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What shall we eat on wheatless and meatless days?. Circular 106 May, 1918

[Madison, Wisconsin]: University of Wisconsin, Agricultural Extension Service, May, 1918

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What Shall We Eat on Wheatless and Meatless Days?

The Soldiers Need

WHEAT

The Folks at Home Can Use

CORN

OATS

RICE

BARLEY

POTATOES

What Shall We Eat On Wheatless and Meatless Days

HOME ECONOMICS DEPARTMENT

Cookbooks, suited to all conditions of life as it was lived before the war, are in nearly every kitchen. Countless recipes for war dishes are being printed in the newspapers, magazines, and war pamphlets. Some of the recipes have been thoroughly tested and are reliable; some are worse than useless for, as the housewife discovers upon trying them, they do not result in satisfactory products and they waste food materials.

This circular has been prepared to meet the requests of the Food Administration for the observance of wheatless and meatless days. It allows the use of some wheat on meatless days. However, under present conditions, no wheat should be used in any meal until the fall crop is ready for use. Circular 105, *How to Use Other Cereals*, supplies menus in which no wheat is used. Copies will be sent on request to the Agricultural Extension Service, Madison.

The tested recipes contained in this bulletin are planned to answer the housekeeper's need for reliable recipes for war-time cookery. The menus are prepared to help the housewife conform to the requests of the United States Food Administration for one meatless and two wheatless days each week.

Transportation needs make it desirable that home supplies be used as much as possible and practicable and that the most concentrated foods (those that furnish the largest amount of energy in the smallest space) be saved for shipment to the armies in the camps and at the front. The present shortage of wheat, sugar, fats and certain meats and the possibility of a continued shortage, make the saving of these foods of special importance.

In planning the menus which are given in this bulletin the

food needs of the several members of the average family and the requests of the Food Administration, as well as the cost of the various articles of food, have been considered.

For example, we have, to a large extent, avoided using eggs during the season when they are most expensive. When small amounts of tissue-building foods, such as meats, or when foods containing inferior tissue-building material, as breakfast cereals, are served as the chief dish of a meal, muffins or griddle cakes made with eggs are frequently added. Although these might be prepared without the egg, the small amount furnished to each member of the family in muffin or griddle cake supplements the tissue-building material of the cereal.

When eggs are more plentiful they might well be used as the main dish of the luncheon in such forms as omelets, egg vermicelli, souffles and egg salads, or they may be used more freely in the breakfast menus in the form of coddled, poached, or baked eggs.

A breakfast of fruit, cereal and coffee supplies a less perfect meal, from the standpoint of nutrition, than one in which some egg or milk is included. For this reason top milk rather than cream is used with the cereal and coffee. Top milk furnishes somewhat more tissue-building material than cream. It is, furthermore, more economical and patriotic to buy whole milk, instead of cream and less milk. Near the cities and in creamery centers there is often a surplus of skimmilk. This is due to the fact that the public demands cream to enhance the flavor of such foods as cereals and coffee, or that large amounts are required in the manufacture of ice cream. In the creamery districts, therefore, more skimmilk is available than is needed for the feeding of the young stock. While the housewife should not purchase skimmilk to take the place of whole milk for children, she can use it to good advantage in cooking. Moreover, skimmilk may often be purchased at a lower cost than whole milk.

The breakfast menus outlined would be inadequate for children if the glass of milk were omitted. Children need a larger proportion of the tissue and bone-building material than do adults. This is supplied by the milk. If the child objects to milk, it may be given in the form of cocoa, in which case only enough cocoa should be used to change the flavor and color

of the milk, for cocoa contains the same objectionable stimulating substance found in coffee.

In the menus for wheatless days the more expensive meats have been avoided, not because they may not be used on these days, but because one aim of these menus is to help the woman who has a limited sum of money for food purchases. Ways of using the cheaper cuts have, therefore, been suggested.

Many of the menus for wheatless days include fish, the wider use of which should be encouraged. Pound for pound, fish supplies approximately the same nutritive material as meat, and in general it is somewhat less expensive. In the inland states, fish is not so generally liked as it is near the sea coast, where a taste for fish has been developed. But, when the world's food supplies are as low as they are today, it is the duty of each citizen to subordinate the question of flavor to that of nutrition. Although in times of food plenty we may be justified in avoiding the food which is less pleasing to us, the question is now one of supplying the bodily needs. The world is now eating to live, not living to eat.

Fortunately, however, many of the foods which we may not at first like, can be so prepared that agreeable flavor may be developed. Well-cooked fish may be quite as palatable as meat.

For purposes of food conservation, poultry is not considered meat. For this reason, a choice of a fish dish or some form of poultry is suggested in many of the menus for meatless day. Since these furnish approximately the same nutritive material, only one should be served.

The vegetables of the dinners include at least one which consists largely of starch—potatoes, rice, hominy—and one which belongs to the group of succulent vegetables, such as turnips, carrots, greens, beets, and string beans.

The vegetables given in the menus are available chiefly in the fall and winter months. Canned vegetables should be reserved for the time when root vegetables are gone or are no longer in their prime. To use freely the canned peas, string beans or asparagus when squash, cabbage, cauliflower and celery are in the market is unwise. The canned vegetables should be reserved for the late winter and early spring when it is important to introduce new flavors and other vegetables to take the place of those which are no longer to be had. A study of

market supplies in the spring and summer will suggest vegetables which may take the place of those listed.

When bread stuffs must be used sparingly a greater variety of the succulent vegetables may be served and no bread included in the dinners. To take the place of the bread, larger servings of the starchy vegetables should be given. This, together with a dessert which supplies starch in such a form as rice, tapioca or cornstarch, will furnish all the starch needed for the meal. Color and flavor may be added by serving a jelly or spiced fruit. Since only small amounts of these will be served, the food value of the meal will not be materially altered.

The present abundance of potatoes and corn makes it imperative that, for the present, we use them where we have hitherto used breads and meats. When either potato or corn is used as the main dish of a luncheon or supper, it should be supplemented, preferably in the same dish, by the addition of cheese, milk, eggs, fish, or meat in small amounts. Such dishes as scrapple, corn soup, Delmonico potatoes, and polenta illustrate the point in question. To serve any of these dishes as an addition to a meal containing as the chief dish meat or fish is uneconomical.

It is also uneconomical to serve meat and milk, fish and milk, or meat and eggs in the same meal, unless we are serving very little meat and fish and desire to increase the tissue-building material of the meal. This, however, does not include the additional glass of milk for children at dinner or supper, for they should be given smaller helpings of the meat dish or its substitutes. The milk takes the place of the meat and, in addition, supplies growth material which might otherwise be lacking.

It is also uneconomical to use eggs solely for artistic purposes. For example, if one desires to serve stuffed baked potatoes with roast meat or chicken, the eggs usually incorporated in the potato for the purpose of making it more fluffy should be omitted. Dietetically, the egg would be wasted, for the meat or chicken supplies enough of the tissue-building material for the meal. Instead, the egg should be saved for supplementing a meal, perhaps a breakfast, which would be otherwise low in tissue-building foods.

The amount of fat used in the recipes has, in many cases,

been considerably decreased. We do not claim that the dishes made with the lowered fat content are "just as good." A so-called "poor cake" can never be made to taste nor feel just like a rich cake. It may be so made, however, that it is acceptable, and it may be of equal or even greater wholesomeness. The important fact is that such a cake conforms to the nation's need for conservation of fats.

Fats are concentrated foods, supplying more than twice as much energy as an equal weight of starch or sugar. We must see to it that the home consumption of fats is decreased and that no fat is wasted in order that there may be more to send to the army. Not only are fats needed to feed a fighting army, but they are also necessary for making many kinds of munitions for that army. A wider use of fats in munition-making has resulted in a general shortage in the world's supply. Wasting fats now or using more than is necessary is thus unpatriotic.

The shortage of sugar has also made it necessary to use less in cooking. We have in many recipes decreased the amount usually considered necessary and have included such other forms of sweetening as molasses, corn syrup, and honey. Pound for pound, sugar supplies no more energy than starch, and both furnish the same substance (dextrose) to the body, the change from starch to dextrose taking place in the process of digestion. Using less sugar will produce, therefore, no harmful results. In fact, when we observe the request of the Food Administration that no person use more than 2 ounces of sugar a day, we have still far more than enough for our daily needs. Under the present conditions, one ounce (2 level tablespoons) a day is an ample allowance.

So long as we can get starch, sugar is not a requirement of the body. We eat it merely to make our other foods more palatable, and for this purpose, we have other sweetening material. A wider use of dried fruit, sorghum, and molasses will make a smaller consumption of sugar possible without materially affecting the American "sweet tooth."

Hot breads made from one of the less frequently used flours—cornmeal, barley flour, oatmeal—will materially help in solving the problem of the wheatless day. Although yeast breads made with no wheat are not satisfactory, muffins and biscuits

made without wheat are quite as good as those in which wheat is used.

Muffins made with barley and cornmeal are just as good food as those made with wheat. The food value of the various cereals is approximately the same. They all contain inferior tissue-building material (protein); they all furnish too little bone-building material; they are all deficient in fat.

In the following menus are included only recipes for dishes which are not generally given in the cookbooks which housekeepers already have. Reference to the index will give the page on which any recipe appears, a device which the housekeeper may wish to use when a dish is given in more than one menu.

The following recipes are made on the basis of level measurements. The flour should be sifted before measuring, piled lightly into a standard measuring cup and leveled with the straight edge of a knife.

MENUS FOR WHEATLESS DAYS

Breakfast

Baked Apple
Hominy Grits with Top Milk
Corn Muffins
Coffee
Milk, for children

Lunch or Supper

Scotch Broth
Cornmeal Muffins
Stewed Prunes
Oatmeal Macaroons.

Dinner

Swiss Steak
Baked Potato
Virginia Pone
Buttered Carrots
Cantaloupe

Cornmeal Muffins

1 cup sour milk	1 tablespoon fat
$\frac{1}{2}$ teaspoon soda dissolved in	3 teaspoons baking powder
1 teaspoon water	1 egg
1 tablespoon sugar	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups cornmeal	

Combine as for muffins and bake in small muffin tins for 20 minutes.

Scotch Broth

3 pounds mutton from fore-quarter	Carrots } $\frac{1}{2}$ cup each cut in
2 quarts cold water	Turnips } small cubes
$\frac{1}{2}$ tablespoon salt	4 tablespoons barley flour
$\frac{1}{4}$ teaspoon pepper	3 tablespoons pearly barley
	1 small onion

Wash meat, remove skin and fat, and cut in small pieces; add water, seasonings, vegetables, barley, and barley flour mixed with a little cold water. Cook slowly from 6 to 8 hours. As water evaporates, add enough to make up for that lost by evaporation.

Oatmeal Macaroons

1 egg	1 cup rolled oats
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ teaspoon salt
$\frac{2}{3}$ tablespoon melted fat	$\frac{1}{4}$ teaspoon vanilla

Beat egg until light, add sugar gradually, and then stir in remaining ingredients. Drop mixture by teaspoonfuls on a thoroughly greased inverted dripping pan 1 inch apart. Spread into circular shape with a case knife first dipped in cold water. Bake in a moderate oven until delicately browned. To give variety use $\frac{2}{3}$ cup rolled oats and fill cup with shredded cocoanut.

Virginia Pone

1 cup hot boiled hominy	1 cup white or yellow cornmeal
2 cups milk	2 teaspoons baking powder
5 tablespoons fat	2 eggs well beaten
	$\frac{1}{2}$ teaspoon salt

Add the milk and fat to the hominy. Cool. Add cornmeal and baking powder mixed and sifted together, then the eggs beaten thoroughly. Bake in an earthen dish 45 minutes. Serve in the dish, cut in triangular pieces.

Swiss Steak

Have the frying pan smoking hot. Remove a piece of fat from the steak (round) and rub the pan with it; let the fat remain in the pan. Place the steak in the pan as for broiled steak, and cook until both sides are seared. Remove the steak from the pan, season with salt and pepper, and sprinkle with cornstarch or barley flour. Pound the steak with a potato masher or the blunt side of a butcher knife to cut across the muscle fiber and send the flour into the meat. Return the steak to the hot frying pan; pour over it enough boiling water to cover. Place a cover on the frying pan and cook 60 minutes. Make a gravy from the liquid in the pan and pour over steak.

Breakfast

Baked Apple
 Fried Cornmeal Mush
 Maple or Caramel Syrup
 Coffee
 Milk, for children

Luncheon or Supper

Mexican Rice
 Cornmeal Crisps
 Stewed Plums

Dinner

Broiled Flank Steak
 Mashed Potatoes
 Boiled Cabbage
 Sliced Cucumbers
 Indian Meal Pudding

Mexican Rice

$\frac{3}{4}$ cup rice	1 cup tomato sauce
2 tablespoons fat	$\frac{1}{2}$ cup grated cheese
	$\frac{1}{2}$ teaspoon salt

Cook rice in water until tender. Heat a frying pan very hot, add fat and when melted, add rice, and cook until rice is slightly browned, stirring lightly with a fork. Put in a hot serving dish, pour over it tomato sauce, and sprinkle with grated cheese, lifting rice with fork that sauce and cheese may coat each kernel.

Tomato Sauce

2 tablespoons fat	1 cup stewed and strained tomatoes
1 slice onion	$\frac{1}{4}$ teaspoon salt
1 tablespoon cornstarch	Few grains paprika

Cook fat with onion, until slightly browned, add cornstarch, and when well browned, pour on tomatoes gradually, stirring constantly. Bring to the boiling point, add seasonings, and strain.

Cornmeal Crisps

$\frac{7}{8}$ cup cornmeal	$2\frac{1}{2}$ tablespoons melted fat
1 cup boiling water	$\frac{1}{2}$ teaspoon salt

Add cornmeal gradually to boiling water and cook 2 minutes. When smooth, add fat and salt. Spread evenly on a well-greased inverted dripping pan to $\frac{1}{8}$ inch in thickness, using a long, broadbladed knife. Bake in a moderate oven until well browned. Cut in squares, remove from pan, and serve at once.

Indian Meal Pudding

5 cups scalded milk	$\frac{1}{2}$ cup molasses
$\frac{1}{3}$ cup Indian meal	1 teaspoon salt
	1 teaspoon ginger

Scald milk in double boiler, mix cornmeal with a little cold water and add gradually to the scalded milk. Cook 20 minutes, stirring frequently. Add molasses, salt, and ginger; pour into well-oiled pudding dish and bake 2 hours in slow oven; serve with cream or top milk.

Breakfast

Apple Sauce
 Omelet or Corn Flakes with Top Milk
 Hoe Cakes
 Coffee
 Milk, for children

Luncheon or Supper

Creamed Codfish
 Steamed Hominy
 Sliced Cucumbers
 Prune Jelly with Soft Custard or Top Milk

Dinner

Stuffed Baked Heart
 Lima Beans
 Glazed Sweet Potatoes
 Tomato Salad
 Apple Snowballs with Lemon Sauce

Hoe Cakes

1 pint cornmeal	1 pint milk
2 tablespoons shortening	$\frac{1}{2}$ teaspoon salt
3 teaspoons baking powder	

Scald milk in double boiler; mix cornmeal with a little cold water, add to milk and cook 20 minutes, stirring frequently. Add salt and shortening and cool; add baking powder. Form into round flat cakes and cook in a hot oven until delicately browned (about 30 minutes).

Stuffed Baked Heart

Remove veins and cords of calf or beef heart; soak and clean. Stuff with dressing made of 1 cup cold, boiled rice, 1 teaspoon chopped onion, 1 teaspoon chopped parsley, 1 tablespoon fat (beef suet), salt and pepper.

Place slices of salt pork or beef suet across heart, sprinkle with salt and pepper, and cook slowly in covered roasting pan $1\frac{1}{2}$ to 2 hours. About 1 cup of water should be placed in the bottom of the pan to be used for basting. During the last half hour remove cover and brown the meat.

Apple Snowballs

Steam 1 cup of rice in 1 quart of salted water until tender. Pare and core small cooking apples. Spread rice about $\frac{1}{2}$ of an inch thick on squares of cheese-cloth. Place an apple in center of each square; fill cavities with sugar and cinnamon; draw cheese-cloth with rice around apple and tie securely. Steam 1 hour; remove cloth and serve hot with lemon sauce.

Breakfast

Grapes
 Brown Bread Cream Toast
 Coffee
 Milk, for children

Luncheon or Supper

Cream Potato Soup
 Corn Bread
 Fruit Salad

Dinner

Cottage Pie
 Buttered Carrots
 Cabbage and Apple Salad
 Rice Lemon Pudding

Brown Bread

1 cup cornmeal	2 cups sour milk
1 cup rye or oatmeal flour	1 teaspoon soda
1 cup barley flour	2 teaspoons baking powder
$\frac{3}{4}$ cup molasses	$\frac{1}{4}$ teaspoon ginger
	$\frac{1}{4}$ teaspoon salt

Sift cornmeal, rye and barley flour, baking powder, ginger and salt together. Mix sour milk and molasses, and add soda, previously dissolved in a little cold water. Combine liquid and dry ingredients, stirring thoroughly, and steam for $4\frac{1}{2}$ to 5 hours.

For cream toast, slice, toast and serve with cream sauce.

Cream Potato Soup

3 medium-sized potatoes	$\frac{1}{2}$ teaspoon salt
1 quart milk	$\frac{1}{4}$ teaspoon celery salt
2 slices onion	$\frac{1}{8}$ teaspoon pepper
4 tablespoons fat	2 teaspoons chopped parsley
2 tablespoons barley flour or 1	tablespoon cornstarch

Cook potatoes in boiling salted water. When soft, put through a ricer. Add scalded milk slowly to the potatoes. Melt the fat, add onion and dry ingredients, stir until well mixed, then combine with boiling soup. Cook one minute, strain. Just before serving add chopped parsley.

Parsley is prepared by washing, dipping for a few seconds in boiling water to set color, then removing leaves and chopping fine.

Cottage Pie

Remove gristle and fat from cold cooked meats (beef or mutton). Chop the meat fine and add 1 cup of gravy for each cup of meat. Season to taste with salt, pepper, and if desired, with finely chopped or grated onion. Capers make a pleasing addition if the pie is made of mutton.

Place in a baking dish, cover the top with a thick layer of well-seasoned, mashed potatoes. Use a fork to form the potatoes into a mound, with the highest point in the center. Bake in a hot oven until the potatoes are slightly browned on top.

Rice Lemon Pudding

½ cup rice	¾ cup sugar
1 quart milk	Grated rind and juice of
Yolks of 2 eggs	2 lemons
	¼ teaspoon salt

Cook rice in milk until soft. Use double boiler. Add, while hot, the egg yolks, sugar, lemon rind and salt. Cook 5 minutes and add lemon juice.

Make a meringue by beating whites of 2 eggs until very stiff; add 2 tablespoons of sugar, and place on top of pudding. Brown in a moderate oven. Serve cold.

Breakfast

Grapes
 Cornmeal Mush with Top Milk
 Barley Muffins
 Coffee
 Milk, for children

Luncheon or Supper

Baked Bean Soup
 Barley Baking Powder Biscuits
 Cornstarch Mold with Fruit Sauce

Dinner

Beef Loaf
 Browned Potatoes
 Creamed Cauliflower
 Cold Slaw
 Squash Pie (Barley Crust)

Barley Muffins

1 cup sour milk	½ teaspoon salt
1 tablespoon sugar	2 tablespoons melted fat
1 egg	2 cups barley flour
½ teaspoon soda	4 teaspoons baking powder

Beat eggs, add sugar, salt, and soda dissolved in a little cold water. Sift flour and baking powder together and combine with first mixture. Add the melted fat and beat well. Bake in well-greased muffin pans until thoroughly done (about ½ hour), time depending upon the size of the muffins.

Baked Bean Soup

3 cups cold baked beans	2 tablespoons fat
3 pints water	2 tablespoons barley flour or
2 slices onion	1 tablespoon corn starch
2 stalks celery	1 tablespoon Chili sauce
1½ cups stewed and strained tomatoes	Salt
	Pepper

Put the first four ingredients in a saucepan and simmer 30 minutes. Rub through a sieve, add tomato and Chili sauce, season to taste with salt and pepper and bind with the fat and barley flour, or cornstarch. Cook until thickened. Serve hot.

Squash Pie

1 $\frac{1}{4}$ cups steamed and strained squash	$\frac{1}{4}$ teaspoon each of cinnamon, ginger, and nutmeg
$\frac{1}{8}$ cup sugar	1 egg
$\frac{1}{2}$ teaspoon salt	1 cup milk

Mix sugar, salt, and spice, add squash, egg slightly beaten, and milk gradually. Bake in one crust. If a richer pie is desired, use one cup of squash, $\frac{1}{2}$ cup each of milk and cream, and an additional egg yolk.

Breakfast

Grapes
Oatmeal with Dates and Top Milk
Cornmeal Muffins
Coffee
Milk, for children

Luncheon or Supper

Salmon Box with Tomato Sauce
Peas
Grape Jelly
Steamed Barley Pudding with Foamy Sauce

Dinner

Braised Beef
Browned Potatoes
Cauliflower
Cranberry Sauce
Chocolate Pudding with Top Milk

Salmon Box

Line a bread pan, well greased, with warm, steamed rice. Fill the center with cold salmon, flaked and seasoned with salt and pepper. Cover with rice and steam 1 hour. Turn on a hot platter and serve with cream or tomato sauce, thickened with cornstarch, barley or potato flour.

Steamed Barley Pudding

1 cup molasses	$\frac{3}{4}$ cup cornmeal
1 cup sour milk	1 cup barley flour
1 egg	$\frac{1}{4}$ teaspoon salt
1 teaspoon soda	1 cup chopped raisins

Beat egg, add molasses, milk, and soda dissolved in a little cold water. Sift cornmeal and barley flour together and combine with first mixture. Add chopped raisins, and pour into well-greased, small baking powder tins or popover cups. If the latter are used, cover each cup with a well-greased paper. Steam 2 hours.

Foamy Sauce

1 egg	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup hot milk

Beat egg until very light, add sugar, and continue beating. Just before serving, add $\frac{1}{4}$ cup hot milk.

Braised Beef

3 pounds beef from lower part of round or rump	Carrot	} ¼ cup each, cut in dice
2 tablespoons fat	Turnip	
½ teaspoon peppercorns	Celery	
3 cloves	Onion	
	Salt and pepper	

Wipe meat, sprinkle with salt and pepper, dredge with barley flour, and brown entire surface in fat. Place on trivet (rack) in deep granite pan or in earthen pudding dish, and surround with vegetables, peppercorns and 3 cups of boiling water. Cover closely and bake 4 hours in very slow oven; baste every half hour and turn after second hour. Serve with horse-radish sauce or with brown sauce made from liquor in pan.

Chocolate Pudding

1 pint milk	½ cup sugar
4 tablespoons cornstarch	½ cup Sultana raisins
½ square chocolate	¼ cup nut meats cut fine

1 teaspoon vanilla

Mix cornstarch, sugar, and salt, dilute with cold milk, and add to scalded milk, to which grated chocolate has previously been added. Cook in double boiler, stirring constantly until thickened. Add raisins and nut meats. Mold, chill, and serve with top milk.

Breakfast

Baked Apple
 Cream of Barley with Top Milk
 . Brown Bread Toast
 Coffee
 Milk, for children

Luncheon or Supper

Fish Chowder
 Cornmeal Crisps
 Fig Layer Cake

Dinner

Boiled Mutton with Caper Sauce
 Mashed Potato
 Turnips
 Cranberry Jelly
 Indian Tapioca Pudding

Fish Chowder

3 pounds any white-fleshed fish	3 tablespoons salt pork (cut in small cubes)
4 medium-sized potatoes (cut in ¼ inch slices)	½ teaspoon pepper
1 small onion	3 tablespoons barley flour
1 teaspoon salt	3 cups milk

Remove bones from fish, cover them with cold water, and cook until

they fall apart. Strain and use water for chowder. There should be about one cup of this.

Try out salt pork, add onion cut in thin slices, and cook until slightly brown; add flour, seasoning, and strained fish liquor; boil 1 minute, add potatoes, and cook until nearly done. Then add milk, and fish cut into $1\frac{1}{2}$ inch pieces. Cook slowly until fish is tender. Serve hot.

Fig Layer Cake

$\frac{1}{3}$ cup fat	3 teaspoons baking powder
$\frac{3}{4}$ cup sugar	$1\frac{1}{4}$ cups milk
2 eggs	2 cups white corn flour

Soak corn flour in milk several hours and heat to boiling point, stirring constantly. Cool. Cream fat and sugar, add well-beaten eggs, then the corn flour. Beat well, add baking powder, beat quickly and thoroughly and bake in two round tins in moderate oven.

Before serving place fig filling between cakes. Whipped cream may be served on this, if desired.

Fig Filling

Cut figs into small pieces, add $\frac{1}{3}$ cup sugar, $\frac{1}{3}$ cup water, and 1 tablespoon of lemon juice to 1 cup of chopped figs. Heat in double boiler or saucepan until soft and thick enough to spread. Place while hot on cake.

Indian Tapioca Pudding

5 tablespoons pearl tapioca	$\frac{3}{4}$ cup molasses
4 cups scalded milk	2 tablespoons fat
4 tablespoons Indian meal	1 teaspoon salt
1 cup milk	

Soak tapioca 2 hours in cold water to cover. Pour scalding milk over Indian meal and cook in double boiler 10 minutes. Add tapioca drained from water, molasses, fat and salt. Turn into well-greased pudding dish, and pour over remaining milk, but do not stir. Bake $1\frac{1}{2}$ hours in a moderate oven.

Breakfast

Sliced Bananas
Corn Flakes with Top Milk
Barley Griddle Cakes
Coffee
Milk, for children

Luncheon or Supper

Beans en Casserole
Rye Toast
Oatmeal Macaroons

Dinner

Pot Roast
Browned Potatoes
Mashed Rutabagas
Rice Pudding
Cranberry Jelly

Barley Griddle Cakes

2 cups sour milk	¼ teaspoon salt
1 egg	2 tablespoons melted fat
1 teaspoon soda	3 cups barley flour
2 teaspoons baking powder	

Mix and sift flour, baking powder and salt. Combine sour milk and egg well beaten; add soda dissolved in a little cold water. Sift in flour mixture and beat well. Drop by spoonfuls on a greased, hot griddle and cook as for other griddle cakes.

Beans en Casserole

1 tablespoon fat	2 cups strained tomatoes
1 small onion chopped fine	1 cup boiled rice
6 ounces of round steak chopped	1 pint cooked kidney beans
1 teaspoon salt	1 small chopped pepper or speck of cayenne pepper
½ teaspoon pepper	

Brown the onion in the fat, add the chopped meat and cook 5 minutes, turning frequently. Add salt and pepper. Cook rice, tomato, beans and pepper together for 10 minutes. Add meat, place in casserole and bake 10 minutes.

Baked Rice Pudding

⅓ cup rice	½ cup sugar
½ cup water	¼ teaspoon cinnamon
1 quart milk	¼ teaspoon salt
1 tablespoon fat	

Wash rice, add water, and let stand on back of stove until rice has absorbed water. Add scalded milk and remaining ingredients. Bake in a slow oven 1½ to 2 hours.

Breakfast

Fruit
Hominy Grits with Top Milk
Barley Baking Powder Biscuits
Coffee
Milk, for children

Luncheon or Supper

Spoon Bread
Cabbage Baked with Cheese
Grapes

Dinner

Beef Stew with Barley Dumplings
Apple and Celery Salad
Peach Pudding with Top Milk

Barley Baking Powder Biscuits

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

Sift the dry ingredients together, rub in the fat, and add the liquid until a soft dough is formed. Roll about $\frac{3}{4}$ of an inch thick, cut with a cookie cutter and bake in hot oven.

Spoon Bread

$\frac{1}{2}$ cup salt pork cut in $\frac{1}{4}$ inch cubes or	1 cup white cornmeal
3 tablespoons fat	2 eggs
	3 cups boiling water

Cook salt pork in saucepan until slightly brown, add water, and when boiling, sprinkle in cornmeal, stirring constantly. Cook in a double boiler 1 hour; cool and add well-beaten eggs. Turn into oiled dish and bake in moderate oven $\frac{1}{2}$ hour.

Cabbage Baked With Cheese

Remove outside leaves from medium-sized cabbage, cut in quarters and remove tough center portion. Cook in boiling salted water until tender; drain and cut in pieces. Place in well-greased casserole, sprinkle with salt, pepper, a few pieces of fat, and grated cheese. Bake in moderate oven until cheese is delicately browned.

Barley Dumplings

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

Prepare as for baking powder biscuits. Drop by spoonfuls on top of boiling stew. Cover closely and cook 15 minutes until center does not stick to cake tester. Dumplings cooked in steamer are less likely to be soggy than those cooked on top of stew.

Peach Pudding

4 tablespoons cornstarch	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
	2 cups milk

Scald $1\frac{3}{4}$ cups milk in a double boiler. Mix dry ingredients, add remaining $\frac{1}{4}$ cup milk and stir until smooth; stir scalded milk slowly into wet cornstarch. Cook in top of double boiler 5 minutes over stove; then cook 20 minutes over boiling water. Add vanilla. Place $\frac{1}{2}$ canned peach in bottom of cup or mould; pour over cornstarch mixture; cool, and serve with peach syrup or cream (top milk).

Breakfast

Baked Apple
 Cream of Barley with Top Milk
 Hoe Cakes
 Coffee
 Milk, for children

Luncheon or Supper

Split Pea Puree
 Corn and Rice Muffins
 Canned Fruit

Dinner

Hungarian Goulash
 Mashed Potatoes
 Cold Slaw
 Boiled Rice with Stewed Figs and Top Milk

Corn Hoe Cakes

2 cups cornmeal mush made by cooking	2 tablespoons melted fat
1 cup cornmeal and	1 egg well beaten
2½ cups water in double boiler for several hours	½ teaspoon salt
	3 teaspoons baking powder

Add egg and melted fat to cold mush, mixing thoroughly. Stir in salt and baking powder; form into flat cakes in the palm of the hand and bake in hot oven until delicately browned.

Split Pea Puree

Wash peas carefully and soak over night. Cook slowly in enough water to cover from 4 to 6 hours, or until soft, when there should be but little moisture left on peas. Rub through sieve; season with salt and pepper; place in casserole, put a few slices of fat (chicken, goose, or beef) on top and bake in oven until material is heated through and fat is delicately browned. A few slices of onion may be cooked with peas, if desired.

Corn and Rice Muffins

½ cup cooked rice	2 tablespoons melted fat
1 cup milk	¼ teaspoon salt
1 egg	3 teaspoons baking powder
1 tablespoon sugar	1¼ cups corn meal (white)

Combine as for muffins. Bake in moderate oven 35-40 minutes.

Hungarian Goulash

Cut 2 pounds round steak in 3-inch squares. Roll in flour (barley). Brown well in hot fat with 4 medium-sized onions cut in slices. Pour on one cup of boiling water, cover and cook slowly for about 1 hour, or until meat is tender. Add 1 cup each of peas and tomatoes; season with salt and pepper and cook 15 minutes. Serve hot.

Breakfast

Fruit
 Ground Parched Corn with Top Milk
 Dropped Barley Biscuits
 Coffee
 Milk, for children

Luncheon or Supper

Delmonico Potatoes
 Corn Oysters
 Canned Fruit
 Brownies

Dinner

Corned Beef
 Baked Potatoes
 Creamed Cabbage
 Pickled Beets
 Rice Apricot Pudding

Parched Corn

White field corn may be parched in the oven, ground in a hand mill, and cooked like cornmeal mush in a double boiler. To one part parched cornmeal add two parts water.

Dropped Barley Biscuits

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

Sift flour, baking powder, and salt together; rub in fat and add milk and well-beaten egg. Drop by spoonfuls onto oiled pan. Bake in moderate oven.

Corn Oysters

To 2 cups corn chopped fine, add 1 well-beaten egg, $\frac{1}{4}$ cup barley flour, and 1 tablespoon milk. Season highly with salt and pepper. Drop by spoonfuls (about the size of large oysters) into deep fat, or cook on a well-greased griddle.

Delmonico Potatoes

Cut cold potatoes into $\frac{1}{8}$ -inch cubes. Prepare white sauce, using 3 tablespoon of barley flour, 3 tablespoons of fat, and 2 cups of milk. Arrange in alternate layers in baking dish, potatoes, white sauce, and cheese. Cover with oiled crumbs made from barley biscuits. Bake in oven until thoroughly hot and crumbs are brown.

Brownies

$\frac{1}{4}$ cup fat	1 egg
3 tablespoons corn syrup	$\frac{1}{4}$ teaspoon salt
2 tablespoons molasses	$\frac{1}{3}$ cup chopped raisins
1 teaspoon baking powder	$\frac{1}{2}$ cup nut meats
Barley flour to roll	

Melt fat and add to molasses and syrup; cool, combine beaten egg, salt, and soda dissolved in a little water; add flour to make a dough stiff enough to roll; work in nuts and raisins. Chill, roll thin, and bake in moderate oven.

Corned Beef

The flank of beef, one of the most inexpensive cuts, is particularly good when rolled, corned, boiled, and pressed. Cook slowly in enough water to cover.

Rice Apricot Pudding

$\frac{1}{4}$ cup rice	4 tablespoons sugar
1 quart milk	1 tablespoon fat
$\frac{1}{2}$ teaspoon salt	White of 1 egg
Apricot marmalade or other preserve	

Cook first five ingredients in double boiler until soft and thickened. Place in pudding dish and bake until set. Remove from oven, spread with the preserves or marmalade, and meringue made with beaten white of 1 egg plus 1 tablespoon of sugar. Brown delicately and serve cold.

Breakfast

Fruit
Rye Mush with Top Milk
Hominy Muffins
Coffee
Milk, for children

Luncheon or Supper

Vegetable Soup
Rye and Corn Muffins
Prune Jelly with Custard Sauce

Dinner

Spanish Steak
Mashed Potatoes
Carrots
Cabbage and Celery Salad
Apple Dumplings with Lemon Sauce

Hominy Muffins

$\frac{1}{2}$ cup cooked hominy	2 tablespoons melted fat
1 cup milk	$\frac{1}{4}$ teaspoon salt
1 egg	3 teaspoons baking powder
1 tablespoon sugar	$1\frac{1}{4}$ cups cornmeal, white pre- ferred

Combine as for muffins. Bake in moderate oven 20 to 30 minutes.

Rye and Corn Muffins

1 cup rye flour	$\frac{1}{4}$ teaspoon salt
$\frac{3}{4}$ cup cornmeal (white pre- ferred)	3 teaspoons baking powder
1 cup milk	1 tablespoon sugar
1 egg	2 tablespoons melted fat

Combine as for muffins. Bake in moderate oven 20 to 30 minutes.

Spanish Steak

Cut round steak into pieces for serving; roll in barley flour and brown in a small amount of fat. Place in casserole or saucepan, cover with brown gravy and cook until tender, about $\frac{1}{2}$ hour.

Brown Gravy

Brown 1 small onion and 4 tablespoons barley flour in 3 tablespoons fat; add 1 cup stewed tomatoes, 1 cup of water, 1 teaspoon Worcestershire Sauce, salt, and pepper, and a small amount of soup coloring or kitchen bouquet or catsup. Cook until thick and pour over meat. Slices of green pepper may be added to this if desired.

Apple Dumplings

Roll barley pastry into pieces large enough to cover an apple. Place pared and cored apple in center of each piece of pastry; fill center of apple with sugar, $\frac{1}{8}$ teaspoon cinnamon, a few drops of lemon, and a small piece of fat. Moisten edges of crust with water. Cover apple with crust and pinch edges together. Bake in moderate oven until apples are thoroughly cooked. Serve with lemon sauce or cream.

Barley Pastry

2 cups barley flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon baking powder	$\frac{1}{3}$ cup fat
Water to make a stiff dough	

Combine as for other pastry.

Inexpensive Thanksgiving Dinner Which Conforms to Type

Clear Tomato Soup
 Roast Fowl with Dressing
 Mashed Potatoes
 Giblet Gravy
 Scalloped Onions
 Cranberry Sauce
 Celery
 Pumpkin Pie
 Fruit
 Coffee

Breakfast

Ground Popped Corn with Top Milk
 Cornmeal Griddle Cakes with Syrup
 Coffee
 Milk, for children

Luncheon or Supper

Tamale Pie
 Rye Muffins
 Baked Apple with Cream (Top Milk)
 Cocoa

Dinner

Cabbage forcemeat Balls
 Broiled Potatoes
 Creamed Salsify (Oyster Plant)
 Carrot Salad
 Squash Pudding

Cornmeal Griddle Cakes

½ cup cornmeal	1 egg
2 tablespoons fat	½ teaspoon soda
1 teaspoon salt	1¼ cups sour milk
1½ cups boiling water	2 teaspoons baking powder
2 cups rye or barley flour	

Add cornmeal and salt to the boiling water and cook 5 minutes; cool, add sour milk and soda dissolved in a little cold water, well-beaten egg, and melted fat. Sift in flour and baking powder; mix thoroughly and bake on hot griddle.

Tamale Pie

1 cup cornmeal	1 teaspoon salt
½ teaspoon salt	6 ounces chopped round steak or cheese
3 cups boiling water	1 cup tomatoes
1 small onion	½ small chopped pepper or speck Cayenne pepper
1 tablespoon fat	

Make a mush by stirring the cornmeal and salt into the boiling water. Cook 30 minutes. Brown the onion in the fat, add the round steak and cook until browned (about 5 minutes). Add the tomato, pepper, and salt. Grease a baking dish, put in a layer of cornmeal mush, add the seasoned meat, and cover with mush. Bake 30 minutes.

Cabbage Forcemeat Balls

1 pound round steak	½ teaspoon pepper
1 teaspoon salt	¼ pound beef suet
1 small onion	10 large cabbage leaves

Put meat, fat and onion through meat grinder twice; season with salt and pepper, and form into small oblong loaves. Parboil cabbage leaves until pliable. Wrap leaf around the meat loaves; tie securely with clean scalded strings. Place in a casserole or saucepan; cover with a thin, well-seasoned brown gravy; cover closely and cook slowly 1 hour, until cabbage is tender. Remove strings before serving.

Broiled Potatoes

Cut cold boiled potatoes lengthwise into ¼ inch slices, dip each in melted fat, dredge with flour and lay in a folding broiler. Broil until evenly browned on both sides, sprinkle with salt and pepper, and serve on a hot dish.

Carrot Salad

Wash and scrape carrots; put through meat grinder and marinate with French dressing. Serve on lettuce leaves with a mayonnaise dressing made by using clarified chicken fat in place of oil.

Squash Pudding

2 cups steamed and strained squash	2 eggs
$\frac{1}{2}$ teaspoon salt	$\frac{1}{3}$ sup sugar
	2 cups milk
$\frac{1}{2}$ teaspoon cinnamon	

Beat eggs, add sugar, salt, cinnamon, squash and milk. Pour into oiled baking dish and bake in moderate oven until firm. Cool slightly and serve with cream (top milk).

Breakfast

Fruit

Pearled Barley with Top Milk

Oat and Corn Muffins

Coffee

Milk, for children

Luncheon or Supper

Cream Lima Bean Soup

Cornmeal Parker House Rolls

Date Cookies

Apple Sauce

Dinner

Rib Roast of Beef

Franconia Potatoes

Boiled Parsnips

Stewed Tomatoes and Celery

Fig Tapioca with Top Milk

Oat and Corn Muffins

$\frac{1}{2}$ cup cooked oatmeal	1 tablespoon sugar
1 cup milk	3 teaspoons baking powder
1 egg	$\frac{1}{2}$ teaspoon salt
1 tablespoon fat	$1\frac{1}{4}$ cups cornmeal (white)

Combine as for muffins. Bake in moderate oven 20 to 30 minutes.

Cornmeal Parker House Rolls

1 cup rye or barley flour	2 teaspoons baking powder
$\frac{1}{2}$ cup cornmeal	1 tablespoon fat
$\frac{1}{4}$ teaspoon salt	1 egg
1 tablespoon sugar	$\frac{1}{2}$ cup milk

Sift dry ingredients together; rub in fat. Add egg and milk to make a soft dough. Roll out until $\frac{1}{8}$ inch thick. Cut with biscuit cutter and fold to form Parker House shape. Bake in moderate oven.

Date Cookies

$\frac{1}{4}$ cup fat	2 teaspoons baking powder
$\frac{2}{3}$ cup brown sugar	2 cups barley flour
1 egg	$\frac{1}{2}$ cup chopped dates
2 tablespoons milk	$\frac{1}{4}$ cup hickory nut meats

Combine as for other cookies.

Breakfast

Oatmeal with Stewed Prunes and Top Milk
 Brown Bread Toast
 Coffee
 Milk, for children

Luncheon or Supper

Wisconsin Scrapple
 Stewed Tomatoes
 Cornstarch Mold with Canned Strawberries
 Cocoa

Dinner

Boiled Tongue
 Potatoes on Half Shell
 Peas and Carrots
 Currant Jelly
 Maple Rice with Top Milk

Wisconsin Scrapple

1 cup sausage, chopped, or	1 cup cornmeal
1 cup hogshead cheese	3 cups water
2 teaspoons salt	

Sift cornmeal into boiling salted water and cook in a double boiler 2 hours. Stir in the chopped sausage or cheese; turn into a moistened bread pan and cool. Slice and fry.

Maple Rice

$\frac{3}{4}$ cup rice	1 quart milk
1 teaspoon salt	

Wash rice thoroughly in several waters. Heat milk in double boiler; add rice and cook until very soft. Serve hot with cream (top milk) and maple sugar cut in fine shavings.

Breakfast

Fruit
 Barley Grits with Top Milk
 Rye and Barley Muffins
 Coffee
 Milk, for children

Luncheon or Supper

Cheese Polenta
 Cold Slaw
 Apricot Tart
 Cocoa

Dinner

Corned Beef Hash with Beets
 Cottage Salad
 Boiled Rice with Stewed Figs and Cream (Top Milk)

Rye and Barley Muffins

1 cup sour milk	2 teaspoons baking powder
1 egg	$\frac{1}{2}$ teaspoon soda
1 tablespoon sugar	$\frac{1}{2}$ teaspoon salt
1 cup rye flour	1 cup barley flour

Combine as for muffins.

Cheese Polenta

1 cup cornmeal	1 teaspoon salt
4 cups water	1 cup grated cheese
	1 tablespoon fat

Cook cornmeal, salt, and water several hours in a double boiler. Cool slightly, add cheese, pour into well-oiled casserole, place fat in dots on top and brown.

Apricot Tarts

Wash dried apricots; cover with water and soak over night. Cook slowly in water in which fruit has been soaked. When tender, add enough sugar to sweeten.

Cut barley pastry into diamond shapes; bake until brown and serve with apricots.

Corned Beef Hash With Beets

2 cups chopped corned beef	2 tablespoons fat
2 cups cold boiled potatoes (chopped)	2 tablespoons chopped onion
1 cup chopped cooked beets	Salt and pepper

Mix meat, potatoes and beets, season with salt and pepper. Melt fat in frying pan, add onion and cook until slightly brown. Add meat mixture, mix well, and cook, covered, until thoroughly heated and brown crust forms on bottom. Fold as an omelet and serve.

Cottage Salad

2 cups cold cooked peas	$\frac{1}{2}$ cup boiled salad dressing or mayonnaise
$\frac{1}{2}$ cup salted peanuts	
Lettuce	

Arrange above ingredients as for salad.

MENUS FOR MEATLESS DAYS

Breakfast

Bananas
Oatmeal with Top Milk
Graham Muffins
Coffee
Milk, for children

Luncheon or Supper

Scalloped Rice and Cheese
Rye Bread
Sliced Cucumbers
Baked Pears
Molasses Cookies

Dinner

Vegetable Soup (if desired)
Salmon Loaf
Creamed Potatoes
Baked Tomatoes
Apple Tapioca Pudding with Top Milk

Graham Muffins

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

Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted fat. Bake in hot oven in oiled gem pans 20 minutes.

Scalloped Rice With Cheese

4 cups cooked rice	1 teaspoon salt
4 cups thin white sauce or milk	$\frac{1}{4}$ teaspoon paprika
	$\frac{1}{4}$ pound cheese

Mix white sauce with rice. Put alternate layers of this mixture and grated cheese in baking dish. Cover with oiled breadcrumbs and bake in moderate oven until hot and crumbs are brown.

Vegetable Soup

$\frac{1}{4}$ cup carrot	1 quart water
$\frac{1}{4}$ cup turnip	5 tablespoons fat
$\frac{1}{2}$ cup celery	$\frac{1}{2}$ tablespoon finely chopped parsley
$1\frac{1}{2}$ cups potato	Salt and pepper
$\frac{1}{2}$ onion	

Wash and scrape a small carrot; cut in quarters lengthwise; cut quarters in thirds lengthwise; cut strips thus made in thin slices crosswise.

Wash and pare half a turnip, and cut and slice same as carrot. Wash, pare, and cut potatoes in small pieces. Wash and scrape celery and cut in $\frac{1}{4}$ -inch pieces. Prepare vegetables (except potatoes) and cook 19 minutes, in 4 tablespoons fat stirring constantly. Add potatoes, cover, and cook 2 minutes. Add water and boil 1 hour, or until vegetables are soft. Add remaining fat and parsley. Season with salt and pepper.

Salmon Loaf

1 can salmon	$\frac{1}{2}$ cup bread crumbs
4 tablespoons milk	$\frac{1}{4}$ teaspoon salt
2 eggs	Speck of pepper
2 tablespoons melted fat	1 teaspoon chopped parsley

Rub fat into salmon, put crumbs into the beaten eggs, mix all together, season. Form into a loaf and steam 1 hour, or bake 20 minutes.

Sauce

1 cup milk	1 tablespoon fat
2 tablespoons flour	Juice from salmon
	Speck of salt

Melt fat, add flour and milk mixed with juice from salmon. Cook until it thickens, and serve with salmon. Chopped parsley may be added.

Baked Tomatoes

Wipe 6 smooth, medium-sized tomatoes. Cut out stem, making small hole. Mix $\frac{1}{2}$ cup of bread crumbs with salt, pepper, and a few drops of onion juice, and place mixture in tomatoes. Place in a greased pan, sprinkle with oiled crumbs, and bake 30 minutes in a hot oven. Two tablespoons each of chopped green pepper and onion are an improvement.

Apple Tapioca Pudding

$\frac{3}{4}$ cup pearl or $\frac{1}{2}$ cup minute tapioca	$\frac{1}{2}$ teaspoon salt
Cold water	7 sour apples
3 cups boiling water	$\frac{3}{4}$ cup sugar

Soak tapioca 1 hour in cold water to cover, drain, add boiling water and salt; cook in double boiler until transparent. Core and pare apples, arrange in oiled pudding dish, fill cavities with sugar, pour over tapioca, and bake in moderate oven until apples are soft. Serve with sugar and cream. Minute tapioca requires no soaking.

Breakfast

Baked Pears
 Cream of Rye with Top Milk
 Toasted Oatmeal Bread
 Coffee
 Milk, for children

Luncheon or Supper

Corn Chowder
 Sliced Peaches
 Tea Biscuit

Dinner

Scalloped Fish
 Baked Potatoes
 String Beans
 Tomato Salad
 Apple Betty with Cream (Top Milk)

Oatmeal Yeast Bread I

1 cup milk and water, or water (8 oz.)	1 cup rolled oats (2¾ oz.)
1 teaspoon salt (¼ oz.)	2½ cups wheat flour (10 oz.)
1 tablespoon fat (½ oz.)	½ cake compressed yeast (¼ oz.)
2 tablespoons sugar (1 oz.)	¼ cup warm water (2 oz.)

Scald liquid and pour over the rolled oats, sugar, salt, and fat. Let stand until lukewarm (about half an hour). Add yeast softened in warm water. Add flour and knead. Let rise until double its bulk. Knead again, place in pan. When light, bake in a moderate oven from 45 to 60 minutes.

Oatmeal Yeast Bread II

Scald one cup rolled oats in 1 cup boiling water and allow to stand one hour. Make a sponge of

1 cup water	2 tablespoons molasses
½ cake compressed yeast	2 teaspoons shortening
1 teaspoon salt	¾ cup flour

Add rolled-oat mixture to sponge, and then add flour to make medium soft dough. Let rise until twice its original bulk; knead down. Form into loaf and let rise to double its bulk and bake.

Corn Chowder

1 can corn or	2 cups boiling water
3 cups corn	2 tablespoons barley flour
4 medium-sized potatoes, cut in ¼ inch cubes	4 cups scalded milk
2 onions sliced	3 tablespoons beef drippings or other fat

Salt and pepper

Melt fat; add onions cut in thin slices, and cook until slightly brown. Add flour and boiling water, stirring constantly. When slightly thickened add potatoes and cook until nearly soft. Then add corn and milk. Cook 5 minutes. Season and serve.

Apple Betty

Place a layer of sour apples, pared and cut in thin slices, in the bottom of a baking dish. Sprinkle with sugar and cinnamon or nutmeg, add layer of bread crumbs and another of apple, and so on to the top of the dish. Scatter a few bits of suet or other fat over the top layer of crumbs. Add enough water to moisten the crumbs and bake in a slow oven, covered, until apples are soft. Instead of raw apples, apple sauce made of dried apples may be used.

Serve with cream, soft custard, or hard sauce.

Breakfast

Stewed Prunes
 Creamed Toast
 Coffee
 Milk, for children

Luncheon

Cream Bean Soup
 Cottage Cheese and Cucumber Salad
 Toasted Crackers
 Coddled Apples

Dinner

Stuffed Baked White Fish
 Scalloped Potatoes
 Buttered Beets
 Lettuce Salad
 Peach Cobbler with Top Milk

Coddled Apples

Core and pare medium-sized cooking apples. Prepare a syrup using 1 cup of sugar, 1 cup of water and a few sticks of cinnamon, whole cloves, or thin strips of the yellow lemon rind. Add apples and cook until tender. During the cooking the syrup should cover the apples. When apples are soft, remove from syrup, sprinkle with sugar, place in oven until very slightly browned. Then pour syrup around them. Serve cold with cream (top milk) if desired.

Breakfast

Baked Apple
 Steel Cut Oats with Cream (Top Milk)
 Potato Bread Toast
 Coffee
 Milk, for children

Luncheon

Scalloped Cheese
 Potato Rolls
 Spiced Grape Jelly
 Cocoa

Dinner

Broiled Halibut
 Stuffed Baked Potatoes
 Scalloped Tomato
 Celery
 Peach Shortcake

Potato Bread—Sponge Method

To make 4 one-pound loaves

3 pounds of boiled and peeled potatoes	1½ level tablespoons salt
2¼ pounds of good bread flour	1 cake of compressed yeast
	4 tablespoons of water
	2 level tablespoons sugar

Boil, peel, and mash the potatoes, being careful to leave no lumps. Allow the mashed potato to cool to 86 degrees F. or until lukewarm. In the evening take 1½ pounds, or 2½ solidly packed half-pint cupfuls of the cool mashed potato, add to it the salt, 4 oz. of flour (scant half-pint cupful) and the yeast rubbed smooth with the water, reserving one spoonful to rinse the cup.

In the morning add the remainder of the potato, the sugar, and the rest of the flour. Knead thoroughly until a smooth and very stiff dough is formed. After working the dough, set to rise.

Cover the mixing bowl to avoid the formation of a crust on top and place out of the way of drafts to rise, where the temperature cannot fall below 80 degrees, or be much higher than 88 degrees F. Where the housewife has no thermometer she should see that the dough in all the risings is kept moderately warm, but not up to blood heat. Any water used in mixing the dough should be moderately warm, but by no means hot. This sponge, if kept at the proper temperature, should, after 2 hours, become quite light.

Scalloped Cheese

3 cups milk	5 slices bread
2 eggs	2 cups grated cheese
1 tablespoon fat	¼ cup paprika

Spread bread with fat and cut into ⅓ inch cubes. Beat eggs, add milk, salt and a sprinkling of paprika. Arrange bread cubes and grated cheese in alternate layers in oiled baking dish; pour over egg and milk mixture. Bake in a moderate oven from ½ to ¾ of an hour or until set. Serve hot.

Potato Rolls

1 cup mashed potatoes	2 teaspoons sugar
½ cup potato water	1 tablespoon melted shortening
½ teaspoon salt	3½ cups flour
	½ cake compressed yeast

Make into a stiff dough. Keep warm. When double its bulk form into rolls. Let rise until light, and bake in hot oven.

Breakfast

Bananas
 Corn Flakes with Top Milk
 Rye Muffins
 Coffee
 Milk, for children

Luncheon or Supper

Scalloped Corn
 Cottage Cheese Salad
 Rye Bread Toast
 Apple Jelly
 Cocoa

Dinner

Codfish Balls
 Stewed Tomatoes
 Waldorf Salad
 Cornmeal Bread Sticks
 Apple Dumplings with Lemon Sauce

Scalloped Corn

2 cups corn	3 tablespoons fat
1 cup milk	$\frac{1}{2}$ teaspoon salt
1 or 2 eggs	Pepper
1 cup bread crumbs (dry but not dried)	

Mix eggs, corn, milk, salt and pepper, and pour into a baking dish. Melt fat and add crumbs. Sprinkle over top of corn mixture. Bake in moderate oven until firm, and crumbs are well browned. Serve hot.

Rye Muffins

1 cup rye flour	1 teaspoon salt
1 cup flour	1 cup milk
2 tablespoons of sugar or	1 egg
2 tablespoons molasses	1 tablespoon melted fat
4 teaspoons baking powder	

Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted fat. Bake in hot oven in well-greased pans 20 minutes.

Codfish Balls

1 cup salt codfish	1 egg
2 heaping cups potatoes	$\frac{1}{2}$ tablespoon fat
$\frac{1}{8}$ teaspoon pepper	

Wash fish in cold water, and pick in very small pieces, or cut, using scissors. Wash, pare, and soak potatoes, cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are soft. Drain through a strainer, return to kettle in which they are cooked, mash thoroughly (being sure there are no lumps left in potato), add fat, egg well beaten, and pepper. Beat with a fork 2 minutes. Add salt if necessary. Dredge hands with flour, form into flat round cakes about $\frac{3}{4}$ inch thick; brown in a small amount of hot fat. Serve hot.

Breakfast

Baked Apple
 Corn Flakes with Top Milk
 Rice Pancakes
 Coffee
 Milk, for children

Luncheon or Supper

Tomato and Cheese Rarebit
 Rye Bread Toast
 Canned Strawberries
 Bran Cookies

Dinner

Boiled Fish with Egg Sauce
 Boiled Potatoes
 String Beans
 Celery
 Lemon Pie

Rice Pancakes

2½ cups flour	1 tablespoon sugar
½ cup cold cooked rice	1½ cups milk
3 teaspoons baking powder	1 egg
½ teaspoon salt	2 tablespoons melted fat

Mix and sift dry ingredients. Add egg well beaten, milk, fat and rice. Cook same as other pancakes.

Tomato and Cheese Rarebit

2 tablespoons fat	2 cups finely cut cheese
2 tablespoons flour	1 egg slightly beaten
¾ cup milk	Salt
¾ cup stewed and strained tomatoes	Mustard
	Cayenne
	⅛ teaspoon soda

Melt fat, add flour and milk gradually. As soon as mixture thickens add tomatoes mixed with soda; then add cheese, egg, and seasonings to taste. Serve on rye toast as soon as cheese has melted.

Bran Cookies

½ cup fat	2½ cups bran
1 cup brown sugar	½ teaspoon salt
1 egg	2 teaspoons baking powder
3 tablespoons milk	½ cup chopped raisins

Flour enough to roll out

Cream fat and sugar; add egg well beaten. Mix bran, baking powder and salt; add milk to first mixture and beat thoroughly. Add raisins, and flour. Roll out to about ¼ inch thickness, cut with cookie cutter and bake in a hot oven.

Egg Sauce (Boiled Fish)

⅓ cup fat	1½ cups water or fish stock
3 tablespoons flour	½ teaspoon salt
1 egg	½ teaspoon pepper

Melt the fat, add flour with seasonings, and gradually pour on liquid. Boil 5 minutes. Cut one hard-boiled egg in thin slices and add to hot sauce, or add to sauce before serving chopped whites and yolks rubbed through sieve.

Breakfast

Grapes
 Cream of Rye with Top Milk
 Rice Muffins
 Coffee
 Milk, for children

Luncheon or Supper

Rice Croquettes with Cheese Sauce
 Pear and Peanut Salad
 Barley Scones
 Cocoa

Dinner

Pan-Fried Lake Trout
 Scalloped Potatoes
 Spinach
 Mock Tomato Salad
 Barley Wafers
 Dutch Apple Cake and Lemon Sauce

Rice Muffins

2 cups flour	1 cup milk
$\frac{3}{4}$ cup cooked rice	1 egg
4 teaspoons baking powder	2 tablespoons melted fat
2 tablespoons sugar	$\frac{1}{2}$ teaspoon salt

Mix and sift flour, sugar, salt, and baking powder; add $\frac{1}{2}$ cup milk, egg well beaten, the remainder of the milk mixed with rice, and beat thoroughly; then add fat. Bake in well-greased muffin pans.

Rice Croquettes

1 $\frac{1}{2}$ cups cooked rice	1 egg
1 cup thick cream sauce	1 tablespoon milk
$\frac{1}{4}$ teaspoon paprika	1 teaspoon salt
Dried bread crumbs	

Thick Cream Sauce

2 tablespoons fat	1 cup milk
3 tablespoons flour	

Combine as for cream sauce.

Add cooked rice to cream sauce, season and form into croquettes. Dip into beaten egg to which 1 tablespoon of milk has been added. Roll in crumbs and place in well-greased dripping pan. Brush croquettes with melted fat and brown in hot oven. Serve with cheese sauce.

Cheese Sauce

1 tablespoon fat	$\frac{1}{2}$ teaspoon salt
1 tablespoon barley flour	$\frac{1}{8}$ teaspoon paprika
1 cup milk	1 cup cheese (cut in very small pieces)

Combine first five ingredients as for white sauce, add cheese and cook over fire until melted, stirring constantly.

Barley Scones

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

Sift barley flour, salt, and baking powder together and work in fat. Dissolve soda in a little cold water and add the sour milk. Combine flour mixture and sour milk to form a soft dough. Turn out on a well-floured

board, knead slightly, roll to $\frac{1}{2}$ inch thickness; cut in diamond shapes and bake in hot oven.

Mock Tomato Salad

To 3 cups of hot stewed and strained tomato add 1 teaspoon of salt, 2 teaspoons of sugar and 1 ounce of gelatine which has soaked 15 minutes in $\frac{1}{2}$ cup of cold water. Pour into small cups and chill; when firm turn on to lettuce leaf and garnish with mayonnaise dressing. Shredded cabbage may be used in place of the lettuce. Small pieces of celery added to the jelly make a pleasing variation.

Barley Wafers

Use proportions as in barley scones. Roll not over $\frac{1}{4}$ inch thick; brush with milk and sprinkle with grated cheese. Cut into strips 5 inches long and $\frac{1}{2}$ inch wide. Bake in moderate oven.

Breakfast

Oranges
Creamy Omelet
Toast
Coffee
Milk, for children

Luncheon or Supper

Split Pea Soup
Toasted Cheese Crackers
Canned Peaches
Ginger Wafers

Dinner

Trout Baked with Tomato
Mashed Potatoes
Baked Squash
Chinese Cabbage with French Dressing
Pan Dowdy

Creamy Omelet

3 tablespoons fat	$\frac{1}{2}$ teaspoon salt
3 tablespoons flour	$1\frac{1}{2}$ cup milk
	4 eggs

Melt fat, add flour and cold milk, stirring constantly. Cook until smooth and thick, add seasoning and cool. Add well-beaten egg yolk and fold in stiffly beaten whites. Turn into hot, well-greased skillet, cook until slightly brown and firm on bottom, then place in oven to finish cooking. Fold and serve immediately.

Trout Baked With Tomato

Wash fish carefully and cut into pieces for serving. Place in well-greased dripping pan; sprinkle lightly with flour to which has been added salt and pepper; cover with stewed tomatoes, and dot with small pieces of fat. Thin slices of onion and chopped parsley may be added. Bake in hot oven until tender, about $\frac{1}{2}$ hour.

Pan Dowdy

Line an oblong cake tin with pie crust, fill to desired thickness (about 1 inch) with sliced apples. Pour over this $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup brown sugar, mixed with 1 tablespoon flour, 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon salt, 2 tablespoons melted fat and $\frac{1}{4}$ cup water. If very sour apples are used more sugar may be necessary. Cover all with pastry, press moistened edges together and prick with fork in several places. Bake in moderate oven until delicately browned and apples are tender. This may be served with cream if desired.

Breakfast

Baked Apple
 Homing Grits with Top Milk
 Rye Bread Toast
 Coffee
 Milk, for children

Luncheon or Supper

Cream Potato Soup
 Toasted Cheese Sandwiches
 Raspberry Tart

Dinner

Scalloped Tuna Fish
 Baked Potatoes
 Peas
 Cape Cod Cranberry Sauce
 Molded Rice with Raspberry Sauce

Cream Potato Soup

2 cups mashed potatoes	2 tablespoons fat
3 cups milk	2 tablespoons flour
1 cup water, in which potatoes	$\frac{1}{2}$ teaspoon salt
were cooked	$\frac{1}{8}$ teaspoon celery salt
1 small onion	White pepper
1 tablespoon finely chopped parsley	

Melt fat, add onion, cut in fine pieces, and cook until onion is slightly brown. Stir in flour; pour on gradually milk and potato water; add mashed potatoes, stirring constantly; cook thoroughly, add seasoning, put through strainer, reheat, sprinkle with chopped parsley and serve. Parsley is prepared by washing, dipping for a few seconds in boiling water to set color, then removing leaves and chopping fine.

Toasted Cheese Sandwiches

Cut bread in thin slices; spread with small amount of fat and sprinkle with grated cheese and salt; top with slice of bread. A small amount of paprika may be mixed with the grated cheese. Brown as for toast. Serve immediately.

Cape Cod Cranberry Sauce

1 $\frac{1}{2}$ cups sugar	1 cup water
	2 cups cranberries

Pick over and wash cranberries. Make syrup of sugar and water; add cranberries, and cook slowly until the cranberries are transparent—about 15 minutes.

Molded Rice

Cook $\frac{1}{3}$ cup rice with one pint of milk in the upper part of a double boiler until very soft. Remove from the fire, add $\frac{1}{3}$ cup of sugar and $\frac{1}{2}$ tablespoon granulated gelatin, softened in a little cold water. Pour into individual molds and allow to cool.

Raspberry Sauce

1 cup canned raspberries	1 teaspoon lemon juice
$\frac{1}{2}$ cup water	$\frac{1}{2}$ tablespoon cornstarch
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ tablespoon fat

Add water to the raspberries and cook until the boiling point is reached; remove from fire and strain. Mix sugar and cornstarch; pour the hot raspberry mixture over this, stirring constantly. Cook until mixture thickens; remove from fire; add fat and lemon juice. Cool, and serve on molded rice.

Breakfast

Stewed Prunes
Hominy with Top Milk
Oatmeal Muffins
Coffee
Milk, for children

Luncheon or Supper

Cream of Tomato Soup
Corn Sticks
Cottage Cheese Salad
Blueberry Pudding with Top Milk

Dinner

Chicken Pie with Potato Crust
or Fish Pilaf
Baked Squash
Celery
Grape Conserve
Apple Roll with Molasses Sauce

Oatmeal Muffins I

1 cup cooked rolled oats	1 tablespoon sugar
$\frac{1}{2}$ cup milk	$1\frac{1}{2}$ cups flour
1 egg	3 teaspoons baking powder
$\frac{1}{4}$ teaspoon salt	2 tablespoons melted fat

Scald milk and pour over the cooked rolled oats. Cool, add well-beaten eggs, salt, flour, and baking powder sifted together, and melted fat. Beat well and bake in moderate oven.

Oat Flour Muffins

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

Sift dry ingredients. Beat egg, and milk, and combine with dry mixture; add fat. Bake in hot oven about 20 minutes.

Corn Sticks

1 cup sour milk	$\frac{1}{3}$ teaspoon soda dissolved in
1 tablespoon shortening	1 teaspoon cold water
3 teaspoons baking powder	$\frac{1}{2}$ teaspoon salt
1 egg	$1\frac{1}{2}$ cups cornmeal

Combine cornmeal, salt, and baking powder; add to sour milk; stir in egg and melted fat. Mix thoroughly and add soda dissolved in water.

Bake in well-greased bread-stick pan or in dripping pan in moderate oven until delicately browned. If this latter is used the mixture should not be over $\frac{1}{4}$ inch thick and should be cut in strips $\frac{1}{4}$ inch wide and 3 inches long just before removing from oven.

Blueberry Pudding

Spread slices of bread with butter. Heat canned blueberries or huckleberries, add a small amount of sugar, depending upon sweetness of canned material. Fill serving dish with alternate layers of slices of bread and hot fruit. Serve cold with cream or top milk. Hot apple sauce may be used in place of the berries. In this case the bread should be toasted.

Fish Pilaf

Line well-greased casserole with well-seasoned, mashed potatoes, 1 inch deep. Heat the remains of any cold fish, cut in fine pieces in a small amount of well-seasoned white sauce. Place this in potato shell, sprinkle with a little finely chopped parsley; cover with a layer of oiled crumbs and bake in a hot oven until heated through and crumbs are delicately browned. Serve hot.

Apple Roll

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

Combine first five ingredients as for baking powder biscuits; roll to $\frac{1}{2}$ inch in thickness; spread with apple, sugar and cinnamon, and roll as a jelly roll. Cut into 1 inch sections and place in well-oiled pan, flat side up. Place a small piece of fat on center of each piece and bake in moderate oven as for biscuits.

Molasses Sauce

$\frac{1}{2}$ cup molasses	1 tablespoon fat
$\frac{1}{2}$ cup sugar	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup water	1 tablespoon lemon juice or
2 teaspoons flour	vinegar

Mix flour and sugar together and add gradually the boiling water, and molasses. Simmer for 5 minutes, add other ingredients and serve hot.

Breakfast

Fruit
Steel Cut Oats with Top Milk
Rye Toast
Coffee
Milk, for children

Luncheon or Supper

Casserole of Rice and Beans
 Baking Powder Biscuits
 Canned Peaches
 Cocoa

Dinner

Smothered Chicken or Fried Perch
 Scalloped Potatoes
 Baked Squash
 Vegetable Salad
 Queen of Puddings

Casserole of Rice and Beans

2 cups steamed or boiled rice	$\frac{1}{4}$ cup celery, cut in pieces
1 cup cooked soy or lima beans	Small piece of onion
$\frac{1}{4}$ cup water	1-16 teaspoon pepper
$\frac{1}{4}$ cup bread crumbs	3 tablespoons fat

Brown ingredients, except rice, in the fat. Line a well-oiled casserole or baking dish with rice 1 inch thick; fill center with bean mixture; **cover well with rice.** Bake 30 minutes in a moderate oven. Serve from casserole, or turn out in a loaf on a platter. Serve with tomato sauce or brown gravy.

Smothered Chicken

Split chicken along back bone; place flat in dripping pan, breast up; dredge with flour, salt and pepper; place pieces of fat (chicken preferred) on chicken; add 2 cups of water to pan, cover and cook slowly for 1 hour or more, depending upon age of chicken. One-half hour before chicken is to be served, remove cover and brown.

Queen of Puddings

3 cups milk	3 eggs
1 $\frac{1}{2}$ cups bread crumbs (dry but not dried)	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoon salt
	1 tablespoon fat

Scald milk and pour over bread crumbs; cook, add sugar, melted fat, salt, and white of 1 egg with 3 yolks well beaten. Place in oiled baking dish and bake in moderate oven 45 minutes or until set. Remove from oven, cool slightly and spread with a layer of jelly or jam; cover with meringue made of the white of the other 2 eggs and 2 tablespoons of sugar. Place in a moderate oven until the meringue is set and slightly browned.

Christmas Day

Breakfast

Fruit
Hulled Corn with Top Milk
Oatmeal Muffins with Syrup
Coffee
Milk, for children

Dinner

Roast Fowl with Giblet Gravy
Riced Potatoes
Squash
Boiled Onions
Cranberry Sauce
Fruit Salad
Christmas Pudding with French Sauce
Salted Peanuts
Fig and Date Confection
Coffee

Supper

Rye Bread
Cheese Sauce
Canned Fruit
Cocoa

Hulled Corn

1 quart dry ripe field corn 1 tablespoon washing soda
3 quarts water

Dissolve soda in hot water, cool and pour over corn. Allow to soak over night. In the morning, boil in this water until the hulls come off. Wash well in several waters, rubbing the corn between the hands. Put into cold water and bring to a boil. Cook until the corn is soft. Keep plenty of water in the kettle and change two or three times while cooking. It will take about 3 hours for the corn to cook. Serve with milk.

Oatmeal Muffins II

$\frac{3}{8}$ cup rolled oats	1 tablespoon sugar
1 cup milk	$1\frac{1}{2}$ cups flour
1 egg	3 teaspoons baking powder
$\frac{1}{4}$ teaspoon salt	2 tablespoons melted fat

Scald milk and pour over the rolled oats; cool, add well-beaten egg, salt, flour and baking powder sifted together, and melted fat. Beat well and bake in moderate oven.

Cranberry Sauce

Pick over and wash 2 cups cranberries. Put in a sauce pan with $\frac{1}{4}$ cup water and 1 cup corn syrup. Cook 20 minutes or until cranberries are soft and transparent. If cranberries are very acid some sugar may be necessary.

Christmas Pudding

½ cup shortening	½ teaspoon cinnamon
1¼ cups corn syrup	1 teaspoon salt
2 tablespoons molasses	1 teaspoon baking powder
2 eggs	1¾ cups barley or rye flour
1 cup grated raw carrots	½ teaspoon soda
1 cup grated raw potato	1½ cups chopped raisins and dates
½ teaspoon cloves	1 cup chopped nuts
½ teaspoon nutmeg	
	1 cup chopped nuts

Warm shortening, syrup, and molasses and mix. Beat eggs and add to the mixture. Add vegetables. Sift dry ingredients and add with fruit after dredging with flour. Steam 3 hours. Recipe will fill two 1-pound baking powder cans. Serve with French sauce.

French Sauce

1 cup corn syrup (light)	½ cup water
½ teaspoon salt	1 tablespoon cream
1 egg	1 teaspoon vanilla

Beat egg until very light; pour on gradually the hot corn syrup and water, while beating with an egg beater. Add cream and vanilla and serve at once.

Fig and Date Confection

1 cup dates	2 cups nuts
	1 cup figs

Wash and dry fruit. Put them with nut meats through meat grinder. Mix thoroughly and form into various shapes. Roll in powdered sugar.

Breakfast

Fruit
Sauté Oatmeal Cakes with Syrup
Oatmeal Bread Toast
Coffee
Milk, for children

Luncheon or Supper

Casserole of Hominy and Cheese
Stewed Apricots
Barley Wafers
Cocoa

Dinner

Mock Chicken Stew
Cabbage and Celery Salad
Chocolate Pudding with Foamy Sauce

Foamy Sauce

2 egg whites	$\frac{1}{4}$ cup hot milk
$\frac{3}{4}$ cup powdered sugar	1 teaspoon vanilla

Beat egg whites until stiff; add sugar and vanilla. Just before serving add the hot milk.

Breakfast

Fruit
 Pearled Barley with Top Milk
 Johnny Cake
 Syrup or Honey
 Coffee
 Milk, for children

Luncheon or Supper

Pittsburgh Potatoes
 Brown Bread
 Baked Bananas
 Cocoa

Dinner

Broiled Trout, or
 Chicken a la Providence
 Potatoes en Casserole
 Canned Spinach
 + Steamed Apple Pudding with Lemon Sauce

Pittsburgh Potatoes

5 potatoes cut in $\frac{1}{8}$ inch cubes	2 tablespoons flour
1 onion	$1\frac{1}{2}$ cups milk
$\frac{1}{2}$ cup pimientos	$\frac{1}{3}$ pound cheese
2 tablespoons fat	$\frac{1}{2}$ teaspoon salt
1 cup oiled bread crumbs	

Cut cold boiled potatoes in cubes. Melt 2 tablespoons fat, add finely chopped onion, and 2 tablespoons flour. When slightly brown, add milk and cook until thickened.

Arrange potatoes, cheese, and pimientos in alternate layers in well-oiled casserole or baking dish. Pour over sauce, sprinkle with oiled crumbs and bake until crumbs are brown and mixture is thoroughly heated.

Baked Bananas

Cut bananas in halves, lengthwise; sprinkle with sugar, add a few drops of lemon, or spread with honey. Bake in moderate oven until soft—about 20 minutes.

Potatoes en Casserole

Wash and pare 5 medium-sized potatoes and cut in thin slices. Place half the potatoes in well-oiled casserole or baking dish, sprinkle with small amount of flour, salt, and pepper and cover with thin layer of finely sliced onion. Add remaining potatoes, sprinkle with flour and seasonings, and dot over with small amount of fat. Pour over this $\frac{1}{2}$ cup of milk and bake in moderate oven 1 hour, or until potatoes are soft.

Chicken a la Providence

Cook chicken in water until tender. Remove chicken and reduce liquid to 2 cups. Mix 2 tablespoons of flour with a little cold water and add to liquid; cook until thickened. To this add $\frac{1}{2}$ cup cooked carrots, cut in small cubes, $\frac{1}{2}$ cup peas, salt, pepper, and yolk of 1 egg (if desired). Pour over chicken, sprinkle with chopped parsley and serve hot.

Steamed Apple Pudding

Core, pare, and slice apples. Arrange on custard-pie plate well-oiled. Sprinkle with sugar and a few drops of lemon juice. Over all place a biscuit dough rolled 1 inch thick. Steam $\frac{3}{4}$ hour. Serve with lemon sauce.

Breakfast

Fruit
Corn Flakes with Top Milk
Graham Muffins
Coffee
Milk, for children

Luncheon or Supper

Bean and Tomato Soup
Oatmeal Biscuit
Pear Salad
Wafers

Dinner

Pan Fried Perch
Hungarian Potatoes
Scalloped Onions
Brown Betty with Top Milk

Bean and Tomato Soup

2 cups boiled beans	1 small onion
1 cup tomatoes	2 tablespoons flour
2 cups water	3 tablespoons drippings
Salt and pepper	

Melt fat, add chopped onion and cook until onions are slightly brown. Stir in water gradually and boil. Add beans mashed fine and tomatoes, salt, and pepper to taste. Strain and serve.

Baked beans, lima beans, kidney beans, or navy beans may be used.

Oatmeal Biscuit

1 cup oatmeal flour	4 teaspoons baking powder
1 cup rye or white flour	$\frac{1}{2}$ teaspoon salt
2 tablespoons fat	Milk

Mix fat and flour, which has been sifted with the baking powder, and salt. Add enough milk to make a soft dough. Turn onto a floured board and roll to about $\frac{1}{2}$ inch in thickness. Cut with a floured biscuit cutter. Bake about 15 minutes.

Hungarian Potatoes

1 quart cooked potatoes	2 cups tomatoes
3 tablespoons fat	1 teaspoon salt
1 tablespoon chopped onion	$\frac{1}{4}$ teaspoon paprika

Melt fat, add chopped onion and cook until slightly browned. Add remaining ingredients and place in well-oiled casserole or baking dish; cover and bake in moderate oven 45 minutes. Serve.

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