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## 7 Point Plan for Wartime Meals

Maud E. Stitt

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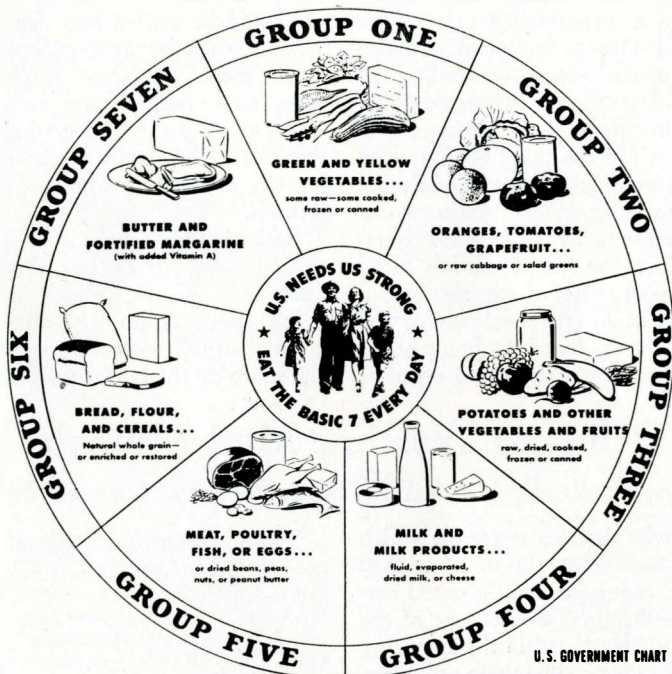
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# 7 Point Plan for Wartime Meals



**IN ADDITION TO THE BASIC 7...  
EAT ANY OTHER FOODS YOU WANT**

## EXTENSION SERVICE

South Dakota State College, Brookings, South Dakota



# Seven Point Plan for Wartime Meals

Compiled by  
Maud E. Stitt, *Extension Nutritionist*

Food rationing and the seriousness of the food situation in general is a direct challenge to South Dakota homemakers faced with the problem of adequately feeding the family. Rationing of foods has placed greater responsibility upon those who are preparing meals, since obtaining the required food values is no longer a matter of chance but of wise planning. What substitutes can be used safely and easily is a pertinent question with which the homemaker is faced today. How well these substitutes for unavailable foods fit into the meal pattern will depend upon the ability of the homemaker to select alternate foods supplying equal or

better food values. Certainly no homemaker should be misled into depending upon vitamin capsules as a cure-all for unbalanced meals, for these products vary as much as do natural foods in their vitamin content. Only through getting a balanced diet can we be certain of obtaining the unknown as well as the known food essentials.

Rationing has taught us that we can and should make better use of certain neglected foods. Use of these foods will not only bring about desirable changes in eating habits, but will also help to relieve some of the strain on the family pocketbook.

## Hints to Wartime Meal Planners

*When Foods Are Scarce Serve Some New and Unusual Foods*

For those who desire a vegetable which ranks tops in food value, sprouted soybeans will meet the requirements. Sprouted soybeans fit into Group Two because of the high vitamin C developed in the sprouting process. Group One claims them as a vegetable and Group Five as a high protein food. Since soybean sprouts can be grown indoors anytime in the year and used in a wide variety of ways their value as an alternate food is almost priceless.

### Sprouted Soybeans

Select whole soybeans that will grow. Wash and soak overnight in chlorinated lime water using three pints of water and one-fourth teaspoon chlorinated lime (calcium hypochlorite) to one pound beans. Drain off water and place soaked beans in a fruit jar. Cover top of jar with a wire screen or cloth, tying in place. Fill the jar about three times daily using lukewarm water the first two days and cool water thereafter. To prevent growth of molds and bacteria during the night when beans are not watered, it is well to use chlorinated water for the evening watering (one-half teaspoon chlorinated

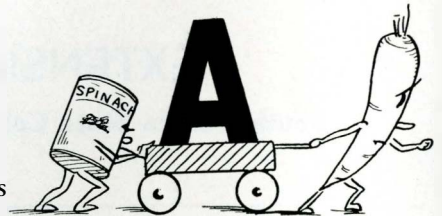
## GROUP ONE

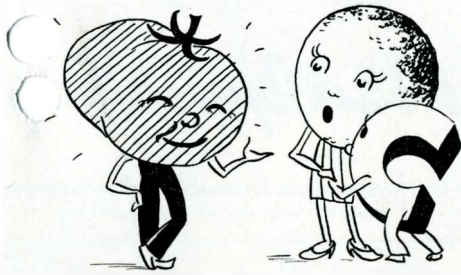
### Green and Yellow Vegetables

*Some raw; some cooked, frozen or canned*

For Vitamin A, Minerals and B Vitamins

When green and yellow vegetables are limited, home processed and stored vegetables are the answer. Greater use of Groups Four and Seven will give first aid.





# GROUP TWO

## Oranges, Tomatoes, Grapefruit, Raw Cabbage or Salad Greens Vitamin C, other Vitamins and Minerals

Make more use of foods in Groups One and Three when Group Two is scarce. Cantaloups, gooseberries, loganberries, strawberries, turnips, sprouted soybeans and rose hips are all good sources of vitamin C.

lime to six quarts of water). Invert the jar so that all the water drains out. Keep in a dark place. For sprouting larger quantities a large galvanized can with open top and hole cut in bottom may be used. Raise can for drainage. Cover beans with a damp cloth and a piece of damp cardboard to keep out the light. Sprinkle every two or three hours. The beans are sufficiently sprouted to use on the third to fifth day.

### Use of Soybean Sprouts

Soybean sprouts may be used in many ways, as a vegetable, salad or combined with omelet, chop suey or casserole dish. The sprouts are cooked from 10 to 20 minutes and served with the bean attached. They should be crisp and waxy and cooked only long enough to remove the raw bean flavor.

### MEATLESS CHOP SUEY

(6 servings)

- |                               |                             |
|-------------------------------|-----------------------------|
| 3 c. sprouted soybeans        | 1/2 c. fat                  |
| 1 1/4 c. boiling water        | 2 tps. salt                 |
| 1 1/4 c. onions               | 1/8 tps. pepper             |
| 2 c. celery                   | 2 tps. molasses             |
| 2 large green peppers         | 1/4 tps. ginger             |
| 1/4 c. flour                  | 2 tps. worcestershire sauce |
| 1 tps. vinegar or lemon juice |                             |

Melt fat in a large skillet. Add chopped green peppers, onion strips, diced celery and bean sprouts. Fry vegetables in fat for a few minutes, but do not brown them. Add boiling water, cover and cook seven minutes. Combine flour and seasonings and add to vegetable mixture. Additional water may be added if thinner mixture is desired. Serve hot over noodles or rice. Chop suey with meat may be made by browning one pound hamburger or one pint chicken in one tablespoon fat with onion. Decrease fat and flour to one tablespoon each for meat chop suey. Add additional salt to meat.

### SPROUTED SOYBEANS AU GRATIN

(6-8 servings)

- |                          |                              |
|--------------------------|------------------------------|
| 2 tbsps. fat             | salt                         |
| 2 tbsps. flour           | pepper                       |
| 1 c. sharp cheese grated | paprika                      |
| 3 c. sprouted soybeans   | 1/4 c. buttered bread crumbs |

Cook sprouts 10-15 minutes. Melt fat, stir in flour. Add milk gradually, stirring constantly until it thickens. Add one-half cup of cheese and seasonings. Stir until cheese melts, add sprouts. Pour into greased casserole, sprinkle with crumbs and remainder of cheese. Bake in a moderate oven 350 degrees until brown.

### BEAN SPROUT SALAD

(6-8 servings)

- |                      |                       |
|----------------------|-----------------------|
| 2 c. bean sprouts    | 1 1/2 tsp. salt       |
| 1 large green pepper | 1/8 tsp. pepper       |
| 1 head lettuce       | 1/4 c. salad oil      |
| 1/2 c. onion         | 2 tps. vinegar        |
| 1 carrot             | 1 tps. ground peanuts |

Steam or boil sprouts 15 to 20 minutes. Drain and chill. Prepare dressing by combining oil, vinegar, salt and pepper and small amount of finely chopped onion. Chill. Toss shredded lettuce, bean sprouts, chopped pepper, carrot, onion and peanuts together. Add salad dressing just before serving.

### Fruit of Wild Roses

(High in Vitamin C)

The fruit, or hips, of wild roses, valuable for the large amount of ascorbic acid or vitamin C which it contains. In European countries collection of hips has been

Continued on Page 6

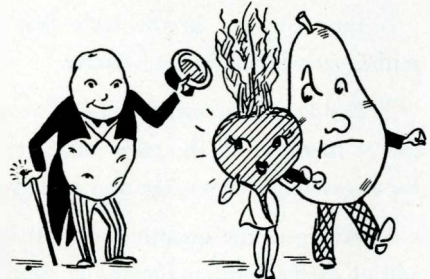
# GROUP THREE

## Potatoes, other Vegetables, Fruits

Raw, dried, cooked, frozen or canned

For various Vitamins and Minerals

Home processed and stored vegetables again serve the family needs at the season when these foods may be limited. Use one or more foods from this group every day.



# Use This Chart: Plan Your Family Meals to Include the Basic 7

## Wartime Diets for Good Nutrition

These food plans are a revision of earlier plans and are designed to bring recommendations for good diets as much in line with expected food supplies as possible. The liberal cost plan has not been considered as a wartime plan, therefore only low and moderate cost plans are given. Choice of food plan will depend largely upon income and the importance that the family attaches to food. Rough estimates of the cost for a family of four range from \$11 to \$13 per week for low cost plan and from \$17 to \$20 for the moderate cost plan.

### How to Use These Food Plans

1. Draw vertical lines on a blank sheet of paper to correspond with those on the food plan. Draw enough horizontal lines so there will be a line for each member of your family. Place the name of each person in your family on a line.
2. Find the line in the table that describes each person in your family.
3. Beside each name, fill in the quantities of foods which the table recommends for a person of that sex, age and activity.
4. When all the quantities are filled in add up each column to obtain the required food list for the week.

Low-Cost Wartime Diets for Good Nutrition: Weekly quantities of 11 food groups for persons of differing age, sex, and activity.  
Plans by Bureau of Human Nutrition and Home Economics, U. S. D. A.

| Persons                         | Milk <sup>1</sup> | Potatoes,<br>sweet-<br>potatoes | Dry<br>beans, peas,<br>and nuts | Tomatoes<br>citrus<br>fruit | Leafy green<br>yellow<br>vegetables <sup>2</sup> | Other<br>vegetables<br>and fruit <sup>3</sup> | Eggs | Meat<br>poultry,<br>fish <sup>4</sup> | Flour<br>cereals <sup>5</sup> | Fats<br>and oils <sup>6</sup> | Sugar,<br>sirups,<br>preserves |
|---------------------------------|-------------------|---------------------------------|---------------------------------|-----------------------------|--|---|------|---------------------------------------|-------------------------------|-------------------------------|--------------------------------|
|                                 | Qt.               | Lb. Oz.                         | Lb. Oz.                         | Lb. Oz.                     | Lb. Oz.  | Lb. Oz.                                       | No.  | Lb. Oz.                               | Lb. Oz.                       | Lb. Oz.                       | Lb. Oz.                        |
| <b>Children under 12 years:</b> |                   |                                 |                                 |                             |  |   |      |                                       |                               |                               |                                |
| 9-12 months .....               | 7                 | 0 - 8                           | -                               | 1 - 8                       | 1 - 8  | 0 - 8   | 5    | 0 - 2                                 | 0 - 8                         | 0 - 1                         | 0 - 1                          |
| 1-3 years .....                 | 5                 | 1 - 0                           | -                               | 1 - 8                       | 1 - 8  | 1 - 0   | 5    | 0 - 8                                 | 1 - 8                         | 0 - 4                         | 0 - 2                          |
| 4-6 years .....                 | 5                 | 1 - 8                           | 0 - 2                           | 1 - 8                       | 1 - 8  | 1 - 8   | 5    | 1 - 0                                 | 2 - 0                         | 0 - 6                         | 0 - 8                          |
| 7-9 years .....                 | 5                 | 2 - 8                           | 0 - 2                           | 1 - 8                       | 1 - 8  | 2 - 8   | 5    | 1 - 8                                 | 2 - 8                         | 0 - 12                        | 0 - 8                          |
| 10-12 years .....               | 6                 | 3 - 0                           | 0 - 2                           | 1 - 8                       | 1 - 8  | 2 - 8   | 5    | 2 - 0                                 | 3 - 4                         | 0 - 12                        | 0 - 10                         |
| <b>Girls:</b>                   |                   |                                 |                                 |                             |  |   |      |                                       |                               |                               |                                |
| 13-15 years .....               | 6                 | 3 - 8                           | 0 - 4                           | 1 - 8                       | 1 - 8  | 2 - 8   | 5    | 2 - 0                                 | 4 - 0                         | 0 - 14                        | 0 - 10                         |
| 16-20 years .....               | 6                 | 3 - 0                           | 0 - 4                           | 1 - 8                       | 1 - 8  | 2 - 8   | 5    | 2 - 0                                 | 3 - 8                         | 0 - 12                        | 0 - 10                         |
| <b>Women:</b>                   |                   |                                 |                                 |                             |  |   |      |                                       |                               |                               |                                |
| Moderately active .....         | 3½                | 3 - 0                           | 0 - 6                           | 1 - 8                       | 1 - 8  | 2 - 8   | 4    | 2 - 0                                 | 3 - 12                        | 0 - 14                        | 0 - 12                         |
| Very active .....               | 3½                | 4 - 0                           | 0 - 12                          | 1 - 8                       | 1 - 8  | 2 - 8   | 4    | 2 - 0                                 | 5 - 0                         | 1 - 2                         | 0 - 12                         |
| Sedentary .....                 | 3½                | 2 - 0                           | 0 - 4                           | 1 - 8                       | 1 - 8  | 2 - 8   | 4    | 2 - 0                                 | 2 - 8                         | 0 - 12                        | 0 - 12                         |
| Pregnant .....                  | 7                 | 2 - 0                           | 0 - 6                           | 2 - 0                       | 2 - 0  | 2 - 8   | 6    | 2 - 5                                 | 3 - 0                         | 0 - 12                        | 0 - 10                         |
| Nursing .....                   | 9                 | 4 - 0                           | 0 - 6                           | 3 - 0                       | 2 - 0  | 3 - 0   | 6    | 2 - 5                                 | 5 - 0                         | 1 - 2                         | 0 - 10                         |
| <b>Boys:</b>                    |                   |                                 |                                 |                             |  |   |      |                                       |                               |                               |                                |
| 13-15 years .....               | 6                 | 4 - 0                           | 0 - 8                           | 1 - 8                       | 2 - 0  | 2 - 8   | 5    | 2 - 0                                 | 5 - 0                         | 1 - 2                         | 0 - 12                         |
| 16-20 years .....               | 7                 | 5 - 0                           | 0 - 12                          | 1 - 8                       | 2 - 0  | 2 - 8   | 5    | 2 - 0                                 | 7 - 0                         | 1 - 6                         | 0 - 12                         |
| <b>Men:</b>                     |                   |                                 |                                 |                             |  |   |      |                                       |                               |                               |                                |
| Moderately active .....         | 3½                | 4 - 0                           | 0 - 12                          | 1 - 8                       | 1 - 8  | 2 - 8   | 4    | 2 - 0                                 | 5 - 0                         | 1 - 2                         | 0 - 12                         |
| Very active .....               | 3½                | 7 - 0                           | 1 - 0                           | 1 - 8                       | 1 - 8  | 2 - 8   | 4    | 2 - 0                                 | 9 - 8                         | 1 - 12                        | 0 - 12                         |
| Sedentary .....                 | 3½                | 3 - 0                           | 0 - 6                           | 1 - 8                       | 1 - 8  | 2 - 8   | 4    | 2 - 0                                 | 4 - 0                         | 0 - 14                        | 0 - 12                         |

Moderate-Cost Wartime Diets for Good Nutrition: Weekly quantities of 11 food groups for persons of differing age, sex, and activity.

|                                 |     |       |       |        |       |       |   |        |        |        |        |
|---------------------------------|-----|-------|-------|--------|-------|-------|---|--------|--------|--------|--------|
| <b>Children under 12 years:</b> |     |       |       |        |       |       |   |        |        |        |        |
| 9-12 months .....               | 7   | 0 - 8 | -     | 1 - 8  | 1 - 8 | 0 - 8 | 5 | 0 - 2  | 0 - 8  | 0 - 1  | 0 - 1  |
| 1-3 years .....                 | 5   | 0 - 8 | -     | 1 - 8  | 2 - 0 | 2 - 0 | 6 | 0 - 8  | 1 - 4  | 0 - 4  | 0 - 2  |
| 4-6 years .....                 | 5   | 1 - 4 | 0 - 1 | 1 - 8  | 2 - 0 | 2 - 0 | 6 | 1 - 0  | 1 - 12 | 0 - 6  | 0 - 8  |
| 7-9 years .....                 | 5   | 2 - 0 | 0 - 1 | 1 - 8  | 2 - 0 | 3 - 0 | 6 | 1 - 8  | 2 - 0  | 0 - 12 | 0 - 8  |
| 10-12 years .....               | 6   | 2 - 8 | 0 - 2 | 1 - 12 | 2 - 0 | 3 - 0 | 6 | 2 - 0  | 3 - 0  | 0 - 12 | 0 - 12 |
| <b>Girls:</b>                   |     |       |       |        |       |       |   |        |        |        |        |
| 13-15 years .....               | 6   | 3 - 0 | 0 - 2 | 1 - 12 | 2 - 0 | 3 - 0 | 6 | 2 - 8  | 4 - 0  | 0 - 14 | 0 - 12 |
| 16-20 years .....               | 6   | 3 - 0 | 0 - 2 | 1 - 12 | 2 - 0 | 3 - 0 | 6 | 2 - 8  | 3 - 0  | 0 - 12 | 0 - 10 |
| <b>Women:</b>                   |     |       |       |        |       |       |   |        |        |        |        |
| Moderately active .....         | 4   | 2 - 8 | 0 - 4 | 2 - 0  | 3 - 8 | 4 - 0 | 5 | 2 - 8  | 2 - 12 | 0 - 14 | 0 - 12 |
| Very active .....               | 4½  | 3 - 8 | 0 - 6 | 2 - 0  | 3 - 8 | 4 - 8 | 5 | 2 - 8  | 4 - 0  | 1 - 4  | 0 - 12 |
| Sedentary .....                 | 4   | 2 - 0 | 0 - 2 | 2 - 0  | 3 - 8 | 4 - 0 | 5 | 2 - 8  | 2 - 4  | 0 - 14 | 0 - 12 |
| Pregnant .....                  | 7   | 2 - 0 | 0 - 2 | 2 - 8  | 4 - 0 | 4 - 0 | 6 | 2 - 12 | 2 - 8  | 0 - 12 | 0 - 12 |
| Nursing .....                   | 10½ | 3 - 0 | 0 - 4 | 2 - 8  | 4 - 0 | 4 - 8 | 6 | 3 - 0  | 3 - 0  | 0 - 14 | 0 - 12 |
| <b>Boys:</b>                    |     |       |       |        |       |       |   |        |        |        |        |
| 13-15 years .....               | 6   | 3 - 8 | 0 - 4 | 2 - 0  | 3 - 0 | 4 - 0 | 5 | 2 - 8  | 4 - 8  | 1 - 2  | 0 - 12 |
| 16-20 years .....               | 7   | 4 - 8 | 0 - 8 | 2 - 0  | 3 - 0 | 4 - 0 | 5 | 2 - 8  | 6 - 0  | 1 - 6  | 0 - 12 |
| <b>Men:</b>                     |     |       |       |        |       |       |   |        |        |        |        |
| Moderately active .....         | 4½  | 3 - 0 | 0 - 4 | 2 - 0  | 3 - 8 | 4 - 0 | 5 | 3 - 0  | 4 - 8  | 1 - 2  | 0 - 12 |
| Very active .....               | 4½  | 5 - 8 | 0 - 8 | 2 - 0  | 3 - 8 | 5 - 0 | 5 | 3 - 0  | 8 - 8  | 1 - 12 | 0 - 12 |
| Sedentary .....                 | 4½  | 2 - 8 | 0 - 4 | 2 - 0  | 3 - 8 | 4 - 0 | 5 | 2 - 8  | 3 - 0  | 1 - 0  | 0 - 12 |

<sup>1</sup> Or its equivalent in cheese, evaporated milk, or dry milk. Five ounces of American (Cheddar) cheese, or 1 quart skim milk and 1½ ounces of butter, or 3½ ounces dry skim milk and 1½ ounces of butter, or 17 ounces evaporated milk are about equivalent to 1 quart of fluid whole milk.

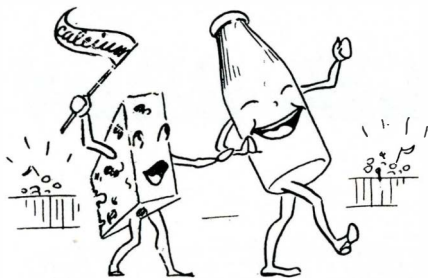
<sup>2</sup> Such as green cabbage, kale, snap beans, carrots.

<sup>3</sup> Such as apples, bananas, peaches, onions, celery, corn.

<sup>4</sup> Exclude bacon and salt side.

<sup>5</sup> Count 1½ pounds of bread as 1 pound of flour. Use chiefly whole-grain or enriched products.

<sup>6</sup> Include bacon and salt side.



## GROUP FOUR

### Milk and Milk Products

*Fluid, evaporated, dried milk or cheese*

#### Calcium, Vitamin A, Protein, Riboflavin

While there is no substitute for milk, when milk is scarce, make wider use of foods from Groups One, Five, Six and Seven. Remember that skim milk has nearly the same food value as whole milk with the exception of Vitamin A.

*Continued from Page 3*

organized on a large scale, with syrup of the product manufactured commercially. School children in England are given daily doses of the syrup. The quantity of vitamin C present depends much upon the rose variety. Research in England and Scotland shows the following results:

100 grams or about three-fourths cup unripe rose hips contain 482 mgs. vitamin C.

100 grams or about three-fourths cup ripe rose hips contain 748 mgs. vitamin C.

100 grams or about three-fourths cup very ripe hips contain 1060 mgs. vitamin C.

**From these results, approximately 1½ tablespoons ripe rose fruit furnish 75 milligrams, the daily recommended allowance of vitamin C for an adult man.**

#### Rose Hip Puree

*(approximately 6 cups thin puree)*

The rose hip contains a number of seeds which are covered with short, stiff and extremely sharply

pointed hairs. If these hairs are not removed when preparing food from the fruit, a slight throat irritation may be experienced.

Cover one pound rose hips with water, simmer covered for an hour or more until tender. Add water as necessary keeping fruit well covered. Rub the mixture through a hair sieve or cheese cloth bag. Puree may be canned and used to add vitamin C to rhubarb juice, soups and fruit mixtures throughout the winter season. Delicious jam and Swedish fruit soup may be made from the fruit of the rose.

#### ROSE SWEDISH FRUIT SOUP

|                 |                      |
|-----------------|----------------------|
| 1 c. rose hips  | ¼ c. sugar           |
| 7 c. cold water | 1½ tbsps. cornstarch |
| 2 slices lemon  | Rose flavor          |

Cover rose hips with seven cups cold water. Add lemon and simmer two hours in a covered kettle. Rub through hair sieve or cheese cloth. To the puree add sugar, thicken mixture with cornstarch. Cook starch mixture well. Cool. Add rose flavor. Only a bit of flavor should be used, less than a drop is more than enough. Serve ice cold with a bit of whipped cream in center of each dish. (If desired, lemon flavor and raisins may be added instead of rose flavor.)

## When Meat is Scarce

*Use Larger Amounts of Whole Grain and Enriched Cereals*

If the menus are lacking in meat, it is most essential to have more whole grain cereals which are also rich in protein, minerals and vitamins normally supplied by

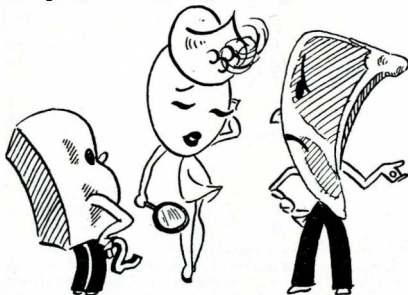
meat in the American diet. Milk and whole grain cereals supplement each other in furnishing these same food values when meat consumption must be lowered.

## GROUP FIVE

### Meat, Poultry, Fish or Eggs

*Dried beans, peas, nuts or peanut butter*

For Protein, Iron, B Vitamins



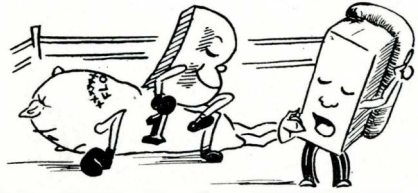
Foods from Groups Four and Six lend a helping hand when meat is scarce. A boon to meal planners are dried soybeans. One cup dried cooked soybeans furnishes as much good protein as ¼ pound roast beef.

# GROUP SIX

## Bread, Flour and Cereals

*Natural whole grain or enriched or restored*

For Carbohydrates, Iron, B Vitamins



This group gives excellent help for wartime meals when Groups One, Three, Four and Five may not be so plentiful.

### ECONOMICAL OATMEAL MEAT LOAF

(6-8 servings)

|                                 |                                   |
|---------------------------------|-----------------------------------|
| 1 lb. ground veal, beef or lamb | 2 tbsps. minced onion             |
| 1 1/4 c. rolled oats (uncooked) | 1/4 tps. black pepper             |
| 2 tps. salt                     | 1 egg slightly beaten             |
| 1/2 tsp. celery salt            | 1 1/4 c. milk or vegetable liquid |
|                                 | 1/3 c. catsup                     |

Minced celery and grated carrot may be added if desired.

Combine ingredients thoroughly. Place in a loaf pan. Bake in a moderate oven 350 degrees for one hour. Slice. Serve hot or cold.

Note: One cup soy wheat or one-half cup soy flour may be used instead of oats in above recipe. For increasing food value they prove excellent extenders.

### Whole Grain Wheat Cereal

Cooked whole grain wheat may be used as a cereal or in soups, meat loaf, bread and cookies. The nutlike flavor is delicious in baked products. Sift wheat to remove foreign matter, wash thoroughly and spread to dry in the sun. Place in a tight can and use as needed. An inexpensive hand mill may be used to grind cereal for home use or wheat may be cooked whole. Soak one cup wheat overnight in 1 1/2 cups cold water. Add three-fourths teaspoon salt. Wheat may be cooked by adding one addi-

tional cup of water and cooking 1 to 1 1/2 hours at 10 pounds pressure in a pressure cooker. If wheat is boiled, add three cups water and boil gently three to five hours until tender. Use a heavy pan over low heat or a double boiler for cooking wheat. Wheat may be canned by placing one cup clean wheat in a pint jar, fill jar with boiling water leaving one inch head space. Add one-half teaspoon salt. Process in pressure cooker at 10 pounds pressure for one hour.

### SOYBEAN MUFFINS

|                              |                      |
|------------------------------|----------------------|
| 3/4 c. soybean flour         | 3 tps. baking powder |
| 1 c. whole or enriched flour | 1 c. milk            |
| 1 tsp. salt                  | 1 egg                |
| 1-2 tsp. sugar               | 4 tbsps. melted fat  |

Sift dry ingredients together. Add the beaten egg to the milk. Add the melted fat and pour into the dry ingredients. Stir only until they are just moistened. Pour into oiled muffin tins and bake in a hot oven 425 degrees about 20 minutes.

### Soups

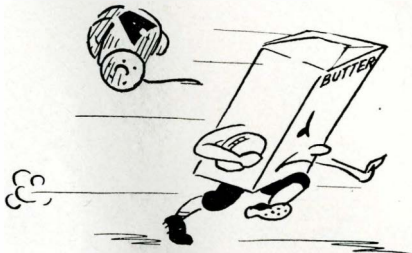
Add oatmeal, barley, whole wheat or other whole grain to soup mixture. Vegetable soup is especially tasty and nutritious with addition of cereals.

# GROUP SEVEN

## Butter and Fortified Margerine

*With added vitamin A*

For Vitamin A and Fat



When ration points will not stretch, remember that vitamin A can also be obtained from Groups One and Four. Be prepared to change your eating habits.

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