

# Low-Cost Meals *for* High-Cost Times

“Every American woman can become and should become the food controller—the absolute food dictator—of her own household.”

*Herbert Hoover*

*This book tells you how to do it.*

The New Housekeeping Department  
**THE LADIES' HOME JOURNAL**  
INDEPENDENCE SQUARE  
PHILADELPHIA

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## BOOKS THAT HELP

- "FEEDING THE FAMILY," by Mary Swartz Rose.  
Published by the MacMillan Company, New York City.
- "THE CHILDREN'S FOOD," by Mary Swartz Rose.  
Published by the National Special Aid Society, 259 Fifth Avenue, New York City.
- "BETTER MEALS FOR LESS MONEY," by Mary Green.  
Published by Henry Holt & Company, New York City.
- "LOW-COST COOKING," by Florence Nesbitt.  
Published by the American School of Home Economics, 506 West 69th Street, New York City.
- "THE COOK BOOK OF LEFT-OVERS," by Clark and Rulon.  
Published by Whitcomb & Barrows, Huntington Chambers, Boston, Massachusetts.
- "MADE-OVER DISHES," by Mrs. Rorer.  
Published by Arnold & Company, 420 Sansom Street, Philadelphia.
- "THE FIRELESS COOK BOOK," by Margaret J. Mitchell.  
Published by Doubleday, Page & Company, Garden City, New York.
- "FOODS AND HOUSEHOLD MANAGEMENT," by Kinne & Cooley.  
Published by the MacMillan Company, New York City.
- "TEXTBOOK OF COOKING," by Carlotta C. Greer.  
Published by Allyn & Bacon, New York City.
- "FOOD FOR THE WORKER," by Frances Stern and Gertrude T. Spitz.  
Published by Whitcomb & Barrows, Boston, Massachusetts.
- "LESSONS IN THE PROPER FEEDING OF THE FAMILY," by Winifred Gibbs.  
Published by New York Association for Improving the Condition of the Poor, New York City.
- "LESSONS IN COOKING THROUGH PREPARATION OF MEALS."  
Published by American School of Home Economics, Chicago, Illinois.

In order to help our readers meet the perplexing problem of the present high cost of food, we gathered from many places the menus and suggestions which this book contains. A complete report of the New York diet squad from which we have reprinted material is published by and may be procured from the Life Extension Institute, 25 West Forty-Fifth Street, New York City. We have also quoted from Bulletin No. 52 of the Chicago Department of Health. Those who wish to go farther into the subject of economical foods will find many valuable ideas in the books mentioned above.

VIRGINIA E. KIFT,  
*New Housekeeping Editor.*

# Low Cost Meals for High Cost Times

## MENUS FROM THE NEW YORK DIET SQUAD

Held Under the Auspices of the Life Extension Institute, New York City

THESE menus were served in New York City during January, 1917, and cost at that time approximately twenty-five cents a person per day for the three meals. The menus were planned for twelve young men who were in active training in the New York City police department. These men pledged themselves to eat nothing while on the squad except the food provided at mealtime by the Life Extension Institute, of which Eugene Lyman Fish, M. D., is medical director, and under whose direction the diet experiment was made. The average age of the men was 26. The average weight at the start of the experiment was 169 pounds; at the close it was 172 pounds.

The menus form a wholesome diet for the average active individual, although as they stand they are not suitable for all classes of people. For sedentary people they should be modified and taken in small quantities. This can be done either by spending less money on the food or by decreasing the amount of fuel food—starches, sugars and fats—and including more fruit and green vegetables.

More eggs and milk are needed for children and, if possible, more fruit and green vegetables; the fuel food for children, however, must not be reduced. Tea and coffee were included as concessions to the former habits of those who volunteered to take the diet experiment, but these are not recommended for a regular diet.

### MENUS FOR FIRST WEEK\*

Breakfast	Luncheon	Dinner
1 Oatmeal, Milk Buttered Toast Coffee	1 Baked Macaroni and Cheese Corn Bread Tea	1 Meat Loaf, French Fried Potatoes Graham Bread Date Pudding With Sauce Tea
2 Hominy Bananas, Milk Rolls and Coffee	2 Baked Beans With Salt Pork Brown Bread Tea	2 Goulash Vegetables Steamed Rice Hot Biscuit Apple Pie Tea
3 Oatmeal, Milk Two Slices of Toast, Butter Coffee Milk	3 Split Pea Soup, Croutons Raisin Bread, Butter Tea	3 Roast Beef Heart Stuffed With Carrots and Onions Whole-Wheat Bread, Butter Cornstarch Pudding Tea
4 Fried Mush, Sirup Rolls, Butter Coffee Milk	4 Savory Rice Currant Rolls, Butter Tea Milk	4 Baked Haddock, Stuffed, Scalloped Potatoes Graham Bread Fruit Pudding, Clear Sauce Tea Milk
5 Hominy, Milk Toast, Butter Coffee	5 Baked-Bean Soup French Toast, Butter Tea	5 Kidney Stew Baked Potatoes Whole-Wheat Bread Stewed Prunes, Molasses Cookies Butter Tea
6 Oatmeal, Milk Pancakes and Sirup Coffee	6 SUNDAY DINNER Roast Pork, Apple Sauce Wheat Bread, Peanut Butter Hominy Apricot-Tapioca Pudding Tea	6 SUNDAY SUPPER Corn Chowder Graham Bread, Peanut Butter Tea
7 Oatmeal, Milk Rolls, Butter Coffee	7 Meat Soup With Barley Currant Bread, Butter Tea	7 Beef Stew With Dumplings Mashed Turnips Baked Rice Pudding With Raisins Tea

\*The recipes for dishes mentioned in these menus are given on page 18.

## MENUS FOR SECOND WEEK

**Breakfast**  
1  
Hominy, Milk  
Graham Toast, Nut Butter

2  
Oatmeal, Milk  
Graham Muffins, Butter  
Coffee

3  
Fried Hominy and Sirup  
Rolls, Butter  
Coffee

4  
Oatmeal, Milk  
Toast With Butter  
Coffee

5  
Hominy, Milk  
Toast, Nut Butter  
Coffee

6  
Oatmeal, Milk  
Corn Griddlecakes, Sirup  
Butter  
Coffee

7  
Hominy, Milk  
Graham Toast, Butter  
Coffee

**Luncheon**  
1  
Scalloped Onions, Peanut Butter  
Hot Buns, Nut Butter  
Oatmeal Cookies  
Tea

2  
Stewed Lima Beans  
Oat Bread, Butter  
Tea

3  
Spaghetti and Cheese  
Pickled Beets  
Cinnamon Rolls, Butter  
Tea

4  
Salmon Croquettes, Peas  
Date Bread and Butter  
Tea

5  
Welsh Rarebit on Toast  
Scalloped Tomatoes  
Hot Biscuit, Nut Butter  
Tea

6  
**SUNDAY DINNER**  
Rolled Steak  
Graham Bread, Butter  
Mashed Sweet Patatoes  
Chocolate Ice Cream  
Cheese Tea

7  
Scalloped Rice and Tomatoes  
Corn Muffins, Butter  
Apple Dumplings, Hard Sauce  
Tea

**Dinner**  
1  
Mock Chicken, Tomato Sauce  
Carrots  
Whole-Wheat Bread, Nut Butter  
Chocolate Blancmange  
Tea

2  
Creamed Codfish  
Baked Potato  
Whole-Wheat Bread, Butter  
Norwegian Prune Pudding  
Tea

3  
Corned Beef and Cabbage  
Carrots  
Graham Bread, Butter  
Mock Cherry Pie  
Tea

4  
Baked Split Peas  
Stuffed Green Peppers  
Whole-Wheat Bread, Butter  
Sliced Oranges and Bananas  
Tea

5  
Corned Beef Hash With Vegetables  
Graham Bread, Nut Butter  
Brown Betty, Hard Sauce  
Tea

6  
**SUNDAY SUPPER**  
Creamed Oysters on Toast  
Parker House Rolls  
Stewed Peaches and Raisins  
Cheese  
Tea

7  
Hamburger Steak  
Lyonnais Potatoes  
Whole-Wheat Bread  
Cottage Pudding, Clear Sauce  
Tea

## MENUS FOR THIRD WEEK

**Breakfast**  
1  
Oatmeal, Milk  
Crullers  
Rolls, Butter  
Coffee

2  
Hominy, Milk  
Toast, Butter  
Coffee

3  
Oatmeal, Milk  
Buttered Toast  
Coffee

4  
Hominy, Milk  
Buttered Toast  
Coffee

5  
Oatmeal, Milk  
Rolls, Butter  
Coffee

**Luncheon**  
1  
Potato Soup With Carrots  
Rye Bread, Butter  
Stewed Prunes and Gingersnaps  
Tea

2  
Baked Lima Beans  
Boston Brown Bread, Butter  
Sliced Oranges and Bananas  
With Shredded Coconut  
Tea

3  
Macaroni Croquettes, Tomato Sauce  
Graham Bread, Butter  
Cornstarch Pudding, Raisin Sauce  
Tea

4  
Baked Rice and Cheese  
Raisin Bread  
Apple Sauce  
Tea

5  
Fried Mush, Sirup  
White Bread, Butter  
Stewed Apricots  
Tea

**Dinner**  
1  
Parsnips, Baked With Sausage Samp  
Whole-Wheat Bread, Butter  
Bread Pudding, Fruit Sauce  
Tea

2  
Liver and Bacon  
Creamed Potatoes  
Whole-Wheat Bread, Butter  
Coffee Jelly  
Tea

3  
Beef Pot Roast  
Carrots and Onions  
Whole-Wheat Bread, Butter  
Caramel Tapioca  
Tea

4  
Scalloped Salmon  
German Fried Potatoes  
Graham Bread, Butter  
Prune Pie  
Tea

5  
Baked Beans With Salt Pork  
Whole-Wheat Bread, Butter  
Molasses Cake  
Tea

	SUNDAY DINNER	SUNDAY SUPPER
6	6	6
Oatmeal, Milk Griddlecakes, Butter and Sirup Coffee	Veal Loaf and Baked Barley Graham Bread, Butter Pickled Beets Lemon Milk Sherbet and Vanilla Wafers Tea	Kidney Bean Stew Whole-Wheat Bread, Butter Apple Sauce Cheese Tea
7	7	7
Hominy, Milk Toast, Butter Coffee	Split-Pea Soup Toasted Crackers Whole-Wheat Bread, Butter Baked Bananas Salted Peanuts Tea	Codfish Cakes, Tomato Sauce Graham Bread, Butter Fruit Shortcake Tea

## HOW TO ADAPT THESE MENUS FOR FEEDING YOUNG CHILDREN

*By Mary Swartz Rose*

Professor of Nutrition, Columbia University

### Breakfast

1

Oatmeal, Milk  
Buttered Toast  
Milk for children to drink; coffee for adults only  
Prune Juice for children under 2

2

Hominy, Milk  
Very Ripe Bananas (Mashed for children under 5)  
Twice-Baked Rolls (Toast for children under 5)  
Prune Juice for children under 2  
Milk for children to drink; coffee for adults only

3

Oatmeal, Milk  
Toast, Butter  
Prune Juice for children under 2  
Milk for children to drink; coffee for adults only

4

Fried Mush With Sirup for adults and children over 10  
Plain Hot Mush With Milk for younger children  
Twice-Baked Rolls (Toast for children under 5), Butter  
Orange Juice for children under 2  
Milk for children to drink; coffee for adults only

5

Hominy, Milk  
Toast, Butter  
Prune or Orange Juice for children under 2  
Milk for children to drink; coffee for adults only

### Luncheon

1

Baked Macaroni and Cheese (Chopped fine for children under 3 and preferably without cheese)  
Corn Bread baked in a thin sheet (Stale whole-wheat bread for children under 5)  
Milk or Cocoa (Made with milk for children to drink); tea for adults only

2

Baked Beans, Salt Pork  
Brown Bread for adults and older children  
Bean Soup and Whole-Wheat Bread for those under 7  
Milk or Cocoa (Made with milk) for children; tea for adults only

3

Split-Pea soup, Croutons  
Raisin Bread, Butter (Plain whole-wheat bread for children under 5)  
Milk or Cocoa (Made with milk for children to drink); tea for adults only

4

Savory Rice  
Currant Rolls (Toasted rolls from breakfast for children under 7), Butter  
Cocoa for children to drink (Made with milk); tea for adults only  
Stewed Raisins for children under 7

5

Baked-Bean Soup for all  
 French Toast for adults and children over 7  
 Plain Toast for younger children, Butter  
 Apple Sauce for children  
 Cocoa for children to drink (Made with milk); tea for adults only

### Dinner

Meat Loaf (Not for children under 7)  
 French Fried Potatoes (Only for adults)  
 Baked Potatoes for children (Better to bake potatoes for all)  
 Cereal With Milk for children under 7  
 Whole Wheat Bread  
 Date Pudding (Not for children under 10)  
 Bread Pudding With Raisins for children (May be served to all instead of date pudding)  
 Milk for children to drink  
 Stewed Prunes for children (The 2-year-olds should be in bed before the family dinner)

## 2

Goulash (Only a little of the gravy for children under 7)  
 Vegetables (served liberally to children)  
 Steamed Rice for all  
 Hot Biscuits only for adults  
 Whole-Wheat Bread for children  
 Apple Pie for adults  
 Brown Betty for children (May be served to all instead of pie)  
 Milk for children to use on rice and Brown Betty  
 Tea for adults only

## 3

Roast Beef Heart Stuffed With Carrots and Onions (Not for children under 7, except the vegetables, which should be served the children liberally, being put through a sieve for those under 3)

Boiled Rice With Milk for children under 7  
 Stewed Dried Apples for children (2-year-olds being in bed)  
 Cornstarch pudding for all  
 Tea for adults only

## 4

Baked Haddock (Not for children under 3)  
 Scalloped Potatoes  
 Whole-Wheat Bread  
 Fruit Pudding, Clear Sauce (For adults and children over 10)  
 Baked Corn-Meal Pudding With Raisins for younger children  
 Milk for children to drink with bread and pudding; tea for adults only

## 5

Kidney Stew (not for children under 7)  
 Baked Potatoes for all  
 Vegetables (Carrots, turnips, cooked with kidney for children)  
 Whole-Wheat Bread, Butter  
 Stewed Prunes, Molasses Cookies  
 Milk for children to drink; tea for adults only

### A GUIDE IN FEEDING CHILDREN

**A** LITTLE child who is carefully fed in accordance with his bodily needs, as these are now understood, receives every day at least one food from each of the following groups:

- (1) Milk and dishes made chiefly of milk, most important of the groups as regards children's diet; meat, fish, poultry, eggs and meat substitutes.
- (2) Bread and other cereal foods.
- (3) Butter and other wholesome fats.
- (4) Vegetables and fruits.
- (5) Simple sweets.

A simple rule is to make a quart of milk the basis of a child's daily food, no matter whether the child's age is two or ten. This does not mean that the child must drink it all; it may be served in puddings, custards, soups, junket, or with cereals. This, with a well-cooked cereal, an egg, fruit or fruit juice and a fresh green vegetable and crusty bread, gives a child the necessary food for his daily growth and activity.

## MY EXPERIENCES ON THE PHILADELPHIA DIET SQUAD

By Lisetta Neukom

NOTE—The menus served to the Philadelphia diet squad were identical with those served to the "Rookies" in the New York experiment. Both diet squads were held under the direction of the Life Extension Institute.

**F**IRST let me assure you that we all had enough to eat. We were not hungry between meals, and none of us ate a thing except what was served us at the squad table. All of us were in better physical condition when we stopped than when we began. When we went on the diet squad we just ate balanced, sane meals—meals any normal person could relish. They were meals to give any ordinary adult proper nourishment and keep him in good physical condition. We had fish, meat, pies, cake, fruits, puddings, pan cakes—in fact, all sorts of things; so you see we were not on a diet as sick people are put on a diet, which is the first thing most people think of when you say "diet" to them.

The Philadelphia diet squad was held in the middle of a cold Eastern winter. Fresh vegetables were expensive; eggs were dear; butter was costly. Still we had plenty of good, wholesome food—three meals for twenty-five cents—because science came to the rescue. In spite of the high prices of certain things, the dietitian obtained food which gave us as much nourishment at much less cost than higher-priced foods. In order to take this message of economy to women throughout the nation, to show them that even in these war times they can reduce their food bills materially and improve their health proportionately, the Life Extension Institute plans to hold diet squads in every nook and corner of the country.

The Philadelphia squad was made up of social-service workers and myself, a reporter from the *Philadelphia Evening Ledger*. We all went about our regular duties. Some of us gained in flesh, some of us lost, but all showed improved blood pressure, intestinal activity and general physical condition. No one on our squad missed a meal or was ill a day during the two weeks. The dietitian took the weights, kind of work the "squadders" did, the number of hours they spent at work and the amount of sleep they took, and then computed, according to science, how much food we should have, just as an engineer figures out how much coal his engine needs. It was seldom that we needed to go over the amount allotted, although we had the privilege of doing so whenever we wished.

"Well, that may be all right," you say, "but suppose you have a big, fat husband. He would starve on 'diet squad' fare, wouldn't he?"

On the Philadelphia diet squad we had *a man who weighed nearly two hundred pounds—an ex-prizefighter*, and his appetite was anything but small! He had been in the habit—for he admitted it was only a habit after all—of "consuming" a steak, or a huge serving of meat stew, several potatoes, side dishes of vegetables and a dessert, to say nothing of large quantities of bread and butter—all at one meal.

And this man told me, after eating on the squad, that he had never realized how futile it had been to overload his stomach and clog his system with so much food. "Why, I never needed that much," he said, "although I thought I really did need it. I must admit this diet squad has been a regular awakening for me. I have not been hungry between meals. I have had plenty to eat. And I have learned to eat things I thought I did not like. I have learned, too, that I have been eating too much for my own good for years."

The secret of it was that he was eating balanced meals. He was getting full value in nourishment and blood for every particle of food he ate. He worked twelve hours a day, and, although his work was heavy manual labor, he had enough to eat at three meals for twenty-five cents. The meals were so arranged that things worked together to give him the correct amount of nourishment. For instance, if we had a main course with small nourishment value, a dessert with a large amount of nourishment was served. One night we had a main course with little food value, so we had apple-sauce cake, which is high in food value, for dessert. The same thing was done one night when we were given a Norwegian prune pudding for dessert, which had twice the food value of the main course, which had been creamed codfish.

While one woman is trying to feed her fat husband another is working hard to know what to give her thin one so he will gain flesh. Strange as it may seem, the table of weights on our squad showed that eating the proper amount of food, not too much and not too little, automatically corrects physical faults. The thin man puts on flesh. The fat ones reduce, and the folks who weigh up right, according to standard, remain about the same.

These menus, as scientifically announced by the Life Extension Institute, are not correct for growing children, but must be supplemented by large quantities of milk and eggs.

During the two weeks' experiment we had guests, men prominent in political, educational, philanthropic and business life of Philadelphia. They came with a sneer usually, "just to see." They went away full of stomach and convinced that science can aid the American housewife to solve her problem of "feeding the family." One man, worth much money, told us he usually ate enough for three people simply from force of habit. But he said he had never realized this was true until he ate with the diet squad. He had just the same luncheon we had. He ate savory rice, currant rolls, butter, tea and milk and went away satisfied.

You may not be able to prepare these menus and recipes at the same prices as the diet squads did, for it is impossible nowadays to predict next month's food prices. However, you may be sure of one thing: These menus, with an omission here and a substitution there, to fit your individual circumstances, will help you to feed your family nourishing, health-giving food at the lowest possible prices in these high-cost times.

## FOOD, FUEL FOR THE HUMAN ENGINE

By Eugene Lyman Fish, M. D.

Medical Director, Life Extension Institute

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**T**HE body needs fuel, just as an engine needs fuel. An engine must have the right kind and the right amount of fuel, or it cannot work well. And the human body also must have the right kind and amount of food or it cannot work well. The human body is doing some work all the time, even in sleep, in sickness and when resting. Heart, muscles and lungs are always "on the job."

An engine has to be built and repaired, to be stoked, to be oiled and regulated. It is the same with the human body: We need

Fuel Food,

Building or Repair Food,

Regulating Food.

### FEEDING THE HUMAN FURNACE

**S**UPPOSE we have all these kinds of food in the pantry and the coal to cook them. Are we safe? By no means. We may not serve these foods in the right proportion. For example: too much or too little fuel food, too little regulating food, or too much building or repair food. Perhaps the food may be eaten in the wrong way or under unfavorable conditions.

Let us suppose that we have the right kind of food, properly cooked. How are we to get it into the human furnace so that we shall get the full value of it without clinkers or without undue waste or injury to the engine and the machinery?

You may say: "Just swallow it." Many do this and suffer injury. They put food into the stomach as you would pack a trunk, or fill a pail. Many foods (bread, cereals, cake, potatoes and the like) are partly digested in the mouth, and all foods are prepared in the mouth for reception into the stomach. Many foods (meat, fish, eggs, chicken, parts of cereals, bread and other foods) are partly digested in the stomach and prepared for further digestion in the bowels. From the bowels the various classes of foods are conveyed where they are needed for work (fuel), for building or repair, and for regulating the blood and organs. Mouth, stomach and bowels must do team work if your body is to be properly nourished.

Therefore: You must chew your food thoroughly until it naturally slides down the gullet. Don't count your chews or think of your chews, but "Taste" your food thoroughly. You will be surprised at the extra flavor and enjoyment and you will not eat so much. Eating keeps you alive. It is worth doing well.

Be cheerful. Do not worry about your food, or anything else. Bring no grouch to the dinner table. Eat regularly, even though not hungry. If not hungry, eat little. As the hour for a meal approaches, the thought of food makes the juice in the mouth flow. Your mouth waters. As you chew your food, and taste it thoroughly, the juice of the stomach flows and good digestion is assured. Your stomach stops working when you are angry, worried or unduly excited. A little rest before and after meals is good.

Let mealtime be a time of good cheer. It is no time to discuss troubles.

Don't unload all the worries of the day at the dinner table. Talk them over when the body and mind are rested and digestion has well started, and you will find your way out of trouble much more easily.

The story of diet and good feeding is very simple. Approach it as you would any other simple story. Do not think that because it concerns the body it is necessarily mysterious, a complex scientific matter that only experts can understand. Read the story of the diet squad and feed the family in an understanding way instead of by a hit-or-miss method that a farmer would scorn to use in feeding hogs or horses.

### FUEL FOODS

**A** WORKER at a desk or at a machine where he does no hard labor requires only about half the fuel that is necessary for a very hardworking man, a woodsawyer for example. A farmer needs about one-third more fuel than the average desk worker. The average woman taking little exercise needs about one-third less fuel than an average man, who has more muscular tissue and is more active. Children need a lot of fuel, as they burn it quickly. A girl fourteen to seventeen years of age will need as much or more than a full-grown woman and a boy of the same age more than a full-grown business man. So people vary in their fuel needs just as different types of automobiles vary in the amount of gasoline they need.

The following list shows the main fuel foods. These are the great foundation foods of the diet, the foods that supply energy for muscular work. Mental work requires so little extra fuel that it is not necessary to consider it specially.

There are three main groups of fuel foods. Here they are in order of cost per calory—that is, those giving most energy for the money heading the list.

STARCHY FOODS		SUGARS	FATS	
Corn meal	Cornstarch	Sugar	Butter	Drippings
Hominy	Dried Lima beans	Corn sirup	Cream	Lard
Broken rice	Split peas, yellow	Dates		Salt pork
Oatmeal	Dried navy beans	Candy		Oleomargarine
Flour	Bread	Molasses		Nutmargarine
Rice	Potatoes	Most fruits		Peanut butter
Macaroni	Bananas			Milk
Spaghetti				Bacon



About 85 per cent. of the fuel (calories) should come from this group, using starchy foods in largest amounts, fats next and sugars least. Fats, starchy foods and sugars are almost pure fuel, like coal, while cereal foods also contain some building and regulating material.

#### BUILDING AND REPAIR FOODS

The body is continually rebuilding worn parts, and needs several kinds of food for this purpose. In general, building foods fall into two classes, called "Proteins" and "Mineral Salts."

#### PROTEIN FOOD OR "BODY BRICKS"

Proteins may be compared to building bricks and are represented in the diet by lean meat of all sorts (including fish, shell food and fowl), milk, cheese, eggs, dried peas and beans, lentils and nuts.

There is also a fair amount of protein in cereals and bread (about 10 per cent.) which are both building and fuel foods. Eggs and flesh foods need to be limited in quantity because too much of them may make trouble for the human machine, leaving in the body, when burned (digested), wastes that may be likened to "clinkers" in the furnace.

Most foods contain some protein, but those here mentioned are richest in protein, and hence are termed building or repair foods.

Protein foods for building and repair in order of their cost, those giving most building and repair value for the money heading the list.

Beans (dried white)	Macaroni
Dried Peas	Mutton, Leg
Oatmeal	Beef, Lean rump
Cornmeal	Milk (9 cents a quart)
Beans, dried Lima	Beef, Lean round
Bread	Lamb, Leg
Bread, whole-wheat	Eggs (24 cents a dozen)
Bread, Graham	Halibut
Salt cod	Porterhouse steak
Milk, skimmed (6 cents a quart)	Eggs (36 cents a dozen)
Cheese (American)	Almonds, shelled
Peanuts	

The very high protein or repair foods (meat, fish, eggs, and fowl) should be eaten once a day. The rest of the repair material needed will be found in sufficient quantity in the balance of the diet. Muscular labor, which increases the need for fuel (calories) does not materially increase the need for bricks, or proteins. It is a mistake to think that eating meat gives special strength for work. Starchy foods, fat and sugar, are the great sources of working force. To burn meat for fuel is like burning mahogany or rosewood for kindling wood, or burning wood that is full of bolts and nails, or covered with mortar.

#### MINERAL SALTS

**T**HE second kind of building material includes a variety of minerals which help to make bones, blood and other body parts. They are found chiefly in milk, cereal foods (when made from whole grains), fruits and vegetables. Of these minerals, lime, iron and phosphorus are especially needed to keep the body in healthy condition. In a diet that daily includes milk, green vegetables, fruit, and cereals made from whole grains (oatmeal, flaked wheat, wheatena, etc.) there is little danger of mineral starvation. Where the diet is very limited, with white flour, fats and sugar forming the chief foods, there is such danger. A pint of milk a day is the best insurance against lime and phosphorus lack. Cereals, fruits and green vegetables will furnish iron, and may be supplemented by eggs (especially yolks) and meat for this purpose.

#### REGULATING FOODS

(1) Mineral salts. These serve two purposes in the body. They are building foods, as stated above, and also help to keep the body machinery running properly.

(2) Water. Water is one of the most important of regulating foods. Most people drink too little. A glass in the morning on arising, one before each meal, and another on going to bed, or, a glass at each meal, and one between meals, are good rules. Water at meals is beneficial except for persons who are too fat. They should avoid much water at meals and drink a lot between meals.

(3) Ballast or bulk—A diet which contains no vegetable fiber is insufficient except for babies. This fiber is found in graham or whole wheat bread, leaves and skins of plants and skins of fruit. Examples are: Vegetables—Lettuce, parsnips, carrots, turnips, celery, oyster plant, cabbage, Brussels sprouts, tomatoes, salsify, Spanish onions, spinach. Fruit—Apples (baked or raw), pears, currants, raspberries, cranberries, prunes, dates, figs. (Fruit three times daily, but especially before bedtime). This ballast or bulk counteracts constipation and gives adequate work to teeth, jaws, stomach and bowels. These organs will degenerate if allowed to "loaf."

(4) Hard foods—The bulky foods just mentioned assist in inducting proper chewing of foods, but proper chewing and vigorous use of the teeth and jaws is further secured by including in the diet hard foods such as crusts, hard crackers, toast, Zwieback, fibrous vegetables and fruits, like celery and nuts. Chewing hard foods means more health and less dentist's bills.

(5) Accessories or vitamins—There are minute substances (vitamins) present in very small quantities in a number of foods and apparently absolutely necessary to health, but not found in all kinds of food material. This is one more reason for variety in the diet. Milk, eggs, whole wheat, corn, oatmeal, potatoes and oranges are some of the foods known to contain them. The skins or hulls of cereals are also good for this reason, and fresh meat, fresh peas and beans. Cooking reduces the amount of vitamins in most foods. Hence, as a matter of safety, orange juice should be given to children when pasteurized milk is the chief food. Adults would do well to eat some raw food and fresh fruit daily.

## SUMMARY

Is it necessary to know how many calories you are getting each day, or how many ounces of protein?

By no means.

The following rules will make it possible for you to feed yourself and your family without weighing your food or counting your calories:

Weigh yourself twice a month. If you are above the average weight you need less fuel. If you are very light in weight and losing weight, you need more fuel.

Try to have some bulky food, some raw food, some whole cereal, some fruit and some milk in your diet each day.

Eat high protein foods (meat, fish, fowl, eggs) only once a day in moderate amount. Have one or two meatless days a week.

### ADVICE FOR SPECIAL TYPES OF PEOPLE

**Y**OU who are overweight remember that you are carrying a burden that may break down your health. You should eat less of fats, starchy foods, and sugars, and you should avoid alcoholic drinks. Eat more fruit and vegetables, especially cabbage, lettuce, celery, spinach, string beans, cucumbers, carrots, tomatoes, turnips and sea kale. Exercise daily.

You who are pale and thin, and losing weight, eat freely of all the foods in the menus and watch your weight and your color. Do deep breathing and setting-up exercises. Try to get more fresh fruit, vegetables and egg yolks if possible.

You who are constipated—Eat freely of whole cereals, bran, lemon juice, and orange juice, cabbage, and other bulky vegetables. Strictly avoid mineral water, pills, laxatives. Use mineral oil if necessary, one or two ounces at night. Exercise, use water between meals freely, and have regular times for bowel movements. If such natural methods are not sufficient, consult a doctor.

You who work at desks—Eat lightly of the starches, fats and sugars, and try to get plenty of fruit, green vegetables and milk.

You who are doing heavy work—Eat freely. Watch your weight. Eat enough to keep your weight at the average for age 30. Do not put on great layers of flesh. Fat is not good for a prize-fighter; it is not good for you. All men should be "in training" all the time; always "fit"; good muscles; no pads of useless, burdensome fat. Cut down on the bread and butter, sugar, puddings, and cereals if you find yourself climbing up the scale. Potatoes do not matter. They are 80 per cent. water, but valuable food, and you are not likely to eat enough of them to count heavily.

You who are moderately active, not at hard labor but still moving about and not at a desk or machine all the time, eat moderately and include some fresh fruit and green vegetables in your diet.

You who think this is all nonsense—go to the census records, and you will find that one-half the people died before 60 years of age, many of them because they did not know how to feed their bodies.

### MENUS FROM RECIPES FROM CHICAGO DIET SQUAD\*

*Heid Under the Auspices of the Chicago Health Department*

**T**HESE menus were served in Chicago, Illinois, during November and December, 1916, and at that time cost between thirty and forty cents a day, averaging for the two weeks thirty-one cents a day for each person on the squad. The food supplies were purchased in the open market at prevailing market prices. The food consumed by the squad cost no less than the same articles purchased in the same way by any Chicago housewife.

#### FIRST WEEK

**Breakfast**  
1  
Fresh Apples  
Liver and Bacon  
One-Egg Muffins, Butter  
Coffee

**Luncheon**  
1  
Creamed Codfish  
Baked Potatoes  
Corn Bread, Butter  
Cocoa

**Dinner**  
1  
Vegetable Soup  
Pot Roast  
Sauté Parsnips  
Cranberry Sauce  
Rice and Raisin Pudding  
Tea

2  
Apples  
Rolled Oats  
Hot Biscuits, Butter  
Coffee

2  
Hamburger Steak  
Buttered Hominy  
Apple Sauce  
Currant Cake  
Cocoa

2  
Purée of Lima Beans  
New England Boiled Dinner  
Bread and Butter  
Chocolate Blanc Mange  
Tea

3  
Stewed Pears  
Griddlecakes, Sirup  
Coffee

3  
Beef and Rice Croquettes  
Peas and Carrots  
Bread and Butter  
Gingerbread  
Tea

3  
Tomato Soup  
Halibut Steak  
Parsley Potatoes  
Bread and Butter  
Cream Tapioca Pudding  
Tea

4  
Stewed Prunes  
Rolled Oats  
Buttered Toast  
Coffee

4  
Lamb Fricassee With Dumplings  
Waldorf Salad  
Bread and Butter  
Tea

4  
Split-Pea Soup  
Roast Veal  
Boiled Rice  
Bread Pudding  
Tea

5  
Oranges  
Shredded Wheat  
Toast  
Coffee

6  
Stewed Apricots  
Corn-Meal Mush  
Buttered Toast  
Coffee

7  
Bananas  
Oatmeal  
Hot Biscuits  
Coffee

5  
SUNDAY NIGHT SUPPER  
Cold Sliced Meat  
Country Fried Potatoes  
Bread and Butter  
Apple Sauce  
Tea

6  
Macaroni au Gratin  
Harvard Beets  
Bread and Butter  
Cottage Pudding, Chocolate Sauce  
Tea

7  
Chipped Beef on Toast  
Cabbage Salad  
Corn Bread  
Tea

5  
A SUNDAY DINNER  
Julienne Soup  
Roast Pork  
Glazed Sweet Potatoes  
Pumpkin Pie  
Tea

6  
Celery Soup  
Cannelon of Beef  
Turkish Pilaf  
Bread and Butter  
Apple Cobbler, Vanilla Sauce  
Tea

7  
Cream of Lima-Bean Soup  
Mock Tenderloin of Beef  
Spaghetti  
Norwegian Pudding, Custard Sauce  
Tea

\*The recipes for most of the dishes mentioned in these menus are given on page 28.

**SECOND WEEK**

**Breakfast**  
8  
Baked Apples  
French Toast, Sirup  
Coffee or Postum

9  
Oranges  
Waffles, Sirup  
Coffee

10  
Stewed Figs  
Rolled Oats  
Toast, Butter  
Coffee

11  
Stewed Pears  
Hominy  
Toast, Butter  
Coffee

12  
Grapefruit  
Griddlecakes, Sirup  
Coffee

13  
Apples  
Corn-Meal Mush  
Toast

14  
Oranges  
Rolled Oats With Dates  
French Toast  
Bread and Butter  
Coffee

**Luncheon**  
8  
Clam Chowder  
Corn Bread, Butter  
Hunter's Pudding  
Lemon Sauce  
Tea

9  
**Supper**  
Brown Fricassee of Oysters  
Bread, Butter  
Assorted Fresh Fruits  
Drop Cakes  
Cocoa

10  
Boston Baked Beans  
Boston Raisin Bread  
Celery and Date Salad  
Tea

11  
Codfish Balls  
Philadelphia Relish  
Bread, Butter  
Apple Dumplings, Vanilla Sauce  
Tea

12  
SUNDAY NIGHT SUPPER  
Lyonnais Potatoes  
Cold Meat  
Sugar Cookies  
Cocoa

13  
Split-Pea Soup  
Beef Stew  
Bread, Butterine  
Lemon Tarts  
Tea

14  
Oyster Purée  
Hearts of Celery  
Cottage Cheese Salad  
Hot Rolls, Butter  
Dutch Apple Cake  
Tea

**Dinner**  
8  
Spaghetti Soup  
Meat Pie  
Succotash  
Bread, Butter  
Prune Jelly  
Tea

9  
THANKSGIVING-DAY DINNER  
Cream of Pea Soup  
Roast Chicken With Dressing and  
Giblet Gravy  
Mashed Potatoes Turnips  
Celery Cranberry Sauce  
Apple Pie  
Demitasse

10  
Tomato Soup  
Baked Lake Trout  
Potatoes  
Bread, Butter  
Washington Cream Pie  
Tea

11  
Vegetable Soup  
Braised Beef  
Buttered Rice Stewed Onions  
Chocolate Junket  
Sugar Cookies  
Tea

12  
A SUNDAY DINNER  
Consommé With Rice  
Leg of Lamb  
Candied Sweet Potatoes  
Creamed Cauliflower  
Mock Plum Pudding, Hard Sauce  
Tea

13  
Potato Soup  
Veal Loaf  
Hominy  
Pickled Beets  
Bread and Butterine  
Fruit Jelly  
Tea

14  
**Dinner**  
Turkish Soup  
Roast Loin of Pork, Cranberry Sauce  
Sweet Potatoes, Georgian Style  
Scalloped Onions  
Bread, Butter  
Old-Fashioned Rice Pudding  
Tea

## A FEW RULES FOR MARKETING

By Lillian A. Kemp

Director of the School of Domestic Arts and Sciences, Chicago

(Miss Kemp helped to prepare the menus and marketing orders for the Chicago Diet Squad)

Watch market quotations and food advertisements daily.

Go to market and make your own selections, thereby getting better values.

Buy staples in bulk as far as possible, avoiding canned and packaged goods.

Make a special effort to limit use of butter and eggs.

When high prices prevail use butter substitute.

Purchase fruits and vegetables in season.

Don't forget that overestimating means additional expense, so watch table refuse; it will guide you in both planning and buying.

## REMEMBER WHEN MAKING OUT MENUS

By Mrs. Lynden Evans

President of the School of Domestic Arts and Sciences, Chicago

**FIRST:** Snapshot menus are always expensive. Menus should be carefully planned for several days, bearing in mind:

What will satisfy the group in variety and flavor.      Quantity and cost in buying.

What will keep the group in health.      Wise marketing.

Do your menu making without discussion. If it is right your family will be satisfied.

**SECOND:** The use of less expensive foods is entirely satisfactory when they are properly prepared and served. The cost of living is affected in a large degree by skill or carelessness. Getting good use of your money is of equal importance with getting the money. Careless buying boosts prices. . . . The woman who undertakes the management of a home without knowing how is on a par with the man who marries without being able to support a home.

## SOME HOME JOURNAL HELPS

**T**HE following articles have all appeared in THE LADIES' HOME JOURNAL, but have such a direct bearing on the "Low-Cost Meal" problem that they are here reprinted by special permission. Although rapidly changing prices make the figures mentioned in some of these articles seem low, the substance is just as applicable now as formerly.

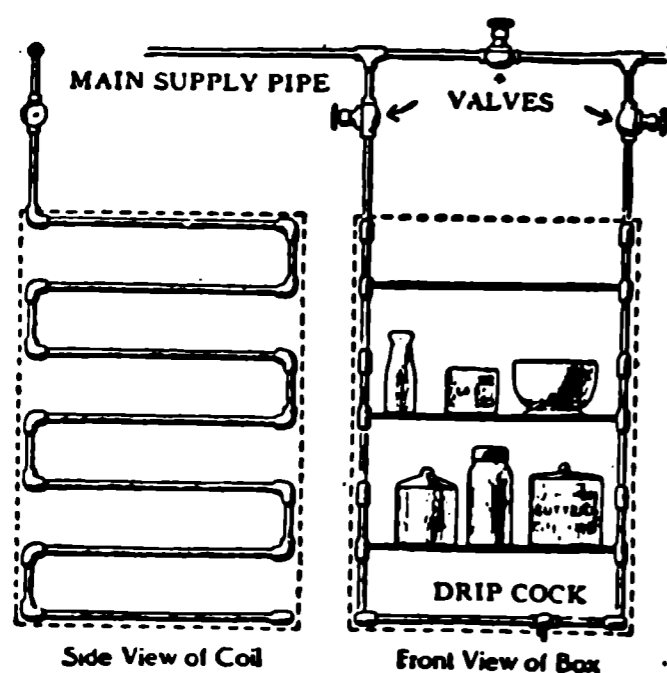
## CUTTING OUT THE ICE BILL

By Mrs. E. H. Moore

**K**EEPING food in hot weather was a troublesome problem until we devised an iceless refrigerator which is satisfactory and costs nothing for upkeep.

Our water pipes run from the street mains into the cellar at the front and continue exposed almost the length of the cellar, being hung in a simple way from the ceiling. We noticed that the pipes were always cold and that on warm days the water sometimes dripped from them to the floor. This continued coldness in the pipes took the place of ice in the refrigerator. The sketch shows how we utilized this.

The necessary tools were a pipe wrench, a pipe cutter and a vise. The main supply pipe was cut to make all the water in the house pass through the coil of the cooler. Provision was made for valves, as shown on the sketch, so that the coil might readily be drained and cut off from the main supply pipe—to prevent freezing in winter. The coil was constructed so that these cold-water pipes were on two sides of the food.



It might be better to inclose three sides and the top and the bottom with these pipes, although we have found the apparatus satisfactory with only the two sides inclosed. In order to prevent rusting, galvanized pipes were used. The coil was designed to provide a cooling space eighteen inches wide, two feet deep and three feet in height—a little larger than the average small refrigerator. The pipes leading from the supply pipe were so cut that the box, as it afterward turned out to be, hung at a convenient height from the ceiling. The pipes were a sufficient support.

The following table shows the material and fittings used for the coil:

PIPING—14 pieces 24 inches long, 14 Pieces 4½ inches long, all threaded on both ends; 2 pieces 12 inches long, 2 pieces 18 inches long. FITTINGS—28 elbows, 3 two-way valves, 2 tees, 1 drip cock.

For the shelves heavy galvanized sheet iron of double thickness was used, and the ends were turned over and hammered flat to provide stiffness. When the coil and the shelves were complete a covering that would not only help to keep out the heat but would also keep out dust and dirt was provided. Four yards of heavy oilcloth, such as is used for covering kitchen tables, did this cheaply and made a cloth box large enough to slip over the coil. Holes were cut in the top for the two protruding pipes and in the bottom for the drain cock. A piece of oilcloth, cut to fit the front, for the door, was stitched on at the top and a rod ran through a hem in the bottom to make it hang straight. In the sketch this oilcloth covering is shown by dotted lines.

The piping, valves, elbows and galvanized iron for the coil cost \$7.50, the oilcloth for the cover \$1.10, the total cost being a little under \$9. There is no expense for ice supply. As for the difference in convenience—well, when I think of the continual nuisance of letting in the iceman and of cleaning my refrigerator, I am more than thankful.

## HOW TO MAKE A FIRELESS COOKER

**T**WENTY-FIVE cents is the cost of this fireless cooker. A tin lard pail, which was lined with two thicknesses of paper before packing, is used for the outside container of the cooker. A gallon oyster can, in which three inches of packing are allowed on all sides and at the bottom, is used as the nest. A piece of asbestos is wrapped around the outside of the nest and another piece put under the bottom to prevent the scorching of the packing when hot soapstones are used. Shredded newspaper and excelsior are packed tightly around and to the top of the nest, which is about three inches below the rim of the outside pail. A circular piece of cardboard, made to fit inside the lard can, hides the packing and makes a neat finish. Pressure is caused by placing an excelsior cushion three inches thick on the top of the inside lid, and hooking down firmly the top of the outside container. Last, the two pails are enameled white.

### WHAT YOU CAN DO WITH A FIRELESS COOKER

*By Mrs. J. W. Powell*

**W**HEN I first used my fireless cooker I was keenly disappointed in the saving of time, labor and gas. Then I found it was because I had cooked only one food at a time, whereas, to get the best results, several foods should be cooked at the same time.

Foods cooked in the "fireless" way require about one-third longer for cooking than if placed directly over the gas. On this basis I made out a list of foods and the time required for their cooking. By using dishes which fit properly into the cooker, two or three foods may be cooked at one time. Baking and boiling can easily be done in this manner since the vessel containing the food to be boiled can be placed on the top radiator, which is always used for baking or roasting. Cereals I cook overnight, often putting them into the cooker just after the dinner is removed, as the stones are already partially heated at that time.

**One Hour**—Celery soup, round steak with vegetables, bread pudding; baked fish, baked potatoes, young beets, steamed pudding (partly cooked on gas); salmon loaf, creamed potatoes, spinach; rice and tomato soup, Irish stew, bread pudding; corn soup, veal and rice, cauliflower.

**Two Hours**—Pea soup, fried chicken, sweet potatoes, tapioca custard; meat loaf, tomatoes with onions, potatoes, fruit pudding; lamb chops, parsnips, baked apples; pork tenderloins, rice, baked squash, apple sauce; boiled salmon, rice, beets, rhubarb.

**Three Hours**—Leg of lamb, macaroni, escalloped potatoes; beef stew, string beans, brown Betty; veal with spaghetti, baked apples.

**Four Hours**—Pea Soup, boiled dinner, rice pudding.

**Six Hours**—Chicken stew, dried fruit.

**Seven Hours**—Lentil soup, corned beef, stewed figs.

### LIST OF FOODS AND TIME REQUIRED FOR COOKING

#### VEGETABLES—1 HOUR

Spaghetti and cheese	Onions and tomatoes
Rice	Parsnips
Fresh lima beans	Baked potatoes
Boiled cabbage	Boiled potatoes
Carrots	Creamed potatoes
Cauliflower	Spinach
Baked corn	Summer squash
Beets (young)	Stuffed tomatoes

#### 2 HOURS

Candied sweet potatoes	Beets (older)
Beet greens	Stewed pumpkin
Baked Hubbard squash	

#### 3 HOURS

String beans	Macaroni	Escalloped potatoes
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Turnips take four hours of fireless cooking; sauerkraut and rutabagas, six; baked beans, nine.

#### MEATS—1 HOUR

Round steak with vegetables	Beef au gratin
Baked fish	Escalloped chicken
Salmon loaf	Irish stew
Boiled trout	Goulash of lamb
Boiled white fish	Veal and rice
	Rack of lamb

#### 2 HOURS

Fried chicken	Lamb chops
Meat loaf	Boiled lamb
Beefsteak pie	Mutton with onions and potatoes
Codfish balls	Panned steak
Salt codfish	Sweetbreads
Boiled salmon	Veal roast
Pork tenderloin	

#### 3 HOURS

Leg of lamb	Coddled steak
Beef stew	Veal loaf
Chicken fricassee	Veal rolls
Roast shoulder of lamb	Veal with spaghetti
Boiled leg of mutton	Boiled sheeps' hearts

#### MEATS (Continued)—4 HOURS

Boiled dinner	Chicken curry	Roast goose
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Curry of veal requires five hours in a fireless cooker; chicken stew and boiled ham, six; corned beef, seven; lamb and beef tongues, eight; pot roast or old fowl, nine.

#### DESSERTS—1 HOUR

Sponge cake	Bread pudding
Corn bread	Baked apple dumpling
Nut bread	( $\frac{1}{2}$ hour)
Cakes ( $\frac{3}{4}$ hour)	Rice pudding (with
Fruit pies ( $\frac{1}{2}$ hour)	cooked rice)

#### 2 HOURS

Rhubarb	Tapioca custard
Steamed fruit pudding	Apple Sauce

#### 3 HOURS

Boston brown bread	Steamed Graham bread
Baked apples	Suet pudding
	Brown Betty

#### 4 HOURS

Rice pudding	Steamed plum pudding
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Dried fruits need six hours' cooking in a fireless cooker; stewed figs, seven.

#### SOUPS—1 HOUR

Corn soup	Rice and tomato soup
Rice soup with stock	Beef tea

#### 2 HOURS

Green pea	Tomato with stock
Sago	Vegetable soup

#### 4 HOURS

Dried pea	Bean
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Lentil soup takes seven hours in the fireless cooker; lima-bean purée and beef soup, nine.

## HOW I USE MY DRIPPINGS

*By Jane Shumway*

**I** NEVER realized how much actual money I was throwing away by failing to use every scrap of meat fat, until I weighed that trimmed from an aitch-bone roast. There was a pound. So I decided to render or try it out and do some experimenting.

I first cut it in small pieces; then put it in a pail, barely covered with cold water, and set it in a small pan of boiling water on the back of the stove, where it remained for several hours, until the fat had slowly melted out and the solid part was crisp and brown. I then added a teaspoonful of salt and strained the clear fat into half-pound baking-powder cans, cooled it, then covered it and stored it in a cool place, as I would lard or butter. By actual weight I found that the fat had lost only two ounces during the process.

As we are a large family I made several loaves of cake a week, for which I used half a pound of butter (eighteen cents) and half a pound of lard (8 cents). At my first baking I substituted half a cupful of the rendered beef fat, worked it in with the sugar until creamy, and used it for a large loaf. The salt gave a butterlike flavor, and the drippings, because not burned, were absolutely tasteless. However, the cake was too rich, because the drippings, unlike most other fats, contained no water. So I found it more satisfactory to decrease the amount one-sixth in all recipes where shortening was demanded.

**F**OR making pie crust I used the same amount as of lard, rubbing into the flour half the necessary quantity, then moistening the dough, rolling it out and adding the balance, creamed, in layers as for flaky pastry. In making all quick breads, as corn muffins, etc., I found that a scant tablespoonful of melted drippings gave just as good results as the customary melted butter. I have always been very proud of my bread, but when I substituted drippings for the mixture of butter and lard that I had always used nobody knew the difference. One day, when making boiled salad dressing, I found that there was no butter, so I went the required amount of beef drippings and the result was as good as ever.

I found that rendered fat was an indispensable asset to my housekeeping, so bought three pounds of beef fat each week, at eight cents a pound, for shortening. But this was only one phase of the fat question; if clear beef fat was good for certain purposes, why did not the drippings from the roasting-pan, skimmings from the soup-pot, lamb fat, bacon, sausage and ham fat, have a place in my household economy? I began by saving the bacon fat, but found that it was not very good for frying purposes, because burned, so I commenced to bake bacon in the oven, laying it on a rack in a pan so that the dripping would not interfere with the cookery. The fat was as clear as amber, and I used it for frying eggs, potatoes, corn fritters, eggplant and other vegetables as well as for seasoning tomato sauce, macaroni with tomatoes, basting fish and seasoning bread dressings. And later I used sausage and ham fat in a similar way.

**T**HEN one day when we had baked potatoes for breakfast the butter supply was so low that I served melted bacon fat in a pretty bowl instead, and the family liked it better.

I discovered that the reason my family was so fond of liver and bacon was because of the bacon flavor. So, while we could not always afford bacon, by aid of the drippings I was able to prepare a delicious meal from liver which I bought for eight cents a pound. ●

I had never used dried lentils, peas and beans very much, because they always seemed to demand so much salt pork for seasoning. However, I was so successful in the use of other kinds of drippings that I began to hoard every scrap of fat.

My first experiment with dried vegetables and drippings was with Boston baked beans. In these I substituted half a cupful of sausage fat for the usual half-pound of salt pork; Lima beans I boiled with ham fat and reheated in milk sauce, while dried peas and lentils were made into soups, seasoned with either of these three savory fats.

Sausage drippings made an excellent shortening for ginger-bread and ginger cookies, while beef drippings from a roast, if not scorched, could be rendered and used for dark cake.

Any of these fats was excellent for frying purposes, although I made it a rule not to mix the savory and bland fats lest the flavor of the smoked meat penetrate my doughnuts or croquettes. Beef fat, the skimmings from corned beef, and lamb fat proved excellent for deep-fat frying. However, it was necessary to soak the lamb fat for twenty-four hours in cold water before rendering, to remove the strong taste.

I found that my butter bill decreased two-thirds, lard was wiped entirely off my book, and my total cooking-fat expenditure each week averaged twenty-four cents for the three pounds of beef fat.

## COOKING IN THE OVEN

**W**HILE basting some meat the water boiling in the roasting pan gave me an idea: If water boils in the oven in one pan it should also boil in another. To prove the fact I filled a saucepan with cold water, put it in the oven to heat, and the water boiled. From that day, three months ago, I have cooked nearly all my dinners in the oven. I selected pans that would take up as little oven space as possible and covered them with close-fitting galvanized lids—tin ones will rust. For roasts I use an oblong or oval, straight-sided pan.

I prepare the foods as usual and allow the same amount of time for cooking them. I add salt to the vegetables, put them in boiling water and cover the pan so the water cannot evaporate and fill the oven with steam. When the water on the vegetables boils steadily I lower the gas. Foods that require a long time for cooking I put at the back of the oven out of the way. In roasting meat I sear it, cover it with another pan and lower it to the floor of the oven.

Sunday I cooked the following menu—all in my oven:

Roast Chicken, Giblet Sauce  
String Beans                      Browned Potatoes  
Buttered Beets                      Muffins  
Baked Apples  
Cup Cakes

The giblets for the chicken gravy, the string beans, beets and potatoes I boiled on the upper shelf. Later I browned the potatoes in the roasting pan. On the lower rack I cooked the apples; later I lowered the heat and baked the muffins and cup cakes. The chicken I kept in the roasting pan on the floor of the oven.

The advantages of oven cooking are many. Two burners can be made to do the work of six, at an average cost of five cents an hour, and, except when baking bread or cakes, you may leave your cooking for nearly an hour at a time, saving energy for other things.

### SIX WAYS OF SERVING SOUP MEAT

**I** BUY a ten-cent piece of soup beef and cook it in the fireless cooker. The cooker prevents it from breaking up while cooking.

(1) I sometimes slice the meat cold and serve it with horseradish sauce.

(2) I grind the meat, chop a few cold boiled potatoes, grate an onion, mix together, and fry like hash.

(3) I grind the meat, boiled potatoes and onion together, mix with an egg, shape into meat cakes, and fry.

(4) I cut the meat into small pieces, add a medium-sized onion, chop fine and mix with the following dressing: One tablespoonful of butter, half a tablespoonful each of flour and sugar, one teaspoonful of mustard, one egg, half a cupful of vinegar and one cupful of milk. I mix it thoroughly and cook five minutes, and add half a cupful of chopped sweet pickles.

(5) I make one cupful and a half of white sauce, add a chopped hard-boiled egg, and to this add the chopped meat. I prepare a nest of mashed potatoes mixed with grated cheese, brown in oven, and fill with the meat mixture.

(6) I scoop out the centers of six tomatoes, add the chopped meat, half a cupful of mayonnaise, two chopped pickles and a hard-boiled egg, refill the tomatoes, and serve on lettuce leaves.

### I WISH WOMEN KNEW HOW TO BUY MEAT AND SAVE THEMSELVES MONEY

*By a Butcher*

**O**F BEEF there are three grades: good, second-best and poor. Many women ask me if there is not as much nourishment in the cheapest grade as in the better grades. There is not, because low-priced cattle are fed on brewer's grains, cottonseed oil, etc., which fattens them but produces soft, flabby flesh. This shrinks to a greater extent in cooking. Besides there is as much bone in a thin animal as in a fat one.

Good beef has firm fat tinged with pink, and the meat is interwoven with threads of fat. Poor beef has very yellow fat and the meat is lean and scraggy.

A side of beef is divided into a forequarter and a hindquarter, the latter containing the loin from which the highest-priced steaks and roasts are cut. It is an easy rule to remember that meat is expensive in the center of the animal and cheaper at the extremities, chiefly because the latter meat is toughened by muscular action. Most people do not like the cheap cuts because they cannot cook them tender, and so buy steaks and roasts. Because of this excess demand we have to charge a very high price for them.

Sometimes it seems that most women think a steer is made up entirely of ribs and loins! There is one point, however, that people overlook, and that is, that most of the cheaper cuts have little waste, so that, besides costing less a pound, the meat goes almost twice as far. The waste from a two-pound sirloin steak averages about three-quarters of a pound.

Too many of my customers buy unnecessarily in small quantities. When one's means are limited it is far better to buy in quantities sufficient for three days at a time. It is not necessary to prepare the meat always the same way, for I am glad to cut it for different uses.

For instance, take a chuck rib of beef; it will weigh, say, fourteen pounds and a half and sells today as it falls for eighteen cents a pound, making a total of two dollars and sixty-one cents. From it I can cut two pounds and a half of soup meat, three pounds of meat which can be pot-roasted, and, after boning the rest, can make a delicious five-pound roast from it, which would ordinarily sell at thirty-five cents a pound. That leaves four pounds of bone and fat.

The bone makes fine soup stock and the fat can be rendered for cooking. If bought separately these cuts would cost two dollars and ninety-five cents—an expenditure on the purchase of thirty-four cents above the price of the whole piece.

Brisket is equally good corned or fresh. Although it contains considerable bone a six-pound piece, at eighteen cents, gives three pounds of meat for a pot roast, two pounds and a half of bone for stock and half a pound of fat to render.

Another cut which comes from part of the hind-quarter is flank steak. This may be scored and broiled and served with a tomato sauce, or it may be made into a "blind duck." To do this it should be stuffed with chopped onions and potatoes well seasoned with salt, pepper and sage, tied securely and braised. Or it might be used for beef roulades with vegetables, in a stew, or boiled and made into a pie. It is clear meat with no waste when well trimmed, and it sells for from eighteen to twenty cents a pound.

Flank fat sells for ten and twelve cents a pound and can be rendered with practically no waste, and suet sells for about the same price. It is not economy to buy very cheap beef fat, because it contains so much meat fiber, that is waste. In fact, it always pays to purchase meats that are well trimmed, at a higher price a pound, than to buy cheaper grades that contain a great deal of waste.

A rump weighs about twelve pounds and sells at twenty-three cents. From it can be obtained fine pot roasts or corned beef, with soup stock from the bones. The round is divided into two parts, the top and bottom, which are generally cut up into steaks. Those from the top are best and cost from twenty-eight to thirty cents—the bottom ones sell from twenty-five to twenty-eight cents at present, and if cut from good beef are tender.

Out of a thirty-pound round I cut about twenty pounds of steak, the rest going to chopped meat and trimmings. When you see chopped beef for sale at a low price you can almost always be sure that it contains a high percentage of fat, and sometimes a great deal of water, for it is just as easy to "plump" beef as chicken or oysters. Better pay a little more and get honest meat. And if the market man will not let her see the meat chopped a woman had better grind her meat at home.

The horseshoe is a small piece of clear meat weighing about two pounds and a half. It sells for twenty-two cents and makes an excellent pot roast or stew.

The leg weighs about nineteen pounds and a quarter and sells at seventeen cents a pound as it falls. It contains about five pounds and a half of meat and fourteen pounds of bone. In this case it does not pay to buy the entire piece, as it is much cheaper to purchase the clear meat with as much bone as is needed. It makes an excellent shank stew. A shin cut from the forequarter may be used in a similar way. The forequarter chuck is not cheap at eighteen cents, as it contains so much bone, but it makes good stew or boiled beef.

The season of the year makes considerable difference in the price of meats. From May to October the round and sirloin cuts are more in demand and therefore cost more. Because of this, rib roasts drop in price, as few women cook roasts in summer, preferring steaks. In the autumn corned beef jumps in price for the same reason.

Lamb goes up from March to May, while if spring lamb is late it is dear until July. Then is the time for women who have to be economical not to buy lamb, yet those are the very women who often do it.

There are three grades of lamb, as of beef. Good lamb is not very heavy. If the leg joints are stiff the lamb is fresh, and the fat should be firm and white. The joints of fresh lamb can be easily separated to show the knuckle, while mutton is usually splintered at the joint.

A lamb is divided into halves, each of which is separated into a forequarter and a hindquarter. An eight-pound-and-a-half forequarter at eighteen cents costs a dollar and fifty-three cents if purchased as it falls, and contains the rack from which the rib chops are cut.

From this can be taken two pounds and a half of stew meat, one pound and a quarter of breast, four shoulder chops, which would be excellent either broiled or en casserole, and two pounds of chops from the rack, worth thirty-two cents a pound. Bought separately this would cost one dollar and seventy-five cents, or twenty-two cents more than for the whole piece.

Besides this, there are enough trimmings for a nice barley stew. If desired the chuck, or shoulder, can be bought separately, and boned, rolled and dressed for roasting or braising; the chuck and breast can be purchased together, filled with a bread dressing and braised, or the shoulder can be raised off for a casserole, the four chops under the shoulder cut out and the neck and bones used for a stew. Even a small family can dispose of a shoulder of lamb in this way if the woman is willing to cook a little.

The whole hindquarter weighs about eight pounds and a quarter and sells for twenty-three cents, a total of a dollar and ninety cents. From it can be cut eight loin or kidney chops, which ordinarily sell for thirty-two cents a pound, and a six-pound roast, which would sell at twenty-five cents, and there is a small lamb kidney besides some trimmings. If purchased separately these cuts would cost two dollars and seventeen cents. The housewife saves a little more than ten per cent., and she will go a long way to save that on dry goods.

Veal is divided like lamb and is becoming the most expensive of all meats. The shoulder and breast sell for about twenty-two cents a pound, and may be stuffed with a bread or a potato-and-onion dressing.

The neck is used for stewing and the rump for pot-roasting or braising. The leg is worth about twenty-six cents a pound and weighs eleven pounds. It contains about eight pounds of solid meat and three of bone, and costs, entire, a dollar and sixty-eight cents. From it is cut the fillet, which is sold for roasting at thirty-eight cents a pound, or is cut up into cutlets at forty cents a pound.

The balance is used for stew or casserole. If purchased separately this amount of meat would cost two dollars and sixty-four cents, and any large family could dispose of the whole piece; but, as few wish to buy the knuckle, or end of the leg, it is necessary to charge a high price for the cutlets to make a small profit.

As to pork, I think it strange that more shoulder pork chops are not purchased, as they average four cents less a pound than those in the loin and have no more waste.

A loin of pork for roasting averages two cents a pound less than when cut up into chops, and contains only a third of bone waste. On the other hand, a fresh shoulder of ham, if well cut, is a cheaper roast and may be boned and stuffed to good advantage, while a fresh ham contains little waste and is as good eating as turkey; in fact, it is often preferred to turkey.



# Recipes Used in Connection With the New York and Philadelphia Diet Squads

## WHAT 100 CALORIES COST WHEN THESE RECIPES ARE COOKED

**A**N AVERAGE "individual serving" from one of these recipes would represent 100 calories. The average number of calories consumed each day by the young men on the New York diet squad was 3500. The amount of calories needed in a day depends upon the kind of work the individual is doing, his weight and age. A man working in an office needs, as a usual thing, 3000 calories a day. A woman who does light housework requires 2700 calories a day.

	COST		COST
Cabbage . . . . .	\$.0710	Baked Beans With Salt Pork . . . . .	\$.0074
Boiled Onions . . . . .	.0402	Mock Chicken . . . . .	.0069
Carrots and Onions . . . . .	.0330	Cornstarch Pudding . . . . .	.0069
Carrots . . . . .	.0295	Cottage Pudding . . . . .	.0068
Baked Stuffed Haddock . . . . .	.0261	Rice Pudding With Raisins . . . . .	.0068
Beef Potroast . . . . .	.0228	Apricot Tapioca . . . . .	.0067
Stuffed Green Peppers . . . . .	.0212	Baked Split Peas . . . . .	.0067
Turnips and Potatoes (mashed) . . . . .	.0211	Graham Muffins . . . . .	.0064
Creamed Oysters . . . . .	.0180	Cinnamon Rolls (Yeast) . . . . .	.0064
Beets, (pickled) . . . . .	.0179	Cornstarch Pudding . . . . .	.0063
Kidney Stew . . . . .	.0168	Brown Betty . . . . .	.0062
Hamburg Steak . . . . .	.0158	Baked Lima Beans . . . . .	.0061
White Sauce (for Salmon Croquettes) . . . . .	.0153	Baked Rice and Cheese . . . . .	.0059
Veal Loaf . . . . .	.0150	Oatmeal Cookies . . . . .	.0058
Rolled Steak with Dressing . . . . .	.0150	Molasses Cake . . . . .	.0057
Baked Potatoes . . . . .	.0148	Apple-Sauce Cake . . . . .	.0056
Beef Stew with Dumplings . . . . .	.0147	German Fried Potatoes . . . . .	.0056
Stuffed Beef Heart . . . . .	.0142	Fruit Pudding . . . . .	.0055
Sliced Oranges and Bananas, with Coconut . . . . .	.0135	Clear Sauce (for Fruit Pudding) . . . . .	.0054
Roast Pork . . . . .	.0127	Prune Pie . . . . .	.0054
Creamed Potatoes . . . . .	.0119	Apple Dumpling . . . . .	.0054
Sliced Orange and Banana . . . . .	.0117	Tapioca . . . . .	.0053
Lyonnais Potatoes . . . . .	.0115	Hard Sauce . . . . .	.0052
Parsnips (baked with sausage) . . . . .	.0113	Salmon Croquettes . . . . .	.0051
Apples (dried) for sauce . . . . .	.0112	Savory Rice . . . . .	.0051
Prunes, (stewed) . . . . .	.0111	Vanilla Wafers . . . . .	.0049
Coffee Jelly . . . . .	.0111	Currant Bread . . . . .	.0049
Chocolate Ice Cream . . . . .	.0111	Currant Rolls . . . . .	.0046
Potato Soup With Carrots . . . . .	.0109	Date Bread . . . . .	.0046
Raisin Sauce . . . . .	.0107	Yellow Split-Pea Soup . . . . .	.0045
Liver and Bacon . . . . .	.0106	Mock Cherry Pie . . . . .	.0045
Scalloped Salmon . . . . .	.0105	Baking Powder Biscuits . . . . .	.0045
Corn Chowder . . . . .	.0105	Sirup for Corn Mush . . . . .	.0044
Corned-Beef Hash . . . . .	.0101	Scalloped Rice and Tomatoes . . . . .	.0044
Codfish Balls . . . . .	.1000	Crullers . . . . .	.0041
Creamed Codfish . . . . .	.0099	Oat Bread . . . . .	.0040
Chocolate Blanc Mange . . . . .	.0096	Macaroni Croquettes . . . . .	.0039
Scalloped Onions and Peanuts . . . . .	.0094	Raisin Bread . . . . .	.0039
Stewed Peaches . . . . .	.0092	Baked Barley . . . . .	.0037
Kidney Bean Stew . . . . .	.0091	Meat Soup With Barley . . . . .	.0037
Scalloped Potatoes . . . . .	.0089	Pancakes . . . . .	.0037
Apple Sauce . . . . .	.0088	Baking-Powder Shortcake . . . . .	.0036
Stewed Apricots . . . . .	.0087	Corn Cakes . . . . .	.0035
Bread Pudding . . . . .	.0087	Corn Griddlecakes . . . . .	.0034
Clear Sauce (for Cottage Pudding) . . . . .	.0084	Parker House Rolls . . . . .	.0034
Spaghetti and Cheese . . . . .	.0084	Corn Muffins . . . . .	.0032
Welsh Rarebit on Toast . . . . .	.0082	Molasses Cookies . . . . .	.0032
Scalloped Tomatoes . . . . .	.0080	Samp . . . . .	.0031
Stewed Lima Beans . . . . .	.0077	French Toast . . . . .	.0029
Lemon Milk Sherbet . . . . .	.0076	Hominy (fried) . . . . .	.0028
Split Pea Soup . . . . .	.0076	Gingersnaps . . . . .	.0026
Sauce (for Shortcake) . . . . .	.0075	Fried Corn Meal Mush . . . . .	.0024

Note that the most expensive food served—that is, least energy for the money—was cabbage, 7 cents per 100 calories. The cheapest, corn meal mush, ¼ cent per 100 calories.

## COST PER POUND OF RAW MATERIAL USED IN THESE RECIPES

	COST		COST
Vanilla . . . . .	\$2.4000	Currants, dried . . . . .	\$.2500
Gelatin . . . . .	1.9200	Oysters . . . . .	.2400
Nutmeg . . . . .	1.6000	Codfish, salt . . . . .	.2200
Sage . . . . .	1.0400	Salmon, canned . . . . .	.2200
Mustard . . . . .	.6800	Bacon, average . . . . .	.2130
Ginger . . . . .	.5333	Coffee . . . . .	.2000
Pepper . . . . .	.5200	Pork, salt . . . . .	.2000
Cloves . . . . .	.4800	Pork, fresh, average . . . . .	.1948
Baking Powder . . . . .	.4200	Lamb . . . . .	.1875
Cinnamon . . . . .	.4000	Dates . . . . .	.1860
Soda bicarbonate . . . . .	.4000	Codfish, fresh . . . . .	.1800
Chocolate . . . . .	.3800	Cream, 18.5 per cent. . . . .	.1700
Tea . . . . .	.3500	Apricots, dried . . . . .	.1700
Eggs (9 per pound) . . . . .	.3370	Peanuts . . . . .	.1600
Yeast . . . . .	.3200	Veal . . . . .	.1600
Bananas . . . . .	.3200	Beef, average . . . . .	.1526
Cocoanut (shredded) . . . . .	.3000	Raisins . . . . .	.1516
Cheese, American, pale . . . . .	.2800	Apples, dried . . . . .	.1500
Butter (Nuco) . . . . .	.2700	Kidney Beans . . . . .	.1400

Beef, corned . . . . .	.1400	Molasses . . . . .	.0715
Peas, split . . . . .	.1400	Onions. . . . .	.0700
White Beans, dried . . . . .	.1300	Parsnips . . . . .	.0643
Macaroni, average . . . . .	.1300	Rolls, white . . . . .	.0640
Prunes . . . . .	.1300	Barley . . . . .	.0600
Lima Beans, dried . . . . .	.1233	Beets . . . . .	.0600
Tomatoes, canned. . . . .	.1220	Graham Flour . . . . .	.0600
Haddock. . . . .	.1200	Rice, broken . . . . .	.0600
Beef, liver . . . . .	.1200	Boston Brown Bread . . . . .	.0500
Beef, heart . . . . .	.1200	Carrots . . . . .	.0500
Peaches, dried . . . . .	.1200	White Flour . . . . .	.0500
Pork Sausage. . . . .	.1200	Hominy . . . . .	.0500
Crackers, soda . . . . .	.1100	Pork, larding . . . . .	.0500
Cabbage . . . . .	.1050	Rolled Oats . . . . .	.0500
Peas, canned . . . . .	.1010	Potatoes, white . . . . .	.0500
Rye Bread . . . . .	.1000	Samp . . . . .	.0500
Cranberries. . . . .	.1000	Cornmeal . . . . .	.0400
Spaghetti . . . . .	.1000	Milk . . . . .	.0400
Pork, kidney . . . . .	.1000	Vinegar . . . . .	.0400
Suet. . . . .	.1000	Oranges . . . . .	.0320
Corn, canned . . . . .	.0960	Potatoes, sweet . . . . .	.0300
White Bread . . . . .	.0900	Turnips . . . . .	.0311
Cornstarch . . . . .	.0900	Salt . . . . .	.0200
Tapioca . . . . .	.0900	Rock Salt . . . . .	.0170
Graham Bread . . . . .	.0800	Lemons, 12 dozen	
Brown Sugar, average . . . . .	.0760	Green Peppers, 12 for 15 cents	
Granulated Sugar, average . . . . .	.0750		

*Unless Otherwise Stated the Recipes Will Serve Five People*

### Apple Dumplings

- |                                   |  |
|-----------------------------------|--|
| 1 Cupful of Flour                 | $\frac{3}{8}$ to $\frac{1}{2}$ Cupful of Water |
| 2 Teaspoonfuls of Baking Powder   | 4 Tablespoonfuls of Fat                        |
| $\frac{1}{2}$ Teaspoonful of Salt | 5 Apples                                       |

Sift the baking powder, salt and flour, work in the fat and make a soft dough with water. Roll and cut into five good-sized biscuits. In each fold an apple, cored and pared, and sprinkled with sugar. Bake for about forty-five minutes, or until the apples are soft. Serve with hard sauce.

### Apple-Sauce Cake

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 1 Cupful of Sugar               | 1 Teaspoonful of Soda                 |
| 2 Tablespoonfuls of Butter      | $\frac{1}{2}$ Teaspoonful of Cinnamon |
| 1 Cupful of Apple Sauce         | $\frac{1}{2}$ Teaspoonful of Cloves   |
| 2 Cupfuls of Flour              | $\frac{1}{4}$ Teaspoonful of Salt     |
| $\frac{2}{3}$ Cupful of Raisins | $\frac{1}{4}$ Teaspoonful of Nutmeg   |

Sift together the soda, spices, salt and flour. Cream the butter; add the sugar, apple sauce, dry ingredients and seeded raisins. Bake in a moderate oven.

### Apricot Tapioca Pudding

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 6 Apricots                    | $\frac{1}{2}$ Teaspoonful of Salt |
| $\frac{1}{2}$ Cupful of Sugar | 3 Cupfuls of Boiling Water        |
| 1 Cupful of Pearl Tapioca     |                                   |

Cover the tapioca with cold water and soak for one hour. Drain off the cold water; add the boiling water and salt, and cook over water (in a double boiler if you have one) until the tapioca is transparent and no hard center portion remains. This will require about thirty minutes. Place the apricots in a buttered baking dish. Add sugar to the tapioca and pour this over the apricots; add apricot juice, and bake in a moderate oven for about twenty minutes. Cool and serve. If dried apricots are to be used they should be soaked overnight, or several hours in cold water sufficient to cover them. Cook in the water in which they have soaked until they are tender.

### Baked Bananas

- |           |                           |  |
|-----------|---------------------------|--|
| 5 Bananas | 2 Tablespoonfuls of Sugar | $1\frac{1}{4}$ Tablespoonfuls of Lemon Juice |
|-----------|---------------------------|--|

Remove the bananas from the skins, sprinkle with lemon juice and sugar and bake in a moderate oven for about twenty minutes, or until bananas are golden brown.

### Baked Barley

- |                                |                                      |
|--------------------------------|--------------------------------------|
| $\frac{1}{2}$ Cupful of Barley | $\frac{1}{2}$ Teaspoonful of Salt    |
| 3 Cupfuls of Boiling Water     | $\frac{1}{4}$ Cupful Left-over Gravy |

Soak the barley overnight. Drain. Cook in boiling salted water until tender. Drain. Add the left-over gravy and bake for twenty minutes in a moderate oven. If one has a meat bone or left-over bits of meat these may be boiled with the barley to give it flavor.

### Baked-Bean Soup

- |                               |                             |
|-------------------------------|-----------------------------|
| 2 Cupfuls of Cold Baked Beans | $\frac{1}{4}$ Sliced Carrot |
| 4 Cupfuls of Water            | 2 Tablespoonfuls of Fat     |
| Salt and Pepper               | 2 Tablespoonfuls of Flour   |
| 2 Slices of Onion             |                             |

Put the beans, onion and carrot in a saucepan with four cupfuls of water and allow to simmer for half an hour. Rub through a colander, or coarse sieve. Add salt and pepper and bind with flour and fat, which have been cooked together.

### Baked Beans With Salt Pork

- |                                       |   |
|---------------------------------------|---|
| $1\frac{1}{2}$ Cupfuls of Beans (dry) | $2\frac{1}{2}$ Tablespoonfuls of Molasses |
| $\frac{1}{8}$ Pound of Salt Pork      |   |

Parboil the beans, drain and place them in a beanpot, filling the pot about two-thirds full. Put in the salt pork, the rind of which has been scored. Pour molasses over the pork. Add cold water, using sufficient to almost cover the beans. Bake in a slow oven for ten hours. Do not try to keep the beanpot filled with water, but allow the water to cook down so that the fat can brown.

### Baked Lima Beans

Lima beans may be used instead of the navy beans, and baked in just the same way.

### Baked Haddock, Stuffed

- |                                 |                         |
|---------------------------------|-------------------------|
| 1¾ Pounds of Haddock            | ½ Teaspoonful of Salt   |
| 1 Tablespoonful of Fat          | ⅛ Teaspoonful of Pepper |
| 2 Cupfuls of Bread Crumbs       | ½ Cupful of Hot Water   |
| 1 Tablespoonful of Grated Onion |                         |

Clean the haddock and sprinkle it with salt and pepper. Make a stuffing of the bread crumbs, salt, pepper, onion and hot water. Stuff the fish, brush over with melted fat, sprinkle with flour, put on rack in baking pan, in the bottom of which is about half a cupful of hot water. Bake in a hot oven for about forty-five minutes. Baste the fish occasionally, to keep it from becoming dry.

### Baked Rice With Cheese

- |                            |                         |
|----------------------------|-------------------------|
| ¾ Cupfuls of Rice          | ⅛ Pound of Cheese       |
| 5 Cupfuls of Boiling Water | 4 Tablespoonfuls of Fat |
| 1½ Teaspoonfuls of Salt    |                         |

Wash the rice. Stir gradually into boiling salted water and cook until the rice is tender—say for twenty-five or thirty minutes. Into a greased baking dish put alternate layers of rice and grated cheese, dotting the cheese over with bits of fat. Put into a hot oven for about ten minutes, allowing the rice to brown over the top.

### Baked Split Peas

- |                          |                           |
|--------------------------|---------------------------|
| 1½ Cupfuls of Split Peas | 2 Quarts of Boiling Water |
| 1 Quart of Cold Water    | ⅛ Pound of Bacon          |

Look over the peas and soak them in cold water overnight. Drain and cook in boiling water until tender. Drain. Put into a pan, sprinkle with salt, pepper and flour and lay thin slices of bacon across the top. Bake for about forty minutes.

### Baking-Powder Biscuits

- |                                 |                          |
|---------------------------------|--------------------------|
| 2 Cupfuls of Flour              | 3½ Tablespoonfuls of Fat |
| 4 Teaspoonfuls of Baking Powder | ¾ Cupful of Water        |
| 1 Teaspoonful of Salt           |                          |

Sift together the flour, baking powder and salt. Work in the fat with a fork or the fingers; add water gradually, making a soft dough. Turn dough on floured board, roll out to one-half-inch thickness, cut into biscuits and bake in a hot oven for from twelve to fifteen minutes.

### Beef Pot Roast (12 Servings)

- |                    |                 |
|--------------------|-----------------|
| 2½ Pounds of Chuck | Salt and Pepper |
|--------------------|-----------------|

Heat a frying pan very hot. Sear the meat well on all sides, browning it. Remove from the frying pan and put it into an iron kettle. Rinse out the frying pan with two cupfuls of water, which is poured over the meat. Let the meat simmer for three hours; or longer if necessary to make it tender. Keep a small amount of water in the kettle—not enough to cover the meat—and turn the meat from time to time. Add salt and pepper the last hour of cooking.

### Beef Stew With Dumplings

- |                            |                                 |
|----------------------------|---------------------------------|
| ¾ Pound of Beef Chuck      | (FOR DUMPLINGS)                 |
| 2 Cupfuls of Boiling Water | 1 Cupful of Flour               |
| 1½ Tablespoonfuls of Flour | 2 Teaspoonfuls of Baking Powder |
|                            | ½ Teaspoonful of Salt           |
|                            | 1 Teaspoonful of Fat            |
|                            | ½ Cupful of Water               |

Cut the meat into inch-and-a-half cubes. Brown these in a frying pan with drippings or bits of fat meat. Put the meat into a kettle, rinse out the frying pan with the hot water, and pour this over the meat. Let the meat simmer for about three hours, or until tender. Thicken the stew with a tablespoonful and a half of flour. Season with salt and pepper.

Make the dumplings by sifting together the flour, baking powder and salt. Rub in the fat with the fingers or a fork. Add the water. Drop the dough into the stew by spoonfuls and cook.

### Bread Pudding

- |                            |                           |
|----------------------------|---------------------------|
| 2½ Cupfuls of Bread Crumbs | ¼ Teaspoonful of Vanilla  |
| 1 Cupful of Milk           | ½ Teaspoonful of Salt     |
| 1 Cupful of Water          | ⅛ Teaspoonful of Nutmeg   |
| 4 Tablespoonfuls of Sugar  | ⅛ Teaspoonful of Cinnamon |

Scald the milk and pour it over the bread crumbs. Add the sugar, water, salt, vanilla and spices. Mix well together, and bake for about one hour in a moderate oven. Serve with fruit sauce.

Fruit sauce is made by adding to a clear sauce some left-over raisins, peaches and orange peel. Any left-over bits of fruit can be utilized in this way.

### Brown Betty With Hard Sauce

- |   |                                  |
|---|----------------------------------|
| 3 Cupfuls of Graham Bread Crumbs          | 1 Teaspoonful of Grated Nutmeg   |
| 1 Cupful of Dried Apples                  | 1 Teaspoonful of Ground Cinnamon |
| ¾ Cupful of Brown Sugar                   | ½ Cupful of Water                |
| ¼ Cupful of Melted Butterine of Other Fat |                                  |
| For hard Sauce:                           |                                  |
| ¼ Cupful of Butter                        | ⅓ Teaspoonful of Vanilla         |
| ½ Cupful of Brown Sugar                   | 2 Tablespoonfuls of Milk         |

Wash the dried apples, soak overnight with enough water to cover, and stew in the same water in which they were soaked until they are tender. Melt the fat and mix with crumbs. Put into a baking dish, alternating layers of crumbs and apples, sprinkling each layer of apples with sugar, nutmeg, cinnamon and water. Make the last layer of crumbs. Bake for about thirty minutes.

For hard sauce, cream the butter thoroughly; add the sugar very gradually, and milk drop by drop until the mixture is well blended. Add vanilla.

### Caramel Tapioca

$\frac{1}{2}$  Cupful of Tapioca  
 $1\frac{1}{4}$  Cupfuls of Brown Sugar  
3 Cupfuls of Water

$\frac{1}{2}$  Teaspoonful of Salt  
 $\frac{1}{2}$  Teaspoonful of Vanilla  
 $\frac{1}{2}$  Cupful of Cold Water

Wash the tapioca well and soak overnight in the water. Leaving the tapioca in the water in which it was soaked, add the brown sugar and salt; mix thoroughly and put into a greased baking dish. Bake for an hour in a slow oven. Remove from the oven; add half a cupful of water and vanilla. Cool before serving.

### Carrots

3 Medium-Sized Carrots  
2 Tablespoonfuls of Flour

$\frac{1}{8}$  Teaspoonful of Nutmeg

Wash the carrots; scrape and cut into cubes. Cook in boiling water for about forty minutes, or until tender. The time for cooking will vary with the age of the carrot. When tender add salt to taste, nutmeg, and thicken with flour.

### Chocolate Blancmange

3 Tablespoonfuls of Cornstarch  
1 Cupful of Milk  
 $\frac{1}{4}$  Cupful of Sugar  
 $\frac{3}{4}$  Square of Chocolate

$\frac{1}{4}$  Teaspoonful of Vanilla  
 $\frac{1}{4}$  Teaspoonful of Salt  
 $\frac{1}{2}$  Cupful of Cold Water

Mix together the cornstarch, salt and sugar. Add the cold water gradually, making a thick paste. Melt the chocolate, scald the milk, and add the milk to the chocolate, rinsing out the dish in which the chocolate was melted. Add this to the cornstarch paste gradually. Cook over hot water for about twenty-five minutes, stirring constantly. Serve the blancmange cold with cream (whipped cream if you can afford it), custard sauce, or an egg meringue.

### Chocolate Ice Cream

$1\frac{1}{2}$  Cupfuls of Milk  
5 Tablespoonfuls of Sugar  
 $2\frac{1}{2}$  Tablespoonfuls of Flour  
 $\frac{1}{2}$  Teaspoonful of Salt

$\frac{1}{2}$  Teaspoonful of Vanilla  
 $\frac{1}{2}$  Square of Chocolate  
 $\frac{1}{2}$  Cupful of Thin Cream

Mix the sugar, salt, and flour, and slowly add half a cupful of cold milk, stirring constantly so that there are no lumps. Add remainder of the milk, scalded, and cook this mixture over hot water for about fifteen minutes, until it thickens. Melt the chocolate over hot water, and add it to the thickened milk. Cool. Add the vanilla and thin cream. Freeze, using three measures of ice to one of salt.

### Cinnamon Rolls

About 6 Cupfuls of Flour  
1 Pint of Lukewarm Water  
1 Teaspoonful of Salt  
4 Tablespoonfuls of Fat

1 Tablespoonful of Sugar  
1 Cupful of Currants  
 $\frac{1}{2}$  Teaspoonful of Cinnamon  
1 Yeast Cake

Dissolve the yeast cake in a quarter of a cupful of the warm water. Add the remainder of the water to the fat, sugar and salt. Add the yeast cake and flour. Stir in the currants, knead, and let rise. Turn out on a floured board, roll out to a third of an inch in thickness. Shape into rolls, cover, and let rise. Before baking, brush over with melted fat, and sprinkle with sugar and cinnamon.

### Clear Sauce for Fruit Pudding

$\frac{1}{3}$  Cupful of Sugar  
 $\frac{2}{3}$  Cupful of Boiling Water

$\frac{3}{4}$  Tablespoonful of Cornstarch  
 $\frac{1}{8}$  Teaspoonful of Vanilla

Mix the sugar and cornstarch. Add the boiling water gradually, stirring constantly. Boil for five minutes. Remove from the fire and add vanilla.

### Codfish Balls (11 Balls)

$\frac{1}{2}$  Cupful of Codfish  
 $1\frac{3}{4}$  Cupfuls of Potatoes

$1\frac{1}{2}$  Tablespoonfuls of Fat  
Flour

Wash the fish and cut into small pieces. Wash the potatoes, pare and cut into slices. Cook fish and potatoes together in boiling water until the potatoes are soft. Drain, and mash thoroughly. Add the fat and season, if salt is needed. Shape into balls, roll these in flour and fry in deep fat. Have the fat so hot that it is beginning to smoke. Drain the cooked fishballs on unglazed paper.

### Corn Bread

2 Cupfuls of Meal  
1 Cupful of Flour  
1 Teaspoonful of Salt  
1 Cupful of Warm Water

3 Teaspoonfuls of Baking Powder  
4 Teaspoonfuls of Sugar  
1 Pint of Sweet Milk  
 $\frac{3}{4}$  Cupful of Fat (Lard)

Mix together the dry ingredients; add the melted lard, milk and water, and bake in a greased oblong pan in moderate oven for from thirty to forty-five minutes.

### Corn Chowder

$\frac{1}{4}$  Can of Corn  
 $1\frac{1}{2}$ -Inch Cube of Salt Pork  
1 Medium-Sized Potato Cut into Slices  
2 Cupfuls of Milk

$1\frac{1}{2}$  Cupfuls of Boiling Water  
2 Tablespoonfuls of Butter  
 $\frac{1}{8}$  Sliced Onion  
 $\frac{1}{4}$  Teaspoonful of Sugar  
Salt and Pepper

Cut the pork into small pieces and try it out. Add the onion and cook for about five minutes. Strain the fat into a stewpan. Cook the potatoes for about five minutes in boiling salted water. Drain, and add the potatoes to the fat. Add the boiling water and cook until the potatoes are soft. Then add the corn and milk and heat to the boiling point. Add the salt, pepper, sugar and butter. Serve immediately after adding butter.

### Corn Muffins

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1¼ Cupfuls of Corn Meal         | 1 Teaspoonful of Salt          |
| 1 Cupful of Flour               | 1 Cupful of Water              |
| 1½ Tablespoonfuls of Sugar      | 3 Tablespoonfuls of Melted Fat |
| 5 Teaspoonfuls of Baking Powder |                                |

Sift together the flour, corn meal, baking powder, sugar and salt. Add the water and melted fat. Bake in a moderate oven for about twenty-five minutes.

### Corned-Beef Hash With Vegetables

- |  |                            |
|--|----------------------------|
| 1½ Cupfuls Corned Beef (Cold, Left-Over) | ½ Cupful of Cooked Carrots |
| 2¼ Cupfuls Diced Potatoes (Cooked)       | ¾ Cupful of Water          |
| 1 Cupful of Turnips (Cooked)             | 3 Tablespoonfuls of Fat    |
| 1 Small Onion, Chopped Fine              |                            |

Cut the meat into small pieces. Add the cooked vegetables cut into small cubes, the onion and the water. Put the fat into a hot frying pan; add the hash and cook for about twenty minutes, allowing the hash to brown. Other left-over meat may be added to corned beef, or used instead of corned beef.

### Cornstarch Pudding With Raisin Sauce

- |                                |                          |
|--------------------------------|--------------------------|
| 6 Tablespoonfuls of Cornstarch | 2 Cupfuls of Water       |
| ¼ Cupful of Sugar              | ¾ Teaspoonful of Vanilla |
| ½ Cupful of Milk               | ⅛ Teaspoonful of Salt    |

Mix the cornstarch and sugar. Add a quarter of a cupful of water, stirring until free from lumps. Add the salt and the milk and remainder of the water, which have been warmed together. Cook over hot water until thickened and free from a raw taste. Remove from the fire; add vanilla and cool. This may be molded in cups. Serve cold.

Raisin Sauce:

- |                             |                            |
|-----------------------------|----------------------------|
| ½ Cupful of Raisins         | ¼ Teaspoonful of Vanilla   |
| 1 Tablespoonful of Sugar    | ¾ Cupfuls of Boiling Water |
| 1 Teaspoonful of Cornstarch |                            |

Mix the cornstarch and sugar; add the water gradually, stirring constantly. Add the raisins, which have been seeded and cleaned. Cook until the raisins are tender. Add the vanilla.

### Cottage Pudding With Clear Sauce (10 Servings)

- |                    |                                 |
|--------------------|---------------------------------|
| ¼ Cupful of Butter | 2¼ Cupfuls of Flour             |
| ⅔ Cupful of Sugar  | 4 Teaspoonfuls of Baking Powder |
| 1 Egg              | ½ Teaspoonful of Salt           |
| 1 Cupful of Milk   |                                 |

Sift together the flour, baking powder and salt. Cream the butter; add the sugar gradually, and the egg well beaten. Add alternately the milk and the sifted dry ingredients. Mix well. Turn into a buttered cake pan and bake in a moderate oven for thirty-five minutes.

Clear Sauce for Cottage Pudding:

- |                               |                          |
|-------------------------------|--------------------------|
| ¼ Cupful of Sugar             | ½ Cupful Boiling Water   |
| 1 Tablespoonful of Butter     | ½ Teaspoonful of Vanilla |
| 1½ Teaspoonfuls of Cornstarch |                          |

Mix the sugar and cornstarch, and add water gradually, stirring. Boil for five minutes; remove from the fire; add the butter; cool, and add vanilla.

### Creamed Codfish

- |                         |                           |
|-------------------------|---------------------------|
| ½ Pound of Salt Cod     | 4 Tablespoonfuls of Flour |
| 4 Tablespoonfuls of Fat | 2 Cupfuls of Milk         |

Pick the codfish in pieces, cover with warm water and allow to soak for about three hours, or until soft. Melt the fat; add the flour, and cook together for about three minutes. Add the milk, and cook until it thickens. Drain the codfish, and add to white sauce. Heat, serve.

### Creamed Oysters

- |                              |                         |
|------------------------------|-------------------------|
| ½ Pint of Oysters (1 Cupful) | 4 Tablespoonfuls of Fat |
| 1 Pint of Milk               | ½ Teaspoonful of Salt   |
| 4 Tablespoonfuls of Flour    | Pepper                  |

Melt the fat; add the flour and cook together for three minutes. Add the milk and stir constantly until thickened. Add the seasoning and the oysters, and keep the white sauce just below boiling point, allowing the oysters to cook slowly, until the edges curl. Serve on toast.

### Creamed Potatoes

- |                         |                           |
|-------------------------|---------------------------|
| 4 Medium-Sized Potatoes | 4 Tablespoonfuls of Flour |
| ½ Cupful of Milk        | 4 Tablespoonfuls of Fat   |
| 1½ Cupfuls of Water     | ½ Teaspoonful of Salt     |
|                         | Pepper                    |

Cut the boiled potatoes into dice. Melt the fat in a saucepan; add the flour, and cook together for three minutes. Add the milk and water, and stir until thickened. Season; add the potatoes, and cook until the potatoes are warmed through.

### Crullers (36 Crullers)

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| ¼ Cupful of Butter                  | 3½ Teaspoonfuls of Baking Powder |
| 1 Cupful of Sugar                   | 1 Cupful of Milk                 |
| 2 Eggs (Whites and Yolks Separated) | Fat for Frying                   |
| 4 Cupfuls of Flour                  |                                  |

Cream the butter; add the sugar gradually, the yolks of the eggs, beaten, and the whites of the eggs beaten until stiff. Sift together the flour and baking powder; add to the first mixture alternately with milk. Turn out on a floured board, roll thin and cut into strips about three inches long and two inches wide. In each strip make four crosswise gashes. Heat a kettle of fat for frying until it begins to smoke. Drop the crullers into the hot fat, allow them to rise to top, and turn. Turn at intervals, allowing the crullers to become brown on both sides. Drain on unglazed paper. Into a paper bag put six teaspoonfuls of sugar and three teaspoonfuls and a half of cinnamon. Shake the crullers in the bag with the sugar and cinnamon.

## Currant Rolls

2 Cupfuls of Flour  
2½ Tablespoonfuls of Fat  
2½ Tablespoonfuls of Sugar  
3 Tablespoonfuls of Currants

4 Teaspoonfuls of Baking Powder  
⅔ Cupful of Milk  
¼ Teaspoonful of Cinnamon

Sift together the flour, baking powder and salt. Work in the fat with the tips of the fingers. Add the milk gradually. Toss on a floured board and roll out to a quarter of an inch in thickness. Have the currants washed and dried and mix them with the sugar and cinnamon. Brush over the top of the dough with melted fat, and then sprinkle over it the mixture of cinnamon, sugar and currants. Roll like a jelly roll; cut off slices three-quarters of an inch thick. Bake these on a greased tin for about fifteen minutes in a hot oven.

## Date Bread

Make the same as raisin bread, using dates instead of raisins.

## French Fried Potatoes

1 Pint of Fat for Frying  
1 Quart of Small Potatoes, Cut Into Eighths Lengthwise

½ Teaspoonful of Salt

Let the potatoes soak for a few minutes in cold water; take from the water, dry between towels and drop, a few at a time, into the fat, heated enough to brown a cube of white bread in one minute. When taken out, drain on paper and sprinkle with half a teaspoonful of salt.

## French Toast

9 Half-Inch Slices of Bread  
4 Tablespoonfuls of Sugar

½ Teaspoonful of Cinnamon  
¼ Cupful of Fat

Toast the bread, spread it with butter or butterine, and sprinkle it with cinnamon and sugar mixed together.

## Fried Mush

1 Cupful of Corn Meal  
4 Cupfuls of Water

1 Teaspoonful of Salt

Have the salted water boiling in the upper part of the double boiler. Into this stir the corn meal. Cook directly over the fire until the mixture boils. Then set it over hot water and cook for two hours and a half. Pour into a bread pan or a shallow dish. Allow to stand overnight, or for several hours, until cold. Turn out of the dish and cut into thin slices. Heat three tablespoonfuls of fat in a frying pan. Sauté the slices of mush in the fat until they are golden brown.

## Fruit Shortcake (5 Biscuits) With Fruit Sauce

1 Cupful of Flour  
2 Teaspoonfuls of Baking Powder  
3 Tablespoonfuls of Fat

¼ Teaspoonful of Salt  
⅛ to ½ Cupful of Water

Sift together the flour, salt and baking powder. Work in the fat with tips of fingers or a fork. Add the water, making a soft dough. Turn out on a floured board, roll, cut into biscuits, and bake in a hot oven for about twelve minutes. Split the biscuits, and put fruit between and on top.

### Fruit Sauce:

⅓ Cupful of Dried Peaches  
½ Cupful of Raisins  
1½ Teaspoonfuls of Cornstarch

1½ Cupfuls of Water  
½ Tablespoonful of Butter  
¼ Cupful of Sugar

Wash the peaches, soak overnight in water to cover and cook, until tender, in the same water in which they were soaked. Mix the sugar and cornstarch; add the water and the washed raisins, and cook together until the raisins are tender. Add the cooked peaches, warm, and add the butter. Serve with the shortcake.

## Fruit Pudding

3 Cupfuls of Dry Bread Crumbs  
1¼ Cupfuls of Dried Apples  
⅓ Cupful of Sugar

4 Tablespoonfuls of Fat  
⅓ Teaspoonful of Vanilla

Wash the apples thoroughly and soak them overnight, or for several hours, using water enough to cover the fruit. Cook until tender, in the water in which they were soaked. Add to the apple sauce the sugar, vanilla and all but a third of a cupful of the bread crumbs. To the remaining bread crumbs add the melted fat and sprinkle this over the apple sauce, which has been placed in a baking dish. Bake in a hot oven until the bread crumbs are brown. Serve with clear sauce.

## Gingersnaps (About 40)

1 Cupful of Molasses  
½ Cupful of Shortening  
3¼ Cupfuls of Flour

½ Teaspoonful of Soda  
1 Tablespoonful of Ginger  
1½ Teaspoonfuls of Salt

Heat the molasses to the boiling point and pour it over fat. Sift together the soda, flour, ginger and salt; add to the molasses and shortening and stir well. Chill, roll very thin on a floured board, cut and bake in a moderately hot oven.

## Goulash

1 Pound of Beef, Shoulder, Neck or Chuck  
1 Tablespoonful of Chopped Onion  
1½ Tablespoonfuls of Fat  
1½ Tablespoonfuls of Flour

½ Teaspoonful of Salt  
2 Cupfuls of Water

Wash the beef and cut into inch-and-a-half cubes. Brown these in a frying pan with chopped onion. Add two cupfuls of water, rinsing out the frying pan and putting the meat and liquid into a kettle. Add the salt, and thicken gravy with flour and fat cooked together.

## Graham Muffins (14 Muffins)

1 Cupful of Graham Flour  
1 Cupful of White Flour  
¼ Cupful of Sugar  
4 Teaspoonfuls of Baking Powder

1 Teaspoonful of Salt  
1 Cupful of Milk  
1 Egg  
2 Tablespoonfuls of Melted Fat

Sift together the salt, sugar, baking powder and white flour. Add the Graham flour and mix well. Beat the egg; add to the milk, and add these to the dry materials. Add the melted fat. Bake in a hot oven, in greased muffin tins, for about twenty-five minutes.

### Hamburg Steak

- 1 Pound of Beef
- 2 Cupfuls of Bread Crumbs
- $\frac{1}{4}$  Onion, Chopped Fine
- $\frac{1}{2}$  Teaspoonful of Salt
- Pepper

Wash the beef and put it through a meat chopper. Mix with bread crumbs, salt and pepper and onion. If the bread crumbs are very dry moisten with water so the mixture will not be dry. Shape into meat cakes and cook in a frying pan, using just enough fat to keep the meat from sticking to the pan.

### Hominy

- 1 Cupful of Hominy
- 1 Quart of Boiling Water
- 1 Teaspoonful of Salt
- 1 Teaspoonful of Nut Butter

Wash the hominy in two cupfuls of cold water. Have the water in which it is to be cooked boiling and salted and put in the nut butter. Stir in the hominy and let it cook overnight, the same as oatmeal.

### Kidney-Bean Stew

- $\frac{1}{2}$  Pound of Kidney Beans
- 3 Slices of Onion
- $\frac{1}{4}$  Cupful of Rice
- 1 Potato
- 1 Cupful of Canned Tomato
- $1\frac{1}{2}$  Tablespoonfuls of Fat
- 5 Tablespoonfuls of Flour

Soak the beans overnight. Drain, and cook in boiling water until soft. About one hour before they finish cooking add the rice, onion and tomato. Half an hour later add the diced potato. Bind the liquid with the fat and flour, cooked together.

### Kidney Stew

- 1 Pound of Kidney Pork
- 1 Carrot
- $\frac{1}{2}$  Medium-Sized Onion
- 2 Cupfuls of Water
- 2 Tablespoonfuls of Flour
- 2 Tablespoonfuls of Drippings

Scrape and slice the carrot, peel and slice the onion, and cook together in two cupfuls of water until tender. Soak the kidneys for one hour in lukewarm water. Drain, clean and dry. Dredge with flour, slice and brown in a frying pan, with drippings. Remove the kidneys from the frying pan; add the flour to the fat, and brown. Add to this the two cupfuls of water in which the carrots and onion were cooked. Boil until thickened. Add the kidneys, onion and carrots. Season with salt and pepper, cook for three minutes and serve.

### Lemon Milk Sherbert

- 2 Cupfuls of Milk
- 1 Cupful of Sugar
- $\frac{2}{3}$  Cupful of Water
- Juice of Two Lemons

Mix the lemon juice and sugar; add the water, and then the milk very slowly. Freeze, using three parts of ice to one of salt.

### Lyonnais Potatoes

- 5 Medium-Sized Potatoes
- $1\frac{1}{2}$  Medium-Sized Onions
- 3 Tablespoonfuls of Fat
- Salt and Pepper

Wash the potatoes, pare and boil them. Cut them into cubes. Peel and slice the onion. Heat the fat in a frying pan; add the potatoes and onions, and fry until brown, turning with a cake turner occasionally to keep those in the bottom of the pan from becoming burned. Season with salt and pepper.

### Macaroni Croquettes With Potato Sauce (About 12 Croquettes)

- 2 Cupfuls of Macaroni, Broken Into Small Pieces
- 1 Cupful of Milk
- $\frac{1}{3}$  Cupful of Flour
- 5 Tablespoonfuls of Fat
- $\frac{1}{2}$  Teaspoonful of Salt
- Pepper

Cook the macaroni in boiling salted water until it is tender; drain and cut it fine. Melt the fat; add the flour and cook for three minutes; add the milk and cook until well thickened. Add the salt and pepper, and stir in the macaroni. Cool. Shape the croquettes, roll in fine bread crumbs, fry in deep fat, heating the fat until it begins to smoke before putting in the croquettes.

### Mashed Turnips and Potatoes

- 3 Medium-Sized Turnips
- 1 Medium-Sized Potato
- 1 Teaspoonful of Salt

Wash and pare the turnips and the potato and cut it into quarters. Cook in separate kettles of boiling salted water, as the turnip will require more time for cooking than the potato. When soft, drain; add the potato to the turnip, and mash together. Add salt and pepper to taste.

### Meat Loaf

- $\frac{1}{2}$  Pound of Dry Bread Crumbs
- 1 Teaspoonful of Grated Onion
- 1 Teaspoonful of Salt
- $\frac{1}{2}$  Cupful of Any Kind of Stock or Water
- 1 Pound of Chopped Meat
- $\frac{1}{4}$  Teaspoonful of Pepper

Mix, shape into a loaf, dredge with flour and bake for forty minutes in a medium-hot oven, basting frequently.

### Mock Cherry Pie (1 Pie)

- 1 Cupful of Cranberries
- $\frac{1}{2}$  Cupful of Raisins
- $\frac{1}{2}$  Cupful of Water
- 1 Cupful of Sugar
- $\frac{1}{2}$  Tablespoonful of Flour
- $\frac{1}{4}$  Teaspoonful of Salt
- Crust:
- 2 Cupfuls of Flour
- $\frac{1}{2}$  Cupful of Fat
- $\frac{1}{4}$  Teaspoonful of Salt
- Cold Water

Cut the cranberries into halves; seed and cut up the raisins; add the sugar, water, salt and flour. Mix well together. Use as filling for covered pie.

For the crust, add the salt to the flour, and work in fat with the tips of the fingers. Moisten with just enough cold water to make a stiff dough which can be rolled out on a floured board. Roll out the dough, line a pie tin, fill with cranberry mixture, make a cover of dough, and bake in a hot oven.

### Mock Chicken

- |   |                                   |
|---|-----------------------------------|
| 2 Cupfuls of Dry Beans                                      | 1 Teaspoonful of Sage             |
| $\frac{1}{3}$ Loaf of Dry Bread, Ground to Make Fine Crumbs | Salt and Pepper                   |
| $\frac{1}{4}$ Cupful of Fat                                 | $\frac{1}{2}$ Cupful of Hot Water |

Pick over the beans, wash and allow them to soak overnight in cold water. Drain, and put on to cook in boiling water, allowing them to simmer until tender, but not broken. Drain, mash. Make a stuffing with the bread crumbs, melted fat, powdered sage, salt and pepper. Arrange in a baking dish a layer of mashed beans, a layer of stuffing and a second layer of mashed beans. Bake in a moderate oven for twenty minutes. Serve with tomato sauce.

### Molasses Cake (About 21 Little Cakes)

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| $\frac{1}{2}$ Cupful of Sugar         | 1 Egg                             |
| $\frac{1}{2}$ Cupful of Fat           | $2\frac{1}{2}$ Cupfuls of Flour   |
| 1 Cupful of Molasses                  | 2 Teaspoonfuls of Soda            |
| 1 Teaspoonful of Ginger               | 1 Cupful of Hot Water             |
| $\frac{1}{2}$ Teaspoonful of Cinnamon | $\frac{1}{2}$ Teaspoonful of Salt |

Sift together the salt, sugar, flour, soda and spices. Melt the butter in hot water; add the molasses, the egg well beaten and the dry ingredients. Mix well. Bake in small cup-cake tins in a moderate oven for about twenty-five minutes.

### Molasses Cookies (About 34 Cookies)

- |                             |                       |
|-----------------------------|-----------------------|
| 2 Cupfuls of Flour          | 1 Cupful of Molasses  |
| $\frac{1}{4}$ Cupful of Fat | 1 Teaspoonful of Soda |
| 5 Tablespoonfuls of Water   | 1 Teaspoonful of Salt |

Heat the molasses until it begins to boil, and pour it over the fat. Sift together the flour, salt and soda. Add to the molasses and fat. Add the water. Mix thoroughly. Chill. Toss part of the mixture on a floured board, roll very thin and cut with a cookie cutter dipped in flour. Bake on a greased baking sheet in a moderate oven. Use up the remainder of the dough in the same way.

### Norwegian Prune Pudding

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| $\frac{1}{4}$ Pound of Prunes         | $1\frac{1}{2}$ Pounds of Cold Water |
| $\frac{1}{2}$ Cupful of Sugar         | 1 Small Stick of Cinnamon           |
| $\frac{2}{3}$ Cupful of Boiling Water | 3 Tablespoonfuls of Cornstarch      |
| 4 Tablespoonfuls of Cold Water        |                                     |

Soak the prunes for one hour in cold water. Cook in the water in which they were soaked until they are tender. Remove the prune seeds and cut the prunes into bits. Add the sugar, boiling water and cinnamon and simmer for ten minutes. To the cornstarch add the four table-spoonfuls of cold water, mixing to a paste. Add this slowly to the prune mixture and cook for ten minutes. Remove stick of cinnamon and pour into a mold. Serve cold.

### Oat Bread

- |  |                                  |
|--|----------------------------------|
| 2 Cupfuls of Boiling Water             | 1 Cupful of Dry Rolled Oats      |
| $\frac{1}{2}$ Tablespoonful of Salt    | $\frac{1}{2}$ Cupful of Molasses |
| $\frac{1}{2}$ Yeast Cake Dissolved in  | 1 Tablespoonful of Fat           |
| $\frac{1}{2}$ Cupful of Lukewarm Water | $4\frac{1}{2}$ Cupfuls of Flour  |

Add the boiling water to the rolled oats, stir well and let stand for one hour. Add the molasses, salt, fat, dissolved yeast cake and flour; let the dough rise to double its bulk, beat well and turn into greased bread pans; let rise the second time, and bake for about one hour in a moderate oven.

### Oatmeal

- |                     |                                     |
|---------------------|-------------------------------------|
| 1 Cupful of Oatmeal | $1\frac{1}{2}$ Teaspoonfuls of Salt |
| 1 Quart of Water    |                                     |

Add the salt to the water, boiling directly over the fire. Into this stir the cereal, and when this begins to boil set it over hot water to finish cooking. Cook over water for six hours. Oatmeal can be cooked two hours directly over fire.

- |                               |                                      |
|-------------------------------|--------------------------------------|
| 1 Egg                         | 2 Teaspoonfuls of Baking Powder      |
| $\frac{1}{4}$ Cupful of Sugar | 1 Teaspoonful of Salt                |
| $\frac{1}{2}$ Cupful of Milk  | 1 Cupful of Raisins                  |
| $\frac{1}{4}$ Cupful of Water | 5 Tablespoonfuls of Melted Fat       |
| 2 Cupfuls of Flour            | $\frac{1}{2}$ Cupful of Fine Oatmeal |

### Oatmeal Cookies (20 Cookies)

Sift together the flour, baking powder and salt. Add the oatmeal. Beat the egg; add the sugar, water and milk, the dry ingredients mixed together, raisins and melted fat. Drop from a spoon on a greased baking sheet and bake in a moderate oven.

### Parker House Rolls

- |                           |                                       |
|---------------------------|---------------------------------------|
| 2 Cupfuls of Warm Water   | 1 Yeast Cake Dissolved in             |
| 4 Tablespoonfuls of Fat   | $\frac{1}{4}$ Cupful Warm Water       |
| 4 Tablespoonfuls of Sugar | About $5\frac{1}{2}$ Cupfuls of Flour |
| 1 Teaspoonful of Salt     |                                       |

Add the warm water to the fat, sugar and salt, dissolving the fat. Add the dissolved yeast cake, and flour. Knead and put aside to rise. When it rises turn the dough out on a floured board, roll out to one-third-inch thickness and cut with a biscuit cutter. With the handle of a knife make a crease in the center of the top of the roll; brush over half of the top with melted fat, and fold, pressing the edges together. Put in a greased pan, and allow the rolls to rise. Bake in a hot oven for about fifteen minutes. If the rolls are to be allowed to rise overnight, use only half the yeast cake.

### Pickled Beets

- |          |                                 |
|----------|---------------------------------|
| 4 Beets  | $\frac{3}{4}$ Cupful of Vinegar |
| 3 Cloves | 2 Tablespoonfuls of Sugar       |

Wash the beets and cook whole in boiling water until tender, the time varying from one to four hours. Drain, put into cold water and remove the skins. Slice. Heat the vinegar, sugar and cloves and pour over the sliced beets. Allow to stand until cold, and for several hours, if possible.



### Potato Soup With Carrots

3 Medium-Sized Potatoes  
2 Cupfuls of Water  
4 Tablespoonfuls of Flour  
Soup Greens  
2 Slices of Onion  
Sprigs of Parsley

1½ Cupfuls of Milk  
1 Carrot  
1½ Tablespoonfuls of Fat  
Salt and Pepper  
Stalk of Celery

Wash and pare the potatoes. Cook in boiling salted water until they are soft. Rub through a colander. Use the water in which the potatoes were cooked to make up the two cupfuls of water for the soup. Cook the carrot, cut into cubes, in boiling water until soft; drain. Scald the milk with onion, celery and parsley. Add milk and water to the potatoes. Melt the fat in a saucepan; add flour, and cook for three minutes. Slowly add the soup, stirring constantly. Boil for one minute, season with salt and pepper. Add the cubes of carrots and serve.

### Prune Pie

¾ Pound of Prunes

2½ Tablespoonfuls of Cornstarch

Wash the prunes and soak overnight, or for several hours, in water to cover. Cook in the water in which they were soaked until they are tender. Remove the seeds and cut the prunes into quarters. Thicken the juice with cornstarch. Use as filling for covered pie. Make the crust as for mock cherry pie.

### Raisin Bread

About 6 Cupfuls of Flour  
4 Tablespoonfuls of Fat  
1½ Cupfuls of Raisins  
1½ Teaspoonfuls of Salt

1 Pint of Hot Water  
¼ Yeast Cake Dissolved in  
¼ Cupful of Lukewarm Water

Dissolve the fat in the hot water. Allow this to cool until just lukewarm. Add the dissolved yeast cake, salt and about five cupfuls of water, stirring until thoroughly mixed. Add the remaining flour, and knead well on a board. Return this mixture to a bowl and allow it to stand overnight in a warm place. It should rise to double its bulk. In the morning remove from bowl, put on a floured board and knead. While kneading, add the raisins, which have been picked over, washed and dried. Shape the dough into loaves, and put into greased bread pans. Allow to rise until double its bulk. Bake for about one hour in a moderately hot oven. Currants may be substituted for raisins, making currant bread.

### Rice Pudding With Raisins

¾ Cupfuls of Rice  
½ Cupful of Raisins  
1 Cupful of Milk

1½ Quarts of Boiling Water  
½ Teaspoonful of Salt  
¼ Cupful of Sugar

Stir the rice into the boiling water and cook until it is about half done, which will be about fifteen minutes. Drain the rice; add the milk, sugar and raisins, and place in a greased baking dish. Bake in a moderate oven for about forty-five minutes.

### Rolled Steak With Dressing

1 Pound of Shoulder Clod Steak  
4 Cupfuls of Fine Bread Crumbs  
½ Small Onion Chopped Fine  
1½ Cupfuls of Hot Water

3 Tablespoonfuls of Flour  
2 Cupfuls of Hot Water  
½ Teaspoonful of Sage, Powdered  
½ Teaspoonful of Salt

Make a stuffing of the bread crumbs, onion, salt and sage, adding more water if the bread crumbs are very dry. Heat a frying pan, sear the steak in the frying pan, browning on both sides. Remove the steak and make into a roll, with filling in the center. Tie in shape. To the fat in the frying pan add three tablespoonfuls of flour, and brown. Add two cupfuls of hot water, and stir until thickened. Pour this gravy over the steak, put into the oven and cook for three hours, adding more water to the gravy as it thickens and turning the roll occasionally so that it does not become too dry on top. Serve with gravy.

### Salmon Croquettes

½ Can of Salmon  
⅔ Cupful of Rice  
½ Teaspoonful of Salt  
Bread Crumbs

1 Cupful of Water  
3 Tablespoonfuls of Fat  
½ Cupful of Flour  
Fat for Frying

Cook the rice in three cupfuls of boiling salted water for about twenty-five minutes, until it is tender. Drain, and pour boiling water through it so that the grains are distinct. Remove the bones from the salmon and pick it into bits. Melt the three tablespoonfuls of fat; add flour, and cook together for three minutes. Add water, and cook until thickened. To this add the salt, cooked rice and salmon. Chill. Shape into croquettes. Dip these in bread crumbs. Heat the fat for frying until it begins to smoke. Then put in the croquettes and fry a golden brown. Remove from the fat, drain on paper and serve with white sauce.

### Samp

1 Cupful of Samp  
½ Teaspoonful of Salt

3 Cupfuls of Boiling Water

Wash the samp; add the boiling water, and soak for twelve hours. Drain, rinse with hot water, and add enough fresh hot water to cover the samp. Cook for seven hours on the back of the stove, or over a low flame, stirring it occasionally to prevent from burning. When nearly cooked, stir in the salt.

### Savory Rice

1 Cupful of Rice  
1 Cupful of Canned-Tomato Pulp Put Through a Sieve  
3 Tablespoonfuls of Fat

Pepper  
½ Onion  
1½ Teaspoonfuls of Salt  
2½ Cupfuls of Water

Add the rice to about six cupfuls of boiling water and cook for five minutes. Remove from the fire and drain. Fry the onion in a saucepan with the fat, until it is a light brown color; add the rice, and cook, stirring constantly, until the fat is absorbed. Add the canned-tomato pulp, salt, pepper and water, and cook until the rice has absorbed the liquid and is tender.

### Scalloped Onions and Peanuts

5 Medium-Sized Onions  
 $\frac{3}{4}$  Cupful of Peanuts  
 1 Tablespoonful of Fat

4 Cupfuls of Bread Crumbs  
 1 Cupful of Milk  
 1 Tablespoonful of Flour

Boil the onions; drain and cut into slices. Melt the fat; add the flour, and cook together for three minutes. Add the milk, and cook until it thickens, making a white sauce. Season with salt and pepper. Chop the peanuts. In a greased baking dish arrange alternate layers of bread crumbs and onions, sprinkling the onions with the chopped peanuts and the white sauce. Have the top layer of crumbs. Brown in a hot oven.

### Scalloped Potatoes

4 Medium-Sized Potatoes  
 $1\frac{1}{2}$  Tablespoonfuls of Fat  
 Hot Water

2 Tablespoonfuls of Flour  
 Salt and Pepper

Wash the potatoes, pare and cut them into thin slices. Put into the bottom of a greased baking dish a layer of potatoes. Sprinkle these with salt, pepper and flour. Dot with fat. Make two more similar layers. Add hot water until it just reaches the top layer of potatoes. Bake in a moderately hot oven for about an hour and a quarter, until the potatoes are soft.

### Scalloped Rice and Tomatoes

$\frac{3}{4}$  Cupful of Rice  
 $1\frac{1}{2}$  Teaspoonfuls Salt  
 $\frac{1}{4}$  Cupful of Water  
 Salt

6 Cupfuls of Boiling Water  
 $\frac{3}{4}$  Cupful of Canned Tomatoes  
 3 Tablespoonfuls of Fat

Wash the rice, and pour slowly into the boiling water to which one teaspoonful and a half of salt have been added. Boil until the rice is about half done, which will be for about fifteen minutes. Drain the rice, and arrange in alternate layers with tomato in a greased baking dish. Dot over the tomato with bits of fat. Have the top layer of rice. Sprinkle with salt, and add enough water (half a cupful or more) to come up almost to the top of the rice. Bake in the oven for about forty minutes, until the rice has absorbed almost all of the liquid.

### Scalloped Salmon

1 Cupful of Salmon  
 4 Tablespoonfuls of Fat  
 $\frac{1}{2}$  Teaspoonful of Salt

4 Cupfuls of Bread Crumbs  
 3 Tablespoonfuls of Flour

Melt the fat; add the flour, and cook together for three minutes. Add water, and cook until thickened. Add this to the bread crumbs, adding more water if the crumbs are very dry. Pick the salmon into bits, removing pieces of bone. Add the salmon to the bread-crumbs mixture, and bake in a greased baking dish in a moderately hot oven for about twenty minutes.

### Scalloped Tomatoes

2 Cupfuls of Canned Tomatoes  
 3 Tablespoonfuls of Fat  
 2 Teaspoonfuls of Salt

$\frac{1}{4}$  Loaf of Stale Bread  
 $1\frac{1}{2}$  Teaspoonfuls of Sugar

Melt the fat and add it to the tomatoes. Toast slices of bread and cut them into inch cubes. In the bottom of a greased baking dish place one layer of toasted bread, then the tomatoes, seasoned with salt, sugar and pepper. On top put another layer of toasted bread. Bake in a moderate oven for about twelve minutes.

### Spaghetti and Cheese

1 Cupful of Spaghetti  
 2 Quarts of Boiling Water  
 1 Tablespoonful of Salt  
 $\frac{3}{8}$  Pound of Cheese

$\frac{2}{3}$  Cupful of Milk  
 3 Tablespoonfuls of Fat  
 3 Tablespoonfuls of Flour  
 1 Cupful of Water

Cook the spaghetti in boiling salted water until tender. Drain. Melt the fat; add flour, and cook for three minutes. Add the milk and one cupful of water, and cook until thickened. Season with salt and pepper. In a greased baking dish arrange alternate layers of cooked spaghetti and white sauce. Sprinkle the spaghetti with grated cheese. Bake in a moderately hot oven until the spaghetti is brown.

### Yellow Split-Pea Soup

1 Cupful of Split Peas  
 $2\frac{1}{2}$  Quarts of Cold Water  
 $\frac{1}{4}$  Onion  
 1 Pint of Hot Water or Stock

2 Tablespoonfuls of Fat  
 2 Tablespoonfuls of Flour  
 $1\frac{1}{2}$  Teaspoonfuls of Salt  
 $\frac{1}{8}$  Teaspoonful of Pepper

Pick over the peas. Soak for five hours, or longer; drain; add the cold water and onion. Simmer for four hours, or longer, until the peas are soft. Rub the peas through a sieve. Melt the fat. Add to this the flour, salt and pepper, and stir until well blended. To this add the peas, and the hot water, or stock. Cook for five minutes. Serve.

Croutons for Soup: Cut stale bread into one-third-inch cubes. Heat about one cupful of fat in a small stewpan until it begins to smoke. Drop in cubes of bread and fry until golden brown. Remove the bread from the fat, drain on unglazed paper. Sprinkle in soup just as it is to be served.

### Steamed Rice

2 Cupfuls of Whole Rice, or  
 1 Cupful of Broken Rice  
 6 Cupfuls of Water

4 Teaspoonfuls of Salt  
 4 Teaspoonfuls of Fat

Let the water boil. Wash the rice in cold water. Put the salt and the fat in the water, then the rice. Continually stir it until it starts to cook and then let it cook very slowly without stirring. When it has cooked for about ten minutes, wash it off in hot water. Put it in another pot, with two teaspoonfuls of fat and set this in another pan, containing hot water, on the back of the stove and let it steam, covered closely, until the rice is done.

### Stewed Peaches With Raisins (About 7 servings)

$\frac{1}{2}$  Pound of Dried Peaches  
 $\frac{1}{4}$  Cupful of Raisins

$\frac{1}{2}$  Cupful of Sugar

Wash the peaches, soak them overnight with water enough to cover, and stew them in the water in which they were soaked. When about half done add the raisins, which have been washed and seeded, and the sugar. Cook slowly that the peaches may keep their shape.

### Stuffed Beef Heart

1 Beef Heart  
 2 Cupfuls of Fine Bread Cumbs  
 1 Chopped Onion  
 $\frac{1}{2}$  Cupful of Hot Water

Salt and Pepper to Taste  
 3 Medium-Sized Carrots  
 3 Medium-Sized Onions

Wash the heart thoroughly inside and out; remove the veins and arteries. Make a stuffing of the bread crumbs, chopped onion and hot water, and season it with salt and pepper. Stuff the heart and sew up the opening. Sprinkle the heart with salt and pepper; brown it in fat drippings, and then cover it with water and let it simmer for about three hours. When almost done add the onions and carrots, cut into slices, and cook until the vegetables are tender. Remove the heart from the gravy, dredge with flour, and brown in the oven. Thicken the gravy in which the heart has been cooked.

### Stuffed Green Peppers

3 Green Peppers  
 2 Cupfuls of Cooked Somp

$\frac{1}{2}$  Cupful of Cooked Rice  
 $\frac{1}{2}$  Onion, Grated

Wash the peppers, cut them into halves and remove the seeds. Parboil the peppers for fifteen minutes. Mix together the cooked rice, cooked somp and grated onion. Add salt, if the cereal has not been seasoned in cooking. Stuff the halves of peppers with the cereal mixture, put into a pan with half a cupful of water, and bake for fifteen minutes. This is a good way of using left-over cereal. Rice alone or somp alone or a stuffing of bread crumbs may be used.

### Tomato Sauce

1 Cupful of Tomatoes  
 $\frac{1}{4}$  Cupful of Water  
 1 Teaspoonful of Sugar

2 Tablespoonfuls of Flour  
 $\frac{1}{4}$  Small Onion, Chopped Fine  
 $\frac{1}{2}$  Teaspoonful of Salt

Cook tomatoes, onion, sugar, water and salt together for ten minutes. Rub through a coarse sieve. Add the tomato mixture to the flour gradually, stirring constantly. Cook until it thickens.

### Tomato Sauce for Mock Chicken

$\frac{1}{2}$  Cupful of Canned Tomatoes  
 1 Cupful of Water  
 3 Tablespoonfuls of Flour

3 Slices of Onion  
 1 Teaspoonful of Sugar

Cook the canned tomatoes, onion, sugar and water together until the onion is soft. Rub through a colander. Season with salt and pepper. Combine with flour, adding a small amount of liquid to the flour, and mixing well, to avoid lumps. Cook until thick.

### Vanilla Wafers (About 60 Small Wafers)

$\frac{1}{2}$  Cupful of Sugar  
 $2\frac{2}{3}$  Tablespoonfuls of Butter  
 $\frac{1}{2}$  Egg  
 2 Tablespoonfuls of Milk

1 Cupful of Flour  
 1 Teaspoonful of Baking Powder  
 $\frac{1}{4}$  Teaspoonful of Salt  
 1 Teaspoonful of Vanilla

Cream the butter; add the sugar, the egg well beaten and the milk. Sift the flour, baking powder and salt together and add these to the first mixture. Add the vanilla. Roll very thin. Cut, and bake for about twelve minutes in a moderately hot oven.

### Veal Loaf

1 Pound of Veal Neck  
 1-16 Pound of Fat Pork  
 3 Cupfuls of Bread Crumbs

$\frac{1}{2}$  Small Onion  
 $\frac{1}{8}$  Teaspoonful of Mustard  
 1 Teaspoonful of Salt

Put the veal through a meat chopper; add the bread crumbs, the onion finely chopped, salt and mustard, and mix well together. If the bread crumbs are very dry, it may be necessary to add a little water so that the mixture will be moist enough to be shaped into a loaf. Place the loaf in a baking pan, dredge with flour, and pour half a cupful of water around it. Lay thin slices of fat pork across the top. Bake in a moderate oven for about two hours, basting occasionally.

### Welsh Rarebit on Toast

$\frac{1}{8}$  Pound of Cheese  
 $\frac{1}{2}$  Teaspoonful of Mustard  
 1 Cupful of Milk  
 2 Tablespoonfuls of Flour

2 Tablespoonfuls of Fat  
 $\frac{1}{4}$  Teaspoonful of Salt  
 $\frac{1}{2}$  Teaspoonful of Vinegar  
 Pepper

Melt the butter; add the flour, and mix well. Add the milk, and cook until thickened. Add the cheese, cut into bits, and cook until it is melted. Add salt, pepper, vinegar. Serve on toast.

# Recipes Used on the Chicago Diet Squad

## Meat Dishes

### New England Boiled Dinner

2 Medium Cabbages  
2 Medium Rutabagas  
4 Potatoes  
6 Carrots

6 Onions  
2 Pounds of Lean Salt Pork  
4 Cloves  
Allspice

Boil the salt pork with the spices until tender; cook the rutabagas and carrots in water sufficient to cover for twenty minutes; add the cabbages, onions and potatoes; cook until the vegetables are tender. Arrange the vegetables on a serving dish with the sliced salt pork over them.

### Meat Pie

2½ Pounds of Lean Beef, Cooked  
3 Cupfuls of Diced Potatoes  
1 Cupful of Diced Carrots  
½ Onion (Small)  
5 Tablespoonfuls of Flour

1 Tablespoonful of Chopped Parsley  
5 Tablespoonfuls of Beef Drippings  
4 Cupfuls of Stock  
Salt and Pepper

Cut the cooked beef into half-inch dice. Cook the vegetables. Make a sauce by browning the onion in fat. Add the flour and hot stock, and cook well. Mix the meat, vegetables, sauce and parsley. Put the mixture into a pudding dish and cover with crust rolled a quarter of an inch thick. Bake for from fifteen to twenty minutes.

### Pastry for Cover

2 Cupfuls of Flour  
4 Level Teaspoonfuls of Baking Powder  
1 Level Tablespoonful of Lard

¾ Teaspoonful of Salt  
About ¾ Cupful of Milk

### Braised Beef

4 Pounds of Beef (lower part of round)  
2 Thin Slices of Fat Salt Pork  
½ Teaspoonful of Peppercorns

½ Cupful of Carrots  
½ Cupful of Turnips  
½ Cupful of Onions  
Salt and Pepper

Fry out the pork and remove the scraps. Wipe the meat, sprinkle with salt and pepper, dredge with flour and brown the entire surface in pork fat. Place on a rack in a covered roast pan. Surround with vegetables, peppercorns and three cupfuls of boiling water. Cover closely and bake for four hours in a very slow oven, basting every half hour and turning every second hour. Throughout the cooking the *liquid* should be kept below the boiling point.

### Cannelon of Beef

4 Pounds of Lean Beef, Cut From the Round  
2 Tablespoonfuls of Finely Chopped Parsley  
1 Egg

1 Teaspoonful of Onion Juice  
2 Tablespoonfuls of Melted Butterine  
½ Teaspoonful of Pepper  
A Few Gratings of Nutmeg

Chop the meat fine and add the remaining ingredients in the order given. Shape in a roll, place on a rack in dripping pan and arrange slices of fat pork over the top; bake for thirty minutes. Baste every five minutes with a quarter of a cupful of butterine, which has been melted in one cupful of boiling water.

### Mock Tenderloin

Pound both sides of the meat, either round or flank steak. Cut into strips, season with salt and pepper and dredge with flour. Put bacon drippings in a hot skillet and brown the meat on both sides. Pour over hot water to more than cover. Cover the pan and simmer until tender (for about two hours and a half).

### Mutton Fricassee

Three pounds of mutton from the forequarter, cut by the butcher into pieces for serving. Wipe the meat, put into a kettle, cover with boiling water and cook slowly until tender. Remove from the water, cool, sprinkle with salt and pepper, dredge with flour and sauté in butter or mutton fat. Arrange on a platter and pour around it one cupful and a half of brown sauce made from the liquor in which the meat was cooked, after removing all fat. It is better to cook the meat the day before serving, as fat may then be easily removed.

### The Brown Sauce

3 Tablespoonfuls of Fat  
2 Slices of Onion  
4 Tablespoonfuls of Flour

1½ Cupfuls of Brown Stock  
¾ Teaspoonful of Salt  
⅛ Teaspoonful of Pepper

Cook the onion in fat until slightly browned; remove the onion and stir, adding the flour and seasonings. Brown the flour and add the warm stock gradually.

### Dumplings to Go With Mutton Fricassee

2 Cupfuls of Flour  
4 Teaspoonfuls of Baking Powder  
¾ Cupful of Milk

½ Teaspoonful of Salt  
2 Teaspoonfuls of Butter

Mix and sift the dry ingredients and work in the butter with the tips of the fingers. Add the milk gradually, using a knife for mixing. Toss on a floured board, pat and roll out to one-half-inch thickness. Shape with a biscuit cutter first dipped in flour. Place closely together in a buttered steamer, put over a kettle of boiling water, cover closely and steam for twelve minutes. A perforated tin pie plate may be used in place of the steamer. A little more milk may be used in the mixture, when it may be taken by spoonfuls, dropped and cooked on top of the stew. In this case some of the liquid must be removed so that the dumplings may rest on the meat and not settle into the liquid.

## FISH AND OYSTER RECIPES

### Creamed Codfish

6 Tablespoonfuls of Butterine  
8 Tablespoonfuls of Flour  
1 Teaspoonful of Salt

Pepper  
1 Quart of Milk  
1 Pound of Codfish

Melt the butterine and, when bubbling, add the flour and seasonings; when thoroughly blended, add the liquid, about one-third at a time, stirring until well mixed; then beat until smooth and glossy. Add the flaked codfish and serve.

### Brown Fricassee of Oysters

1 Quart of Oysters  
2 Tablespoonfuls of Butter  
4 Tablespoonfuls of Butterine  
 $\frac{1}{2}$  Cupful of Flour

1 Pint of Oyster Liquor  
1 Cupful of Milk  
1 Teaspoonful of Salt  
 $\frac{1}{4}$  Teaspoonful of Pepper  
A Few Grains of Cayenne

Parboil the oysters; drain; reserve the liquor; beat, strain and set aside for the sauce. Brown the butter and butterine; add the flour, and stir until well browned. Add the oyster liquor, milk, seasoning and oysters. Serve on toast.

### Oyster Purée

1 Quart of Oysters  
 $1\frac{1}{2}$  Cupfuls of Oyster Liquor  
2 Tablespoonfuls of Butter

2 Tablespoonfuls of Flour  
 $\frac{1}{2}$  Teaspoonful of Worcestershire  
Sauce  
Pepper and Salt, if needed

Wash the oysters and cook them until the edges curl; chop them very fine. Make a white sauce; add the oysters and juice to it and, when hot, strain and serve. The white sauce is prepared by melting the butter, adding the flour and then the hot milk gradually.

## WAFFLES AND GRIDDLECAKES

### Waffles

2 Cupfuls of Flour  
2 Teaspoonfuls of Baking Powder  
2 Tablespoonfuls of Butter

$\frac{1}{2}$  Teaspoonful of Salt  
2 Eggs  
 $1\frac{1}{2}$  Cupfuls of Milk

Mix the dry ingredients and sift together several times. Work in the butter with the tips of the fingers; separate the yolks and whites of the eggs, and add the milk to the yolks of the eggs. Add this mixture to the dry ingredients gradually and fold in the stiffly beaten whites of eggs. If the batter is too stiff, more milk may be added.

### Griddlecakes

3 Cupfuls of Flour  
 $1\frac{1}{2}$  Tablespoonfuls of Baking Powder  
1 Teaspoonful of Salt

2 Cupfuls of Milk  
1 Egg  
3 Tablespoonfuls of Butter

Mix and sift the dry ingredients; beat the egg; add the milk and pour slowly on first mixture. Beat thoroughly and add melted butter.

## SOUPS

### Tomato Soup

1 Can of Tomatoes  
1 Pint of Water  
12 Peppercorns  
A Bit of Bay Leaf  
4 Cloves  
1 Slice of Onion  
2 Teaspoonfuls of Sugar

$1\frac{1}{2}$  Teaspoonfuls of Salt  
 $\frac{1}{2}$  Teaspoonful of Soda  
2 Tablespoonfuls of Butterine  
3 Tablespoonfuls of Flour  
 $\frac{1}{8}$  Teaspoonful of Pepper

Cook the first seven ingredients for thirty minutes; strain, and add the soda and salt. Melt the butterine; add the flour and seasonings, then the strained tomato. Cook for ten minutes. Serve hot.

### Spaghetti Soup

2 Quarts of Brown Soup Stock  
1 Cupful of Spaghetti, Broken Fine

Onion, Salt, Pepper  
2 Cupfuls of Tomatoes, Stewed and Strained

Cook the spaghetti in the stock until tender. Add the tomatoes and seasoning.

### Julienne Soup

To one quart of clear brown soup stock add a quarter of a cupful each of carrots and turnips cut into thin strips an inch and a half long and previously cooked in boiling salt water. To this add two tablespoonfuls each of cooked peas and string beans.

### Soup Stock

6 Pounds of Meat and Bone  
6 Quarts of Water  
 $\frac{1}{2}$  Teaspoonful of Peppercorns  
6 Cloves  
 $\frac{1}{2}$  Bay Leaf  
2 Sprigs of Parsley

Carrot }  
Turnip }  $\frac{1}{2}$  Cupful Each, Cut Into Dice  
Onion }  
Celery }

1 Tablespoonful of Salt

Wipe the beef, and cut the lean meat into half-inch cubes. Brown one-third of the meat in marrow from the marrow bone. Put the remaining two-thirds with the bone and fat in a soup kettle; add the water, and let stand for thirty minutes. Place over a slow fire; add the browned meat, and heat gradually to the boiling point. As the scum rises it should be removed. Cover and cook slowly for six hours, keeping it below the boiling point during cooking. Add the vegetables and seasonings, cook one hour and a half; strain, and cool as quickly as possible.

## VEGETABLE DISHES

### Lyonnais Potatoes

Cook for five minutes three tablespoonfuls of butter with one small onion cut into thin slices; add three cold boiled potatoes in quarter-inch slices and sprinkle with salt and pepper; stir until well mixed with onion and butter; let stand until the potato is brown underneath; fold and turn on a hot platter. This dish is much improved and the potatoes brown better by the addition of two tablespoonfuls of brown stock. Sprinkle with finely chopped parsley if desired.

### Sweet Potatoes, Georgia Style

Season boiled and mashed sweet potatoes with butter, salt and pepper. Moisten with hot milk or cream and beat for five minutes. Put in a buttered baking dish, leaving a rough surface, and pour over a sirup made by boiling four tablespoonfuls of molasses and two teaspoonfuls of butter together. Bake until delicately browned.

### Glazed Sweet Potatoes

6 Sweet Potatoes

4 Tablespoonfuls of Water

$\frac{3}{4}$  Cupful of Sugar

1 Tablespoonful of Butterine

Wash and pare six medium-sized sweet potatoes. Cook them for ten minutes in boiling water; cut into halves lengthwise and put in a buttered pan. Make a sirup by boiling the half cupful of sugar and four tablespoonfuls of water for three minutes; add the tablespoonful of butterine. Brush the potatoes with sirup and bake for fifteen minutes, basting twice with remaining sirup.

### Harvard Beets

Wash twelve small beets; cook them in boiling water until soft; remove the skins and cut the beets into thin slices, small cubes or fancy shapes. Mix half a cupful of sugar and half a tablespoonful of cornstarch; add one cupful of vinegar, and let boil for five minutes. Pour this liquor over the beets and let them stand on the back of the range half an hour. Just before serving add one tablespoonful of butter.

### Philadelphia Relish

2 Cupfuls of Cabbage

2 Green Peppers, Finely Chopped

1 Teaspoonful of Celery Seed

$\frac{1}{4}$  Teaspoonful of Mustard Seed

$\frac{1}{2}$  Teaspoonful of Salt

2 Tablespoonfuls of Brown Sugar

$\frac{1}{4}$  Cupful of Vinegar

Mix the ingredients in the order given.

## BREAD, CAKES, MUFFINS, BISCUITS, COOKIES, PIES AND TARTS

### Brown Raisin Bread

4 Cupfuls of Rye Meal

2 Cupfuls of Corn Meal

1 Tablespoonful of Soda

1 Teaspoonful of Salt

1 Cupful of Molasses

4 Cupfuls of Sour Milk

1 Cupful of Raisins

Mix the dry ingredients thoroughly; add the molasses and milk. Beat well and add the raisins slightly floured. Put into a greased mold. Cover tightly; cook over steam for six hours. Remove from the tin; dry in the oven a few minutes.

### Gingerbread

$\frac{1}{4}$  Cupful of Butterine

$\frac{1}{2}$  Cupful of Sugar

$\frac{1}{2}$  Cupful of Molasses

1 Egg

$\frac{1}{2}$  Cupful of Sour Milk

$1\frac{3}{4}$  Cupfuls of Flour

2 Teaspoonfuls of Ginger

1 Teaspoonful of Cinnamon

1 Teaspoonful of Soda

Cream the butterine; add the sugar, molasses, sour milk, and the egg well beaten. Mix and sift the dry ingredients and add to the first mixture. Bake in a moderate oven for from thirty to forty-five minutes.

### One-Egg Muffins

$3\frac{1}{2}$  Cupfuls of Flour

6 Teaspoonfuls of Baking Powder

1 Teaspoonful of Salt

$1\frac{1}{2}$  Cupfuls of Milk

3 Tablespoonfuls of Melted Butter

1 Egg

3 Tablespoonfuls of Sugar

Mix and sift the dry ingredients; add gradually the milk, egg well beaten and melted butter. Bake in buttered gem pans for twenty-five minutes. This recipe makes thirty muffins.—BOSTON COOKING SCHOOL COOK BOOK.

### Sugar Cookies

$\frac{3}{4}$  Cupful of Sugar

1 Egg

2 Tablespoonfuls of Water

$\frac{1}{2}$  Cupful of Butterine

2 Cupfuls of Flour

$\frac{1}{4}$  Teaspoonful of Salt

$\frac{1}{4}$  Teaspoonful of Soda

$\frac{1}{2}$  Teaspoonful of Vanilla

Cream the butter; add the sugar, eggs and water, which have been beaten together. Mix and sift the dry ingredients and add to the first mixture. Flavor, roll thin, sprinkle with granulated sugar. Cut and bake in a moderate oven.

### Washington Cream Pie

$\frac{1}{2}$  Cupful of Butterine

1 Cupful of Sugar

1 Egg

$\frac{1}{2}$  Cupful of Milk

$1\frac{3}{4}$  Cupfuls of Flour

$2\frac{1}{2}$  Teaspoonfuls of Baking Powder

$\frac{1}{2}$  Teaspoonful of Vanilla

Cream the butterine; add the sugar, well-beaten yolks of the egg, the ingredients, which have been sifted together. Add the flavoring and stiffly beaten whites. Bake in two layers. Put cream filling between the layers and sprinkle the top with powdered sugar.

### **Cream Filling**

$\frac{3}{4}$  Cupful of Sugar  
 $\frac{1}{4}$  Cupful of Flour  
 $\frac{1}{8}$  Teaspoonful of Salt

1 Egg  
 $1\frac{1}{2}$  Cupfuls of Scalded Milk  
1 Teaspoonful of Vanilla

Mix the dry ingredients; add the egg slightly beaten, and pour on gradually scalded milk. Cook for fifteen minutes in a double boiler, stirring constantly until it thickens. Cool and flavor.

### **Pumpkin Pie**

$1\frac{1}{2}$  Cupfuls of Steamed and Strained Pumpkin  
 $\frac{2}{3}$  Cupful of Sugar  
1 Teaspoonful of Cinnamon

$\frac{1}{2}$  Teaspoonful of Ginger  
 $\frac{1}{2}$  Teaspoonful of Salt  
2 Eggs  
2 Cupfuls of Milk

Mix the ingredients in the order given and bake in one crust.

### **Pastry**

1 Cupful of Pastry Flour  
 $\frac{1}{4}$  Teaspoonful of Salt

$\frac{1}{4}$  Cupful of Lard or Other Fat  
Ice Water

Sift the flour and salt together, cut in the fat with a knife, and add sufficient water to hold the dry materials together.

### **Lemon Tarts**

6 Tablespoonfuls of Flour  
 $\frac{2}{3}$  Cupful of Sugar  
3 Cupfuls of Boiling Water  
6 Tablespoonfuls of Lemon Juice

1 Tablespoonful of Grated Lemon Rind  
2 Teaspoonfuls of Butter  
1 Egg Yolk

Mix the sugar and flour together. Add the boiling water slowly and cook for twenty minutes in a double boiler, stirring frequently. Separate the egg and beat the yolk very light. Add the first mixture to the yolk; add the butter, return to the double boiler and cook for a few minutes, stirring constantly. Add the lemon juice and rind and, when cool, place in baked tart shells.

### **Meringue**

1 Egg White

2 Tablespoonfuls of Powdered Sugar

Beat the white very stiff; add the sugar gradually, and continue beating for several minutes. Place a portion on each tart. Bake in a moderate oven until a delicate brown.

## **PUDDINGS AND SAUCES**

### **Mock Plum Pudding**

1 Cupful of Grated Raw Carrots  
1 Cupful of Grated Raw Potatoes  
 $\frac{1}{2}$  Cupful of Melted Butter  
1 Cupful of Sugar  
1 Cupful of Flour

1 Teaspoonful of Nutmeg  
1 Teaspoonful of Cinnamon  
1 Teaspoonful of Salt  
1 Teaspoonful of Soda  
2 Cupfuls of Raisins

Mix the carrots, potatoes, melted butter and sugar; then add the flour, mixed and sifted with the other dry ingredients. Add the raisins that have been dredged with a little of the flour. Steam for two hours and a half, or less if small molds are used.

### **Custard Sauce**

2 Cupfuls of Milk  
2 Eggs

$\frac{1}{4}$  Cupful of Sugar  
 $\frac{1}{2}$  Teaspoonful of Salt

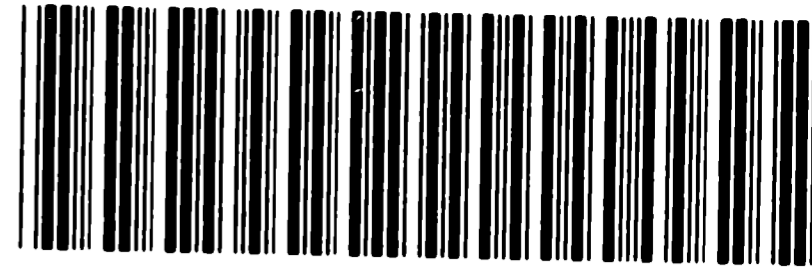
Beat the eggs slightly; add the sugar and salt. Stir constantly while adding gradually the hot milk. Cook in a double boiler. Continue stirring until the mixture thickens and a coating is formed on the spoon. Strain immediately, chill and flavor.

### **Hunter's Pudding**

1 Cupful of Finely Chopped Suet  
1 Cupful of Molasses  
1 Cupful of Milk  
3 Cupfuls of Flour  
1 Teaspoonful of Soda  
 $1\frac{1}{2}$  Teaspoonfuls of Salt

$\frac{1}{2}$  Teaspoonful of Cloves  
 $\frac{1}{2}$  Teaspoonful of Mace  
 $\frac{1}{2}$  Teaspoonful of Allspice  
1 Teaspoonful of Cinnamon  
 $1\frac{1}{2}$  Cupfuls of Raisins  
2 Tablespoonfuls of Flour

Mix and sift the dry ingredients. Add the molasses and milk to the suet. Combine the mixtures, and add the raisins, which have been floured. Turn into a greased mold, cover, and steam for three hours.



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