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Preparing Low Cost Foods

By Mary A. Dolve

Extension Nutritionist and Supervisor Home Extension Work

Prepare representatives from these food groups for an adequate low-cost diet.

Milk.—For children.—One quart of whole milk, daily if possible. At least a pint and a half.

For grown-ups.—One pint whole milk, daily if possible. At least a cup and a half.

Bread and Cereals.—For the whole family.—Generous amounts of bread, breakfast foods, and other cereal preparations made from whole grains. Bread at every meal. Breakfast food every morning.

Tomatoes and Fruit.—For children.—Tomatoes, canned or fresh or an orange every day.

For grown-ups.—Tomatoes or an orange three or four times a week, and some other fruit, preferably a fresh one, on other days.

For the whole family.—A second fruit, fresh or dried, daily if one can afford it.

Vegetables.—For the whole family.—Potatoes once or twice a day.

One other vegetable every day and two if you can afford it. A raw vegetable such as cabbage, carrots, or lettuce, at least three or four times a week.

Eggs.—For children.—An egg daily when they are cheap. At least three or four a week.

For grown-ups.—An egg two or three times a week. More often when they are cheap.

Meat and Meat Substitutes.—For the whole family.—Meat once a day. If one can afford it.

In place of meat: Fish occasionally.

Dried beans, peas about once or twice a week.

Butter and Other Fats.—For the whole family.—Some butter and other fat such as lard, salt pork, bacon, lard and butter substitutes, or salad oil.

Sugar and Other Sweets.—Use only enough sugar, syrups or other sweets to help make meals attractive.

It Pays to Choose and Prepare Wisely Representatives from the Various Food Groups

The foods prepared play a large part in family well-being. The foods needed for a health maintaining diet at low cost have been summarized above. The following will give more information in regard to choosing and preparing these foods—for example which vegetables give high health values for their cost and how they may be prepared for every day meals.

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South Dakota State College of Agriculture and Mechanic Arts

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Milk

Milk contains the greatest assortment of nutrients of any single food material and is the foundation upon which an adequate diet can most safely and easily be built.

Its biggest contribution is its high calcium content and its high quality protein and vitamin A. Without milk, it is difficult for the body to get enough calcium for building and maintaining bones and teeth.

Buttermilk and skim milk may be used for adults. These are especially recommended for overweights. Unsweetened evaporated, and dried milk may be used in place of fresh milk when the latter is not available.

Tomatoes and Fruits

Tomatoes, canned or fresh, or oranges have a special health value not found to the same extent in other fruits. The health values of these are much the same, but canned tomatoes are usually cheaper.

Some raw fruit or vegetable should be served every day. Canned tomatoes may be considered nutritionally as a raw fruit or vegetable. They are practically as high in vitamin content as the fresh ones, but if they are taken from the can and heated slowly and stewed often, considerable vitamin may be destroyed. Tomatoes somewhat green are less rich in vitamins than when taken ripe from the vine. Tomato juice may be used for breakfast in place of orange juice. It is usually cheaper if home grown and home canned.

On the days when tomatoes or oranges are not served to the adults, have apples, bananas or some other low-cost fresh fruit. If you can afford it give your family a second fruit every day. This may be fresh, cooked, canned or dried. Dried fruits are usually less expensive than fresh and canned fruits.

The five major dried fruits are: raisins, prunes, peaches, apples and apricots. Other important dried fruits are currants, dates and figs.

Since dried fruits are in a more concentrated form than canned, comparison must be made between the food value furnished rather than between the relative weights. Dried foods are less costly to produce. The containers are inexpensive compared to tin and glass containers used for canned goods; sugar, a large item in canning costs, is eliminated and the labor needed in drying is less. A ton of fresh apricots weighs after canning, approximately 2800 pounds, including the weight of cans and boxes, while a ton of fresh apricots dried and packed will only weigh 450 pounds. The storage and transportation charges on dried fruits are considerably less than on the canned.

The comparison between the cost of dried and fresh fruits is even more striking because of the greatly lowered cost of transportation and because of loss in spoilage of fresh fruit.

Any type of fruit which can be served raw should be given a chance in the dessert list because of the health value. Often a bright red apple should have been chosen to balance the meal instead of pie or expensive pudding. Combinations of sweetened fruits, either dried or canned, may be used to good advantage. Fruit juice from fresh fruits with a wafer makes a good dessert. Encourage the children to buy fruit with their spending money in place of candy.

Comparison Helpful in Choosing and Preparing Tomatoes and Fruits

Apples.—1 pound equals 3 medium sized apples.

Dates.—10 oz. package equals about 50 dates or 1½ cups when pitted.

Oranges.—Oranges are carefully graded based on the number which fills a standard crate, e. g. 150 oranges 3 inches in diameter fill a crate and are known as 150's. It takes

80 3¼-inch diameter oranges to fill a crate, etc. Florida oranges are packed in a crate which is slightly larger than the California oranges, hence there is a slight difference in the diameter of the same grade fruit. But their difference is negligible for household buying.

As a breakfast orange cut in halves, No. 150 or No. 176 is a good size. For juice, small oranges as 288's generally give the best returns for money spent. By measure there may be more juice from a large orange than from a small one but it usually costs more per cup because the price of the large fruit is based not only on juice yield but also on attractiveness and scarcity.

California Oranges	
Trade Name Based On Number in Crate	Approximate Diameter of Fruit in Inches
Large	
80	3¾
96	3⅝
100	3½
126	3⅜
Medium	
150	3
176	2⅞
200	2¾
216	2⅝
Small	
252	2¼
288	2⅝
324	2¼

Prunes.—One factor to consider in choosing prunes is the cost of prune meat free from stones. The following table shows the amount of prune meat from various sizes and together with cost per pound will give the basis for figuring the best selection for various preparations.

Trade Name Based on number in pound	Weight of prune meat after discarding seeds (in ounces)
20-30	13¾
30-40, 40-50, 50-60	13½
60-70	13¼
70-80	12¾
80-90	12⅝
90-100	12¼
100-110	12⅞
110-120	11⅞

If the 20-30 cost 15 cents a pound and the 80-90 cost 5 cents it can readily be seen that a pound of prune meat costs over twice as much from the larger fruit. To prepare prune pulp for the children or to make pudding, etc., it is economical to select the small fruit. For a breakfast prune the housewife may consider that the additional cost of a large prune is warranted because they are more attractive and often richer and sweeter in flavor.

Raisins.—15 oz. package equals 2¼ cups.

Tomatoes.—1 pound equals 3 to 4 medium sized tomatoes.

Vegetables

Fruits and vegetables supply practically the same nutrients. They help to build and repair the body and keep it in good health. They also give flavor, color, and interest to meals.

For best nutrition, two vegetables besides potatoes, and two fruits daily should be used. In low cost diets, it may not be practical to have this variety—possibly one vegetable and one fruit daily using larger servings. Potatoes should be provided first of the vegetables since they are both cheap and health-giving. Bake or boil them in their skin in order to lose as little as possible of their health value.

The next vegetable to include is one of the leafy, green or yellow ones as often as you can. Cabbage is usually the cheapest leafy vegetable and carrots the best and cheapest yellow one. Spinach and other greens should be included when cheap. Wild greens are excellent in the spring with no cost. Onions, beets, turnips and parsnips are inexpensive usually but they are not quite so good as cabbage and carrots.

Often canned vegetables can be used to good advantage in place of the fresh and stored ones.

The yellow corn varieties have a higher vitamin content than the white. Canned beans are gaining in popularity and justly so.

Canned peas are high in vitamin content. For many purposes the large pea is nearly or just as good as the smaller one and is cheaper.

Raw cabbage or some other raw vegetables should be served at least three or four times a week. Raw carrots, grated or cut in thin strips are good. Lettuce is also good but often it costs more than carrots or cabbage.

Comparisons Helpful in Choosing and Preparing Vegetables

Asparagus. —	18 to 22 stalks equals 1 pound for creaming. 1 pound cut for creaming equals 2 cups.
Beans. —	1 pound shelled equals 3 cups ready for cooking. 1 pound in pod when shelled equals two-thirds cups.
Beets. —	1 pound equals 4 or 5 medium-sized beets.
Cabbage. —	A medium sized head weighs about 3 pounds. 1 pound cabbage shredded for salad equals 3½ cups or 2½ cups cooked.
Carrots. —	1 pound equals 2 cups cleaned and diced.
Cauliflower. —	A medium sized head equals about 1½ pounds. Gives 4½ cups flowers cleaned ready to prepare.
Celery. —	A small bunch equals 8–10 oz. 2 half pound bunches gives hearts for serving 4 persons and from outer stalks ¾ to 1 cup celery for creaming.
Corn. —	1 dozen medium-sized ears equals 3 cups cut from cob.
Cucumber. —	9-inch equals about 1 lb. Gives from 25 to 30 slices.
Greens. —	1 pound spinach cooked equals about 2½ cups—maybe much less if stems have been discarded.
Lettuce. —	1 large head equals about 1 pound. Has from 20 to 30 leaves—makes four generous lettuce salads.
Onions. —	Boilers—from ¾ to 1½ inch in diameter. Small—from 1½ to 1¾ inches in diameter. Medium—from 1¾ to 2¼ inch in diameter. Large—from 2¼ inch in diameter. 1 pound equals 2 large Bermudas; from 4 to 6 yellow, red or white globe onions.
Peas. —	1 pound when shelled equals 1 cup.
Potatoes. —	1 pound equals 4 medium sized potatoes. 1 pound equals 2½ cups diced and boiled or 3 cups mashed.
Sweet Potato.	1 pound equals 2 to 4 potatoes. 1 pound cooked and mashed equals 1½ cups.

Helpful Hints in Preparing Vegetables

1. Cook as short a time as possible and serve immediately to retain the most flavor, color and food value.

2. Boil the water in which vegetables are to be cooked for five minutes to expel the air before adding the vegetables. This preserves more vitamin C, for the presence of oxygen in the boiling water causes the loss of vitamin C.

3. Add one teaspoon of salt to a quart of water in cooking vegetables. Cooking in salted water helps to retain the green color.

4. Use little if any water in cooking leafy vegetables such as spinach.
5. Cook uncovered and as short a time as possible strong juiced vegetables such as cabbage, onions and turnips. Less flavor of the vegetables is retained since the volatile acids escape. Asparagus, celery and greens are often improved in flavor by following this rule.

6. Use the water in which vegetables are cooked with the exception of onion water in soups and gravy. At least one half of the mineral and vitamins B and C are extracted by the cooking water. Leafy vegetables may lose as much as 65 per cent of their minerals and vitamins.

7. Cook green vegetables in hard water as short a time as possible to retain the best color. Almost all green vegetables may be cooked in less than a half hour. Ten to fifteen minutes of boiling is long enough for most leafy vegetables.

8. Do not use soda. It destroys some of the vitamins.

9. Cook beets covered to keep color. Soft water or in most cases a tablespoonful of vinegar added to each quart of water if hard will help retain the color.

10. Keep vegetables white by cooking uncovered for as short a time as possible. The sugar in vegetables such as onions and turnips may be caramelized in the cooking process thus darkening the vegetable.

11. Know how to combine vegetables. It is extravagant to serve spinach and cabbage, and cabbage and lettuce at the same meal. A good general rule to follow is to serve a vegetable which grows above the ground with one which grows below the ground if texture, color and flavor go well together. Illustrations of some good combinations: celery and onions, green peas and carrots, lettuce and parsnips, carrots and cabbage salad.

12. Bake vegetables with skins whenever possible.

Eggs

Eggs are particularly valuable for children, though adults may well include them in the diet. They are valuable regardless of their preparation whether in the form of a main dish or dessert. They are valuable for protein, vitamins, phosphorous, and iron. They are best cooked at a low temperature.

Meat and Meat Substitutes

The cost of meat is governed by the tenderness, appearance, convenience in cooking, and the demand—not upon nutritive value. The tough pieces require longer cooking and more thought to make palatable than the tender cuts, but are much less expensive. In buying meat, the amount of fat and bone or edible portion should be considered.

The best meat always has a marbled appearance, that is, it is made up of streaks of fat and lean. The older the animal the darker red the lean will be and the younger the animal the lighter the lean. In young animals the fat is white and as the animal grows older the fat becomes more yellow.

Most food authorities agree that some meat is highly desirable; too much should not be used because of its stimulating quality. If eaten in excess it has a tendency to blunt the taste for less highly flavored foods as milk, cereals, and vegetables. For most persons meat oftener than once a day is not necessary. If every cent has to be watched use it less often, perhaps only three or four times a week, serving eggs instead when cheap or dried peas or beans.

Dried peas and beans may be used more extensively in a low cost diet in escalloped dishes, stews, and soups, especially if used with milk. Sometimes the tough outer skin causes indigestion, especially for children. The outer skin can be gotten rid of by putting the cooked beans through a strainer. A soup made of the mashed beans or peas and milk is very good for both children and adults.

Cheese including cottage cheese supplies minerals as well as protein to the diet without increasing the cost.

Comparisons Helpful in Choosing and Preparing Inexpensive Meats

For Pot Roasts

Two pounds of pot roast meat serves 7 or 8 persons (little waste since solid meat).

Beef.—Round, rump, chuck, short ribs of plate.

roast from the chuck will be the most tender of these cuts, and in some markets a little more expensive than the others.

Veal and Lamb.—Shoulder, breast (to be stuffed and rolled).

For Swiss Steaks

Two pounds of lean meat serves 6 to 8 persons.

Beef.—Round, rump, chuck, flank or skirt steak.

For Broiling

Two pounds serves 5 to 6 persons.

Beef.—Round, rump, chuck, flank, short ribs of plate.

Veal or Lamb.—Shoulder or breast.

Pork Spare-Rib.—Three pounds serves 6 persons.

For Stews.—Two pounds of stewing meat serves 7 persons if plenty of vegetables are used.
Beef.—Neck, chuck, plate, bottom round, shank, brisket.

Veal or Lamb.—Neck, breast, shank.

For a Boiled Dinner

If lean two pounds serves 5, if fat, 3 pounds.

Corned beef.—Chuck, rump, brisket, flank, plate. That from chuck and rump is less fat as a rule than that from plate or brisket.

Bread and Cereals

Cereals are cheap sources of energy and protein. Cereal proteins are more adequate when supplemented with milk. Whole grain cereals, without the bran and germ removed are much higher in vitamin and mineral content than the refined. When every penny spent for food must count, using bread from the dark or less refined wheat increases the mineral content of the diet at little cost. Whole or cracked wheat for a breakfast cereal is a very good low cost food. Rye can also be used.

The ready to serve breakfast cereals have no place in a diet where every cent must count nutritionally.

Butter and Other Fats

Fats are the cheapest source of energy but all fats are not of equal value nutritionally. Butter is especially good because it contains an essential vitamin not found in most other fats. Usually lard is the cheapest fat, but is deficient in the vitamins found in butter. If whole milk is used liberally, the chief fat in the family diet may be lard. Suet is also a cheap fat. Fats help to make a high cereal diet palatable. All drippings should be saved and used in cooking.

Sugar and Other Sweets

Sweets are not necessary for health, even though they taste good. Use only enough to make meals attractive but do not let them replace foods that are needed. Cakes and cookies are expensive and give little health value. Baked at home they are less expensive than when bought but are not so good as are simple desserts made with milk, eggs and fruit. Use brown sugar and molasses whenever possible in puddings, on breakfast cereals, etc., because they have health values not found in the refined sugar and syrups.

Sugar is the most misused food because of being too generously used and so often at the wrong time. Sweets when taken on an empty stomach cause irritation and often prevent good absorption of the minerals in the rest of the diet. They will also take away the appetite for foods which promote growth and regulation. This applies especially to children.

Coffee and Tea

Coffee and tea have no food or health value. Foods necessary for health should be provided before any money is spent for them.

Ways of Feeding the Family Economically

1. Know the most economical foods, in terms of nutrition, to prepare within each food group.
2. Teach the family to eat all wholesome foods and see that each person at the table has at least a small serving of everything appropriate for him. Avoid discussion of food likes and dislikes.
3. Give small servings and see that food is eaten and not left on the plate.
4. Do not serve too much variety at one meal, but have variety from day to day.

5. Plan meals carefully and have few left-overs except those definitely planned.
6. Use left-overs in appetizing dishes. The best manager does not continually have left-overs, because she knows how much to plan for her family.
7. Use more desserts from milk, eggs, cereals, dried, canned, and fresh fruits.
8. Prepare foods so that the health value lost is reduced to the minimum.
9. Prepare foods that might be bought ready to serve after comparing prices.

Dishes from Home Grown Foods

I. Milk

WHITE SAUCE

	Thin	Medium	Thick
Butter or other fat	1 T.	2 T.	3 T.
Flour	1 T.	2 T.	3 to 4 T.
Milk or other liquid	1 C.	1 C.	1 C.
Salt	¼ t.	¼ t.	¼ t.

Blend the melted fat and flour thoroughly, add the cold milk or other liquid and salt. Heat and stir constantly until thickened. Cook over steam for 10 minutes longer.

QUICK TURNIP SOUP

1 quart milk	2 c. grated raw turnip
1 onion, cut in half	1 t. salt
1 T. flour	Chopped parsley (from garden or potted plant in kitchen)
2 T. melted butter	

Heat the milk in a double boiler with the onion, add the flour and fat, which have been well blended, then the turnip, and salt. Cook until the turnip is tender, or for about 10 minutes, and remove the onion or if desired the onion can be minced fine before adding. Sprinkle chopped parsley over the soup just before serving.

COTTAGE CHEESE, RAW CARROT AND ONION SALAD

1 lb. cottage cheese	1 c. finely chopped or grated raw carrot
1 c. shoestring carrots (carrots cut into pieces 1½ inches long and ⅛-inch wide by 1/16-inch thick)	¼ t. salt
A dash of pepper	2 T. finely chopped onion
2 dill pickles (may be omitted)	¾ c. cooked salad dressing or freshly soured cream

Mix the cheese with chopped carrot, salt, pepper, onion, and dill pickle. Arrange this mixture in a mound in a ring of shoestring carrots and serve with dressing.

COTTAGE CHEESE SALAD

2 c. cottage cheese (without cream added)	(may be omitted)
1 c. small red radishes, (sliced without peeling)	1 c. green onions, diced
1 medium sized cucumber	1 c. freshly soured cream
	Salt and paprika to taste

Mix the ingredients, using only enough cream to moisten sufficiently. Serve in center of quarters of tomatoes or serve between 2 slices of tomatoes, sandwich fashion or serve on crisp leaves of lettuce; sprinkle with paprika. Mayonnaise may top each serving if desired.

II. Bread and Cereals

GRAINOLA HOME PREPARED READY-TO-EAT-CEREAL

3 c. rolled oats	2 T. salt
3 c. cornmeal	5 T. sugar
3 c. whole wheat flour	1 to 2 quarts whole milk
3 c. white flour	

Mix dry ingredients to make stiff dough. Roll into thin sheets like pie crust. Prick. Bake in hot oven until golden brown. Grind up and serve with sugar and cream. Makes 3½ pounds when baked.

MEAT MUSH

Add ground meat to cooked wheat cereal while warm. Let cool. Slice, fry and serve with syrup if desired. This makes an excellent dish for a heavy breakfast or for lunch. Without the addition of meat it may be served with crisp bacon. (Any other cooked cereal may be used. In earlier days cracked oats were used.)

BREAD-CRUMB CAKE

3 eggs	¼ t. cinnamon
1 c. sugar	¼ t. salt
2 c. crumbs from very dry over-toasted bread	¼ t. almond extract
	1 t. vanilla

Beat the eggs, add the sugar, and stir in the other ingredients. Pat the mixture even-

ly into a shallow greased pan, bake in a very moderate oven 300 F. for about 30 minutes. This has somewhat the texture and flavor of macaroons and is a good way to use up stale bread.

III. Tomatoes and Fruit

TOMATO JUICE COCKTAIL

1 pint tomatoes, strained
1 t. salt
2 t. sugar
1½ T. lemon juice

A little celery or onion salt may be added, if liked.

RHUBARB BETTY

4 T. melted butter
¼ t. salt
1 quart fine, dry bread crumbs
Cinnamon or nutmeg
1 quart sweetened rhubarb sauce,
or 2 quarts raw sliced rhubarb,
sugar to sweeten

Mix the fat and salt with the crumbs. Place the rhubarb and the crumbs in alternate layers in a greased baking dish, and sift the cinnamon or nutmeg over the top. Bake the pudding in a moderate oven. If rhubarb sauce is used, this will require about 20 minutes. If raw rhubarb is used, cover the baking dish first and bake for 25 minutes, or until the rhubarb is tender. Serve the pudding hot with or without hard sauce.

PRUNOLA

1 c. chopped, cooked prunes
1 c. cooked rice or whole wheat
2 eggs
4 T. sugar for egg whites
2 T. peanut butter
½ c. milk
½ c. sugar for prune mixture
1 t. vanilla

Mix chopped prunes with peanut butter, rice, or whole wheat, milk, sugar and egg yolks, beat egg whites stiff, add sugar, vanilla and continue beating. Combine the two mixtures carefully. Pour into a buttered pudding dish and bake 30 minutes in a slow oven (250 degrees F.). Serve while warm, plain or with milk.

NORWEGIAN PRUNE PUDDING

½ lb. prunes
2 c. cold water
1 c. sugar
1 T. lemon juice
1 in. thick cinnamon
1½ c. boiling water
½ c. cornstarch

Wash prunes, soak 1 hour in cold water and boil in same water until soft. Remove stones, add sugar, cinnamon, boiling water and simmer 10 minutes. Dilute cornstarch with enough cold water to pour easily, add to prune mixture and cook 5 minutes. Remove cinnamon, add lemon juice, mould, chill and serve with cream.

PRUNE PIE

Soak prunes. Cook until tender but not soft (steaming is best). Remove stones and cut prunes in quarters. Sweeten if desired. Pile into a baked pastry shell and cover with whipped cream sweetened to taste.

MIXED DRIED FRUITS

¼ lb. prunes
¼ lb. apricots
¼ c. raisins

Wash fruit well, cover with cold water and let stand several hours. Cook slowly until tender. May be used as a sauce or in many desserts.

FRUIT WHIP UNCOOKED

1 egg
1 c. fruit pulp
Sugar

The amount of sugar depends upon the type of fruit used. Apricots require 1 cup of sugar, while prunes only ½ cup. Beat egg white and sugar and fruit pulp together with an egg beater until stiff as whipped cream. Serve in sherbet glass and top with cherry.

IV.—Vegetables

SPRING ONIONS ON TOAST

Allow six or seven finger-sized onions for each serving. Trim off part of the green tops, cook the onions until tender in lightly salted boiling water in an uncovered vessel. This will take only about 20 minutes for fresh, young onions. When they have cooked tender, drain, add more salt if needed, and season with melted butter, in the meantime toast slices of bread. Arrange the onions in the same way as asparagus on toast, and serve at once.

STEAMED CARROT PUDDING

1 c. ground raw carrots
1 c. ground tart apples
1 c. raisins
½ c. brown sugar
1 c. ground suet
½ c. molasses
½ t. soda
1 t. baking powder
1 c. flour
½ c. bread crumbs
½ t. each—nutmeg
cloves, and cinnamon

Steam two and one-half hours. Serve with hard or soft sauce.

CUCUMBER SALAD WITH SALMON DRESSING

1 head lettuce
2 cucumbers, sliced
1 onion, finely minced
1 c. salmon
Pepper
Salt
Cooked Salad Dressing

For each individual service, place lettuce leaves on a plate and upon them place thin slices of chilled cucumber, some of the finely minced onion, and a sprinkle of pepper. Put the salmon into a cold bowl, shred and remove bones; add to it until right consistency to pour, a sour, highly seasoned cooked dressing. Beat thoroughly and pour over the lettuce.

GREENS CASSEROLE

- | | |
|-------------------|-----------------------------|
| 3 T. butter | 1 t. salt, pepper |
| 4 T. flour | 2 c. cooked, chopped greens |
| 2 c. milk | 1 c. cooked chopped ham |
| 1 T. grated onion | or other cold meat |

Make white sauce from butter and milk. Fill the buttered mould with alternate layers of greens, meat and white sauce. Finish with top layer of greens. Sprinkle with grated cheese and brown for twenty-five minutes in oven.

CORN CHOWDER

- | | |
|---------------------------------------|----------------------------|
| 1 pint milk | 1 quart diced raw potatoes |
| ½ t. salt | 1 pint boiling water |
| Pepper | 4 T. diced salt pork |
| 2 T. chopped parsley or celery leaves | 1 onion, chopped |
| | 2 c. canned corn |

Boil the diced potatoes in the pint of boiling water for ten minutes. Fry the salt pork and onion for about 5 minutes, and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk, salt and pepper, bring the mixture to the boiling point, and add the parsley or celery leaves. Serve very hot in soup dishes and place two or three crackers in the dish before pouring in the chowder.

V. Eggs

SCRAMBLED EGGS WITH VARIATIONS

- | | |
|-------------------|-----------------------------------|
| 4 eggs | ¼ c. ham (cooked and chopped) |
| ¼ c. milk | 2 c. cubed roast lamb |
| ¼ t. salt | ¼ c. grated cheese |
| 2 T. butter | ½ c. cooked asparagus (left-over) |
| One of following: | ½ c. cooked spinach (left-over) |

Beat the eggs slightly with a fork, add milk and seasoning. Melt fat in frying pan and add the egg mixture. Cook slowly, lifting the mixture from the bottom of the pan as it sets. Add the chopped ham or other ingredients just before taking from the fire.

EGGS IN BACON RINGS

- | | | |
|--------|-------------------|-----------|
| 6 eggs | 6 slices of bacon | Seasoning |
|--------|-------------------|-----------|

Line muffin rings or ramekins with a slice of bacon partially fried. Break an egg into the center of each. Bake in a moderate oven (400 F.) until set. Serve at once.

CREAMED EGGS WITH CHEESE ON TOAST

- | | |
|-------------------------|--------------------|
| 6 pieces of toast | 6 hard cooked eggs |
| 1 c. medium white sauce | 6 T. grated cheese |

Use one egg sliced lengthwise in ¼ inch pieces to a piece of hot buttered toast. Pour one-sixth of the white sauce over each portion. Sprinkle with cheese. Set in the oven to melt. Serve at once.

VARIOUS WAYS OF SERVING CUSTARDS

1. Baked custard garnished with dates, oranges or bananas.
2. Baked custards, using 1 cup dates, figs, raisins or any combination of these and omitting sugar from the custard.
3. Fruit custard—soft custard poured over crushed fruits or berries.
4. Soft custards may be used as dressing for simple cakes as sponge or gingerbread.
5. Baked custard with sweetened thickened fruit juices or caramel sauce.

VI. Meat and Meat Substitutes

PHILADELPHIA MEAT LOAF

- | | |
|------------------------------|--------------------|
| 1½ pounds pork from the neck | 2 T. salt |
| 2 c. cornmeal | 1 t. sage |
| 2 c. buckwheat flour | 2 T. dried parsley |
| ½ c. finely cut onion | ½ t. pepper |
| 2 T. dried celery top | 2 quarts water |

Put the meat and the onion on in two quarts of water, keeping the water during the cooking process at this quantity; boil slowly until tender. Remove from the stock and remove all bone. Chop the meat and fat fine. Add the cornmeal very slowly to the boiling stock, stirring constantly, then add the buckwheat flour, stirring until it has thickened. Add the seasoning, flavoring and chopped meat, and cook for thirty minutes, stirring often so it will not burn. Pour into square or loaf pan and let stand in cold place for twenty-four hours before using. This will keep for two weeks or longer if kept in a cold place, and may be served as is, or prepared as follows:

Cut into half-inch slices, dust with flour, dip in well beaten egg, then in cornmeal, brown on both sides in hot, well greased griddle. A pound and a half of boned beef brisket can be used for this dish instead of pork. The fat and the lean are chopped the same as the pork.

HAM A LA KING

- | | |
|---------------------------------|---|
| 1 c. baked or boiled ham, diced | ½ c. sauteed mushrooms or sliced onions |
| 1½ c. milk | 1 egg yolk |
| 2 T. flour | ½ small, green pepper |
| 2 T. butter or drippings | ¼ c. pimento (chopped or shredded) |

Make a white sauce of the fat, flour, and milk. Add the beaten yolks, the diced ham, and the other ingredients. Heat thoroughly before serving.

STUFFED BEEF OR CALF HEART

1 beef heart, or 2 calf hearts	3 c. bread crumbs
2 T. bacon fat or drippings	½ t. salt
1 small onion, chopped	1 c. chopped celery
½ green pepper, chopped	

Wash the heart and remove gristle and veins. Make a slit in the side and fill with stuffing made as follows: Melt the fat, cook the onion and green pepper for a few minutes, add the bread crumbs, salt, and celery, and stir until well mixed. Sprinkle the heart inside and out with salt and pepper, fill with the hot stuffing, and sew up the slit. Sear the heart in hot fat, place in a baking dish, add ½ cup of hot water, cover and cook until tender in a very moderate oven 300 F. A beef heart will require about 2 hours. A calf heart will cook tender in much shorter time. Remove the heart and add flour to the drippings and enough water to make a thin gravy.

LIVER LOAF

1¼ lbs. beef or pork liver, ground	¼ c. raw rice or 1½ c.
1 t. salt	soft, stale bread crumbs
½ t. pepper	¾ c. milk or water (the liquid in which
1 egg (may be omitted)	the rice was cooked may be used)

Cook the rice until half done, combine it with the liver, add the other ingredients, and mix well. Bake in a greased loaf pan in a moderate oven (350-375 F.) for one and one-quarter hours.

BAKED LIVER

2 c. liver	3 medium potatoes, sliced
3 large onions, sliced	1 c. tomatoes
3 medium carrots, sliced	Salt and pepper

Wipe liver with a damp cloth and cut into ½-inch pieces, remove skin and membranes. Roll in flour and place in well greased skillet, add just enough boiling water to cover. Cook until water is gone and liver is a golden brown. Place alternate layers of this and the vegetables in covered baking dish. Cover and cook 45 minutes in a moderate (350) oven.

SCALLOPED LIVER AND POTATOES

1 pound liver, sliced thin	1 quart thinly sliced potatoes
Salt and pepper	1 small onion, minced
Flour	1½ c. milk
2 T. bacon fat	

Salt and flour the liver and brown lightly in the bacon fat. Place a layer of the raw potatoes in a greased baking dish, sprinkle with salt and pepper, add some of the liver and onion, and continue until all are used. The top layer, should be potatoes. Pour on the milk, cover, and bake for 1 hour in a moderate oven 350 F., or until the potatoes are tender. At the last remove the cover and allow the potatoes to brown on top.

BAKED BEAN SALAD

2 c. canned baked beans	1 c. diced canned or cooked beets
2 T. grated onion	2 T. diced dill pickle
½ c. French dressing or mayonnaise	Lettuce or cabbage

Mix the beans and beets with a well seasoned French dressing or with mayonnaise. Chill thoroughly. Add the onion and dill pickle. Arrange in lettuce cups or in a crisp cabbage leaf. Top each serving with a little plain mayonnaise dusted lightly with paprika. Serves 6 to 8.

RED KIDNEY BEAN STEW

2 c. cooked kidney beans	2 c. diced raw potatoes
2 c. canned tomato juice	4 slices bacon, cut in small
1 T. chopped onion	pieces and browned
Salt	

Mix all the ingredients. Boil fifteen minutes and serve hot. This mixture should be strained for children under four.

VEAL SALAD, SUMMER STYLE

2 c. cold veal, diced	4 T. salad oil
1 c. diced string beans or	1½ T. vinegar
celery, or equal parts of each	3 tomatoes
6 hard-cooked eggs	Mayonnaise
½ t. salt	Parsley
Few grains pepper	Lettuce

Chop the eggs rather coarsely, and combine them with the veal, stringbeans, oil, vinegar, salt and pepper. Let stand thirty minutes to marinate. Then add mayonnaise to moisten. Arrange the salad in a mound on a large platter, cover with mayonnaise, border with lettuce and sliced tomatoes. Serves 6.

JELLIED CHICKEN SALAD (Canned)

- | | |
|------------------------|---------------------------------------|
| 3/4 c. canned tomatoes | 6 diced celery stalks or string beans |
| 2 onions, chopped | 3 t. salt |
| 1 t. sugar | 1/4 t. pepper |
| 1 clove | 2 T. granulated gelatine |
| 1/4 c. cold water | 2 c. diced chicken meat |

Combine the tomato, celery, onions, salt, sugar, pepper and clove. Simmer 1/2 hour and strain. Meanwhile soak the gelatine in cold water 5 minutes. Add this to the hot strained tomato mixture. Arrange the chicken in a cold, wet mold. Add the tomato mixture, chill until firm and serve. Serves 6 to 8.

COTTONTAIL EN CASSEROLE

Wipe rabbit meat with a damp cloth, cut into pieces for serving, sprinkle with salt and pepper, and roll in flour. Brown lightly in hot fat in a skillet, transfer to a casserole, add some of the fat from the skillet and 1/2 cup of hot water. Cover and cook in a moderate oven for 1 1/2 hours or until the meat is tender. Remove the meat, and thicken the gravy slightly. To each cup of liquid allow 1 tablespoon of flour, mix with a few tablespoons cold water, add to the meat drippings, return to the oven, and stir occasionally until thickened. Season with salt and pepper and finely chopped parsley, replace the meat, and when thoroughly hot, serve in the casserole.

SCOTCH BROTH

- | | |
|--------------------|------------------|
| Lamb shank, cup up | 1 1/2 qts. water |
|--------------------|------------------|

Cook the shank slowly until the meat is tender. Season well with salt when the meat is put on the stove.

Add:

- | | |
|-------------------------|---------------------------------------|
| 2 c. raw diced potatoes | 1/2 c. carrots ground in food chopper |
| 1 c. carrots, diced | 2 onions sliced |

Cook until the vegetables are tender. The soup may be strained, cooled, and the fat removed, or it may be served with the vegetables.

CASSEROLE OF MUTTON

- | | |
|---------------------------|---------------------|
| 3 lbs. neck of mutton | 1 c. cooked tomato |
| 4 carrots, cut lengthwise | 2 c. water or stock |
| 2 turnips | Salt |
| 2 small onions | Celery salt |

Wipe the meat with a damp cloth. Trim off the outer skin and surplus fat. Cut in pieces and brown. Put in casserole and add water or stock. Cover and bake or simmer for 1 1/2 hours. Add sliced vegetables and tomatoes, and cook until all are tender.

NOTE.—Canned or left-over meat of any kind may be used in this combination. Potatoes can be added, if desired.

NECK POT ROAST

Buy about 4 inches of lamb neck. Brown 1 finely cut onion in 2 tablespoons bacon fat. Add the piece of lamb and sear well on both sides. Add 1 cup tomatoes. Wash and scrape carrots, cut in pieces 2 inches long, and add to the pot roast. Cook in an iron pan or roasting pan until the meat is tender. May have to add more tomatoes, or a little water. Will take about 15 minutes to pound of meat.

VII. One-dish Meals

ARABIAN STEW, WHOLE WHEAT BREAD, FRESH PEACHES, SPONGE CAKE

Select pork chops or other lean pork. Arrange in bottom of flat baking dish. On each piece of meat put 2 level tablespoons uncooked rice, 2 tablespoons tomatoes or thick slice of tomato. 1 thick slice of onion, 1 slice of green pepper and a pinch of salt. Add boiling water to cover. Bake 1 1/2 hours.

ROLLED FLANK STEAK WITH VEGETABLES, CORN MUFFINS
BUTTER, JELLY, AND CANNED PEARS

- | | |
|----------------------------|-------------------|
| 1 lb. flank or round steak | 1 c. tomatoes |
| 2 potatoes, diced | 1 c. bread crumbs |
| 2 carrots, diced | 1 tbsp. butter |
| 2 onions, sliced | 2 tbsp salt |
| 1 turnip, diced | 2 tbsp. flour |
| 2 parsnips, diced | |

Dredge steak with flour, make a dressing of bread crumbs, melted fat, 1 teaspoonful salt. Spread over the steak. Roll and tie. Sear in fat until well browned. Place vegetables and remainder of salt in baking dish. Lay meat roll on top. Add enough water to almost cover meat. Cover and bake slowly 1 or 2 hours, adding more water if necessary.

ROYAL SCALLOP, BAKED POTATOES, WHOLE WHEAT MUFFINS,
LETTUCE AND CARROT SALAD

- | | |
|---------------------------|-----------------------|
| 1 c. chopped ham | 3/4 c. toasted crumbs |
| 1 c. white sauce (medium) | 4 hard cooked eggs |

Chop the egg whites and add to white sauce. Grate the egg yolk and add to chopped ham. Place in a buttered dish. Cover with crumbs. Bake 10 minutes.

VEGETABLE BEEF STEW, SPICE CAKE, GOOSEBERRY SAUCE

2 pounds brisket, rump or chuck beef	2 c. cubed carrots
Fat for searing beef	2 T. vinegar
1½ c. boiling water	2 cloves
½ small onion (chopped)	2 c. cubed potatoes

COTTAGE CHEESE LOAF WITH PEAS OR BEANS, PERFECTION SALAD, GRAHAM BREAD AND BUTTER

1 c. cottage cheese	2 T. chopped onion
2 c. cooked beans or peas	2 T. fat
1 c. boiled rice	Chopped celery or celery salt
1 c. bread crumbs	

Wash beans or peas, mix with cheese, bread crumbs and seasoning. Form into a stiff roll as it will become softer on heating. Bake in a moderate oven, basting with fat.

IRISH STEW, LEAFY SALAD, RICE AND APRICOT PUDDING

2 lbs. mutton	½ onion, chopped fine
2 c. potatoes, diced	¼ c. flour
¾ c. each turnip, carrot, diced	Salt

Cut meat in small pieces, removing fat. Fry out the fat and brown the meat in it. When well browned, cover with boiling water. Boil 5 minutes. Cook at a lower temperature until meat is done. Add carrots, onions, turnips and salt. Fifteen minutes before serving, add potatoes. Thicken with flour mixed with cold water.

EGGS AuGRATIN, GREEN BEAN SALAD, BREAD AND BUTTER, PEACH SAUCE

4 hard cooked eggs	¼ c. grated cheese
1 c. white sauce (medium)	¼ t. paprika

Cut the eggs, season with salt and pepper. Melt the cheese in the white sauce. Pour the white sauce over the eggs. Cover with buttered crumbs and brown in quick oven.

COTTAGE PIE, GRAHAM BREAD AND BUTTER, CRANBERRY OR PLUM SAUCE

1 egg	6 potatoes
1 T. fat	1 carrot, diced
2 T. flour	1 turnip, diced
½ c. stock	1 T. chopped onion
½ c. milk	½ t. salt
1 lb. beef (cheap cut)	

Cover meat with boiling water. When well seared, cook slowly until tender. Left-over meat may be used. Cut in small pieces. Add cooked carrots and turnips. Melt the fat, and flour. Cook until smooth, add stock, milk and onion, then yolk of an egg and combine sauce with meat and vegetables. Cook and mash potatoes. Add salt and beaten egg white. Line dish with thick layer of potatoes, then add meat mixture and cover with rest of mashed potatoes. Bake until brown.

VEGETABLE CHOP SUEY, RYE BREAD, CUSTARD

1 c. cooked beets	Salt
1 c. cooked turnips	1 T. vinegar
1 c. cooked carrots	1 T. kitchen bouquet
1 c. cooked string beans	1 c. meat stock
1 c. chopped onion	1 t. sugar
1 T. flour	¼ t. mustard

Mix dry ingredients, add to melted butter. Blend and add liquid gradually. Cook until thick. Pour this hot mixture over first five ingredients.

COUNTRY SALAD, BREAD AND BUTTER SANDWICHES, MUSKMELON

2 c. chopped cooked meat	2 c. diced cooked potatoes
1 c. cooked, sliced carrots	3 hard-cooked, eggs
Cooked salad dressing	3 small gherkins
Lettuce	1 c. diced celery or string beans

Combine the chopped, cooked meat which may be corned beef, tongue or ham with sufficient cooked dressing to mold. Pack in a cold mold to chill. Likewise thoroughly chill the cooked potatoes and carrots. Let the diced celery stand in cold water to which a little lemon juice has been added. When ready to serve, line the salad dish with lettuce, unmold the meat in the center and arrange the potatoes, which have been mixed with the cooked dressing, around it. Place a border of carrots, around the potatoes, then the drained celery or string beans. Chop the whites of the hard-cooked eggs and sprinkle over the salad. Press the yolks through a fine sieve and scatter over the meat. Garnish with halves of gherkins and pour cooked dressing over the vegetables. Potato balls or carrot slices cut in fancy shapes may be used. Serves 6.

NOTE.—Additional recipes for low cost foods can be found in the food economy leaflets prepared by the Extension service.