

HOW TO EAT WELL THOUGH RATIONED

Edited by

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WARTIME CANNING *and* COOKING BOOK

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FOREWORD

Canadian men are on the march everywhere . . . so are Canadian women. Just as our Soldiers, Sailors and Airmen are changing their habits overnight, so are our homemakers adapting themselves to changes in the kitchen. Canadian housewives are contributing just as much in their own way to winning the war as the men who have gone into uniform.

Food rationing and wartime food scarcities affect the lives of all of us. How to turn the colored stamps in the Ration Book into hearty, healthy meals is a problem for the experienced housewife as well as the new bride. The women of Canada need aid in turning out three square meals a day . . . and this book will give it.

Every woman is planning an active campaign of home canning this season. Preserve and fruit cupboards will be filled as never before with jams, jellies, preserves, vegetables, soups, pickles, relishes and even with meats and poultry. Every one of these items, and more, will be acquired by the diligence and hard work of the present sturdy women who live but for one reason . . . to see Victory achieved!

The job of wartime food and homemaking is a complex one requiring all the strength, ingenuity and resourcefulness any woman possesses. Our Canadian women are capable of managing any situation as it arises, and the present one is no exception. To help in the important task of keeping Canada strong through the food she eats, this booklet was prepared. May you use its helpful information on meal planning, canning victory menus and recipes, and suggestions to solve the unusual housekeeping problems of today!

WARTIME CANNING AND COOKING BOOK

Dedicated to the Canadian
Homemaker Whose Time
is so Generously Devoted
» » to the War Effort « «



Learn How to Make Cooking and Canning Easy !

Substitutions !

Balanced Menus !

Meatless Meals !

Ingenious Menus !

Preserving and Canning !



Keeping Your Family Fit in Wartime

The truest patriot is the healthy one. It's our civic duty to keep ourselves and our families fit and well in wartime, thus the home front can support the nation's war effort. Good food and plenty of it is the first step toward health. Only healthy people can work hard, do their jobs better and help us win the war sooner!

Men are daily rejected for service with the armed forces because of faulty nutrition and thousands of man-hours are lost on the production lines for lack of proper food. It's up to the women of Canada to change all this.

An official standard for eating has been adopted in the now-familiar slogan: "Know the Right Foods—Eat the Right Foods." Anyone regularly eating this basic group of foods (given below) will have everything needed for a good diet. One who doesn't won't secure an adequate diet. The essential foods are simple ones, many of them unrationed and all available in amounts necessary for health.

REMEMBER:

- I. Use a variety of foods daily.
- II. The diet will be adequate in minerals and vitamins if liberal use is made of milk and cheese, eggs, vegetables, especially green leafy ones, fruits, especially citrus fruits and tomatoes, whole grain cereals, and Canada approved bread.
- III. Protein needs (for building and repairing body tissue) require one daily serving may be used in quantities sufficient to supply the major portion of the protein required. Use milk especially to supplement dried beans and peas. each of meat or fish, or other meat substitute, and one of eggs or cheese. Milk
- IV. When the basic needs have been taken care of, enough foods high in energy (fuel for the body) may be then selected to bring the diet up to the caloric value that makes a satisfying diet.

The simple plan given below offers an easy way for homemakers to select a daily family diet that will supply all nutritive essentials in adequate amounts, outlining first the foods needed each day. All tastes and pocketbooks, even with wartime food rationing, are covered.

"KNOW THE RIGHT FOODS — EAT THE RIGHT FOODS"

MILK:

Use as a beverage and also on cereals, in cocoa, in soups, cream sauces for vegetables, custards and puddings.

EGGS:

At least 3 or 4 weekly for adults.

1 daily for children.

(Use cooked, in custards, griddle cakes and waffles, cakes and puddings.)

OTHER PROTEIN FOODS:

1 serving daily from this group in addition to milk and egg allowance on Page 2.

beef	veal	kidneys
pork	fish or other seafood	sweetbreads
lamb	liver	cheese
mutton	heart	poultry

FRUITS AND VEGETABLES:

1 serving daily of citrus fruits or tomatoes, or
1 serving daily of other raw fruit or vegetable rich in vitamin C (see list of foods below).

1 serving daily of a green vegetable (leafy ones frequently).

1 or 2 servings daily of other fruits and vegetables, including potatoes. Use yellow vegetables often. Serve more fruits and vegetables when possible.

Fruits and vegetables are valuable for minerals, vitamins and bulk. Those starred in this list are the best sources of vitamin C.

*apples, depends on variety	grapes	*raspberries
apricots	*lemons	*strawberries
bananas	melons	dried or stewed apricots
blackberries	*oranges	dates
blueberries	peaches	prunes
cantaloupe	pears	figs
cherries	pineapple	*black currants
*grapefruit	plums	*tomatoes
		potatoes

Green vegetables are excellent sources of vitamin A and iron. Use one every day.

beet greens	dandelion greens	watercress
green string beans	kale	lettuce
broccoli	spinach	parsley
	turnip greens	

All vegetables are important for minerals, vitamins and bulk. Use one or more every day.

asparagus	celery	peas
lima beans	corn	turnips
dried beans	cucumbers	squash
beets	eggplant	sweet potatoes
brussels sprouts	parsnips	tomatoes
cauliflower		carrots

BREAD AND CEREALS:

Whole grain or vitamin B Canada approved bread with every meal. A serving of cereals once a day. Use unrefined cereals and oatmeal often. Use dry cereals with added vitamin B.

BUTTER:

At least 2 tablespoons daily.

SUGARS AND SWEETS:

As needed.

Use a variety—molasses, syrup, brown sugar, honey, jams and jellies.

FATS AND OILS:

As needed.

Use in salad dressings, seasonings for vegetables, cakes and other desserts.

DESSERTS:

1 or 2 servings daily.

Use a variety—puddings, gelatin desserts, fresh fruits, pies and cakes (remember that cake made with good materials is an excellent food).

These foods are rich in iron, the mineral least likely to be found in sufficient amounts in the diet. Try to serve at least one of these every day.

eggs	kidney	lentils
whole grain cereals	navy beans	dried apricots
liver	lima beans	dried figs
heart	dried peas	dried dates

If yours is an average Canadian family of father, mother and two growing children under twelve years of age, your market order for the week should include all of the above essential foods. All are within the bounds of your ration allowances.

SUGGESTED WEEKLY MARKET ORDER

(For parents and two children under twelve years)

1. FRUITS AND VEGETABLES

(Spend 1/5 or more of food money for this group of foods)

Potatoes and sweet potatoes	11 pounds
Dried peas and beans and peanut butter	1½ pounds

Oranges (or use grapefruit or tomatoes or tomato juice)	2½ to 3 dozen
Leafy, yellow and green vegetables	7 pounds
Dried fruit	1½ pounds
Other vegetables or fruit	8 pounds

2. MILK OR CHEESE (1/5 or more of food money)

Use pasteurized whole milk or its equivalent) 18 quarts

3. MEATS, EGGS AND FISH (About 1/5 of food money)

Eggs	1½ dozen
Lean meat, fish and seafood	6 pounds

4. BREAD AND CEREALS (1/5 or less of food money)

Bread, whole grain or enriched	5 1½-pound loaves
Assorted cereals	10 pounds
Oatmeal, wheat, rice, macaroni, cornmeal, flour, cakes, cookies and crackers.	

5. FATS, SUGARS AND ACCESSORIES (1/5 or less of food money)

Butter and other spreads	1½ pounds
Lard, oils, salt pork, bacon	1½ pounds
Sugar	2 pounds
Molasses and syrup	¾ pint
Coffee	½ pound
Tea	½ pound
Cocoa	½ pound
Baking powder, salt, flavorings, etc.	½ pound or less
Cod-Liver Oil	As needed

(For each child under 12 years)

Study the above lists and charts for they will help you to plan well-balanced menus amid constantly changing conditions that necessitate quick alterations in marketing and eating habits. It is your responsibility, no matter how difficult the task, to see that your husband and children are well fed and happy when they come to the family table.

Planning Rationed Menus

In planning well-balanced family menus with food rationing and shortages, a working knowledge of nutrition is essential. On pages 2-3 we have listed the foods that should be included in every day's menus for every member of the family to assure good nutrition. If these foods are used in recommended amounts you can be certain that you are serving healthful meals.

The menus you plan and serve are as individual as the hats you choose. Almost never do two women purchase food or plan menus in exactly the same way. Family food preferences; the ages, occupations and activities of the members of your family; the locality in which you live; whether or not you have lunches to pack; and many other factors enter into your menu planning. For these reasons, it is impossible to plan menus that will be practical for every family.

The week's menus suggested here for a family of four are low in rationed foods and well balanced. They will serve as a general guide in menu planning but can be re-arranged and other foods substituted. In planning menus, consult chapters in this book on economical wartime meat dishes, main dishes without meat, sugar saving desserts, etc. These are recipes that will help you to eat well, though rationed.

A Week's Menus for a Family of Four

(At Moderate Cost)

SUNDAY

BREAKFAST

Scrambled Eggs
Coffee
Orange Juice
French Toast
Milk

DINNER

Stuffed Meat Loaf (Page 13)
Pan Browned Potatoes
Creamed (or Buttered) Green Peas
or Carrots and Peas
Mixed Fresh Fruit Salad
Apple Pie (Baked on Saturday)
Coffee

SUPPER

Waffles
Apple Sauce
Old Fashioned Molasses Cookies (Page 40)
Maple Syrup
Carrot Sticks
Hot Chocolate or Milk

MONDAY

BREAKFAST

Oatmeal
Toast
Coffee
Milk
Fruit Preserves
Milk

LUNCH

Scrambled Egg Sandwiches
or
Meat Loaf Sandwiches (meat from
Sunday Dinner)
Baked Apples
Cocoa

DINNER

Beef Liver with Onions (Page 19)
Baked Potatoes
Green Beans Au Gratin
Mixed Vegetable Salad
(Shredded carrots, celery and onion)
Warm Gingerbread (milk or cream)

TUESDAY

BREAKFAST

Dry Cereal
Soft Cooked Eggs
Coffee
Stewed Dried Prunes
Milk or Cream
Toast
Milk

LUNCH

Cheese and Lettuce Sandwiches
Coleslaw
Gingerbread (from Monday Dinner)
Milk

DINNER

Lamb Stew (Page 17)
Buttered Peas
Celery and Apple Salad
Hot Muffins
Baked Indian Pudding (Page 41)
Jam

WEDNESDAY

BREAKFAST

Cooked Cereal
Toast
Coffee
Milk or Cream
Marmalade
Cocoa

LUNCH

Toasted Cheese Sandwiches
Lettuce with Russian Dressing
Fresh Pears
Milk or Tea

DINNER

Upside Down Meat Pie (Page 13)
Buttered Spinach
Creamed Carrots
Perfection Salad
Stewed Cherries
Honey Chocolate Chip Cookies (Page 39)

THURSDAY

BREAKFAST

Griddle Cakes
Coffee
Tomato Juice
Syrup
Cocoa

LUNCH

Hard-Cooked Egg and Celery Salad
Bread and Butter Sandwiches
Carrot Strips
Chocolate Chip Cookies
(Baked Wednesday)
Tea or Milk

DINNER

Stuffed Flank Steak (Page 18)
Mashed Potatoes
Cabbage Au Gratin
Gelatin Fruit Salad
(Made with fresh fruits as orange,
banana and apple)
Chilled Baked Rice Pudding (Page 42)

FRIDAY

BREAKFAST

Bacon
Toast or Coffee Cake (Made with
prepared biscuit mix)
Grape Jelly
Poached Eggs
Milk

LUNCH

Cream of Potato Soup
Toast with Grated Cheese
(Cheese melted in oven)
Lettuce
Russian Dressing
Chocolate Chip Cookies
(Baked Wednesday)
Tea or Milk

DINNER

Fish Fillets
Scalloped Potatoes
Grape Jelly (Opened for Breakfast)
Chilled Tapioca Pudding
or
Lemon Meringue Pie
Tartar Sauce
Green Peas
Hot Biscuits

SATURDAY

BREAKFAST

Fresh Fruit (Apples, Pears, Etc.)
Dry Cereal
Coffee
French Toast
Milk or Cream
Milk

LUNCH

Macaroni with Cheese Sauce
Applesauce
Bread and Butter
Cookies
Milk

DINNER

Creamed Potatoes
Tossed Green Vegetable Salad
Fresh Fruit Cobbler
Tea or Milk
Sausage
Buttered Onions



Hearty Soups in Rationed Menus

Hearty soups are a ready solution to the problem of making a little bit go a long way. With food scarcities and rationing, and the quick can-opener variety of luncheon dishes gone for the duration, steaming bowls of savory soups are the natural answer to main dishes for both lunch and supper. To many of us, the thick bean chowders and vegetable soups 'that mother used to make' bring pleasant recollections of good food thoroughly enjoyed, and we are glad to welcome them again to our tables.

The meal with soup should be carefully planned, for although soups make hearty main dishes, they need to be supplemented to make a completely satisfying meal that will "stick to the ribs." A good general plan to follow in serving soups for luncheon or supper is to include such foods as toasted cheese sandwiches or peanut butter sandwiches; something crisp, as a raw vegetable or a crunchy vegetable salad, and a rather hearty dessert as pudding, custard or gingerbread.

Though soup bones may be scarce, the bones from roasts or other cuts of meat may be used to prepare stock for vegetable soups. And perhaps your meat dealer can save you an occasional bone to give that good rich "meaty" flavor to your pot of bean soup.

Serve soups attractively and with them have some of the crisp accompaniments suggested at the end of this chapter. If you have an old tureen, bring it out and serve your steaming luncheon and supper soups right at the table. We are sure no matter how generous the first helping, there will be calls for seconds. There are wonderful possibilities in good soup!

LENTIL SOUP

(Or Split Pea or Bean)

(Made with a soup bone, the water in which meat was cooked, salt pork, or a turkey carcass.)

2 cups lentils (split peas or dried beans may be used)

6 cups water

12 cups water (additional)

A turkey carcass, a ham bone or a 2-inch cube of salt pork

1 cup chopped celery with leaves

½ cup chopped carrots

Salt, pepper and paprika

Soak the lentils in cold water for 12 hours. Drain and put into a kettle. Add the 12 cups water and the ham bone, or other meat used, cover and simmer for 3 hours. Add the vegetables and simmer for 1 hour longer. Put the soup through a colander. Chill the soup and remove the grease. Then reheat and add, if desired, 2 cups meat stock, milk or cream. Melt 2 tablespoons soup fat or butter and blend in 2 tablespoons flour. Add the soup mixture gradually, stirring until smooth. Bring to a boil and cook for several minutes. Season as required with salt, pepper and paprika. Serve piping hot sprinkled with croutons.

NAVY BEAN SOUP (With Soup Bone)

- 2 cups navy beans
- 6 cups cold water
- 1 meat bone
- ½ cup chopped onions
- 1 cup chopped celery with leaves

- 2 tablespoons butter or fat from the soup
- 2 tablespoons flour
- Salt, if needed
- Paprika
- Croutons

Soak beans in cold water overnight. Drain them and put into a kettle with the meat bone, onion and celery. Add about 12 cups water, cover and simmer for about 4 hours. Put through a colander. Chill and remove fat from the top. At this time, if desired, 2 cups of milk or cream may be added. Melt the butter or fat taken from the soup, blend in flour, add the soup mixture slowly and stir until boiling. Cook slowly for several minutes. Season as required, with salt and paprika. Serve with croutons (small cubes of toast). Makes about 6 cups soup.

CREAM OF LIMA SOUP

- 1 cup dried lima beans
- 6 cups cold water
- 2 slices onion, diced
- ½ teaspoon paprika

- 4 tablespoons butter
- 2 tablespoons flour
- 2 cups cream or milk
- 1 teaspoon salt

Wash lima beans. Cover with cold water. Let stand overnight. Add 6 cups cold water. Cover. Simmer slowly until tender. Rub beans through sieve. Heat to boiling. Fry onion 5 minutes in 2 tablespoons butter. Remove onion. Add flour, salt and paprika to hot butter. Stir until browned. Add to boiling bean puree. Add cream or milk and remaining butter. Mix thoroughly. Serve at once. Serves 8. Recipe may be doubled.

VEGETABLE BEEF SOUP

- 2 to 3 pounds shin of beef and marrow bone (or amount available)
- 4 quarts water
- 6 sprigs parsley
- 2 onions, sliced
- 15 peppercorns
- 1½ tablespoons salt

Vegetables for the soup as follows:

- 2 cups diced celery
- 3 cups cooked tomato
- 4 carrots, sliced
- 2 turnips, sliced
- 2 to 4 potatoes, if desired

Wipe meat and bone with a damp cloth. Cut meat in cubes. Place half the cubes in soup kettle, cover with cold water and heat slowly to the simmering point.

In the meantime, scrape the marrow from the bone, putting it into a large frying pan. Melt over low heat. Add remaining half of meat and brown on all sides. Put with bone into soup kettle. Cover and simmer for 5 or 6 hours. Then add all the vegetables and seasoning, cover and cook for 1 hour longer. Taste to be sure it is well seasoned.

CREAM OF POTATO SOUP

- 4 medium-sized, or 5 cups, thinly sliced potatoes
- 1 medium-sized, or ¾ cup, thinly sliced onion
- 2 tablespoons butter or mild dripping

- 3 cups water
- 1½ teaspoons salt
- 2 cups milk
- 2 tablespoons flour
- ½ teaspoon pepper

Cook potatoes and onion in the rapidly boiling salted water until tender, about 15 minutes. Make paste of flour and ½ cup milk; and remaining 1½ cups milk and stir until well blended. Add flour mixture to potatoes and cook until slightly thickened, about 5 minutes, stirring occasionally, add pepper and butter or dripping. Serves 6 to 8.

GARDEN VEGETABLE SOUP

2 tomatoes
2 onions
2 potatoes
6 ears of corn

2 cups milk
2 tablespoons flour
3 tablespoons butter or mild dripping
Salt and pepper

Cut onions in slices or chop them. Cut potatoes in slices or cubes. Place in a good-sized cooking kettle and add just enough water to cover. Cook for 15 minutes, or until potatoes are tender. Then add peeled and quartered tomatoes and cook for 10 minutes longer. Add corn cut from the cob and cook for about eight minutes or until corn is tender. Season well with salt, pepper and butter. Add milk which has been blended with flour. Stir gently and cook until slightly thickened and the flour well cooked. This is a delicious one-dish luncheon or supper soup. (An old fashioned recipe.)

GARNISHES FOR HEARTY SOUPS

1. Sprinkle buttered pop corn over corn chowder.
2. For bean soup, fry thin slices of frankfurters and top each serving with several slices.
3. Sprinkle with a generous tablespoon of croutons. To make croutons, dice bread into $\frac{1}{4}$ inch cubes or diamond shaped pieces and brown in butter.
4. Melba Toast, Pretzels, Potato Chips, Whole Wheat or Rye Crackers and Toasted Bread Strips.

VICTORY GARDEN CHOWDER

$\frac{1}{4}$ cup butter or mild dripping
3 medium onions, peeled and chopped
2 slices green pepper, chopped fine
 $2\frac{1}{4}$ cups cut green beans
3 medium carrots, scraped and sliced thin

5 medium potatoes, peeled and grated
3 cups boiling water
4 cups milk
2 teaspoons salt
Black pepper to suit taste
6 oz. cheese, grated
Seasoning salt

Melt butter or dripping in soup kettle. Add onions and green pepper, and simmer 3 or 4 minutes. Wash beans and slice thin. Prepare carrots and potatoes. Add beans and boiling water to butter and onion mixture, and cook for about 15 minutes. Add other vegetables and cook about 15 minutes longer, or until all the vegetables are tender. By this time most of the water will be evaporated. Add the milk to the chowder, stirring carefully; heat just to boiling. Add salt, pepper and grated cheese; remove immediately from heat and stir until cheese is melted. Serve piping hot, with a sprinkling of seasoning salt on each serving. Serves 6.





The Wartime Lunch Box

Lunch box carriers are on the increase as Canada is on the march! They must be packed with the right foods—healthful, appetizing, and carefully planned for nutritional balance—for hit-or-miss lunches gamble with vital working power which the nation needs. The packer of lunches must learn all possible tricks to make these carried meals attractive and varied.

SUGGESTIONS FOR PACKING A LUNCH

1. Include in every lunch box the essentials of a varied meal: meat, fish, eggs, cheese or beans, some milk, some vegetables, fruits, bread or other cereal.
2. Wrap all sandwiches separately in waxed paper.
3. Use fillings that will not soak the bread, or wilt before eating.
4. Add something juicy to every lunch box—whether it be fruit, vegetable, salad or beverage. Sandwiches and cookies become awfully dry when eaten without plenty of liquid.
5. Tuck in a surprise like wrapped candy, stuffed prunes, a bag of potato chips or a relish that you know is well liked.
6. Be sure to include plenty of paper napkins in the box, and make them sizable ones. A salt shaker is a good addition.
7. Plan foods that will be easy for you to fix and varied and interesting to the one who eats them.
8. Leaves of lettuce wrapped in waxed paper to be added to sandwiches before eating will stay crisper than if put in sandwiches at time of making.
9. Cup cakes (baked in paper containers, if you like) instead of slices of cake, and turnovers instead of wedges of pie carry well in the packed lunch.

CONTAINERS FOR THE PACKED LUNCH

Bag or Box Lunches

Some war plants insist on paper bags which can be inspected as they enter the plant and leave nothing to be carried away in the evening. If this is the case with the lunch you pack, use a generous size paper bag or a box and wrap each food in the lunch in small oiled sandwich bags that can be purchased in the ten-cent store. Pack salads and relishes in small paper cups and fasten a paper with a rubber band firmly over top. Send beverages in vacuum bottle. Small paper cups with covers to fit can be used for salads, baked beans, pudding or other moist foods.

METAL LUNCH BOX MEALS

If you can pack the daily lunch in a metal box containing a **thermos**, you are in luck, for such foods as hot soups, stews, baked beans or **coffee** may go into the **thermos** in winter, and iced fruit juices, iced tea and other **refreshers** in summertime. Small jelly glasses with covers, or improvised containers **suggested** below may be used for salads, cooked fruits, gelatin desserts and puddings. **Metal** knives and forks and sturdy paper napkins complete the picture.

HANDY CONTAINERS FOUND IN EVERY HOME

Mother's empty cosmetic jars are widemouthed so that food is accessible. Fine for salads, fruits and puddings.

Empty salad dressing or peanut butter jars with screw tops are good for salads and desserts.

Small capsule jars, or other tiny jars with lids, are good for mayonnaise, salad dressing or jam.

Save small cottage cheese or ice cream cartons. Wash well, let dry and use for packing salad and dessert.

SAMPLE LUNCH BOX MENUS

For the Office Worker

- One or two sandwiches
- (One of these meat, poultry, cheese or eggs)
- Raw fruit or vegetable salad
- Carrot strips, celery or tomato
- Something sweet (cookies, cake, candy or pudding)
- Beverage—preferably milk or cream soup

For the Man or Woman Doing Heavy Work

- Two or more hearty sandwiches
- (Meat, poultry, fish, cheese, egg, peanut butter or beans)
- A crisp or sweet sandwich
- (An onion, pickle relish, coleslaw or salad type filling, or, jam, jelly, or preserves)

or

- Special buttered bread
- (Such as nutbread, orange bread or other sweet breads)
- Fruit or Vegetable Salad
- Pie, Cake, Cookies or Pudding
- Thermos of Beverage or Soup

FOODS THAT CARRY WELL IN THE LUNCH

MEATS

- Individual meat loaves of lamb, beef or veal. (A hard-cooked egg may be molded in center of loaf.)
- Fried chicken.

SANDWICH FILLINGS

- Luncheon meats.
- Cold roast meats (sliced or ground and combined with mayonnaise, pickle relish or with minced carrots and mayonnaise).
- Fresh salmon, shrimp, herring or other salad-type filling with chopped celery,

egg and pickle. (Send occasionally in large hollowed out rolls, replacing top after filling.) Mashed sardine or pilchard with lemon or chili sauce, hard-cooked eggs or pickle.

EGGS

Hard-cooked eggs chopped with wieners and mustard pickle, or cheese and pickles.

Minced hard-cooked eggs with celery and ketchup or mayonnaise.

Deville eggs.

CHEESE

Soft or chopped cheese with nuts, as available.

Cream cheese with chopped crisp bacon or minced onion.

Sliced cheese and sliced pickles or mustard.

Cheese spreads, when available.

OTHER FILLINGS

Peanut soya bean butter with pickle, relish, celery, or jelly.

Baked beans with ketchup or onion slices.

Onion on rye or brown bread.

FOR THE THERMOS

Hot

Corn Chowder

Potato Soup

Bean Soup

Pea Soup

Vegetable Soup

Beef Stew

Chili Con Carne

Coffee

Chocolate

Cold

Orange Juice

Grape Juice

Tomato Juice

Fruit Ades

Milk Shakes

Iced Tea or Coffee

VEGETABLES

Radishes, celery, tomato, coleslaw, baked beans, pickled beets, green onions, raw cauliflower, raw carrot strips, potato chips.

FRUITS

Oranges (easier to eat, if skin is peeled part way down when packing), tangerines, apples, pears, plums, bananas, grapes, peaches, crushed sugared berries (in glass or paper container), raisins, dates.

SALADS AND RADISHES

Cranberry and orange relish, pickled green beans with onion slices, potato salad, meat salad, macaroni salad with corned beef and celery, cabbage relish, kidney bean salad, cottage cheese and onion or chives, pickled peaches or pears.

DESSERTS

Baked apple, any fruit sauce, baked or boiled custard, baked puddings, cup cakes, turnovers or individual pies, gingerbread, doughnuts, coffee cake or Danish pastry, cookies, candy.

BEVERAGES (Without Thermos)

Cans or bottles of tomato juice, or grape juice.



Meat Stretching Dishes

There are two schools of thought on how to manage the meat ration. One might be called the "feast and fast" plan with a big steak or roast one day and no meat for several days afterward. The second plan is to "make a little go a long way." With this plan you serve smaller amounts of meat but serve it almost every day.

For most families the second plan is much the better one. Base your menu on meat as usual but plan to extend that meat dish when necessary with vegetables, as in stews and meat pies; with cereals or bread dressings as in meat loaves and patties; or with sauces or gravies. Often half a pound of meat can be extended to serve four or five.

Really fine eating is provided by the stews, meat pies and casserole dishes that are a necessity now. Such homely dishes as boiled beef and cabbage, pot-roast and potato dumplings and hearty meat pies have made the reputation of more than one famous restaurant. So serve them with pride, even to guests. The secret of success is to make them extremely well and serve them attractively.

If yours is a family of four or more, you will manage a roast occasionally for variety. When you do, make it last for several meals and utilize every ounce of meat on it. For the family of two or three, roasts seem almost an impossibility under rationing. You may decide to forego them and substitute stuffed pork or lamb chops, individual boneless steaks and similar choice meats as special treats.

MEAT SAVING

1. When you have "splurged" with a choice steak, save the tail and trim the bone, then grind to provide meat for Meat Sauce for Spaghetti (Page 15).
2. For a crowd, a pound of hamburger will serve ten or twelve if you make the Westerner Sandwiches (Page 14). Fine for a kitchen party, a crowd in summer camp, for high school youngsters parties, etc.
3. Collect bits of meat remaining from several dinners, keeping them tightly covered in the refrigerator. Then grind with some pickles and moisten with salad dressing to make sandwiches for the packed lunch or for the children's lunches.
4. Hamburg casseroles and such dishes frequently include canned tomatoes or tomato juice as an important seasoning. Prepare for the months ahead by canning quantities of these products this fall.
5. After the first gala appearance of the occasional roast, serve hot meat sandwiches for at least one meal, then feature a favorite meat pie, and finally, use the bone as a base for a pot of tempting vegetable soup.

6. Don't worry if it is necessary to serve smaller amounts of meat than formerly. A two-ounce serving of lean meat furnishes the daily requirement of all the essential nutrients of meat. We have been accustomed to serving at least four-ounce servings, or more than was necessary for an adequate diet.

RATION STRETCHING GROUND MEAT MAIN DISHES

(Small amounts of left-over cooked meats may be substituted for hamburger in many of these dishes.)

STUFFED MEAT LOAF

- | | |
|---|---|
| ½ pound ground beef | 1/3 cup milk or tomato ketchup |
| ½ pound ground fresh or cured pork | ¾ teaspoon salt |
| 1 cup rice flakes | 1/8 teaspoon pepper |
| 1 egg | 2 tablespoons chopped onions, if desired |

Blend all ingredients lightly but thoroughly. Place half the meat mixture in bottom of a loaf pan lined with waxed paper and pat into place. Place the following bread dressing over this, then top with remaining meat mixture. Pack firmly to mold, then turn out into roasting pan. Remove waxed paper and bake in a hot oven of 450 degrees F. for ten minutes to set the loaf. Then reduce heat and bake in a moderate oven of 350 degrees F. for about 1 hour, or until done.

Stuffing:

Crumble a small loaf of bread (3 or 4 cups crumbs) and add 3 tablespoons melted butter, or mild flavored dripping, 1 small minced onion, ½ teaspoon salt, a dash of pepper and ½ teaspoon powdered sage, if liked. Mix lightly. May be baked in greased custard cups to make individual stuffed meat loaves.

BEEF UPSIDE DOWN PIE

- | | |
|---|---|
| 1½ cups sifted all-purpose flour | 5 tablespoons shortening |
| 2½ teaspoons baking powder | ¾ cup milk |
| 1 teaspoon paprika | ¼ cup sliced, peeled onion |
| 1 teaspoon celery salt | 1 — 10 ounce can condensed tomato soup |
| ¼ teaspoon pepper | ½ pound hamburger |
| 1 teaspoon salt | |

Sift first five ingredients with ½ teaspoon salt. Cut in 3 tablespoons shortening, until of consistency of coarse corn meal. Add milk and mix lightly.

Meanwhile, cook onion tender in the remaining 2 tablespoons shortening in a skillet. Add beef and cook slowly for five minutes. Add soup and remaining ½ teaspoon salt. Heat, then pour into a round baking dish about 8 inches in diameter. Spread the prepared dough on top and bake in a hot oven of 450 degrees F. for 20 minutes, or until biscuit batter is baked. Serve upside down, cut in wedge-shaped pieces. Serves 4.

BAKED BEAN AND HAMBURGER SAVORY

- | | |
|---|---|
| 3 tablespoons salad oil or bacon fat | ½ teaspoon salt |
| ½ cup sliced, peeled onions | 1 teaspoon powdered sage, if liked |
| 1 cup diced celery | ½ cup water or canned tomato juice |
| ¾ pound hamburger | 4 cups canned or home-baked beans |
| 1 teaspoon Worcestershire sauce | |

Heat fat in heavy skillet. Then add onions, celery and beef and cook uncovered for about 10 minutes, stirring frequently. Add remaining ingredients and heat thoroughly. Serves 6.

HAMBURG DUMPLING STEW

1 pound hamburger
1 teaspoon salt
Dash of pepper
1 small onion, minced
1 teaspoon prepared mustard
3 tablespoons butter, or dripping

2 cups sifted all-purpose flour
1 tablespoon chili sauce
1 cup condensed tomato soup
2 cups hot water
3 teaspoons baking powder
 $\frac{3}{4}$ cup milk

Mix beef, salt, pepper, onion and mustard and shape into 10 or 12 small cakes. Brown on both sides in a heavy skillet with the fat. Lift out meat. Put 1 tablespoon flour (additional to above) in kettle and blend with fat. Add chili sauce, tomato soup, $\frac{1}{2}$ teaspoon of the salt and hot water. Replace meat cakes in kettle and bring to the boiling point.

Make Dumpling Mixture as Follows:—Sift flour with the baking powder and remaining $\frac{1}{2}$ teaspoon salt; add milk gradually, stirring as little as possible to mix dough well. If very stiff, add 1 to 2 tablespoons additional milk. Drop mixture by spoonful on top of boiling hamburger mixture. Cover tightly and steam for 15 minutes without opening. Serve at once. Serves 4 or 5.

MACARONI HAMBURG CASSEROLE

4 cups cooked macaroni
 $\frac{1}{2}$ pound hamburger
 $\frac{1}{2}$ cup sliced, peeled onions

2 cups canned tomatoes
2 tablespoons butter, or dripping
 $\frac{1}{2}$ cup grated cheese

Cook 2 cups macaroni, broken into inch-length pieces, in boiling salted water for ten minutes. Drain well.

Fry onions slowly in the fat for about 5 minutes, or until very lightly brown. Add hamburger and cook slowly until lightly browned. Grease a baking dish or casserole. Combine macaroni with all other ingredients, including half the cheese. Season with salt and pepper. Turn into baking dish, and sprinkle remaining cheese over the top. Bake in a moderate oven of 375 degrees F. until heated through and browned on top, about 30 minutes. Serves 6.

WESTERNER SANDWICHES

$\frac{1}{2}$ pound hamburger
4 eggs
1 to 2 tablespoons chopped onion, if desired

$\frac{1}{4}$ cup crumbled coarse dry cereal
 $\frac{1}{8}$ teaspoon pepper
Salt and pepper

Break hamburger into pieces and place in a bowl. Add unbeaten eggs, cereal and seasonings and whip with a fork until thoroughly mixed. Drop by tablespoonsful into a frying pan containing 1 to 2 tablespoons hot fat. Flatten with a cake turner and cook slowly until golden brown on one side, then turn and cook until brown on other side. Serve in buns or between slices of bread. Makes 12 large, thin cakes. These take only five to eight minutes for cooking. (Try this for quick suppers.)

TAMALE PIE

$\frac{1}{2}$ lb. hamburger
1 14-oz. can whole kernel corn
2 cups tomatoes
4 tablespoons flour

1 $\frac{1}{2}$ teaspoons salt
Pepper
Garlic salt
Baking powder biscuit crust

Brown ground beef in 2 tablespoons lard. When brown, add seasonings, corn, and tomatoes. Line a casserole dish with baking powder biscuit dough that has been rolled to $\frac{1}{8}$ inch thickness, add filling and place a circle of biscuits over the top. Bake for 15 minutes in a hot oven of 450 degrees F. Reduce to 375 degrees F. and bake for another 20 minutes.

LAMB AND CARROT MEAT CAKES

- | | |
|------------------------------------|---------------------------------------|
| ¾ pound boned lamb shoulder | ⅛ teaspoon pepper |
| 3 small pared carrots | Flour |
| 1 small peeled onion | 2 tablespoons fat or salad oil |
| 1 teaspoon salt | ¼ cup hot water |
| 1 egg, beaten | 1½ cups cold water |

Put the lamb, carrots and onion through the medium blade of food chopper. Add the seasonings and egg. Mix thoroughly, shape into small balls, and roll in a little flour. Melt fat in a skillet and cook meat balls slowly until browned on all sides. Add the hot water, cover skillet, and cook very slowly for 10 minutes. Remove the meat balls and keep hot. Add 3 tablespoons flour to the fat in skillet. Cook until brown and smooth, stirring constantly. Then add cold water slowly, while stirring constantly. Cook and stir until gravy thickens. Pour over the meat balls. Serves 4.

STUFFED GREEN PEPPERS

- | | |
|--|--|
| 4 medium-sized green peppers | Dash pepper |
| ½ to ¾ cup diced cooked meat or browned hamburger | 1 teaspoon grated onion |
| 1½ cups cooked rice | About ¼ cup milk, meat broth or tomato juice to moisten |
| ½ teaspoon salt | 2 tablespoons bread crumbs |
| 2 tablespoons grated cheese | |

Wash green peppers, cut off tops, remove seeds. Rinse out the inside. Have a greased baking dish ready in which peppers can be set without having them fall over. A moderately hot oven, 375 degrees F. is needed.

Dice meat, mix with rice (one-half cupful before cooking will be needed to make one and one-half cupfuls when cooked).

Add seasonings, onion and liquid to moisten. The mixture should be moist, but there should be no excess liquid. Left-over gravy, milk, cream, meat broth or tomato juice may be used. Pile mixture lightly into peppers. Sprinkle bread crumbs and grated cheese over the top, dot over with butter and put into prepared pan. Add enough hot water to cover bottom of pan. Bake in a moderate oven, 350 degrees F., until peppers are tender, from forty-five minutes to an hour.

SPAGHETTI WITH MEAT CRUST

- | | |
|--|---|
| 10 oz. spaghetti (about ¾ of a package) | ¾ pound ground beef and pork (½ beef—¼ pork) |
| 2 cups canned or cooked tomatoes | ½ teaspoon salt |
| ½ teaspoon salt | ½ tablespoon minced onion |
| Few grains pepper | 1 egg, well beaten |
| 1 teaspoon sugar | 2 tablespoons milk |
| 2 tablespoons chopped green pepper | |

Cook spaghetti as directed on package and drain. Mix tomatoes, salt, pepper, sugar, and green pepper and add to spaghetti. Pour into greased casserole. Combine ground raw meat, salt, onion, egg, and milk and form into about 8 flat patties. Place these close together on spaghetti (they should about cover the surface). Bake in moderate oven of 350 degrees F. for 30 to 40 minutes, or until meat is thoroughly done and brown on top.

MEAT SAUCE FOR YOUR SPAGHETTI DINNER

- | | |
|----------------------------------|--|
| ½ to ¾ pound beef or veal | 1 quart canned or cooked tomatoes |
| ¼ cup salad oil | ¼ cup tomato catsup |
| 1 clove garlic | 2 teaspoons salt |
| 1 green pepper, chopped | 1 tablespoon sugar |
| 1 onion, chopped | 2 cups boiling water |

Chop or grind meat or cut in small pieces and cook in oil with garlic, green pepper and onion about 5 minutes, until light brown. Add strained tomatoes, tomato catsup, salt and sugar. Let simmer 1½ hours, add water, stirring occasionally to prevent sticking to the pan. Serve over spaghetti with grated cheese.

ITALIAN LIVER

- | | |
|--|------------------------------------|
| 2 cups cooked spaghetti | ½ green pepper, chopped |
| ½ pound calf's, beef or other liver | ½ cup chopped mushrooms |
| ½ onion | ½ clove garlic (if desired) |
| 2 tablespoons butter or salad oil | Pepper |
| 2 cups strained tomatoes | Salt |

Dip liver in boiling water for 2 or 3 minutes to make it firm, then cut into fine pieces. Cut onion, green pepper and mushrooms and let fry in the oil with the liver slowly, stirring often for 10 minutes. Add tomatoes, seasonings and garlic and let cook gently for 20 minutes longer. Serve over boiled spaghetti with liberal sprinkling of grated Parmesan Cheese over the top.

PORCUPINE BEEF BALLS

- | | |
|---------------------------------|---|
| ½ cup uncooked rice | 2 tablespoons chopped green pepper |
| ¾ to 1 pound ground beef | 2 tablespoons chopped onion (may be omitted) |
| 1 teaspoon salt | 3 tablespoons butter or dripping |
| Dash of pepper | 2 cups tomato puree or soup |
| ½ cup chopped celery | |

Measure rice, put into a colander or strainer and wash by letting cold water run through it. Drain well. Add to meat with salt and pepper, mix well. Shape into balls, pressing them firmly into place. Place in a baking dish.

In a small frying pan saute green pepper, onions and celery in butter 5 minutes. Add tomato puree, pour over meat balls, cover dish and bake in a slow oven of 350 degrees F. or on top of the stove, until very tender, about 1½ hours. Remove cover during last 30 minutes of cooking to brown the meat and cook down the sauce. Serve surrounded with sauce. Makes 8 or 10 large balls.

LIMA ALL-IN-ONE

- | | |
|-------------------------------|--|
| 1 cup dried lima beans | 1-10½ ounce can condensed tomato soup |
| 3 teaspoons salt | ⅓ cup cold water |
| 5 strips bacon | ⅛ teaspoon pepper |
| ½ cup minced onion | 1 teaspoon Worcestershire sauce |
| ½ lb. hamburger | |

Pick over, wash and then soak the dried lima beans over night in cold water to cover; drain, cover with boiling water and simmer covered, with 2½ teaspoons of the salt for about 1 hour, or until tender. Drain.

Meanwhile, cut up bacon and fry slowly in a skillet until lightly brown. Add onion and beef and continue cooking until brown. Add soup, cold water, the remaining ½ teaspoon salt, pepper, Worcestershire sauce and cooked limas. Simmer 20 minutes and serve. Serves 6.

SPANISH RICE, WITH MEAT

- | | |
|---|-----------------------------|
| 3 tablespoons butter or dripping | 1½ teaspoons salt |
| ¼ cup chopped onion | Dash pepper |
| ½ to 1 pound ground beef | 2 cups tomato puree |
| ½ cup chopped green pepper | 3 cups boiling water |
| 1 cup uncooked rice | ½ teaspoon paprika |

In this recipe the rice is not cooked separately. So prepare ingredients first.

Measure butter or dripping and put into a rather large frying pan. Next, peel and chop onion (holding the onion under cold running water while peeling to prevent weeping). Separate meat into small particles. Chop green pepper. Measure rice, put into a strainer and wash by letting cold water run through it. Set aside to drain. If you have no tomato puree on hand, strain two and one-half cups canned tomatoes.

Melt butter or dripping over a low heat, put in onions and cook until they are browned slightly. Next add meat and brown it well, stirring it during the cooking to brown all sides. Add green pepper. Next, stir in rice, then tomato puree and water. Cover the pan and cook over a low heat or in a moderate oven, 350 degrees F.,

until rice and meat are tender, from thirty to forty-five minutes. Season well and serve piping hot. Serves six to eight.

CHOP SUEY, AMERICAN STYLE

- | | |
|---|---|
| ½ pound diced, boned pork or veal shoulder | ½ teaspoon pepper |
| ¼ cup salad oil | 1 cup slivered green pepper |
| ¼ cup flour | 2 cups celery, slivered |
| 2½ cups boiling water | 1 sliced peeled onion |
| 2 beef bouillon cubes | 1 cup sliced mushrooms (¼ pound) |
| 2 tablespoons Soy Sauce (Brown Sauce) | 1 cup sliced, unpeeled radishes |
| | 4 cups crisp rice cereal |

Brown meat slowly in 2 tablespoons salad oil. Add flour and stir until well blended. Add water, bouillon cubes, soy sauce, pepper, green pepper, celery, onion and mushrooms. Cover and simmer for 20 minutes, stirring occasionally to prevent sticking. Add radishes. Season well with salt. Meanwhile, heat remaining 2 tablespoons salad oil in skillet; add cereal and heat thoroughly over low heat, stirring frequently. Serve the chop suey over the cereal on plates. Serves 4 or 5. 1½ cups diced leftover veal, pork or beef may be used in this recipe.

TIPS FOR MAKING GOOD STEWS

1. Never boil a stew . . . just let it simmer gently and you'll be rewarded with superb, juicy tenderness and well-rounded flavor.

2. You get that wonderful, inviting color that every good stew has by browning the meat before adding any liquid or vegetables. Improves flavor, too.

3. If you like to experiment, vary your stews with one or more of the following seasonings: Paprika, marjoram, thyme, mace, parsley, curry, bay leaves, Worcestershire Sauce, all-spice, whole cloves, ginger, chili powder.

4. Stews may be served attractively in a large pottery bowl or casserole, on deep platters or in individual casseroles.

BEEF STEW

- | | |
|---|-------------------------------------|
| 1 to 1½ lbs. boneless beef (chuck, bottom round, neck, flank or shank) | 1 bay leaf |
| 2 tablespoons flour | 2 teaspoons salt |
| 4 tablespoons dripping or lard | 4 cloves |
| 1 cup chopped onions | 1 cup celery |
| 2 cups boiling water | 4 carrots |
| | 4 small or 3 medium potatoes |

Cut meat in 1½ inch pieces. Roll in flour and brown with onion slowly for 15 minutes. Add cloves and bay leaf, half the water and half the salt. Cover and simmer for 1½ hours. Add vegetables, remaining water and salt, cover again and cook another 30 minutes. Thicken gravy if desired. Serves 4.

OLD-FASHIONED LAMB STEW

- | | |
|--|-------------------------------------|
| 1½ lbs. of lamb cut in 1½ inch pieces | 1 sliver garlic (if desired) |
| 2 tablespoons lard or drippings | 2½ teaspoons salt |
| 3 cups water | ½ teaspoon pepper |
| 4 small carrots | ½ cup fresh or canned peas |
| 1 onion, diced | |

Lightly flour lamb pieces and brown slowly in fat for 15 minutes. Add water, onion, garlic, salt and pepper. Cover and simmer for 1½ hours. Add carrots, peas, and cook until vegetables are tender. If desired, gravy may be thickened by stirring in 1 tablespoon flour, mixed with 3 to 4 tablespoons cold water.

LAMB STEW OR VEAL STEW WITH DUMPLINGS

- | | |
|--|--|
| 2 pounds breast of lamb or veal cut in 1-inch cubes | 3 medium-size carrots, quartered |
| 2 tablespoons lard or drippings | 2 tablespoons chopped parsley |
| 3 cups hot water | 1 tablespoon chopped green pepper |
| Salt and pepper | 1 teaspoon Worcestershire sauce |
| 1 dozen small white onions | 2 tablespoons flour |
| | ¼ cup cold water |

Brown cubed meat in hot fat. Add hot water and salt and pepper to taste. Cover

and cook 30 minutes, then add vegetables. Cover and cook 30 minutes longer. Add Worcestershire sauce and thicken the liquid with flour stirred to a paste in cold water. There should be enough thin gravy to nearly cover meat and vegetables.

Dumplings

Sift 2 cups flour with 2½ teaspoons baking powder and ¼ teaspoon salt. Add ¾ cup milk and stir until blended. Drop by small, rounding teaspoonfuls into hot stew or soup. Cover tightly and stem 12 to 15 minutes without removing lid. Serve hot. Serves 8.

VEAL STEW WITH NOODLES

1½ lbs. veal breast meat, cubed

2 oz. salt pork

2 cups water

2 teaspoons salt

2 tablespoons flour

1 cup cut celery

1½ cups noodles

Parsley

Cut salt pork in tiny pieces and fry in deep frying pan or pot roast kettle until crisp and brown. Lightly flour veal and brown slowly in salt pork fat. Add salt and water. Cover and simmer very slowly for 1½ hours. Add celery and noodles and continue cooking until noodles are tender. To serve, place noodles in centre of platter and surround with stew. Serves 4.

SAVORY MEAT PIES

Turn boiling hot Beef, Lamb or Veal Stew into a casserole or baking dish, or into individual casseroles, and top with baking powder biscuits cut in rounds, or cut with doughnut cutter. Have the biscuit dough only ¼ inch thick. Bake in a hot oven of 425 degrees F. for 15 minutes, or until biscuits are done.

Packaged biscuit mix may be used for the biscuits.

SWISS STEAK

¾ teaspoon salt

Dash of pepper

½ cup flour

1 to 1½ pounds round steak, 1 inch thick

2 tablespoons fat

½ onion

½ green pepper, chopped fine

1½ cups water

½ cup ketchup

Add the salt and pepper to the flour and pound into meat. Brown in a skillet with fat; then add onion, green pepper, water, and ketchup. Cover closely and simmer slowly until meat is tender—about 1½ hours. This may be cooked in a casserole in the oven or in a skillet upon the stove. Garnish with broiled tomatoes or browned potatoes.

ROUND STEAK FARMER'S STYLE

1 to 1½ pounds round steak, cut thick

¾ teaspoon salt

½ cup flour

2 tablespoons fat

1½ cups water

Pepper

Add salt and pepper to flour and pound into meat. Brown well in frying pan with fat. Add water, cover closely and simmer until tender, about 1½ hours. Turn meat occasionally, adding water as needed. Makes delicious gravy around meat.

STUFFED FLANK STEAK

1 to 1½ pounds flank steak

1 tablespoon minced onion

½ cup chopped celery

2 tablespoons butter or dripping

1½ cups stale bread crumbs

1 teaspoon salt

½ teaspoon pepper

Bit of sage

Wipe off meat with a damp cloth. With a sharp knife, score (cut marks) steak lengthwise and crosswise. This helps to make it tender. For the stuffing, brown onion and celery in butter. Add bread crumbs. Season well with salt and pepper, adding a bit of sage if desired. Rub steak with salt. Spread dressing on it. Roll, beginning at one side of the steak, rolling to the other as a jelly roll. Fasten in place with twine. The flank steak must always be rolled lengthwise, so that in serving it will be sliced across the grain, a point in the tenderness of the meat. Melt 2 tablespoons bacon fat in a baking pan. Place roll in fat and brown on all sides, either on top of the stove or in a hot oven of 500 degrees F. Add ½ cup boiling

water, cover and cook the meat slowly at 350 degrees F. until meat is tender, about 2 hours. Remove cover during the last half-hour of cooking. Remove to a hot platter. Make gravy. Serves 4.

If desired, vegetables, such as carrots and onions, may be cooked around the meat, in which case parboil onions 10 minutes in boiling salted water. Drain, place with carrots around meat, sprinkle with salt, cover pan and continue cooking until meat and vegetables are tender. About 40 minutes will be required for the latter. Remove meat to a hot platter, surround with vegetables and make gravy. Serve gravy separately.

LIVER LOAF

1 tablespoon finely minced celery

Salt and pepper

1 cup milk, approximately

3 slices bacon

1 pound liver

1 cup bread crumbs

2 eggs

2 teaspoons grated onion

2 teaspoons chopped parsley

Calf's, pork, beef or lamb livers may be used. Pour boiling water over liver, let stand 5 minutes. Drain. Force through the food chopper. Add bread crumbs, beaten eggs, seasonings and enough milk to moisten well. Line a loaf pan with slices of bacon, pack in liver mixture. Bake in a slow oven of 300 degrees F. until firm, about 1 hour.

BEEF LIVER WITH ONIONS

4 or 5 slices bacon or 4 tablespoons

bacon fat

3 cups boiling water

1 pound beef liver, sliced thin

Flour seasoned with salt and pepper

2½ cups thinly sliced onions

½ teaspoon salt (additional)

Pepper (additional)

½ cup hot water

Fry bacon over very low heat until crisp, then take from pan, leaving the bacon fat in skillet. (If you do not have bacon to spare, use bacon fat instead.) Pour the 3 cups boiling water over liver, drain and dry. Dip in seasoned flour, let stand for a few minutes on a platter, then fry in hot bacon fat over moderate heat until lightly browned on both sides. Place in a greased casserole, cover with sliced onions. Sprinkle with salt and pepper, and add the hot water. Crumble crisp bacon on top. Cover and bake in a moderate oven of 350 degrees F. for 40 minutes. Serves 4 or 5.

VEAL KIDNEY PIE

1 pound veal kidney

¼ cup flour

½ cup diced salt pork

1 clove garlic, sliced very thin

3 cups water

1 medium green pepper, chopped

2 medium potatoes, cut in eighths

2 medium onions, cut in eighths

1 teaspoon salt

Dash of cayenne

Black pepper to taste

Plain pastry (recipe below)

Soak kidney in cold water until the thick outer skin turns white, about 5 minutes. Remove the skin and cut crosswise in ½-inch pieces. Roll in flour. Fry with salt pork and garlic. Add any flour left from dredging the kidney. When nicely browned, add water and simmer 1 hour, or until the kidneys are tender. Add vegetables and seasonings and cook until vegetables are tender. Line an 8-inch round casserole with half the pastry. Fill with hot kidney mixture and cover with top crust. Make several openings in the crust to allow steam to escape. Brush lightly with melted butter and bake in hot oven 425 degrees F. for 45 minutes or until golden brown. Serves 6 to 8.

Plain Pastry:

1½ cups flour

½ teaspoon salt

½ cup shortening

4-5 tablespoons cold water

Sift flour and salt together. Cut in shortening with two knives or pastry blender. Leave shortening in pieces about the size of small peas. Add water a tablespoon at a time, mixing and pressing ingredients together with fork until dough is just moist enough to hold together. Form into 2 balls and roll. It is easier to handle dough if chilled a short time before rolling.

BRAISED HEART WITH DRESSING

- 1 beef heart
- Salt, pepper
- 2 slices bacon if desired
- 4 slices bread broken coarsely

- 1 egg
- 2 tablespoons fat
- 2 tablespoons chopped onion

The beef heart will serve six. For the family of two or three use veal, lamb or pork hearts, allowing one heart for each serving. The amount of dressing may be used in proportion.

Wash heart in cold water. Remove veins and arteries and any hard parts. Rub with salt and pepper, both inside and out.

Prepare dressing. Cut slices of bacon in squares, panfry with onions until bacon is crisp and onions are yellow. Remove from stove, stir in bread crumbs. Add beaten egg and season well.

Fill heart cavity with the dressing, stuffing it in lightly. Close opening by sewing or with skewers.

Melt fat in a heavy kettle or roaster, put in meat and brown on all sides. Add one-half cup water, cover and cook slowly from three to three and one-half hours over a low heat or in a slow oven, 325 degrees F., until tender, adding water as needed. Gravy may be made from liquid in pan.

For the veal, lamb or pork heart, two to two and one-half hours should be sufficient time for cooking.

Vegetables, such as potatoes, carrots and onions, may be put around the heart and cooked with it during the last hour of cooking, and arranged around it on the platter when serving.

GYPSY'S JOY

- 1½ cups rice
- 2 quarts water
- 1 large onion, chopped
- 1 green pepper, chopped
- 3 tablespoons bacon fat
- 1 can condensed tomato soup

- 1 cup water
- ½ pound cooked ham
- ½ cup crumbled, nippy cheese
- ½ teaspoon salt
- ⅛ teaspoon pepper

Cook rice in boiling, salted water; rinse and drain. Fry onion and green pepper in bacon fat; add tomato soup and water. Chop ham coarsely and mix with cheese. Combine all ingredients and stir well. Bake in greased casserole in moderate oven of 350 degrees F. about 20 minutes. Serve hot. Serves from 6 to 8.

BAKED HAM AND NOODLES

- 2 tablespoons butter or dripping
- 2 tablespoons flour
- 2 cups milk
- 4 ounces snappy cheese, grated

- Salt and pepper
- 1 package fine egg noodles, cooked
- ½ pound cooked ham, ground

Make white sauce of butter, flour, and milk; add cheese and stir until melted. Season with salt and pepper. Put a layer of noodles in bottom of greased baking dish, sprinkle with ham, and cover with sauce. Repeat layers and sprinkle cheese on top. Bake in a moderate oven of 350 degrees F. 25 to 30 minutes. ¼ lb. chipped dried beef may be used instead of ham. Serves 8.

QUICK CHILI CON CARNE

- 1 pound ground beef
- 2 tablespoons dripping
- 1 onion, chopped
- 1 can of condensed tomato soup

- ½ teaspoon salt
- ½ teaspoon chili powder, if desired
- 2 cups cooked beans

Brown beef in skillet with dripping and chopped onion. Add beans and stir for several minutes. Pour soup over this. Add salt and chili powder. Simmer for 15 to 25 minutes. The chili powder may be omitted, if desired, and a dash of pepper substituted. Serve with boiled or baked potatoes or with boiled rice.