

MEALS ON WHEELS



BY LOU WILLSON & OLIVE HOOVER

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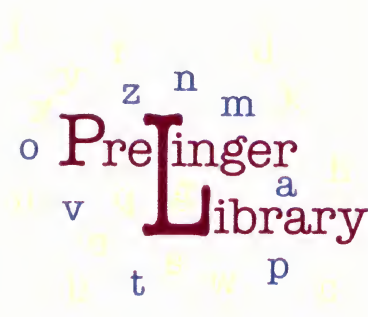
by LOU WILLSON
and OLIVE HOOVER

Meals on Wheels is a book which solves the problems of cooking in a trailer. The difficulties of cooking in small space are overcome by following the expert suggestions of these authors. The list of essential equipment will save you money and space. Complete menus, with recipes, are given for delightful meals that can be prepared in half an hour. Clear directions for candy making, picnic spreads and sandwiches are especially helpful.

While specially designed for trailer home-making, *Meals on Wheels*, with its clever tricks and short-cuts in housekeeping, is a great help to those who do their cooking in kitchenettes.

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MEALS ON WHEELS

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A COOK BOOK

FOR TRAILERS AND KITCHENETTES

BY LOU WILLSON AND OLIVE HOOVER

WITH DECORATIONS BY BARBARA WILLSON



MODERN AGE BOOKS, INC., NEW YORK

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FOREWORD

Wholesome food, well prepared, is a basic requirement in the lives of all of us, and the needs of the human body do not vary in this respect even when we go vacationing. The only real difference between appetites at home and "in transit" is that appetites on vacation usually are more robust. Appetites in trailers are no exception.

Three meals a day can be well executed with a minimum of effort in the snug convenience of a trailer kitchen. Adventuring in a trailer opens opportunities for adventuring in new foods, to anyone who will explore the possibilities of this vagabond existence; and for summer camps and kitchenettes, these menus are equally convenient.

Meals for the trailer need not be drab or uninteresting. Fresh food on every roadside stand, wholesome food in cans challenge the homemaker to feed her traveling companions interesting food, well prepared. Good food which is adequate and appetizing need not be elaborate or intricate to prepare. It is hoped that the martyr spirit dominating homemakers of an earlier day will not reappear in the trailer. Some of the same spirit of adventure that prompted the pioneer homemaker to feed her family well as she swayed across the continent in her covered wagon may still be required of today's trailer homemaker. New frontiers are hers without the same hardships and hazards.

Today's trailer homemaker, if she has taken a step in the fashionable direction of keeping up with the times, will dominate her meals — not be dominated by them. She will plan each day's meals carefully, with the assurance that her family

is adequately fed. She will reduce their preparation to a minimum of time and effort, so that most of her day will find her free to revel in the day's adventures in carefree, holiday mood.

MEALS ON WHEELS — the recorded experience of authors who know trailer cookery from first-hand experience — should help chart a safe culinary course and add considerable interest to trailer travel.

ELOISE DAVISON
*Director, Herald-Tribune
Home Institute*

MEALS ON WHEELS



PREPARATION FOR THE TRIP

A little forethought just before the trailer cook leaves on a trip goes a long way toward making her vacation enjoyable. Decide, if possible, on the amount of cooking to be done while in the trailer. Will three meals be prepared each day? Will breakfast and lunch be trailer meals while dinner is eaten out? Or will breakfast and dinner be prepared in the trailer with a bit picked up along the way for lunch? The plan will probably be changed as you go. It should be, as a matter of fact, to give both trip and cook variety. Nevertheless, do a little planning in advance. Equipping the trailer will be a great deal easier if you take your cooking program into consideration.

COOKING EQUIPMENT



One of the first hazards to be overcome by the trailer cook is her desire to take too much cooking equipment. It is so much easier to empty out the kitchen drawer into the trailer drawer; the pan closet into the trailer closet, than to sit down and question herself about each piece, "Do I need this? Can I use this pan for a roaster as well as a frying pan?"

The most important point is to take the minimum amount of equipment with a place for every bit of it! Avoid leaving equipment around where it can be seen. For example, if you want to take your electric roaster, your pressure cooker and your waffle iron, do please find a place for them in one of the cupboards. Do not let them set out to catch dust. It is difficult enough for two or more people to live in small quarters, keeping the trailer neat and orderly, without adding incidentals to the task.

The following equipment, menus and recipes are planned for a family of four, regularly cooking three meals a day. It differs from a minimum list of equipment for the home kitchen in that the effort has been made to have one utensil serve two purposes whenever possible.

Add or discard according to the family's needs and how much cooking is to be done in the trailer. Before including any of your electrical equipment, learn about the facilities at tourist camps you will be likely to use on your trip. The American Automobile Association can give you the necessary information.

EQUIPMENT

- 1 seven inch frying pan
- 1 nine inch frying pan with removable handle, and cover. When handle is removed, use for roaster
- 1 double boiler
- 1 one quart saucepan
- 1 two quart saucepan
- 1 three quart saucepan
- 1 tea kettle
- 1 coffee maker
- 1 pitcher
- 1 food grinder
- 1 ovenware casserole with pie plate cover
- 1 set of three ovenware refrigerator dishes. One, a loaf dish for meat loaf, etc., the others square — one shallow, one deep. These dual purpose dishes are excellent either for baking or the refrigerator
- 1 muffin pan
- 1 nest of bowls. Purchase an attractive set, for double duty. They may be used on the table for salads, desserts, etc., to mix in, and the largest may be used for washing dishes
- 1 measuring cup. Metal is preferred when only one is taken. It is convenient to use for melting small quantities of fat. It is better to have two measuring cups, if possible, one of them glass
- 1 set measuring spoons
- 1 square cake pan or 2 layer cake pans
- 1 small cookie sheet
- 1 egg beater
- 1 small grater
- 1 potato ricer
- 1 rubber stopper for sink
- 1 rubber pad for under dish drainer
- 1 dish drainer
- 1 biscuit cutter
- 1 tea strainer
- 1 fine mesh strainer on legs. May be used for colander and flour sifter
- 1 cup flour sifter, left in flour canister
- 1 juice extractor
- 1 paring knife
- 1 butcher knife. May be used for bread knife. If not desired, include only a bread knife
- 1 carving knife and fork
- 1 longhandled two tined kitchen fork
- 1 narrow spatula
- 1 broad spatula or cake turner
- 1 *good can opener*
- 1 *good knife sharpener*
- 1 cork screw and bottle opener
- 1 pair salt and pepper shakers
- 1 set wooden spoons or two large tablespoons
- 1 bread box, if not built in
- 1 bread board, if not built in
- 4 storage canisters for flour, etc.
- 1 dish cloth or mop
- 2 pot holders
- ½ dozen tea towels
- 1 garbage can or heavy paper bags
- 1 wash basin
- 1 bucket for water
- 1 ice pick
- 1 dish scraper. Use for cleaning cake batter or cookie dough out of bowl
- 1 kitchen scissors
- 1 toaster
- 1 portable oven if not attached to stove

EXTRAS, IF DESIRED

Tea pot	Strainer variety of garbage can
Waffle iron	for sink is useful, but empty paper
Griddle	bags do very well
Pressure cooker	Another water bucket
Electric cooker	Custard cups
Doll's set of cookie cutters	Tray
Ladle	Mats for hot dishes
Roaster	Vacuum bottle and jug

NEW EQUIPMENT

Look for new ideas in utensils. There are some now on the market with new ones continually being added. Many of them are ideal for the trailer, if new equipment has to be purchased.

There are pans which come two or three to a set, with individual covers. They nest together and will fit over one burner.

If an oven is needed, and a portable one not desired, there are ovenettes now available which are quite satisfactory. They fit over one of the top units on the stove, and bake in the same way as an oven. A little practice is needed, however, to learn to regulate the heat.

Recently an aluminum manufacturer of Wooster, Ohio, brought out a very useful utensil kit. The price is about nine dollars and the kit contains:

- 1 percolator
- 3 different size saucepans with lids
- 2 different size frying pans with lids

The lid of the largest frying pan fits a large water pail.

All of the utensils pack compactly into the water pail. There are two handles which fit all pans.

The new self draining saucepans are worth the extra pennies they cost.



TRAILER HOUSEKEEPING

1. Be sure to buy a first aid kit at the drug store. Do take some salve to put on burns. Do *not* use butter as the salt is detrimental to healing. Buy some prepared adhesive bandage. A roll of one inch adhesive tape is handy. With it, corks can be taped down in bottles or holes closed in milk cans if condensed milk is used.

2. If possible keep supplies on hand for one meal ahead. When cooking vegetables, cook more than are needed. It is possible to use them in a different way the following day, changing their character entirely.

3. If stationed in one place for a while, try preparing part of the main meal of the day, after breakfast, before the breakfast dishes are washed.

4. For a light lunch prepared by the trailer cook while en route, try some of the following:

If sandwiches are to be part of the menu, make them, wrap them in a damp towel, and keep them in the refrigerator. It is a good idea to use the vacuum bottle in order to have something hot with the sandwiches. Make an extra amount of coffee or cocoa at breakfast, or heat some canned soup, and put it in the vacuum bottle for lunch. If cold drinks or milk are preferred be sure they are in the ice box.

Vary the lunches, do not have sandwiches continually. Make salads from leftovers and put them into waxed containers with lids that fit very tightly. Every 5 & 10¢ Store carries these.

Heat beans or chili con carne, etc., at breakfast time and keep them hot in the vacuum jug.

Remember food ceases to be tempting if menus are not varied.

5. Along with the vacuum jug and bottle buy picnic equipment at the 5 & 10¢ Store before you leave. The paper cups, forks, spoons, plates and napkins are handy not only for picnics but for light lunches or suppers. They will eliminate dish washing.

6. Do not forget to start out with at least one roll of paper toweling and some cleansing tissues. They are excellent for wiping metal cutlery or dishes, when you do not want to take time to wash dishes. Paper toweling is a good laundry saver. Get the family in the habit of using it.

7. Stock your emergency shelves wisely and with thought. Space is limited, make the most of it. If very little cooking is to be done en route, have a few snacks such as crackers, cheese, olives, and canned sandwich spreads.

8. With very little effort one can leave home with a full trailer larder. Several tins of cookies — they keep indefinitely, some homemade jellies, jams, or any other home canned foods are excellent to have tucked away. The trailer cook might even bake a pie or cake, and have a small baked ham and roast chicken in the refrigerator.

9. In the evening, before retiring, fill the tea kettle and other utensils with enough water for washing and breakfast, if you do not use your storage tank. If you do, see that it is fueled before retiring.

10. Use spring hooks to hold teacups. This allows more space in the china cupboard. The cups are held tightly so that there is no danger of their breaking while traveling.

11. If Beetle Ware is used instead of china dishes, get a good quality. It will not crack so quickly.

12. If much cooking is done have a small emergency shelf in the refrigerator, for such things as pastry dough, cookie dough, sandwich fillings, etc.

Try to keep china dishes out of the refrigerator. Use waxed paper sandwich bags for leftovers that do not have liquor. It will pay to buy ovenware refrigerator dishes and use them for baking or the refrigerator. Foods should be kept covered in the refrigerator to keep them from drying out and absorbing odors from each other. A small vegetable dish or pan with a cover will not only save space in the refrigerator but will keep lettuce, celery and other vegetables crisp. Try one. The 5 & 10¢ Store has oiled cloth bags that are also convenient for use in the refrigerator.

13. Include a kitchen pad and pencil. It is indispensable for market orders, to jot down staples as they give out, and numerous other memos.

14. While preparing a meal, try to clean up as you go. It is much more pleasant to eat in well ordered surroundings.

15. If aluminum cooking utensils are used, get the steel wool which has soap in it, as it is easier to clean utensils with it.

16. Beware of too many fried foods. They are easy and quick, but baked and broiled foods are preferable. Plan picnics where the family can bake or broil foods outdoors, and thus be kind to their digestions.

17. If the vacation trip is to be spent in the mountains, remember that boiling food at high altitudes is a long, slow process. A small aluminum pressure cooker is excellent. It will cook meals in about one half the usual time. Plan one-dish dinners, such as stews. Local newspapers in the territory can often supply recipes to vary the menus.

18. Wire baskets in different sizes may be purchased at the 5 & 10¢ Store to hold condiments, flour in a bag, vegetables, etc. Hooks may be screwed into the sides of the cupboard and the wire baskets slipped over them to prevent the baskets from rattling.

19. Any hanging equipment can be held down by a piece of elastic. Sew a brass ring on each end of an elastic, slip over the utensil and hook on brass hooks that you screw in the wall on either side of the utensil in question.

20. Save on water. Keep a filled water bottle in the refrigerator for drinking. If you use your water tank, do so as an emergency measure. Follow suggestion No. 9. Remember to flush the tank thoroughly several times a week to keep it clean.

21. One of the simplest ways to serve meals out of doors is to set up individual trays. The 5 & 10¢ Store has large, attractive, rectangular tin ones, that are quite satisfactory. The meal, hot or cold, can be dished up and quickly placed on the trays, with cutlery, napkin and glass of water or beverage, and eaten out of doors.



USEFUL FACTS FOR THE TRAILER COOK

Equivalent Weights and Measures

3 teaspoons = 1 tablespoon	2 pints = 1 quart
4 tablespoons = $\frac{1}{4}$ cup	4 quarts = 1 gallon
16 tablespoons = 1 cup	8 quarts = 1 peck
2 cups = 1 pint	4 pecks = 1 bushel
4 cups = 1 quart	16 ounces = 1 pound

The following is a handy guide of approximate measurements:

Apples, fresh — 1 pound = 2 to 3 apples	Lard — 1 pound = 2 cups
Bacon — 1 pound medium strip = 30 full thin slices	Lemons — juice of one = 4 tablespoons
Bananas — 1 pound = 3 bananas	Onions — 1 pound = 4 to 12 onions
Beets — 1 pound = 2 to 3 beets	Peaches — 1 pound = 3 to 5 peaches
Bread — 1 loaf = 20 slices	Peas — 1 pound = 2 to 3 servings
Butter — 1 pound = 2 cups	Potatoes (Irish) — 1 pound = 2 to 4 potatoes
Carrots — 1 pound = 3 to 5 carrots	Potatoes (sweet) — 1 pound = 2 to 3 potatoes
Chocolate — 1 pound = 16 squares 1 square = 1 ounce	Spinach — 1 pound = 3 to 4 servings
Coffee (ground) — 1 pound = 5 cups	String Beans — 1 pound = 4 servings
Cranberries — 1 pound = 4 cups	Sugar (granulated) — 1 pound = 2 cups
Cream (thick) — almost doubles in whipping	Tomatoes — 1 pound = 2 to 5 tomatoes
Egg whites — 8 to 11 whites = 1 cup	
Flour (white) — 1 pound = 4 cups	

WHAT THEY MEAN

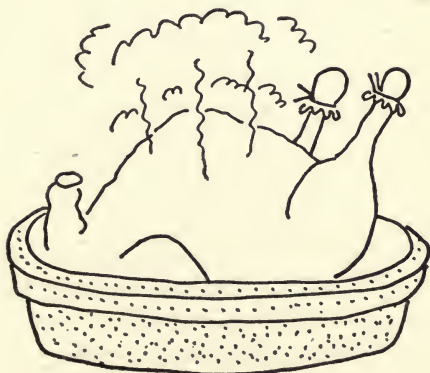
- ASPIC:** A savory jelly made from stock, broth, consomme, or tomato juice — with gelatin.
- BASTE:** Pouring liquid, usually with a spoon or ladle, over food while it is cooking.
- BIND:** Harmonizing ingredients by the addition of one, generally, as in completing the making of a sauce.
- COMPÔTE:** Fruit stewed in syrup.
- CREAM:** Converting an ingredient or ingredients into a creamy stage.
- DREDGE:** The process of working flour or sugar into materials. Meats are dredged with flour; cookies with sugar.
- DRESS:** Final preparation of food for cooking. In salads the addition of the salad dressing.
- FILLETS:** Long thin pieces of meat or fish.
- FOLD:** Mixing by using as few and as light strokes as possible.
- GRATIN:** Covering with crumbs and cheese.
- JULIENNE:** Cutting in fine strips or strings.
- LARD:** Slipping strips of bacon or salt pork into meat, fish and game.
- MARINATE:** Allowing food to stand in a liquid to improve texture or flavor.
- PARBOIL:** Boiling partly, or simmering gently.
- POACH:** Cooking slowly in water, wine or syrup.
- SAUTÉ:** Light browning of meat, fish, vegetables or fruit in a frying pan with a little fat.
- SEAR:** Applying a high degree of heat to the surface of meat in order to seal and preserve the juices.
- SHRED:** Making fine slivers or splinters.
- SOUFFLÉ:** A delicate baked custard which may contain cheese, fish, minced meat or vegetables.
- TOSS:** Turning lightly.
- WORK:** Mixing ingredients thoroughly.

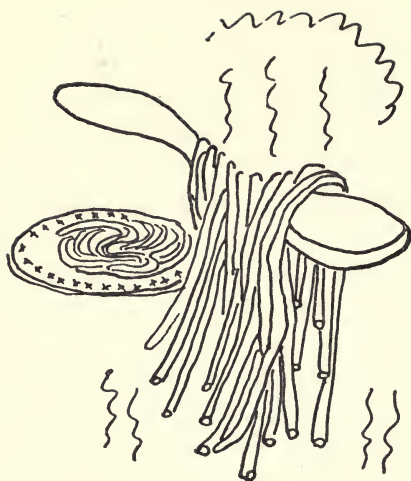
OVEN TEMPERATURE TESTS

The most successful baking results are obtained with a thermostat or regulator-controlled oven. If there is not such a device on the oven, it helps to have an oven thermometer. But be sure it is a good one. If an oven thermometer is not available, try the following tests, although they are unreliable. They need much practice to prove dependable, but in a pinch, they are better than guessing.

When the oven is heated, lay a piece of white paper on its lower shelf and close the oven door. Varying kinds of paper brown to different degrees in the same length of time, therefore tests cannot be accurate. However,

1. If the paper becomes light brown in five minutes, it is a slow oven (250° to 350° F.).
2. If the paper becomes medium brown in five minutes, it is a moderate oven (350° to 400° F.).
3. If the paper becomes dark brown in five minutes, it is a hot oven (400° to 500° F.).





THE EMERGENCY SHELF OR PREPARING FOR THE UNEXPECTED

Every trailer should have one or two shelves stocked with canned goods. Give the emergency food supply careful thought and consideration before the trailer leaves home. It will take care of many a cooking crisis on the road.

The trailer cook will find that an efficiently worked out emergency supply may be depended on for many a delectable impromptu meal, en route. It will serve unexpected guests and will come to her rescue when no store is in sight.

It is helpful to know sizes of cans, net contents and number of servings in each size. Following is a chart issued by the U. S. Department of Agriculture on canned fruits and vegetables:

<i>Can Size</i>	<i>Average Net Weight</i>	<i>Contents in Cupfuls</i>	<i>Approximate Number of Servings</i>
No. $\frac{1}{2}$ or Buffet	8 ounces	1	2 small
No. 1	11 ounces	$1\frac{1}{3}$	2
No. 1 tall	16 ounces	2	3-4
No. 2	20 ounces	$2\frac{1}{2}$	4-5
No. $2\frac{1}{2}$	28 ounces	$3\frac{1}{2}$	5-7
No. 3	33 ounces	4	6-8
No. 5	3 pounds 8 ounces	7	10-14
No. 10	6 pounds 10 ounces	13	20-26

The smallest sizes, Nos. $\frac{1}{4}$, $\frac{1}{2}$ and $\frac{3}{4}$, contain, generally, such foods as devilled meats, sardines, etc. There are also fruits and vegetables in No. $\frac{1}{2}$ (8- or 9-ounce cans, depending on the canner) which are excellent when there are only two in the family, or when combinations such as fruit salads, or other small quantities are needed. Most vegetables and berries are packed in No. 2 cans, while fruits are packed in No. $2\frac{1}{2}$. However, nearly all fruits and vegetables are packed in the No. 1 size as well. So it is wise to learn can sizes, and have those sizes on hand that will best take care of the family.

The most important points to remember when buying for an emergency shelf are:

1. Do not overstock, and
2. Have food combinations that go well together.

Space is valuable in a trailer. It is most important to think twice about everything taken along, food as well as clothing.

It saves time to keep your cans arranged in a definite order. Either group all those cans together, that will go to make a pleasant meal, or group desserts together, main dishes together, vegetables together, etc.

It is a good idea to write out a few favorite menus, making use of the canned goods on hand, and paste the menus on the door of the emergency shelf closet. This may sound like going

to a lot of trouble, but it will reap its reward, you may be sure.

Try to think up new menus from time to time and keep changing the emergency list. When marketing, keep an eye out for new canned products.

Keep materials fresh by using them up regularly, but be sure you replace whatever you use, at the earliest opportunity.

Every trailer family's needs and space are individual, but here are some general hints for trailer cooks:

1. One or more soups
2. One or more meats or fish for main dishes
3. One or more vegetables
4. Some materials for salads
5. A small jar of mayonnaise
6. A few desserts and flavored gelatin preparations
7. Several sandwich spreads
8. A tin or package of cookies
9. Relishes, such as olives and pickles
10. One or more cans of fruit juice
11. A can of evaporated milk
12. A can of condensed sweetened milk
13. One or more prepared flour mixtures
14. Jellies and jams

TRAILER STAPLES

Carry at least one each of the following staples. They are the ones that are usually out at the wrong time:

- Scouring powder
- Soap powder or soap for dish washing
- Soap powder or soap for laundry
- Paper towels
- Waxed paper
- Toilet soap
- Mineral wool, with soap in wool

Materials to choose from, for your own emergency shelf:

Flour mixtures:

- All-purpose flour
- Pancake mix
- Biscuit mix for hot biscuits, dumplings, waffles, muffins, etc.
- Biscuit mix — ginger
- Cake mix — spiced
- Cake mix — chocolate

If you do not like packaged flour mixtures, prepare your own: Mix recipes for biscuits, waffles, cake, etc., up to the place where liquid is added, then put in a sealed jar and keep in refrigerator until you are ready to use.

Bread in cans:

- Boston brown bread
- Date nut bread

Bread crumbs:

- Either made from stale bread or purchased

Sugar:

- 1 pound confectioners' sugar
- 1 pound brown sugar
- 1 pound granulated sugar

MAIN DISHES IN CANS

Dried beef	Tongue	Lobster
Chicken	Salmon	Sardines
Ham	Crabmeat	Shrimps
	Codfish cakes	

PREPARED MAIN DISHES IN CANS

Welsh rarebit	Lamb stew	Baked beans
Chicken à la king	Chow mein	Spaghetti
Corned beef hash	Chili con carne	Soups
	Chicken and noodles	

DRY MATERIALS

Rice

Macaroni

Noodles

The canned meats and fish may be used escalloped, au gratin, creamed or in salads. Holland rusks make a delightful substitute for toast when serving meats or fish creamed. If soups are used for main part of meal, blend several together, such as tomato and chicken, or tomato and pea.

Onion soup may be served with a slice of bread on top and grated cheese sprinkled over it and melted in the oven.

SUGGESTIONS FOR SALADS

Canned meats

One or more vegetables (use 9 ounce cans)

One or more fruits

Small jar mayonnaise

Small jar French dressing or olive oil

JUICES

Sauerkraut

Tomato

Clam

Apricot

Grapefruit

Pineapple

Orange

Loganberry

Prune

Fruit juices blended together make refreshing summer drinks. Or they may be poured over sugared fresh fruits for additional flavor.

DESSERTS

*Steamed puddings**Prepared sauces:*

Chocolate

Butterscotch

Marshmallow

Canned fruits:

Baked apples

Apple sauce

*Flavored gelatin**Prepared puddings:*

Lemon

Butterscotch

Chocolate

Vanilla

SALAD DRESSINGS

FRENCH DRESSING

1 CUP OIL 1/2 TEASPOON PAPRIKA
 1/3 CUP LEMON JUICE OR VINEGAR 1 TEASPOON SALT
 1 TEASPOON POWDERED SUGAR

Combine all ingredients, pour into a bottle and shake well before each using. The French always rub with a clove of garlic the bowl in which the salad dressing is made. Tarragon or wine vinegar may be substituted for cider vinegar or lemon juice.

MAYONNAISE

3 TABLESPOONS LEMON JUICE OR 1 EGG
 VINEGAR 1/8 TEASPOON DRY MUSTARD
 1/2 TEASPOON PAPRIKA 1 1/2 CUPS SALAD OIL
 1/2 TEASPOON SALT

Put whole egg, seasonings, one quarter cup salad oil and one tablespoon lemon juice or vinegar in a bowl and beat well. Add remaining salad oil, one quarter cup at a time until it is all used. The rest of the lemon juice or vinegar is added a little at a time while mixing.

FRENCH FRUIT SALAD DRESSING

1 EGG YOLK 3/4 CUP OIL
 1/4 TEASPOON DRY MUSTARD 1/4 CUP PINEAPPLE JUICE
 1/4 TEASPOON SALT 2 TABLESPOONS LEMON JUICE
 1 TEASPOON SUGAR 2 TABLESPOONS ORANGE JUICE

Beat egg yolk. Add mustard, salt, and sugar. Add oil gradually, put into a bottle and add fruit juices. Shake vigorously until well blended.

BOILED DRESSING

4 TABLESPOONS SUGAR	6 TABLESPOONS WEAK VINEGAR
1 TEASPOON SALT	1 1/2 CUPS BOILING WATER
2 TABLESPOONS CORNSTARCH	2 TABLESPOONS BUTTER
1 TEASPOON MUSTARD	2 EGG YOLKS

Mix dry ingredients. Add vinegar and water. Cook in double boiler until thick. Add beaten egg yolks and butter. Cook one minute longer. When cool, place in covered jar and keep in refrigerator. Thin as needed with cream, plain or whipped.

ROQUEFORT DRESSING

2/3 CUP FRENCH DRESSING*	2 TABLESPOONS ROQUEFORT
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Add the Roquefort cheese finely crumbled with a fork. Chill and serve with hearts of lettuce.

THOUSAND ISLANDS DRESSING

1/2 CUP MAYONNAISE	6 STUFFED OLIVES, CHOPPED
4 TABLESPOONS CHILI SAUCE	2 SWEET PICKLES, CHOPPED
1 TEASPOON HORSERADISH	

Mix all ingredients together and serve.

* See page 21.

WHITE SAUCES

One of the tests by which you know a good cook is the excellence of the white sauces she can make. A white sauce should be smooth, creamy and fine in flavor.

Thin Sauce — Used in making cream soups.

Medium Sauce — Used for creamed or escalloped dishes, gravies; consistency as of heavy cream.

Thick Sauce — Also used for creamed or escalloped dishes, gravies, croquettes, soufflés; a heavy sauce that spreads rather than runs.

	<i>For Thin Sauce</i>	<i>For Medium Sauce</i>	<i>For Thick Sauce</i>
Liquid	1 cup	1 cup	1 cup
Flour <i>or</i>	1 tablespoon	2 to 3 tablespoons	3 to 4 tablespoons
Cornstarch	1 teaspoon	2 teaspoons	1 tablespoon
Fat	1 tablespoon	1 to 3 tablespoons	1 to 4 tablespoons

Method of Mixing Ingredients:

The most usual method for making a white sauce is to melt fat, stir in flour and add all of milk, water or stock. Stir constantly while cooking and season to taste. A brown sauce is one in which fat and flour are both browned, or just one of these is browned before the liquid is added. This kind of sauce is used for gravies. Cream is used for the liquid in a cream sauce.

If cornstarch is used as a thickening agent, the mixture should be cooked longer than a flour mixture, to overcome the raw taste.

MAIN MEALS OFF THE SHELF

The following are menus designed for the trailer traveler who is on a short vacation. It will also help the trailer homemaker who wants a plan for a first rate and first aid food emergency shelf.

The menus are built around canned or packaged goods.

For a two or three weeks' vacation it is possible to plan all the menus and store the canned and packaged foods for the whole trip.

In the section that follows the menus, there are recipes and instructions for making each of the starred dishes, the desserts following after the main dishes. (See pages 28-36.)

CORNED BEEF WITH POACHED EGGS *

BUTTERED SPINACH LETTUCE AND CUCUMBER SALAD
SLICED BANANAS IN PINEAPPLE JUICE
CHOCOLATE COOKIES

For this meal you require on the Emergency Shelf:

I CAN CORNED BEEF	I CAN PINEAPPLE JUICE
I CAN SPINACH	I TIN CHOCOLATE COOKIES

CORNED BEEF SANDWICHES *

CREAMED CORN SLICED TOMATOES, OLIVES
ORANGE PUDDING WITH LADY FINGERS *

On the Emergency Shelf:

I CAN CORNED BEEF	I JAR OLIVES
I CAN CORN	I PACKAGE LADY FINGERS
I CAN CONDENSED SWEETENED MILK	

SPAGHETTI AND BEEF CASSEROLE *

BREAD STICKS MIXED GREEN SALAD

STRAWBERRY CUSTARD *

On the Emergency Shelf:

- | | |
|---------------------------------------|---------------------------|
| I 2½-OUNCE JAR DRIED BEEF | I PACKAGE VANILLA PUDDING |
| I PACKAGE BREAD STICKS | I PACKAGE MACAROONS |
| I CAN SPAGHETTI AND TOMATO SAUCE | |
| I PACKAGE STRAWBERRY FLAVORED GELATIN | |

CHEESE FONDUE WITH DRIED BEEF *
(oven needed)

- | | |
|--|---------------------|
| ASPARAGUS TIPS | PICKLED ONION SALAD |
| TOASTED ENGLISH MUFFINS | |
| PEACH HALVES WITH STRAWBERRY PRESERVES | |
| VANILLA WAFERS | |

On the Emergency Shelf:

- | | |
|---------------------------|----------------------------|
| I 2½-OUNCE JAR DRIED BEEF | I CAN PEACHES |
| I CAN ASPARAGUS TIPS | I JAR STRAWBERRY PRESERVES |
| I JAR PICKLED ONIONS | I PACKAGE VANILLA WAFERS |

LIMA BEAN CASSEROLE *

- | | |
|-------------------------------------|----------------------|
| DEVILLED EGG SALAD | CREAMED STRING BEANS |
| PRUNE WHIP WITH MARSHMALLOW SAUCE * | |

On the Emergency Shelf:

- | | |
|-------------------------|--------------------|
| I CAN LIMA BEANS | I CAN STRING BEANS |
| I CAN TOMATOES | I JAR PRUNE PULP |
| I JAR MARSHMALLOW CRÊME | |

ESCALLOPED CRAB MEAT *
(oven needed)

- | | |
|----------------------|---------------|
| PAN BROWNED POTATOES | HARVARD BEETS |
|----------------------|---------------|

PINEAPPLE GRAHAM LOAF *

On the Emergency Shelf:

- | | |
|-------------------------------|----------------------------------|
| I CAN CRAB MEAT | I 8-OUNCE CAN CRUSHED PINE-APPLE |
| I BOTTLE WORCESTERSHIRE SAUCE | |
| I CAN BEETS | I BOX GRAHAM CRACKERS |

VIENNA SAUSAGE AND CORN CASSEROLE *
 PEAR SALAD, FRENCH DRESSING LYONNAISE POTATOES
 ORANGE DIPS WITH CREAM CHEESE AND CRACKERS *

On the Emergency Shelf:

I JAR VIENNA SAUSAGES	I CAN PEAS
I CAN KERNEL CORN	I JAR FRENCH DRESSING
I SMALL JAR PIMENTOS	I TIN OF CRACKERS

DINNER-IN-A-DISH *

ASSORTED RELISHES

MELBA TOAST

APPLE CAKE *
 (oven needed)

On the Emergency Shelf:

I PACKAGE NOODLES	I TIN RIPE OLIVES
I CAN CORN	I PACKAGE MELBA TOAST
I CAN CONDENSED TOMATO SOUP	I JAR MIXED SWEET PICKLES
I CAN APPLE SAUCE	
I POUND PACKAGE VANILLA WAFERS	
I CAN CONDENSED SWEETENED MILK	

OLD-FASHION BAKED BEANS *

BOSTON BROWN BREAD

COLD SLICED HAM

FRUIT SALAD

On the Emergency Shelf:

I CAN PORK AND BEANS	I CAN BOSTON BROWN BREAD
I CAN MOLASSES	I SMALL TIN PREPARED BAKED
I BOTTLE CATSUP	HAM
I CAN FRUIT SALAD	

GRILLED SARDINES *

STEWED TOMATOES

MIXED VEGETABLE SALAD

PINEAPPLE UPSIDE-DOWN GINGERBREAD *

(oven needed)

OR

BAKERY GINGERBREAD WITH CREAM CHEESE AND NUT FILLING

HOT BUTTERSCOTCH SAUCE

On the Emergency Shelf:

2 CANS LARGE SARDINES

1 PACKAGE GINGERBREAD MIX

1 9-OUNCE CAN EACH OF PEAS, 1 CAN PINEAPPLE OR 1 JAR

CARROTS, STRING BEANS

BUTTERSCOTCH SAUCE

1 CAN TOMATOES

SALMON À LA KING *

HOT POTATO CHIPS

BUTTERED PEAS

CELERY HEARTS

GINGER LEMON PIE *

On the Emergency Shelf:

1 CAN SALMON

1 PACKAGE POTATO CHIPS

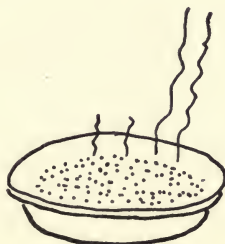
1 CAN MUSHROOMS

1 CAN PEAS

2 CANS EVAPORATED MILK

1 PACKAGE GINGER SNAPS

1 PACKAGE LEMON FILLING



LIMA BEAN CASSEROLE

1 NO. 2 CAN LIMA BEANS	2 ONIONS, SLICED
3 SLICES BACON	1 NO. 2 CAN TOMATOES
1 GREEN PEPPER, CHOPPED	

Cut bacon into pieces and crisp in a frying pan. Remove bacon and place onions and green pepper in the bacon fat. Cook until tender. Place a layer of lima beans in a buttered casserole. Add a layer of bacon, onion and pepper mixture. Sprinkle with salt and pepper. Press three of the whole canned tomatoes on top. Repeat with another layer of mixture with three more tomatoes pressed on top. If mixture appears dry add a bit of the tomato juice. A good grade of tomatoes usually has six or more whole tomatoes per can. Do not discard juice, instead strain and season it and use as an appetizer. If no oven is available, cook on top of the stove.

Bake Lima Bean Casserole in a moderate oven (400°) about twenty minutes.

ESCALLOPED CRAB MEAT

2 TABLESPOONS FLOUR	1 CUP BREAD CRUMBS
2 TABLESPOONS FAT	1 1/2 CUP MILK
1 1/2 TEASPOON SALT	6- OR 7-OUNCE CAN CRAB MEAT
1/2 TEASPOON FINELY CHOPPED ONION	1 TEASPOON CHOPPED PARSLEY
1/2 TEASPOON WORCESTERSHIRE SAUCE	

Make a white sauce of flour, fat, salt and milk. Add crab meat (after separating from bones), onion, parsley, Worcestershire and bread crumbs. Place in greased baking dish, dot with butter and bake in moderate oven (400°) until it browns, or about twenty minutes. Any leftover fish or other canned fish may be used.

SPAGHETTI AND BEEF CASSEROLE

- 1 2½-OUNCE JAR DRIED BEEF
 1 CAN SPAGHETTI WITH TOMATO SAUCE
 BUTTERED CRUMBS

Separate and shred dried beef, cover with hot water and let soak for ten minutes. Drain. Put a layer of hot spaghetti in a greased casserole and cover with the beef. Repeat process, finishing with a layer of spaghetti on top. Sprinkle with buttered crumbs. Put in a moderate oven (375°) until crumbs are brown. If no oven is available, mix and heat thoroughly and serve sprinkled with buttered crumbs.

SALMON À LA KING

- | | |
|--------------------------|--------------------|
| 1 SMALL CAN MUSHROOMS | 1 CUP WATER |
| 3 TABLESPOONS FAT | 1 EGG YOLK |
| 3 TABLESPOONS FLOUR | 1 CAN SALMON |
| 1 SMALL ONION, MINCED | ½ TEASPOON PAPRIKA |
| 1 ¼ CUPS EVAPORATED MILK | SEASONING TO TASTE |

Drain mushrooms, saving liquor. Cut mushrooms in half. Melt fat, add mushrooms and onion. Cover and cook until tender. Add flour, mixing well and add evaporated milk. Add enough hot water to the mushroom liquor to make one cup and pour into mixture. Stir constantly and cook until thick. Add beaten egg yolk and flaked boned salmon. Now add paprika and heat thoroughly about three minutes. Serve on toast. Any canned or leftover meat including ham, may be used.

OLD-FASHION BAKED BEANS

1 CAN PORK AND BEANS
MOLASSES

CATSUP
2 STRIPS OF BACON

Add enough molasses and catsup to can of beans to taste good. Pour into a casserole and lay strips of bacon across top. Bake in a moderate oven (400°) until well heated, and bacon is crisp, or about thirty minutes. If no oven is available, crisp bacon, mix with beans, add other ingredients to taste and heat on top of stove.

DINNER-IN-A-DISH

1 MEDIUM ONION, CHOPPED

1 CUP WATER

2 HEAPING TABLESPOONS BUTTER

1 CAN CONDENSED TOMATO SOUP

½ POUND ROUND STEAK, GROUND

1 NO. 1 CAN CORN

½ CUP GRATED CHEESE

1 HEAPING CUP UNCOOKED NOODLES

Sauté chopped onion in butter until brown. Add meat, stir and cook until it is brown. Add tomato soup and cup of water. Add noodles, stir, and cook until noodles are tender. More water may have to be added to keep the mixture moist. Stir in corn, and salt and pepper to taste. Pour into large buttered casserole. Sprinkle with grated cheese and cook thirty-five to forty-five minutes in a moderate oven (400°), or until cheese is thoroughly melted. If no oven is available, heat on top of the stove, and serve with packaged, grated Parmesan cheese.

VIENNA SAUSAGES AND CORN CASSEROLE

CANNED VIENNA SAUSAGES

1 PIMENTO

1 NO. 1 CAN WHOLE KERNEL CORN

1 ½ CUPS MEDIUM WHITE SAUCE

Cut pimento fine, blend all ingredients together and bake in a moderate oven (400°), for 30 minutes. If no oven is available, heat on top of stove and serve.

GRILLED SARDINES

2 TINS SARDINES

1 SLICE GARLIC

1 TABLESPOON LEMON JUICE

SLICED BEETS

SLICED CUCUMBERS

FRENCH DRESSING

WHOLE CLOVES

Heat sardines in their own oil until they begin to turn a golden brown. Add one slice of garlic to the oil. Remove when brown. Sprinkle sardines with salt, pepper and lemon juice. Remove to hot platter and put 2 cloves in each sardine. Garnish with beets and cucumbers which have been marinated in the French dressing.

RECIPES FOR DESSERTS OFF THE SHELF



PINEAPPLE-GRAHAM LOAF

- | | |
|---|-----------------------------------|
| $\frac{1}{2}$ CUP BUTTER | 1 8-OUNCE CAN OR 1 CUP DRAINED |
| 1 CUP SUGAR | CRUSHED PINEAPPLE |
| 2 EGG YOLKS | $\frac{1}{3}$ CUP PINEAPPLE JUICE |
| 1 TABLESPOON CREAM | 2 EGG WHITES, BEATEN STIFF |
| $2\frac{1}{2}$ CUPS GRAHAM CRACKER CRUMBS | |

Cream butter and sugar. Beat egg yolks and add cream. Cook slightly in double boiler. When thick and smooth, add to first mixture. Cool. Add crushed pineapple, pineapple juice and fold in beaten egg whites. Line a shallow pan with wax paper. Put a layer of graham cracker crumbs on the bottom. Spread part of pineapple mixture over this, cover with crumbs; then another layer of pineapple mixture. Cover with wax paper and chill thoroughly in refrigerator. May be made twenty-four hours before needed. Serve in squares with whipped cream or whipped evaporated milk, if desired.

STRAWBERRY CUSTARD

- | | |
|---|---------------------------|
| 1 PACKAGE STRAWBERRY FLAVORED GELATIN | 1 PACKAGE VANILLA PUDDING |
| | 3 CUPS MILK |
| $\frac{1}{4}$ POUND MACAROONS, POWDERED | |

Make one pint of strawberry jelly according to recipe on box. Make vanilla pudding using three cups of milk and following recipe on box. Chop congealed strawberry jelly with a fork. Cover custard with macaroon crumbs, and heap chopped jelly around sides and serve cold. Crisp cookies are good with this.

ORANGE PUDDING OR ORANGE ICE BOX CAKE

I CAN CONDENSED SWEETENED MILK	$\frac{1}{2}$ CUP ORANGE JUICE
I TEASPOON GRATED LEMON RIND	$\frac{1}{2}$ TEASPOON VANILLA
5 TABLESPOONS LEMON JUICE	LADY FINGERS OR SPONGE CAKE
	I TEASPOON GRATED ORANGE RIND
	CREAM OR EVAPORATED MILK

Add fruit juices, rind and vanilla to can of condensed sweetened milk. Mix well.* Split Lady Fingers, place a layer in a mold which has been lined with wax paper, cover with orange mixture, add another layer of lady fingers and another layer of orange mixture. Cover with wax paper, place in refrigerator until set and chilled. Serve with whipped cream or whipped evaporated milk. May be made twenty-four hours before needed.

GINGER LEMON PIE

18 OLD-FASHIONED GINGER SNAPS	3 TABLESPOONS BUTTER
I TABLESPOON SUGAR	I PACKAGE LEMON FILLING
	SLICED BANANAS OR WHIPPED CREAM

Put ginger snaps through food grinder using fine cutter or roll to a fine powder. Mix with softened butter and sugar. Press mixture firmly against sides and bottom of a pie plate. Put into the refrigerator to chill and harden. Prepare lemon filling according to directions on package and fill pie shell. Spread either sliced bananas or whipped cream over top. Any other packaged pudding may be used. Vanilla pudding is delicious with drained apricot halves laid, rounded side up, on top of filling, just before serving.

* For pudding, follow recipe to this point. Then chill mixture, and serve with packaged Lady Fingers.

PINEAPPLE UPSIDE-DOWN GINGERBREAD

3 TABLESPOONS BUTTER
 ½ CUP BROWN SUGAR

4 SLICES CANNED PINEAPPLE
 PREPARED GINGERBREAD MIXTURE

Melt butter in eight-inch pan, add brown sugar and stir. Place pineapple slices in pan with sugar mixture. Pour in gingerbread mixture and bake in a hot oven (400°) for thirty minutes. Turn out of pan and cut pieces so that each section has a generous piece of pineapple on top. Garnish with whipped cream, if desired.

APPLE CAKE

2 TABLESPOONS MELTED BUTTER
 ½ TEASPOON CINNAMON
 2 CUPS VANILLA WAFER CRUMBS
 3 EGG YOLKS, BEATEN
 3 EGG WHITES, BEATEN STIFF

1 CAN CONDENSED SWEETENED
 MILK
 2 TABLESPOONS LEMON JUICE
 GRATED RIND OF 1 LEMON
 1 NO. 2 CAN APPLE SAUCE

Add butter and cinnamon to vanilla wafer crumbs. Spread a thick layer of crumbs on the bottom of a buttered, ten-inch cake pan. Add condensed sweetened milk to the beaten egg yolks; mix well. Add lemon rind, juice and two cups of the apple sauce. Fold in beaten egg whites. Pour into pan on top of crumbs. Cover with remaining crumbs. Bake in a moderate oven (350°), fifty minutes. Serve hot or cold.

ORANGE DIPS

Separate juicy, seedless oranges or tangerines into sections. Arrange around a mound of confectioners' sugar. Dip each piece in the mound of sugar, as you eat them.

PRUNE WHIP

1 CUP PREPARED PRUNE PULP
CONFECTIONERS' SUGAR

2 EGG WHITES, BEATEN STIFF
JUICE OF HALF A LEMON

Add lemon juice to prune pulp. Mix in sugar to taste (have mixture a little sweeter than desired, as the egg whites will reduce sweetness). Fold in stiffly beaten egg whites. Serve thoroughly chilled, with prepared marshmallow crême sauce. Any fruit pulp may be used this way.

TRAILER MENUS

The most difficult meal to plan when traveling in a trailer is the big meal of the day. Breakfast and lunch are simple, but when it comes to dinner or supper, whichever is the main meal, the trailer homemaker is apt to be a bit perplexed.

Because there is so little room to work in; because there is a minimum amount of equipment; because it is impossible to store foods in large quantities, and, most important of all, because there is a justifiable apathy toward spending much time in food preparation — trailer cooking must be simple. Far simpler than cooking at home!

The following menus and recipes have been worked out with these facts in mind. The menus might be classified as suitable for luncheons or suppers, but by adding an appetizer or soup, and another vegetable, they may be turned into large dinners, if the trailer homemaker is ambitious.

The most difficult part of meal planning at home, or in a trailer, is the proper combination of entrée or main dish, salad and dessert. The variety of foodstuffs is apt to be limited while en route, and this is where the canned goods on the emergency shelf may be most useful. But, *whenever possible, use fresh fruits and vegetables.*

A large assortment of recipes are presented here in an effort to take the monotony out of trailer meals. It is all too easy to drift into preparing dull and uninteresting meals, because it is often impossible to buy any but the commonest fruits and vegetables while traveling — sometimes not even these. It depends, of course, on what section of the country you are going through.

The menus are arranged in two sections: For warm and cool weather.

While en route, exercise is likely to be very mild and, if the weather is warm, the result is muscular relaxation. This decreases the energy requirement. Hence the so-called warm weather suggestions. The meals are lighter, and easier to digest.

Energy requirements are correspondingly higher in cool weather, and after muscular activity appetites are better. Therefore, the cool weather suggestions make use of heavier foods.

The warm and cool weather menus have, in turn, been divided into two groups.

The first group in each division is simpler, and can be prepared more quickly than the second group. The trailer traveler who is vacationing for several months will enjoy these menus.

The second group of menus in each division is a little more elaborate, although still easy to prepare. The half million homemakers who live in trailers all year round will welcome these suggestions, we are sure, and the temporary traveler will enjoy them, too.

Whether a meal is prepared in a trailer or in your own kitchen at home, it must be a good meal — good to look at, good to eat and good for its food value. A few basic rules that will smooth out major trailer difficulties are:

1. In trailer meal planning try to keep one meal ahead while en route. Even if the schedule is not rigidly followed, and you find yourselves eating at a wayside inn instead of as planned, nothing is lost. It is even better to plan meals ahead for a whole day or for several days. This is easily done when you are camped for a while. It may sound like work, but persevere — better meals with more variety will result.

2. As you travel along, buy fresh fruits and vegetables from roadside stands or farmers. They'll be cheaper and the food will be fresher.

3. Avoid serving the same food twice in one day. Staples are not included, of course. With limited storage space in a trailer, an exception to this rule is permissible sometimes. For example, you might run into a peach or strawberry section en route and buy a large quantity. Do the best you can with disguises, in this case, and hope there will be no complaints.

4. Avoid flavor repetition. For instance, do not serve celery soup and stewed celery or tomatoes and sliced tomato salad in the same meal.

5. Have contrasts in flavor within the course, or in the meal, as asparagus which is mild flavored with roast beef.

6. Have contrasts in texture, as crackers with soup or crisp cookies with chocolate pudding. It's the old story of lamb with mint jelly, apples with pork — applied throughout the meal.

7. Oppose foods difficult to digest with easily digestible ones. Not more than a single food that is a problem to the digestive tract should be included in a meal.

Trailer cooking is full of temptations that lead to badly balanced meals. It is easy to drift into concocting meals with too many fried foods, starches and foods out of cans. Always keep in mind that every day's meals must be well balanced. You must include plenty of fresh milk, either to drink or in food; plenty of fresh vegetables and fruits, cooked and uncooked, and proteins as in meat or eggs. It is not necessary to have meat every day, if you use substitutes such as eggs and cheese dishes. A safe guide is color: if a meal has plenty of diversified natural color, it is usually well balanced.

The menu suggestions that follow will help the trailer cook work out simple combinations of her own and her family's favorites. The recipes immediately follow the menu.

When cakes, cookies, gelatin desserts or salads are used, it is advisable to prepare them either the night before, just before

the dinner dishes are washed, or the same day before the breakfast dishes are washed — this, so that all soiled equipment may be cleaned at the same time. This method is only practicable if you camp in one spot for several days.

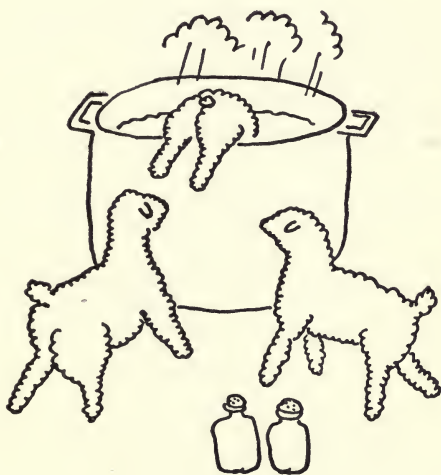
The recipes given serve four people.

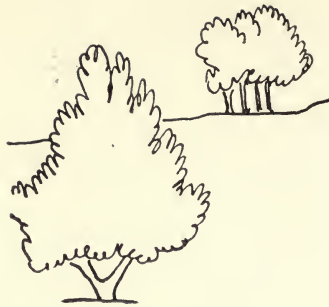
Standard measuring cups and spoons have been used.

It is assumed the trailer cook has a two-burner stove with an oven connected to it, or that there is a portable oven.

WARM WEATHER MENUS

Group 1





WARM WEATHER MENUS

Group 1

Tomatoes Filled with Shrimp Salad
Hot Cheese Biscuits *Brussels Sprouts*
Cantaloupe Ring with Raspberries

Routine: Peel tomatoes. Make filling. Stuff tomatoes and place in refrigerator.

Clean and cook Brussels sprouts.

Mix biscuits and bake.

Prepare cantaloupe and clean berries. Put into refrigerator.

TOMATOES FILLED WITH SHRIMP SALAD

4 TOMATOES

1 CAN SHRIMP OR IF FRESH SHRIMP,

USE 3 PER PERSON

$\frac{1}{2}$ CUP FINELY CUT CELERY

$\frac{1}{2}$ CUP COOKED GREEN PEAS

MAYONNAISE

4 WHOLE CURLED SHRIMP

1 TEASPOON ONION JUICE

SWEET PICKLE

Clean canned shrimp, remove the dark vein and cut into pieces. If fresh shrimp are used, allow twenty minutes for cooking. Run cold water over them after cooking and clean as suggested above. Save four whole shrimp for garnishing.

Blend celery, peas, shrimp and onion juice with enough mayonnaise to coat the ingredients. Hollow out each peeled tomato and fill each, top with a bit of mayonnaise, a dash of paprika and one whole curled shrimp over the edge of the tomato. Serve on lettuce leaf and garnish with sweet pickle.

BRUSSELS SPROUTS

1 QUART BRUSSELS SPROUTS

Cut all wilted leaves away and wash thoroughly. Drop into boiling salted water and cook until tender, ten to fifteen minutes. Season and pour melted butter over them.

HOT CHEESE BISCUITS

Use two cups of prepared biscuit mixture adding one half cup grated cheese before mixing with the milk or use the following:

2 CUPS PASTRY FLOUR, SIFTED	1 TEASPOON SALT
BEFORE MEASURING	4 TABLESPOONS SHORTENING
4 TEASPOONS BAKING POWDER	1/2 CUP GRATED CHEESE
	2/3 CUP MILK

Mix dry ingredients. Cut in the shortening until the mixture looks like coarse corn meal. Add grated cheese and mix well. Add milk, working only enough to combine the ingredients. Turn out on floured board. Pat to one half inch thickness and cut, using biscuit cutter or small tumbler. Place on slightly greased pan and bake for ten to twelve minutes in a hot oven (450°) or until a light golden brown.

CANTALOUPE RING WITH RASPBERRIES

1 CANTALOUPE	1 PINT RASPBERRIES
CONFECTIONERS' SUGAR	

Cut cantaloupe crosswise into four slices, remove seeds and peel. Fill each ring with sweetened berries.

Crab à la Newburg
Latticed Potatoes (packaged) *Mixed Green Salad*
Huckleberry or Blueberry Pudding

Routine: Prepare pudding earlier in the day.

Prepare salad greens, place in bowl and put into refrigerator.

Remove potatoes from package and warm.

Make Crab à la Newburg.

HUCKLEBERRY OR BLUEBERRY PUDDING

2 CUPS OR MORE OF BERRIES

$\frac{1}{2}$ CUP SUGAR

1 CUP PREPARED BISCUIT FLOUR

4 TABLESPOONS SUGAR

1 WELL BEATEN EGG

$\frac{1}{4}$ CUP MILK

$\frac{1}{2}$ TEASPOON VANILLA

1 TABLESPOON MELTED BUTTER

Cover bottom of baking dish with the berries. Sprinkle with one-half cup of sugar. Mix four tablespoons of sugar with the prepared flour. Add the egg, milk, vanilla and melted butter. Blend thoroughly. Spread evenly over the berries and bake in a moderate oven (350°), until done, or about forty minutes.

Serve with hard sauce if pudding is used hot, or with cream if served cold.

MIXED GREEN SALAD

LETTUCE

ENDIVES

WATERCRESS

CHICORY

FRENCH DRESSING

1 CLOVE OF GARLIC

Rub salad bowl with the garlic clove. Add any or all of the above salad greens, shredded, to the bowl, and marinate with the French dressing.

CRAB À LA NEWBURG

2 TABLESPOONS BUTTER

2 TABLESPOONS FLOUR

1 TEASPOON SALT

PEPPER

 $\frac{1}{4}$ TEASPOON PAPRIKA

1 CUP MILK

1 CUP THIN CREAM

1 CUP FLAKED CRAB MEAT

2 EGG YOLKS

3 TABLESPOONS SHERRY

Melt butter. Add the flour, salt, pepper and paprika and mix well. Add the milk and stir constantly until thick. Add cream and the crab meat and cook thoroughly. Add beaten egg yolks and cook for three minutes longer stirring gently. If desired, add sherry just before serving.



Sauerkraut Juice and Tomato Juice Cocktail
Poached Egg with Devilled Ham on Toast
Hashed Brown Potatoes *Beet Relish*
Sliced Bananas and Oranges with Custard Sauce
Brownies

Routine: Make custard sauce at breakfast time, put into covered jar and place into refrigerator.
 Blend sauerkraut juice and tomato juice to taste and put into refrigerator.
 Make beet relish, set in refrigerator.
 Slice oranges and put in refrigerator.
 Chop cold boiled potatoes and follow recipe.
 Prepare white sauce, poach eggs, toast bread and spread with devilled ham.
 Before serving dessert, cut up two bananas to add to the oranges. Bananas should be sliced just before serving as they turn dark when allowed to stand.

POACHED EGGS WITH DEVILLED HAM ON TOAST

4 SLICES BUTTERED TOAST	1 CAN DEVILLED HAM
4 POACHED EGGS	1 CUP MEDIUM WHITE SAUCE

Spread toast with devilled ham. Arrange on a hot platter, and top each piece with a poached egg. Pour white sauce over each and serve garnished with paprika and parsley.

BEET RELISH

6 MEDIUM CANNED BEETS	½ SMALL ONION
2 TEASPOONS HORSERADISH	3 TABLESPOONS VINEGAR
SALT AND PEPPER TO TASTE	

Either chop beets fine or put through food chopper using large size cutter. Grate onion over this and add horseradish and vinegar. Blend thoroughly. Salt and pepper to taste. Serve in a large bowl or as an individual salad on a lettuce leaf garnished with mayonnaise and watercress.

HASHED BROWN POTATOES

6 TO 8 COLD BOILED POTATOES 1 HEAPING TABLESPOON BUTTER

Put butter into frying pan. When heated to bubbling stage put in the chopped potatoes to a depth of one inch. Press potatoes down in pan, pack firmly, season, and cook slowly, without stirring, until potatoes are brown. Begin at one side of frying pan and fold potatoes over to the other side like an omelet, packing closely together. Turn upside down on a very hot platter.

CUSTARD SAUCE

1 PACKAGE VANILLA PUDDING } follow directions on package
3 CUPS OF MILK } for mixing

OR

2 CUPS SCALDED MILK 5 TABLESPOONS SUGAR
2 EGG YOLKS $\frac{1}{8}$ TEASPOON SALT
 $\frac{1}{2}$ TEASPOON VANILLA EXTRACT

Beat egg yolks slightly. Add sugar and salt. Mix well. Add scalded milk slowly, stirring constantly. Cook in a double boiler, stirring until thick enough to coat a spoon. Be careful not to overcook as sauce will curdle. Add vanilla and chill.

BROWNIES

4 TABLESPOONS MELTED SHORTENING $\frac{2}{3}$ CUP FLOUR
1 CUP SUGAR 1 TEASPOON BAKING POWDER
1 EGG $\frac{1}{8}$ TEASPOON SALT
2 SQUARES UNSWEETENED CHOCOLATE $\frac{1}{2}$ CUP CHOPPED NUT MEATS
1 TEASPOON VANILLA

Add the sugar to the melted shortening. Mix well and stir in the egg. Add melted chocolate and vanilla and mix thoroughly. Mix in the dry ingredients. Then stir in the nut meats. Spread thinly (about one half inch) on a greased and floured shallow baking pan. Bake in a slow oven (300°), for twenty-five to thirty minutes.



Sautéed Lamb Chops with Glazed Pineapple
Corn on Cob *Dandelion Green Salad*
Stewed Rhubarb and Strawberry Pudding

Routine: Prepare the pudding.
 Clean dandelions and make dressing.
 Put water on for corn.
 Sauté lamb chops.
 Cook the corn.
 Glaze pineapple.
 Pour hot dressing over dandelion greens.

STEWED RHUBARB AND STRAWBERRY PUDDING

2 CUPS RHUBARB	1 ½ CUPS HOT WATER
1 CUP STRAWBERRIES	1 ¼ CUPS SUGAR
¼ CUP QUICK TAPIOCA	½ TEASPOON SALT

Hull strawberries, cut into halves, sprinkle with a little sugar and place in refrigerator. Wash rhubarb and cut into small pieces. If stalks are young and pink, do not peel. Cook rhubarb, tapioca and hot water until mixture is clear, stirring frequently. Add strawberries and remaining sugar and salt, and stir until sugar is dissolved. Remove from fire and cool. Serve with thin cream or whipped cream, and more fresh crushed berries if desired.

CORN ON COB

Remove husks and silk from corn. Drop into boiling water and cook until tender, about eight minutes.

SAUTÉED LAMB CHOPS WITH GLAZED PINEAPPLE

1 TABLESPOON FAT

4 THICK LAMB CHOPS

Heat the fat to bubbling, put in the chops and sear on both sides. Reduce heat and allow to cook for ten to twenty minutes, depending on whether medium or well done chops are preferred.

GLAZED PINEAPPLE

4 RINGS OF CANNED PINEAPPLE

BROWN SUGAR

Brown the pineapple in the fat left in the pan after the lamb chops are done. Sprinkle lightly with brown sugar, turn rings over in order to melt the sugar. Repeat for the other side and remove from pan. Serve with the chops.

DANDELION GREEN SALAD

3 BACON STRIPS

 $\frac{1}{2}$ CUP HOT WATER $\frac{1}{2}$ CUP WEAK VINEGAR

SEASONINGS

DANDELION GREENS FOR FOUR

Clean young dandelions. Be sure to wash away all grit. Crisp in ice water, or if picked early, place in covered vegetable pan in the refrigerator. Cut bacon into small pieces and crisp in frying pan. To the bacon and drippings, add hot water, vinegar and seasonings. Let come to a bubbling boil. Pour this over the greens, which have been drained, and serve at once.

Tuna Fish Salad
Creamed Peas *Lyonnaise Potatoes*
Fresh Peach Shortcake

Routine: Shell peas and cook.
 Prepare salad.
 Prepare potatoes.
 Make peach shortcake.

TUNA FISH SALAD

1 SMALL CAN TUNA FISH	½ CUP FINELY CUT CELERY
2 HARD COOKED EGGS, SLICED	SALT
3 SWEET PICKLES, CHOPPED	MAYONNAISE

Flake coarsely the contents of can of tuna fish which has been drained. Add hard cooked eggs (save four slices for garnishing) pickles and celery. Mix with mayonnaise, salt to taste and place on lettuce leaves. Garnish with slices of egg and mayonnaise.

LYONNAISE POTATOES

2 CUPS DICED BOILED POTATOES	2 TABLESPOONS FAT
2 TABLESPOONS MINCED ONION	MILK
1 TABLESPOON CHOPPED PARSLEY	

Potatoes should be rather underdone in boiling to produce best results. Cook onion in fat until yellow. Add diced potatoes and cook until a light golden brown. Add just enough milk to cover. Let milk cook down, stirring all the while. Turn out on platter and sprinkle with parsley.

CREAMED PEAS

2 POUNDS OF PEAS
1 TABLESPOON BUTTER

MILK
THICKENING

Shell peas. Drop them into just enough boiling salted water to cover. Cook until tender. Drain, add enough milk to nearly cover peas, add butter and thicken with a flour or cornstarch thickening.

FRESH PEACH SHORTCAKE

8 RIPE PEACHES
CONFECTIONERS' SUGAR

1 CUP WHIPPED CREAM
BAKERY SPONGE CAKE

Peel peaches, slice thinly and add enough sugar to sweeten. Place slice of cake on a plate, put generous heap of peaches and juice on cake and top with whipped cream. Peaches turn dark if allowed to stand so prepare them just before serving.



Hungarian Goulash
Hors D'Oeuvres *Melba Toast*
Apple Pie with Cheese

Routine: Make apple pie.
 Prepare goulash and cook.
 Arrange plate of hors d'oeuvres.

APPLE PIE

Buy a good bakery pie, or prepare pastry as follows:

2 CUPS OF PASTRY FLOUR (SIFTED BEFORE MEASURING)	½ CUP SHORTENING
¾ TEASPOON OF SALT	½ TEASPOON BAKING POWDER
	COLD WATER

Sift dry ingredients together. Add shortening and work into flour using two knives or a dough blender, until the particles of fat are the size of large peas. Slowly add cold water (about five tablespoons) or just enough to hold the dough together. Chill before rolling. For filling:

3½ CUPS SLICED FRESH COOKING APPLES	4 TABLESPOONS FLOUR
1¼ CUPS SUGAR	1 TABLESPOON BUTTER
	SPICES

Peel, core and slice the apples into one fourth inch slices. Combine one third of the sugar and the flour and spread this over the pastry lined pie tin. Add the apples and pour remaining sugar over them. Add butter in small bits and sprinkle nutmeg and cinnamon over the top.

Moisten the edges of the bottom crust with water and cover with the top crust. Trim and press crusts together. Prick top cover with fork in several places to allow steam to escape. Brush top with cream. Bake in a hot oven (425°) for thirty to forty-five minutes.

HUNGARIAN GOULASH

1 POUND GROUND ROUND STEAK 1 CAN TOMATOES
1 ONION, SLICED 1 ½ CUPS COOKED LIMA BEANS
2 TABLESPOONS FAT

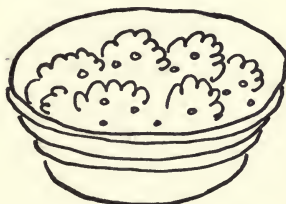
Heat two tablespoons of fat in a frying pan and brown the sliced onion slightly. Add the meat and slightly brown, continuing to keep meat separated into small bits as it is cooking. Add the can of tomatoes and simmer for twenty minutes. If the tomatoes boil away, either add liquor from the lima beans or enough water to make the original quantity of liquid. Add the lima beans, season with salt, paprika and pepper, heat thoroughly and serve.

HORS D'OEUVRES

Arrange ripe olives, celery hearts, water melon pickle and sweet pickle relish on a plate. Serve with goulash.

MELBA TOAST

Use packaged melba toast, or trim stale bread of its crust and slice as thinly as possible. Place in a pan in a slow oven (250°) and allow to dry and curl, but not brown.





Assorted Cold Meats

Hot Potato Salad *String Beans*
Cantaloupe with Vanilla Ice Cream

Routine: Bring salted water to a boil. Cook beans.
 Make salad.
 Arrange salad and cold meat on a platter.
 Wash, cut cantaloupes in half, scoop out seeds and place in refrigerator.

ASSORTED COLD MEATS

Purchase an assortment of meats such as cold boiled ham, liverwurst, pressed meats and pickled tongue. Arrange on a large platter with the potato salad.

STRING BEANS

1 ½ POUNDS STRING BEANS

Heat just enough salted water to cover the beans. When water is boiling vigorously, add cleaned, stringed and cut up beans. Cook until tender. Do not overcook as they will lose their bright green color. Drain, and pour melted butter over them.

HOT POTATO SALAD

8 TO 12 SMALL NEW POTATOES, BOILED	3 SLICES OF BACON
2 HEAPING TABLESPOONS MINCED PARSLEY	$\frac{1}{2}$ CUP SUGAR
1 SMALL ONION, MINCED	2 TABLESPOONS FLOUR
$\frac{1}{2}$ CUP CHOPPED CELERY	$\frac{1}{2}$ CUP WEAK VINEGAR
	$\frac{1}{4}$ CUP WATER
	$\frac{1}{2}$ TEASPOON SALT

Cut bacon into pieces, crisp and remove from frying pan. Mix sugar, salt and flour together. Add liquids and stir. Then add to the bacon fat in the frying pan. Cook until thick, stirring continuously. Pour hot over peeled, thinly sliced boiled potatoes. Add parsley, onion and celery, and salt to taste. Be careful not to crush potatoes while mixing. Serve this salad while still slightly warm, garnished with crisp bacon. Do not chill as this makes the salad taste greasy due to the hardening of the bacon fat.

CANTALOUPE WITH ICE CREAM

2 CANTALOUPE

1 PINT VANILLA ICE CREAM

Use one half cantaloupe for each serving, remove seeds and fill the center with vanilla ice cream.



Cream of Asparagus Soup
Salad Plate *Assorted Crackers*
Strawberry Shortcake

Routine: Prepare strawberries and place in refrigerator.
 Open can of soup, place on stove.
 Prepare shortcake and bake.
 Assemble salad plates.
 Heat the soup.
 Make shortcakes.

CREAM OF ASPARAGUS SOUP

Any standard canned variety will do. Open and follow directions on the can.

SALAD PLATE

SARDINES	HARD COOKED EGGS
SLICED TOMATOES	OLIVES
POTATO CHIPS	STUFFED CELERY
	WATERCRESS

Arrange several sardines on tomato slices, potato chips, hard cooked eggs cut in half, olives and stuffed celery, on individual plates and garnish with watercress.

STUFFED CELERY

Use prepared Roquefort cheese spread, filling hollow part of celery stalks and sprinkling with paprika, or

1 3-OUNCE PACKAGE CREAM CHEESE	2 TABLESPOONS CHOPPED CUCUMBER
2 MINCED GREEN ONIONS	PAPRIKA

Mash cream cheese with a little cream to make it easy to spread, add onion and cucumber, mix well and stuff celery. Sprinkle with paprika.

*Cream of Tomato Soup**Fruit Salad in Cottage Cheese Ring**Hot Clover Leaf Rolls*

Routine: Prepare cottage cheese ring earlier in the day.
 Prepare roll dough earlier in the day. Make rolls and set to rise one and one half hours before dinner.
 Prepare fruit and finish salad.
 Bake rolls.
 Heat soup.

CREAM OF TOMATO SOUP

Use any good canned soup and follow directions on the can.

COTTAGE CHEESE RING

2 CUPS COTTAGE CHEESE
 1 $\frac{1}{2}$ TABLESPOONS GELATIN
 $\frac{1}{4}$ CUP MILK

2 TABLESPOONS LEMON JUICE
 1 CUP WHIPPED CREAM
 1 TEASPOON SALT

Soak gelatin in the milk and melt over hot water. Add salt and lemon juice to the cottage cheese and thoroughly blend. Add the melted gelatin and finally the whipped cream. Turn into a ring mold and chill. When firm, unmold on a large plate. Fill center with the following fruit mixture:

SECTIONS FROM 2 ORANGES
 SECTIONS FROM 1 GRAPEFRUIT

1 PEAR SLICED
 12 HONEYDEW MELON BALLS

Mix these together, marinate with French dressing and fill the ring. Garnish salad with watercress.

HOT CLOVER LEAF ROLLS

1 CUP BOILING WATER	$\frac{1}{2}$ TEASPOON SUGAR
$\frac{1}{4}$ CUP SUGAR	$\frac{1}{8}$ CUP LUKEWARM WATER
$1\frac{1}{2}$ TEASPOON SALT	1 BEATEN EGG
1 TABLESPOON SHORTENING	4 CUPS BREAD FLOUR
1 CAKE YEAST	(SIFT BEFORE MEASURING)

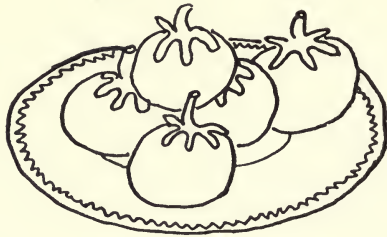
Mix boiling water, sugar, salt and shortening together and cool to lukewarm. Soften yeast in the lukewarm water, add one half teaspoon of sugar and stir into first mixture. Add beaten egg, mix well, stir in two cups of flour and beat thoroughly. Stir in the remaining flour and mix thoroughly. Do not knead. Grease a bowl, put dough into it and grease the surface of the dough. Cover with waxed paper and put into refrigerator. First rising takes place in the refrigerator.

For clover leaf rolls, take three pieces of dough each the size of a small walnut. Shape each with greased fingers until smooth and round. Place three of these in each cup of a greased muffin tin, cover and set in a warm place to rise until they double in size. In warm weather this will take about one and one half hours, in cool weather about three hours.

Bake in a hot oven (400°) from fifteen to twenty minutes. When removed from oven, rolls should be loosened in the tin so that they will not steam underneath. Grease top surface with butter.

This dough can be kept on hand for at least a week in a good refrigerator.

Good bakery rolls may be used and warmed in the oven, if preferred.



Creamed Dried Beef with Mushrooms
Sautéed Summer Squash *Sliced Tomato Salad*
Angel Food or Sponge Cake with Orange Cream Sauce

Routine: Prepare orange cream sauce.
Parboil summer squash.
Prepare dried beef with mushrooms.
Prepare salad.
Sauté summer squash.

SLICED TOMATO SALAD

3 TOMATOES

LETTUCE

FRENCH DRESSING

To remove skin from tomatoes, either dip into boiling water or hold over flame, twirling around until skin bursts. Remove peel, slice and arrange on lettuce leaves. Before serving, pour French dressing over the tomatoes.

ORANGE CREAM SAUCE

2 EGG YOLKS, BEATEN
 $\frac{1}{2}$ CUP SUGAR

1 ORANGE (JUICE AND GRATED
RIND)

1 CUP WHIPPED CREAM

Add sugar, juice and grated rind to egg yolks and cook until thick. Chill in the refrigerator, and just before serving, combine with whipped cream. Serve very cold on a slice of cake.

CREAMED DRIED BEEF WITH MUSHROOMS

2 TABLESPOONS BUTTER
4 TABLESPOONS FLOUR

2 CUPS MILK

$\frac{1}{4}$ POUND SHREDDED DRIED BEEF

1 SMALL CAN MUSHROOMS

Melt butter, add flour, blend and stir in the milk. When thick, add the dried beef and drained mushrooms (if the mushrooms are not desired, add one quarter pound of dried beef). Simmer about three minutes and serve on toast.

SAUTÉED SUMMER SQUASH

1 SUMMER SQUASH
FLOUR

FAT
1 LEMON

Peel squash, cut into individual pieces, allowing three per person. Parboil in boiling salted water. Drain, dip in flour and sauté in bubbling melted butter. When golden brown on both sides, serve. Garnish with slice of lemon.

WARM WEATHER MENUS

Group 2





WARM WEATHER MENUS

Group 2

Sautéed Calves' Liver with Bacon
Creamed Celery *Macedoine of Vegetables*
Boston Cooler

Routine: Cut up celery and cook.
Prepare salad, set in refrigerator.
Prepare and cook liver and bacon.
Cream celery.

CREAMED CELERY

Cut up enough celery into one inch pieces, to make one quart. Cook in a small quantity of boiling, salted water until tender. Set aside and keep hot until needed. Make a medium cream sauce. Drain the celery and stir in the cream sauce.

BOSTON COOLER

I PINT VANILLA ICE CREAM

I QUART GINGER ALE

Use tall glasses or tumblers, put a large scoop of ice cream into each glass. Pass ginger ale at the table. Pour ginger ale over the ice cream and stir with a spoon. It tastes like an ice cream soda.

SAUTÉED CALVES' LIVER WITH BACON

Soak calves' liver in hot water while partly crisping eight slices of bacon. Take bacon out of frying pan. Drain liver and dip into seasoned flour. Put into frying pan with the hot bacon fat. Sauté slowly until nicely browned on both sides. Then put one half cup of hot water into the pan, cover and steam. Remove from pan and finish crisping the bacon.

MACEDOINE OF VEGETABLES

 $\frac{1}{2}$ CUP COOKED PEAS

I TOMATO, CUT FINE

 $\frac{1}{2}$ CUP COOKED LIMA BEANS

WATERCRESS

I SHREDDED CARROT

GARLIC

8 SLICES OF CUCUMBER

FRENCH DRESSING

Any leftover vegetables may be used in this salad.

Rub salad bowl with clove of garlic. Put all ingredients in bowl. Pour enough French dressing over them to moisten.

Toss lightly with a fork and spoon. Garnish with watercress and serve chilled.

Chicken à la King
Buttered Asparagus *Congeaed Carrot and Pineapple Salad*
Strawberry Pie

Routine: Make salad earlier in the day.
 Bake pie shell earlier in the day.
 Arrange salad and keep in refrigerator until ready to serve.
 Clean asparagus and cook.
 Finish strawberry pie.
 Make Chicken à la King.

CONGEALED CARROT AND PINEAPPLE SALAD

1 PACKAGE LEMON GELATIN	½ TEASPOON SALT
1 CUP BOILING WATER	1 CUP CANNED PINEAPPLE CUT
1 CUP CANNED PINEAPPLE JUICE	FINE
1 CUP SHREDDED RAW CARROTS	

Dissolve gelatin in hot water, add pineapple juice and salt. Chill until mixture begins to congeal. Stir in the pineapple and carrots. Pour into molds and chill until firm. Unmold on lettuce and garnish with mayonnaise.

CHICKEN À LA KING

2 CUPS COOKED, DICED CHICKEN	1 CUP MILK
3 TABLESPOONS CHOPPED CANNED PIMENTO	2 TABLESPOONS BUTTER
1 CAN MUSHROOMS	2 TABLESPOONS FLOUR
1 CUP TOP MILK	1 TEASPOON SAGE
	2 EGG YOLKS

Melt butter, stir in the flour, and add milk and top milk. Stir constantly while it thickens. Add sage and beaten egg yolks, then add chicken, pimento, and mushrooms. Heat thoroughly, about three minutes and serve on slices of toast.

BUTTERED ASPARAGUS

Cut off the hard end of the asparagus, wash thoroughly and drop into just enough boiling, salted water to cover. Cook until tender. Drain thoroughly and pour melted butter over it just before serving.

STRAWBERRY PIE

1 COLD BAKED PIE SHELL

1 CUP WHIPPED CREAM

2 EGG WHITES

5 TABLESPOONS POWDERED SUGAR

4 TABLESPOONS SUGAR

CLEANED FRESH STRAWBERRIES

Beat egg whites until stiff. Add four tablespoons of sugar and beat until mixture has appearance of marshmallow. Pour into pie shell and spread evenly over the bottom.

Cut large strawberries in half and arrange a heavy layer (about one half inch thick) on top of meringue. Fold powdered sugar into whipped cream and spread evenly over the berries. Decorate the top with whole berries. This pie should be made not over one hour before it is time to serve.



Sautéed Frogs' Legs with Tartar Sauce
Buttered Cabbage *Cheese Dumplings*
Apple Crumble

Routine: Prepare apple crumble earlier in the day to avoid heating trailer at dinner time.

Make Tartar sauce.

Cook the cabbage.

Sauté the frogs' legs.

Heat tomato soup.

Drop dumplings into soup.

APPLE CRUMBLE

6 TO 8 COOKING APPLES

$\frac{1}{2}$ CUP WATER

1 TEASPOON CINNAMON

1 CUP SUGAR

$\frac{1}{2}$ CUP BUTTER

$\frac{3}{4}$ CUP FLOUR

Peel and core apples and cut enough one fourth inch slices to make four cups. Butter casserole, add apples, sprinkle with cinnamon and add the water. Work the flour, sugar and butter with finger tips until crumbly. Spread this over the apples and bake, uncovered, in a moderate oven (375°), until apples are thoroughly cooked, or about forty-five minutes.

BUTTERED CABBAGE

1 SMALL HEAD CABBAGE

MELTED BUTTER

Quarter the cabbage, drop into boiling salted water and cook until tender. Care should be taken to keep each quarter section together. Drain each section, place on platter and pour butter over it.

SAUTÉED FROGS' LEGS

FROGS' LEGS
FLOUR

I BEATEN EGG
FINE BREAD CRUMBS
FAT

Skin the frogs' legs, wash and dry well on paper toweling. Season the flour, put into paper bag with the frogs' legs, and shake well. Dip in beaten egg and roll in bread crumbs. Fry in deep fat if possible but pan sauté will do. Cook until nicely browned, over moderate heat, about five minutes. Drain on paper toweling and serve with Tartar sauce.

TARTAR SAUCE

$\frac{1}{2}$ CUP MAYONNAISE
I TEASPOON MINCED ONION
I TABLESPOON CHOPPED PICKLE
OR RELISH
2 TEASPOONS CHOPPED PARSLEY

Mix ingredients and serve as garnish for the frogs' legs.

CHEESE DUMPLINGS

I CUP PREPARED BISCUIT FLOUR
 $\frac{1}{4}$ CUP FINELY GRATED CHEESE
 $\frac{1}{2}$ CUP MILK
I CAN CONDENSED TOMATO SOUP

Work the cheese into the prepared flour. Add the milk gradually to make a soft dough. Dilute the tomato soup with water to make two cups. Heat to boiling. Make four dumplings of the dough and drop on top of soup. Cover, and cook slowly for fifteen minutes. Do not remove cover while cooking. Serve dumplings covered with the tomato sauce. If more cheese is desired in this dish, add two tablespoons of it to the soup before adding dumplings.



Welsh Rarebit with Bacon

Perfection Salad

Lemon Bread Pudding

Routine: Prepare pudding earlier in the day, if possible. This prevents heating trailer at dinner time.

Prepare Perfection Salad earlier also.

Assemble salad.

Prepare rarebit with bacon.

WELSH RAREBIT WITH BACON

4 PIECES OF TOAST

1 JAR PREPARED RAREBIT

12 SLICES OF BACON

Prepared Welsh rarebit is quite good. In case it is impossible to purchase it, use the following recipe:

2 TABLESPOONS BUTTER

$\frac{1}{4}$ TEASPOON MUSTARD

1 POUND YELLOW STORE CHEESE,
SHREDDED

FEW GRAINS OF PEPPER

$\frac{1}{2}$ TEASPOON SALT

2 BEATEN EGGS

1 CUP MILK OR ALE

Melt butter in top of double boiler. Add cheese and seasonings. As the cheese melts stir in the ale or milk. Stir constantly. Add the beaten eggs, stir well, pour over the toast and garnish each serving with three pieces of crisp bacon.

LEMON BREAD PUDDING

2 CUPS MILK	DASH OF SALT
2 BEATEN EGG YOLKS	2 EGG WHITES
$\frac{1}{2}$ CUP SUGAR	4 TABLESPOONS SUGAR
GRATED RIND OF 1 LEMON	2 TABLESPOONS LEMON JUICE
ENOUGH BREAD CRUMBS SQUEEZED OUT OF MILK TO MAKE 1 CUP	

Measure the milk which has been left after pressing out crumbs. Add enough milk to this to make two cups. Add beaten egg yolks, sugar, grated rind and salt to the milk and blend thoroughly with the bread crumbs. Pour into greased baking dish and bake in a moderate oven (375°), until set or about forty minutes. Beat egg whites until stiff. Add sugar and beat until the consistency of marshmallow. Fold in the lemon juice, put this on top of pudding, and return to the oven. Lower temperature of oven to 325° , and bake until meringue is golden brown. May be served hot or cold.

PERFECTION SALAD

1 TABLESPOON GELATIN	$\frac{1}{4}$ CUP SUGAR
$\frac{1}{4}$ CUP COLD WATER	$\frac{1}{2}$ TEASPOON SALT
$\frac{1}{4}$ CUP WEAK VINEGAR	$\frac{3}{4}$ CUP DICED CELERY
JUICE OF $\frac{1}{2}$ LEMON	$\frac{3}{4}$ CUP SHREDDED CABBAGE
1 CUP BOILING WATER	$\frac{1}{2}$ GREEN PEPPER, CUT FINE

Soak gelatin in cold water for five minutes. Add to boiling water and thoroughly dissolve. Mix with vinegar, lemon juice, sugar and salt. When cool, and liquid starts to congeal, stir in the cabbage, celery and pepper. Pour into molds. When chilled turn out on lettuce leaves. Garnish with mayonnaise.

Fried Chicken Country Style
Riced Potatoes *Cucumber Jelly with Radishes*
Chocolate Junket

Routine: Prepare salad earlier in the day.

Prepare junket.

Peel and cook potatoes.

Prepare and cook chicken.

Assemble salad, keep in refrigerator until ready to serve.

Rice potatoes.

Make gravy.

CUCUMBER JELLY

1 CUP GRATED CUCUMBERS, SEEDS REMOVED	½ TEASPOON SALT
2 TABLESPOONS VINEGAR	1 PACKAGE LEMON GELATIN
	1 CUP BOILING WATER
GREEN VEGETABLE COLORING	

Add vinegar and salt to grated cucumber. Dissolve gelatin in boiling water and color green with the vegetable coloring. Chill, and when partially congealed, add the cucumber mixture. When firm, cut into squares and serve on lettuce with mayonnaise. Garnish with radishes.

CHOCOLATE JUNKET

Prepare according to directions on the package.

RICED POTATOES

Peel potatoes, cook in boiling salted water until tender. Drain and put through a potato ricer. Serve with a lump of butter and paprika.

FRIED CHICKEN COUNTRY STYLE

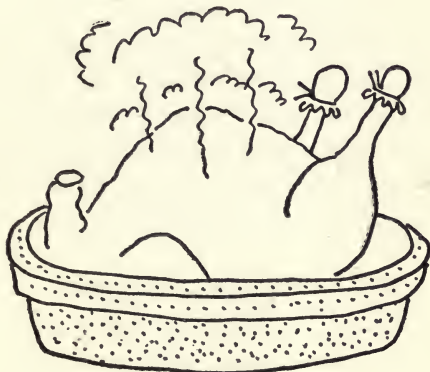
1 THREE POUND CHICKEN

FAT

FLOUR

Cut chicken into pieces for frying. Wash and dry. Drop into a paper sack containing flour, seasoned with salt and pepper. Shake well in order to coat thoroughly each piece of chicken with the flour. Put several tablespoons of fat into the frying pan and when bubbling hot put in the chicken and brown slowly on all sides. Add one half cup of water, cover and steam slowly for ten to fifteen minutes.

Remove chicken from pan and make a gravy with a cup of milk and thickening added to the drippings in the pan.



*Beef in Sour Cream**Tomato Aspic**Buttered Beet Greens**Fresh Blueberries with Orange Cookies*

Routine: Prepare tomato aspic earlier in the day.

Prepare cookies earlier in the day.

Wash blueberries, sugar and chill.

Bake cookies.

Prepare beet greens.

Prepare beef.

ORANGE REFRIGERATOR COOKIES

$\frac{1}{2}$ CUP BUTTER

1 CUP SUGAR

1 EGG

$\frac{1}{4}$ TEASPOON SALT

$\frac{1}{2}$ TEASPOON BAKING SODA

$\frac{1}{2}$ TEASPOON BAKING POWDER

GRATED RIND OF 1 ORANGE

2 TABLESPOONS ORANGE JUICE

$2\frac{1}{2}$ CUPS FLOUR

Cream the butter, add the sugar gradually, then the well beaten egg. Add orange juice and rind. Sift the dry ingredients together and add to the first mixture. Stir well, chill, then mold into a roll about two inches in diameter. Chill until firm. Slice into thin wafers and bake on a cookie sheet in a moderate oven (400°), for eight to ten minutes or until a light golden brown. Remove from cookie sheet as soon as done.

BUTTERED BEET GREENS

Wash carefully two pounds of beet greens with the small beets attached. Cut away all wilted leaves and put them into a kettle with a very little boiling, salted water. A good deal of water clings to the greens when they are washed. Cook until tender, about twenty to twenty-five minutes, drain as dry as possible, season and add melted butter, and vinegar if desired.

TOMATO ASPIC

1 TABLESPOON GELATIN	1 TEASPOON ONION JUICE
$\frac{1}{4}$ CUP COLD WATER	$\frac{1}{2}$ TEASPOON SALT
1 $\frac{1}{2}$ CUPS TOMATO JUICE	$\frac{1}{8}$ TEASPOON WHITE PEPPER
2 TABLESPOONS WEAK VINEGAR	$\frac{1}{8}$ TEASPOON GROUND CLOVES
1 TEASPOON SUGAR	MAYONNAISE

Soak gelatin in cold water. Heat tomato juice and pour over gelatin and thoroughly mix to dissolve. Add seasonings and pour into molds. Chill, unmold on lettuce and serve with mayonnaise.

BEEF IN SOUR CREAM

1 PORTERHOUSE OR SIRLOIN STEAK	6 MEDIUM ONIONS
1 MEDIUM SIZED CAN MUSHROOMS	1 PINT SOUR CREAM

Have steak cut about one half inch thick, then into strips, one by one and one half inches long. Brown in a frying pan with additional butter if meat is lean. Salt and pepper while browning. Remove meat from pan and place sliced onions in the pan with the fat. Cover and steam until tender, stirring occasionally. Put beef, mushrooms and sour cream into the pan with the onions, and simmer for ten minutes. A little hot water may have to be added. The sauce should be creamy and not boiled away.



Chop Suey
Rice *Endive and Beet Salad*
Canned Apricots with Date Kisses

Routine: Mix and bake kisses; early, preferably.

Open canned apricots and place in refrigerator.

Boil the rice and when cooked, drain and set in oven to steam dry.

Prepare ingredients for chop suey and put in frying pan to cook.

Make salad and set in refrigerator.

CHOP SUEY

1 POUND LEAN BEEF CUT IN SMALL PIECES	1 CUP FINELY CUT CELERY
$\frac{1}{4}$ POUND PORK CUT IN SMALL PIECES	1 CUP SLICED ONIONS
1 TABLESPOON BUTTER	1 CUP COOKED MUSHROOMS
2 CUPS WATER	$\frac{1}{2}$ CAN BEAN SPROUTS
	1 TABLESPOON MOLASSES OR BROWN SUGAR
1 TABLESPOON CHOP SUEY SAUCE	

Melt butter in frying pan and brown the meat pieces in it. Add the water and simmer twenty minutes. Then add celery, mushrooms, onions and bean sprouts, one tablespoon molasses or brown sugar, and salt and pepper to taste. Cook until celery and onions are tender, about fifteen minutes. Before serving add chop suey sauce.

ENDIVE AND BEET SALAD

Wash and separate leaves of two small endive, slice two cold cooked canned beets for each person, place on endive and serve with French dressing.

BOILED RICE

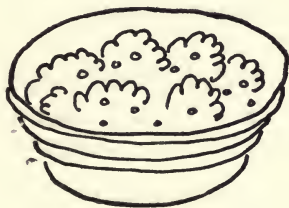
Wash thoroughly two cups of rice, rubbing between the hands until all cloudiness has disappeared. Add gradually to two quarts of boiling salted water. Boil rapidly, uncovered, for fifteen or twenty minutes, or until the kernels are soft when pressed between the thumb and finger. Place in a colander and pour boiling water over the rice to remove loose starch and separate the grains. Drain and place in the oven with the door open to allow rice to dry out. The grains should be separate and distinct.

DATE KISSES

1 EGG WHITE, WELL BEATEN

 $\frac{1}{2}$ CUP WALNUT MEATS $\frac{1}{2}$ CUP POWDERED SUGAR $\frac{1}{2}$ CUP DATES, CHOPPED

Fold sugar, walnut meats and dates into beaten egg whites. Drop on a greased pan and bake in a slow oven (300°). Recipe makes a dozen kisses.



*Baked Stuffed Fish**Mustard Pickle* *Creamed Spinach**Fresh Raspberries and Cream*

Routine: Prepare fish and bake.
 Clean spinach and cook.
 Clean raspberries and put into refrigerator.
 Cream spinach.

BAKED STUFFED FISH

Scale, clean and wash one two-pound fish and wipe dry inside and out.

Stuffing:

1 1/2 CUPS BREAD CRUMBS
 1 MEDIUM ONION, CHOPPED

1 TABLESPOON MINCED PARSLEY
 SALT AND PEPPER

Blend all of the above ingredients together. Add enough hot water to make a moist, soft stuffing.

Fill the cavity of the fish with the stuffing and tie together. Place on a rack in an oblong pan. If fish is not an oily fish, lay two or three strips of bacon across the top or rub with melted butter. Sprinkle with salt and pepper and bake in a moderate oven (425°) for forty-five minutes.

CREAMED SPINACH

2 POUNDS FRESH SPINACH
 MILK

1 TABLESPOON BUTTER
 THICKENING

Wash spinach, making sure that all sand has been removed. Put into pan, do not add any water, cover and cook until tender, ten to fifteen minutes. Drain well, chop, add butter, enough milk to nearly cover and thickening. Cook until thoroughly heated and thickened.

COOL WEATHER MENUS

Group 1





COOL WEATHER MENUS

Group 1

Curry of Veal

Noodles

Orange, Prune and Cream Cheese Salad

Canned Apple Sauce with Cream

Vanilla Wafers

Routine: Put water on for noodles. Drop them in when water boils.
Prepare curry but do not cook.
Prepare salad, set in refrigerator.
Open can of apple sauce, put into sauce dishes and sprinkle
with nutmeg.
Cook the curry of veal.

CURRY OF VEAL

2 TABLESPOONS BUTTER	1 TEASPOON CURRY POWDER
2 TABLESPOONS FLOUR	2 CUPS STOCK OR MILK
2 TEASPOONS CHOPPED ONION	2 CUPS CUT UP VEAL
SALT AND PEPPER	

Melt butter and sauté chopped onion until a delicate brown. Skim out onions, then add flour and curry. Mix in well. Add milk and meat. Stir continuously until thick and smooth. Season to taste. The curry of veal may be poured over the noodles and garnished with a bit of currant or other tart jelly. Any other leftover cooked meat may be used.

ORANGE, PRUNE AND CREAM CHEESE SALAD

12 SMALL PRUNES	THIN CREAM OR MAYONNAISE
1 3-OUNCE PACKAGE CREAM CHEESE	4 SLICES OF ORANGE FRENCH DRESSING

Remove the stones from the prunes. Fill the cavities with cream cheese that has been rubbed to a smooth paste with cream or mayonnaise. Place a slice of orange on a lettuce leaf and arrange three stuffed prunes on top. Serve with French dressing.

BOILED NOODLES

Follow directions on package of noodles or drop into boiling salted water and cook until tender.

Ham Loaf

Broiled Bananas *Succotash*
Head Lettuce, Thousand Island Dressing
Gingerbread with Lemon Sauce

Routine: Prepare ham loaf and put in oven to bake.
 Prepare succotash (corn and string beans).
 Make Thousand Island Dressing.
 Make lemon sauce.
 Broil bananas.
 Gingerbread may be purchased at bakery or made after
 breakfast with prepared gingerbread mixture.

HAM LOAF

2 CUPS BREAD CRUMBS	1 TEASPOON SALT
1 EGG	1 CUP MILK
$\frac{1}{4}$ TEASPOON PEPPER	1 POUND LEAN PORK, GROUND
1 POUND SMOKED HAM, GROUND	4 STRIPS BACON

Mix bread crumbs, egg, seasonings, milk and meat together. Blend thoroughly. Put into a greased loaf tin or glass baking dish which has been lined with three or four strips of bacon. Bake one hour in a moderate oven (375°).

BROILED BANANAS

4 BANANAS	1 TABLESPOON BUTTER
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Remove skin from bananas. Melt butter in frying pan, and have sides and bottom well covered with it. Place bananas in pan, sauté slowly until brown and soft, five to ten minutes.

SUCCOTASH

1 SMALL CAN GOLDEN BANTAM CORN OR KERNELS FROM TWO EARS OF CORN
 1 SMALL CAN STRING BEANS OR $\frac{1}{2}$ POUND FRESH STRING BEANS
 2 TEASPOONS BUTTER
 $\frac{1}{2}$ CUP MILK

Mix canned corn and beans in stewpan with one half cup of milk and two teaspoons of butter. Salt and pepper to taste. Heat, being careful not to let it burn.

If fresh vegetables are used, cook separately, drain off water and proceed as above.

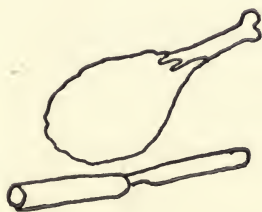
THOUSAND ISLAND DRESSING

(See Index)

LEMON SAUCE

$\frac{3}{4}$ CUP SUGAR
 1 TABLESPOON CORNSTARCH
 1 CUP WATER
 2 TABLESPOONS LEMON JUICE
 DASH NUTMEG
 1 TEASPOON BUTTER

Mix sugar and cornstarch thoroughly, stir in water and cook until clear and thick, stirring constantly. Take off the stove and add lemon juice, nutmeg and butter and stir until butter is melted. Serve hot on gingerbread squares.



*Baked Savory Omelet**Buttered Spinach**Grapefruit and Avocado Salad**Rice Dainty*

Routine: Prepare rice dainty and place in refrigerator.
 Prepare savory omelet and bake.
 Cook spinach.
 Prepare salad.

SAVORY OMELET

3 ROUNDED TABLESPOONS BUTTER	2 TABLESPOONS MINCED ONIONS
3 ROUNDED TABLESPOONS FLOUR	1 TABLESPOON PAPRIKA
1 CUP MILK	3 EGG YOLKS
3 EGG WHITES, STIFFLY BEATEN	

Melt butter and stir in the flour, add the milk and cook until thick, stirring continuously. Add onion and paprika. Beat the egg yolks and add to the mixture, then fold in the beaten egg whites. Pour into a greased casserole and bake slowly in oven (350°) for forty minutes.

BUTTERED SPINACH

1 CAN SPINACH OR 2 POUNDS FRESH SPINACH

Wash fresh spinach and pick over carefully to eliminate all wilted pieces. Cut off the root end and keep washing until all sand is removed. Put into covered pan. Do not add any water as sufficient water clings to the leaves to prevent burning. Cook until tender, stirring with fork occasionally. Drain spinach and add butter. Avoid overcooking, as this darkens spinach.

GRAPEFRUIT AND AVOCADO SALAD

I GRAPEFRUIT

I AVOCADO PEAR

FRENCH FRUIT DRESSING

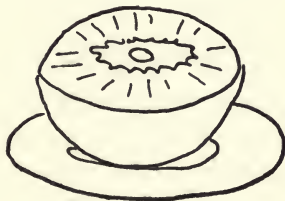
Carefully remove all membrane from sections of grapefruit. Pare and remove seed from a ripe avocado. Cut crosswise in sections as near the size of the grapefruit segments as possible. With the wide side of the sections uppermost, lay alternate sections of avocado and grapefruit in nests of lettuce or chicory. Serve with French fruit salad dressing. (See index.)

RICE DAINTY

 $\frac{3}{4}$ CUP COLD BOILED RICE $\frac{3}{4}$ CUP WHIPPED CREAM $\frac{3}{4}$ CUP FRUIT (EQUAL PARTS $\frac{3}{4}$ CUP CONFECTIONERS' SUGAR

DATES, BANANAS AND PINEAPPLE)

Mix lightly the boiled rice and fruit. Fold in the whipped cream which has been sweetened with the sugar. Add a few grains of salt. Chill and serve, piled lightly in sherbet glasses.



*Small Meat Loaf**Baked Potatoes**Combination Salad**Fresh Grapes and Pears*

Routine: Put meat loaf together and place in oven to bake. Scrub potatoes. Place around loaf tin of meat. Prepare salad, marinate and place in refrigerator. Wash grapes and pears; chill.

SMALL MEAT LOAF

$\frac{1}{2}$ POUND ROUND STEAK GROUND	1 TEASPOON SALT
$\frac{1}{4}$ POUND LEAN PORK GROUND	1 TEASPOON CHOPPED ONION
$\frac{1}{2}$ CUP CRACKER CRUMBS	$\frac{3}{4}$ CUP MILK
1 EGG	PEPPER
3 STRIPS BACON	

Mix ground meat, cracker crumbs, beaten egg, salt, onion, pepper and milk using large mixing spoon. Grease a loaf casserole and press strips of bacon to sides and bottom of it. Pour in the meat mixture and bake in a hot oven (425°) for forty minutes.

BAKED POTATOES

Select smooth, unblemished potatoes of uniform medium size, so that they will all bake in the same length of time. Scrub well and dry. If a crisp skin is desired rub them with an unsalted fat or cooking oil before baking. Bake in a hot oven (425°). Be sure to have oven hot before potatoes are put in. Bake for forty to sixty minutes. To test potatoes, squeeze them. When soft cut each potato open and serve with a lump of butter in the opening. Potatoes may be partly boiled, then put into oven to bake. This will greatly shorten baking time.

COMBINATION SALAD

- | | |
|--|--|
| 4 FLOWERETTES OF RAW CAULI-
FLOWER SLICED CROSSWISE | $\frac{1}{2}$ MEDIUM ONION, MINCED |
| 1 SHREDDED CARROT | 4 SLICED RADISHES |
| CHICORY LEAVES | $\frac{1}{2}$ GREEN PEPPER, CHOPPED FINE |
| | FRENCH DRESSING |
| | MAYONNAISE |

Blend all together, marinate with French dressing and season. Place on chicory or lettuce leaves. Top with a teaspoon of mayonnaise.





Sautéed Bass with Tartar Sauce

Potato Chips

Creamed Lima Beans

Baked Custard

Routine: Prepare custard and bake.

Shell lima beans or open canned beans.

Prepare fish and sauté.

Make Tartar sauce.

Place potato chips in warmed oven after custard has been taken out. Heat thoroughly or until crisp.

Cream the lima beans.

SAUTÉED BASS WITH TARTAR SAUCE

Select a two pound bass, skin, bone and cut into portion size pieces. Dry on paper toweling and dredge with seasoned flour. Heat fat in a frying pan to the smoking stage and lay in the pieces of fish. Fry on one side until golden brown and then turn and brown on the other side. Reduce the heat and turn and fry until done.

BAKED CUSTARD

$\frac{3}{4}$ CUP CONDENSED SWEETENED MILK	3 EGGS, SLIGHTLY BEATEN
$2\frac{1}{4}$ CUPS HOT WATER	$\frac{1}{4}$ TEASPOON SALT
	NUTMEG

Mix the condensed milk with hot water and pour gradually over the eggs. Add salt and pour into a baking dish. Sprinkle with nutmeg and place baking dish in a pan. Pour into the pan one inch of hot water and bake until custard is set, in a slow oven (300°), from thirty to forty minutes. When the custard is done, a knife blade inserted into it will come out clean.

CREAMED LIMA BEANS

2 POUNDS LIMA BEANS	1 TABLESPOON BUTTER
MILK	THICKENING

Shell lima beans, drop them into boiling salted water and cook until tender or about twenty minutes. If canned beans are used, drain off the liquor.

Add enough milk to nearly cover the beans. Add either cornstarch or flour thickening. (To make thickening add enough water to a tablespoon of flour or a teaspoon of cornstarch to make consistency of thick cream.) After adding thickening, add the butter and cook until thickened.

TARTAR SAUCE

1 CUP MAYONNAISE	2 TABLESPOONS SWEET PICKLE
2 TEASPOONS MINCED ONION	RELISH
$\frac{1}{2}$ TEASPOON HORSERADISH	

Mix mayonnaise with the other ingredients.

*Fish Soufflé**Stewed Corn and Tomatoes**Cucumber and Lettuce Salad**Canned Fig Pudding with Foamy Sauce*

Routine: Prepare soufflé and put into oven.

Prepare corn and tomatoes. Heat just before serving.

Prepare salad.

Make Foamy Sauce.

Heat fig pudding.

FISH SOUFFLÉ

1 CUP FLAKED CANNED FISH OR LEFTOVER FISH	2 TEASPOONS MINCED PARSLEY
½ CUP TOP MILK	1 TEASPOON LEMON JUICE
1 CUP BREAD CRUMBS	3 EGG YOLKS
	3 EGG WHITES BEATEN STIFF

Heat milk and bread crumbs. Add parsley, fish and lemon juice and season to taste. Beat yolks until thick and lemon colored and stir into fish mixture. Fold in stiffly beaten whites. Bake in a greased casserole in a moderate oven (400°) for forty minutes.

CUCUMBER AND LETTUCE SALAD

1 CUCUMBER	LETTUCE LEAVES
	FRENCH DRESSING

Cut off ends of washed cucumber. Peeling is not necessary. Slice thin and arrange three or four slices on lettuce leaves. Serve with French dressing.

STEWED CORN AND TOMATOES

2 CUPS COOKED CORN (FRESH OR CANNED)	1 TEASPOON SALT
	1 TEASPOON SUGAR
2 CUPS TOMATOES (FRESH OR CANNED)	2 TABLESPOONS BUTTER
	PEPPER

Mix seasonings with corn and tomatoes and cook until well blended. If fresh corn or tomatoes are used cook until tender, about ten minutes. Add butter, and serve. If the mixture is thin, add cornstarch or flour thickening. This is made by combining either two tablespoons of flour or two teaspoons cornstarch, with some cold water to make a mixture as thin as cream.

FOAMY SAUCE FOR PUDDING

$\frac{1}{2}$ CUP BUTTER	1 EGG
1 CUP CONFECTIONERS' SUGAR	2 TABLESPOONS HOT WATER
	1 TEASPOON VANILLA

Cream butter, gradually add sugar, well beaten egg and hot water. Heat over hot water, beating continuously until mixture thickens. Add flavoring. Serve on hot pudding. Good for any steamed pudding.



*Breaded Veal Steak**Browned New Potatoes**Asparagus Salad Vinaigrette**Mixed Fruit Compote with Store Macaroons*

Routine: Bread the veal and set aside until ready to cook.
 Scrape and put small new potatoes on to boil.
 Open canned fruit for compote and arrange in individual glasses.
 Assemble asparagus salad and place in refrigerator.
 Sauté the veal and brown the potatoes.

BREADED VEAL STEAK

Select veal cut from the round and have it sliced thin. Cut into portions and dip into beaten egg. Roll the pieces in finely powdered bread or cracker crumbs and set aside until ready to cook. Allow twenty minutes for sauté. Heat fat in the frying pan. When smoking hot, lay the breaded veal in the pan and allow the egg mixture to set. Turn and do likewise on the other side, then reduce the heat. Season with salt and pepper and cook over low heat until the meat is nicely browned on both sides.

To make a gravy, add two tablespoons of flour to the remaining fat and mix well. Add one and one half cups of milk and stir until smooth and thick.

MIXED FRUIT COMPOTE

Mix nine ounce cans each, of Queen Anne cherries, apricots, and pineapple tidbits with one sliced banana. Arrange in sherbet glasses and serve with macaroons.

BROWNED NEW POTATOES

Scrape and wash enough small potatoes for the family. Put on to boil with sufficient salted water to cover potatoes. When almost tender, remove from the fire and drain. Put two table-
spoons of butter into frying pan and when bubbling, add the potatoes. Turn gently until all sides are brown. More fat may be needed depending on the size and quantity of the potatoes. Season with salt and pepper.

ASPARAGUS SALAD VINAIGRETTE

1 SMALL CAN ASPARAGUS

4 TABLESPOONS MINCED SOUR

4 TABLESPOONS MINCED ONIONS

PICKLES

FRENCH DRESSING

YELLOW CHEESE

Drain contents of one can of asparagus. Arrange in groups on lettuce, sprinkle onion and pickle over the asparagus and dress with French dressing. Salad may be garnished with cheese carrots. Take any good snappy soft yellow cheese. Mold in the hand into the shape of tiny carrots. Thrust small sprig of parsley into the large end and serve with the salad.



*Codfish Balls with Egg Sauce**Baked Stuffed Tomatoes**Molded Cabbage Salad**Fresh or Canned Pineapple and Peanut Cookies*

Routine: Molded cabbage salad should be made early in the day. Slice off enough peanut cookies for dinner and bake on a cookie sheet.

While cookies are baking, prepare tomatoes and bake.

Boil eggs for egg sauce.

Slice pineapple and put in refrigerator.

Make codfish balls and sauté.

Make egg sauce.

MOLDED CABBAGE SALAD

1 TABLESPOON GELATIN

 $\frac{1}{4}$ CUP COLD WATER1 $\frac{1}{2}$ CUPS HOT WATER3 TABLESPOONS TARRAGON OR
CIDER VINEGAR1 $\frac{1}{2}$ TABLESPOONS SUGAR

GREEN VEGETABLE COLORING

 $\frac{1}{2}$ TEASPOON SALT1 $\frac{1}{2}$ CUPS SHREDDED CABBAGE
MAYONNAISE

Soften gelatin in the cold water; dissolve in the hot water. Add vinegar, sugar and salt, and stir until the sugar is dissolved. Tint a delicate green. Cool, and put into refrigerator to congeal partially. When slightly congealed, combine with shredded cabbage and pour into individual molds. Chill and serve on lettuce leaf. Garnish with mayonnaise.

BAKED STUFFED TOMATOES

4 MEDIUM SIZED TOMATOES

 $\frac{1}{2}$ CUP BREAD CRUMBS $\frac{1}{2}$ CUP STORE CHEESE GRATED

2 TABLESPOONS MELTED BUTTER

Cut off stem end of tomatoes. Remove centers with a sharp knife. Fill cavities with stuffing made from bread crumbs, melted butter and cheese, all of which have been mixed and moistened with some of the chopped tomato centers. Season to taste. After tomatoes are filled, top each with a fine coating of bread crumbs. Place in a greased pan, bake in a moderate

oven (400°) for twenty minutes, or until tender but not soft enough to lose shape.

EGG SAUCE

2 TABLESPOONS FAT	1 CUP MILK
2 TABLESPOONS FLOUR	2 HARD BOILED EGGS

Make a medium white sauce by melting fat, blending in flour and adding milk. Stir continuously until thick. Add chopped eggs and season to taste.

CODFISH BALLS WITH EGG SAUCE

1 CAN READY TO FRY CODFISH CAKES (MAKE INTO SMALL BALLS AND SAUTÉ) OR	
2 MEDIUM SIZE POTATOES	1 CUP DRIED CODFISH
1 BEATEN EGG	$\frac{1}{4}$ CUP MILK

Peel and cut potatoes into small pieces. Add codfish, cover with water and bring to a boil. Drain and add fresh water. Cook until tender. Drain and mash. Add egg and mix thoroughly. Add enough milk to make mixture into firm little balls. Do not have them too soft. Sauté in a frying pan, turning to brown on all sides. Drain on paper toweling.

PEANUT COOKIES

1 CUP BROWN SUGAR	$\frac{1}{2}$ TEASPOON BAKING SODA
$\frac{1}{2}$ CUP BUTTER	1 $\frac{1}{2}$ CUPS CAKE OR PASTRY FLOUR
1 EGG	(SIFTED BEFORE MEASURING)
$\frac{1}{2}$ TEASPOON CREAM OF TARTAR	$\frac{1}{2}$ CUP FINELY CHOPPED PEANUTS

Cream butter, add sugar and beaten egg. Sift flour, soda, and cream of tartar together and mix thoroughly with first mixture. Add chopped peanuts and place dough in refrigerator to chill. Form in a roll about two inches in diameter, wrap in wax paper and keep in refrigerator until cookies are needed. Cookies are sliced off and baked on a greaseless cookie sheet in a hot oven (425°) for eight to ten minutes.

Cheese Soufflé with Currant Jelly
Hot String Bean Salad *Eggplant Sticks*
Cup Cakes with Hot Fruit Sauce



Routine: Prepare soufflé and put to bake.
 Prepare string beans and cook.
 Make eggplant sticks.
 Make sauce for cakes.
 Finish preparing beans.
 Sauté the eggplant.

CHEESE SOUFFLÉ

3 TABLESPOONS FLOUR
 3 TABLESPOONS BUTTER
 1 CUP MILK
 ½ TEASPOON SALT

DASH OF PEPPER
 1 CUP GRATED CHEESE
 3 EGG YOLKS
 3 EGG WHITES, BEATEN STIFF

Melt the butter and stir in the flour and seasonings. Add the milk and make into a thick white sauce, stirring constantly. Add the cheese and egg yolks and stir until the cheese is melted and the yolks are set. Fold in the beaten egg whites, pour into a greased baking dish and place in a pan containing one half inch of hot water. Bake in a moderate oven (350°) for thirty minutes or until egg white is set. Serve at once as it begins to fall as soon as it is removed from the oven.

HOT STRING BEAN SALAD

1 POUND STRING BEANS	2 SLICES OF BACON
1 TABLESPOON MINCED ONION	$\frac{1}{3}$ CUP WEAK VINEGAR

Slice beans lengthwise and set to boil in salted water. When tender, remove from the fire and drain. Sprinkle the onion over the beans.

Crisp two slices of bacon which have been cut into half inch lengths. Skim out of the fat and toss over the hot beans. Pour the vinegar into the fat being careful that it does not boil up too quickly at first. Pour hot mixture over the beans.

EGGPLANT STICKS

12 EGGPLANT STICKS	1 EGG
BREAD CRUMBS	SALT
	FAT

Peel and cut eggplant crosswise into one half inch thick slices. Cut each slice into sticks one inch wide. Dip into the beaten egg and then into the crumbs. Sauté on all sides in hot fat. When golden brown, lay on paper toweling to absorb excess fat and serve.

HOT FRUIT SAUCE

1 CUP CANNED FRUIT JUICE	1 TEASPOON LEMON JUICE
1 TABLESPOON CORNSTARCH	

Blend cornstarch with two tablespoons of fruit juice. Heat balance of fruit juice, add cornstarch mixture and cook until thick and clear. Serve hot on cup cakes.

*Peppers Stuffed with Corned Beef Hash
Buttered Young Onions and Carrots*

Mixed Pickles and Green Olives

Chocolate Meringue Pie



Routine: Make pie earlier in the day.

Parboil peppers.

Prepare vegetables for cooking and set on to boil.

Stuff peppers and bake.

STUFFED GREEN PEPPERS

1 CAN CORNED BEEF HASH

4 GREEN PEPPERS

BUTTERED BREAD CRUMBS

Open corned beef hash and heat. Cut off stem ends of peppers and cut out seedy portions. Parboil them. Drain and fill them with the hash. Top with buttered crumbs, and set upright in a baking dish to which has been added one half cup of water. Bake in quick oven (425°) for twenty minutes, or until bread crumbs are nicely browned.

BUTTERED YOUNG ONIONS AND CARROTS

12 SMALL YOUNG ONIONS

4 MEDIUM CARROTS

1 TABLESPOON BUTTER

Scrape and dice the carrots, set on to boil with the onions. When tender, drain and season and mix in one tablespoon of butter.

CHOCOLATE MERINGUE PIE

Pastry for pie shell: Use $\frac{1}{2}$ recipe for one shell

2 CUPS PASTRY FLOUR	COLD WATER
(SIFTED BEFORE MEASURING)	$\frac{3}{4}$ TEASPOON SALT
$\frac{1}{2}$ TEASPOON BAKING POWDER	$\frac{1}{2}$ CUP SHORTENING

Sift dry ingredients together. Add shortening and work in lightly until particles of fat are the size of large peas. Add cold water slowly, just enough to hold dough together. If possible, chill before rolling out for shell.

Roll out pastry and line a pie tin. Press firmly to pan, prick pastry with a fork and bake in a hot oven (500°) for ten minutes or until a golden brown.

Chocolate Filling

Use prepared chocolate pudding according to directions on package and when cool put into the cold pie shell *or* use following recipe:

$1\frac{1}{2}$ CUPS SCALDED MILK	$\frac{1}{8}$ TEASPOON SALT
$\frac{2}{3}$ CUP SUGAR	$\frac{1}{4}$ CUP COLD MILK
5 TABLESPOONS FLOUR	3 EGG YOLKS
1 SQUARE CHOCOLATE	$\frac{1}{2}$ TEASPOON VANILLA

Mix sugar, salt, flour together. Add cold milk, then beaten egg yolks. Mix this with scalded milk. Cook in double boiler until thick. Remove from fire. Add flavoring and melted chocolate. Cool and pour into a baked pie shell.

Meringue for Top of Pie

3 EGG WHITES	6 TABLESPOONS SUGAR
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Beat egg whites until dry and stiff, add sugar gradually and beat until like marshmallow. Pile on top of pie and brown in slow oven (300°) for twelve minutes, or until a light golden brown.

Roast Leg of Lamb, Mint Jelly
Browned Potatoes *Buttered Peas*
Assorted Cheese and Crackers
Bowl of Grapes, Tangerines and Tart Apples

Routine: Put roast into oven.

One hour before roast is ready, place peeled potatoes around it.

Open canned peas and put into pan to heat, or if fresh peas are used drop shelled peas into vigorously boiling salted water and cook until tender.

Arrange cheese and crackers on dish.

Arrange fruit on plate.

Make gravy.

ROAST LEG OF LAMB

Select a four-pound leg of lamb. Wipe with a damp cloth, then rub well with salt and pepper and dredge with flour. Set on a rack, skin side down, in an open roasting pan and put into a hot oven (500°) to sear until nicely browned, about twenty minutes. When browned, turn heat down to moderate (350°) and bake, allowing twenty minutes to each pound. When roast is done, remove from pan. Add water or milk and stir in enough flour thickening to make a gravy. Season with salt and pepper if necessary.

BROWNED POTATOES

One hour before the roast is done pour in one half cup of hot water. Surround the roast with small peeled potatoes. Allow to bake, turning them until they brown on all sides. When done, remove to a platter with the meat, and make a gravy with what is left in the roasting pan.

*Scalloped Potatoes with Ham**Harvard Beets**Raw Carrot Salad**Fresh Oxheart Cherries**Crackers and Cheese*

Routine: Prepare potato dish and set in oven to bake.

Make sauce for the beets and put in the cubed beets.

Shred carrots. Put on individual lettuce nests, sprinkle with salt, garnish with mayonnaise and paprika and place in refrigerator.

Wash the cherries and place in refrigerator.

Arrange crackers and cheese on a plate.

SCALLOPED POTATOES WITH HAM

1 THIN SLICE SMOKED HAM

3 CUPS MILK

6 MEDIUM POTATOES

FLOUR

PEPPER

Put ham through food chopper. Peel and slice the potatoes thinly. Scald milk while preparing the potatoes. Put into a greased baking dish alternate layers of potatoes and ham with a sprinkling of flour. When all the ingredients are in the dish, pour over the hot milk. This should just reach the top of the potatoes. Set in a hot oven (425°) and bake forty to fifty minutes.

HARVARD BEETS

1 SMALL CAN BEETS, CUBED

2 TABLESPOONS BUTTER

 $\frac{1}{2}$ CUP SUGAR $\frac{1}{2}$ CUP MILD VINEGAR

2 TABLESPOONS FLOUR

 $\frac{1}{4}$ CUP WATER $\frac{1}{2}$ TEASPOON SALT

Mix sugar and flour and add the vinegar and water. Stir continuously and cook until thick. Add salt and butter. Mix with beets and reheat.

*Spanish Lamb**Julienne Potato Chips**Sour Cream Slaw with Celery Hearts**Warm Mixed Stewed Fruits with Hard Sauce*

Routine: Stew the fruits which have been soaked according to directions on each package.

Prepare Spanish lamb and put into oven.

Mix salad and put into refrigerator.

Make hard sauce.

Reheat package potato chips.

SPANISH LAMB

2 TABLESPOONS BUTTER

2 CUPS TOMATOES

4 TABLESPOONS CHOPPED ONION

2 CUPS DICED COOKED LAMB

4 TABLESPOONS CHOPPED CELERY

1 TABLESPOON PARSLEY, CUT FINE

BUTTERED CRUMBS

1/2 CUP BOILED RICE

Any leftover meat or cooked rice, noodles or potatoes may be used as a foundation for this dish.

Put butter into frying pan and when hot add the onion and chopped celery. When the onion begins to turn yellow, add the tomatoes, lamb, parsley and rice, and season with salt and pepper. Cook for five minutes, stirring all the while. Pour into a greased casserole, sprinkle with buttered crumbs and bake twenty to thirty minutes in a hot oven (425°), or until the crumbs are lightly browned.

MIXED STEWED FRUITS

1 PACKAGE MIXED DRIED FRUITS

Follow directions on package for soaking and cooking but

do not add sugar. Serve warm with a bit of hard sauce on top and a dash of nutmeg.

HARD SAUCE

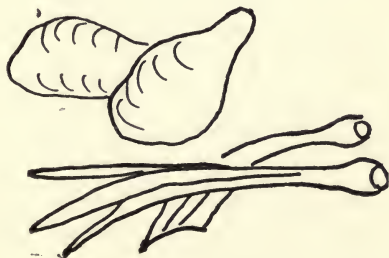
$\frac{1}{3}$ CUP BUTTER	1 TEASPOON RUM OR VANILLA
1 CUP CONFECTIONERS' SUGAR	EXTRACT

Cream butter and thoroughly mix with the sugar and extract. Keep in refrigerator until ready to serve.

SOUR CREAM SLAW WITH CELERY HEARTS

SHREDDED CABBAGE FOR FOUR	$\frac{1}{2}$ TEASPOON SALT
$\frac{3}{4}$ CUP HEAVY SOUR CREAM	2 TABLESPOONS SUGAR
$\frac{1}{4}$ CUP WEAK CIDER OR WINE VINEGAR	$\frac{1}{2}$ TEASPOON PAPRIKA

Add vinegar, salt, sugar and paprika to the sour cream. Stir all together and pour over the finely shredded cabbage (enough for four persons), and toss about until it is well coated. Serve in a salad bowl, garnished with celery hearts.



Frankfurters Stuffed with Potatoes
Creamed Onions *Wilted Lettuce*
Orange Boston Pie

Routine: Peel and cook potatoes and mash.
 Peel and cook onions.
 Prepare filling for pie and cool.
 Prepare frankfurters and put into oven.
 Finish making Orange Boston Pie.
 Make wilted lettuce.

CREAMED ONIONS

In peeling onions, remove all outside skin as they should be white as milk when served. Drop them into boiling water and boil about ten minutes. Drain, add fresh boiling water and cook about ten minutes longer or until tender. Before cooking is completed, add salt. Drain thoroughly and pour medium white sauce over them.

ORANGE BOSTON PIE

Store sponge or butter layer cake not iced.

Filling

$\frac{2}{3}$ CUP MILK	1 TABLESPOON BUTTER
$\frac{1}{3}$ CUP SUGAR	1 EGG, BEATEN
1 TABLESPOON CORNSTARCH	PINCH SALT
$\frac{1}{2}$ CUP ORANGE JUICE	GRATED RIND OF $\frac{1}{2}$ ORANGE

Mix sugar, cornstarch and salt. Add milk, butter, egg and cook in a double boiler. Stir until thick and smooth. Add orange juice and grated rind and stir until blended. Cool and pour over lower layer of the cake, place top layer on and either sprinkle confectioners' sugar or spread whipped cream on top. Serve in wedge shaped pieces.

FRANKFURTERS STUFFED WITH POTATOES

6 MEDIUM POTATOES

4 FRANKFURTERS

GRATED CHEESE

Peel and thickly slice the potatoes. Boil until tender, drain, mash well and season as for mashed potatoes. Split frankfurters lengthwise and fill the opening with the mashed potato. Sprinkle the top with grated cheese, place in a shallow greased pan in the oven and bake at moderate heat (400°) until the cheese is melted and the frankfurters are lightly browned.

WILTED LETTUCE

LETTUCE, SMALL HEAD

1 TEASPOON SALT

6 SLICES OF BACON

1 CUP WEAK VINEGAR

3 TABLESPOONS SUGAR

PEPPER

Shred the lettuce finely and put in a mixing bowl. Cut bacon into half inch pieces and fry until crisp. Skim out the bacon and put it on top of the lettuce.

Put sugar, salt and a dash of pepper into the bacon fat. Let cook for one minute and slowly add the vinegar. Bring to a boil and pour over the lettuce. Toss the lettuce about until it is well coated with the hot liquid and serve while still warm.



*Stuffed Boiled Ham Rolls**Candied Sweet Potatoes with Pecans**Orange and Bermuda Onion Salad**Prune Sponge*

Routine: Prepare prune sponge early in the day.
 Prepare candied sweet potatoes with pecans and bake.
 Prepare salad, set in refrigerator until ready to serve.
 Prepare stuffed ham rolls.

PRUNE SPONGE

1 TABLESPOON GELATIN

 $\frac{1}{4}$ CUP COLD WATER $\frac{3}{4}$ CUP BOILING PRUNE JUICE

1 TABLESPOON LEMON JUICE

1 CUP PITTED PRUNES QUARTERED

1 CUP WHIPPED CREAM

Dissolve gelatin in cold water, add boiling prune juice and lemon juice and stir until gelatin is thoroughly melted. Add the cold cooked prunes and allow to chill. When the mixture begins to set, fold in the whipped cream and set in the refrigerator until needed. Serve with custard sauce or thin cream, if desired.

CANDIED SWEET POTATOES WITH PECANS

4 SWEET POTATOES

1 $\frac{1}{2}$ CUPS MAPLE SYRUP

16 PECAN HALVES

BUTTER

Boil sweet potatoes (or use canned ones), cool and peel. Slice in half lengthwise and arrange, flat side down, in baking pan. Press four pecan halves on each slice. Bring maple syrup to a boil and, while hot, pour over the potatoes. Place a small dot of butter on each potato and bake for a half hour in a moderate oven (375°). At intervals during the cooking, baste the potatoes with the syrup.

ORANGE AND BERMUDA ONION SALAD

2 ORANGES

1 HEAD ROMAINE

1 SMALL BERMUDA ONION

FRENCH DRESSING

Peel and cut crosswise medium sized oranges into thin slices. Cut onions in the same manner. Serve on crisp Romaine leaves with French dressing, added before bringing to the table.

STUFFED HAM ROLLS

8 PORK SAUSAGES

 $\frac{1}{2}$ CUP HOT WATER

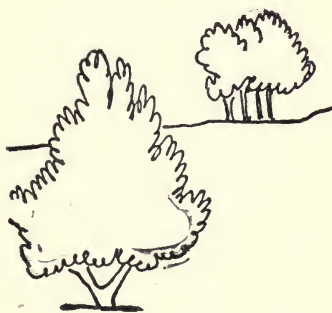
4 LARGE SLICES COLD BOILED HAM

For each serving take two pork sausages, place side by side, and wrap with a slice of cold boiled ham. The ham must be cut rather thick and the fat should be removed from the edges. Fasten with wooden toothpicks. Cook slowly in a frying pan on the top of the stove for five to ten minutes (time depends on size of sausages). Add one half cup of hot water, cover and steam slowly for five to ten minutes.



COOL WEATHER MENUS

Group 2



*Pork Chops with Tomato Sauce**Corn Pudding**Dill Pickles and Ripe Olives**Chilled Grapefruit and Ginger Snaps*

Routine: Prepare chops and cook.

Prepare corn pudding and bake.

Open can of grapefruit or prepare fresh grapefruit, and chill.

PORK CHOPS WITH TOMATO SAUCE

4 PORK CHOPS, ONE INCH THICK	1 CAN TOMATO SOUP
1 TABLESPOON SUGAR	SALT

Brown the chops and cover while browning. Dilute one can of tomato soup with as much water and pour over the chops. Season and add one tablespoon of sugar. Cover and cook slowly for forty minutes.

CORN PUDDING

2 CUPS FRESH CORN OR 1 NO. 1 CAN	1 1/2 TEASPOONS SALT
3 EGGS, BEATEN	1/8 TEASPOON PEPPER
1 CUP MILK	2 TABLESPOONS MELTED BUTTER

Mix all the ingredients together and pour into buttered casserole. Set in a shallow pan which has hot water in it to a depth of one half inch. Bake in a hot oven (400°) until firm, about forty minutes.

CHILLED GRAPEFRUIT

2 GRAPEFRUIT	SUGAR
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Cut fruit in half and remove seeds. With a pair of scissors or sharp knife, cut the circular piece from the center of each half. Separate each section of fruit from the membrane. Sprinkle with sugar and chill.

*Salmon Puff with Tomato Sauce**Buttered Broccoli**Congeaed Beet Salad**Cherry Pudding*

Routine: Prepare salad earlier in the day.
 Prepare salmon puff and bake.
 Cook broccoli.
 Heat cherries.
 Heat tomato soup for the salmon puff.
 Make dumplings and drop into cherry mixture.

CONGEALED BEET SALAD

$\frac{1}{2}$ PACKAGE LEMON FLAVORED GELATIN	$\frac{1}{4}$ TEASPOON SALT
$\frac{1}{2}$ CUP BOILING WATER	1 TEASPOON MINCED ONION
$\frac{1}{4}$ CUP CANNED BEET JUICE	2 TABLESPOONS HORSERADISH
1 $\frac{1}{2}$ TABLESPOONS WEAK VINEGAR	$\frac{1}{4}$ CUP CHOPPED CELERY
	$\frac{1}{2}$ CUP CANNED BEETS, DICED
	MAYONNAISE

Dissolve gelatin in boiling water. Add beet juice, vinegar, salt, onion and horseradish. Chill. When partially thickened, fold in the celery and beets. Turn into individual molds or cups and chill until firm. Unmold on lettuce leaves and garnish with mayonnaise.

BUTTERED BROCCOLI

Soak broccoli in cold water for ten minutes to draw out insects. Discard withered leaves, and cut off tough stems. Cook in boiling salted water, uncovered, until tender. Drain. Pour melted butter over the broccoli, or serve with mock Hollandaise sauce.

Mock Hollandaise consists of one third melted butter and two thirds mayonnaise well stirred together.

SALMON PUFF WITH TOMATO SAUCE

2 CUPS HOT RICED POTATOES	1 WELL BEATEN EGG
1 TABLESPOON BUTTER	1 TEASPOON SALT
½ CUP MILK	1 NO. 1 CAN SALMON

Add butter, milk, egg and salt to riced potatoes and mix well. Drain, remove bones and flake salmon. Fold in potato mixture. Taste and season again if necessary. Put into a greased casserole and bake in a hot oven (425°), until brown, twenty to thirty minutes. Serve with tomato sauce.

TOMATO SAUCE

Open can of undiluted tomato soup. Heat and serve with the salmon puff.

CHERRY PUDDING

1 NO. 2 CAN SOUR CHERRIES	1 TEASPOON BUTTER
1 ½ CUPS SUGAR	1 CUP PREPARED BISCUIT FLOUR
	MILK

Add sugar and butter to the cherries. Bring to a boil.

Add sufficient milk to the biscuit flour to make dough soft enough to drop from a spoon. Drop into the boiling mixture in four equal sized dumplings. Cover and cook slowly for twelve to fifteen minutes. Do not uncover while dumplings are cooking as this will cause them to fall. Serve one hot dumpling with cherries and juice for each person. Thin cream may be poured over this if desired.

Fricassee of Rabbit with Biscuit and Gravy
Eggplant Casserole *Grapefruit and Canned Pear Salad*
Chocolate Ice Box Cake

Routine: Make ice box cake and cover the top with waxed paper.

The cream should be whipped and put into covered container. Place both in refrigerator. If possible, prepare these immediately after breakfast.

Prepare rabbit for stewing and cook until tender.

Assemble eggplant casserole and bake.

Prepare salad, except for French dressing, and place in refrigerator.

Mix biscuits and place on greased pan.

Fry rabbit.

When eggplant casserole is finished, it may be taken out of the oven and kept covered, and biscuits may be baked if oven is too small for both.

Make gravy.

CHOCOLATE ICE BOX CAKE

1 BOX PREPARED CHOCOLATE PUDDING	1 1/2 DOZEN LADY FINGERS OR SPONGE CAKE
2 CUPS OF MILK	1 CUP WHIPPED CREAM

Gradually stir the milk into the prepared pudding, place on stove and stir continuously until thick. Line sides and bottom of loaf tin with waxed paper. Place split lady fingers or sponge cake on top of waxed paper lining sides and bottom of pan. Pour over some of the chocolate mixture. Put in a layer of lady fingers, add more chocolate, and continue thus until tin is nearly full. Place in refrigerator to congeal. When ready to serve, spread whipped cream on top, lift out of tin by the waxed paper, slip paper off and slice the cake.

GRAPEFRUIT AND CANNED PEAR SALAD

1 FRESH GRAPEFRUIT OR SMALL CAN OF GRAPEFRUIT	1 SMALL 9-OUNCE CAN PEARS 3/4 CUP FRENCH DRESSING
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Peel grapefruit, cutting deep enough to remove surface membrane. Cut out sections free of membrane. If canned grapefruit is used it should be drained, and canned pears also. Arrange $\frac{1}{2}$ pear, rounded side up, on each serving of lettuce. Arrange two or more grapefruit sections around base of each pear. Top, before serving, with French dressing.

FRICASSEE OF RABBIT

Select a young, tender rabbit. Skin, wash and cut the rabbit into pieces. Put into boiling water and cook until tender. This will vary with the age of the rabbit, from one to two hours. When half done, salt the water. If the rabbit is tender in much less time, remove from the fire and allow to stand until ready to fry. Remove from the liquor and roll in flour. Heat butter in frying pan to the bubbling point. Put pieces of rabbit in the pan and brown all sides. Season well with salt and pepper. When nicely brown, remove from the frying pan and pour off most of the fat. Stir into the remaining fat three tablespoons of flour and when thick and smooth add $1\frac{1}{2}$ cups of the liquor in which the rabbit was boiled. If there is not enough liquor add milk to make $1\frac{1}{2}$ cups. Stir mixture continuously while thickening. Rabbit should be served on split hot biscuits with the gravy poured over all.

EGGPLANT CASSEROLE

1 SMALL EGGPLANT	5 TABLESPOONS FAT
6 MEDIUM SIZE TOMATOES OR	2 TEASPOONS SALT
1 SMALL CAN	$\frac{1}{2}$ TEASPOON PEPPER
6 MEDIUM SIZE ONIONS	1 GREEN PEPPER

Pare and slice eggplant, onions and green pepper. Brown in a frying pan in the fat. Place browned vegetables in a greased casserole, alternating with sliced or canned tomatoes in layers. Season each layer with salt and pepper. Bake in a moderate oven (400°) for forty minutes.

*City Chicken Legs**Creamed Peas and Potatoes**Cranberry Relish**Butterscotch Apples*

Routine: Open canned baked apples or bake fresh apples.

Prepare the City Chicken Legs, brown in butter and set to simmering.

Peel potatoes, shell the peas (or open canned peas) and cook. Make relish.

CRANBERRY RELISH

2 CUPS CRANBERRIES ($\frac{1}{2}$ POUND) $\frac{3}{4}$ CUP SUGAR

1 LARGE ORANGE

Wash cranberries and put through food grinder using fine cutter. Cut up orange and put through grinder, peel and all. Mix well and stir in the sugar. Store in tightly covered jar in refrigerator.

BUTTERSCOTCH APPLES

4 FRESH OR 1 CAN BAKED APPLES¹ BUTTER

BROWN SUGAR

Core apples but do not peel. Fill cavities with brown sugar and place a lump of butter on top of each apple. Arrange in a rather deep pan and add about one half inch of water. Add enough brown sugar to make a syrup. Bake in a moderate oven (400°) for twenty to thirty minutes and serve plain with the syrup. A few chopped nut meats may be added to each apple if desired.

If canned apples are used they may be served as they come from the can; hot maple syrup with nuts may be poured over them, or cream.

CITY CHICKEN LEGS

1 POUND VEAL	4 WOODEN SKEWERS
1 POUND PORK	2 TABLESPOONS FAT
1 EGG, BEATEN	1 CUP WATER
CRACKER CRUMBS	

Cut the veal and pork into strips one and one half inches long by one inch wide and one half inch thick. On each skewer place alternate pieces of veal and pork until the meat roughly resembles the leg of a chicken. Dip in the beaten egg, roll in the cracker crumbs and brown in a frying pan with the fat. When they are browned, pour into the pan one cup of water. Cover and let steam slowly for forty-five minutes.

CREAMED PEAS AND POTATOES

8 SMALL POTATOES	1 POUND FRESH PEAS OR
MEDIUM WHITE SAUCE	1 SMALL CAN

Peel potatoes and put on fire in warm salted water, bring to boil and when it is boiling vigorously, drop in the fresh peas and cook until tender. If canned peas are used, blend with potatoes after they are done. Drain and blend with the medium white sauce made as follows:

2 TABLESPOONS FAT	2 TABLESPOONS FLOUR
1 CUP OF MILK	

Melt fat and stir in flour. Pour in milk and stir until thick and smooth. Salt and pepper to taste.

*Lamb Croquettes**Baked Tomatoes**Buttered Beet Greens**Raw Carrot Sticks**Melba Peaches*

Routine: Make cream sauce. Add minced lamb and set to cool.
 Clean and put beet greens on to boil.
 Prepare tomatoes for baking.
 Make Melba peaches.
 Bake tomatoes.
 Make carrot sticks.
 Shape croquettes and fry.

LAMB CROQUETTES

2 TABLESPOONS BUTTER

2 CUPS MINCED COOKED LAMB

3 TABLESPOONS FLOUR

1 TABLESPOON ONION JUICE

1 CUP MILK

1 TEASPOON LEMON JUICE

SEASONINGS

1 EGG

BREAD CRUMBS

FAT

Make heavy cream sauce by combining flour with melted butter and adding a cup of milk. Cook and stir until thick. Put minced lamb into sauce and add onion juice, lemon juice, salt and pepper. When cold, shape into croquettes and dip in beaten egg. Roll in cracker or bread crumbs and either fry in deep fat until golden brown, or sauté in a frying pan, browning on all sides.

BUTTERED BEET GREENS

(See page 74)

BAKED TOMATOES

4 GOOD SIZED TOMATOES

GRATED CHEESE

BUTTERED CRUMBS

SUGAR

SALT

Cut unpeeled tomatoes in half crosswise, sprinkle with salt and a little sugar, cover with buttered crumbs and grated yellow cheese. Bake in a moderate oven (400°), for fifteen minutes, or until tender.

MELBA PEACHES

1 QUART CAN PEACHES

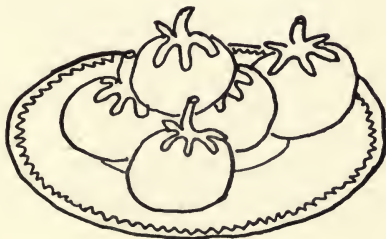
 $\frac{1}{2}$ TEASPOON ALMOND EXTRACT $\frac{1}{2}$ TEASPOON RED VEGETABLE $\frac{1}{2}$ TEASPOON VANILLA

COLORING

1 CUP SUGAR

VANILLA ICE CREAM

Drain peaches. Add juice to sugar, flavorings and coloring, and cook. When the mixture boils, add the peach halves and simmer gently for five minutes. Chill and serve two halves with a scoop of vanilla ice cream.



*Chilled Grapefruit Juice**Roast Beef with Carrots and Onions**Devilled Egg, Celery Hearts and Watercress Salad**Chocolate Pudding with Whipped Cream*

Routine: Place roast in oven to bake.

Put eggs on to boil.

Make chocolate pudding.

Peel onions and carrots.

Make salad.

ROAST BEEF WITH ONIONS AND CARROTS

3 POUNDS ROLLED RIB ROAST

4 MEDIUM CARROTS

12 SMALL ONIONS

SALT AND PEPPER

BUTTER

FLOUR

As meats shrink from one half to one third in cooking, allow one fourth to one half pound of solid meat per person.

Rub the surface of the roast with salt and pepper. Sear on top and bottom in a hot pan to prevent the juices from escaping. Meanwhile have the oven heating. Leave the roast in the pan and place in a moderate oven (350°). Bake twelve to fifteen minutes per pound for rare beef or fifteen to twenty minutes for well done beef. Add fifteen minutes to total time in either case.

Forty-five minutes before time to take out the roast, add the prepared carrots and onions.

To prepare vegetables, skin the onions, scrape carrots, cut in half and dip all into melted butter before placing around the roast.

To make a brown gravy, remove the roast from pan, use two tablespoons of flour and two tablespoons of drippings with each cup of hot water. Stir until smooth and season to taste.

CHOCOLATE PUDDING WITH WHIPPED CREAM

Use prepared chocolate pudding following recipe on package or the following ingredients:

2½ TABLESPOONS CORNSTARCH	¼ CUP COLD MILK
2 TO 4 TABLESPOONS SUGAR	1½ CUPS SCALDED MILK
3 SQUARES CHOCOLATE, GRATED	½ TEASPOON VANILLA
PINCH OF SALT	

Combine cornstarch and sugar, mix well and add chocolate and cold milk. Stir well and add carefully the scalded milk. Cook over direct heat, stirring constantly until thick and smooth. Add vanilla and salt. Either turn into individual molds or tea cups, or a large dish. Chill and when ready to serve unmold and garnish with whipped cream.

DEVILLED EGG, CELERY HEARTS AND WATERCRESS SALAD

4 HARD COOKED EGGS	WATERCRESS
CELERY HEARTS	MAYONNAISE
SEASONINGS	

To devil the eggs, cut lengthwise, put yolks into a plate and mash with a fork. Season with salt, pepper, sugar, vinegar and mayonnaise. Refill white halves with this mixture. Place two halves on watercress, top with mayonnaise and garnish with celery hearts.



*Veal Birds**Cauliflower with Cheese Sauce**Lettuce with French Dressing**Cherry Whip*

Routine: Make Cherry Whip and put into refrigerator.
 Prepare dressing for the veal birds; finish birds, and let them simmer.
 Cook cauliflower.
 Cut lettuce, place in refrigerator.
 Make cheese sauce for cauliflower.

VEAL BIRDS

1 1/2 POUNDS VEAL STEAK

1 1/2 CUPS WATER

FLOUR

1 SMALL CAN MUSHROOMS

1/2 CUP CANNED MILK

SALT

FAT

Dressing for Veal Birds

1 1/2 CUPS BREAD CRUMBS

1 SMALL GRATED ONION

1 TABLESPOON MELTED BUTTER

1/2 CUP HOT MILK OR WATER

1 TEASPOON SALT

1/4 TEASPOON PEPPER

1 BEATEN EGG

Add seasonings, egg and butter to crumbs, add milk last.
 Take a one and one half pound veal steak, have it cut one quarter inch thick, and cut into pieces two by four inches. Lay a tablespoon of the dressing on each piece, and roll up, fastening with a toothpick. Dredge with flour and salt, and brown in hot fat. Add one and one half cups water and simmer for thirty minutes. Add mushrooms and milk. If gravy is too thin, thicken with flour.

CAULIFLOWER WITH CHEESE SAUCE

- | | |
|---------------------------------|---------------------|
| 1 HEAD CAULIFLOWER | 2 TABLESPOONS FLOUR |
| 2 TABLESPOONS BUTTER | 1 CUP MILK |
| $\frac{1}{4}$ CUP GRATED CHEESE | |

Remove green leaves from cauliflower and place it, top downward, in a dish of cold, salted water to draw out any possible insects. Cook in boiling salted water until tender. Drain and place in a serving dish. Pour cheese sauce over head and garnish with paprika.

Sauce

Melt butter, mix in flour, stir in milk and continue stirring until thick. Add cheese and stir until melted.

CHERRY WHIP

- | | |
|-------------------------------|----------------------------------|
| 1 CUP CHOPPED CANNED CHERRIES | $\frac{1}{4}$ CUP POWDERED SUGAR |
| 1 TABLESPOON LEMON JUICE | 1 CUP WHIPPED CREAM |
| 2 EGG WHITES | LADY FINGERS |

Mix fruit and lemon juice together and chill. Beat egg whites stiff. Fold in sugar. Fold chilled fruit into egg mixture, then fold in whipped cream. Chill and serve with Lady Fingers.



*Panned Pheasant**Creamed Carrots**Escalloped Apples with Onions**Lettuce with Roquefort Dressing**Lemon Chiffon Pudding**Oatmeal Drop Cookies*

Routine: Dessert and cookies should be made after breakfast if possible.

Prepare escalloped apples and onions and put in oven to bake.

Scrape carrots, slice and cook.

Prepare pheasant, brown and steam it.

Make the salad.

Cream the carrots.

Unmold dessert and place in the refrigerator until ready to use.

ESCALLOPED APPLES WITH ONIONS

6 MEDIUM ONIONS

 $\frac{1}{2}$ TEASPOON SALT

4 MEDIUM COOKING APPLES

 $\frac{3}{4}$ CUP WATER

4 SLICES OF BACON

 $\frac{1}{2}$ CUP SOFT BREAD CRUMBS

2 TABLESPOONS BACON FAT

Peel and cut onions crosswise into one eighth inch slices. Peel, core and slice apples the same way. Cut bacon into small pieces and fry until crisp. Reserve two tablespoons of the fat. Arrange apples, onions and bacon in alternate layers in a greased casserole, sprinkling apples and onions with salt. Add water and sprinkle bread crumbs (which have been tossed in bacon fat) over top. Cover and bake in moderate oven (375°) for forty-five minutes. Uncover casserole for the last fifteen minutes to brown the crumbs.

ROQUEFORT DRESSING

(See index)

PANNED PHEASANT

Clean the bird and cut into portions, or if small, merely split in two, lengthwise. Roll in flour, seasoned with salt and pepper. Cut two slices of salt pork into strips and fry. Into this hot fat place the fowl and brown nicely on all sides. Pour one cup of hot water around the pheasant. Cover and allow to steam slowly for forty minutes. Do not allow the water to boil away. If the water evaporates, add more.

LEMON CHIFFON PUDDING

1 TABLESPOON GELATIN	$\frac{1}{2}$ CUP LEMON JUICE
$\frac{1}{4}$ CUP WATER	4 EGG WHITES, STIFFLY BEATEN
1 CUP SUGAR	1 TEASPOON LEMON RIND
4 EGG YOLKS	$\frac{1}{2}$ TEASPOON SALT

Soak gelatin in cold water. Beat egg yolks until light. Add one half of the sugar, the lemon juice and rind to yolks and continue to beat. When very light, cook slowly, stirring all the while, until mixture has the consistency of custard. Add soaked gelatin and dissolve. Cool. Add beaten egg whites to which remaining sugar has been added. Pour into individual molds or one mold and chill. Unmold by dipping mold quickly into hot water. Serve pudding garnished with whipped cream.

OATMEAL DROP COOKIES

$\frac{1}{3}$ CUP BUTTER	1 CUP FLOUR (SIFTED BEFORE MEASURING)
$\frac{1}{2}$ CUP SUGAR	$\frac{1}{2}$ TEASPOON BAKING POWDER
1 EGG	$\frac{1}{4}$ TEASPOON SALT
$\frac{1}{8}$ CUP MILK	$\frac{1}{4}$ TEASPOON CINNAMON
1 CUP ROLLED OATS	$\frac{1}{2}$ TEASPOON NUTMEG
$\frac{1}{2}$ CUP CHOPPED RAISINS	

Cream shortening, add sugar and beat until light. Add beaten egg, milk and rolled oats. Sift flour, salt, baking powder, cinnamon and nutmeg together and add the raisins. Mix with first mixture. Drop from teaspoon on greased cookie sheet. Bake in a hot oven (425°), for fifteen to eighteen minutes.

Pork Tenderloin Baked with Sweet Potatoes
Cinnamon Apples *Creole Celery*
Chocolate Spanish Cream

Routine: Prepare chocolate gelatin.
 Prepare meat dish.
 Prepare creole celery.
 Make cinnamon apples.

CHOCOLATE SPANISH CREAM

1 CUP HOT MILK	2 TEASPOONS COCOA
$\frac{3}{4}$ CUP COLD MILK	1 ENVELOPE GELATIN (1 TABLE- SPOON)
$\frac{1}{2}$ CUP SUGAR	$\frac{1}{4}$ CUP COLD MILK
PINCH OF SALT	

Mix sugar, cocoa and salt together and add hot milk. Put over the fire and stir until thoroughly mixed. Dissolve gelatin in one fourth cup of cold milk. After letting stand for several minutes stir into hot milk mixture until gelatin is thoroughly dissolved. Add remaining cold milk and when cool, place in refrigerator to congeal. Serve with thin cream or whipped cream.

PORK TENDERLOIN BAKED WITH SWEET POTATOES

PORK TENDERLOINS	3 OR 4 MEDIUM SWEET POTATOES
SALT AND PEPPER	$\frac{1}{2}$ CUP HOT WATER

The number of tenderloins will vary with their size: allow one fourth to one half pound per person. Wipe meat with damp cloth and sprinkle with salt and pepper. Put in hot oven (425°), add one half cup hot water and allow to bake while preparing the potatoes.

Peel the potatoes and cut into halves or quarters if large. Boil for ten minutes and drain. Place around the meat. Baste frequently while cooking and allow meat to cook for fifty minutes in all.

CREOLE CELERY

2 CUPS CHOPPED CELERY	2 TABLESPOONS CHOPPED GREEN
1 TABLESPOON BUTTER	PEPPER
1 TABLESPOON MINCED ONION	$\frac{1}{2}$ CUP TOMATOES
1 TEASPOON SUGAR	

Boil celery in salted water for ten minutes. Melt butter, add onion, pepper, tomatoes and sugar, mix well, add celery and cook for five minutes more. Season to taste.

CINNAMON APPLES

4 GOOD SIZED APPLES	1 CUP SUGAR
2 CUPS WATER	1 PACKAGE ($3\frac{3}{4}$ -OUNCE) RED CIN-
	NAMON DROPS

Mix sugar, water and cinnamon drops and bring to a boil. Drop in peeled, cored apples and cook until tender. Do not overcook as it is desired that apples retain their shape. Apples are served with the meat dish.





PICNICS

What opportunities for outdoor picnics the family has when traveling in a trailer! Instead of eating in the trailer the usual way, why not set up a card table outside? Dish up the dinner inside, and let each one carry his filled plate to the table.

As noon approaches, while en route, you may spot a shady grove by a brook, the very place to have the sandwiches and soup that was heated in the morning and poured into a vacuum bottle to keep hot.

Maybe the picnic is an especially planned one, with everything prepared in the trailer before leaving. Or maybe it is a picnic with part to be cooked on the picnic spot. Whichever it is, and wherever it is eaten, the fun is in the eating. So — serve tempting food combinations, neatly prepared. You'll be sure to have a success on your hands.

Before leaving home, do not forget to put the vacuum jug and bottle and any other picnic things into the trailer. They will be worth the space they take up.

First, decide what kind of picnic you are going to have.

Second, plan the menu and assemble equipment before preparing the food. Doing so enables you, while getting the food together, to think about necessities — to check and recheck. What a letdown on a picnic to find you've left the salt behind!

In the section that follows, there are recipes and instructions for making each of the starred dishes.

PICNICS READY BEFORE STARTING

PICNIC No. 1

*Meat and Potato Salad **
Bread and Butter Sandwiches
Sliced Radish and Lettuce Sandwiches
Devilled Eggs
*Ice Cream in Cones **
Coffee in Vacuum Bottle
Iced Tea in Vacuum Jug

* MEAT AND POTATO SALAD

1 CUP LEFTOVER CHICKEN

2 CUPS POTATOES

 $\frac{1}{2}$ CUP CELERY $\frac{1}{4}$ CUP STUFFED OLIVES

MAYONNAISE

Dice all ingredients. Season to taste and mix well with mayonnaise. Place salad in individual paper cups with covers. Line cup with lettuce, if desired. Leave in the refrigerator until the last moment. Any leftover meat may be used in this salad.

* ICE CREAM IN CONES

1 PINT ICE CREAM

4 ICE CREAM CONES

If the ice cream is very hard, wrap carefully in many sheets of newspaper and it will keep until ready to serve. If the carton is wrapped in this way, then placed in a deep tin with chopped ice packed around it, it will keep solid for a fairly long trip. Ice cream in cones makes dishes and spoons unnecessary.

PICNIC NO. 2

*Cold Fried Chicken **
Devilled Egg Sandwiches
Cucumber, Onion and Cream Cheese Sandwiches
Green Olives
*Cake with Chocolate Frosting **
Chilled Tomato Juice in Vacuum Jug
Hot Coffee in Vacuum Bottle

* FRIED CHICKEN

The chicken may be served hot. As soon as it is fried, place in a vacuum container which has been rinsed out with hot water to warm it. Screw top on firmly.

* CAKE WITH CHOCOLATE FROSTING

1 PLAIN STORE CAKE
 2 SQUARES UNSWEETENED CHOCOLATE

1 CAN CONDENSED SWEETENED MILK
 1 TABLESPOON WATER

Melt chocolate in top of double boiler. Add condensed sweetened milk. Stir until it thickens, about five minutes. Add water, stir and spread on the plain cake. The store cake, so dressed up, tastes exactly like a homemade one.



PICNIC No. 3

*Fruit Salad ***Nut Bread Sandwiches**Watercress and Lettuce Sandwiches**Stuffed Celery * Ripe Olives**Hot Cream of Asparagus Soup **

* FRUIT SALAD

Take along canned fruit salad, crisp lettuce wrapped in waxed paper and a jar of mayonnaise. If a creamier dressing is desired, blend one third cup mayonnaise with one cup whipped cream. Pack the dressing in a jar with a screw top, and put on fruits just before serving. Fresh fruits make a tastier salad. They may be prepared in the trailer and packed into a jar with a screw top.

* STUFFED CELERY

Clean crisp celery, sprinkle with water, wrap well in waxed paper. Take a box of prepared Roquefort spread. Stuff celery at picnic.

* HOT CREAM OF ASPARAGUS SOUP

Put hot soup into a vacuum jug which has previously been warmed with hot water. At the picnic, drink the soup out of tea cups.

PICNIC NO. 4

- Sliced Baked Ham **
Brown Bread Sandwiches
Cheese Sandwiches
*Vegetable Salad **
Cantaloupe Halves
*Fruit Punch in Vacuum Jug **
Hot Coffee in Vacuum Bottle

* BAKED HAM

The ham may be sliced or taken whole to the picnic. If whole, be sure to take along a sharp knife and bread board.

* VEGETABLE SALAD

The vegetable salad may be made up of a variety of 9-ounce cans of vegetables. Add a minced onion. Leftover fresh cooked vegetables, blended with raw ones also make a delicious combination. If French dressing is used, take the salad in a covered bowl or dish, and the dressing in a corked bottle. Marinate the salad just before using.

* FRUIT PUNCH

The fruit punch may easily be made from many combinations of canned fruit juices. Delicious combinations are: orange, apricot and pineapple; loganberry with gingerale; pineapple and grapefruit. If ice is added to the vacuum jug do not dilute the juices. If fruit juice is thoroughly chilled, use one of the opened cans as a measure and dilute juice with ice water until it has the right consistency.

PICNIC NO. 5

*Cold Sliced Chicken Loaf ***Potato Chips* *Mixed Sweet Pickles**Sliced Tomato Sandwiches**Iced Watermelon ***Hot Coffee in Vacuum Jug**Cold Bottled Drinks **

* CHICKEN LOAF

4 CUPS GROUND COOKED CHICKEN	1 1/2 TEASPOONS SALT
1 CUP STOCK OR MILK	1/4 TEASPOON PEPPER
1 SMALL ONION, MINCED	2 CUPS BREAD CRUMBS
2 EGGS, BEATEN	

Mix all ingredients together. Put mixture into a greased loaf pan and bake in a moderate oven (375°) for forty-five minutes or until firm. Other ground cooked meats may be used. Evaporated milk may be substituted for the stock or milk. Either take cold loaf whole or slice it and wrap in waxed paper.

* ICED WATERMELON

The iced watermelon should be well chilled before leaving for the picnic. It will hold the cold for quite a while.

* BOTTLED DRINKS

The cold bottled drinks may be packed in a pail surrounded by chopped ice. Be sure to take a good bottle opener and straws.

PICNIC No. 6

*Salad Sandwiches ***Swiss Cheese and Ham on Rye Bread Sandwiches**Sliced Egg and Lettuce Sandwiches**Whole Tomatoes**Assorted Juicy Fruits**Crisp Cookies**Hot Coffee or Bouillon in Vacuum Bottle**Chilled Chocolate Milk Shake in Vacuum Jug **

* SALAD SANDWICHES

The salad sandwiches are made with a cold cooked vegetable such as green string beans and thin slices of onion with a tangy mayonnaise.

* CHOCOLATE MILK SHAKE

2 SQUARES CHOCOLATE

 $\frac{1}{4}$ CUP SUGAR

1 CUP BOILING WATER

3 CUPS SCALDED MILK

Melt chocolate over hot water. Add sugar, then water, stirring constantly. Bring to a boil and cook until thickened. Add the milk and beat until thoroughly blended. Chill. Pour into a cold vacuum jug. Stir before pouring into glasses. A simpler chocolate milk, although not quite so good is made with canned chocolate sauce and milk. Either blend a quart of milk with sauce to taste, before leaving, or take the chilled milk in a vacuum jug and mix at the picnic.

PICNICS TO ASSEMBLE PARTLY OUTDOORS

PICNIC NO. I

*Half and Half in Vacuum Jug **

*Broiled Steak Sandwiches **

with

*Cliff House Sauce **

Devilled Egg Salad

Raw Carrot Sticks

*Fresh Strawberries and Sugar **

Hot Coffee in Vacuum Bottle

*** BROILED STEAK SANDWICHES**

Have steak cut about one half inch thick. It will take too long to broil if thicker. Cut steak into pieces before leaving. Broil over fire on long handled forks or in a picnic broiler.

*** FRESH STRAWBERRIES AND SUGAR**

Select large berries, leave stems on. Wash thoroughly enough berries for four people and keep them whole, in the refrigerator, until ready to leave. Take along a box of confectioners' sugar. Put a spoonful of sugar in the center of individual plates and arrange strawberries around the mound of sugar. They are eaten by taking hold of the stem and dipping the pointed end of the berry into the sugar mound.

*** CLIFF HOUSE SAUCE**

4 TABLESPOONS CREAMED BUTTER 1 1/2 TEASPOONS WORCESTERSHIRE
1 TEASPOON PREPARED MUSTARD SAUCE
1/8 TEASPOON FINELY SCRAPED GARLIC

Add mustard, sauce and garlic to creamed butter and mix together thoroughly. Spread either buns or slices of bread with the mixture before filling with the broiled steak, or steak can be placed on a platter and the sauce dotted over it. The hot steak will melt it. Steak sandwiches are very filling. Be sure to have a light dessert.

*** HALF AND HALF**

Thoroughly chill a can of sauerkraut juice and two cans of tomato juice. Pour together into a cold vacuum jug. This is a very refreshing and excellent accompaniment for the steak sandwiches.



PICNIC No. 2

*Western Sandwiches ***Pickles Olives**Fresh Fruits**Frosted Chocolate Cookies ***Picnic Coffee **

* FROSTED CHOCOLATE COOKIES

1 CUP BROWN SUGAR

 $\frac{1}{2}$ CUP BUTTER

1 EGG

 $\frac{1}{2}$ CUP SOUR MILK $\frac{1}{4}$ TEASPOON SODA $\frac{1}{4}$ TEASPOON BAKING POWDER

2 SQUARES MELTED CHOCOLATE

1 $\frac{1}{2}$ CUPS CAKE FLOUR (SIFTED BEFORE MEASURING)

1 CUP CHOPPED NUT MEATS

Cream butter, add sugar, beaten egg, melted chocolate and sour milk. Sift dry ingredients together and add nut meats. Mix in well with first mixture. Drop from teaspoon on to a greased cookie sheet about one and a half inches apart and cook in a moderate oven (400°). Bake twelve to fifteen minutes.

While cookies are still hot from the oven, cover with an icing of:

1 EGG, BEATEN

1 $\frac{3}{4}$ CUPS CONFECTIONERS' SUGAR

1 TABLESPOON CREAM

1 SQUARE MELTED CHOCOLATE

1 TEASPOON VANILLA

Mix egg, cream, melted chocolate and vanilla together. Add sugar, stir until well blended.

*** WESTERN SANDWICHES**

1 MEDIUM MINCED ONION
2½ TABLESPOONS BUTTER

½ CUP CHOPPED HAM
4 EGGS BEATEN

Cook onion in frying pan with melted hot butter until tender, but not brown. Add the chopped cooked ham, beaten eggs and cook, stirring occasionally until the eggs are set. Salt and pepper to taste and spread between buttered buns or slices of bread. These sandwiches are very filling.

*** PICNIC COFFEE**

Tie coffee in a cheesecloth bag before leaving for the picnic. Use a quarter pound coffee (one heaping measuring cup full) to two quarts of water. Allow room in the bag for the coffee to swell. Put coffee and water in the pot. Bring water to a boil and then remove bag.



PICNIC No. 4

*Pan Fried Fish and Tartar Sauce ***Slaw Potato Chips**Butterscotch Brownies ***or**Toasted Marshmallows**Hot Coffee in Vacuum Bottle*

* PAN FRIED FISH, TARTAR SAUCE

Brown small fish whole in fat in frying pan. Larger fish may be split and broiled in picnic broiler.

* TARTAR SAUCE

1 CUP MAYONNAISE	1 TEASPOON ONION JUICE
$\frac{1}{4}$ CUP CHOPPED STUFFED OLIVES	1 TEASPOON HORSERADISH
$\frac{1}{4}$ CUP SWEET PICKLE RELISH	

Mix all ingredients together. Make this before leaving and put into a covered jar.

Fish sandwiches are delicious and easier to eat, but look out for bones!

* BUTTERSCOTCH BROWNIES

$\frac{1}{4}$ CUP BUTTER	1 TEASPOON BAKING POWDER
1 CUP DARK BROWN SUGAR	$\frac{1}{4}$ TEASPOON SALT
1 BEATEN EGG	1 CUP FLOUR
$\frac{1}{2}$ CUP NUT MEATS	

Cream butter and add sugar. Mix well, then add egg. Sift dry ingredients together and add to first mixture, then stir in nut meats. Spread in an 8 x 8 greased pan, and bake thirty minutes in a moderate oven (350°). Cut into squares and let cool in the pan.

PICNIC No. 5

*Fried Corn Meal Mush ***Frizzled Bacon**Raspberries and Cream ***Hot Chocolate in Vacuum Bottle**Iced Coffee **

* FRIED CORN MEAL MUSH

2 CUPS WATER

1 TEASPOON SALT

 $\frac{1}{2}$ CUP CORN MEAL

MAPLE SYRUP

Cook mush at home from forty to sixty minutes. Turn into a greased loaf pan to harden. It may be taken to the picnic in the pan, turned out on a bread board and sliced. Brown in fat in a frying pan. Serve with maple syrup.

Do not take extra fat along. *Partially* fry the bacon in the frying pan. Use this to brown the mush in. Put bacon back into frying pan for a few seconds to finish crisping after all the mush has been prepared.

* RASPBERRIES AND CREAM

If possible purchase waxed cups that are used for salads. These are fine for serving the raspberries in. Do not forget to take sugar for the berries.

* ICED COFFEE

It is advisable to take along chopped ice, well wrapped in newspaper or in the vacuum jug. If cubes are obtainable, leave in the trays and wrap paper around them. Make very strong coffee. Thoroughly chill and mix at the picnic with the ice. Putting the coffee and the ice into the vacuum will dilute the coffee too much, and it is not tasty if weak. Do not forget the cream and sugar.

PICNIC NO. 6

*Oysters en Brochette ***Camp Fried Potatoes ***Pickled Beets and Onions**Peach Shortcakes ***Chilled Tomato Juice in Vacuum Jug**Hot Coffee in Vacuum Bottle*

* OYSTERS EN BROCHETTE

OYSTERS

SKEWERS

BACON PIECES

LEMONS

RAW POTATO

Cut long green sticks, peel and sharpen ends. Cut thin strips of bacon into fourths. Do this before leaving. Alternate on the skewer: bacon, drained oyster, bacon, ending and beginning with a piece of bacon. Usually for one sandwich, three large oysters and four pieces of bacon are sufficient. Put small cube of peeled raw potato on pointed end to keep oysters and bacon on the skewer. Cook until bacon is well broiled, and edges of oysters curled. Place on buttered slice of bread, remove potato cube, carefully pull skewer out. Season and pour lemon juice over oysters. Place slice of buttered bread on top.

* CAMP FRIED POTATOES

Boil potatoes with skins on before leaving. Peel and slice at the picnic grounds. Put fat into a heavy frying pan. When bubbling, add potatoes and cook until they are golden brown, turning them occasionally. Season well. It is a good idea to have a cover for the frying pan.

*** PEACH SHORTCAKES**

Buy individual "Sally Ann" sponge cakes. Take peaches, allowing one large or two small ones for each serving. Peel and slice at the picnic and mix well with powdered sugar. Put a large spoonful into the hollow part of each sponge cake. Either whip cream for the top garnish and put into a covered jar or take along a bottle of cream to serve with the shortcakes.

PICNIC SANDWICHES

Making Sandwiches

The crusts, as a rule, remain on the bread for picnic or lunch-box sandwiches. The bread should be cut fairly thin — not over one half inch. If the crusts are removed the sandwich is daintier and easier to eat.

If the crusts are left on the bread, it is better to use pieces that follow each other on the loaf for each sandwich. To do this, cut the needed slices and allow them to fall in order.

The butter should be thoroughly creamed, to spread more easily and more evenly over the bread. The butter should be spread to the very edge of each slice of bread, but not allowed to go over the edges and give an untidy look to the sandwich. Use a small spatula or table knife to spread filling and butter on the bread.

Both slices of the bread should be buttered. Spread the filling on only one buttered slice of the sandwich.

Keeping the Sandwiches

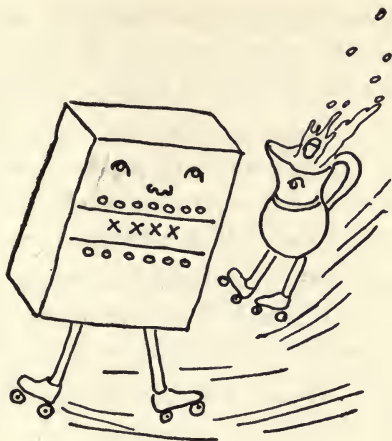
Each sandwich is kept better if wrapped individually in waxed paper. Waxed paper sandwich bags may be purchased inexpensively. It is now possible to buy waxed paper with attractive designs stamped on it, and sandwiches wrapped in such paper are quite gay.

Sandwiches will keep moist and fresh if wrapped in a damp tea towel and placed in the refrigerator until used. The towel should not be allowed to become completely dry.

To keep sandwiches fresh on a picnic, wrap individually, as suggested, and place them in a box with a tight fitting lid. First line the box with waxed paper or a damp towel or napkin. If three kinds are wrapped in each packet, or as many as there are varieties, it will save confusion and additional handing about at the picnic.

SANDWICH COMBINATIONS

1. Equal parts cream cheese, stuffed olives cut fine; moistened with cream or mayonnaise.
2. Beef or tongue chopped fine, with a bit of Worcestershire or horseradish sauce; moistened with mayonnaise.
3. Marmalade, chopped nuts on white bread.
4. Sardines boned, then minced, lemon juice and paprika.
5. Peanut butter, crisp bacon pieces, catsup, brown bread.
6. Cold chicken, lettuce, sliced ripe tomato, mayonnaise on white bread.
7. Fresh crisp lettuce, watercress, mayonnaise.
8. Canned tuna or salmon flaked, sweet pickle relish, finely cut celery, mayonnaise.
9. Minced ham, chopped pickle, mayonnaise.
10. Devilled egg, mayonnaise, lettuce.
11. Boiled ham, Swiss cheese, mustard, lettuce.
12. Hard cooked eggs rubbed to a smooth paste, boned anchovies, creamed butter.
13. Cottage cheese, finely cut celery; mixture moistened with cream or mayonnaise, lettuce.
14. Prepared cheese spreads and lettuce.
15. Canned minced ham, or tongue, or pâté de fois gras, with mayonnaise, lettuce.
16. Minced cucumber, cream cheese, minced onion; mixture moistened with cream or mayonnaise.
17. Devilled egg, minced ham, mayonnaise.
18. Nut bread with cream cheese.
19. Chopped raisins, figs or dates, chopped nut meats, lemon juice; moistened with mayonnaise.
20. Cream cheese, shredded pineapple, moistened with cream or mayonnaise.



CANDIES

The cooked candies, for which recipes and directions are given in this chapter, are easily prepared and always prove popular. Several uncooked candy recipes are included as well. These can be prepared even more quickly than the cooked candies.

If children are traveling in the trailer, the uncooked recipes may be turned over to them. Preparing these candies needs little if any supervision.

One of the most important points in candy making is to know the exact time for removing the candy from the fire. When you make chocolate fudge expecting a soft, creamy candy, it is disappointing to find it hard and grainy instead.

Proper testing while the sugar and liquid are cooking will do much to assure successful results. A candy thermometer is the most accurate means of measuring candy temperature while cooking, but trailer cooks will find the simple cold water tests very satisfactory.

Use fresh cold water each time the syrup mixture is tested and your test will be more accurate. Remove mixture from the fire while you are testing, to avoid overcooking.

Soft-Ball Stage — Drop a little hot syrup into very cold water. It should form a soft ball in the water, but lose its shape when removed from the water. This test is used for fudge, fondant and some boiled frostings.

Hard-Ball Stage — Drop a little hot syrup into very cold water. It should form a hard ball and retain its shape out of the water. This test is used for taffy and caramels.

Soft-Crack Stage — Drop a little hot syrup in very cold water. It should form threads which are brittle under water and stick to the teeth when chewed. This test is used for toffee, butter-scotch and candies to be pulled.

Hard-Crack Stage — Drop a little syrup into very cold water. It should form threads which when chewed are brittle and do not stick to the teeth. This test is used for brittle candies.

POP CORN BALLS

3 QUARTS POPPED CORN

1 CUP SUGAR

1 CUP BROWN SUGAR

1 CUP MOLASSES

2 TABLESPOONS CORN SYRUP

1 CUP WATER

$\frac{1}{2}$ TEASPOON SODA

Boil sugar, corn syrup, molasses and water. When it reaches the soft-crack stage, remove from the fire. Add the soda and pour over the corn, stirring with a spoon so that all kernels are evenly coated. Shape into balls, and lay on waxed paper. Roll each ball in waxed paper and keep in a covered container, if desired.

MOLASSES TAFFY

Use the above ingredients (except the popped corn) and follow the foregoing recipe with the difference of cooking the candy to the hard-ball stage. Also add four tablespoons of butter when soda is added. Pour into a greased platter and when cool enough to handle, pull. Do not use the whole hand — the fingers and thumbs will do the work. Dip finger tips into cornstarch if candy has a tendency to stick. Stretch taffy out. Never twist as this excludes the air, and the air makes a more porous candy. When the candy is a shiny tan color, pull out into a long rope. Cut with scissors into small pieces.

WHITE TAFFY

2 CUPS SUGAR
 $\frac{1}{2}$ CUP WATER

2 $\frac{1}{2}$ TABLESPOONS VINEGAR OR
 LEMON JUICE

1 TEASPOON VANILLA

Boil sugar, water and vinegar slowly to the hard-ball stage. Remove from stove, add vanilla and pour onto a greased platter. When cool enough to handle, pull until very white, draw out into a long rope and cut with scissors into small pieces.

FRUIT BURRS

ONE 10-OUNCE PACKAGE PITTED
 DATES

GRATED COCONUT OR
 CONFECTIONERS' SUGAR

$\frac{1}{4}$ POUND FIGS

Put dates and figs through food chopper, using medium cutter. Wet hands with clear water and knead mixture well; form into rolls. Roll in grated coconut or confectioners' sugar.

CHOCOLATE FUDGE

2 CUPS SUGAR	PINCH OF CREAM OF TARTAR OR 1
1 ½ SQUARES GRATED CHOCOLATE	TABLESPOON LIGHT CORN SYRUP
⅔ CUP SWEET MILK	1 ROUNDED TEASPOON BUTTER
1 TEASPOON VANILLA	

Mix sugar, grated chocolate, milk and cream of tartar or corn syrup. Boil slowly, making sure all sugar granules are off sides of pan. Stir until all ingredients are well blended. Boil slowly to the soft-ball stage. Remove from stove, add butter, but do not stir. When cool, add vanilla (nut-meats, raisins or cut marshmallows may be added if desired), beat until it creams, that is, until fudge holds its shape and shiny appearance is gone. Pour into a greased dish and, when it is nearly hard, cut into squares.

TUTTI FRUTTI

1 CUP FIGS	1 CUP PITTED DATES
1 CUP SEEDED RAISINS	1 CUP NUT MEATS
2 TABLESPOONS LEMON JUICE	

Place all fruits in a wire sieve over hot water. Cover and steam for twenty minutes. Remove, cool, add nut meats and put all through food chopper. Add lemon juice and mix well. Make into small balls and roll in finely ground nut meats or confectioners' sugar.

PEANUT BUTTER CREAMS

1 CUP PEANUT BUTTER	¼ CUP CONFECTIONERS' SUGAR
½ CUP CONDENSED SWEETENED MILK	1 CUP CHOPPED NUT MEATS

Blend all ingredients together and shape into patties. Chill about two hours in the refrigerator.



FISH

Quantity Per Person

One should allow at least a solid third of a pound per person. If the portions are estimated from a whole fish, allow one half of a pound for each one.

To Scale a Fish

Many fish do not have scales. Scales, if present, should be removed before any of the cutting is done. Use a dull knife, as a sharp one may cut through the skin. Start from the tail and draw the knife toward the head. Slant knife toward the body of the fish at about a 45° angle. After the scales are removed, clean the fish.

How to Clean a Fish

Cleaning fish is often the most tedious and bothersome process, as many a good fisherman will tell you. If this is the case with you, the following directions may simplify the process:

Grasp the fish's head with the left hand. (Reverse if you are left handed.) Cut through the skin from the top of the head around under the pectoral fin (the one close to the gills) to

the stomach. Do this on both sides, then run the knife fairly deep from the head to the tail on both sides of the dorsal fin (the fin which runs along the back). Both the dorsal and adipose (the fatty fin toward the back) may easily be pulled out. Cut stomach from head to tail. The skin is left on in most cases, but if the fish is to be skinned, start at the top toward the head, take hold of the skin and snap it off with a quick pull. Lay the fish on its side with its back toward you. Sever the backbone and upper part of the head with the entrails attached to it. Cut off the tail, wash the fish, and it is ready to fry.

Temperatures and Length of Time for Cooking Fish

Boiling or Simmering:

White fish	180° to 210° F.	10 minutes per pound
Medium fat fish	180° to 210° F.	15 " " "
Fat fish	180° to 210° F.	20 " " "

Broiling:

Sliced fish	5 to 15 minutes
Whole fish	15 to 20 "

Baking:

Small or sliced fish..	350° to 425° F.	20 to 25 minutes (entire time)
Large fish	350° to 425° F.	15 to 20 minutes per pound

To Garnish a Fish

The usual garnishes for fish are parsley, watercress, lemon slices, paprika, chopped parsley or watercress, radishes, tomatoes, sliced egg, and sliced cucumbers.

To Boil a Fish

There is a prepared paper on the market which makes boiling a fish quite simple. The fish is cleaned, salted and wrapped in the paper, which is then tied. After being wrapped the fish should be dropped into hot water which may quickly be brought to the boiling point. After the water boils, reduce heat and simmer slowly until tender.

Use just enough water to cover the fish. A tablespoon of vinegar or lemon juice may be added to every two quarts of water to whiten and harden fish.

Suggested Sauces for Boiled Fish

EGG SAUCE

1 CUP MEDIUM WHITE SAUCE

1 SIEVED HARD COOKED EGG

Combine the two ingredients, season and serve hot with fish.

BÉCHAMEL SAUCE

 $\frac{1}{2}$ CUP OF BOILING WATER

1 TABLESPOON OF BUTTER

 $\frac{1}{2}$ CHICKEN BOUILLON CUBE

2 TABLESPOONS FLOUR

 $\frac{1}{2}$ SMALL ONION SLICED $\frac{1}{2}$ CUP MILK

SEASONINGS

Dissolve chicken bouillon cube in boiling water. Melt butter, slightly brown onion in it. Add flour and when well mixed, add chicken liquid, and milk. Stir well while cooking until thick. Add seasonings and strain before serving to remove onion slices. If desired, the onion slices may be removed after browning. The onion flavor is not so pronounced if this is done.

HOLLANDAISE SAUCE

1 CUP BOILING WATER	1 TABLESPOON LEMON JUICE
1 TABLESPOON BUTTER	2 EGG YOLKS
1 TABLESPOON FLOUR	SEASONINGS

Melt butter in top of double boiler. Add flour and mix well. Add boiling water. Cook, stirring constantly until thick. Add lemon juice and season to taste. Pour over well beaten egg yolks and mix thoroughly. Reheat and serve at once with fish.

To Broil a Fish

Fortunate are those who have one of the new trailers with an oven for broiling. However, broiled fish on a picnic, out in the open, is delicious. Remember when broiling a fish to have the wires of the picnic broiler or oven broiler well greased so that the fish will not stick to them. Broil one side of the fish, then turn and broil the other side until light brown.

Suggested Sauces for Broiled Fish

ANCHOVY BUTTER

4 TABLESPOONS CREAMED BUTTER	ANCHOVY PASTE
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Mix enough anchovy paste with creamed butter to suit individual taste and spread over hot fish.

LEMON BUTTER SAUCE

4 TABLESPOONS MELTED BUTTER	1 TABLESPOON LEMON JUICE
SEASONINGS	

Mix butter and lemon juice and season with salt and pepper. Before pouring over hot fish, sprinkle fish with paprika and minced parsley.

For Baked Fish See Index.

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Pages for Your Favorite Menus

Pages for Your Favorite Menus

LOU TEMPLE WILLSON

has traveled most of her life. She was born in Nova Scotia, and visited most of Canada and the United States as a child, for her parents were Salvation Army evangelists and were sent touring across the continent. After her marriage, Mrs. Willson traveled in Hawaii, Japan, the Philippines, China, India, Egypt and Europe, and has frequently added to her gypsy-like experience by living in a trailer. (Her husband is a trailer manufacturer.) *Meals on Wheels* is a direct result of her travel and food experience.

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