALS**

or as juice)  
k (especially “dark” cereals)

children

in dried peas or beans are used)  
stitute (egg, cheese, dried pea or bean

r yellow often)

dding

ishing cream or vegetable soup, mixed  
to, egg or cereal hot dish  
fruit (as salad or dessert)

**VARIETY IN FOODS ADDS SPICE TO YOUR DAILY MEALS  
A SAMPLE DAY'S MEALS AT LOW COST**

BREAKFAST	DINNER	LUNCH OR SUPPER
Orange, grapefruit or tomato juice	Liver loaf	Escalloped potatoes with cheese
Oatmeal—milk	Baked potato	Raw carrot and raisin salad
Toast—butter	Five minute cabbage	Whole wheat muffins— butter
Milk or cocoa for children	Whole wheat bread— butter	Molasses cookies
	Baked apple	Cocoa or milk for all
	Milk for children	

**RECIPES**

**Stewed Dried Fruit**

1 pound dried fruit      4 cups water  
Sugar if needed

Wash fruit, add the water and allow to stand over night or for several hours. Cook slowly in the same water until tender. The soaked fruit may be baked in a covered dish in the oven instead of on top of the stove.

NOTE: Mixed dried fruits may be cooked together for variety.

**Oatmeal**

1 cup rolled oats      1 level teaspoon salt      2½ cups boiling water

Add the oatmeal to the boiling salted water. Boil rapidly for 5 minutes, stir constantly. Cook over boiling water 50-60 minutes, stir frequently. For Quick Oatmeal reduce the water in the above recipe to 2 cups. Reduce cooking time to 10-15 minutes.

**Cream of Vegetable Soup**

2 tbsps. finely chopped rutabaga strips	2 tbsps. melted fat
2 tbsps. finely chopped carrots	1 tbsps. flour
2 tbsps. finely chopped onion	1 quart milk
2 tbsps. finely chopped celery	1½ teaspoons salt

Cook the finely chopped vegetables in the fat for 10 minutes. Add the flour and stir until all are well blended. Heat milk in top of a double boiler, add about 1 cup hot milk to the cooked vegetable mixture, stir well. Add the vegetable mixture to the hot milk and the salt and cook for 10 minutes. Allow the soup to stand a short time before serving to improve the flavor. Reheat before serving.



**Peanut Butter Soup**

- 4 tbsps. fat
- 4 tbsps. flour
- 1/2 cup peanut butter
- 1 1/2 quarts milk

Salt to taste

Melt fat, add flour, combine well, add milk and salt and cook over boiling water for 5 minutes. Add peanut butter and cook a few minutes more.

**Carrot and Raisin Salad**

- 2 1/2 cups grated carrots
- 1/4 teaspoon salt
- 2/3 cup raisins
- Cooked salad dressing

Mix grated carrots, raisins and salt, add salad dressing as desired.

**Cooked Salad Dressing**

- 3 tbsps. flour
- 1 tbsps. sugar
- 1 teaspoon mustard
- 1/2 teaspoon salt
- 1/4 cup vinegar
- 3/4 cup water
- 2 tbsps. butter
- 2 eggs, beaten

1/8 teaspoon pepper

Mix all dry ingredients, add water and vinegar and stir well. Boil 5 minutes over direct flame. Remove from fire, pour slowly into beaten eggs. Cook about 1 minute until thick. Stir constantly.

**Five Minute Cabbage**

- 1/2 medium head cabbage
- 2 cups milk
- 1 tbsp. flour
- 1 tbsp. butter
- 1/8 teaspoon salt
- Pepper to taste

Shred cabbage fine, add to hot milk. Cook directly over the flame 5 or 10 minutes (depending on age of cabbage), melt butter, add flour, stir well. Add a little hot milk to flour mixture, stir. Add to the cabbage and hot milk and cook about 2 minutes. Season and serve.

NOTE: Grated rutabagas, carrots or turnips may be prepared this way.

**Liver Loaf**

- 1 pound pork or beef liver
- 1/4 cup bread crumbs
- 1 egg
- 1/4 pound ground pork
- 1 1/2 teaspoons salt
- 1/2 cup tomatoes
- 1 small onion chopped fine
- 1/4 teaspoon pepper

Put liver into boiling water for 2 minutes. Remove skin and chop or grind. Mix all ingredients and shape into a loaf. Put in a greased baking dish and bake for about one hour in a slow oven.

**Meat Bo**

- 1 pound ground beef
- 1 cup rolled oats
- 2 cups canned tomatoes

Mix ground beef, onion, oats. Mix well. Shape into small balls. tomato and bake in moderate oven.

NOTE: The meat mixture

**Be**

- 2 cups dried beans
- 1/4 pound salt pork
- 1 tablespoon molasses

Pick over beans and wash them. Add enough cold water to cover in a baking dish. Scrape and cut salt pork. Mix the remaining ingredients with water and add to beans. Add enough boiling water on pot and bake in a slow oven. water as needed. Remove cover to brown pork to brown. (A medium size of

**Meat Stew**

- 1 to 2 lbs. beef, veal or lamb
- 1 1/2 to 2 tps. salt
- 1/4 teaspoon pepper

**2 st**

Wipe meat and cut in 1 1/2 inch pieces. Fry in a small amount of oil in a frying pan in a small amount of oil. Simmer with hot water, simmer until meat is tender. Add carrots, turnips and onions into 1/2 hour the last hour of cooking. Add potatoes serving.

NOTE: Select beef or veal neck, breast, shoulder, neck or flank for

**Du**

- 2 cups flour
- 4 teaspoons baking powder

**1/2 te**

Sift all dry ingredients together. Drop dumpling batter by spoonfuls into steam. Keep covered until done (15



**Meat Balls With Tomato**

- |                        |                              |
|------------------------|------------------------------|
| 1 pound ground beef    | 1 medium size onion, chopped |
| 1 cup rolled oats      | 2 teaspoons salt             |
| 2 cups canned tomatoes | pepper                       |

Mix ground beef, onion, oats and seasonings. Add 1/4 to 1/2 cup tomato. Mix well. Shape into small balls. Put into greased baking pan. Cover with tomato and bake in moderate oven 40 minutes.

NOTE: The meat mixture may be shaped into a loaf if desired.

**Baked Beans**

- |                       |                      |
|-----------------------|----------------------|
| 2 cups dried beans    | 1 tablespoon sugar   |
| 1/4 pound salt pork   | 1/4 teaspoon mustard |
| 1 tablespoon molasses | 1 teaspoon salt      |

Pick over beans and wash thoroughly. Soak overnight in cold water. Add enough cold water to cover and cook slowly 45 minutes. Pour beans into baking dish. Scrape and cut salt pork into 1/2 inch strips; bury in beans. Mix the remaining ingredients with enough boiling water to dissolve and add to beans. Add enough boiling water to just cover the beans. Put cover on pot and bake in a slow oven (250-300°F.) for 4 to 6 hours. Add more water as needed. Remove cover the last hour of baking to allow beans and pork to brown. (A medium size onion buried in the beans adds flavor.)

**Meat Stew With Dumplings**

- |                                |                 |
|--------------------------------|-----------------|
| 1 to 2 lbs. beef, veal or lamb | 4 cups potatoes |
| 1 1/2 to 2 tsps. salt          | 1 cup carrots   |
| 1/4 teaspoon pepper            | 1 cup turnips   |

2 small onions

Wipe meat and cut in 1 1/2 inch pieces. Roll in flour. Sear meat in frying pan in a small amount of fat. Season with salt and pepper, cover with hot water, simmer until meat is tender (about 2 hours). Cut potatoes, carrots, turnips and onions into 1/2 inch cubes. Add carrots, turnips and onion the last hour of cooking. Add potatoes and dumplings 15 minutes before serving.

NOTE: Select beef or veal neck, plate, brisket flank or shank; or lamb breast, shoulder, neck or flank for stewing.

**Dumplings**

- |                           |                   |
|---------------------------|-------------------|
| 2 cups flour              | 1 egg, beaten     |
| 4 teaspoons baking powder | 2/3 cup milk      |
|                           | 1/2 teaspoon salt |

Sift all dry ingredients together. Add egg and milk to dry ingredients. Drop dumpling batter by spoonfuls on the stew, cover tightly to hold in the steam. Keep covered until done (15-20 minutes).



**Spanish Rice**

3 small onions chopped fine	3 cups tomatoes
1/4 pound fat salt pork	2 teaspoons salt
1/2 cup raw rice	1 medium green pepper cut fine

Put all ingredients into frying pan. Cook slowly on top of stove (stir occasionally) until rice is tender and liquid is absorbed.

**Pork Liver Patties**

1 pound pork liver	1 egg
1/2 cup chopped onions	1 1/2 teaspoons salt
3/4 cup dry bread crumbs	Fat for broiling

Wipe liver and put through coarse grader of food chopper. Mix with onion, egg, salt and bread crumbs. Shape into patties about 3/4 inches thick. Brown in fat in frying pan. Cook about 6 minutes on each side. Avoid too long cooking as it develops a strong flavor.

NOTE: Patties may be wrapped in bacon before broiling if desired.

**Escalloped Cabbage With Cheese and Tomatoes**

4 cups cooked cabbage	1/4 pound American cheddar cheese
1 cup canned tomatoes	(grated)
2 cups bread crumbs	2 tablespoons butter

Salt and pepper to taste

Shred 1/2 head cabbage fine; cook in boiling salted water 5 to 10 minutes (depending on age of cabbage), drain. Grease baking dish. Put in layers of cooked cabbage and tomatoes, sprinkled with grated cheese and bread crumbs until all is used ending with top layer of bread crumbs, dot with butter. Bake in moderate oven (350° F.) for about 30 minutes.

**Creamed Eggs, Potatoes and Peas**

4 large potatoes	2 tablespoons flour
4 hard cooked eggs	2 cups milk
2 tablespoons fat	Salt to taste

Cook potatoes in skins until tender, peel and dice in 1/2 inch cubes. Cook eggs by putting them into boiling water, remove from direct heat, let stand in a warm place in covered kettle 25-30 minutes. Peel, cut each egg into 6 or 8 pieces. Melt fat, add flour, salt and blend well. Add milk and cook slowly until slightly thickened. Add diced potatoes and eggs. Reheat before serving.

**Baked Rice and**

3 cups cooked rice  
1/2 teaspoon salt  
1 cup milk

Pepper

Into a greased baking dish put a layer of grated cheese, season with salt and pepper until the dish is almost full. Add enough of the rice. Cover with crumbs, dot with butter (350° F.) until the crumbs are brown (a

**Rice and Salmon**

2 cups hot boiled rice  
1 cup salmon  
2 eggs

Juice of 1/2

Separate egg yolks and whites. Beat yolks and seasonings. Add lemon juice. Beat whites and rice and salmon mixture. Put into greased pan of water. Bake in a moderate oven until done with tomato sauce.

Tomato

2 cups canned tomatoes  
1 slice onion  
1/2 teaspoon salt

Cook onion in 1 tablespoon of the butter and simmer for 15 minutes, strain. Mix with when well mixed, the tomato. Bring to

Bread Pudding

4 cups dry bread  
1 quart milk  
2 eggs

1/2 cup ra

Soak bread crumbs in the milk. Add to milk. Put into baking dish and set in pan of water (350° F.) until firm and browned on top



**Rice**

3 cups tomatoes  
2 teaspoons salt  
1 medium green pepper cut fine

Cook slowly on top of stove (stir  
liquid is absorbed).

**Patties**

1 egg  
1½ teaspoons salt  
Fat for broiling

grader of food chopper. Mix with  
into patties about ¾ inches thick.  
6 minutes on each side. Avoid too  
or.

bacon before broiling if desired.

**Cheese and Tomatoes**

¼ pound American cheddar cheese  
(grated)  
2 tablespoons butter

r to taste

boiling salted water 5 to 10 minutes  
grease baking dish. Put in layers of  
with grated cheese and bread crumbs  
of bread crumbs, dot with butter.  
out 30 minutes.

**atoes and Peas**

2 tablespoons flour  
2 cups milk  
Salt to taste

el and dice in ½ inch cubes. Cook  
remove from direct heat, let stand  
minutes. Peel, cut each egg into 6  
blend well. Add milk and cook  
potatoes and eggs. Reheat before

**Baked Rice and Cheese**

3 cups cooked rice	2 cups American cheese (grated)
½ teaspoon salt	2 tablespoons butter
1 cup milk	½ cup bread crumbs

**Pepper**

Into a greased baking dish put a layer of cooked rice, cover with a layer of grated cheese, season with salt and pepper. Add layers of rice and cheese until the dish is almost full. Add enough milk to come half way to the top of the rice. Cover with crumbs, dot with butter and bake in a moderate oven (350°F.) until the crumbs are brown (about 30 minutes).

**Rice and Salmon Loaf**

2 cups hot boiled rice	2 tablespoons melted butter
1 cup salmon	½ teaspoon salt
2 eggs	¼ teaspoon pepper

**Juice of ½ lemon**

Separate egg yolks and whites. Beat yolks and mix with rice, salmon and seasonings. Add lemon juice. Beat egg whites until stiff, fold into the rice and salmon mixture. Put into greased baking dish and set in shallow pan of water. Bake in a moderate oven (350°F.) about 45 minutes. Serve with tomato sauce.

**Tomato Sauce**

2 cups canned tomatoes	3 tablespoons butter
1 slice onion	3 tablespoons flour
½ teaspoon salt	pepper

Cook onion in 1 tablespoon of the butter until golden brown, add tomato and simmer for 15 minutes, strain. Melt remaining butter, add flour and when well mixed, the tomato. Bring to boiling point.

**Bread Pudding**

4 cups dry bread	¾ cup sugar
1 quart milk	½ teaspoon sugar
2 eggs	nutmeg

**½ cup raisins**

Soak bread crumbs in the milk. Add beaten eggs, sugar, salt and raisins. Put into baking dish and set in pan of hot water. Bake in moderate oven (350° F.) until firm and browned on top.



**Gingerbread**

1½ cups flour	½ teaspoon cloves
¼ cup sugar	½ teaspoon cinnamon
2 tsps. baking powder	1 egg
¼ tsp. soda	½ cup milk or water
½ tsp. salt	½ cup molasses
½ tsp. ginger	2 tbsps. shortening, melted

Sift dry ingredients. Beat egg, add milk, molasses and shortening which has been cooled. Mix all liquid and dry ingredients together thoroughly. Pour into a well-greased baking pan. Bake in moderate oven (325° F.) about 40 minutes.

NOTE: If sour milk is used as liquid, use 1 teaspoon soda and 1½ teaspoons baking powder for leavening.

**Whole Wheat Muffins**

1 cup white flour	4 teaspoons baking powder
1 cup whole wheat flour	1 cup milk
2 tablespoons sugar	1 egg
½ teaspoon salt	3 tablespoons melted fat

Sift dry ingredients. Beat egg, add milk and melted fat. Add to dry ingredients, mix slightly. Fill greased muffin tins two-thirds full. Bake in hot oven (425° F.) 20 minutes.

**Baked Custard**

2 eggs	½ cup sugar
2 cups milk	½ teaspoon nutmeg

Beat the eggs, add sugar. Mix well. Stir hot milk slowly into the egg mixture and pour into a baking dish or individual dishes. Sprinkle nutmeg over the top. Set the baking dish in a pan of hot water so the water level is as high as the custard. Bake in a slow oven (325° F.) until a knife stuck into the center of the custard comes out clean.

**Cocoa**

4 cups milk	3 tablespoons cocoa
1 cup water	3 tablespoons sugar

Mix cocoa and sugar. Add water and cook 5 minutes. Add milk and heat. Serve hot or cold.

**These recipes will serve 5 or 6 people**



B6

**FOOD  
NEEDS  
FOR  
THE  
FAMILY**

for each person daily

**MILK**—1 Pint to 1 Quart  
Bottled pasteurized, evaporated  
or dried.

**FRUITS**—Citrus fruits or tomatoes  
and others, fresh, canned, or  
dried.

**VEGETABLES**—Potato and two  
others, one of them uncooked.

**EGG**—One a day or at least three  
or four a week.

**MEAT, POULTRY, FISH or  
CHEESE**—occasionally dried peas  
or beans as a substitute.

**CEREAL and BREADS**—  
Use whole grain, and enriched.

**FATS**—  
From 2-3 tablespoonfuls.

**WATER**—4-8 glasses.



**NEW HAMPSHIRE  
STATE DEPARTMENT OF HEALTH  
CONCORD**



## A PATTERN OF A DAY'S MEALS

### BREAKFAST

Orange.  
Oatmeal with milk.  
Whole wheat toast with butter or fortified margarine.  
Milk for children.  
Coffee for adults.

### LUNCH

Scrambled eggs.  
Cabbage, carrot, raisin salad.  
Whole grain bread.  
Fresh, canned or dried fruit.  
Milk.

### DINNER

Pot roast beef.  
Baked potato.  
Tomatoes.  
Gingerbread.  
Milk.



B6

Health Club Leaflet

November, 1946

GETTING THE BEST FOOD FOR YOUR MONEY

Feeding our families properly is one of our toughest jobs today. Here are some suggestions provided by Miss Ruth Roth, Secretary of the Council on Nutrition Public Health Federation.

1. Do not cut down on milk--it's still the best buy, especially for children, because of its food value. If you must make a choice, lean towards milk instead of meat. Evaporated milk is equal to fresh milk in nutrition. If your pennies count--and whose do not?--use it.
2. Milk goes well with cornmeal--long since proved a good source of energy. The many ways in which it can be used--cornbread, cornmeal mush, fried mush, scrapple (this uses up the meat scraps--as a basis for a meat pie, spoonbread)--make cornmeal a good food.
3. Right now potatoes and onions are on the plentiful list--reasonable in price. Potatoes are a good buy--particularly cobbles.
4. The only way to get the most real food for your money is to plan in advance what you are going to get, watch food prices, and buy as carefully as you know how.

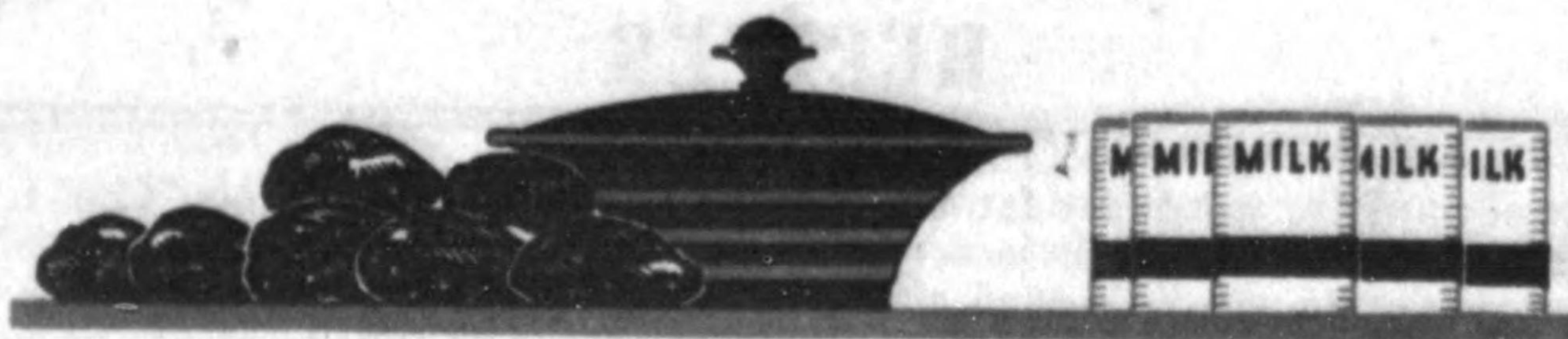
Prepared by

The Public Health Federation  
312 West Ninth Street  
Cincinnati 2, Ohio

Distributed by the Anti-Tuberculosis League



B6



## Potatoes Go With Milk

The daily use of milk and vegetables is needed for good nutrition of the family. These protective foods are rich in minerals and vitamins that build and maintain strong bodies.

Potatoes are among those vegetables which should be eaten once each day and oftener when possible. If properly prepared, they furnish an excellent economical supply of vitamin C. In addition, they furnish vitamins thiamine and riboflavin. If eaten regularly, potatoes are an excellent source of iron and several other minerals. They contain a large amount of starch which the body uses for fuel.

Sweet potatoes, as their color indicates, are rich in vitamin A. They also contain the vitamins C, thiamine and riboflavin. Because of their high sugar content, they, too, are a good source of food energy.

The combination of milk and potatoes is ideal for energy and body building and for health protection.

Milk is called the most nearly perfect food. It is rich in the minerals, calcium and phosphorus, which build bones and teeth. It is an excellent source of vitamins A and riboflavin which are needed for growth and well being. Milk protein is of the highest quality.

### **Evaporated Milk for Extra Nutrition Values and Economy**

Evaporated milk is real milk in a can, available in every community in every season. It is good whole cow's milk which has about half the water removed. It is sterilized in the can for safety and safe-keeping. Evaporated milk supplies all of the important nourishment of milk. That to which extra vitamin D has been added supplies desirable quantities of this essential vitamin and helps to assure the best use of the milk's calcium and phosphorus. Mixed with an equal amount of water evaporated milk is good whole milk, delicious to drink and ready for every milk use. Just as it pours from the can it has twice the value of the original milk. In this way it can be used to put more milk into foods.

Evaporated milk keeps without ice until the can is opened. Then it should be covered and kept in a clean, cool place. Evaporated milk is a safe, economical whole milk supply for the whole family.



## RECIPES

Special nutritive values are found just beneath the skin of potatoes. Thus it is wise to cook them in their jackets where possible. If not, keep peelings thin. Potatoes should not be soaked after they are peeled. Soaking causes some of the minerals and vitamins to dissolve in the water and thus they may be lost.

These recipes demonstrate how evaporated milk and potatoes can be combined into fine flavored, nourishing, economical dishes. In most recipes calling for milk or cream, evaporated milk can be used to advantage.

### *Cream of Potato Soup*

4 large potatoes  
1 small onion  
1½ quarts water  
2 teaspoons salt  
1 tall can evaporated milk  
(1½ cups)

Pare and dice potatoes. Cut onion fine. Boil potatoes and onion until tender in the water to which salt has been added. Drain. There should be 3 cups liquid; if not add water. Scald potato water and milk. Mash potatoes. Add potatoes to scalded milk and blend thoroughly. Reheat when ready to serve. Grated cheese may be sprinkled over each serving of soup. Yield: 6 to 8 servings.

### *Fish Chowder*

1 pound fish  
1 quart water  
5 potatoes, diced  
1 sliced onion  
1 teaspoon salt  
2 cups evaporated milk

Clean fish. Simmer in the water until just tender. Strain. Boil potatoes and onion with the salt in the fish stock until potatoes are tender. Add fish that has been picked from bones, and milk. Heat before serving. Yield: 5 to 6 servings.

### *Creamed Potatoes*

6 medium potatoes  
2 tablespoons flour  
½ teaspoon salt  
1 cup water  
1 cup evaporated milk

Scrub potatoes and boil in their jackets until tender. Mix salt and flour. Stir water in slowly to prevent lumping. Cook until mixture begins to thicken, stirring constantly. Add milk and continue cooking over boiling water until thickened, stirring occasionally. Remove skins from potatoes.

Add potatoes, whole or diced, to white sauce and reheat. Cold boiled potatoes may be used if they are added to the white sauce after it has first thickened and the cooking is continued over boiling water 15 minutes. Yield: 6 servings.

**Potatoes au Gratin:** Pour creamed potatoes into buttered baking dish. Cover with buttered bread crumbs and bake in a moderate oven (375° F.) until brown.

### *Scalloped Potatoes*

6 medium potatoes  
1 teaspoon salt  
2 tablespoons flour  
1 cup boiling water  
1 cup evaporated milk

Pare and slice potatoes. Arrange in a buttered baking dish in layers, sprinkling each layer with salt and flour. Add water and milk and bake in a moderate oven (350° F.) until potatoes are tender, about 1 hour. Grated or finely cut cheese may be sprinkled over the layers of potatoes. About 1 cup will be needed. Yield: 6 servings.



### Mashed Potatoes

1½ quarts diced potatoes  
(6 medium potatoes)  
Salt to taste  
½ cup evaporated milk

Cook potatoes in a small amount of boiling salted water until tender and water is absorbed. Mash. Add salt and milk. More milk may be needed. Beat until fluffy. Yield: 6 to 8 servings.

**Potato Puff:** Pile mashed potatoes lightly in a greased baking dish. Brown in a hot oven. Or drop mashed potatoes from a spoon onto a greased baking pan. Make a hollow in each mound. Set in hot oven or under broiling flame to brown. Serve with creamed fish, eggs or any creamed food.

### Potato Pancakes

½ cup evaporated milk  
½ cup fine dry bread crumbs  
1 egg  
1 teaspoon minced onion  
2 cups grated raw potato  
1½ teaspoons salt  
Bacon fat

Pour milk over bread crumbs. The crumbs should soak up all of the milk. Stir in the egg, onion, potato and salt. Put bacon fat on griddle or in frying pan. As soon as fat is hot, drop pancakes from tablespoon and press out rather thin. Cook slowly until well browned. Turn and brown other side. Yield: 5 to 6 servings.

### Potato Dumplings with Sauerkraut

1 quart sauerkraut  
1¼ cups mashed potato  
1 egg  
½ cup evaporated milk  
½ cup water from potatoes  
1½ cups sifted flour  
1 teaspoon salt  
3 teaspoons baking powder

Put sauerkraut in kettle. Add 1½ quarts water and heat. Beat egg and add to mashed potato. Stir in milk and potato water. Sift flour with salt and baking powder and add to potato mixture. One tablespoon finely chopped parsley may be added, if desired. Drop by spoonfuls on top of boiling sauerkraut, cover kettle with tight-fitting lid and continue boiling until dumplings are steamed, about 8 minutes. Yield: 6 servings.

### Potato Salad

3 cups sliced or diced  
cooked potatoes  
½ cup chopped onion  
½ cup finely chopped celery  
or cabbage  
1 hard cooked egg, diced  
Cooked Salad Dressing (about 1 cup)  
Salt to taste

Mix ingredients together lightly. Use enough salad dressing to moisten. Let stand one hour in a cold place to blend flavors. Yield: 6 servings.

### Cooked Salad Dressing

1 teaspoon salt  
2 tablespoons flour  
2 tablespoons sugar  
1 egg  
1 cup evaporated milk  
¼ cup vinegar

Blend salt, flour and sugar. Add egg. Mix well, then add milk. Cook over boiling water until mixture thickens. Stir in the vinegar slowly. A dash of black pepper and a teaspoon of mustard may be added. Yield: 1¼ cups.



### Shepherd's Pie

- 6 medium potatoes
- $\frac{3}{4}$  cup evaporated milk mixed with
- $\frac{3}{4}$  cup water from potatoes
- 2 cups left-over beef
- 2 tablespoons fat
- 2 tablespoons flour
- 2 cups hot water
- Salt

White or sweet potatoes may be used. Pare potatoes. Cut into quarters or eighths and boil in only enough salted water to prevent scorching. When tender, drain and mash. Add enough diluted milk to moisten. Beat until light and fluffy. Place beef in saucepan in which fat has been melted. (Fat from roast beef gives an excellent flavor.) Sprinkle with flour and stir to blend well. Add water and cook slowly until gravy thickens slightly. Season to taste. Pour into baking dish. Drop mashed

potatoes by spoonfuls over top. Serve at once, or set in a moderate oven (350° F.) to brown top. Creamed salmon, tuna, or other meats may be used in place of the beef and gravy. Yield: 6 to 8 servings.

### Potatoes and Cabbage with Cheese Sauce

- 1 pint water
- 2 teaspoons salt
- 3 medium potatoes (3 cups diced)
- 1 quart chopped cabbage
- 1 cup evaporated milk
- $\frac{1}{4}$  pound cheese (1 cup grated or finely cut)

Bring water to a boil. Add salt, potatoes and cabbage and boil uncovered until potatoes are tender, about 15 minutes. Most of the water should be evaporated. Scald milk. Add cheese and stir until melted. Pour cheese sauce over vegetables and serve at once. Yield: 6 servings.

### Sweet Potato Pudding

- 3 eggs
- 1 cup sugar
- $\frac{1}{8}$  teaspoon salt
- $\frac{3}{8}$  cup evaporated milk
- $\frac{1}{2}$  teaspoon vanilla extract
- 3 cups grated raw sweet potatoes (about 3 large)

Beat eggs. Add sugar, salt, milk, vanilla and grated sweet potatoes. Pour into a buttered baking dish. Add a dash of nutmeg if desired. Bake in a moderate oven (350° F.) until set, about 1 hour. Yield: 6 to 8 servings.

### Sweet Potato Pie

- 1  $\frac{1}{4}$  cups mashed sweet potato
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{4}$  teaspoon allspice
- $\frac{1}{2}$  cup boiling water
- $\frac{1}{2}$  cup sugar
- 2 eggs
- $\frac{1}{2}$  teaspoon salt
- 1 cup evaporated milk
- Unbaked pie shell

Mix the spices and boiling water. Add with sugar, beaten eggs and salt to sweet potato. Stir to blend thoroughly, then add milk. Heat mixture over boiling water to steaming point, about 5 minutes. Pour into pie shell. Bake in a hot oven (425° F.) 20 minutes, then reduce to slow oven (300° F.) and continue baking until set, about 30 minutes. Yield: 1 9-inch pie.

Prepared in cooperation with the Home Economics Department,  
Family Service Association of Cleveland

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For additional copies write to  
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# What Foods do You choose?



Quincy Visiting Nurse Service  
310 MAJESTIC BLDG.  
PHONE 853

*Variety in foods gives tasty meals and helps  
to protect your health and that of your family*



# Daily Food Needs for Each Person



<p><b>MILK and CHEESE</b> 1 pint of milk for adults <math>\frac{3}{4}</math> to 1 quart for children</p>	<p><b>POTATOES</b> One or more servings <b>OTHER VEGETABLES</b> Two servings</p>	<p><b>FRUITS and TOMATOES</b> Two servings</p>	<p><b>MEAT, FISH or POULTRY</b> At least one serving <b>EGGS</b> One (at least 3 or 4 during week)</p>	<p><b>CEREALS and BREADS</b> One or both at every meal</p>	<p><b>BUTTER and other FATS</b> 2 to 3 tablespoonfuls</p>	<p><b>SUGAR, SIRUPS and PRESERVES</b> In moderate amounts</p>
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## Suggestions for choice and use

<p>Milk may be fluid (whole, skimmed, or buttermilk), evaporated, or dried. Use as a beverage and in cooking. One third of a pound of hard cheese may be counted as 1 quart of milk.</p>	<p>Potatoes may be sweet or white. Use cooked green or yellow vegetables three or four times a week and raw ones on other days. Vegetables may be fresh, quick frozen, or canned.</p>	<p>Fruit servings should include citrus fruits, like oranges and grapefruit, or tomatoes fresh or canned; or, in season, berries, cantaloupe, or watermelon; and one other fruit—dried, fresh, or canned.</p>	<p>Meat, fish, and poultry may be used interchangeably. Liver, heart, and other similar meats are especially good. Dried peas, beans, lentils, and peanuts are similar to meat in food value. Eggs may be used alone or in cakes, custards, and puddings.</p>	<p>Whole-grain and enriched bread and cereals give the best return in food value. Macaroni and rice combine well with meat, eggs, milk, cheese, or vegetables to make tasty dishes.</p>	<p>Fats include butter and vitamin-enriched margarine, which may be used interchangeably, and in addition moderate amounts of salad oils and cooking fats. Bacon, salt pork, and fat back fall into this group also.</p>	<p>Use various kinds of sweets to provide flavor for bland food, such as cereals and bread, and to combine with milk and eggs in desserts.</p>
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## These foods give you especially

<p>The calcium needed to protect bones, teeth, and nerves, and to regulate muscle action. Also, other minerals, and vitamins.</p>	<p>Vitamin A to protect eyes and skin and to help guard against infection. Iron for blood. Roughage for good elimination.</p>	<p>Vitamin C for strong blood vessels. Roughage for good elimination.</p>	<p>Protein for growth in children and repair of body tissue in everyone. Iron for building blood. Vitamins for good digestion and protection of health generally.</p>	<p>Calories for energy. Vitamins, iron, and roughage, from whole grain products.</p>	<p>Calories for energy. Vitamin A from butter and enriched margarine.</p>	<p>Calories for energy. Iron and calcium from molasses.</p>
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Young children should have cod-liver oil or one of the other fish-liver oils every day for vitamins A and D.



Everyone should have from 4 to 8 glasses of water a day.



### Getting the **MOST** from the food you buy

- 1 Proper care of food in the home is just as important as food selection in the market.
- 2 Prepare vegetables as near cooking time as possible. They lose important food elements when soaked or allowed to stand after they have been peeled and cut up.
- 3 Preserve minerals, vitamins, color, and flavor in vegetables by cooking them in small amounts of boiling water in a tightly covered pan only long enough to make them tender.
- 4 Lettuce, celery, and other vegetables to be used raw should be washed, drained, and kept in a covered pan in the refrigerator. All vegetables keep better when stored in a cool place.
- 5 Berries and other small fruits should be kept in the refrigerator and washed just before using.
- 6 Cook meat at moderate temperature to preserve tenderness and prevent shrinkage.
- 7 Store eggs in the refrigerator or other cool place. Do not wash them before storing.
- 8 Keep dry foods, such as cereals, flour, and dried vegetables, in tight containers to protect them against dust, moisture, and vermin.
- 9 Never discard any edible food. Leftovers can be combined in many attractive ways.

**Other Aids to Health**

Adequate sleep and rest.

Outdoor exercise each day.

Regular elimination.

Taking some time out each day for doing what you like best to do.

Periodic check-up by a physician and dentist.

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B6

# TABLES OF FOOD COMPOSITION

in terms of ELEVEN NUTRIENTS

*Prepared by*

BUREAU OF  
HUMAN NUTRITION  
and HOME ECONOMICS  
U. S. DEPARTMENT  
OF AGRICULTURE

*in cooperation with*

NATIONAL RESEARCH  
COUNCIL

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