Janet Lowe Cameron Food and Nutrition Specialist 1931-1964

Biography

and a

Collection of her Works

Compiled by
Alice Webb Johnson and Jo Anne Barton
for The Culinary Collection Committee
2001

The Culinary Collection Committee
Newman Library
Virginia Tech
Blacksburg, Va.
24061



Janet L. Cameron
Food and Nutrition Specialist
Virginia Cooperative Extension Service
Virginia Polytechnic Institute & State University
1931-1964

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FOREWORD

Janet Lowe Cameron served with distinction as a Foods and Nutrition Specialist with the Virginia Cooperative Extension Service from 1931 until her retirement in 1964. She was known throughout Virginia and the nation for outstanding programs in foods and nutrition. She taught rural women and 4-H club members about the kinds of foods needed by family members, encouraged them to plan to grow or to buy foods to meet those needs, and demonstrated healthy, tasty ways of preparing the foods. She also taught these groups food preservation techniques. Miss Cameron was also known for her work with professional organizations and agencies in Virginia. She was presented with the John G. Kolbe Memorial Award by the Virginia Dietetic Association in recognition of her outstanding service and achievements in the field of dietetics in the Commonwealth of Virginia.

Janet Lowe Cameron was born in Atlanta, Georgia, one of eight children. She attended Georgia State College for Women, transferred to Columbia University Teacher's College, New York, and received a Bachelor's Degree in 1926. She began her professional career in 1924 as a Home Demonstration Agent in New York. She received a Master's Degree in Human Nutrition from Columbia University in 1931.

Miss Cameron was an energetic, dynamic, creative professional, a philanthropist, and community leader. She was a founder and benefactor of the Northside Presbyterian Church in Blacksburg, VA. Janet was a friend to all—always caring and ready to tackle any assignment to benefit others.

A Scholarship Fund is being established to honor Janet Lowe Cameron by providing financial assistance to students, both undergraduate and graduate, who wish to pursue topics addressed by materials in the Culinary Collection, Newman Library. Students and professionals in dietetics, nutrition education, extension, food management, food history, food culture, and professional chefs would benefit from this scholarship. Miss Cameron and her housemate Miss Hallie Hughes provided assistance to 20 students who lived in their home while studying home economics at Virginia Tech.

A committee of alumni and current and retired faculty members of the Department of Human Nutrition, Foods and Exercise have organized the Culinary Collection in the Newman Library, Virginia Tech. The Collection contains cookbooks, foods textbooks, nutrition textbooks, and manuscripts. The collection will support research in the study of eating behaviors and food choices and equipment and resources over decades. Eventually the material will be available in digitized format on the website at Newman Library for off-campus study.

ACKNOWLEDGEMENTS

Many of Janet L. Cameron's friends contributed information for this publication. Those who shared memories verbally or in writing include the following: Lois Baldwin, Leona Barlow, Jo Anne Barton, Ed and Emily Bender, Bob Blanton, Frieda Bastain, Erna Mae Behrend, Bonnie Hunter Church, Rose Mary Cole, Eva Foster, Iva Mary Hopkins, Beverly Lineweaver, Martha McMahan, Katie Padis, Al Payne, Jo Sanford Perry, Mary Ann Stern, Shirley Farrier Strother, Warren Strother, Enid Tozier, Frieda Walker, Caroline White and Virginia Moore Wiley. Ann Hertzler helped Alice Johnson organize the verbal and written notes she had collected. Jo Anne Barton edited the notes for the Forward and Janet Lowe Cameron Biography.

Northside Presbyterian Church furnished videos, tapes, pictures and programs featuring Janet Cameron. Beverly Lineweaver and Frieda Walker furnished bags of Janet Cameron's memorabilia inherited from Janet Cameron's estate which included Janet's Columbia University yearbook, 1926, her Kolbe award, pictures, clippings, personal notes on retirement parties planned, cookbooks, publications, etc.

Eva Foster assisted Alice Johnson in collecting and organizing the leader training sheets and publications by Janet Cameron, Janet Cameron and Mary L Thompson and Mary L Thompson. These publications were from the personal collections of Eva Foster, Leona Barlow, Freda Walker, Beverly Lineweaver and Alice Johnson. Many show signs of use.

Caryl Gray, Gail McMillan and Joyce Nester from the Va. Tech Library have been most supportive and helpful with organizing, displaying, advertising and digitizing the Culinary Collection in the Library. They have given continual assistance to this project.

Charlotte Kidd furnished guidance in setting up the Culinary Collection Committee's guidelines to finance the Peacock-Harper Culinary Collection and the Janet Lowe Cameron Scholarship Fund. Her secretary, Connie Smith, designed and printed the flyers for the Peabody Harper Culinary Collection and the Janet L Cameron Scholarship Fund.

Special thanks to Dr. Janet Johnson, Dean of The College of Human Resources and Education, and Dr. Roberta Minish, Associate Dean, for their endorsement and financial assistance with the project.

Jean Robbins, Chairman of the Culinary Committee, has spearheaded this project by giving leadership, encouragement and assistance.

Reference Books: College of the Fields, Va. Cooperative Extension Service,
Publication 478-025, September 1987
History, The Virginia Federation of Demonstration Clubs, 1923-1960



JANET LOWE CAMERON
"Jan"

11 Todd Road Atlanta, Ga.
Household Arts Education

Georgia State College for Women. Entered 3.
Hobby—Losing my door key.

The Tower of Teachers College Columbia University 1926



Left to Right: Janet L.Cameron – State Food & Nutrition Specialist; Hallie L. Hughes – State Girls 4-H Agent; Mattie Puckett- Home Demonstration Agent, Spottsylvania Co.; and Helen Alverson – Home Demonstation Agent, Halifax Co. June 1935

JANET LOWE CAMERON

Janet Lowe Cameron was born March 5, 1904, in Atlanta, GA, one of eight children of Janet Lowe and John S. Cameron. She had six brothers and one sister.

Miss Cameron attended Georgia State College for Woman, then transferred to Columbia University Teacher's College, New York, NY, where she received a BS degree in Household Arts Education in 1926. She began her professional career in 1924 as a home demonstration agent for the New York State Cooperative Extension Service in Batavia and Belmont, NY, where she worked for six years. After completing the Master's Degree at Columbia in 1931, she accepted a position as Food and Nutrition Specialist for the Virginia Cooperative Extension Service, Virginia Polytechnic Institute and State University, a position she held with distinction until her retirement in 1964. She succeeded Mary B. McGowan who in 1927 became the first staff member with the title of food specialist. Initially, Miss Cameron spent half of each year as a teacher in the Department of Home Economics at Virginia Tech where she taught classes in Nutrition, Food Preparation, and Food Demonstration Methods for young women who were preparing to be Home Demonstration Agents. At the request of a football player, she also taught a class in food preparation for men. Eva Foster, a senior, was assigned to check the lab after class. She remembers Miss Cameron as a good teacher who left the lab in good condition after each class. In the other half year, she traveled around the state conducting educational programs for rural women and 4-Hers. Her travel was by bus or train as the state did not provide state cars at that time. She carried a suitcase filled with demonstration equipment. Janet Cameron died December 8, 1986, in Jupiter, FL.

THE PROFESSIONAL

Janet Cameron was widely known and respected throughout Virginia for the excellent programs she conducted in foods and nutrition on behalf of rural families. These programs were based on problems of rural families and her publications are a mirror of what was happening at the time. For example, when she began her tenure in 1931, the nation had just come through World War I, the Stock Market crash, bank closures, the great Depression, and the severe drought of 1930. Many families were having problems meeting the food needs of family members. The emphases in early extension programming were getting enough foods and eating a variety of foods. Families produced much of the food they consumed including vegetables, fruits, milk, eggs, poultry, beef, and pork. Some families took homegrown wheat and corn to local mills to be ground into flour and meal. Miss Cameron worked with extension specialists in horticulture, poultry, and dairy areas to develop programs that would ensure that the "farm fed the family."

Miss Cameron organized canning demonstrations using the expertise of home economists from the Ball and Kerr Companies, makers of jars and lids used in home canning, and from Southern States, a cooperative serving rural families. She organized a bread making clinic in 1940 for Home Demonstration Agents utilizing the expertise of the Wheat Flour Institute. These agents then taught Home Demonstration Club members and 4-H club members how to make yeast breads.

Rural women and their daughters were the primary audiences for foods and nutrition programming. Most of these women were not employed outside the home, but they were busy with household and farm responsibilities. The first Extension programs in foods and nutrition were the "Girls Tomato Clubs" started in 1910. These early 4-Hers learned to grow and can tomatoes (in tin cans sealed with a soldering iron!), how to judge the canned products, and how to exhibit them to best advantage. By the 1930's the emphasis had broadened considerably as evidenced by the publication containing recipes for use in the 4-H Foods and Nutrition work.

The home economists (Home Demonstration Agents) employed by the Extension Service conducted one-on-one programming and small group meetings on topics of general interest. They relied on the specialists at Virginia Tech to keep them updated about current topics and for printed materials to supplement oral presentations/demonstrations. Beginning in the twenties, Home Demonstration Clubs were organized in neighborhoods where six or more women wanted to get together monthly for demonstrations that would help them improve their standard of living. Not only did the clubs provide an opportunity to gain current information about homemaking but they provided opportunities for leadership development. A county wide Advisory Board selected program topics for the year. These program topics were sent to the appropriate specialist who prepared support materials. Miss Cameron prepared many of the programs and other materials used by the Home Demonstration agents and club leaders. Miss Cameron spent a lot of time on the road teaching leaders who in turn taught other club members. Specialists spent a lot of time on the road—traveling by bus, train, or car. Often they stayed with the Home Demonstration Agent or in a rooming house (an early bed and breakfast) as some rural areas lacked motels or hotels. Miss Cameron had a suitcase full of cooking equipment that she carried with her for use in these demonstrations. Tthe Home Demonstration Agent was responsible for getting the food supplies for the program. There were no slide sets, movies, or videotapes for these training sessions! To make more efficient use of resources, the specialist usually trained leaders in a county for two program topics and visited four or five counties each trip.

In 1941, the Executive Board of the Federation of Home Demonstration Clubs decided to explore the possibility of publishing a Federation cookbook. Miss Cameron was named the advisor to the committee that was chaired by Mrs. Alton Nicholson of Norfolk County. The committee reviewed and arranged for testing of the 1200 recipes submitted by Federation members and chose 775 for the cookbook Recipes from Old Virginia. War activities delayed the printing of the cookbook which was finally printed in October of 1945. The cookbook was printed at the Dietz Press in Richmond and it went on sale December 15, 1946. In authorizing the cookbook, the Board listed three objectives: (1) to bring the women of the Federation together by giving them the opportunity of helping on the project; (2) to preserve the old recipes of their grandmother's day; (3) and to provide added revenue for Federation activities. The cookbook has been reprinted at least 11 times. According to History of Virginia Extension Homemakers Council 1923-1979, almost 150,000 of the cookbooks were sold between 1946 and 1978 resulting in royalties of almost \$29,000. This money was used to fund specific projects including partially furnishing the living room of the Woolwine House, a residence for graduate students who were studying home economics at Virginia Tech from 1960-1966, and maintaining the Maude E. Wallace Scholarship given annually to a home economics student at Virginia Tech. The cookbook is still in print. Miss Cameron also served as advisor to the Cookbook Committee of The Virginia Tech Faculty Women's Club. The proceeds

from sales of the cookbook entitled <u>Centennial Cookbook</u> have been used to provide scholarships to outstanding women students at Virginia Tech.

Nutrition was a relatively new science in the 1930's—the word vitamine was not coined until 1912 (the "e" was dropped in 1920)! Miss Cameron was fortunate to have studied at Columbia University with Dr. Mary Swartz Rose, a legendary nutritionist s and one of the first professors of nutrition. Public interest in nutrition increased in the thirties and forties. In 1940, the National Academy of Sciences-National Research Council appointed a Committee on Food and Nutrition to develop a table of "Recommended Daily Allowances for Specific Nutrients." The first allowances were announced in May of 1941 and Miss Cameron made them available to Virginians in Publication #25, 137 Nutrition News – A Definite Yardstick for Good Nutrition. The nine nutrients included in the first RDA list were protein, calcium, iron, vitamin A, thiamine, riboflavin, niacin, ascorbic acid, and vitamin D.

Enrichment of grain products with niacin, thiamin, riboflavin, and iron was initiated in 1941 in response to research findings that the average American diet of the time was often inadequate in these nutrients. Enrichment was made possible by the chemists' ability to prepare pure nutrients in inexpensive forms. Miss Cameron worked to get legislation passed in Virginia requiring enrichment of grain products. Her efforts were unsuccessful.

World War II brought additional challenges for Cameron. Victory Gardens were promoted to provide food for the family. Consumers needed to know what fruits and vegetables to grow, how to use them, and how to preserve for later use. Sugar was rationed and tin for cans was in short supply so Miss Cameron had to find alternative ways of preserving foods. Drying was one method of preservation that did not require these resources, so Miss Cameron asked specialists in the Department of Agricultural Engineering to design a food dehydrator that could be built at home. A prototype was built and Miss Cameron traveled around the state to demonstrate its use. She often took the dryer into her hotel room at night to continue the drying process begun during these demonstrations. Miss Cameron also worked with the agricultural engineers to develop a tester for pressure canner gauges.

Mary L. Thompson joined Janet Cameron as a Foods and Nutrition Specialist in 1943. From 1943-1963, Miss Cameron and Mrs. Thompson worked as a close knit team. They co-authored many publications and traveled to different parts of the state to present demonstrations and to distribute informational material. Both ladies had wonderful personalities and charmed everyone they met.

During WW II Virginia formed a statewide nutrition committee. In 1956, the nutrition committee came under the auspices of the Virginia Council on Health and Medical Care. Since the Virginia Federation of Home Demonstration Clubs had an interest in improving rural health conditions, it was active in establishing the Virginia Council on Health and Medical Care. Miss Cameron chaired the statewide nutrition committee for four years. A major activity of the committee was to sponsor an annual forum held in Richmond. Experts in the field of nutrition were invited to make presentations at this forum. County nutrition committees were formed, patterned after the state nutrition committee. The county committees coordinated the programs of health departments, welfare departments, schools, the National Youth Association, the Farm Security Administration, and the Extension Service.

Janet Cameron served as a good role model for cooperation as she worked with many agencies and organizations. She worked closely with Mabel Todd Towell, Nutritionist at the Virginia State Health Department, to develop programs and publications. Together they developed a weight control program TOPS (Take Off Pounds Safely). Cameron worked with home economists with Southern States, Farm Bureau, power companies, gas companies, Dairy Council, School lunch, etc. She also cooperated with commodity groups. For example, the Virginia Horticultural Society helped fund the publication Apples Around the Clock and its auxiliary provided funding for scholarships for 4-Hers giving demonstrations using apples at 4-H Club Congress. Other commodity groups with which she worked were those promoting pork, beef, eggs, dairy, sweet potatoes, peanuts, and bakery products.

Before the days of government school lunch programs (the School Lunch Act was passed in 1946), many Home Demonstration Clubs established community projects to serve hot lunches in the rural schools. Agents and club leaders conducted nutrition surveys in several counties. These surveys showed that a large percentage of the children did not get an adequate diet. Many clubs organized to produce a soup mixture during the summer months when garden produce was abundant and to preserve the mixture for school lunches. Janet Cameron taught the canning process used to preserve the soup.

Entertaining was done at home with the homemaker responsible for food preparation and service for dinners, receptions, and parties. Occasionally, a church or club group might join together to cater a dinner or reception as a money making project. Several of Miss Cameron's publications deal with food preparation and service for these events.

Janet Cameron and Mary Thompson worked with Dr. Laura Harper, Dean of the College of Home Economics, in planning two nutrition workshops for extension professionals, teachers, and others who wanted to update their knowledge in the fast-growing science of human nutrition. The first workshop was held in the summer of 1954 and the second in 1957. Nationally known scientists in the field of nutrition were invited to present and to discuss the new research in the field.

In the 1960's Miss Cameron and Mrs. Thompson developed a weight control program and enrolled several thousand people in Virginia counties. Demonstrations were given on nutrition, low calorie foods, exercise (in cooperation with physical education teachers), and clothing to help achieve a slimmer appearance (in cooperation with the Clothing Specialist).

Just prior to Miss Cameron's retirement, she was working with extension specialists from North Carolina and South Carolina to develop a series of lessons for young homemakers. The specialists saw a need for getting basic nutrition information to young homemakers who might not feel they had time to belong to a home demonstration club. They outlined the content to be taught in a series of six lessons. Each agreed to prepare one or more of the lessons. The lessons were initially printed in VA for use in the three states but were later printed by USDA and distributed nationwide.

Miss Cameron was a member of the American Dietetic Association, the Virginia Dietetic Association, the American Home Economics Association, and the Virginia Home Economics Association for over 50 years. She held several offices in these organizations including Vice-President of the Virginia Dietetic Association, Secretary

of the Virginia Dietetic Association, and news editor for the Virginia Dietetic Association. She helped to organize a chapter of Home Economists in Homemaking (now Home Economists in Home and Community) in Blacksburg on her retirement. One of their first projects was to work with the international wives and students, helping them with language, customs, shopping, and general acclimation to the Blacksburg area.

Janet Cameron was granted a six months leave of absence in 1950 to accept a Department of State assignment for work with home economists in Germany. Janet Cameron was a member of Epsilon Sigma Phi, an honorary society for Extension workers. In 1960, she received the John G. Kolbe Memorial Award for outstanding service and achievements in the field of Dietetics in the Commonwealth of Virginia.

THE PERSON

Janet Cameron's energy and creativity were not limited to her professional responsibilities. It is difficult to separate Janet's activities and accomplishments from those of her friend and housemate Hallie Hughes, so perhaps it is appropriate to go back to the beginning of that friendship. When Janet Cameron reported for work in Blacksburg, VA on January 1, 1931, Miss Maude E. Wallace, State Home Demonstration Agent, sent her to Hallie Hughes, State 4-H Agent, to get the key to the apartment they had rented for her. Janet moved in but decided after three days that she would rather live at Mrs. Austin's where Miss Hughes and Bess Hodsden, State Poultry Specialist, had rooms. This was the beginning of a true friendship between two women who loved people and expressed that love through their professional and personal lives.

In May 1931, Janet Cameron's mother came to live with her in Blacksburg. Janet and her mother moved into a downstairs apartment in an old house on Progress Street owned by a Mrs. Linkous. Hallie Hughes and Bess Hodsden took the upstairs apartment. Mother Cameron looked after the three extension travelers. Miss Hodsden became ill and left the area. Hallie, Janet and Mother Cameron moved to the upstairs apartment at Mr. Crumpacker's on Main Street where they would have more room and were known for entertaining coworkers, church groups and visitors to the area. They lived in the apartment for several years until they decided to build a house and stop paying rent. Jo Perry remembers much of the planning and many of the discussions taking place while building the lovely home on Cohee Rd. They moved into the house in 1939 and lived there for thirty eight years. In the meantime, they built the Kentwood Apartments where they planned to live when they could no longer take care of the house. There were four apartments in the building. Marian Moore, Head of the Department of Foods and Nutrition, and Maude Wallace were among the first tenants. Other tenants who were also home economists were Jo Anne Barton, Kathryn Philson, and Esther Martin. When the Cohee Rd. house was sold, the two downstairs apartments were enlarged. Enid Tozier occupied one of the newly enlarged apartments. Miss Cameron and Miss Hughes occupied the other apartment during the summer; they were spending much of the year in Florida.

Miss Hughes was concerned about 4-H club members who wanted to go to college but couldn't afford the cost. She and Miss Cameron decided that they could take in one or two students who would help Mother Cameron in exchange for room and board. Jo Sanford Perry was one of the first students to live with them in the fall of 1937. Jo remembers that there were two other girls in the apartment at the same time. She also recalled being nervous about preparing breakfast for out of town guests from Washington. Over the years Janet and Hallie (Cameron and Hughes) opened their home to twenty girls providing room and board. Among these students were Jo Sanfod Perry (1937-39), Jean Adams Miller, Frieda Acher Walker (1947-51), Beverly Carper Powley, Faye Sours Armstrong, Leticia Viel Manuel, Iva Mary Hopkins, and Renate Wittmann from Germany. These students became members of Janet's and Hallie's extended family. Frieda Acher Walker says that when she was married in 1951 in the War Memorial Chapel, Janet and Hallie had the reception in their yard. Miss Cameron wrote that all of the students with the exception of Renate Wittmann came to the memorial service for Hallie Hughes.

Erna Mae Behrend quoted a mutual friend as saying "Janet was put on this earth to look after everyone else." Janet was always willing to help and did so with such joy. If others were involved in a project, she made sure that they received credit, often minimizing her own contribution. She had a way of making others feel special. She was a fun loving person who enjoyed doing special things for others including planning and hosting parties for retirements, birthdays, and other special occasions. She even wrote poetry for some of these events. Hand drawn smiley faces were one of her trademarks.

Miss Cameron and Miss Hughes were gracious hostesses. It was a privilege to be invited to have Sunday dinner with them. Guests might be family members, out-of-town guests, coworkers, or newcomers. Beverly Lineweaver recalls being invited to Sunday dinner when she and her husband came to Blacksburg on their honeymoon to investigate Tech for graduate studies. They met Janet and Hallie at church and were invited to Sunday dinner.

Both Janet and Hallie were close to family members—visiting them, entertaining them, traveling with them. Janet's brother, who was employed by General Mills, helped her develop the recipe for cake mixes that appeared in one of her publications.

Janet Cameron enjoyed traveling and made a number of trips abroad with family members and friends after her retirement. She was the official photographer—thus there are lots of pictures of others, but few of Janet. She enjoyed classical music and took piano lessons in her retirement years.

THE PHILANTHROPIST

Janet Lowe Cameron was generous with her time, energy, and money. Northside Presbyterian Church in Blacksburg was the recipient of much of all three. Janet Cameron and Hallie Hughes, and Clara Underhill, as members of the Blacksburg Presbyterian Church started an afternoon Sunday School class for the children of the Northside Community (then known as "Potlikker Flats") in October 1944 as a mission project.

Bonnie Hunter Church was one of the children and remembers Miss Cameron as her first Sunday School teacher. She writes, "As I grew, and the little chapel was finished, I experienced "church." I was introduced to Bible School, and became an angel in the Christmas programs, but I mostly remember Miss Cameron who always seemed to be charge. I remember the berry-red suit and white blouse she wore, and the fascinating pins at her throat. Also, that big smile that displayed a small bit of gold in her front teeth. I was a little shy around her because she was there to teach, and she didn't tolerate misbehaving. But she always gave a big, warm hug when she left." Bonnie goes on to say that when she was 11 years old, Miss Cameron and Miss Hughes approached her parents about providing piano lessons for her. They knew her parents couldn't afford lessons so they agreed to pay in exchange for her playing for church. Not only did they pay for the lessons but they had a black, upright piano delivered to her house. They later offered to pay for her to go to Agnes Scott College in Georgia.

Bonnie concludes her recollections by saying, "I never had the opportunity to tell Ms. Cameron how much she had meant to my life, and how much a part of me that she was. During the years when I played the piano for various churches, she was there, my enabler. When I taught Sunday School for thirty years, she was there, my role model. When I became an Elder, she was there, my spiritual leader. When, at age 55, I accepted my Bachelors degree in Human Service (cum laude), she was there, my encourager, who so long ago taught me to have faith, not only in God, but in myself."

Janet started a collection of Chrismon (Christian symbols) ornaments to be used to decorate a tree during Advent. The first Chrismon pattern came from Dorothy Wiss, a friend who was a member of the Lutheran Church. Janet gathered additional patterns from Bible school materials. The ornaments were such a success that parents asked to have a workshop so they could make ornaments for their own trees. Each year an evergreen tree in the sanctuary is decorated with Chrismon ornaments made by women of the Northside Presbyterian Church. Many of the original ornaments remain and they are reminders of Janet Cameron's dedication and love to Northside.

In 1968 the Northside Chapel had an opportunity to buy the lot adjoining it. Miss Cameron and Miss Hughes notified the treasurer to write the check for the agreed amount. They transferred the money from their account to the church treasury to cover the cost of the property. Janet Cameron later told the treasurer that they had planned a trip to Greece but the church came first. They could go to Greece another time. Janet and Hallie also made large donations toward the Fellowship Hall. Janet gave a pew in memory of her parents and placed a round stained glass window in the church in memory of Hallie Hughes. Northside Presbyterian Church continues to grow and is now a very active church with 181 members.

In November 1983, The Session of the Northside Presbyterian Church passed a resolution recognizing Janet Cameron's importance to the church. It says in part "We would not be here were it not for Janet Cameron, her love for the Church and the way God has so obviously been able to make such generous use of her for this purpose."

Janet Cameron was a visionary planner for Warm Hearth Village, a local nonprofit, nondenominational, senior living community. She looked for land and helped outline

construction ideas. She provided railings for the stairs down to the War Memorial Chapel on the Virginia Tech Campus. Doubtless there are many other examples of her generosity that could be cited if we but knew about them.

DEATH/FUNERALS

Janet L. Cameron dies; former Tech instructor, nutrition specialist

A memorial service will be held at Blacksburg next month for Janet Lowe Cameron, retired food and nutrition specialist at the Virginia Tech.

Cameron, 82, died last Monday at her winter home in Juneau Beach, Fla.

She joined the nutrition staff of the Virginia Tech Cooperative Extension Service in 1931 after working several years as a home demonstration agent in New York. She had also been on the faculty at Tech's College of Home Economics.

A highlight of her career was establishment of a weight control program that enrolled several thousand participants in 54 Virginia counties. She was also recognized for her educational work in teen-age nutrition programs.

Cameron was vice president and news editor of the Virginia Dietetic Association, which gave her its Kolbe award in 1960. She chaired the Virginia Nutrition Committee for four years.

Over the years until her retirement in 1964, Cameron had taken about 20 young women into her home to make it possible for them to study home economics at Virginia Tech.

She earned her bachelor's degree in home economics and a master's in human nutrition from Columbia University.

The funeral was Thursday in North Palm Beach, Fla. A memorial service is scheduled at 2 p.m. Jan. 11

at northside Presbyterian Church in Blacksburg.

The family prefers that memorials be made to Northside Presbyterian Church, 1017 Progress St. NW, Blacksburg 24060.

CAMERON, JANET L.

BLACKSBURG - Janet Lowe Cameron, age 82, a resident of the Waterford, Juneau Beach, Fla., died December 8, 1986, in a Jupiter, Fla., hospital. She was born in Atlanta, Ga., and spent the early years of her life there. Her parents, Janet Lowe and John S. Cameron, and six of her seven brothers and sisters, preceded her in death. She is survived by one sister, Mrs. Ruth McGaughey, Atlanta, Ga.; two sisters-in-law, Mrs. James L. Cameron, Atlanta, Ga.; Mrs. Donald Cameron, Hohenwald, Tenn.; seven nieces and nephews, James L. Cameron, Jr., Ruth Mayes, Jack McGaughey, Roy McGaughey, Jr., Cornelia Orr, all of Atlanta, Ga.; Janet Cameron, Chicago, Ill.; Janet Turner, Hohenwald, Tenn., and their families. Miss Cameron attended Georgia State College for Women and received the B.S. Degree in Home Economics and the M.S. Degree in Human Nutrition from Columbia University, New York City. She was an active member of the Virginia and American Home Economics Associations and of the Virginia and American Dietetics Associations for more than 50 years, and was the recipient of the Distinguished Kolbe Award granted by the Virginia Dietetic Association. She also held membership in Epsilon Sigma Phi, the honor society of the U.S. Cooperative Extension Service. For many years, Miss Cameron was affiliated with the First Presbyterian Church, Blacksburg, and in later years with the Blacksburg Northside

New River Valley

BLACKSBURG — Janet Lowe Cameron, 82, also of Juneau Beach, Fla., died Dec. 8. Memorial service was Thursday in North Palm Beach, Fla. A second memorial service will be held Jan. 11, 1987 at 2 p.m., Northside Presbyterian Church, Blacksburg.

Presbyterian Church, where she was a founding member and a member of the Session. In Florida, she was active in the Northside Presbyterian Church. She began her professional career in 1924 as a home demonstration agent for the New York State Cooperative Extension Service in Batavia and Belmont, N.Y., where she worked for six years. After completing the Master's Degree at Columbia in 1931, she accepted a position as Food & Nutrition Specialist for the Virginia Cooperative Extension Service, Virginia Polytechnic Institute & State University, a position she held with distinction until she retired in 1964. For two periods of time, she also served as a faculty member in the College of Home Economics VPI & SU. She was widely known and respected throughout Virginia for the excellent programs she conducted in foods and nutrition on behalf of rural families in the Commonwealth and during the years she worked in Virginia. She invited more than 20 young women to share her home in order to make it possible for them to study home economics at VPI. In 1974, she moved to North Palm Beach, Fla., but continued to be a summer resident of Blacksburg. A memorial service for Miss Cameron was held at the North Palm Beach Presbyterian Church on Thursday, December 11, 1986. A second service will be conducted at the Northside Presbyterian Church, Blacksburg, at 2:00 p.m. on Sunday afternoon, January 11, 1987. An appropriate memorial to Miss Cameron would be a contribution to the Northside Presbyterian Church, 1017 Progress Street, N.W., Blacksburg, VA 24060.



Northside Presbyterian Church History 1944-1984

In October, 1944 Janet Cameron, Hallie Hughes and Clara Underhill of Blacksburg Presbyterian Church started an afternoon Sunday School class for the children in the Northside Community (then known as "Pot-likker Flats") This class grew to be three classes. An elderly couple, Mr. and Mrs. Helmo Linkous provided the facilities in their home for the three classes, (later known as the Annex)

In 1947 more room was needed, The Blacksburg Presbyterian Church bought the lot next door and in 1949 mostly with volunteer labor erected a one room cinder block chapel. On February 12, 1950 Dr. Ellison A. Smyth, then minister of the Blacksburg Presbyterian Church, conducted the first service in the chapel. A small addition in 1950 to the chapel included a belfry. When Northside Chapel had the opportunity to buy the adjoining lot Janet Cameron notified the treasurer to go ahead and write the check for the agreed amount. She and Hallie Hughes would see to it that the money was transferred from their account to the church treasury. Janet Cameron mentioned later that they were planning a trip to Greece, but the chapel came first, they would go another time.

In1963 a larger addition provided two floors of classrooms in addition to a small kitchen and fellowship hall. The last \$225,000 multipurpose addition (used seven days a week) was dedicated October 12, 1975.

Janet Cameron contributed toward the Fellowship hall, gave a round stain glass window as a memorial to Hallie Hughes and, and a pew dedicated to Janet's parents

Dorothy Weiss, a Lutheran friend, gave Janet patterns for chrismon ornaments. The children made them at Bible school. Parents were impressed and made them for their home trees. Every year since then, the church has had a Sanctuary Christmas Tree decorated with chrismon ornaments dedicated to Janet Cameron.

Al Payne describes Janet Cameron as "an intelligent, caring Christian, always on top of things, never an axe to grind. She put breaks on Hallie who could get carried away."

Northside Presbyterian Church has a bound forty year history of the church, as well as a video of its history involving Janet and Hallie and audio tapes, one being an interview with Janet.

Bonnie Hunter Church's "I Remember Janet Cameron" gives a true picture of Northside Church and Janet Cameron.

- Resolution -

The presence of the many members of Northside Presbyterian Church here now, is in no small measure due to a very few having been there way back when. In those early years of 1944, it was the vision, energy, and commitment of a precious handful, whose concern for children, the Church, and the Lord of the Church, which began what was to become, through the Lord's generous miracle, Northside Presbyterian Church.

For many, many years the members of our church have been mindful of the importance in our history and continuing ministry the witness and model of Janet Cameron. It has seemed fitting that we now formally take note officially what is best recorded in our hearts. We would not be here were it not for Janet Cameron, her love for the Church and the way God has so obviously been able to make such generous use of her for this purpose.

One could look at the number of people who are members due to her bright and shining spirit, one could look at the buildings which are here which express her particular visions and hopes, one could attempt to recall limitless acts of giving and service - great and small, one could count the lofty ideas, produced first inside her which ideas are now part of our on-going ministry, and still we would contain but a beginning list of what Janet means to us.

Like a fine wine, the passing years have increased her value and service to God, this church (and, it must be said, this community) for, try as we would to claim her totally as our own, she is so much larger than Northside.

Even though she is regretfully physically apart from us, Janet's spirit, ideas, and giving are so much, so obviously, present with us. Close as a prayer, close as one of her many friends who honor her by sending us a monetary gift in her name, close as a routine letter from her (complete with "smiley" face) with its encouragement, ideas, suggestions, and, most often, a routine pledge or check for some over—and—above, special need, she may be in Florida, but she is as close to us as our own hearts and the communion of saints made possible by the love of God.

Janet, this says it so inadequately, but we want nevertheless to try: our gratitude to God for you is one of those debts, like that to Hallie as well, which we could never fully express. Maybe in the triumphant heavenly chorus, when God will have clothed us in our more perfect covering, we can sing a song of praise worthy of who you are and what you have done for us and the church.

In the meantime, we want, however feebly, to say some of these things, which are in our hearts, that thinking about the measure of them, we shall more energetically strive to copy your wonderful example still being set in front of us.

We continue to look to you for encouragement when we feel defeated, vision when we are stale, affirmation when we achieve some victory, and discipline when we are wrong. With you to continue at our sides, we shall not be as tired, beginning again will not be as hard, finding solutions to big problems will not be as impossible.

We love you, Janet. We wish for you God's richest showering of many, many years upon you, for, goodness knows, we have so much with which we need your help.

With deepest gratitude,

The Session Northside Presbyterian Church

Richard B. Vines, Moderator

Charles Goodsell, Clerk

November - 1983

Fredholman H & ANT

I Remember Janet Cameron

By Bonnie Hunter Church

Funny, how since I'm now on the sunny side of sixty, I can hardly remember what I ate for breakfast, yet I can remember vividly when I was ten years old. Important people from that long ago past appear in the here and now with just a mere recall. One such person is Ms. Janet Cameron.

My first recollection of Ms. Cameron is long before I went to public school. I was maybe 2or 3 years old, and she was my first Sunday School teacher. She, along with Ms. Hallie Hughes, came to "pot-likker flats" from the Blacksburg Presbyterian Church to establish Northside Chapel. For Sunday School, and before the chapel was built, they used the large living room of the old Linkous house which stood on the property where Northside now stands.

I can still feel the excitement of that small child when I remember when I first saw the long, low tables, and just my size little chairs. The many, many, colored crayons I had never seen before; the tiny scissors that just fit my fingers, the glue, and the Bible pictures to color as Ms. Cameron told us about Jesus, Noah and the animals, David and the giant, and all the other great stories of the Bible. Little did I know then what an impact these dear, dedicated saints were to have on my future life.

As I grew, and the little chapel was finished, I experienced "church." I was introduced to Bible School, and became an angel in the Christmas programs, but I mostly remember Ms. Cameron who always seemed to be in charge. I remember the berry-red suit and white blouse she wore, and the fascinating pins at her throat. Also, that big smile that displayed a small bit of gold in her front teeth. I was a little shy around her because she was there to teach, and she didn't tolerate misbehaving. But she always gave a big, warm hug when she left.

Let me say right here, there are not enough words to adequately describe what Northside chapel and the people like Ms. Cameron meant to me as I grew up there. It was, indeed, a sanctuary in that impoverished area of Blacksburg. It was there that my love for music (and a little talent) was discovered and cultivated. It was there that I was

allowed to express my individuality and creativity. I was so proud of the stained windows we were allowed to paint, and to this day, I love to paint. It was there that my character and love for God was molded and guided by these people who became my family, and gave so generously of themselves.

When I was about eleven years old, Ms. Cameron, along with Ms. Hughes, approached my parents about giving me music lessons. They knew there was no money in the home for this, so a deal was made that they would pay for my lessons, and I, in return, would play for church. To my delight, a black, up-right piano was delivered to my home and I was taken to Mrs. Wirt Dunlap for lessons/

As I grew and learned the piano, the saints struggled through the services with me. As I graduated from one hand to two, I discovered that hymns could have great rhythm, and each Sunday I played "What A Friend We Have In Jesus" in double time. One Sunday morning after church, Ms. Cameron, true Presbyterian that she was, took me aside and said. "Dear, we do so appreciate your playing for us, but would you mind not jazzing up the hymns so much?"

When I entered High School, I realized I could never go to college because there was no money. I was an A student, and learning has always been my panacea. It was a great disappointment. Ms. Cameron and Ms. Hughes recognized my potential, and felt my disappointment. In my junior year they offered to pay for me to go to Agnes Scott college in Georgia, but I had other plans ... another very important person in my life, my husband to be.

In 1959, I married and moved away from Blacksburg and the little chapel I loved so much. Throughout the coming years, and many hardships, I reflected on my formative years, and especially Ms. Cameron, and all the others at Northside. That early training, direction, and encouragement was to be my salvation many times over.

I never had the opportunity to tell Ms. Cameron how much she had meant to my life, and how much a part of me that she was. During the years when I played the piano for various churches, she was there; my enabler. When I taught Sunday School for thirty years, she was there; my role model. When I became an Elder, she was there; my spiritual leader. When, at age 55, I accepted my Bachelors degree in Human Service (cum laude) she was there, my encourager, who so long ago taught me to have faith, not only in God, but in myself. As the Bible says: "Well done, thou good and faithful servant," A creek Commercia.

1.

Hallie's Gona Shine

Hallie's gona shine tonight,
Hallie's gona shine;
She'll shine with beauty bright,
This friend of mine;
She's all dressed up tonight
Don't she look fine
When the work goes down, and the fun comes up
Hallie's gona shine.

2.

Long, Long Ago

Sing me the songs that to me were so dear Long, long ago; long, long ago.
Tell me the tales I delighted to hear Long, long ago; long ago.
Years that have flown, live in memory yet,
All that has passed we shall never forget
Let us re-live all the times we have met Long, long ago, long ago.

3.

How Do You Do, Miss Hughes

How do you do Miss Hughes, how do you do? How do you do Miss Hughes, how do you do? We welcome you with cheer And we hope you like it here; How do you do Miss Hughes, how do you do.

40

(As done in camp)

Stand up, stand up, stand up Miss Hughes stand up, stand up Sit down, sit down, sit down Miss Hughes, sit down.

5.

O Miss Hughes, you're a wonder And when you are old and gray We will all say, yes BY THUNDER! You were some "gal" in your day.

6.

Now run along home and jump into bed, Say your prayers, don't cover your head. The very same things I say unto you You dream of me and I'll dream of you.

She Ain't Gona Fork No Mo!

Chorus - Nope, she ain't gona work no mo, no mo, She ain't gona work no mo

Now what in the heck makes you suspect
That she ain't gona work no mo.

Sure, she's driven a horse and buggy, With a pressure cooker tied on back, And she's started up many a 4-H Club But she ain't gona work no mo.

Chorus -

At many a 4-H Short Course That Hallie is just the one Who shooed to bed the spooners She sure broke up their fun.

Chorus -

At camp she had 'um up early And early to bed she tried And she kept 'um busy the whole day long She's got too much pep, they cried.

Chorus - Nope, she ain't gona camp no mo, no mo

Now she hoeing out that garden And tending to her chicks, And she's back to bread and tomatoes Which only goes to show

That she is gona work some mo', some mo' She don't know how to quit And if you try to slow her down She'll really have a fit.

Chorus

To that nice Harry Sanders:

Retirement, so folks seem to say, Means time for hobbies and to while-a-way, Time to rock, and time to read, Travel and leisure, and no need to speed.

But those I see in our fine town Seldom have time to make a round, To visit friends, or read a book, They get too busy or so it looks!

So play it smart and start off right, Don't accept every job, just take it light, Each club has jobs to offer you, Just cool your heels - take a wide view.

You've done a swell job for many a year Your scores of friends hold you very dear, Your smooth quiet manner, your sparkling wit, The campus will miss you more than a bit.

But have fun and enjoy it, Catch up with yourself, You'll always help others So will never be "on-a-shelf".

Congratulations to you.

Janet L. Cameron

STATE

BLACKSBURG — Harry Warriner Sanders, 88, retired head of the vocational education department at Virginia Polytechnic Institute and State University.

H.W. Sanders, ex-Tech faculty member, dies

Times-Dispatch state staff

ROANOKE — Harry Warinner Sanders, retired head of the vocational education department at Virginia Polytechnic Institute and State University, died yesterday in a Roanoke hospital. He was 88.

A Richmond native, Mr. Sanders received his B.S. and M.S. degrees from Virginia Tech. He taught in Prince William County and served with the State Department of Education before joining the Virginia Tech faculty in 1925.

Mr. Sanders retired in 1962 after serving 17 years as head of the vocational education department.

He was instrumental in forming the Future Farmers of America and was a member and past president of Blacksburg United Fund, a member of Blacksburg Host Lions Club and a member of Blacksburg United Methodist Church.

Survivors include his wife, Mrs. Julia Maloney Sanders, and a sister, Mrs. R.H. Thomas Jr. of Richmond.

A funeral will be held at 2 p.m. tomorrow at Blacksburg United Methodist Church.

Memorial donations may be made to the Harry W. Sanders Scholarship Fund at Virginia Tech or the American Cancer Society. Dear "Diet":

Its been such fun to work with you
As specialist, Dean and director, too.
First we struggled with food programs
Through the drought year of '31,
You helped to raise it, we helped to can it,
Lots of work but lots of fun.

Then came war time and Victory Gardens Couldn't can it, so we dried it, How we lived thru dehydrates
I'll not know, but still we tried it.

You've championed many a need we know, Home Ec. programs you helped to grow. Your sage advise and good help, too, Will always endear us each, to you.

Many folks hardly know their birthday Till they get a card from "Diet", And lots of us never would fill our freezers But for the greens and "stuff" --- your treat.

The hardest thing about your party
Was not having you to help and plan.
You've been the "sparkplug" for many a cute one
With poetry and stunts, as only you can.

We've really proud of you Dean "Diet", Proud to call you friend, And we'll keep asking your sage advice, For habits like this don't end.

So here's wishing you best health and joy And fun in the years to come. With many new interests to challenge you as you wind up a job, well done.

Cordially,

Janet

Betty Kyle was District NO agent By Janet cameron

BETTY

This is the gal that was

Our little Betty Kyle

Who soon will quit in style

Not L. B. J. - but L. B. K.

That's Little Betty Kyle

* 4

Betty is that gal - and was,

Soon she'll change her status quo

With a lot more status

And lots less quo

A lot more leisure

And a lot more go

A lot more fun - and a lot less woe

She and Mr. Z. will have lots of go

That's the gal - our L. B. K.

Little Betty Kyle

Carry Me Back to Ole Virginny"

More Southern recipes for all



THE WILLIAMSBURG INN, Williamsburg, 'Va,

• In honor of the American Dietetic Association meeting this month in the historic city of Richmond, Va., we have secured some of those old recipes which have contributed to the reputation enjoyed by early Virginia housewives for their excellent tables. Miss Cameron, herself a prominent member of the association, assembled these recipes for us. You probably recall her former articles on "Long Ago Recipes From Old Virginia," which appeared in the April, 1936, issue of The Progressive Farmer, and "More Old Virginia Recipes," in January, 1937.

By JANET L. CAMERON

Foods and Nutrition Specialist, Virginia Extension Service



Watermelon red, peaches sweet, Trout line callin' f'om de river's feet. Mockin' bird singin' 'e song so neat. I's livin' easy! I's livin' high!

N RICHMOND, Va., October 18-25. dietitians from the entire untry will gather, and incidentally iey will taste some of the famous outhern cooking they have heard out so long. This is the first time e American Dietetic Association is met in the South, so Richmond ill no doubt "go Southern" in a big ay that week so these visitors may now just what real Southern cookg means!

Some of the restaurants suggest neir specialties for all to try, and addy pass on their recipes. The eadquarters hotel, the John Marnall, is famed for its Southern cookig and recommends especially its-

SALLY LUNN WITH NUTS

One-half cup butter, 2 tablespoons sugar, 2 cups floor, 1 dash salt. ½ cup milk. 2 eggs, ½ cup chopped nuts, 2 teaspoons baking powder.

Cream butter and sugar, add

beaten yolks and milk. Add nuts mixed with part of flour. Sift in remaining flour, salt, and baking powder and mix well. Fold in stiffly beaten egg whites. Bake in loaf in moderate oven 30 to 40 minutes. This will make six servings.

Since in October oysters "R in season" the John Marshall also suggests broiled ovsters on the half-shell and broiled Virginia oysters on toast, Richmond is so near the coast that all sea food has that just-out-of-the-

At Miller & Rhoades, that delightful shopping center, the tea room is usually crowded, and many of the orders include this famous specialty:-

DEVILED CRAB

One quart crab meat from which all shell has been removed, ¼ tenspoon Tabasco sauce. I tablespoon butter, I teaspoon salt, ½ teaspoon Worcester-shire sauce, 1½ cups thick white sauce.

Mix all together and put in crab shells. Dip in beaten egg and dust with cracker crumbs. Fry in deep fat or brown in oven.

The Little Gypsy Tea Room has been glorified in song and verse, but Richmond's Gypsy Tavern is well known as a delightful, relaxing place to be assured of a fine meal. One of their most popular desserts, which they include every day on the menu is "baked custard supreme." It's a perfect example of a smooth, under custard, and is served with their well-known caramel sauce. Simple, yes, but it always proves to be a 'sell-out." Mrs. Kruge, manager of the tavern, tells us she thinks the success of the dessert is due to the slow cooking. Her recipe is:-

BAKED CUSTARD SUPREME

One quart whole milk, 6 eggs beaten -not foamy, pinch of salt, 6 table-spoons granulated sugar, 1 teaspoon

Strain through rather fine sieve and pour into 12 custard cups. Bake in a 250-degree oven for 1 hour. When cold, turn out into deep saucer, surround with caramel sauce, and top with spoonful of whipped cream and a cherry. The caramel sauce they make by melting two cups of granulated sugar in a heavy, iron skillet. When a golden brown, add I cup boiling water and cook until all lumps are dissolved and sauce is of the consistency of syrup.

SHORT'NIN' BREAD Four cups flour, I pound butter, I cup light brown sugar.

Mix flour and sugar. Add butter. Place on floured surface and par to 1/2 inch thickness. Cut into desired shapes and bake in moderate oven (325 to 350 degrees) for 20 to 25

Of course the world looks to Virginia for real ham and especially that cured at Smithfield, Richmond's Occidental Restaurant is famous for its ham, and passes along this recipe which they use:-

BAKED GENUINE SMITHFIELD HAM

Unwrap and scrub off excess pepper with brush, put ham in sufficient water to cover, and soak 24 hours. Put in boiler large enough to cover

with water and boil 20 minutes to the pound. Take out and let cool, remove outside skin and excess fat. Put ham in baking pan with 1 cup good sherry, I cup brown sugar. Baste till golden brown, take off and let cool in own substance, then spice with whole cloves. Delicious served cold or hot.

Southern fried chicken, always a favorite yet aways a subject of grave controversy as to how it should be prepared, was really big news last winter when several governors' wives gave their respective opinions for the press-whether to use pots or frying pans, side-bacon grease or lard, buttermilk or batter-all were interesting items in the correct frying of chicken. Mrs. Rivers, the wife of Georgia's Governor, advocated a predip of the chicken in buttermilk before frying, to give it added flavor and a rich golden brown color. In Tennessee Mrs. Gordon Browning rolls the pieces in flour and cooks them in very hot grease, while the wife of Governor Bibb Graves of Alabama feels the secret is to use a very heavy, covered frying pan and keep the heat moderate. The execu tive mansion in cuisine-famec Louisiana has an old iron pot for chicken frying and the pieces are dipped in batter before frying. Most of these celebrated chicken fryers use homemade lard for frying, or lard and butter combined, but Mrs George Peery of Virginia favor: grease from side bacon for a rich

There seem to be differences o opinion on preparation before cook ing too, for Mrs. Johnston of South Carolina soaks the pieces in sal water for one hour, but in Georgia and Virginia executive mansion thorough chilling for 24 hours, bu no soaking, is insisted on. With se renowned a group differing as to how to prepare so popular a dish, pass on a popular (and shall we say average?) recipe for-

SOUTHERN FRIED CHICKEN

Select fryers of not over 2 pounds Dress them carefully and cut into attractive pieces. Chill thoroughl before frying. Add salt and peppe to flour and roll pieces in this. The drop into a deep layer of hot fat (37 degrees) until golden brown. Re move chicken and drain on unglaz ed paper. Serve hot or cold. Usuall a gravy is made from part of the fato which milk and flour are addeto thicken.

While in Virginia, guests alway want to be sure of some real batte bread and bacon and fried apple often served for breakfast or suppe

FLUFFY BATTER BREAD

One cup buttermilk, I cup sweet milk, 3 eggs, 2 teaspoons baking powder, one-third cup water-ground meal (white). 2 tablespoons melted butter, ¼ teaspoon soda, ½ teaspoon salt.

Beat eggs with the two milks, hav oven hot (400 degrees) before adding the sifted dry ingredients an melted fat. Pour batter into hot pa and bake until set in the cente

There are many other dishes yo see only south of Mason and Dixon line, such as chess pies (a rich brow sugar filling) and Tyler puddic

(Over)

ilso a pielike mixture usually served tarts). Then the corn pones and imbread and of course cracklin' ead-but at every meal there will some hot bread, and we venture say you will enjoy it! When well ade it is not indigestible-no, not en for dietitians!

PLANTATION GINGER COOKIES One cup dry bread crumbs, 1/8 tea-spoon salt, 1/2 teaspoon soda, 1 tea-spoon melted butter, 1/4 cup molasses, 1/2 cup brown sugar, 1 teaspoon ginger,

2 eggs, beaten, 1 teaspoon vanilla. Combine dry ingredients, add aten eggs, melted butter, vanilla, id molasses. Drop from spoon out 2 inches apart onto buttered iking sheet. Bake in hot oven 100 degrees) 15 to 20 minutes, or

CHESS PIES

One-half cup butter, yolks of 3 eggs, I cup chopped raisins, I teaspoon vanilla, I cup sugar, white of I egg, I cup chopped nut meats.

Cream butter and sugar, add aten yolks of 3 eggs and stiffly aten white of 1 egg. Stir until it ams. Add fruit and nuts, put in tty shells, and bake in hot oven 00 degrees) until fillings set, and en in a moderate oven (350 deees) until well browned. Serve ith whipped cream. This recipe akes 12 individual pies.

CRACKLING BREAD

One cup cracklings, diced, ¼ cup wheat flour, 1 cup sour milk, 1½ cups cornmeal, ½ teaspoon soda, ¼ teaspoon salt.

Cracklings are the pieces of meat maining after the lard has been ndered from the pork. Mix and t together the dry ingredients. dd the milk, stir in cracklings. orm into oblong cakes and place in eased baking pan. Bake in hot en (400 degrees) 30 minutes.

HOECAKE

Moi ten salted cornmeal with ilding water or milk. Allow it to ind for an hour. Put 2 or 3 teaoons of this on hot greased grid-2. Smooth it out to make cakes inch thick and let it cook. When e side is done, turn over and own the other. Serve very hot. is dish goes well with sausage and rnip greens.

CORN CUSTARD

Two cups canned corn, 2 tablespoons nelted butter, ½ teaspoon sugar, cracker crumbs, 3 eggs, 2 cups milk, salt and pepper to taste.

Beat eggs well, add to corn. Melt tter and with the milk add to corn d eggs. Stir well. Add seasoning d sugar. Pour into well-buttered

crumbs, dot with butter. Bake in very slow oven (250 degrees) about 40 minutes, or until custard has set.

BRUNSWICK STEW

Two tablespoons bacon fat, 2 onions, two tablespoons bacon fat, 2 onions, 3 tomatoes, peeled and quartered, 2 tablespoons butter, 2 teaspoons Worcestershire sauce, salt and pepper, 3 ears green corn, 1 frying-size chicken (2 or 2½ pounds), 3 cups water, ½ cup sherry, ½ cup bread crumbs, 1 pound fresh lima beans, 1/2 cup okra.

Brown the onion in the bacon fat, then add the chicken, which has been cut in small pieces and seasoned. When chicken is done, pour off grease and put chicken and onions in a Dutch oven. Add water, tomatoes, sherry wine, and Worcestershire sauce. Cook slowly over low flame for 1/2 hour, then add lima beans, okra, and corn cut from the cob. Let simmer I hour. Then add butter and bread crumbs and cook 1/2 hour longer.

SOUTHERN MANOR FROG LEGS

(a dish for the epicure) Eight frog legs, I beaten egg, cracker crumbs, ½ cup lemon juice, 2 tablespoons butter, salt and pepper.

Only the hind legs of the frog are eaten. Skin the legs and scald in boiling salt water and lemon juice about 2 minutes. Dry after boiling. Season with salt and pepper, dip in beaten egg, then in cracker dust. Fry 3 minutes in deep fat. Serve two frog legs per person.

BROILED VIRGINIA OYSTERS ON TOAST

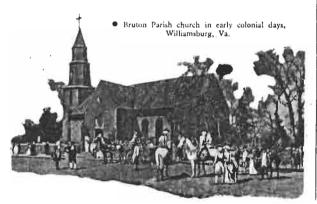
(As prepared and served at the John Marshall Hotel)

Only large, plump oysters should be broiled because small ones shrivel too much in cooking. Wipe oysters dry, dip in melted butter seasoned with salt and cayenne, then roll in crumbs. Place into narrow-mesh broiling pan. Use moderate heat to prevent burning. Brown one side then the other. Serve on toast with melted butter sauce. Garnish with sprig of parsley and quarter of lemon.

CREAM OF VIRGINIA PEANUT SOUP (As prepared and served at the John Marshall Hotel)

One-half pound butter, I tablespoon stit, I cup flour, I quart chicken stock, I tablespoon minced onion, I dash pepper, I cup peanut butter, I cup cream.

Melt butter, add onion, and let simmer until tender, not brown. Add flour and peanut butter and stir to a smooth paste, then add boiling chicken stock, stirring occasionally for 20 minutes. Just before serving train and add cream. Serve with serole, sprinkle with cracker croutons. This makes 10 servings.



Typical Southern Menus

By BLANCHE TANSIL

WHEN our friends come South they invariably inquire for "typically Southern menus." So many and varied are the possibilities with Southern menus we could engage our readers' attention at length. We offer four menus planned by Blanche Tansil, associate professor of home economics at the University of North Carolina State Woman's College, at Greensboro, and others contributed by other noted Southern home economics authorities.



Flour And Bread Enrichment Is All Important To All Virginians

The Virginia Home Economics Association at the annual meeting voted to approve flour and bread enrichment. The group of Home Economists went on record as favoring passage of an enrichment bill at the next meeting of the Virginia General Assembly.

The Soft Wheat Millers Association held its annual meeting in Roanoke this spring, at which time they passed a resolution favoring the bill. Miss Janet Cameron, chairman, State Nutrition Committee, spoke at this meeting.

Many organizations throughout the state have been contacted, and are being contacted requesting endorsement of the enrichment bill. A definite educational program will soon be under way in the state. All these activities are under the sponsorship of the State Nutrition Committee. Numerous committee meetings have been held in the last month for drafting plans of action on this all-important legislation.

The following Fact Sheet has been revised:

1. What is Enriched flour and bread?

White flour and white bread to which definite amounts of the vitamins Thiamine, Riboflavin and Niacin, and of the mineral Iron have been added. These restore most of the native food values which have been removed from the wheat in the milling.

2. Does Virginia have a law requiring flour and bread to be enriched?

No. However, such a BILL WILL BE INTRODUCED IN THE 1950 LEGISLATURE. All southern states except Virginia, Florida and Tennessee have enrichment laws.

3. Why is enrichment important?

The vitamins and the minerals added are vital to the health of children and adults. Too many people in Virginia do not have enough of these things in their daily food. By adding these to flour and to bread which are eaten by everyone, and, especially in large quantities by people of low income, all are assured of a better food supply, and of improved health.

4. How do we know that enrichment will improve health?

Definite, scientific studies have proved it. In 1944, in one area, many people had diseases due to lack of vitamins; 102 out of each 1,000 babies born died before their first birthday. Four years later, after the enrichment law was passed, the same area showed much improvement. Baby death rate had fallen from 102 to 61 per thousand. Disease due to lack of other vitamins not included in enrichment laws were still found. It seemed that enrichment caused the improvement.

- 5. What would the enrichment law mean to Virginia?
- (1) All white flour sold for family use in Virginia would be enriched.
- (2) All white bread and plain rolls sold in the state would be enriched.
- (3) The Virginia Department of Agriculture would enforce the law.
- (4) All classes of people would have the benefit of a more healthful diet.
- (6) Even with some millers and bakers at present enriching their products voluntarily a law would require that all do it, and it would assure the continuation of it.
- (6) Some of the dairymen have questioned the effect which an enrichment law might have upon the use of milk in baker's bread. Both milk and enriched flour are important for the best health of all of us. Recent NATION-WIDE studies, made at the University of Wisconsin, showed that the amount of milk used in baker's bread was as great, or greater, than before the enrichment laws
- 6. What is the cost of enrichment?
- (1) About 6c per 100 pounds of flour; about 1c per 25 loaves of bread.
- (2) If a miller makes self-rising flour (as do many mills in Virginia) or add phosphates to the flour, no extra equipment is needed. It does not require extra personnel to operate the equipment.

7. What can you do to help?
(1) Find out BEFORE ELECTIONS HOW your candidates
WOULD VOTE on this measure.

(2) When the bill is being introduced LET YOUR REPRESENTATIVES KNOW by personal contact, by letter, telegram, or postal card, how you wish him to yote on it.

(3) BEGIN NOW to inform YOUR FRIENDS and NEIGHBORS about this important bill, and encourage them to contact

PLACEMENT BUREAU VIRGINIA HOME ECONOMICS ASSOCIATION

Those of you who attended the annual convention in Roanoke and heard Miss Phyllis Owen's address, will remember her mentioning that the V. H. E. A. is organizing a Placement Bureau for the first time.

The Bureau will serve as a clearing house, so to speak, for girls desiring positions and for employers seeking trained home economists. This is OUR Placement Bureau and its success will depend on OUR efforts to publicize it and to establish contacts with both prospective employers and employees. All home economists are invited to use this service whether they be graduating college seniors or veterans of many years of experience in the field.

Suggestions from YOU as to how this Bureau might function most effectively will be welcomed. And don't forget to refer any likely candidates, either home economists or employers, to us!

HELEN GER OLSON,

Chairman.

V.H.E.A. Placement Bureau State Department of Health Richmond 19, Virginia

HOME DEMONSTRATION (Continued from Page Three)

project has been that the local agents haven't had enough time to give it, and time is the thing I'll have," she says.

It was this kind of slant, evidently, that made her dismiss a question about the bright and dark days of those 36 years. "Bright spots?" she laughed. "Seeing home demonstration work grow to cover 91 counties in Virginia has just been one continual glow."

HEIB HAVE BREAKFAST (Continued from Page Two)

close out reports and records before turning them over to new officers.

Out-of-state guests at the breakfast included Mrs. Nell Nichols, field reporter, Woman's Home Companion, Topeka, Kansas; Miss Virginia Moore, Armour & Co., home economists, Birmingham, Alabama; Miss Geraldine Baer, Westinghouse home economist, Philadelphia.

their candidates and representatives, too.

(4) Work through YOUR ORGANIZATIONS.

NOW IS THE TIME!

New Era For Home Canners; Processing Times Are Cut

A new era in canning is seen by nutritionists of the Agricultural Extension Service, as USDA experiments indicate a cut in recommended processing times for most vegetables in both quarts and pints, in the latter case cuts from 25 to 50 percent.

On the other hand, the processing time for asparagus, lima beans, corn and beets in quarts is somewhat increased. The times, computed after three years of careful study, are based on the amount of heat it takes to kill highly heatresistant organisms which may be present in any vegetable. The results also give new evidence that steam pressure is the only safe way to can non-acid vegetables, but that usually less severe heating is necessary.

4,000 Jars Tested

Explaining how the tests were made, Janet Cameron, Extension Service nutritionist, said that part of the jars were packed with food, prepared according to directions in canning bulletins. Then some of the jars were inoculated with the most heat-resistant bacteria. After they were canned, all the jars, over 4,000 of them, were stored under controlled conditions. Then came the tests to see which jars in which the bacteria still lived. way, the staff of experimenters determined the shortest safe times to recommend, making possible the processing of more attractive foods higher in vitamin content.

Until a new bulletin outlining all details of short-time processing is off the press, follow these newly-recommended processing times at 10 pounds pressure but only after carefully preparing foods.

Product	Glass Pints	Glass Quarts	No.2 Tin Cans	No.2½ Tin Cans
	mins.	mins.	mins.	mins.
Asparagus	25	55	20	20
Beans, Lima	35	60	40	40
Beans, Snap	20	25	25	30
Beets	25	55	30	30
Carrots	20	25	20	25
Corn, Cr'm Style	85		105	
Corn, Whole Gn.	55	85	60	60
Okra	25	40	25	35
Peas	40	40	30	30
Pumpkin, Mash.	60	80	75	90
Pumpkin, Cubed	55	90	50	75
Spinach	45	70	60	75
Squash, Summer	30	40	20	20
Sweet Potatoes				
Dry Pack	65	95	80	95
Sweet Potatoes				
Wet Pack	55	90	75	90

Extension Service News July 1947





Hallie Hughes and Janet Cameron 1972



L to R: Maude Wallace, Helen Ricks, Hallie Hughes, Janet Cameron, Catherine Perry, and Mrs. Seitz(Hallie's sister)



Janet Cameron finds ancestors in Scotland in 1963





Renate Wittman, a German Student who lived with Janet Cameron and Hallie Hughes about 1950. They helped support her education.



Left to Right: Janet Cameron, Al Payne, and Beverly Lineweaver



Left to Right: Virle Payne, Janet Cameron, and Al Payne



Left to Right: Janet Cameron, Extension Food & Nutrition Specialist
Katherine Brent, Home Demonstration Agent, Powhatan Co.
Emma Bratton, Home Demonstration Agent, Northumberland Co.
Paul Byrd, County Agricultural Agent, Wythe Co.
Jack Waller, Agricultural Engineer
Bob Connelly, Project Leader, Dairy Science

Edith Vaughan, District Home Demonstration Agent, Southwest August 1952

Hallie Hughes Retirement Party 1954



Left to right: Maude E. Wallace, L. B. Dietrick, Hallie Hughes.
Bill Daughtry,



Left to right: Paul Deering, _____, Ella Agnew,(seated with tray), Hallie Hughes, ____ Eva Minnix, Lucy Blake, seated.

PUBLICATIONS

This collection of publications prepared by Janet L. Cameron and/or Mary L. Thompson is not meant to be all inclusive but represents those that could be found. In a few instances, no author's name appears on the publication but the person who donated it vouched for its authenticity. It is quite a compliment for someone to keep a publication for over 50 years!

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and 1 cm water. Core and pare six apples, and boil for 5 minutes in syrup made from sugar and water. Boil 1 cup brown sugar, 1/4 cup butter and 1/4 cup water to the soft ball stage. Remove apples from syrup. Soak 1 thesp. gelatin in 1/2 cup water and add to syrup in which apples were cooked. Place apples in serving dish. Fill center and cover over top with caramel syrup and pour gelatin mixture over all.

Chocolate Sponge.—Soften 1 tbsp. gelatin in ¼ cup cold water. Cook 3 tbsp. cocoa and ½ cup water and ½ cup sugar for two minutes and add to softened gelatin and egg yolk. Chill. Beat 3 egg whites stiff and fold into above. Add 1 tsp. vanilla. Rinse molds in cold water and fill.

Maple Nut Mold.—One and one-half cups brown sugar, 7 tbsp. cornstarch, ¼ cup cold water, 2 cups boiling water, 3 egg whites, ¼ tsp. salt, ½ cup chopped nuts, and ½ tsp. maple flavoring. Mix sugar and cornstarch and stir into a smooth paste with cold water. Stir vigorously while adding boiling water. Cook 15 to 20 minutes in a double boiler. Add salt to egg whites and beat until stiff. Combine with cornstarch mixture and add flavoring and nuts. Pour into molds and chill. Unmold and serve with custard sauce.

Chocolate Blanc Mange.—Three cups milk, ½ cup sugar, 6 tbsp. cornstarch, ¼ tsp. salt, 3 tbsp. cocoa or 1 sq. chocolate, and ½ tsp. vanila. Heat the milk. Combine all dry ingredients, moisten with a little cold water or milk and stir into the hot milk. Stir until thick, cooking 30 minutes in a double boiler. If chocolate is used, it should be melted first, then blended with the milk. Chill in individual molds or dishes. Serve with cream.

SUPPERS—French Toast.—Two eggs, ½ tsp. salt, 1 tsp. sugar, ½ cup milk, 4 to 5 slices bread (not fresh). Beat eggs slightly. Add salt, sugar and milk. Dip bread in mixture. Cook in small amount of butter or other fat in frying pan until golden brown on each side. Serve with bacon strips and maple syrup or jelly. An excellent supper or breakfast dish.

Cheese Fluff.—Trim crusts from 6 slices bread and lay 3 slices in bottom of a buttered baking dish. Fit them to cover entire surface. Cover with 1 cup grated cheese, then remaining slices of bread. Beat 2 eggs, 1½ cups milk, 2 thep. melted butter and seasonings, and pour this over bread and cheese mixture, letting it soak into bread so all milk is absorbed. Bake in moderate oven 30 to 40 minutes, until custard is set and bread is puffed up and brown. Makes 4 to 6 servings.

Potato Salad.—One cup diced cold boiled potato 1/4 cup chopped celery, 1/4 cup chopped treen pepper, and mayonnaise. Mix ingredicuts, add dressing and let stand in a cold place for at least one hour before serving. This is one of the few salads improved by standing with the dressing.

Quick Dressings.—These hurry-up dressings are mited to crisp shredded cabbage, carrots, lettuce and greens. Blend ingredients, pour

over vegetables in a bowl. Toss vegetables lightly. Serve from bowl. Peanut Butter Dressing—1/4 cup peanut butter, 1/2 cup thin cream, sweet or sour, juice of 1 lemon or 3 tbsp. vinegar, 1/4 tsp. salt, 1 tbsp. sugar.

Fruit Juice Dressing.—Juice of 1 lemon, juice of 1 orange, or ½ cup other fruit juice, 1 the sugar, ½ tsp. salt.

Sour-Sweet Dressing.—1/4 cup vinegar, 11/2 tbsp. sugar, 1/2 tsp. salt, celery seed if desired. Use with cabbage.

Sour Cream Dressing.—1 cup sour cream, 1/4 cup vinegar or lemon juice, 1/2 cup brown sugar, 1/4 tsp. salt.

Whipped Cream Dressing. +Whip 1 cup cream fresh or sour and add these dry ingredients mixed together: 1 the sugar, 1/4 tsp. mustard, 1/4 tsp. salt, 1/2 tsp. paprika. Then add juice of 1 lemon.

Golden Salad.—Two cups shredded or ground carrots, 1 lemon, ground, rind and all, ½ cup sugar, 6 halves of canned peaches or pears or 6 pineapple or apple slices. Sprinkle carrots with a little salt, combine with lemon and sugar, and let stand several minutes. Put a generous spoonful in center of fruit placed on lettuce. The carrot may be served without fruit. For flavor and simplicity this salad has few equals.

Chocolate Drop Cookies.—Four the cocoa, 1 egg, 1 cup chopped nuts, 2 tsp. baking powder, ½ cup butter, or other fat, 1 cup sugar, ½ cup milk, 1½ cups sifted flour, ¼ tsp. salt, and 1 tsp. vanilla. Melt the chocolate and add the fat and sugar. Add unbeaten egg and milk. Use 2 the flour to coat the nuts. Then add the nuts and sifted dry ingredients to the liquid mixture. Stir this thoroughly and add the vanilla. Drop the battery by teaspoonfuls on to a greased baking sheet. Bake in a moderately hot oven (375 to 400 degrees) for about 10 minutes.

Butterscotch Ice Box Cookies.—(Keeps in cold place 2 to 3 weeks. Slice thin and bake a few place 2 to 3 weeks. Slice thin and bake a few at a time as needed.) One-half cup butter melted, 1 cup brown sugar, 1 egg, 2 cups flour, ½ tsp. soda, 2 tsp. baking powder, 1 tsp. vanilla, and ½ cup nuts (if desired). Add sugar to melted butter. Beat in egg and add dry ingredients, vanilla and nuts. The mixture is very thick. Form into a long roll and wrap in heavy wax paper. Let stay in cold place or ice box for 24 hours before using.

4-H NOTE BOOKS-make 10 x 13 inches to hold Club Letter.

Homemade Paste. — (Cost of this amount, about 5 cents or less.) One cup flour, 1 cup cold water, 4 cups boiling water, 30 drops oil of cloves, powdered alum. Mix flour and cold water to a smooth paste. Add boiling water and let boil slowly about 10 minutes. Stir constantly. When cool stir in powdered alum. Thin if necessary. The oil of cloves serves as a preservative if paste is not to be used within two weeks, and gives a pleasant odor. Keep paste in a cool place.

Cir. E-320

Recipes For 4-H Club Members in Food and Nutrition Work

SCHOOL LUNCHES—Nut Bread.—Two cups whole wheat flour, ¾ cup nut meats chopped, ¼ cup sugar, 1½ cups milk, 6 tsp. baking powder, 1 tsp. salt, 1 egg beaten. Mix dry ingredients, including nuts. Add milk; mix thoroughly. Add beaten egg, beat well and turn mixture into greased bread tin. Let stand 15 minutes and bake in a moderate oven 50 minutes.

- A CHRISTMAS SWEETS—Parisian Sweets (or dried fruit balls).—Grind equal parts of any available dried fruits in food chopper. Add nuts if desired; and if necessary, add syrup to moisten. Roll into "logs" or balls. Dip in powdered sugar, dipping chocolate, or chopped nuts.
- Candied Fruit Peel.—Scrape out all pulp from skins of grapefruit, orange or lemon. Cut peel in desired pieces, cover with cold water and bring to boiling in several different waters, in order to take away the bitter flavor of the skin. When peel is tender, drain an cook in a heavy syrup made by boiling small mantities of sugar and water together until the statispatiant and glossy. Drain from syrup and let dry before rolling in sugar.

Peanut Brittle.—Two cups sugar, 1 tsp. vanilla, 2 cups nuts, ½ tsp. salt, ½ tsp. soda. Heat sugar gradually in clean smooth skillet. Stir constantly until a golden syrup results. Remove from fire and add quickly salt, soda, and vanilla. Pour over nuts in greased pan. When cold, break into pieces of desired size.

Chocolate Coated Candied Apples.—Make a thick syrup by boiling 1 cup water and 1 cup sugar together for five minutes. Peel, quarter, core and slice apples, and cook in the syrup until glossy and transparent. Lift apples out and let dry. Then dip in dipping chocolate. A satisfactory dipping chocolate may be made by melting ½ as much paraffin as chocolate together in a pan over hot water.

CEREALS—Cracked Wheat Cereal.—Sort grains and wash thoroughly. Soak wheat for one hour and put through food chopper or coffee mill. To two cups of boiling salted water add ¾ cup of cracked wheat. Boil for at least 15 minutes over flame or ½ hour in double boiler. For small children it should be cooked two hours.

Whole Wheat Cereal.—Sort grains and wash thoroughly. For each cup of wheat add 1½ cups water and soak for 4 hours or overnight. Add 3 cups more of water and 1 tsp. salt and

boil slowly for $3\frac{1}{2}$ hours or until tender and there is no starchy, uncooked flavor. Add more water during cooking if necessary. If wheat is not soaked, it takes about 6 hours to cook. When using a pressure cooker, cook for one hour at 15 lbs. pressure.

Whole Wheat (Health) Muffins.—One-fourth cup sugar, ½ cup fat, 1 egg, 1½ cups sour milk or buttermilk, 3 tsp. baking powder, 2 cups whole wheat flour, 1 tsp. salt, 1 tsp. soda. Cream sugar and fat; add beaten egg, milk, and dry ingredients which have been thoroughly mixed. Beat well and bake in greased muffin tins in hot oven (425 degrees) 25 minutes. Nuts, raisins, or dates may be added.

Whole Wheat Biscuits.—Three-fourths cup whole wheat flour, 3/4 cup white flour, 1 tsp. salt, 4 tsp. baking powder, 3 tbsp. fat, 3/4 cup milk (cold), white flour to roll. Sift dry ingredients. Cut in fat and add milk enough to roll out easily. Cut and bake in a hot oven (450 degrees).

BREADS—Soft Wheat Bread (one loaf).—Mix ¼ yeast cake for overnight rising (1 yeast cake for quick rising), 1 tbsp. sugar, 1 tsp. salt, ¾ tbsp. fat, 1 cup liquid, 3½ to 4 cups flour and let rise to twice its bulk. Scald milk to check growth of bacteria and then cool. Mix some of the milk with yeast to soften it; pour the rest over the sugar, salt and fat. Add yeast to milk if temperature of milk is not over 100 degrees. Add flour and mix thoroughly (more flour is needed with water than with milk). Add flour until dough no longer sticks to the bowl, turn on clean floured board and knead until dough is smooth and elastic. Soft wheat dough needs less kneading than hard.

MILK—White Sauces.—Thin (for soups)—1 tbsp. butter, 1 tbsp. flour, 1 cup milk, salt. Medium (for creamed dishes)—2 tbsp. butter, 2 tbsp. flour, 1 cup milk, salt. Thick (for souffles, croquettes)—3 tbsp. butter, 3 tbsp. flour, 1 cup milk, salt.

Creamed Eggs.—Make medium white sauce and into each cup of sauce chop two or more hard boiled eggs. Serve over crackers or toast.

Creamed Soups.—To 1 cup thin white sauce add ½ cup strained, cooked vegetables. For peanut soup, use ¼ cup peanut butter. For tomato soup never use soda. It kills vitamin C. Heat sauce and tomato separately. Pour tomato slowly into white sauce and serve at once.

Cheese Souffle.—One cup thick white same, 3 eggs, 1 cup grated cheese, salt and pepper. To hot white sauce add cheese, egg yolk, seasoning; fold in stiffly beaten egg whites. Put in greased

dish and take in slow oven for 30 minutes, or until set in center and brown. For a cheese sauce, omit eggs. Use on toast or crackers as a rarebit.

EGGS — Scrambled Eggs in Milk. — Slightly beat 2 eggs. Add 2 tablespoons milk, salt, pepper and 1 tablespoon butter. Stir over hot water until stiff and fluffy. Serve on toast or in bread timbales.

Baked Eggs in Potato or Tomato Cups.— Form mashed potatoes into individual nests. Drop a raw egg in each. Bake until egg is firm and potato brown. For tomatoes, scoop out inside and sprinkle with a little salt; then drop egg inside. Bake until egg is firm.

Fluffy Omelet.—Beat two eggs, yolks and whites separately. Add two tablespoons water, I tablespoon melted butter, and salt to yolks. Fold in egg whites and cook slowly in greased frying pan until brown and fluffy. Cook top by putting under flame or by covering pan.

Soft Custard.—One cup milk to one egg (or two egg yolks), 2 tbsp. sugar and ½ tsp. vanilla. Cook in double boiler until it "coats" the spoon. For "Floating Island" use only yolks in custard and beat whites until stiff. Add 1 tbsp. sugar for each white and drop this meringue on custard while it is still hot. This heat slightly cooks the "island."

FRUITS—Stewed Rhubarb.—Do not peel the rhubarb. Cut into one-inch pieces and add water to about half cover the fruit. Add 1 cup sugar to each three cups of rhubarb. Cook until soft.

Apple Brown Betty.—In a buttered baking dish arrange alternate layers of bread crumbs and apples; sprinkle each layer with brown sugar, cinnamon or nutmeg and butter. Bake until apples are soft.

VEGETABLES—Stuffed Squash.—With bread crumbs, onion, bacon, and tomato.

Baked Tomatoes.—With bacon or cheese stuf-

Raw Potato Cakes.—One potato grated, 1 egg, salt, and pepper. Drop by spoonfuls into greased frying pan and cook until brown.

Vegetable Loaf.—One pt. soup mixture, 2 eggs, 1 cup bread crumbs, and seasoning. Mix all together and bake in a loaf pan or casserole. A strip of bacon or grated cheese may be placed on top.

Squash Delights.—Two thin slices squash with cheese between, fried as a sandwich. The cheese melts and holds the squash together.

Cabbage and Bacon Rolls.—A spoonful of stuffing, same as "Baked Tomatoes," on each leaf and rolled up. Bake in oven until tender. Add ½ cup water if needed.

Ring Tum Diddy.—One-half lb. bacon, 2 green peppers, 1 onion, 1 pt. tomatoes, 1 pt. corn, salt and pepper, all cooked together. Especially good as a camp dish, as it is really a whole meal.

Potatoes in Tomato Sauce.—Cook sliced potatoes and onion in frying pan slowly for 20 min-

utes. Add tomato juice and seasoning and simmer (covered) for 30 minutes, or until tomatoes are cooked into the potato.

Boiled Cabbage.—Cook only for 5 to 10 minutes or until tender. Add chopped bacon, salt and pepper as desired. Soda is not necessary and kills the Vitamin C.

DESSERTS — Rhubarb Sherbet. — Two cups rhubarb cut in 1 inch pieces, 1 cup sugar, 1 pt. milk, and pinch salt. Cook rhubarb with sugar until soft. When cool, add milk and freeze.

Spanish Cream.—One the theorem granulated gelatin, 3 cups milk, 3 egg whites, 3 egg yolks, ½ cup sugar, ¼ tsp. salt, and 1 tsp. vanilla. Scald milk, add gelatin, sugar, and pour slowly over yolks of eggs, slightly beaten. Return to double boiler and cook until thickened, stirring constantly. Add salt, flavoring, and whites of eggs beaten stiff. Turn into individual molds first dipped in cold water and chill. Serve with cream. More gelatin will be required if a large mold is used.

Caramel Custard.—Two cups milk, 3 eggs, 4 tbsp. sugar, ½ tsp. salt, ½ tsp. vanilla, and ½ cup sugar. Caramelize the ½ cup sugar by melting it slowly until it is a light brown color. Pour a small amount into each custard cup. Turn the cup about so that the caramel will coat the sides. When the caramel is hard, fill the cups with the custard mixture made by beating the eggs slightly and adding the sugar, salt, scalded milk and vanilla. Set in a pan of hot water and bake in slow oven until firm. When unmolded, the caramel forms a sauce around the custard.

Baked Peaches.—Place a layer of whole or half peaches in a shallow baking dish. Sprinkle with brown sugar and dot with butter. Repeat until the dish is filled. Bake until peaches are tender. Serve with cream or hard sauce or custard.

Raspberry Whip.—One cup berries (or preserves), ½ cup sugar (if preserves used, omit sugar), 2 egg whites. Whip eggs stiff. Fold in mashed berries and sugar. Pile lightly on dish, chill, surround with lady fingers, and serve with boiled custard.

REFRESHMENTS—Chocolate Whole Wheat Drop Cookies.—One-third cup brown sugar, ½ tsp. soda, ½ tsp. baking powder, % cup fat, 1 egg, 2 tbsp. cocoa, % cup sour milk, ½ tsp. salt, 1 cup whole wheat flour. Cream sugar and fat. Add egg. Mix well. Add milk and dry ingredients which have been mixed together. Beat well. Drop by spoonfuls on greased baking sheet. Bake in moderate oven.

Soft Ginger Cookies.—Two cups flour, ½ cup sugar, 2 tsp. vinegar (or lemon juice), ½ tsp. salt, 1 tsp. cinnamon, ½ tsp. nutmeg, 2 tsp. ginger, ½ cup shortening, 1 tsp. soda, ¾ cup molasses, ½ cup boiling water, 1 egg. Cream sugar and shortening. Add egg. Beat. Add molasses and vinegar; then dry ingredients. Add soda and boiling water. Put away in cool place. Drop or roll out thin.

BREAKFAST—To Vary Cereal.—Two or three cereals are sometimes cooked together, as

whole wheat and oatmeal. For 1 cup of uncooked cereal, add 1 cup dried fruits or raisins, dates or prunes. Use milk as the liquid in which cereals are cooked. This is especially recommended for small children. Mold in cups and serve with fruit for dessert. Turn hot cereals into loaf tins or baking tins. When cold, slice and fry. (Not recommended for children).

Sausage in Apples.—Partially cook sausage. Scoop out apple. Fill with sausage and bake until apple is soft.

Scalloped Apples.—A layer of sliced tart apples, sprinkled with brown sugar and dots of butter. Repeat layers.

Apples in Bloom.—Cook pared apples in a syrup of 1 cup sugar to 1 cup water, to which cinnamon candies or red coloring have been added. Cook until soft. Serve hot or cold.

Eggs Goldenrod.—Hard boil 1 egg. Remove yolk and put through sieve. Chop or slice white. Make ½ cup white sauce: (1 thsp. butter melted, 1 thsp. flour to make a paste, ½ cup milk, salt and pepper). Stir quickly to prevent lumping. Add egg white. Pour over toast and top with hard cooked yolks which have been pressed through a sieve. The effect looks like goldenrod.

Eggs Baked in Bacon Rings.—Place a thin slice of bacon in each muffin ring. Drop egg in center and bake until bacon is crisp and egg is stiff.

Poached Eggs.—Boil a generous amount of salted water in a shallow pan. Break each egg carefully into a cup and slip into the poaching water, which is just boiling. Remove pan from fire. Cover and let eggs stand until firm enough. Lift out with a skimmer or perforated spoon. Eggs may be poached in milk or broth also. Serve on toast.

Cocoa Syrup.—One-half cup cocoa, 1 cup sugar, 1 cup water, and ½ tsp. salt. Boil together until thick. For small children cook one hour in double boiler. Use 1 to 3 tbsp. syrup to each cup milk. This syrup will keep almost indefinitely and is made in large quantities in many homes.

Ice Box Rolls.—Soak 1 yeast cake in % cup lukewarm water. Add 11/3 cups milk scalded and cooled. Cream together 6 tbsp. shortening and 6 tbsp. sugar and add 1 beaten egg. Sift 7 cups flour and add to yeast. Add sugar mixture and milk. Knead until smooth but somewhat softer than bread. Place in greased bowl, cover, and let rise overnight at moderate temperature (70 degrees). In morning knead down in bowl. Cover bowl closely and set aside in cold place (50 degrees). About two hours before rolls are to be used, take off what is required, shape and place in oiled pan, cover and let rise in a warm place until doubled. Bake in moderate oven. For Breakfast Rolls-Shape and place rolls in pan at night. Brush with butter, cover closely and set in cold place. Next morning, bake in hot oven (425 degrees).

DINNERS — Meat Roll. — One cup chopped cooked meat, seasonings, and 2 cups of baking

powder biscuit dough. Roll dough mil bout 1/4 inch thick. Spread meat over top, winkle with salt and pepper and onion juice, and roll like a jelly roll. Cut slices about 3/4 inch thick. Place cut end down on a greased pan. Bake in a moderately hot oven for about 1/2 hour or until well browned. Serve with tomato sauce, carrot golden sauce or gravy.

Baked Salmon with Rice or Macaroni.—Two cups canned salmon, 1½ cups cooked rice or macaroni, 1½ cups milk, 2 eggs, salt and pepper, and ½ cup buttered crumbs. Alternate flaked salmon and rice or macaroni in a greased baking dish. Scald milk. Add eggs, slightly beaten, and seasonings. Pour in casserole and top with buttered crumbs. Bake in a moderate oven until set and brown.

Beef Croquettes.—One-half lb. cooked, canned or raw beef ground, ½ onion ground or chopped fine, ½ cup canned tomato, ½ cup bread crumbs, 1 egg beaten, salt and pepper. Mix all together, form into croquettes, flat, rolls, or pyramids. Roll in crumbs, eggs and crumbs. Brown in oven or frying pan. Deep fat can be used if available. Salmon may be used in place of beef.

Mock Duck.—Take thin slices of any tough steak and cover with a stuffing of bread crumbs, seasoned with tomato and onion. Roll up and tie securely. Place in a baking dish and pour over 1 cup tomatoes or enough to cover. Cook in covered baking dish until meat is tender.

Dutch Green Beans.—Three slices bacon, ½ cup onion sliced, 4 cups canned or cooked green beans, salt and pepper. Cut bacon in small pieces, cook until crisp, and remove from the fat. Cook onion in the fat until slightly browned. Add beans. Heat, and season to taste with salt and pepper. Turn into a hot vegetable dish and garnish with bacon.

Carrot Croquettes.—One cup carrots boiled and mashed, 2 cups cold boiled rice or bread crumbs, 1 egg beaten, 1 thesp. minced onion, 1 thesp. minced open or parsley, ½ tsp. celery salt, paprika and salt. Mix the ingredients well. Form the mixture into balls and flatten them in the shape of cutlets. Dip them in crumbs, in beaten egg, and again in crumbs, and saute them until brown in drippings. Place a cube of jelly on each cutlet and garnish dish with parsley.

Quick Mayonnaise Dressing.—Break an egg into a bowl, add 1 tbsp. of oil and beat vigorously with an egg beater until oil and egg are thoroughly mixed. Add another tbsp. of oil and beat again; then 2 tbsp. and finally 3 or 4 tbsp. at a time, beating rapidly and thoroughly after each addition of oil until 1 cup is used. Add the seasonings and ½ cup acid or filler.

Filler.—One-fourth cup vinegar or lemon juice, ¾ cup water, 3 thsp. corn starch. Cook together until thick and clear. Add to mayonnaise while hot.

Golden Glow Salad.—Mix one package lemon gelatin with 2 cups boiling water. Stir in 1 cup grated carrot. Chill until stiff.

Caramel Apples.—Boil together 1 cup sugar

dressing less expensive, less oily, and less likely to separate.

MILK—Butterscotch Pie.—One cup brown sugar, 2 tbsp. water, ½ cup flour, 2 egg yolks, 2 cups milk, ½ tsp. vanilla. Boil sugar with water to a thick syrup (about 5 minutes). Make a smooth paste of milk and flour. Add to syrup and boil one minute, stirring constantly. Beat egg yolks, add milk and combine with sugar mixture. Cook over boiling water ten minutes or until thick enough to drop in sheets from side of spoon. Add vanilla. Pour in baked pie shell. Cover with meringue and brown in a slow oven (300 degrees).

Ham Baked in Milk.—One thick slice ham, 2 tbsp. brown sugar, 1 tbsp. flour and 1½ cup milk. Rub ham with flour, cover with sugar, then put into a baking dish and pour water around ham. Bake in a hot oven (425 degrees) for 15 minutes, then reduce the temperature to a slow oven (275 degrees). Add milk 15 minutes before the ham is done. Two hours may be required for baking. Enough milk should remain for gravy. Yield: 6 servings.

Oatmeal Cooked in Milk.—One cup milk scalded and 1/3 cup oatmeal cooked over hot water 1/2 hour.

Fruit Whip (from evaporated milk).—One cup evaporated milk, 2 tbsp. lemon juice, 1 cup sweetened apricot or prune pulp or apple sauce. Scald milk over boiling water. Chill thoroughly and whip until stiff. (It will not whip unless very cold.) Add lemon juice. Fold in fruit pulp or apple sauce. Serve cold. These whips may be turned in a cold freezing tray and frozen in an automatic refrigerator. Yield: 6 servings.

MEAT—Casserole of Liver, Carrots and Rice.
—One lb. of liver cut in small pieces, 2 tbsp. fat, ½ cup milk, 4 tbsp. flour, 1 cup cooked rice or potatoes, 1 small onion sliced, 1 cup carrots diced, ½ cup water, salt and pepper. Brown the onions in the fat; remove the onions. Dredge the liver in flour and brown well on both sides. Remove the liver and make a gravy from the remaining flour, milk and water. Season it well with salt and pepper and add the onion. Place the carrots in the casserole, then the liver, and cover with rice. Over all pour the gravy, cover, and bake ¾ hour in a moderate oven. Remove the cover and brown before serving.

Juicy Veal Loaf.—One and one-half lb. veal ground, 3/4 onion chopped fine, 2 lb. pork ground, 1 pt. tomatoes, 1 cup milk, 1 egg. Mix together and bake in casserole.

American Chop Suey.—Two lbs. cooked or canned lean pork diced, ½ cup butter or other fat, 1½ cup shredded mild onion, 1½ cup shredded celery, ½ cup green pepper and carrot diced, 1 tsp. salt, 2 cups hot meat broth or water, 1 tbsp. cornstarch mixed with cold water, 1 cup mushrooms or sliced Brazil nuts (may be omit-

ted) and 2 thsp. soy sauce or a few drops of Worcestershire. Cook the vegetables slowly in the hot fat until quite soft, stirring frequently. Add the meat, meat broth, cornstarch and salt. Simmer about 10 minutes. Add mushrooms or nuts and soy sauce. Heat through. Serve on hot, boiled rice or crisp, fried noodles. One cup sour cream may be added to the broth to make a richer flavor. Serves 10.

Stuffed Pork Tenderloin.—Split a pork tenderloin in half lengthwise, but leave the halves joined together. Pound each half slightly, then fill with poultry dressing to which has been added a few chopped pickles. Stuffing should be arranged so that it will be higher in the center. Fasten edges of meat together and sprinkle with flour, salt and pepper. Roast uncovered about 1 hour in a moderately hot oven (375 degrees), basting occasionally.

REFRESHMENTS — Rolled Wafers. — Onefourth cup butter, ½ cup powdered sugar, ¼ cup milk, ½ cup flour, ½ tsp. vanilla. Cream butter. Add sugar and then add milk gradually, blending well. Add flour and vanilla. Spread thinly on the outside of a greased square cake tin. Bake until a delicate brown and roll quickly.

Brownies.—Two eggs, 1¼ cup brown sugar, ½ cup flour, ½ tsp. vanilla, 2 squares unsweetened chocolate melted, ½ cup walnut meats cut in pieces. Beat eggs slightly and add remaining ingredients. Spread evenly in buttered 7-inch square shallow pan and bake 20 minutes in moderately slow oven (325 degrees). Cut in squares.

Cocoanut Macaroons.—One egg white beaten stiff, ½ cup sugar, ½ cup shredded cocoanut, ¾ tsp. vanilla, 1 cup cornflakes, ¼ tsp. almond extact. Mix in order given. Drop from tip of spoon on buttered sheet and bake in moderate oven (350 degrees).

Tiny Tots Birthday Cake.—Dissolve one box each of lime, strawberry, and lemon gelatin. Let set. Whip until fluffy. Mold in round cake pans. Arrange in layers. Top with candles.

Pinwheel Ice Box Cookies .- Two cups brown sugar, 2 eggs, 1 cup melted butter, 4 cups flour, 1 cup chopped nut meats, 1 scant tsp. soda, 1/2 tsp. baking powder, 1 tsp. vanilla. Beat eggs. Add sugar and beat well. Sift flour, baking powder and soda. Add all ingredients. Make into a roll. Cover with wax paper and set in ice box for 24 hours. Slice thin and bake quickly. This makes about 3 dozen thin, crisp cookies. They will keep in an ice box for a month or more and a few may be sliced off as needed. Makes fresh cookies always possible. For pinwheel cookies, divide dough, add 2 squares melted chocolate to half. Chill both portions. Roll out very thin to a rectangular shape not over 6 inches wide and place chocolate on top of white. Roll as for jelly roll. Set aside in ice box until ready to slice.

Recipes For Home Demonstration Club Members in Food and Nutrition Work

BREAKFAST—Eggs.—Fluffy scrambled eggs in a nest of bread prepared by cutting 1½ inch slices, taking out the center, and toasting the ring. For a large family, scoop out the center from a whole loaf of dry bread and toast this case. Fill with soft scrambled eggs cooked in milk in top of double boiler. (1 tsp. milk for each egg.)

Cinnamon Apples.—Cook sections of tart apples in a sugar syrup made of 1 cup sugar and 1 cup water. Season with cinnamon (or cinnamon candies and (if apples are peeled) add the red skins to give a pinkish color.

Cracked Wheat.—Grind wheat to about the size of coarse corn meal. For home preparation it may be run through the fine grinder of a food chopper or in a coffee mill. Sometimes 2 or 3 grindings are necessary. For this cereal, heat 4 cups water to boiling, add 1 cup cracked wheat, add 1 teaspoon salt, and cook 10 minutes over fire, then in double boiler 25 minutes. For children this is better if cooked several hours in top of double boiler.

Whole Wheat Cereal.—Sort wheat grains and wash thoroughly. For each cup of wheat, add 1½ cups of water and soak overnight. In the morning add 3 cups of water and 1 teaspoon of salt to each cup of soaked wheat. Boil gently 3½ hours, or in pressure cooker for 1 hour. If necessary, add more boiling water. If wheat is not soaked, it requires about 6 hours to cook thoroughly.

Eggs In Bacon Rings.—Line muffin tins with strips of bacon. Break egg into each, cover with bread crumbs and bake in hot oven until egg is of the desired firmness.

Cocoa Syrup.—One-half cup cocoa, 1 cup sugar, 1 cup water, salt. Cook together until boiling, then continue cooking over boiling water for one-half hour. This syrup will keep in a cold place for several weeks.

QUICK DINNERS—Rice or Potato Creole.— Two large onions, 2 large green peppers (if in season), 1 thin slice ham, 2 cups cooked rice (or sliced boiled potatoes), 4 cup butter, salt, pepper, and 1 pint tomatoes. Cut onion, pepper and ham very fine and brown in butter; season and add rice or potato and tomatoes. Bake 30 minutes in a moderate oven.

Tamale Loaf.—One onion chopped, $\frac{1}{3}$ cup fat, $\frac{2}{2}$ cups canned tomatoes, 1 cup corn meal, 1 tsp. paprika, $\frac{1}{2}$ tsp. pepper, $\frac{1}{2}$ tsp. salt, 2 cups left-over or raw meat ground, $\frac{3}{4}$ cup can-

ned corn, and 2 eggs. Fry onion with fat until lightly browned. Add tomatoes; when hot, stir in corn meal. Cook 10 minutes. Stir to prevent lumping. Remove from fire. Add seasonings, meat, canned corn and eggs. Blend thoroughly. Pour into greased loaf pan. Bake in moderate oven.

Roman Holiday.—One chopped onion, ½ cup fat, 1 lb. ground meat, 2 cups cooked spaghetti (cooked dried beans may be substituted), 1 tsp. salt, ½ tsp. pepper, 1½ cups canned tomato, and ¾ cup grated cheese. Fry onion in fat. Add meat and seasonings and cook 5 minutes. Make a layer of spaghetti in baking dish. Add meat mixture and its drippings. Then add another layer of spaghetti. Pour in tomatoes. Sprinkle with grated cheese. Cover dish. Bake in moderate oven (300 degrees) 5 minutes. Remove cover. Bake 10 minutes longer.

Vegetable Loaf.—To 1 pint of soup mixture add 1 or 2 cups bread crumbs (amount depending on consistency of soup) and 2 eggs. Grated cheese ($\frac{1}{2}$ cup) may be added and ground meat or peanut butter are often put in. Pour in greased baking dish. Sprinkle with buttered bread crumbs or grated cheese and bake until firm.

WELL-PLANNED DINNER. — Quick Spice Cake.—One-half cup soft butter, 1½ cups brown sugar, 2 eggs, ½ cup milk, 1 cup raisins or ½ lb. dates, 1% cups flour, 3 tsp. baking powder, ½ tsp. cinnamon, and ½ tsp. nutmeg. Put ingredients in bowl in order given and do not stir until all have been added. Beat for 3 minutes. Bake in oiled pan for 35 to 45 minutes in a moderate oven (350 degrees). Sprinkle with powdered sugar or frost with a boiled frosting.

Potato Puff.—Four cups hot, seasoned, mashed potatoes and 2 eggs. Add well-beaten yolks of eggs to hot mashed potatoes and beat well. Fold in stiffly beaten egg whites, turn into oiled baking dish and bake in hot oven until brown.

Fresh Winter Relish.—Two cups cabbage, 2 green peppers, 1 small onion, 1 tsp. celery seed, ½ tsp. salt, 2 tbsp. brown sugar, and ¼ cup vinegar. Put all vegetables through food chopper and mix ingredients in order given.

SUPPERS—Cheese Souffle.—Three the butter melted, 3 the flour, 1 cup milk, salt, 1 cup grated cheese and 3 eggs. Make white sauce of butter, flour and milk. It is best to cook over hot water to prevent scorching and lumping.

Add egg yolks, cheese, and lastly fold in stiffly beaten egg whites. Bake in greased baking dish at a moderate temperature until firm in center (about 30 minutes). Serve at once.

Whole Wheat Nut Bread.—Two cups whole wheat flour, 3/4 cup walnut meats chopped, 1/4 cup sugar, 6 tsp. baking powder, 1 tsp. salt, 11/2 cups milk, and 1 egg beaten. Mix dry ingredients (including nuts). Add milk. Mix thoroughly. Add beaten egg. Beat well and turn mixture into greased bread tin. Let stand 15 minutes and bake in a moderate oven 50 minutes.

Cheese Ring Salad.—One tbsp. gelatin, ¼ cup cold water, ¼ tsp. salt, 1 tsp. onion juice, ½ tsp. paprika, 2 cups cottage cheese, and 1 cup whipped cream. Soak gelatin in cold water 5 minutes and dissolve over hot water. Add the dissolved gelatin, salt, onion juice and paprika. Whip cream and add to the mixture. Turn into a ring mould and chill until firm. Turn on to salad plate, arranged with lettuce leaves or watercress. Center may be filled with grated carrots, pickled beets or any desired combination for salad.

Carrot Pudding.—Cook 1½ cups grated carrots with 1 cup water, ¼ cup sugar and ½ teaspoon salt, until mixture thickens. Bend ¼ cup cornstarch with ½ cup cold milk, then stir into 1½ cups of hot milk and cook in double boiler 15 minutes. Add 2 slightly beaten eggs and stir well. Combine with 1¼ cups cocoanut and the carrot mixture. Top with lemon topping or whipped cream.

Lemon Topping (To be used only where cream is not available).—One half-cup evaporated milk, 2 thsp. lemon juice, ¼ tsp. grated lemon rind and 3 thsp. sugar. Thoroughly chill milk by surrounding bowl with chipped ice and salt. When well chilled beat with Dover egg beater until stiff. Add lemon, grated rind and sugar, and beat until very stiff. Pile on cool pie or pudding.

YEAST BREAD—Hard Wheat Bread (one loaf).—Mix ½ yeast cake for overnight rising (½ yeast cake for quick rising), ½ tsp. sugar, 1 tsp. salt, ½ tbsp. fat, 1 cup liquid, 3 cups flour. Let rise to 2½ times its bulk. Scald milk (to check growth of bacteria) and then cool. Mix some of the milk with yeast to soften it, pour the rest over the sugar, salt and fat. Add yeast to milk if temperature of milk is not over 100 degrees. Add flour and mix thoroughly (more flour is needed with water than with milk). Add flour until dough no longer sticks to the bowl; turn on clean floured board and knead until dough is smooth and elastic. Soft wheat dough needs less kneading than hard.

BISCUITS—Standard Biscuit Recipe.—Two cups flour, 4 thsp. baking powder, 2 to 4 thsp. shortening, ½ tsp. salt and ½ to ¾ cup milk. Sift dry ingredients. Cut in shortening. Stir

in milk and turn on floured board. Roll, cut and bake in hot (475 degrees) oven 10 to 12 minutes.

Whole Wheat Biscuits.—Use 1 cup of whole wheat flour and 1 cup white flour in standard recipe. Increase baking powder to 5 teaspoons. Any of the suggested variations may be made from whole wheat recipe as well as from the white.

Crescent Biscuits.—Divide dough in two parts and roll into two large thin circles. Cut these pie fashion into six triangles. Sprinkle with nuts and raisins and roll up, having the point on top. Shape like crescents.

Peanut Butter Biscuits.—Replace shortening with 1/4 cup peanut butter. Proceed as in standard recipe.

Sunday Night Biscuits.—Add ½ cup crisp cooked and chopped bacon or ham to standard recipe.

Honcy Biscuits.—Mix 1/4 cup honey, 1/4 cup butter and 1/2 cup brown sugar. Spread on dough. Roll up and slice.

Picnic Biscuits.—Make by placing a ham or meat mixture in center of a thin biscuit and placing another on top, pressing edges together as for a tart.

Swedish Coffee Ring.—Spread dough with brown sugar, butter and nuts. Roll up and bring ends together in circle. Place on baking pan. With shears, cut slits in dough from outer edge almost to center. Turn slits so cut surface is up. Brush over with egg whites for a glaze. Bake in moderate oven.

Cheese Straws.—To each cup of flour mix in ½ cup grated cheese. Roll thin and cut in strips.

Peanut Butter and Cocoanut Rolls.—Spread dough with peanut butter and sprinkle with cocoanut and marmalade or jelly. Roll up, cut and bake.

Sausage Biscuits.—Cook small sausage cakes. Cut out biscuits in three-inch rounds, place sausage on each and fold over. Bake 15 minutes in hot oven.

Scones.—To standard biscuit recipe add 3 tablespoons sugar to dry ingredients. Mix 1 egg with milk before adding to flour mixture. Roll dough 1 inch thick and cut each in fourths. Brush with milk and bake.

Soda Biscuits (most tender and delicious).— Use ½ tsp. soda and 2% tsp. baking powder for % cup sour milk or butter milk. An easy rule to follow is to substitute ¼ the amount of soda for baking powder. The danger in this biscuit is using too much soda. Measure carefully.

DEEP FAT FRYING—Doughnuts.—One egg vell beaten, 1 cup sugar, 1 cup sour milk, 1½ tbsp. melted lard, 1 tsp. grated nutmeg, 4 cups flour, 1¾ tsp. soda, 1¾ tsp. cream of tartar,

and 1½ tsp. salt. Add sugar, milk and lard to egg. Mix and sift flour with remaining ingredients and add to first mixture. Shape and fry at 380 degrees. Sour milk doughnuts may be turned as soon as they come to top of fat.

French Fried Potatoes (or Lattice Potatoes).

—Wash, pare and cut potatoes in desired sizes. Allow to stand in cold water for 3 hours. Dry in a towel and fry in deep fat at 400 degrees. Drain and sprinkle with salt. If a large quantity of potatoes is to be done, fry at 350 degrees until barely brown. Remove, drain and let stand until almost ready to serve. Then plunge into hot fat (390 degrees) until golden brown. This method tends to plump the potatoes.

Potato Chips.—Wash, pare and slice potatoes very thin. Allow to stand in cold water 3 hours. Dry and fry in deep fat at 410 degrees. Drain and sprinkle with salt.

Potato Cups.—Select oval potatoes. Hollow out center to make cups. Parboil 10 minutes. Drain and fry at 375 degrees. Fill with meat, fish or vegetables.

Oysters.—Clean and dry large oysters. Roll oysters in bread crumbs, egg and crumbs. Fry in fat at 350 degrees for about five minutes.

Cheese Puffs.—Two egg whites, 1½ cup grated cheese, bread or cracker crumbs, and 1 whole egg. Beat eggs stiff. Fold in grated cheese. Form small balls and put in cold place to stiffen. Roll in crumbs, egg and crumbs. Fry at 375 degrees.

Souffle Potatoes.—Pare and cut potatoes in even slices $\frac{1}{3}$ inch thick. Soak in ice water for five minutes. Have two kettles of fat ready—one at 215 degrees, the other at 425 degrees. Drain potatoes. Drop a few at a time in warm fat and fry four or five minutes. Transfer these slices to the hot fat and they should immediately puff.

Chinese Fried Noodles (for Chop Suey).— Boil string-shaped noodles in plenty of salt water for five minutes. Drain well. Fry a small quantity at 390 degrees. Drain and serve with chop suey or soup.

FRUITS-Apple Sauce Roll .- One and onehalf cups apple sauce, 1 tsp. salt, 1/4 cup butter, 2 cups flour, 4 tbsp. fat, 1 tsp. vanilla, 4 tsp. baking powder, and 3/4 cup milk. This apple sauce is the mashed or sieved kind, well sweetened. Add vanilla. Make a rich baking powder biscuit dough out of the flour, salt, fat, baking powder and milk. Melt butter in a pan 6 in. square and at least 2 in. deep. Roll out the biscuit dough into a rectangle 7 x 10 in. Spread with thick apple sauce. Roll up as for a jelly roll. Cut into 6 slices. Place slices, cut side up, on the hot melted butter in pan. Put at once into hot oven (450 degrees). Bake 20 minutes, or until the biscuit is done. Serve hot or cold, plain or with whipped cream. A syrup of

2 cups sugar and 1 cup water may be poured over before baking if a dumpling effect is desired.

Candied Apples.—Core, pare and cut medium sized apples into ½ in. slices. When apples are sliced, they should look like a doughnut. Drop a few at a time into syrup made of 2 cups sugar and ½ cup water. Simmer until clear. Drain on a plate. Dry a few hours; then roll in granulated sugar. Let stand overnight; then roll in granulated sugar. Repeat this process until they will absorb no more sugar; then pack in box lined with oiled paper.

Pears in Mint.—Drain the juice from 1 can of pears. Add to it enough water to make 1 pt. Add 1 cup sugar, a bit of green color, a spray of fresh mint or 1 drop essence of mint. Boil 5 minutes. Two tbsp. lemon juice may be added. Pour the hot liquid over the pears and let stand over night.

Dried Fruit Balls (make fine Christmas Candies).—Grind together in a food chopper equal quantities of any home dried fruits—peaches, apples, cherries, etc. Form into balls and roll in sugar and chopped nuts, or dip in chocolate.

Golden Salad.—Two cups shredded or ground carrots, I lemon, ground, rind and all, ½ cup sugar, 6 halves of canned peaches or pears or 6 apple slices. Sprinkle carrots with a little salt, combine with lemon and sugar, and let stand several minutes. Put a generous spoonful in center of fruit placed on lettuce. The carrot mixture may be served without fruit on lettuce or in a bowl. For flavor and simplicity this salad has few equals.

NEGETABLES—Baked Stuffed Cabbage.—Remove center core of cabbage and parboil for 10 minutes. Place a stuffing in between the leaves of the cabbage. Tie up with a string to keep the cabbage from falling apart. Sprinkle with cheese and bake until cabbage is soft and cheese melted.

Suggested stuffing For Vegetables.—Two cups bread crumbs, 1 tsp. salt, ¼ chopped onion, and ½ cup tomato. Mix together well and add any cooked vegetables left over. May be used for stuffing peppers, tomatoes, onions, cabbage, or carrots.

Vegetable Souffle.—One cup strained cooked vegetable (carrot, peas, spinach, etc.), 1 cup white sauce (3 tbsp. butter, 3 tbsp. flour, 1 cup milk) and 3 eggs, beaten separately. To white sauce add egg yolk, vegetable and, lastly, fold in beaten egg whites. Bake in moderate oven about ½ hour, or until center of souffle is cooked.

Quick Mayonnaise for Salads.—One whole egg and 1 cup oil beaten together well, (oil added slowly). Cook 1/4 cup vinegar or lemon juice, 3/4 cup water and 3 tbsp. cornstarch until clear and very thick. Add at once to egg and oil mixture. Mix well. The filler makes the

GENERAL DIRECTIONS FOR CANNING FRUITS

Select well-grown, ripe, but not overripe fruit. Can the same day it is picked. Wash, pare, or otherwise prepare the fruit, removing all bruised or decayed spots. Heat fruit in syrup until it boils. Pack into jars and fill with syrup and process.

SYRUPS FOR CANNING FRUIT

Fruits canned in the thin or light syrups have a firmer texture and more natural flavor and are less likely to shrivel than those canned in heavy syrups. Too much sugar makes the fruit shrink and float to the top of the jar. It also tends to toughen the fruit and cover up its flavor.

The proportion of sugar to water for a syrup depends upon the kind of fruit for which it is intended and the richness of the product desired. The sugar and water should be boiled together for five minutes.

For such fruits as apples, pears, raspberries and other sweet berries where a rich product is not desired, use thin (20%) syrup: 1 cup sugar to 4 cups water.

For sweet plums, blackberries and sweet cherries, use medium (30%) syrup: 1 cup sugar to 2 1-3 cups water.

For peaches, sour cherries, pineapple, etc., use a thick syrup (50%): 1 cup sugar to 1 cup water.

A syrup very thick (60%): 1½ cups sugar to 1 cup water. Use for rhubarb, gooseberries, currants and very sour fruit.

PROCESSING TIME (FOR HOT PACK)

Apples — 5 minutes
Berries (all kinds) — 5 minutes
Cherries — 5 minutes
Peaches — 20 minutes

Pears — 20 minutes Plums — 10 minutes Rhubarb — 5 minutes

CANNING DIRECTIONS

TOMATOES.—Select firm, ripe tomatoes, do not use those over ripe, or that have spotted or decayed places. Put into cloth or wire baskets and dip in boiling water for about a minute, (according to ripeness). Remove and plunge into cold water for an instant. Drain at once, core and peel promptly. Pack whole or cut into pieces. If whole, fill with a thick tomato sauce, or with the juice of other tomatoes. Season with 1 teaspoon salt per quart. Process quart and pint glass jars for 30 minutes in boiling water.

CANNED TOMATO JUICE.—Select firm, ripe tomatoes. Wash well and cut into sections. Add a small quantity of water to start cooking and simmer in covered pan until softened. Stir occasionally to prevent burning. Put through a sieve fine enough to remove seeds. Bring to boiling, put immediately in containers. Add 1 teaspoon salt to each quart of juice. Process quart and pint glass jars five minutes in boiling water.

SOUP MIXTURE.—Clean and sort any variety of vegetables desired for soup. Be sure to have at least one-third tomato, for without the acid of the tomato the mixture is not safe to can in hot water. Heat all vegeables together in a small amount of water until boiling. Pack while hot into jars or cans and fill with liquid in which it was heated. Process three hours in boiling water.

CANNING WITH VINEGAR

For vegetables which are especially difficult to can successfully in hot water, a small amount of vinegar may be used. The acid of the vinegar increases the keeping properties of asparagus, beans, beets and greens. The addition of acid increases the effectiveness of the heating process in killing the micro-organisms. The acid flavor is not sufficiently strong to be objectionable.

BEANS—SNAP.—Wash, string and snap the beans; boil 5 minutes in water to cover, and pack quickly into hot jars. Add 1 teaspoon salt and 2 tablespoons hot vinegar to each quart jar. Seal and process jar 2½ hours.

BUTTER BEANS.—Shell and sort as to size and ripeness. Boil 5 minutes in water to cover. Pack loosely to within 1 inch of top, fill jar with water in which beans were heated. Add 1 teaspoon salt and 2 tablespoons vinegar to each quart. Process 2½ hours.

BEETS.—Wash, leave on one inch of stem. Boil 15 minutes, dip in cold water and slip off skins. Slice or pack whole into jars. Add 1 teaspoon salt and 2 tablespoons vinegar to each quart. Fill jar with boiling water and process 2 hours.

MAKING SAUERKRAUT

Select excellent quality of cabbage, remove core, outer green leaves, and any decayed or bruised leaves. Shred cabbage fine, and pack into a clean, water tight container (earthen crocks are fine). Add salt as it is packed, using 2 oz. (¼ cup) salt to 5 lbs. cabbage, distributing it evenly. Fill container within 2 inches of top and cover with a clean cloth and wooden cover which should be weighted down so brine will rise to the top as the salt extracts the juice. Set aside until fermentation is complete (as bubbles cease to rise, about ten days). Remove the scum. Protect the surface by pouring over it a layer of paraffin to exclude the air. It is then ready to be stored in a cool place.

PRESERVING VEGETABLES BY SALTING

Cook corn on ears for ten minutes in boiling water. Cut the corn from the cob, weigh and pack in layers with salt, using 1/4 as much salt as corn by weight. Arrange in layers as for kraut, cover with cloth and weight down wooden cover. There will be a small amount of bubbling at first, but as soon as it stops (probably 8 to 10 days) protect the surface with paraffin or cotton seed oil to exclude the air. To serve this product, soak in water four to five hours, changing water frequently.

BRINING VEGETABLES.—This may be done by making up a brine of 1 cup vinegar and 3/4 cup salt to a gallon of water. A gallon of vegetables requires about 1/2 gallon of brine. Press vegetables down so brine will cover them, remove scum if necessary, cover with board and weight. When gas bubbles cease to form, cover with paraffin. This method is good for cucumbers, string beans, beets, corn, peas, etc.

EGGS IN WATER GLASS

This is an excellent way to keep eggs for winter use. It costs approximately 2 cents a dozen. Use 1 quart of sodium silicate (water glass) to 9 quarts water that has been boiled and cooled. Place mixture in 5 gallon crock or jar. This is enough to preserve 15 dozen eggs. Be sure that jar is clean and scalded. Water glass should cover the eggs at all times. Place in a cool, dry place and cover to prevent evaporation. When using these eggs for boiling, make a tiny hole in the end of the egg so air may escape to prevent cracking.

LIME METHOD FOR PRESERVING EGGS.—Dissolve 2 or 3 tablespoons of unslaked lime in 5 gallons water which has been boiled and cooled. Let lime settle until liquid is clear. Place clean fresh eggs in a crock. Cover with clear lime liquid.

DRYING VEGETABLES AND FRUITS

GENERAL DIRECTIONS

Because of the cost of jars and cans, it is practical to dry fruits and vegetables. Where storage space is a consideration, this is especially helpful, for 100 lbs. of fresh vegetables will average 12 lbs. when dried.

The food must be fresh and prepared for drying as soon as picked. Whether drying in the sun, in the oven or on a cook stove dryer, it is good to reduce the moisture as quickly as possible to prevent discoloration and produce a good product. In general, sun drying does not produce as good a product as the oven or cook stove dryer method. Excellent driers may be made at home from framework of wood and several trays covered with wire and inserted on cleats in the frame, at about 3 inches apart.

If drying in an oven, the door should be left slightly open so moisture may escape. A very slow oven is required. To prevent charring be-fore it dries, it is highly desirable to have a thermometer convenient. Suggested temperatures for drying are given as a guide. Vegetables must be drier than fruits to keep successfully, and also need to be stored more carefully, since they absorb moisture more quickly if exposed to air. Fruits are more easily dried because of their sugar content.

DRYING AND STORING VEGETABLES

GREEN STRING BEANS.—All varieties of string beans can be dried. Wash and string the beans carefully. The very young and tender string beans can be dried whole. Those that are full grown should be cut in ¼ to 1 inch lengths. Blanch in boiling water for 3 to 10 minutes. Spread in thin layers on trays of drier and dry until brittle. Start drying at 110 degress F. and raise temperature gradually to 145 degrees. Test by pressing the cut piece; if it is impossible to press water and is leathery, it is dry enough.

DRY SHELLED BEANS.—Different kinds of beans, after maturing and drying on the vines.

beans, after maturing and drying on the vines, can be treated as follows: Shell, wash, and spread in thin layers on the trays of the drier. Heat 10 minutes, beginning at 160 degrees F. and gradually raising the temperature to 180 degrees. This high temperature will destroy all insect eggs that might be on the beans. Cowpeas or any field pea can be treated in the same way. Cool and store carefully. The heating of the bean or pea destroys its vitality, and legumes thus treated cannot be used for seed. Dry until no water can be pressed from a cut bean.

CORN.—Select very young and tender corn in the milk stage. Prepare at once after gathering by removing husk and silk. Blanch on the cob in boiling water from 5 to 10 minutes or until milk is set. Drain well and cut from cob. Cut first tip of grain, then slice grains about half way down to the cob and scrape out the remainder of grain with back of knife. In that way chaff is left on cob. Dry at from 120 degrees to 140 F.

Dry until no water can be pressed out.

LIMA BEANS OR BUTTER BEANS.—These are shelled and dried. If gathered when young and tender, wash, shell, and blanch from 5 to 10 minutes, the length of time depending on the maturity of the beans. Remove surface moisture and dry at the same temperature as for string eans. Test as for snap beans.
PEAS.—In case of the very young and tender

so-called English peas, the pods may also be used. Wash and cut in ¼ inch pieces and blanch 3 to 4 minutes in boiling water. Garden peas are shelled, sorted according to size, and blanched or boiled from 1 to 6 minutes. Test by mashing be-tween fingers; no water should come out. Dry small peas at 110 degrees to 135 or 140 degrees F It is very important to dry peas so slowly that they will dry all the way through, else they may casily mildew and spoil.
SOUP MIXTURES.—Each vegetable used in the

soup mixture is prepared and dried separately. After drying they are put together in the desired proportion. When soup mixture is to be used, rinse in cold water, soak in lukewarm water, and boil in water or in soup stock. Test each vegetable as given above.

Always store in a moisture-proof container in a dry place. The best container is a tin box or bucket, although paper bags are satisfactory if twisted at the neck and covered with melted paraffin (a paint brush does this easily).

Only fresh ripe fruits should be used for drying. In Virginia, fruits may be dried in the sun; however, most fruits dried in the sun become discolored. On very hot, dry days fruits may be dried in the sun until the surface begins to wrinkle and then finished in the drier.

wrinkle and then Ilnished in the drier.

The cut fruit when exposed to the air for some time becomes discolored. This is a natural result and does not affect the food value or the flavor of the dried product. In commercial drying of fruits this darkening is often prevented by subjecting the fruits to the action of sulphur fumes. Such sulphuring is widely used in Virginia for drying of apples. After drying is finished, spread the fruit to cool quickly, as fruit when cooled slowly will shrivel and look unattractive. To test the product press between fingers; it should be leathery and nliable. should be leathery and pliable.

APPLES.—Select firm, slightly acid fall or winter apples. Wash, pare, core, and cut in slices 1/8 to 1/4 inch in thickness. Drop at once in cold salt water to prevent discoloring (1/2 teaspoon of salt to 1 quart of water). Drain well, spread on drying trays in single layers. Begin drying at 110 to 120 degrees F., increasing gradually up to 175 to 180 degrees F. Dry until no juice can be pressed out of cut surface when rubbed between fingers. The rings should not be dried hard, but be spongy when broken.

SULPHUR APPLES .- Measure one peck apples, after they have been pared, quartered and cored. Put in thin cotton bag. Have ready a closed barrel, the size of a flour barrel. In the

bottom put a pan of coals or a hot iron stove plate. Suspend the bag of apples over this and put 2 tablespoons of flour of sulphur on the coals or plate and quickly cover the top of barrel in order to keep in the sulphur fumes. In 15 or 20 minutes take out the fruit and pack in stone jars and cover tightly. Soak in cold water over night

before using.

Tart fall apples are best, and culls may be used in this way.

PEACHES .- Peaches may be dried unpeeled, PEACHES.—Peaches may be dried unpeeled, although those peeled are more desirable. Wash, cut in halves, pit, place in trays with pit side up, and start drying at 110 to 120 degrees, increasing slovly to 140 to 150 degrees F. For thick-fleshed varieties heat may be increased to 165 degrees F. Peaches may be boiled in a thin syrup a few minutes before dwines.

utes before drying.

PEARS.—Wash, pare, slice, dip in cold salt water as for apples and dry at the same temperature as given for apples.

Dried fruits and vegetables may be soaked and used for all purposes. Soak in warm water until soft, pliable and practically swollen to original size. Cook in water in which it is soaked (except for sulphur apples).

Suggestions for making driers may be sent on request. (Write for U.S. Department Circular

For canning non-acid vegetables without vine-gar or tomato, only the pressure cooker is recom-mended. For these directions, write for Canning Bulletin No. 128.

Can and Dry Your Garden Products

Directions for Emergency Canning

BY JANET L. CAMERON

PLAN FOR PROVIDING VEGETABLES AND FRUITS FOR ENTIRE YEAR

It is easy for any family to figure just how much food is needed for a year. Base all figures on three servings of vegetables daily (1 of potatoes) and two servings of fruit daily. The simplest way is to list all vegetables and fruits in the garden, then figure out how long each may be had fresh, stored, dried; then decide what and how much may

Example for a family of 5 (in Eastern Virginia)

Product	Months available fresh	No. mos. stored	Mos. to use dried	Amount to can
TOMATOES Serve 4 times weekly	4	(picked green)	0	104 quarts (4 qts. weekly for 6 mos. (26 wks.)

GENERAL DIRECTIONS FOR CANNING IN HOT WATER

In order to can food succesfully, it must be packed in air-tight containers and sufficient heat applied to kill all organisms which cause the food to spoil. For emergency canning, the hot pack is probably the most satisfactory, as it shrinks the food and thus allows more to be packed into each container. This short pre-cooking (just heating to boiling point) heats the food thoroughly and makes the time necessary for processing shorter.

STEPS IN CANNING

- 1. Prepare jars, tops and rubbers by thoroughly washing; place rubbers on jars.
- Prepare only as much food as may be processed at one time. The food must be
- 3. Heat food to boiling point and pack into hot jars.
- Fasten tops securely (completely seal).
- Place jars on rack in hot water, which comes at least 1 inch over tops of jars.
- Begin counting time of processing as soon as water boils,
- Remove from water as soon as time is up.

EOUIPMENT NEEDED

- 1. A deep kettle for processing, with a rack in the bottom. Strips of wood securely fastened together will serve as a rack. A very satisfactory container may be made from a wash boiler, galvanized tub, lard bucket or other deep vessel with a close fitting cover.
- 2. Glass or tin containers. Either glass jars or tin cans are very satisfactory for canning. Cans may be used three times if a can sealer is used to seal and open the cans: then new tops are necessary each year. Great care is necessary to keep tins from rusting between seasons. The initial cost of glass jars is more, but they last many times as long with careful treatment.
 - 3. New rubbers for glass jars must be used each year.
 - Pans, bowls, etc., for washing or scrubbing food to be canned.
 - Sharp knives for peeling, coring and slicing.
 - 6. Measuring spoons and cups.
 - Thin cloth or a wire basket for blanching.
 - Kettle for pre-cooking.
 - Other handy equipment (not necessary): Ladle for filling jars; wide-mouth funnel; tongs for lifting hot food in and out of water.

STORAGE .- All canned foods keep better if stored in a cool dry place. Always examine canned food carefully before using. Spoiled food will usually either seep out of the jar, bulge the can, or spurt out suddenly when opened; however, it is always safe to test odor and appearance, and then boil food five minutes before using. Never taste food which looks or smells spoiled!

Virginia Agricultural and Mechanical College and Polytechnic Institute and U. S. Department of Agriculture, Cooperating Extension Division, Jno. R. Hutcheson, Director, Blacksburg, Va.

Circular E-307

In each method the acid formed through fermentation kills all bacteria and prevents further change. Too little salt or vinegar will not give proper preservation; too much will cause the vegetables to shrivel.

String Beans—Wash and string the beans. Leave whole and blanch in boiling water 10 min. Drain and pack into jars. Cover with a brine made from 1 c. of vinegar and 3/4 c. salt to each gallon of water (most vegetables require about 1/2 of their volume to cover).

Beets—Use small uniform-sized beets. Cook in boiling water until skins will slip off and pack whole in jars or crocks. Cover with solution, as for beans, and use lid to keep out air.

Sauerkraut—Select hard, sound heads of cabbage. Trim off outside leaves. Quarter the heads and remove the core. Shred cabbage fine and pack at once into clean water-tight container (earthenware crocks are most commonly used). Add layers of salt along with the cabbage using 2 oz. (¼ c.) salt to 5 lbs. cabbage or 1 lb. salt to 40 lbs. cabbage. Leave a 2" space at the top. Cover with a clean cloth and wooden cover and weigh cover down so brine will rise to the top as the salt extracts the juice. Set aside until fermentation is complete and bubbles cease to rise (about 10 days). Remove skum. Pour on melted paraffin (½" to ¼") to exclude air. Store in a cool place. For a small family, several small containers will be better than one large one, so only that which is used within about 2 weeks may be opened at a time.

Homemade Vinegar—Cull fruits, fruit peelings and cores, as well as inferior grade honey, all make satisfactory vinegar, but most of that made in Virginia is made from cider. Crushed apples make a better product than ground ones. A bushel should make 2 to 3 gallons of juice. The cider may be placed in a crock or barrel. Some people add a yeast cake to start fermentation, but if liquid is kept at 70 to 90 degrees, this should be unnecessary. Another common practice is to add about 3 gallons of good vinegar or some "mother" to each barrel of juice. The barrel is filled only 3/4 full and is placed on its side with the bung up and uncorked and with holes bored in the ends above the level of the liquid, to expose as large a surface as possible to a circulation of air. Fine wire or cheese cloth should be tacked over the holes to keep out insects. The fermentation and seasoning takes from 3 to 6 months, depending on the temperature and the quality of fruit.

VIRGINIA AGRICULTURAL AND MECHANICAL COLLEGE AND POLYTECHNIC INSTITUTE
AND THE UNITED STATES DEPARTMENT OF AGRICULTURE, COOPERATING
EXTENSION DIVISION, JNO. R. HUTCHESON, DIRECTOR
BLACKSBURG, VIRGINIA

SAVING FRUITS and VEGETABLES by DRYING, BRINING, SULPHURING

by JANET L. CAMERON, Food Nutrition Specialist

Since early times, drying has been a satisfactory way of keeping fruits and vegetables. The principle is to remove enough moisture to prevent spoilage. Successful drying requires circulation of air and warm temperature. Only simple equipment is needed.

WHY DRY in 1942 For the past few years canning methods have been improved, and drying has become less used. Now jar rubbers, metal tops, tin cans and pressure cookers are scarce and sugar is rationed;

therefore, it seems wise to consider drying those foods which may be successfully kept by this method.

WHERE to DRY

- 1. In the sun (cover with cloth to keep out dirt and insects).
- 2. In a warming oven or on a rack over a slow fire.
- 3. In a slow oven (110-150 degrees) with the oven door ajar.
- 4. In a warm room with an electric fan to circulate air.

EQUIPMENT for DRYING

The cheapest type of window screens make very satisfactory drying trays, or trays may be built to fit into simple home-made racks to dry a large quantity at once. It is important to cover the

racks with screen or cloth to keep out dirt and insects, unless drying is done in the oven.

STORAGE of DRIED FOODS

Keeping dried products successfully is a problem, especially in damp areas near the coast. Food must be completely dry and cold before storing. It must be kept in moisture-proof con-

tainers: old lard tins are excellent; or glass jars which are nicked or unfit for canning; or any jars, crocks or cans with tight fitting covers may be used. It is better to have several small containers rather than one large one, since each time the container is opened to take out food, some moisture will be absorbed by the rest. Cloth and paper bags are not moisture proof and therefore are not so good for keeping dried products as moisture proof containers.











E-360

How To Dry Vegetables

GENERAL DIRECTIONS—Pick all vegetables fresh and select only those in good condition. Wash well and prepare as for canning. Blanch all vegetables in boiling, salted water for 5 min., then drain well. The blanching shrinks the product, helps preserve the natural color, destroys any insect eggs which may not have washed off, and softens the fibers, thus making the drying process quicker and more uniform. Spread vegetables on racks or screens in thin layers. Dry until no moisture can be pressed from the vegetables. Vegetables must be drier than fruits to keep successfully, but only greens are dried to the brittle stage.

Corn—1. Dry Method: For the best product, use tender corn, in the milky stage. As soon as husk and silk are removed, blanch for 5 min. in boiling, salted water. Cut from cob with a sharp knife. Spread out on trays or screens in a thin layer and dry. To use dried corn, soak it at least an hour. Cook in the soaking water to save food value.

2. Cream Method (Must dry very quickly to prevent molding. Very popular in many sections of Virginia.): Cut corn from the cob after blanching, and to each gallon of corn add ½ c. salt, ½ c. sugar and 1 c. sweet cream. Mix thoroughly and dry quickly, stirring frequently during the drying process. If not dried in one day in the sun, finish off in a slow oven (110-150 degrees).

Green Peas—Shell fresh, tender peas; blanch for 5 min. in boiling, salted water. Drain well and spread in thin layers on rack or screen.

String Beans—Should be fresh and free from specks or rust in order to produce a good dried product. Wash well. Young tender beans may be dried whole, but mature ones dry better if cut in 1" pieces. It is better to cut beans than to break them. Blanch in boiling, salted water for 5 min. Drain and spread on racks or trays. Only 2 to 3 hrs. are required if dried at 110 to 150 degrees.

Butter, lima and other beans—It is better to pick beans green and to dry them artificially than to leave them on the vines, because a greater yield can be harvested and a better product secured. There is less food value lost from bugs on green beans than from beans left on the vines to dry. The principle is the same as in drying hay for feed while it is green, for a higher vitamin content. Pick and shell beans, blanch 5 min. in boiling, salted water, spread on trays and dry as for peas.

Okra—Blanch whole, as for other vegetables, cut into rings 1/2" thick, and dry as for string beans.

Celery tops, Parsley, Mint, Sage, Herbs—Dip quickly into boiling, salted water, spread on racks, and dry until brittle. These take up less space in storage if broken up.

Greens—If an abundance of greens are available for 12 months, it is unnecessary to dry them, but even in warm sections of the state, freezing or rainy weather prevents gathering greens for use every week in the year. Pick greens fresh, wash well

and blanch in boiling salted water 3 to 5 min. until they shrink. Drain well and spread on trays to dry until brittle. Let cool before storing and pack loosely to prevent breaking up into very small particles, which would produce a mushy product when soaked and cooked.

How To Dry and Sulphur Fruits

Only fresh, ripe, firm fruits should be used for drying. The usual practice in Virginia is to dry fruits in the sun during the hot part of the day and complete drying in a drier or an oven.

Apples—Select firm, slightly acid, fall or winter apples. Wash, core and cut into rings or slices about 1/4" thick. Peeling may be left on or removed. Drop at once into cold, salted water to prevent discoloring (1 tsp. salt to 1 qt. water). Drain well; spread on drying trays. Dry until product is rubbery and pliable, but no moisture can be mashed out (should not be hard and brittle). Preferred temperature 110-150 degrees.

Peaches—Wash; cut in half; peel or not, as preferred. Place on trays cut side up and dry as for apples. Turn over once or twice during the drying process. Test as for apples. Preferred temperature 110-165 degrees.

Pears—Same as for apples.

Cherries—Wash and pit cherries. Spread on racks at once and dry (should be pliable—not hard). Let cool before storing.

Sulphuring Apples—Wash, pare, quarter and measure 1 peck of hard apples. The apples in a thin cotton bag. Have ready a flour barrel with a cover. On the bottom of the barrel, light either a sulphur candle or sprinkle 2 Tbs. of dry sulphur over a pan of hot coals or a very hot iron stove plate. Suspend the bag of apples in the top of the barrel (over a broom handle is one good way). Cover barrel to keep in sulphur fumes. After candle or sulphur has burned out, remove apples, pack in jars or crocks, and cover tightly. If sulphur flavor is too strong, soak in cold water over night before using. These apples are excellent for pies, for frying, or making sauce.

Brining, Sauerkraut, and Vinegar Making

Many vegetables may be preserved by salting or brining. This method is especially good when a large quantity must be cared for in a short time. The chief disadvantage is that the product must be soaked in clear water before it is palatable and much of the mineral value is lost. Then, too, many people do not care for the acid flavor of vegetables preserved in this manner. There are three methods of brining used:

- 1. Packing vegetables with layers of dry salt as for kraut.
- 2. Packing vegetables in a salt and water solution (brine).
- 3. Combining salt and vinegar to pour over vegetables.

FEEDING THE PUBLIC FOR PROFIT

The primary object of serving most community meals is to make some money. We have considered first, however, those points which will bring satisfied patrons, so that it will be even easier to make more money each successive time. Reputation in feeding the public is a big factor.

- I. How to FIGURE THE COST OF A MEAL
 - A. Decide on menu.
 - B. Estimate number to be served.
 - C. Figure cost of each dish in menu and add all together. This means every item, bread, butter, sugar, cream, and any other extra costs which are necessary.
 - D. Divide total cost by estimated attendance. The actual cost should not be much over one-half of the amount charged.
- II. When all time in preparation, serving and cleaning up is given, a well managed community meal should clear about 50 percent. If some of the food is donated, the profits will be even greater.
- III. Serving less than 25 is not worth the time and effort of organizing for the meal. Usually 50 or more are required. The larger the number which can be accommodated, the greater will be the profit.

The following two menus and costs were figured out in one community. How would these prices and profits suit your locality?

No. 1 (To sell for 50 cents)	No. 2 (To sell for 75 cents)
Meat loaf and gravy .05 Parsley potatoes .02 Buttered beets .03 Spiced pickle .02 Rolls, .01; butter, .01½02½ Cole slaw and dressing .02	Baked ham
Apple pie and cheese	Apple pie, a la mode
(or milk)	(or milk)
.231/2	.33
For 100\$23.50 Profit	For 100\$33.00 Profit

TIME SAVING TRICKS

If in doubt about amounts, it is best to test the recipe and measure how many servings

it will make; then the list of ingredients may be multiplied accordingly.

In molding gelatine desserts and salads, use individual paper cups. When time for unmolding, cut a slit in the bottom of the cup and slip out the food. The easiest method is to mold in big, deep pans and cut in squares.

When cheese is to be grated, put it through a food chopper, or rub it through a wire

sieve.

In baking muffins and cup cakes, use the paper baking cups to simplify dish washing. To avoid the embarrassment of finding the supply of food too small for the occasion, always keep on hand several large cans of supplies that may be used if needed, or returned if not used. An emergency shelf has a place in every community and church kitchen. Number 10 cans of vegetables and fruits are a saving of time and money. Your grocer can get them for you if he does not have them in stock.

What to do with leftover prepared food frequently is perplexing, but many groups of women auction it off after the meal has been eaten. The auctioning brings much fun

and some profit.

It pays to plan the menu to suit the equipment. That is, if there is a 3-burner stove for the cooking, the meat and vegetables can be prepared at home, and the stove used for coffee making (if there is no urn).

FIGURING THE COST OF THE SUPPER

After the meal is over and all things in place, the costs must be figured. To do this, find out the cost of each article in the menu; this will give the total cost of the meal. Remember good will and happy patrons are to be listed first in your profits.

COMMUNITY MEAL PLANNING

By Janet L. Cameron



Picture from FEEDING HUNGRY FOLKS-The Farmer's Wife Magazine

PLANNING MEALS FOR LARGE GROUPS

I. ORGANIZATION FOR THE COMMUNITY AFFAIR

Good organization with competent people in charge is essential to any community activity, so the community meal means many workers on committees. These must be appointed first, and each must know exactly what her duties are beforehand, thus avoiding confusion or hard feelings. The general chairman must:

A. Divide the work among committees.

- B. Carefully select for each committee a competent chairman who can work well and happily with members of her committee.
- C. Outline on paper for or with each chairman every duty for which her committee will be held responsible.
- D. If necessary, help each chairman to work out division of duties in her committee.
- E. The general chairman must hold copies of all committees and duties in case of misunderstanding later.
- F. Post complete menu instructions for serving; also names of all committees in kitchen to avoid any confusion.

II. COMMITTEES AND THEIR WORK

A. MENU, MARKETING AND FINANCE COMMITTEE

- 1. Consider equipment and working space before deciding on menu.
- 2. Plan menu, determine approximate number to serve and size of portions.
- 3. Decide on type of service to be used buffet, table, cafeteria, etc.
- Determine and list definite amounts of food needed. Buy in large quantities when practical.
- 5. Estimate cost of supplies to be sure of keeping within budget. Adjust menu if
- If some food is contributed from homes, list this separately and appoint one person to receive, check off and put this in its appointed place.
- 7. Order all supplies and appoint someone to unwrap and check these as delivered.
- 8. Make all arrangements for selling tickets or collecting money. Where reservations are made ahead, take charge of this. Have charge of any advertising or printed menus which may be used.

This committee orders all supplies, is responsible for each article arriving at the correct place in ample time, and is responsible for paying the bills after the affair is over.

B. DINING ROOM COMMITTEE

- 1. Appoint a supervisor or "head waitress," who gives directions to her helpers.
- 2. Decide on any decorations to be used and secure and arrange these. This includes flowers, candles and containers for these.
- 3. List all linen, china, silver, flower holders, travs, chairs, and tables available and check to be sure of amount of each needed. If necessary, borrow what supplies

Virginia Agricultural and Mechanical College and Polytechnic Institute and the United States Department of Agriculture, Cooperating. Extension Division, Jno. R. Hutcheson, Director, Blacksburg, Virginia. Circular E-338 Feb., 1937 are needed and return these after they are used. Don't forget cream and sugar,

salt and peppers for each table.

4. Arrange tables according to occasion. If there is to be a speakers' table, provide for it. Set all tables, arrange flowers and get dining room in readiness. If place cards are used, secure and place these.

Arrange for pouring water at last minute and for placing all things which should be on table before guests arrive, such as relishes, butter, sugar, cream, salt and

6. Appoint one person to look after ventilation of room before, during and after the meal, also have one or more people for hostesses to greet guests, care for their

wraps and seat them.

7. If table service is used, one waitress for every ten guests is usual. The type of service depends on menu, place of serving and number of waitresses available. If cafeteria service is used, this committee sets up the service unit and dishes up the food. If buffet service is more practical, have part of committee to serve at table, refill each dish on the table, the others station in the dining room to act as hostesses and guide guests to the table.

Serve beverage and refill water glasses.

- Carry out soiled dishes and have space where they are to go specified and arranged.
- Arrange for possible emergencies of setting up new tables for extra guests.
- 11. Straighten up dining room. Remove linen, flowers and all decorations.

C. KITCHEN ACTIVITIES COMMITTEE

This is of necessity the largest committee and involves the hardest work.

1. List carefully the duties of each person on committee. These duties should be divided so that all workers can have ample time to complete theirs, even with

2. Appoint those to cook the hot food, meat and vegetables.

3. Appoint those to prepare cold foods, salads, desserts. These must be kept cool either in a screened off part of dining room, in an adjoining room or, if in kitchen, away from the heat. This committee takes care of serving their foods and

should have serving dishes all counted and in readiness.

- 4. Have serving unit as near dining room as possible and indicate on a diagram, pasted on the wall, where each server will stand, and her duties. Time is saved if each woman serves only one food and plates are passed down a line. A long table in the kitchen near the dining room makes an excellent serving table. Pass plates from right to left for quickest service. Waitresses may wait at end of table with large tray to load plates. A double line of service on each side of the table saves time.
- 5. Arrange for heating plates, also for heating and serving rolls or breads. Have all dishes counted and placed where they will be used.

6. Plan for keeping hot foods hot.

D. BEVERAGE COMMITTEE (may be same as dining room committee)

- 1. Prepare coffee and any other beverage. See that plenty of drinking water is available.
- At least one helper on this committee for every fifty people is necessary. Even if urns are used, pour up coffee in pitchers for waitresses.

3. Wash urns and coffee pots and pitchers.

E. CLEARING-UP COMMITTEE

1. Appoint dish washers, dryers and those who will count, check and return all borrowed things, and put everything away in its proper place.

Plenty of space for clearing things is necessary. Dishes may be conveniently scraped and stacked in one place, and passed on for washing.

3. Be sure of plenty of hot water, soap, scouring cleanser and towels.

- 4. Arrange for disposal of garbage, take care of leftover food and return supplies which are unused to stores.
- Be sure that stove, serving tables, pots and pans are left as you wish to find them when you begin.

REMEMBER:

Plan well.

Place responsibility in hands of a few capable people.

Secure cooperation of all to work for the common end of a successful affair.

HELPFUL INFORMATION FOR MARKETING

APPLES FOR SAUCE: 12 lbs. serve 50 people.

BEANS: 2 No. 10 cans or 8 No. 3 cans serve 50 people.

(Canned vegetables may be bought in the No. 10 can which is equivalent to 4 No. 3 or 6 No. 2 sizes. Large cans are cheaper and more convenient when serving

BEETS: 2 No. 10 cans or 8 No. 3 cans serve 50 people.

(10 lbs. serve 50 people.)

BISCUITS: for 100 biscuits use 7 quarts sifted flour.

BREAD: One 2 lb. sandwich loaf cuts 40 very thin slices. One 11/2 lb. regular loaf cuts 20 to 22 slices.

BUTTER: One lb. will cut 48 medium sized squares. One lb. creamed will spread 80 slices of bread for sandwiches.

CABBAGE: 10 lbs. for 50 people.

CARROTS: For 50 people - 10 lbs. (fresh.)

CELERY: 9 bunches for 50 people.

CHICKEN: Fricassee, 25 lbs. fowl dressed for 50 portions. A la King, 15 lbs, fowl dressed for 50 portions. Salad, a 3 lb. fowl serve about 15 portions.

41/3 lb. chicken when roasted yields 4 cups diced meat. 4 lb. fowl makes 1 lb. of meat; 25 lbs. serve 50 people.

COFFEE: One lb. medium grind makes 2 gallons, or 50 coffee cups.

CREAM FOR COFFEE: Allow 2 qts. for 50 people. GRAVY: Use 1/2 cup flour to thicken 1 quart gravy.

LEMONADE: 2 quarts lemon juice (4 oz. lemons) necessary for 50 people.

LETTUCE SALADS: 3 heads serve 25 people.

MAYONNAISE: Allow 1 quart for 50 people (salad dressing same.)

MEAT: One lb. or 4 cups finely chopped meat for 50 people.

OLIVES: One quart, 60 to 70 medium. PEANUTS: 1 lb. or 3 cups for 50 people.

PEAS: 2 No. 10 cans or 10 No. 2 cans serve 50 people.

Fresh: 35 lbs. serve 50 people.

PICKLES: Whole, sweet, 1 lb. 16 pickles or 3 cups chopped pickle.

PORK ROAST: 20 lbs. for 50 people.

POTATOES: Mashed or Parsley, 15 lbs. or 1 pk. serve 50.

Scalloped, 10 lbs. serve 50.

60 lbs. = 1 bu., $\frac{1}{2}$ pk. = $7\frac{1}{2}$ lbs. (5 quarts mashed potatoes require about 9 lbs. pared potatoes or 12 lbs. unpared.)

PUDDING: Use 1 cup cornstarch to 2 quarts milk for blanc mange.

SODA: Use 2 tsp. soda to 3 cups thick sour milk or cream.

SUGAR: Loaf, 1 lb. 60 to 70 lumps.

TOMATOES, escalloped: 2 No. 10 cans for 50 people.

TOMATO JELLY: 6 quarts for 50 people.

WHIPPED CREAM: (1 tbsp. to serving) 1 quart for 50 people.

TO FEED FIFTY PEOPLE ALLOW

9 qts. potato salad

4 medium sized cakes

2 lbs. cheese to serve with pie

10 qts. soup

10 lbs. beef for loaf

10 lbs. pressed meat 20 lbs. chicken for pies

30 lbs. chicken for roasting 5 lbs. lima beans (creamed)

5 qts. cabbage salad

7 qts. fruit salad 6 doz. doughnuts

7 qts. brick ice cream

21/2 gal. bulk ice cream

12 lb. hamburger

12 lb. veal cutlets

9 doz. bakers' rolls

15 lbs. ground meat for loaf with 3 lbs. crumbs

6 qts. oysters

10 qts. baked beans 8 lbs. tomatoes for salad

3 pts. whipping cream

9 ten-inch pies 1/4 lb. tea

1½ lbs. coffee

2 qts. coffee cream for coffee

3 lbs. butter

20 lbs, beef for roasting

12 lbs. beef for stew

1 pk. Irish potatoes (creamed)

5 lbs. navy beans unbaked



CHRISTMAS DELIGHTS

EASY APRICOT DAINTIES

Soak 1 lb. dried apricots in water one hour (don't let them get too sofe). Peel 1 orange. Remove bitter white skin from peel, and membrane from pulp. Put the orange (rind and pulp) and apricots through food grinder. Add 2 cups sugar. Boil 8 minutes, or until mixture drops in large blobs from spoon. Cool slightly drop from teaspoon into bowl of sugar, roll into balls. This stiffens as it stands. Cool on waxed paper. Makes 8 dozen small pieces.

PEANUT-BUTTER COOKIES

mix together - 1/2 cup shortening
thoroughly 1/2 cup peanut-butter
1/2 cup sugar
1/2 cup brown sugar
1 egg

sift together- 1 1/4 cup flour and stir in 1/2 tsp. baking powder 3/4 tsp. soda 1/4 tsp. salt

Chill. Roll into balls size of large walnut. Place 3" apart on lightly greased sheet. Flatten with fork dipped in flour, criss-cross the marks. Bake until set - but not hard. Temp 375.

10-12 minutes 3 dozen cookies

BUTTERSCOTCH ICE BOX

l cup butter or lard 1 tsp. soda

2 cups brown sugar 1/4 tsp. salt

2 eggs 1 cup nuts

1 tsp. vanilla 1 tsp. cream of

4 cups flour tarter

Cream butter and sugar, add eggs and

flour. Add dry ingredients which have
been sifted together. Make into long

roll, wrap in wax paper and chill.

Cut thin and bake 375

THUMBPRINT COOKIES

mix together - 1/2 cup shortening thoroughly (half butter) 1/4 cup brown sugar l egg yolk 1/2 tsp. vanilla sift together- 1 cup sifted flour and stir in 1/4 tsp, salt Roll into 1" balls. Dip in slightly beaten egg white. Roll in finely chopped nuts (3/4 cup). Place I" apart on ungreased baking sheet; Bake 5 minutes. Remove from oven. Quickly press thumb gently on top of each cookie. Bake 8 minutes, Cool. Place candied fruit, sour jelly, etc. in thumbprint. Temp. 375 Makes 2 dozen cookies.

NUT BRITTLE

Suggestions for decorating Christmas cookies

Christmas trees - base Cinamon Green sugar top

Socks - Red sugar - fill top with candied fruits

Stars - red, green or white sugar

DATE AND NUT SQUARES

2 eggs
3/4 tesp. salt
1/2 tesp. almond extract
1/2 cup sugar
1/2 cup karo syrup, red or blue label
1 cup dates, finely cut
1 cup chopped nuts
3/4 cup sifted all purpose flour
1/3 cup confectioners' sugar

Place eggs in large bowl. Add salt and almond extract. Beat until light. Gradually beat in sugar and karo syrup. Add dates and nuts, and mix well. Fold in sifted flour. Pour into greased baking pan (9"x9"x2"). Bake in moderate oven (375) 25 to 30 minutes. Remove from oven and while still hot, cut into squares. Dust with confectioners' sugar. Cookies keep well stored in tightly covered box or jar. Makes 16 squares.

CRANBERRY PUNCH

2 1/2 cups cranberry juice l large can orange juice juice of l doz. lemons, strained l large can pineapple juice l quart giner ale 2 cups sugar

To make cranberry juice cook 6 cups of cranberries and 4 cups water until soft. Strain through double cheese cloth. To make a clear punch pour orange and pineapple juice from can before shaking, leaving sediment in can. Combine fruit juices and sugar or sugar syrup. Add ginger ale and pour over ice cubes in punch bowl.

Makes about 5 quarts.

Bells - Red, green or variegated sugar

Santa - Fill sack with candied fruits
Use chocolate or cinamon for
boots and belt. Red sugar for
suit and white icing with
cocoamut for fur and whickers.

PEANUT BUTTER FUDGE

l cup peanut butter, creamy or chunk l cup karo syrup, red or blue label l 1/4 cups nonfat dry milk solids l 1/4 cups sifted confectioners' sugar

Blend peanut butter and karo syrup in large mixing bowl. Measure non-fat dry milk solids and sifted confectioners' sugar and add all at once. Mix all together - first, with a spoon and then with hands, knead in dry ingredients. Turn onto board and continue kneading until mixture is well blended and smooth. Press out with hands or rolling pin into block 1/2 inch thick. Cut into squares. Top with nut meats, if desired. Makes about 2 pounds.

CHOCOLATE PRANUT CANDY

Follow above recipe. Add 1/2 cup cocoa to peanut butter-karo mixture before adding dry ingredients, blend.

TO PREPARE NUTS

Coccanuts: Make 2 holes and drain out milk. Save this for use later. put coccanut in 350 oven for 10-15 minutes depending on size. The shell will crack during heating. take from oven, tap with a hammer all over. Hemove shell and peel off the brown part with a vegetable peeler. Grate and use as needed.

Other nuts: Pecans, English walnuts Brazil nuts, filberts, etc. shell like magic when steamed at 15 lb. pressure for 5 minutes. Start off with 1/2 cup of hot water.

Round sugar cookies. - Lake small hole in side of cookie before baking. Frost cookies. Then dry write name with letter macaroni, or colored candies. Tie ribbon through hole to make a perky bow.

SIX-WAY COOKIE MIX

8 cups sifted all-purpose flour 4-1/2 cups sugar 1-1/2 teaspoons soda 1 cup dry milk (optional) 4 teaspoons salt 3 cups shortening

Put dry ingredients in paper bag and shake thoroughly to mix. Turn into large bowl. Cut shortening in with pastry blender until blended. Store in tightly covered container at room temperature. Do not refrigerate unless part butter or lard is used.

1. Christmas Cut-Out Cookies
Beat one egg.Add 2 tbsps. cream and 2 tsp.
vanilla.Blend in 3 cups Mix and 1/2 tsp.
baking powder.Work in 1 cup flour, 1/3 cup
at time.Chill till dough is easy to handle.
Roll thin on floured pastry cloth.Cut with
floured cutter.Decorate with candies, fruit
etc.Bake on ungreased cookie sheet at 350°

2. Date Clusters
Beat till smooth: 3 cups Mix, 1-1/2 tsps.
vanilla, 1 egg.Mix together and add: 1
cup cut-up dates, 1/2 cup chopped nuts,
and 1/4 cup brown sugar.Drop from spoon
on ungreased cookie sheet. Bake at 375°
10-12 min. Makes 4-1/2-5 dozen.

12 to 15 minutes. Makes 5-5-1/2 dozen.

3. Refrigerator Cookies
Mix with fork: 2 egg yolks, 1 tsp. milk,
1 tsp. grated lemon rind, 1/3 tsp. almond
extract. Blend in 2 cups Mix. Add 1/3 cup
chopped nuts. Form into roll; wrap in
waxed paper; chill overnight. Slice thin
and bake on ungreased sheet at 375° 8-10
minutes. Makes 3 dozen.

To Use Cookies for Decoration - press a dry bean in top to keep hole open while baking.

Do not overbake cookies - bake only till very lightly browned.

4. Cherry Bells

Roll dough (No. 1) to 1/8 in. thickness. Cut into 2-1/2 in. rounds.Place on ungreased sheet.Place 1/2 tsp. filling in center of each round.Shape by folding sides over filling, Place a piece of cherry at opening end for clapper. Bake 12-15 min. at 350°.Makes 5-5-1/2 dozen.

Filling - Combine 1/3 cup firmly packed brown sugar, 1 tbsp. butter, and 3 tbsps. cherry juice. Stir in 1-1/2 cups finely chopped pecans or other nuts.

5. Tropic Macaroons
Whip 2 egg whites until stiff with 2
tbsps. sugar. Fold in 1 cup Mix, 1/4 cup
well-drained crushed pineapple, and
1-1/4 cups shredded coconut. Drop from
spoon on ungreased sheet. Bake 350°
15-17 minutes. Makes 2 dozen.

6. Brownies
To 1-1/2 cups Mix, add 2 tbsps.shortening,1/2 cup brown sugar, 2 eggs, 1 tsp. vanilla. Beat till smooth. Blend in 1/2 sq. unsweetened chocolate, melted. Add 3/4 cup nuts. Bake in greased 9 x 9 x 2" pan at 350° about 30 min. Cool in pan. Cut in squares. Makes 25 squares.

ORANGE GLAZE DAMTIES

Make very small cup cakes (Use tiny muffin pans). Use white cake such as 1,2,3,4, cake or mix or other. Bake in greased and floured muffin tin about 10 min. or until done. Remove from pan. Cool some but while still slightly warm, dip quickly in glaze, remove and place on rack to drain and dry.

Juice of 2 lemons, 2 oranges, add to 2 cups confectioner sugar.

DATE BARS

l cup sugar

1 tbsp. oleo

2 cup chopped dates

1 cup nut meats

1 scant cup flour

1 tsp. baking powder 1/2 tsp. salt

1/4 tsp. cloves

1/4 tsp. cinnamon

Beat eggs until light, add sugar gradually, add shortening. Sift dry ingredients, add to egg mixture. Beat until

blended. Pour into 9 x 12 or 9 x 15

pan. Bake at 325° for 25 min. Cut into

bars, roll in confectioner sugar.

tone Ectuations.

YEAST BREADS

Virginia Bread Clinic Summer, 1940 Wheat Flour Institute Cooperating

Points in technique to observe in making yeast breads with soft wheat flour:

1. Keep dough very soft.

2. Avoid overkneading. Folding the dough gently until it is smooth gives excellent results.

3. Keep fermentation period short. One rising period of 45 minutes, before molding, gives best results.

QUICK YEAST BREAD METHOD

2 cups milk

4 tablespoons shortening

4 tablespoons sugar

1 cake compressed yeast*

1 1/2 teaspoons salt

7 cups sifted soft wheat flour

Scald milk and add sugar, shortening, and salt. Mix and cool to lukewarm. Add yeast and let soften. Add flour gradually. Turn out on floured board. Turn and fold into a very soft dough. Place in greased bowl. (Allow to rise until light, approximately 45 minutes at room temperature.) Avoid over-rising. Shape into loaves or rolls. Place in greased pans. Let rise until light. Bake loaves in moderately hot oven (400° F.) 30 to 40 minutes. Bake rolls in moderately hot oven (400° F.) 15 to 20 minutes. Yield: 2 loaves or 40 small rolls.

CARAMEL ROLLS

When dough is light, roll out a rectangular sheet about 1/2 inch thick. Brush with melted butter and sprinkle with brown sugar. Roll jelly roll fashion. Cut in 1-inch slices and place cut side down in pans prepared as follows:

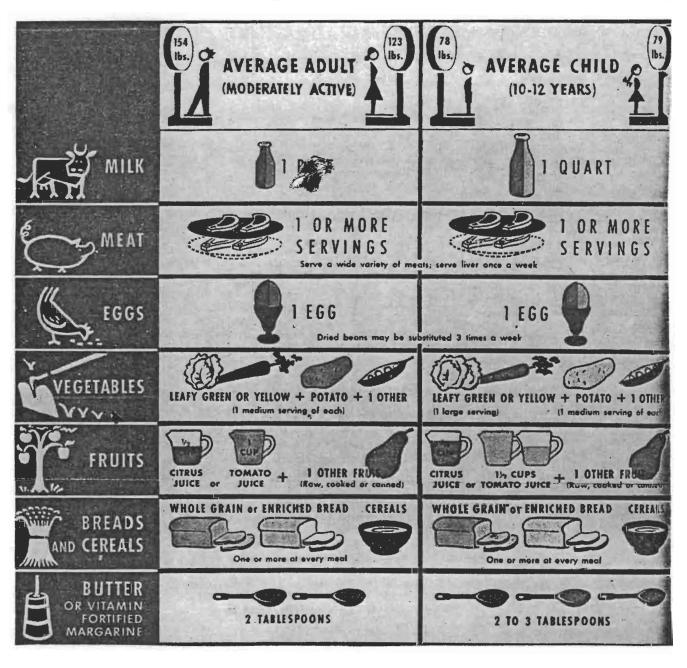
Melt 4 tablespoons butter in pan and brush sides well. Spread 1/2 cup brown sugar over bottom of pan. Place rolls on sugar. Let rise until light. Bake in moderate oven (375° F.) 20 to 25 minutes. Let stand in pan 1 minute before turning out.

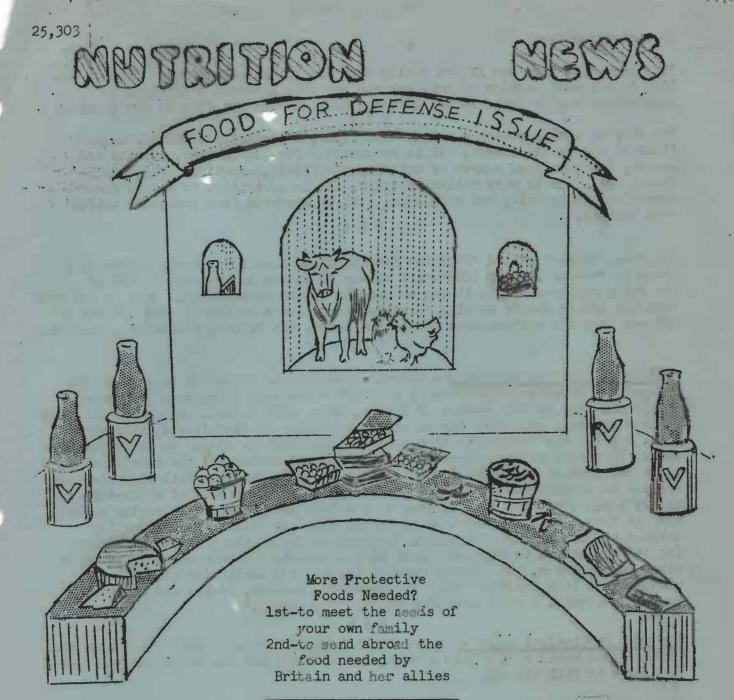
Variations:

Cinnamon Rolls Parkerhouse Rolls Dinner Rolls

*Dried yeast may be used instead of compressed, in which case we recommend that the directions given by the manufacturer be followed throughout the preparation of the yeast for use. The type of yeast used does not effect a change in the manipulation of the dough.

Eat The Right Food Every Day





Building the adequate diet. Now that you have a beginning set of food charts, here is a chart of percentage of daily requirements (bused on a moderately active man) so that you can continue charting more foods as you need them. This is to supplement your "yellow" sheets of food values made at the one-day workshop meetings.

Posnuts, aren't just "goohers" anymore. They are tops in Vitamin B₁ but are pretty good for protein, iron, riboflavin, and, of course, calories. So they're really food now not just something to chew at the ball game! Let 'em raw — skins and all —for here's what Dr. Booher's research shows about the thismin content per 100 gm.

	WHOLE:	SPANISH	PEANUTS	RAW	1,050	mcg.
٠.	WHOLE	SPANISH	PEAMUES	HOASTED	234	mog.
	HOLE	VIAGINI	TYPE		750	mcg.
	GERM (TIRGINIA.	TYPE		882	mcg.
	PED 98	IMS OF	IN HINIA	TYPE	7,896	mcg.

This means cat them raw if you really want the vitamin from them. Whether you live in a pound section of not, you can use this low-cost nutritious food. Suggestions may be found in the enclosed booklet "The Nut That Is Not a Nut".

Now they're eating cotton - cotton seed flour, a partially defatted, cooked flour is now on the market. It is recommended for use in cake, cookies and breads, and is a good source of thismin, riboflavin, nicotinic acid, panto-thenic acid. It is very rellow in color. It is advertised as a "new food" - - nutritious, palatable, and wholesome, a flour prepared from processed cotton seed kernels.

Red Cross Booklet called "Food and Nutrition" is tops for graphic information given in "shares". By our 100% chart set-up 30 shares is the same as 10% of the daily requirement; so it can be used as is, or transferred. Many of you want data for making charts showing relative food value - so here it is! It may be ordered from the eastern area of the Red Cross, 615 N. St., Alexandria, Virginia.

MICKARD ON POST 'AR NUTRITION - Secretary Wickard in a special message to the Independent Grocergram (October) says: "After the war, there will be a heavy demend for food by the peoples of Europe, whose Agricultural production is being reduced by var. And after Europe once more begins to feed itself, then what? There may be many answers to that question, but here is mine. We never yet have given all Americans the opportunity of buying and eating all the nutritious food which our present knowledge indicates they should have After Hitlerism has been reduced to arthing but an uncleasant memory, after the wounds of a war-tern and hungry world have been healed, then we can turn out attention to crying needs here at home, including the task of seeing that our ability to produce is matched by our ability to consume. Agriculture is in the process of adjusting its production to meet the needs of its market, a market which daily grows wiser in nutrition, and demands more of the foods valuable for minerals and vitamins. I look for this trend to livestock, poultry, fruits and vegetables to continue until a more healthful balance is reached."

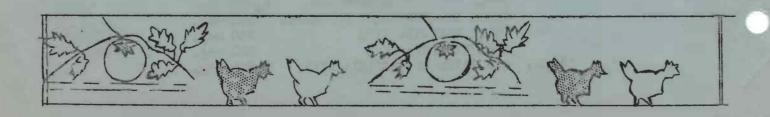
並並並

For your statistical talks - men cats 1625 lbs. of food a year. That much protective food would really make a super men of him - but wow is he who just eats that much to fill him up.

Other Quotes "Success used to indicate superior shility - now people merely wonder what vitagin you're taking."

I never had B1, B4, best dectors any its great -- In fact they say it is B9 and that it should Bg

COOPERATIVE EXTENSION ORK IN ACRICULTURE AND HOME LCONOMICS
State of Virginia, Va. A & M College & Tely. Inst. & U.S.D.A. Cooperating
EXTENSION SERVICE



NUTRITION FOR NATIONAL DEFENSE IRCINIA REFRESHER COURSE

Prepared by Janet L. Cameron, Nutritionist, Virginia Agri. Extension Service

LESSON II - OUR VENETABLE NEEDS AND HOW TO GET THEM

GREEN VEGETABLES

Vegetables, green, yellow, red, Make your family better fed!

The brighter the green color, the greater the food value. Serve one green vegetable every day, if possible. These include:

celery . lottuce

mustard spinach

swiss chard turnip greens string beens best greens brocceli

Cook green vegetables only until tender. Long cooking makes them strong in flavor and brown in color. Never add sode when cocking any vegetable for it destroys the vitemins. Always add selt when occasing green vegetables, for it helps retain the bright green color.

Cook strong flavored vegetables, such as cabbage and turnip greens, without a cover. Cook all vegetables in a small amount of water. Much of the feed value cooks out into the water.

Use the water the vegetables are cooked in. It is good in scups and sauces end hes fine food value.

Est greens raw in salads or sandwiches.

Cooked Greens. Before cooking, all greens should be washed well in several waters. The dirt and grit settles to the bottom of the pen, so lift the washed greens out of the water. Then wash again. If you want greens occked with meet, cook the water and meet with a little solt first. This gets the meat flavor into the water. Then add the greens to this water and cock only until they are tender. Never start greens in cold water.

YELLOW VEGETABLES

The brighter the yellow, the better the food value. This is true of cerrots sweet: potatoes, squash and pumpkin. All are rich in vitamin A and worthy of a prominent place in your meals.

Lat carrots row, Many people prefer raw carrots to cocked ones, and the food value is greater. Any type of cooking destroys some of the vitamins. To make raw carrot juice, grate (not shred) the carrots and squeeze through a thin cloth.

SERVE AT LEAST 3 VEGSTABLES SVERY DAY ...

1 green or yellow, 1 poteto, 1 other.

************ COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICSHIO

State of Virginia, Va. A & M College & Poly. Inst. & USDA Cooperating

RED VEGETABLES

They keep the bright rod celer only when cocked a short time. acid of the timate keeps it rod. Add a small amount of vinager to bests when cooking and they will stay red! Caution: Never heat or cook tomatoes longer then absolutely necessary. Heating kills much of the vitamin value.

Shredded Boets. Peel large beets and shred (do not grate) fine or grind through a food chopper. Add 1 teaspoon water, 1 tablespoon butter and 1 teaspoon vinegar for each cup of shredded raw best. Do not add selt until cooked, as it draws out the color. Cover and cook about 5 minutes, or until tender. Serve at once.

Many of the chespest vegetables are richest in food value. Cost is no index of food value. Cabbage, onions and carrots are among the best and yet the cheapest vegetables. Select bright colored, firm, crisp vegetables.

Frozen vegetables retain much of the food value, are most attractive in color and flavor because of the short cooking period necessary. Quick freezing breaks down the tough cellulose calls, hance reduces the time required for cooking. The cost of frozen foods usually is similar to that of fresh foods out of season, and the quality is usually superior.

Meatless Chop Susy

Brown 1 cup chopped onion, 1 cup chopped celery and 1 cup chopped green peppers or carrots in 1 cup fet; add 1 cup water, 2 tbsp. flour, and 1 tbsp. soy sauce (or any must sauce). Just before serving, add 1 cup chopped nuts (not peanute). Serve on rice or fried noodles.

Savery String Beans

1 qt. beans 2 thep. fat
1 minced onion 3/4 cup tomato

tsp. sult' I fosp. sugar

Parboil beans, and drain. Combine with other incredients and cook until tender, in covered casserols in oven. Grated cheese may be sprinkled over before baking.

Baked Onion and Tometo

Arrenge small whole enions or sliced large ones in baking dish. Season well with salt and popper. Aid ancush canned tomatoes just to cover. Bake in moderate oven until chions are tender and liquid is nearly absorbed. Sprinkle with grated choose.

Carrot Relish

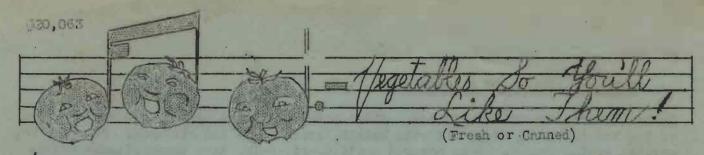
4 correts

1 Lamon

eup sugar

Slice lumon and remove seeds. Grind corrects and lumon slices in food chappers Miz with sugar. Chill b fore serving.

. Come, let us fill our garden beds With lettuce, greens and cabbage heads! All leafy plants, beneath their skins - Are full of iron and vitumins!



Vegetables, particularly green ones, contain minerals such as iron and calcium which are needed to build bones and teeth, and keep the blood in good condition. They contain vitamins so necessary for promoting growth, preventing disease, and regulating body processes. Since heat destroys some of them, it is navisable to eat at least one raw vegetables every day.

Cellulose is found in vegetables, especially the green ones. It acts as a broom and sweeps out the intestinal tract and prevents constipation. The root vegetables (carrots, turnips, beets and potatoes) contain large amounts of starca, and beets have sugar. These furnish fuel for energy and also are stored as fat. Some of the dried peas and beans contain considerable protein or muscle building substances. These act as substitutes for ment. Vegetables appeal to the appetite, especially in winter time, and add variety and color to the meal. As much should be spent for vegetables and fruits together as for meats, eggs, and fish. This should be at least 1/5 of the total amount spent for food.

TO PREPARE VEGETABLES:

- 1. Use raw whenever possible.
- 2. Steam to keep all possible food value.
- 3. When boiled, use very small amounts of water and save what is left for soups and scuces.
- 4. Boil strong flavored vegetables like cabbage, cauliflower and turnips with cover off.
- 5. Green vegetables keep their color best if the cover is left off.
- 6. Never cut vegetables and let stand in cold water. Much of the vitamias and mineral matter is lost in this way.
- 7. Bake vegetables for variety and flavor, and to keep food value.
- 8. Vegetables with skins should be cooked or baked in skins whenever possible. Scraping removes less food value than paring.
- 9. Fried vogetables may be used occasionally for variety. In general, fried foods digest slowly and with more difficulty.

How many vegetables grow in your garden? Do you know several ways to prepare each? Try to find at least one new way to prepare every vegetable in garden. Why are leafy vegetables especially good? Which ones are classed as leafy? Why is it better to eat some of them raw? How should others be cooked? May can spinneh be cooked with no water? Why should we cat and like all vegetables.

GREEN PEA SOUFFLE

3 tbsp. fat 3 tbsp. flour 1 tsp. salt Make a white sauce of the first 1 cup liquid 1 tsp. grated 2 cups cooked or four ingredients, using the liquid 3 egg whites onion or 1 tsp. canned peas drained from the peas, if necessary stiffly beaten chopped mint 1/8 tsp. pepper adding milk to fill the cup. Mash the drained peas and add with the yolks and seasoning to the sauce. Fold in egg whites and pour into greased baking dish. Set in a pear of warm water and bake in slow oven until firm.

forout your onions

and sarrots, too!

Scrape carrots and cut in circles. Slice pared and cored apples, alternate layers of the two in baiding dish, dot with butter, brown sugar and cinnamon. Over the top sprinke grated cheese. Bake covered until nearly soft, then brown without cover.

CAPROT LOAF

2 lbs. carrots (3 cups pulp after cooked)

3/4 cups crumbs

3/4 cup crom smce .

2 tbsp. minced onion 2 tbsp. mincod pareloy

3 oggs (besten together)

Cook carrots until tender, mush while hot, add other ingredients, turn into grensed pan. Bake 3/4 hour in medium oven. Increase heat at last.

SQUASH WITH TOMATO SAUCE AND CHEESE

amall winter squash 2 tbsp. fat 1 cups tomato seuce

summer squash or Peal squash. If summer squash is used, cut into thin slices. If winter squash is used, remove the center pulp cup grated cheese and seeds, and cut solid portion into thin strips. Dip squash in flour and scute in the fat. In a baking aish place alternate layers of squash and tomato souce. Sprinkle top with grated cheese and bake for about 30 minutes in moderate even.

TOMATO FUET

'l cup soft brend crimbs cup grated cheese

'I tsp. salt

2 tap. onion juice

3 egg yolks

3 egg whites

1 cups tomato juice and pulp With a fork blend the bread crambs and tomatoes together, forming a thick paste. Add the cheese, salt, and onion juice. Bont egg yolks until thick and lemon-colored, and add to tomato mixture. Fold in the stiffly beaten ogs whites and turn mixture into greased baking dish 7" in diam. and 3" deep. Set dish in hot water and bake in slow oven 45 min.

TOMATO SHEEDERT

l cup water 1 cup sugar 1 tsp. gelatin soaked - cup lamon juice

Boil sugar and water together for 5 minutes, add gelatin, stir well, and sat aside to cool. Press ripe tometoes through a fine wire sieve to obtain the juice. Add in 1 thep. cold water the lemon juice and the sirup to the tomato juice. Turn 4 cups tomato juice into a freezer and freezes

GLAZED ONIONS

l cup small silver-skin onions 1 thap, butter then sugar Boil onions in salted water 15 minutes and drain. Molt butter and sugar and onions and cook ocver slow fire until brown (about 20 min.)

TOMATO ASPIC SALAD

It cups tomato juice Heat one-half juice and pour over gelatin to dissolve it. 1 package lames gelatin Add rest of tomato and chill until stiff.

NUTRITION FOR NATIONAL DEFENSE RCINIA REFRESHER COURSE

Prepared by Janet L. Cameron, Nutritionist, Virginia Agri. Extension Service

IESSON IV - FRUITS ADD FEP AND VARIETY AS TELL AS TOOD VALUE

The most effective, dependable beauty treatment you can give yourself-at least 2 servings of fruit each day! Fruits are protective foods; that is, they contain a variety of minerals and vitamins, are a natural laxative.

. A good clear-skin comes from inside and connot be applied from the outside. Mother Nature has put up some important beauty elements in the form of fruits. These packages are of such interesting veriety that they should contribute to your health and vigor during any season.

Fruits are popular for:

- 1. Variety of piquant flavors
- 2. Attractive, bright colors
- 3. Outstanding food value (minerals and vitamins)
- Stimulation of appetite and digestion

Glorify fruits in its natural form.

Show its use canned and dried.

Fruits are a food essential, not a luxury. Remember that the acidity of fruits changes in the body to give an alkaline reaction, so there is no danger of the much advertised "stomach-acid."

SERVE FOR ANY MEAL IN AMY COURSE

Start or end the day with fruit. It's appropriate is appetizer, salad, with meat, as dessert, or as a "refresher" between meels.

ROSEY RHUBARB FUNCH

Wash rhubarb well -- do not peel. Cut into 1-inch pieces, messure and add 1/3 as much sugar, equal amounts of water, and a pinch of selt. Cook covered until tender (about 20 minutes), drain and chill, and freeze until mushy, Serve It's delicious-and a fine spring tonic!

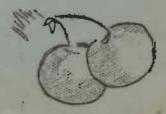
FROZEN PINE-APPIE

1 pt. apple sauce 2 tbs. lemon juice 1 pt. crushed pineapple

Mix together. Pour into freezing tray plain or with cream.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

State of Virginia, Va. A & M. College & Poly. Inst. and U. S. D. A. Cooperating EXTENSION SHRVICE



FROZEN APRICOT VHIP ..

(Strawberries may be substituted)

2 agg whites 1 tbs. lemon juice . 1 cup cream to whip

1 cup apricots (cooked or canned) rind of } lemon d cup sug r

Best aggs stiff; add sugar and continue beating. Add apricots and whip all together until stiff (electric bester does it all at once). Whip cream separately and fold into apricot mixture. Freeze at once.

APPIN MERINGUE CRISPS

Cutinounds of bread; butter them, Place 1/2 of a pecled apple on each. Sprinkle with brown sugar and cinnamon. Make a meringue from 2 egg whites and 1 cup brown sugar. Top apple crisps with meringue and bake in moderate oven (300) about 30 minutes, or until apple is done.

PRUNE CAKE

3 cups soaked prunes (chopped) 2 cups boiling water tsp. soda 2 teps, baking powder I tsp. cinnenon '1'tb. lemon juice 1 cup grape juice 2 cups brown sugar 3 cups sifted flow. 2 egg whites. I tsp. salt 4 tbs. fat tsp. nutricg 2 eggs

Mix sugar, water prunes, and salt ... and boil for 5 minutes. Add fat, andcool. Sift dry ingredients into prune mixture. Add 2 well booten eggs and fold all together. Bake in slow oven (275°) for 1 hour.

GRAPE BAVARIAN CREAM

2 tb. geletin \frac{1}{2} cup cold water 1 cup boiling water 3/4 cup sugar

Souk gelatin in cold water. Add boiling water and stir until gelatin is dissolved. Add juices and sugar and let chill. When it begins to stiffen, fold in stiffly beaten egg whites. For a richer dessert substitute 1 cup whipped cream for the egg white.

FRUIT: 22 A delight to the eye, an encouragement to the appetite, a boon to the digestion, and a relief to the pockst-book!

NUTRITION FOR NATIONAL DEFLUSE

VIRGINIA REFRESHER COURSE

Prepared by Janet L. Cameron, Natritionist, Virginia Agri. Extension Service

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SERVE FOR LTY LELL IN LIV COURSE

Start or end the day with fruit. It's appropriate as appetizer, salad, with me t, as dessert, or as a "refresher" between meals.

ROSEY RHUBERB PUNCH Wash rhuberb well--do not peel. Cut into l-inch pieces, measure and add 1/3 as much sugar, equal amounts of water, and a pinch of salt. Cook covered until tender (about 20 minutes), drain and chill. It's delicious--and a fine spring tonic!

FROZEM PINE-APPLE

1 pt. apple sauce 2 tbs. lemon juice 1 pt. crushed pincapple

Mix together. Pour into freezing tray and freeze until mushy. Serve plain or with cream.

COOPERATIVE EXTENSION ORK IN CERCULIUM AD HOME ECONOMICS State of Virginia, V. A&M College & Poly. I. st. and U.S.D.A. Cooperating
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#25,147

FROZET PRICOT THIP

(Strawberries may be substituted)

2 cgg whites 1 cup apricots (cooked or canned) 1 tbs. lemon juice rind of ½ lemon 1 cup cream to whip ½ cup sugar

Boat aggs stiff; add sugar and continue beating. Add apricots and whip all together until stiff (electric beater does it all at once). This cream separately and fold into apricot mixture. Freeze at once.

APPLE MERINGUE CRISPS

Cut rounds of bread; butter them. Place 1/2 of a peeled apple on each. Sprinkle with brown sugar and einnamon. Make a meringue from 2 egg whites and 2 cup brown sugar. Top apple crisps with meringue and bake in moderate oven (300°) about 30 minutes, or until apple is done,

PRUNE CAKE

3 cups soaked prunes
2 cups boiling water
2 tsps, baking powder
2 cups brown sugar
1 tsp. salt
2 eggs
2 tsp. soda
1 tsp. cinnamon
2 tsps, baking powder
3 cups sifted flour
4 tbs, fat
2 eggs
2 tsp. nutmeg

Mix sugar, water, prunes, and salt and boil for 5 minutes. Add fat, and cool. Sift dry ingredients into prune mixture. Add 2 well beat in eggs and fold all together. Bute in slow oven (275°) for 1 hour.

GR.PE B.V.RI.II CREIM

2 tb, g.latin
l cup boiling water
l tb. lemon juice
2 egg whites

d cup cold water
3/4 cup sugar
l cup grape juice

Soak golatin in cold water, Add boiling water and stir until golatin is discolved. And juices and sugar and let chill. When it begins to stiffen, fold in stiffly beaten egg whites. For a richer dessert substitute i cup whipped cream for the egg white.

FRUIT --- A delight to the eye, an encouragement to the appetite, a boon to the digestion, and a relief to the pocket-book!

VIRGINIA APPLES IM ANY MEAL -

If Eve had not served apples for dinner one night awhile back, we might not have this nearly perfect fruit which fits into all courses of all meals. They are served for first course or last, or as a popular accompaniment for the meat course. They are fine also for candy following the meal.

This demonstration is to show some of the variety of apple dishes.

CAMDIED APPLES

Variaties for cocktail, dessert and candy. Recipe on Circular 319, Recipe

APPLE SAUCE ROLL

Recipe on Circular E-319, Recipe Sheet.

APPLE COCKTAIL

Pest large sixed eating apples, cut into small balls with a potato scoop, are at once into water to which a little vinegar has been added to keep fruit white. Prepare a mixture of grapefruit pulp, pineapple and bancua, put late glasses; add a few apple balls to each glass and pour over all the juice left from the fruit which has been boiled down with sugar. Cool and serve at once before apples turn brown. Apples may be cooked in colored syrup.

APPLES IN BLOOM

8 red apples
Cook red apples in boiling water until soft, turning them
1 cup sugar
grated rind of 1 lemon carefully that red color may remain, and arrange on
juice of 1 orange serving dish. To the water add sugar, grated 1 mon rind
and orange juice. Simmer until reduced to 1 cup. Cool and pour over apples.
Serve with cream or with cream sauce.

APPLE BASKET SALAD

Out top off apple; scoop out center.

Apple icing: Put 3/4 cup sugar, 3 thep, water, 1 egg white and grated pulp of 1 apple in top of double boiler. Cook and beat over hot water until thick. Add juice of 1 Ismon and heat again until thick (10 min.), Spread.

APPLE HIT RINGS

Cook rings of apples in a thick sugar syrup which is colored green, flavored with mint.

APPLE CROUTES

Select tart, juicy apples; remove the cores and peel or not, according to taste. '
Have ready as many rounds of bread as there are apple halves; butter them generously and sprinkle well with sugar. Lay each half apple on a round of bread,
core side down; sprinkle with sugar and dust with cianemon. Bake & hour in
moderate oven and serve hot with crown.

#19,844 + 2 ·

CHOCOLATE COATED APPLE CANDY

Cook thick sections of apple in syrup until clear and glossy. Drain, cool and then dip into a dipping chocolate. Plain chocolate may be used if melted with one-fourth as much paraffin.

APPLE SAUCE SPICE CAKE

1 cup sugar tsp. salt Cream the fat and sugar, and add apple same cup fat 1 cup thick, unsweet- and beaten egg. Mix and sift the dry in reened apple sauce 1 tsp. cinnamon dients; add nuts and combine with mixtures 1 tap. nutmeg 1 cups flour mixing them thoroughly. Bake in loaf, in 4 tsp. baking powder moderate oven (380-400°). If preferred, tap. cloves tsp. allspice 1 egg cake may be baked in two layers. cup walnuts, chopped

VIRGINIA FRUIT PUNCH

l cup apple juice l cup water 1 cup grape juice

top sugar 2 tbsp. lemon juice

APPLE MERINGUE PUDDING

2 cups stewed apples 1 tbsp. butter Add the spices to the hot apples, then the tsp. nutmeg little lead juice beaten yolks, butter, sugar, and lead tsp. cinnesson 2 tbsp. sugar juice, if needed. Beat until light. Cook 1 tsp. flavoring 10 min. in a hot oven. Take from oven, cover with a meringue made of beaten whites of eggs, sugar and flavoring. Brown lightly in oven and serve cold with cream.

FAVORITE GLOSSY BAKED APPLES (as demonstrated)

JELLIED APPLES (for Salad)

Peol, core and quarter 2 tart apples. Make a syrup of 1 pints of water and 2 cups of sugar; boil rapidly for 10 minutes. Cook apples gently a few at a time until they are tender and clear. Remove them with a skimmer and spread on a platter. When the last of the fruit has been cooked, add 1 package of gelatine which has been soaked in 1 cup of cold water; add the juice of 1 leaon, and stir until the gelatine is dissolved. Set the sauce pan in cold water and stir until the mixture begins to thicken; drop the apples in and mix gently. Turn into a mold and let harden. Serve with whipped cream.

APPLE LOLLYPOPS

l cup sugar
1/3 cup corn syrup
3/4 cup water
red coloring
6 apples
6 wooden skewers (from butcher)

Insert skewers in blossom and. Cook sugar, syrup and water in top of double bailer to 300° or hard crack. Place syrup over hot water; and color and flavoring and plunge apple in hot syrup quickly to it is covered. Stand in rack until cool. Use the same day as moisture from apples soon makes them sticky.

PUTRITION FOR NATIONAL DEFENSE VIRGINIA REFRESHER COURSE

Prepared by Janet L. Cameron, Mutritionist, Virginia Agri. Ext. Service

LESSON VI - Milk and Dairy Products, the Backbone of Daily Food Needs

We never outgrow the need for milk! Penny for penny, you get more food value in buying milk than for any other one food.

Spend as much for milk and dairy products as for meat, fish and pouttry!

HILK IS NECESCARY IN THE DAILY DIET BECAUSE

1. It is our most nutritious food and easily digested.

2. It is our cheapest food (for value received).

3. It is one of the most versatile foods, can be served at any meal, in any course.

4. It may be had fresh, canned or dried. In comparing the milk solids of one quart of milk, it will take:

1 1/6 tall cans milk (17 oz.)

l qt. fresh skimmed milk plus la oz. butter

5 oz. American cheese 42 oz. dried whole milk

3½ oz. dried skim milk plus 1½ oz. butter

Example: For 2 children and 2 adults, use 3 quarts of milk daily, or 21 weekly. This may be served as: 15 quarts whole milk, 1 lb. cheese (American or cottage), 2 quarts ice cream, 1 pt. cream

WHAT DOES 1 QUARTOOF MILK GIVE US?

All the calcium needed each day
All the phosphorus needed each day
of the protein needed each day
1/10 of the iron needed each day

of the calories needed each day to the vitamin A needed each day 1/3 of the vitamin B needed each day

THE R. P. LEWIS CO., LANSING, MICH. LANSING, MICH.

All of the riboflavin and nicotinic acid

Because milk reinforces the diet in so many ways, it is the soundest foundation of which to build wholesome meals for the family. No diet can afford to omit milk.

MILK IS NOT FATTENING

COOPERATIVE ENLIGHTON ORK IN GRICULTURE AND HOME ECONOMICS State of Virginia, Va. A&M College, & Poly. Inst. & U.S.D.A. Cooperating EXTENSION SERVICE #35,147

OTHER MILK FALLACIES

Milk is not constipating. It is a liquid, quickly and eqsily digested. It should be taken with a mixed diet that furnishes a normal amount of fruits and vegetables.

What About Milk and Figh Together? This is just another oldwives tale. No facts can substantiate this food fallacy. The inconsistency is evident when we cat figh chowder or creamed fish! There is no reason for not taking milk or ice cream with any sea food!

Cherry Pie and Milk? This is an ideal combination. There is no reason for not having acid fruits and milk. On the contrary, it is to be desired rather than avoided. This is true because curdling is the first stop in the digestion of milk.

FORTIFIED HILK

Vis in D may be added to milk in one of three ways:

1. By irradiation

2. By adding Vitamin D Concentrate

3. By feeding the cow Vitamin D (keeping cows in the sunshine does not seem to do it!)

Homo onized milk is forced through tiny holes to break up the fat globules and lessen the curd tension. The cream does not rise to the top. This is especially important when drinking bottled milk with a straw, as in many school lunchrooms. Often the cream is left in the cottle.

Acidophilus milk, fermented by a special culture, is recommended for special medical cases.

A FEW MILK RECIPES

Outmoal Cooked in Hilk

1 cup oatmoal 3 cups milk 1 tsp. salt

Cook all together over hot water for about one half hour. Serve with whole milk and brown sugar.

Banana Hilk

1 fully ripe banana 1 cup whole milk

Slice the banana into a bowl and beat with a rotary egg beater until creamy. Add cold milk and mix well. Serve at once. Ice or ice cream may be added for a colder drink.

Tomato Milk Cocktail

2 cups tomato juice 1 cup evaporated milk ½ cup crushed ice Salt - pepper and seasoning as desired.

Shake all together and serve at once.

<u>Quick Chocolate Housse</u> (Not as fattening as cream but more nutritious.)

I tall can evaporated milk, chilled and whipped Chocolate syrup made by heating

l cup sugar l cup cocoa l cup water l tsp. salt

Let boil five to ten minutes. Add I tsp. vanilla and chill.

MUTRITION FOR MATIOIAL DEFLMSE VIRGINIA PEFRECHER COURGE

Propared by Janet L. Cameron, Mutritionist, Virginia Agri. Ext. Service

LEGSON VII - T'E STAFF OF LIFE, HO' BREAD AID CHILLS JI E RICH THE DIET

Breads and cereals are our cheapest food and are very important in the low cost diet (about 1/5 of the food dollar is spent here). It is important that part of this group be whole grain products because of the iron, vitamins, and roughage. In everyone would select some whole grain products, the enrichment of refined ones would be unnecessary. As it is now, the milling industry reports that only 2% of the bread and flour sold is whole wheat--hence 98% needs some enrichment.

Enriched flour was initiated in this country as a definite defense measure. The milling industry began this program at the request of the National Defense Council. Since bread is one food consumed by the majority of people at every meal, the addition of vitamin Bl (thiamin) are iron to bread and white flour can be the means of getting these two factors (which are serious omissions in the average American diet) into nearly every diet. A century ago people lived on the unrefined, dark, whole grain bread; but our taste and our milling methods have given us a flour snow white and light, but one which had its nutritive values reduced to a minimum. Result --U. J. citizens suffer generally from deficiency of these essential vit mins,

S ince the outbreak of the war, Britain has had enriched flour and breads. Te food ministry there re lized that this was the cheapest, most effective way to strengthen the diets of its citizens. Enriched white flour looks, tastes and bakes exactly like the plain white flour.

Each pound of enriched flour must contain at least:

1.66 (550 I. U.) milligrams of thiamin (Bl). One mg. equals 333 I.U. Aver go daily requirement, 333-666 I. U. Mole wheat has about 700 I. U. per pound.

6.15 milligrams of nicotinic acid (pellagra-preventing factor). Average

daily requirement, 10-25 mg.
6.15 milligrams of iron (there are 28.69 mg. in one ounce.) Average daily requirement, 10-15 mg.

In addition, enriched flour may have:

1.22 milligrams of riboflavin (B2). Average daily requirement, 2-3 mg. 493 milligrams of calcium. Average daily requirement, 450-800 mg. 492 milligrams of phosphorus. Average daily requirement, 880-1320 mg.

Thianin is also supplied by whole grain products, muscle meats (especially lean port), milk, eggs and vegetables.

Micotinic Acid is also contained in milk, liver, lean meats, yeast, fish, eggs, and vogetables.

COOPERATIVE LIALISTON ONE IN GROUPATED AND HOLE ECONOMICS State of Virginia, Va. Lal College, & Poly. Inst. & U.S.D. Coop. 7/41 EXPLISION SERVICE #25,147

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The cost of enriching flour is very small (about 50¢ per barrel or to par 1b.) Enriched flour is not built-up to even equal whole wheat flour. There is no danger of getting too much thismin from cating quantities of enriched products. We should encourage its use for better nutrition, as a part of our defense program.

ROLLING IN DOUCH TITH INTRICHED FLOUR

SUGGISTED RICIPES

wiel Thole "Leat Luffins

2 eups whole wheat flour 1 tsp. soda cup far cup sugar logg 3 top baking porder la cups buttermilk 1 tup salt

Cream augur and fat, add beaten egg, milk and dry ingredients, which have been thoroughly mixed. Bland together (do not beat) and bake in hot greased muffin time. Nuts, raisins or other fruits may be added.

QUICK Sally Lunn (use enriched flour)

to cup shopped nuts 2 cups flour g cup butter 2 tbs. sugar 1 tsp. salt 2 eggs g cup milk 3 tsp. baking powder

Cream butter and sugar. Add egg yolks and beat. Add milk and sifted dry ingredients to which the nuts have been added. Fold in stiffly boaten erg whites. Bake in moderate oven in loaf pan 30 to 40 minutes.

Fluffy Batter Bread (use water ground meal)

top corn moal, sifted with tsp. soda 1 cup buttermilk 1 cup sweet milk 2 tsp. balling powder 2 eggs 2 than. melted butter g tsp. salt

Bo toggs with the sweet and buttermilk. Helt butter in baking dish in which bread will be baked. Have oven hot before adding dry ingresients to liquids. H ve greased dish hot before adding batter bread. Put at once into hot (4500) oven and bake until firm in centor (80-50 minutes).

SUGCESTIONS FOR DISCUSSION:

1. Mich cereals are whole grain ones? Oatmeal, wheatena, shradded wheat, and others. Is day-old bread available at your stores?

23 Is is just as nutritious as "fresh".

3. day do only 2% of the people eat whole grain products? Can we alter this through education?

Does the enriched flour and bread do away with the necessity of 4. teaching the value of whole wheat?

YEAST BREADS

Virginia Bread Clinic Summer, 1940 Wheat Flour Institute Cooperating

Points in technique to observe in making yeast breads with soft wheat flour:

1. Keep dough very soft.

2. Avoid overkneading. Folding the dough gently until it is smooth gives

excellent results.

Keep fermentation period short. One rising period of 45 minutes, before molding, gives best results.

QUICK YEAST BREAD METHOD

2 cups milk

4 tablespoons shortening

4 tablespoons sugar

1 cake compressed yeast*

1 1/2 teaspoons salt

7 cups sifted soft wheat flour

Scald milk and add sugar, shortening, and salt. Mix and cool to lukewarm. Add yeast and let soften. Add flour gradually. Turn out on floured board. Turn and fold into a very soft dough. Place in greased bowl. (Allow to rise until light, approximately 45 minutes at room temperature.) Avoid over-rising. Shape into loaves or rolls. Place in greased pans. Let rise until light. Bake loaves in moderately hot oven (400° F.) 30 to 40 minutes. Bake rolls in moderately hot oven (400° F.) 15 to 20 minutes. Yield: 2 loaves or 40 small rolls.

CARAMEL ROLLS

When dough is light, roll out a rectangular sheet about 1/2 inch thick. Brush with melted butter and sprinkle with brown sugar. Roll jelly roll fashion. Cut in 1-inch slices and place cut side down in pans prepared as follows:

Melt 4 tablespoons butter in pan and brush sides well. Spread 1/2 cup brown sugar over bottom of pan. Place rolls on sugar. Let rise until light. Bake in moderate oven (375° F.) 20 to 25 minutes. Let stand in pan 1 minute before turning out.

Variations:

Cinnamon Rolls Parkerhouse Rolls Dinner Rolls

*Dried yeast may be used instead of compressed, in which case we recommend that the directions given by the manufacturer be followed throughout the preparation of the yeast for use. The type of yeast used does not effect a change in the manipulation of the dough.

NUTRITION NEWS

July 1, 1941

Janet L. Cameron, Food and Nutrition Specialist Virginia Extension Service



"A DEFINITE YARDSTICK FOR GOOD MUTRITION"

The Committee on Food and Nutrition of the National Research Council has, in the light of recent research work, agreed on the best standards as a guide for adequate nutrition. In scientific listings, here they are:

	+0a1-	:Pro-	:Cal-	:Iron	:Vit.	:Thiami:	n:Ribo-	:Nico-:	Ascor-	:Vita. D
					:(Int.	: B ₁ :(mīlli: :gram)	-: (milli	n:tinic: -:Acid : :(milli:	Acid	
المستقل المراكية	:	:	:	:		。 安工 57111		:gram);		:
Man (70 kg.) Mod. active Very active Sedentary	3000 4500	70	:	:	:	2,3	2.7 3.3 2.2	: 23 :		; ### :
Woman (56 kg.) Mod. active Very active Sedentary	2500 3000	60	0.8	: 12		: 1.5 : 1.8 : 1.2	: 2.2 : 2.7 : 1.8	: 15 : : 18 :	70	###
Pregnancy (latter half) Lactation	:	:	:	:	:6000	:	2.5 : 3.0	: :		:400- 800 :400- 800
Children: 1 - 3 years 4 - 6 years 7 - 9 years 10 - 12 years	:1600	40 50 60	: 1.0 : 1.0 : 1.0 : 1.0	: 7 : 8 : 10	2000 2500 3500 4500	0.6	: 0.9 : 1.2 : 1.5 : 1.8	: 8:	50 60	:
Girls, 13 - 15. 16 - 20			: 1.3		:5000		: 2.0		80 80	:
Boys, 13 - 15 16 - 20			-		:5000 :6000	-			90 100	:

For an average, use the moderately active man, and woman.

VE. A. & M. Collego & Poly. Inst. & the U.S.D.A. Cooperating
EXTENSION SERVICE

To us, this means this pattern: Include daily

MILK: children, 1 quart; adults, 1 pint, EGG; 1 (or at least 3 or 4 times a week)

MEAT: 1 serving (1 oz. at 1 year up to 3 ozs. for adults)

(fish and liver each once a week)

VEGETABLES: 2 servings, one green or yellow and one other FRUIT: 2 servings, one citrus or tomato, and one other such as apples or prunes

POTATO: 1 or more servings

BUTTER: 1 to 5 tbsps. (100-500 calories)

WHOLE GRAIN OR "ENRICHED" CEREAL AND BREAD: at least half of all

cereal eaten

SUGAR, FAT, ETC .: To complete calories needed each day.

Using this pattern in three meals may be translated into this sample lowcost dietary for Virginia families:

BREAKFAST

Tomato Juice
Cracked wheat cereal
with top milk
Toast (enriched bread)
with butter
Coffee for adults
Milk for children

LUNCH

Batterbread, butter
Bacon
Fried apples
Cabbage salad
Milk

DINNER.

Pot roast and gravy
Baked potatoes,
butter
Carrets or greens
Rolls with butter
Gingerbread,
whipped cream
Toa or coffee for
adults
Milk for children

LISTEN AMERICA! The new broadcast sponsored to help inform and educate people on the subject of nutrition and its part in National Defense, comes over NBC Friday nights at 9:30, our time. It is well worth listening to.

MOVIES. The following are available:

"Proof of the Pudding", 1-reel 35 mm. technicolor and sound, and 16 mm. silent, and black and white, Matropolitan Life Insurance Company, New York City

"For Health and Happiness", 16 mm. 1-real in color, silent or sound.

Section of Motion Pictures, U. S. Department of Agriculture,
Washington, D. C.

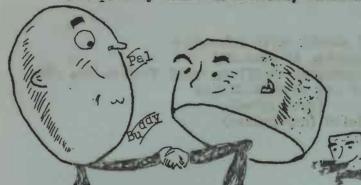
"The Vitamin B Complex", 16 mm. 2-reel film in color and sound. Very technical. E. R. Squibb & Sons, 745 Fifth Avenue, New York City.

ENRICHED PRODUCTS. This is the most recent way of helping America to be well fed. Since one-fourth of our calories come from bread and cereals, this enrichment can do much to improve our diets. BUT remember that enriched products are still not up to the whole wheat ones. Some but not all of the vitamins and minerals are put back by enriching, so it is as necessary as ever to teach the value of whole wheat. Here are 4 charts to help show this:

NUTRITION FOR NATIONAL DEFENSE

VIRGINIA REFRESHER COURSE

Preapred by Janet L. Cameron, Nutritionist, Virginia Agri. Ext. Service



Together — MEAT SUBSTITUTES

Cheese is nellow,
Cheese is piquant
So nutritious - serve it froquent (ly)
Roquefort, Limberger and Cheddar
There's no food that's any better.

Appetite is not an adequate guide to food selection, for many people's appetite would lead them to select neat three times a day, with only some bread, potato and sweet to top it off.

One serving of meat daily is all the body needs for adequate nutrition and is all most budgets can afford. Cheese and egg dishes often go by the name, "meat substitutes", which does not do then justice. They represent themselves—both are nourishing and assential foods. Beside protein, they contribute such calcium and vitanin A and D in which neat is low.

CHEESE STANDS ALONE

Not because it's so strong, but because it can stand on its own good reputation and popularity.

Serving a spoonful of creamy cottage choese beside a salad of water cress or other greens would help remedy one of our American dietary lacks - too little calcium.



Give Tops A Break

If They're Good Tos



There are hundreds and hundreds of ways to use ess. It should be a criminal offense to let your family become tired of them during the months when they're cheap and plentiful.

Egs are rich in iron and vitamin A and G; and they are good sources of vitamins B and D. They are included in the class of "protective" foods.

SLOW DOWN

The guidepost for cooking egg and choose dishes—use a low temperature. This will give a tender, delicious product. High temperatures produce tough, leathery products. Ion't boil your cass—sinner than! Bake custards in a pan of outer in a moderate oven. Long cooking or high temperatures are the cause of curdled

custords. All car dishes, like angel food cakes and meringuos, need low topperatures.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME DONOMICS State of Virginia, Vinginia A & M College, & Poly. Inst. & U.S.D.A. Coop. EXTENSION SINVICE

7/41

Lesson IX - page 2"

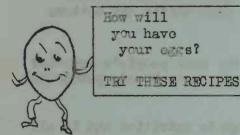
WHITE OR BROWN?

The color of the shell has nothing to do with the food value or flavor of the erg. The color of the yolk depends on the feed given to the chicken, but the deeper. the rellow the greater the amount of vitamin. Keep oggs.

cool and away from highly scented foods, because they absorb odors and flavors easily.

Begs are Used:

Alone - cooked slowly until palatable As thickening agents, in custards As leavening agents, in souffles, angel food cakes, etc. As a garnish for hot or cold dishes As a coating agent (cromettes) . To make an emulsion (mayonnaise)



Trim crusts from 6 slices of bread (enriched or whole wheat). Lay 3 slices in bottom of buttered baking dish. Fit then to cover the entire surface. Cover with 1 cup of grated thouse; then cover with the other bread. Boat 2 eggs; add 12 cups milk, salt and pepper, and pour this over the bread and choose. Dot with 2 the. butter and bake in moderate oven (350°) for about 30 minutes.

CARAMEL CUSTARD

Caranolize & cup surar in a small frying pan, stirring until just melted and a light brown color. Pour a small amount into cold custard caps. Add custard mixture made by mixing 2 cups milk, 2 oggs, t tsp. salt, 1 tsp. vanilla. Place cups in pan of water and bake at 350° until set in center. It is done when knife comes out clean. When cold, turn into dessert dish. The caranel makes a souce over it.

QUICK SPONGE CAKE

5 org whites 5 org wolks 4 slices broad 2 orgs 1 cup sugar 1 cup flour 2 cup butter 1 thap. lemon juice and rind (or vincar) tap. salt

Beat whites until stiff but not dry. (If grated choose. Boke in oven until whites are left at room temperature before beating, they produce greater volume.) Add of the sugar and beat stiff, as for noringue. Boat yolks with lemon until stiff, add the other half of sugar and fold these two mixtures with the sifted flour and salt. Mix until just blended-do not beat. Bake in moderate oven (300°): layer cake, 25 to 30 minutes; loaf cake, about 1 hour.

Cut strips of broad; dip in beaten ogg and melted butter; roll in dry cheese nelts and is slightly brown. Serve with salads.



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#25,147

IUTRITION FOR NATIONAL DEFENSE VIRGINIA REFRESHER COURSE

Prepared by Jamet L. Cameron, Mutritionist, Virginia Apri. Ext. Ser. IESSON X

General Summary of Mutrition Refresher Discussions

Have class fill in the arswers, then discuss them as one way to get a governl summary. Have all other questions brought in at the rame time.

	AND ER "T" (true) "F" (False)
1.	It is important for national defense that each homemaker feed her family well
2.	One-third of our nation is suffering from malnutrition
3.	The only dangers from malnutrition are pellagra, rickets and such deficiency diseases
4.	"I can't like it" is an adequate reason for not eating a food
5.	To never outgrow our need for milk
6.	Vegetables are wholesome but expensive foods for a limited budget
7.	Cook res regetables with a small amount of said to keep the color oright
8.	Always add salt but never soda to green vegetables
9.	Strong flavored vegetables should be cooked wovered to keep the edors from filling the house
10.	A hard working man needs plenty of meat to give him enough energy to keep going
11.	Low cost meats are just as nutritious, often more nutritious, than expensive ones
12.	Cook all roasted meats covered in a moderate oven
13.	Fish is an inexpensive nutritious food and should be served at least once a week
14.	Never serve fish and milk at the same meal
15.	Milk is just as good served fresh, canned, dried, or in cheese or ice croan, just so you get enough of it
16.	Acid fruits should be avoided by anyone who is inclined to have "an acid condition."
St.	COOPERATIVE DETENSIN FORK IN ACCIDENCE AND HOME ECONOMICS

ENTIN CION SERVICE

7/41

Les	ion X - page 2 #25,147	
17.	Acid fruits and milk should not be served together	
1.8.	Hilk is a nutritious food but should be avoided by anyone who wants to reduce	
19.	Some folks are intended by nature to be fat and nothing they do about it will help much	
20.	Heals which are planned in advance and written down are apt to be more nutritious, less expensive and less trouble	
21.	but it doesn't matter at which meal they are served	
22.	Since enriched bread and flour are available, there is no need for using whole wheat	
23.	If enough milk, fruits, vegetables and whole grain cereals are included, there is no need for taking vitamin products	
24.	It is chooper to get vitamins in concentrated form than to rely on foods for them	
25.	Ordering grocories by telephone is much easier and just as cheap as going for them	
26.	If people have planty of money they'll choose enough variety to get a gool dist	
27.	Chease and egg dishes should always be cooked at a low temperature	
28.	Cheese is very hard to digest and hence should be used aparingly	
29.	The egg yolk has greater food value than the white, so should be included first in a small child's diet	
30.	Children can be trained to eat any good food unless they are allergic to it	
31.	It is cheaper to buy adequate foods and keep well than to run the risk of doctor's bills	
32.	The defense of Alerica can be no stronger than the strength of its people	
	STATE OF VIRGINIA Nutrition for Defense	
	(County or city)	
THIS IS TO CENNIFY THAT		
HAS JUCCESSFULLY COMPLITED THE COURSE OF 10 LISSONS OF BEFTER PUTRITION FOR THE TOTAL DEFLICE OF ALERICA.		
Date	Instructor	

Fig. 184 (garmer an

HOW DO YOUR MEALS STACK UP?

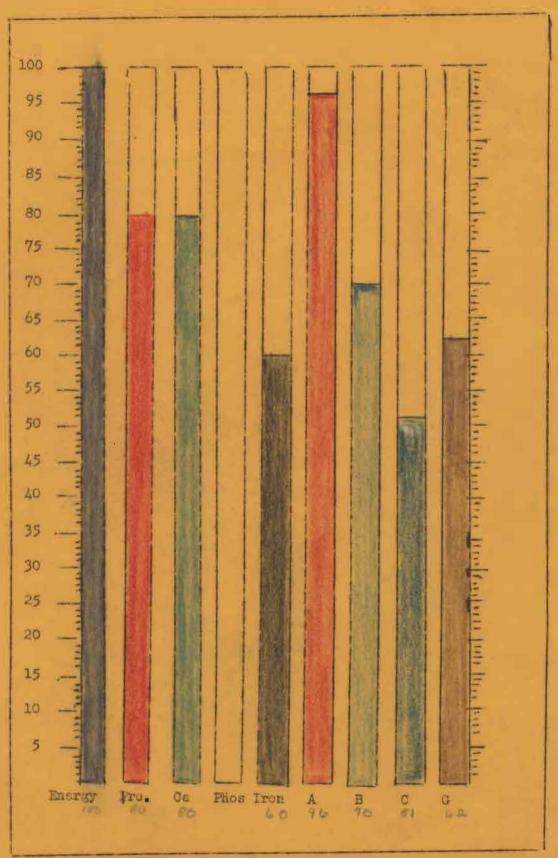
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School Survey -

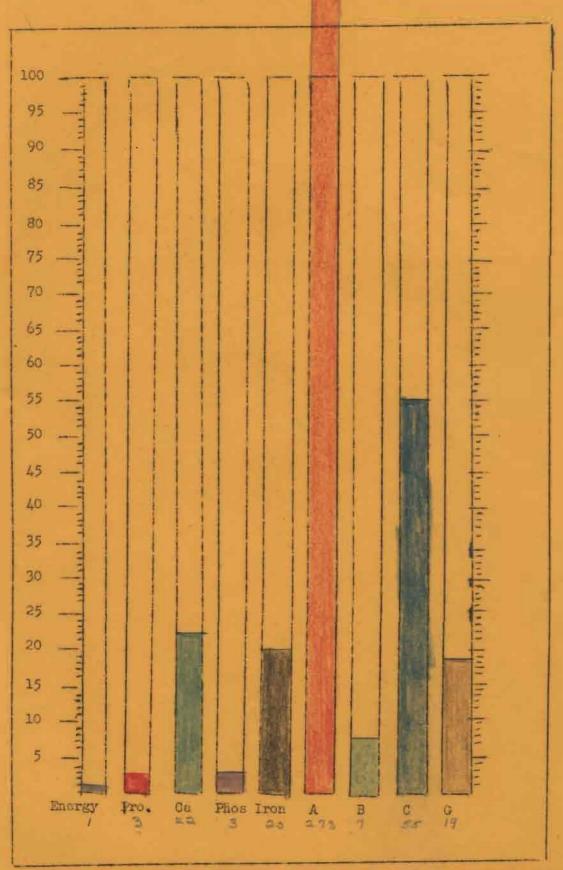
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HOW DO YOUR MEALS STACK UP?

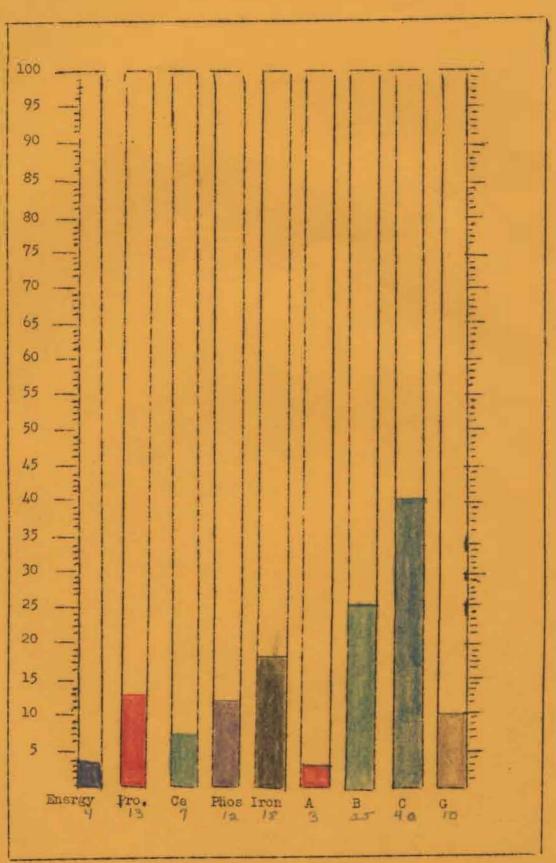
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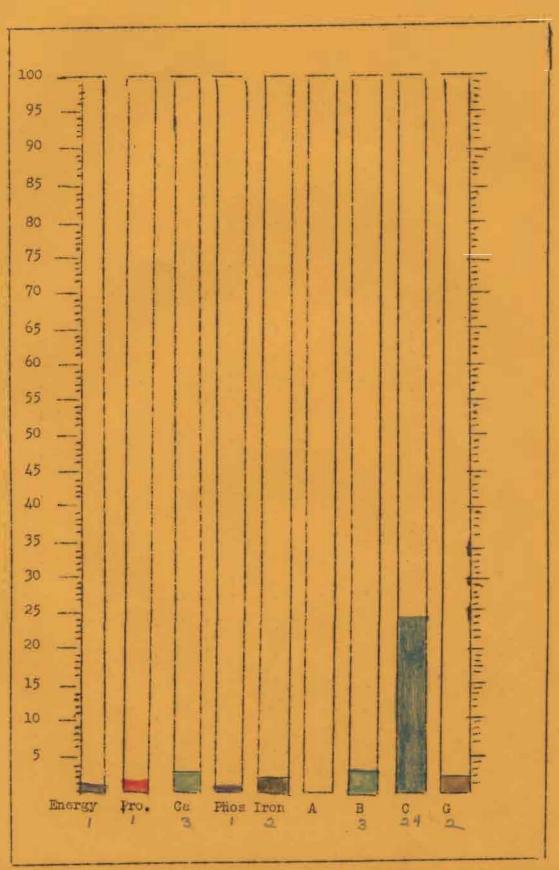
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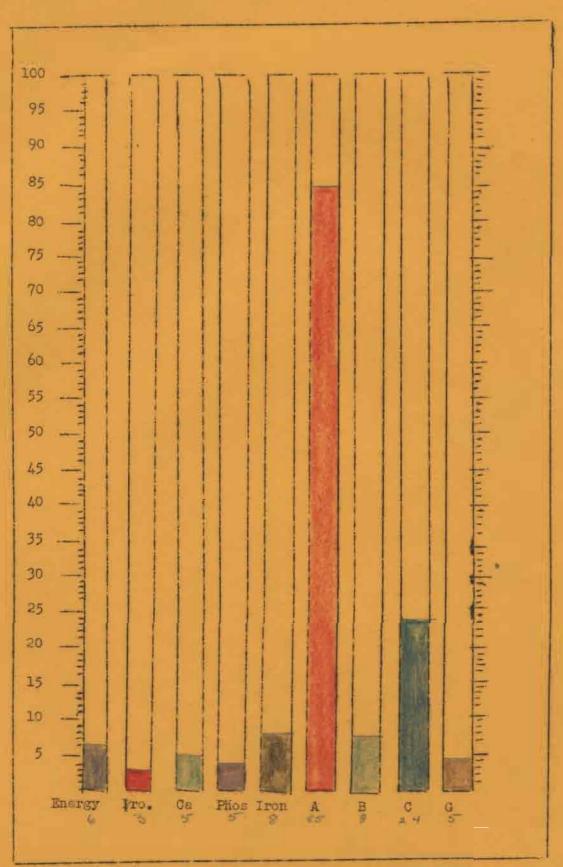
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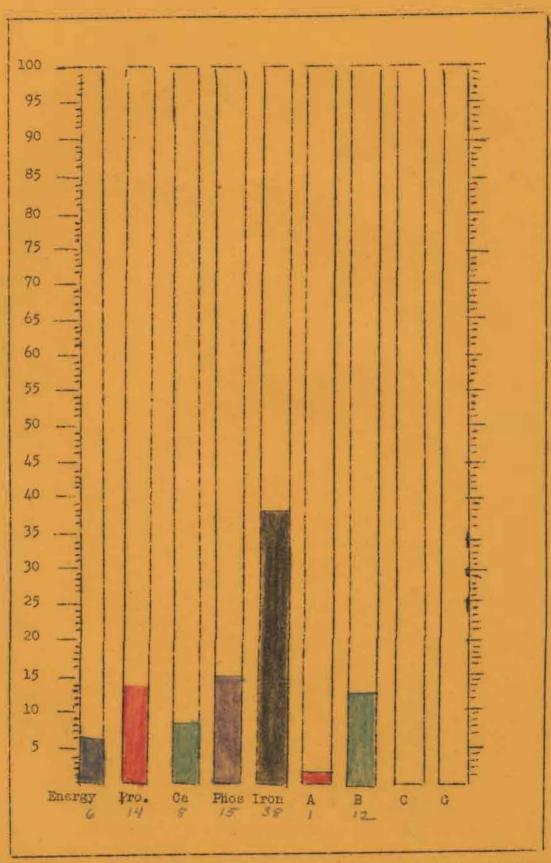
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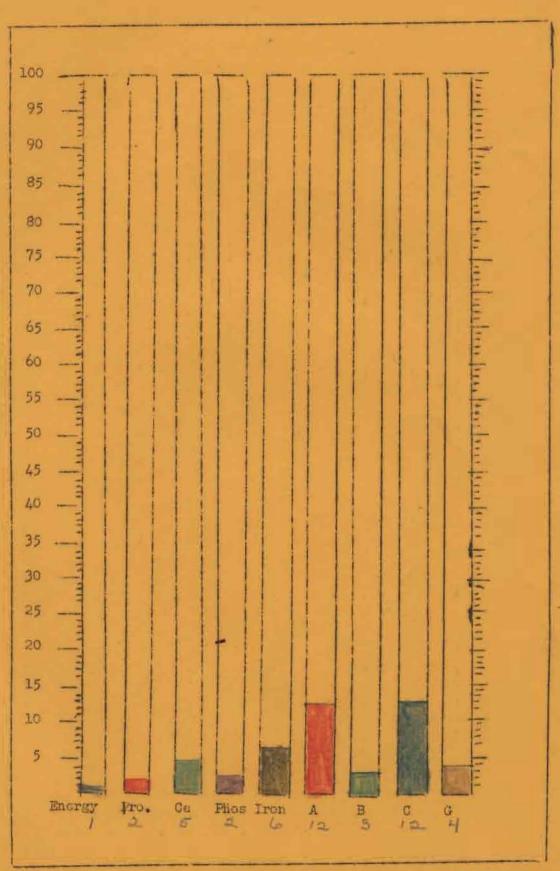
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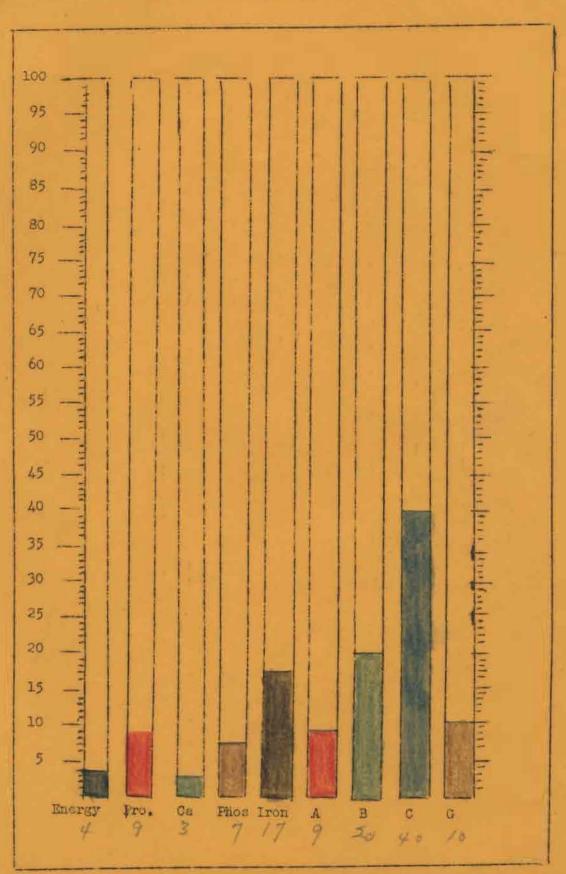
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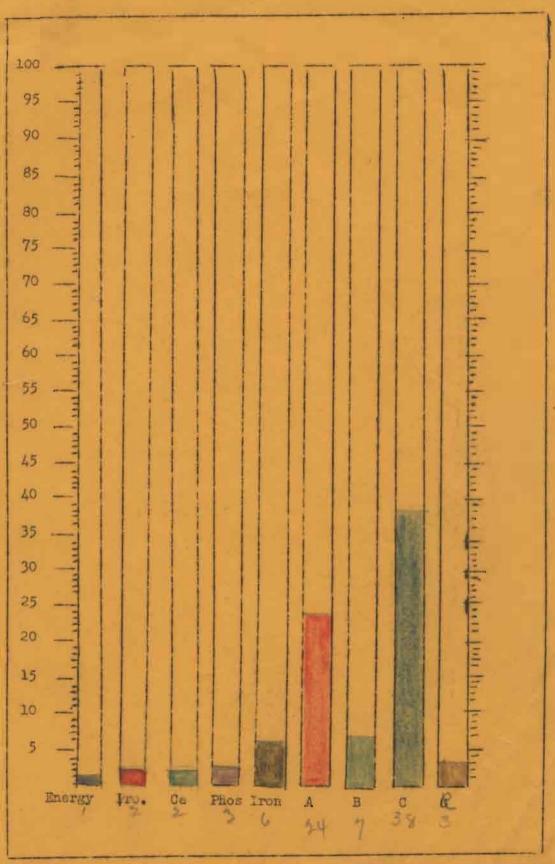
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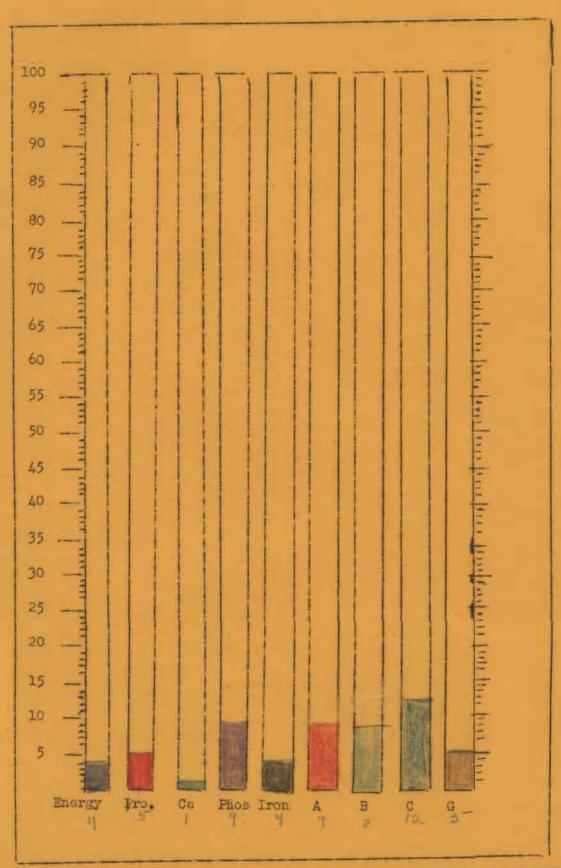
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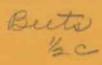
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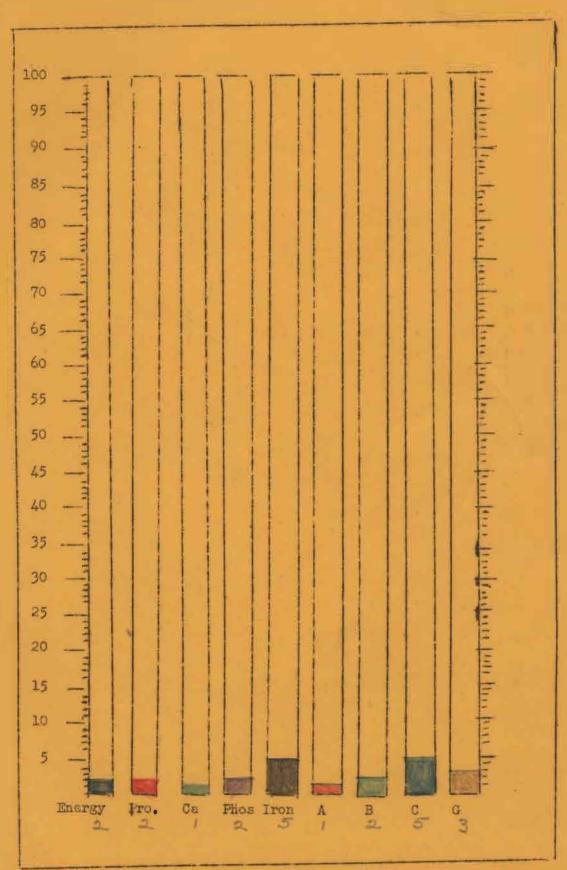


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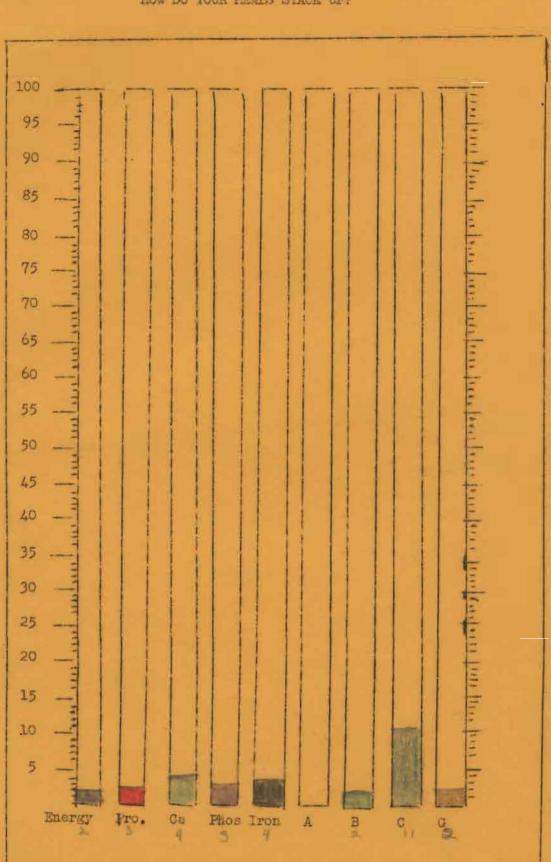


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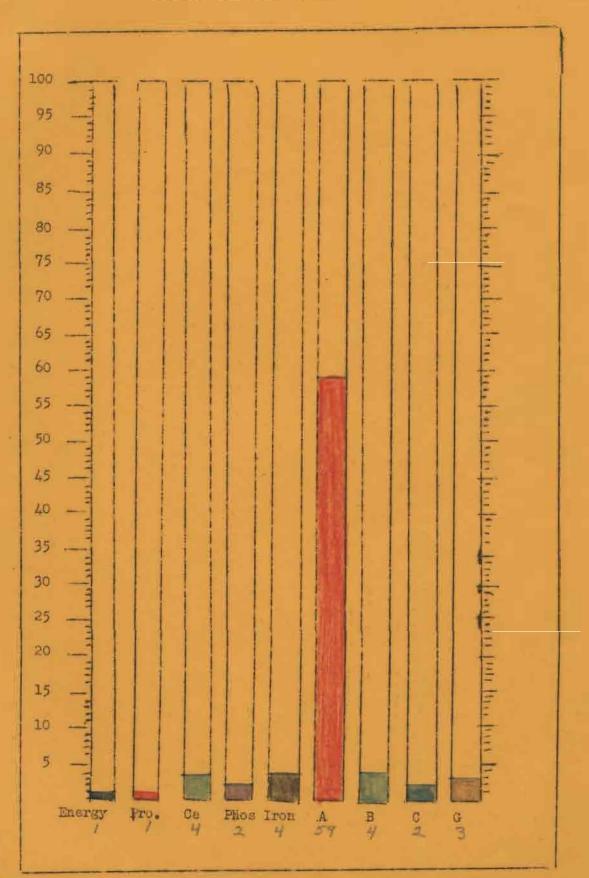




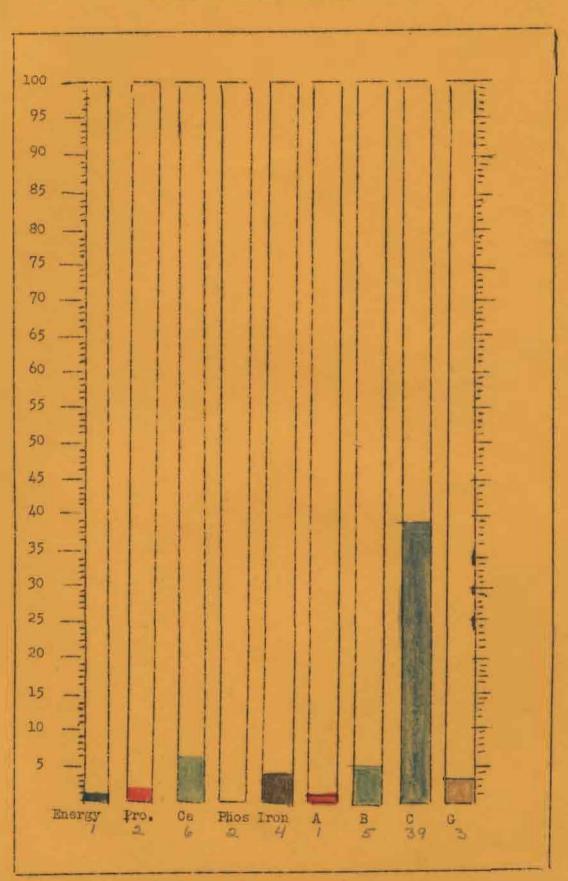
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Holday Food Suggestions

Holiday Season in 1943-44 will be a challenge to homemakers everywhere. It will not, can not, and should not be "as usual" but it should still be a happy family time for those who can be together.

Wartime food shortages challenge a homemaker's ability to adapt and substitute. Rationed foods should be used sparingly, whether your supply is limited or not, but meals must still be tasty and nourishing.

These dishes are ones which are easy and quick, and take little if any of the rationed foods.

GREEN TOMATO MINCEMEAT

1 pock (8 qts.) green tomatoes 1 cup vinegar
5 cups brown sugar (or 6 cups corn syrup) 2 tablespoons salt
4 cups raisins 4 tablespoons cinnamon
4 cups beef suet (or 2 cups butter) 2 tablespoons nutmeg
6 cups chopped apples

Slice tomatoes thin or put through a food chopper. Drain. Cover with cold water and boil 5 minutes. Drain again. Add suet, vineger, fruit, and seasoning. Simmer 30 to 35 minutes. To can, pour into hot jars and process as for preserves.

OATMEAL HERMITS

la cups sifted flour

teaspoon salt

teaspoons baking powder

teaspoon cinnamon

cup seedless raisins

cup melted butter or fat

cup derk corn syrup

cups fine oatmeal

cups fine oatmeal

Sift first 4 ingredients together. Mix oatheal, sugar and raisins; add sifted dry ingredients and mix well. Combine fat, syrup, and eggs and add to first mixture. Drop from tablespoon onto greased baking sheet and bake in hot oven (400) 15 minutes. Makes about 3 dozen.

WARTIME FRUITCAKE

2 cups sifted cake flour \$\frac{1}{4}\$ teaspoon cloves

1/8 teaspoon salt

1 teaspoon biking seda

1/3 cup brown sugar

1 teaspoon cinnamon

1/3 cup of honey

1/4 teaspoon vanilla

1/5 cup sliced candied orange

1/6 cup sliced citron /peel

1/8 cup sliced citron /peel

1/8 cup sliced candied orange

Cift flour, salt, soda, and spices together 3 times. Cream shortening, sugar, and honey well. Add fruits and vanilla. Mix thoroughly. Add dry ingredients, wilk, and molasses alternately in small amounts beating well after each addition your into tube pan lined with greased prown paper. Bake in slow oven (300°) 3 hours, or cover tightly and steam for 1 hour at 15 pounds pressure. Test with toothpick or cake tester before ramoving from oven.

BAKED BEAK RAREBIT

2 tablespoons butter 1/3 cups baked beads, mashed 2 teaspoons meat sauce 1 cup grated sharp cheese ½ teaspoon paprika 1/3 cups milk ½ cup tomato sauce ½ teaspoon salt 1/3 cups milk 15 strips hot toast

Melt butter in top of double boiler. Add cheese and stir until melted; add tomato sauce, beans, paprika, salt and meat sauce and stir until smooth. Add milk and cook until thickened. Serve on toast strips. Serves 5.

PEANUT BUTTER FRENCH TOAST

1 egg
2 cup peanut butter 1 egg
3 cup milk 6 slices bread

Heat milk and mix gradually with peanut butter. Add egg and beat well. Dip bread slices into mixture. Brown on both sides in butter or bacon fat. Serve hot.

PEANUT ROAST

1 tablespoon chopped onion
1 tablespoon chopped celery
2 tablespoons butter
2 tablespoons butter
3 cup boiling water
1 tablespoons chopped celery
1 cup brend crumbs
1 cup mashed beans or peas 1 egg, slightly beaten
1 tablespoons vinegar

Cook onion and celery in butter until brown. Add water and simmer until vegetables are tender. Mix remaining ingredients in the order listed. Combine mixtures and pack into buttered baking dish. Bake in moderate oven (350°) 30 minutes or until brown. Serve with tomato sence. Serves 6.

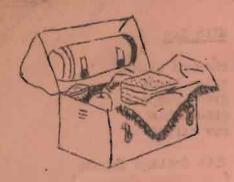
PEANUT AND CARROT LOAF

1 cup chopped carrots
1 cup coarse ground peanuts
2 eggs, slightly beaten
1 cup strained tomatoes
1 cup bread crumbs
2 tablespoons butter
2 eggs, slightly beaten
1 tenspoon chopped parsley
3 teaspoon salt

Combine ingredients, mix thoroughly, and pack into buttered loaf pan. Bake in moderate oven (350°) $1\frac{1}{4}$ hours. Serves 6.

To Whip Thin Cream ... Now that whipping cream is no longer sold, some substitute has to be used when recipes say " fold in whipped cream". It's easy, and late teasprons gelatin (a envilope) in a cup milk. Dissolve in cup over hot vater. Add to I cup of thin cream, Ald dash of salt. Chill at once in a freezer tray or over cracked ice and whip!

Window Box Heros ... It you have a surmy window box you may have winter a soming all the time and an attractive from mixture in the kitchen too. If you don't use the heros as fast as they grow, cut and dry them and put in small jars ready for use. This is grand strategy for the wartime kitchen and will pep up wartime menus of Jeans and peas!



CARRY A VICTORY LUNCH FOR WORK OR SCHOOL

Johnny School Boy plays his part in Victory. To do this, needs a Victory lunch each day.

September may mean a new grade and a new te cher to Johnny, but to mother it may mean planning and packing several lunch boxes each morning.

Why not let Johnny and Mary pack their own? Even a six-year old can spread and wrap sandwiches if the fillings are all prepared. They can also pack a lunch for father or Uncle Jo - if they too must carry their own.

McNutt says, "80 thousand working days can be saved this year if war workers keep fit." One of the most vital points of attack is in the homes where these lunches are packed every day. This is a big war job for American women- to see that these lunches contain the foods which will provide health protection and energy for our war workers.

Make them Satisfying-Tes, but this isn't all. They must have the kind of food that will keep up the physical energy and mental alertness of Johnny School Boy and his father, "Daddy - Defense- Worker." Both of these citizens are necessary in the total war program.

If the packed lunch is supplemented with a hot dish the job is easier - but we are concerned now with those who get only what they take from home. A thermos bottle of hot soup or cocoa is a big help, otherwise sandwiches must provide most of what is eaten.

What is a V Lunch?-The Victory lunch must have:

- 1. Some with milk or milk products cheese cuttage cheese, custard or ice cream.
- 2. Some protein food meat, egg, cheese, beans usually made into sandwiches(have bread thin and thick fillings!)
- 3. Some fruits or vegetables preferably raw, as carrots, tomatoes, apples, lettuce etc.

Suggestions for V - Lunches

100 Sandwich Fillings

With Ham(left overs)	V	With Beef (left overs)
Grind colory, parsley, onion	V	tomato catsup
add salad dressing or mayonaise	V	ground with celery
add chopped apples	V	onion
green peppers	Value of the	chopped parsley
A STATE OF THE PARTY OF THE PAR	V	meet loof- sliced cold
	V	ground carrots

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND NOTE ECONOLICS, STATE OF VERGINIA

A.& M. College & Poly. Ins. & U.S.D.A. Cooperating

Dried Fruit	V.	Lettuce 1 -
ground raisins ground apple chopped fig and apple ground nuts peanut butter marmelade	A A A A	sliced chopped apple with: mayonaise shredded carrots sliced tomato crisp bacon hard cooked egg
Sliced Dried Beef	A.	Ground Cooked Liver

V

V

V

chopped celery
" carrots
catsup
ground with cheese

ground celery and onion chopped parsley crisp bacon green peppers

5 Wholesome Tasty Sandwich Breads

Whole Wheat Bread

1 yeast cake
2 c. luke warm water or milk
1 tsp. salt
2 tbs. molasses or honey
2 tbs. melted fat
3 c. white flour
3 - 4 c. of whole wheat flour

Soften yeast in warm water add other ingre ients. Add flour until dough is stiff enough to kneed - work on a board till it is springey - grease hand, put dough in and grease on top. Let rise until double. Funch down let rise again. Form into loaves. Let rise in pans, bake at 350 degrees for about an hour.

Mix dry ingredients (don't sift) Add milk and molasses and pour into greased tins, not over 3/4 full. Cover closely with 1id or several layers of paper tied on and steam 3 or 4 hrs. or in a pressure cooler at 15 lbs. for hr.

Bostom Brown Bread

1 c. corn meal
1 c. whole wheat flour
1 tsp. salt
2 tsp. soda
1 c. butterailk
3/4 c. molasses

Poanut Butter Bread

2 c. flour
2 tsp. baking powder
1 tsp. salt
2 c. sugar
2 c. honey or syrup
1 jar peanut butter (6 ozs.)
1 c. milk
2 eggs
2 c. fat

Sift dry ingredients together. Work in peanut butter and fat. Stir in milk and eggs beaten together. Bake in well greased loaf pan in moderate oven 350 degrees F. about an hour.

COOPER TIVE EXTENSION ADER IN AGRICULTURE AND HOME ECONOLICS

Va. A.M. College & Inst. and U.S. D. A.

Oatmeal Bread

l c. oatmeel 2 c. boiling water - -2 tbs. fat

c. molasso

Let stand for 5 min. covor and steam an hour or until luke warm.

Mix 1 yeast cake in 'c. of water and add to the bread. Sift 4 c. of flour - mix well into the bread. Set saide to rise. The dough is real thin like muffin batter when doubled.

Quick Nut Bread

2 c. wheat flour
3/4 c. of walnut meats chopped
1 c. noney or syrup
5 top. baking powder
1 tsp. salt
1 c. grated choese
3 orgo

AND A SECURIOR OF THE PARTY.

lix dry ingredients including nuts. Add milk, mix thoroughly, add well beaten egg and turn mixture into greased pan. Let stand 15 min. and bake in oven.

Other Breads

Cheese, prune, raisin, salt rising, date, corn and mye.

When You Take The Cake

THE ART AND SCIENCE OF IT



Years ago it was thought that a woman who could make light, fluffy delicious cakes possessed some unusual gift or talent.

Now so much has been said about the art of cake being that only light, tender, delicious ones should ever come forth. Yet sugary icing and coarse grained, tough cakes sometimes see the light of day, even yet. There are only 3 things that can affect the cake—(1) ingredients used; (2) method of mixing; and (3) baking properly.

Ingredients of course must be selected well, but they must always be measured accurately.

In mixing butter cakes, cream fat and sugar well. It is worth whatever effort it takes. Of course, if fat is first softened, it is easier. If eggs are separated, the cake is always lighter. Do all the heavy mixing and benting before flour is added. Tunnels in a cake are caused by too much mixing after the flour is added. For Sponge and Angel Cakes, light folding methods must always be employed. The cir beaten into the egg is a real leavening.

Baking. Be sure the oven is approximately the right temperature. If you do not have a regulator, get an inexpensive thermometer. Too quick or too slow baking can ruin a well-mized cake of excellent ingredients.

DIFFICULTIES IN CARE MAKING AND THEIR CAUSES

Cracks and uneven surfaces are caused by too much flour or too hot an oven.

A dry cake, that is, a fresh cake that seems dry or bready inside, may be caused by too much flour, too little fat, too little liquid or by the kind of sugar used.

(Powdered sugar gives a dryer cake than granulated sugar.)

A heavy, sticky cake means too much sugar or underbaking.

A moist, sticky crust is caused by an excess of sugar.

A macaroon crust is caused by too much sugar or too slow baking.

Contrac grained calcos are caused by insufficient mixing, too slow baking, too much baking powder, or too much fat.

Falling is caused by insufficient flour, too much fat, underousing, or opening or jarring the oven early in the baking period.

An unever color is caused by too fast boking, or insufficient mixing.

BUTTER CARE

1/3 cup fat 2/3 cup milk Creem fat, edd sugar gradually, and bent well top, salt 2 top, baking powder until mixture is light. fluffy, fine-grained 1 top, vanilla 2 eggs and moist. Add egg yelks, and bent again 3/4 cup sugar 1 cups flour until smooth. Add sifted dry ingredients and milk alternately, then fold in stiffly beaten egg whites. Bake is moderate even (350-375°) for 25-40 mins. Tals makes three layers, or two large pane.

ANGEL CAPE

l cup pastry flour l tsp. creem of tarter g tsp. selt

Il cups fine grapulated l tsp. vanilla extract l cup sgg whites

sugar g tsp. clmond extract (8 to 11)

Sift the flour once, measure. Mean re the sugar and sift with flour 3 times. Beat

#19,847 - 2

egg whites with salt in large bowl, using wire which and lifting the which on each stroke well above the contents of bowl in order to incorporate large quantities of air. When frothy, elft in cream of tarter and continue beating until the whites will stand up in points when the which is lifted out of mixture. Do not beat until ary. Beat in flavoring. Add flour and sugar, folding in carefully. Four into large tube pan kept only for angel and sponge cakes. Smooth the surface if necessary. Bake in slow oven (250°) for one hour, increasing the heat a little towards the last. Remove from oven and invert the pan to cool. When entirely cold, remove the cake from the pan and frost if desired.

SPONGE CAKE

5 eggs, (white and yelks)
1 cup sugar
2 thep. lemon juice sugar. Add lemon riud and juice to yelks and beat until thick and lemon-colored. Boat in remaining sugar grated rind 1 lemon
2 combine mixtures. Cut and fold in flour sifted with 1 cup flour, sifted 4 times salt. Pour into unbuttered pan. Cut through mixture several times to break large air bubbles. Boke 1 hour or more in moderately slow even (325°) if in angel-coke or other deep pan. Boke 25-30 mins. in moderate even (350°) if in layer-coke pans or individual time.

DEVIL'S FOOD-CARE

l cup sugar
2 eggs, well benten
4 thep, butter or shortening b cup thick sour milk cup boiling water
2 equs, melted chocolate l tap, soda l tap, vanilla
1 tap, baking powder tap, salt

Sift flour once, measure, and buting powder and salt, and sift tagether 3 times.

Pour the boiling water into melted chocolate; mix quickly, add sods and stir until thick, cool slightly before adding to cake. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs, beat mixture, add flour and sour milk alternately, a small amount at a time. Add vanilla. Bake in 2 greased 9-inch pans in moderate oven (350°) for 25 mins. Double recipe for 3 10-inch layers.

FROSTINGS FOR CAKES

To produce a smooth creamy frosting which will not crack or "sugar", it is customary to cook it with a little acid (as vinegar, cream of tartar, corn syrup, sour milk or lemon juice). No additional acid is needed with brown sugar. Sugar solutions crystalize in smaller crystals when cold than when hot; for this reason we advise letting frostings and candies cool before beating, for the emothest consistent temperatures. The most accurate way to test temperatures is by a the momentar but the usual tests when syrup is dropped in cold water are 2360 for soft ball and 2480 for hard ball.

"COMPORT" FROSTING

la cups sugar

2 cap corn syrup

2 cap whites

cook sugar, syrup and water and salt to 2440. Bent egg whites until stiff and pour hot syrup alouly over egg whites, benting vigorously. Add vanilla and bent until the freeting will hold its shape and not run off the cake. Ice the sides first, then the top.

GREAMY CARAMEL FROSTING

If cups brown sugar Boil sugar, eream and butter to soft ball (2360). Remove from fire and when luke warm (1000) beat until thick and 3 than butter ready to spread with a "swirl". If it should become too thick, a small amount of cream may be beaten in quickly to thin it out. For CHOCOLATE FROSTING, 2 squares of chacolate may be cooked with the sugar mixture.

CAKES

Prepared cake batter keeps in good condition for many months, and may be frozen in boxes which hold just enough for one layer. This is handy for use in upside-down cake, or for making a quick layer of fresh hot cake. It can be thawed in the box or in the cake pan. Don't try to bake it until it is completely thawed.

6-Layer Electric Mixer Cake (Mixed in 3 steps)

If you prefer to measure, use Column 1, or if you have scales, weighing may save time. For this method use Column 3.

By Measure	Directions	By Weight
Step 1. 6 cups sifted cake flour 1½ cups shortening (hydrogenated)	Blend together in mixer to a smooth paste (about 5 minutes) This step difficult by hand.	lt lbs. flour 11 oz. shortening
Step 2. 3½ cups sugar 1 tablespoon salt 2½ tablespoons baking powder (domble action) 1 cup milk	these ingredients are thoroughly	lk oz. bak. powder k 1b. milk
Step 3. 7 eggs 1½ cups milk 1 tablespoon vanilla	Add: Mix at slow speed until blended, then at medium to high speed until smooth and the consistency of whipped cream. This takes about 5 minutes. Bake at 375°.	13 oz. milk

This makes a very light, tender cake, which keeps moist longer than many. To use it for a loaf cake or cupcakes, add 1/4 cup more flour and mix this for about 5 minutes or until well blended. For cupcakes, pour into paper baking cups and freeze before or after packaging. This cake may be frozen in the dough form, or after baking. What fun to have frozen cake ready for those unexpected guests. You don't have to say "if I'd known you were coming -- ".

Defrosting Cakes Before Baking: Let dough stand at room temperature until soft. Bake as for freshly prepared cake batter. Sponge and angel cakes should be baked before freezing.

Baked layer cakes may be filled and frosted and then frozen. They may be sliced, and layers of ice cream or fruit put in between. Baked Alaska (cake, ice cream and meringue) may be frozen, then wrapped and kept for several days. Fillings that can be frozen satisfactorily are caramel, penuche, fudge, raisin, nut, and apricot. Cream fillings, on the other hand, are not so satisfactory when frozen.

Confectioner's sugar frostings, particularly if they contain much fat, freeze well. Frostings such as penuche or fudge, remain soft and creamy if corn syrup is added to them. Frostings of the seven-minute or boiled-frosting type become frothy and spongy and therefore do not freeze well. Cool the cake to room temperature before wrapping, and then remove it before defrosting cakes. A piece of cardboard to place cake on before wrapping helps hold it firm and keep its shape.

BURTAR PIES AND PASTRY



One of the most popular desserts in the world in PIE! Bockuse pic, when well-made, offers more surprises, more delightful and intriguing combinations, and more wholehearted and appetising appeal than any other dessert. Two-crusted and lattice pics are the winter favorites. Cold weather increases energy requirements and the crippy brown pic crust furniches that necessary additional energy.

Although pie is considered the all-American dessert, it seems to se one of the most difficult arts for the housewife to master. Good pastry should be flaxy, tender, of good flavor and evenly browned. Flakiness results from alternate layors of flour and fat, and is determined by the amount of cutting that ones does when incorporating the fat into the flour. Cutting should be continued only so long as it is necessary to

make the mixture of the consistency of a very coarse meal with pleces of fat still apparent. The tenderness of pie crust is determined by the incredients used, by the smount of water added, and by the manipulation. The inexperienced nonsewife and even the experienced. In adding Ice water to her pie crust, should say to herself, "The more water I add, the longer the time required for the moisture to evaporate; and therefore, the longer required for it to bake and the tougher it becomes." Water nerver only to hold the shortening and flour together, and should be added cautiously. The kind of flour used also influences the tenderness of the crust; a pastry or cake flour naturally produces a more tender pie crust than a glutenous break flour. The even color of the pie crust is determined by the utentil in waten it is baked, and by the oven.

Most important In making good pastry is quies and proper manipulation. Since the next from the hands has a tendency to melt the shortening, a pastry blander of two knives should be used for cutting the fat into the flour. This should be done quiesly to prevent the warming of the ingredients; and it is well not to have the mande touch the pie crust until it is ready to be taken from the bowl and rolled. Pie crust in not mixed other than to prope the ingredients together as the water is maded.

MASTER BECIFE

To Make a Flaky Coust: Sift flour and salt. Chill at least half an nour before ingredients together. Boll pastry 1/8 in. thick on lightly floured board. Spread another 1/3 of fat, fold over and roll again, repeating this process again using the other 1/3 of fat, spreading and folding as before. For pre-baked shell, cover lie verted ple plate. Trim dough so that there will be enough to fold under to make a firm double edge. Prick bettom and sides with form to prevent bubbles and distortion while shell is baking in not oven (4500 F.) for 15 min. For two-crust pie, bake 15 min. in hot oven (4500 F.) then reduce heat to mederate (5500 F.). Bake until filling is done.

DEMONSTRATION: Make 2 or more piec as demonstrated. Vary the shape; that is, here only I two-crust pie and make some tarts for variety.

CHEESE ORUST APPLE BIL

Feel and core apples. Slice them. Sprinkle alternate layers of apples, sugar and cinnegen. Pile high in crust. Cover with master pastry to which I cup choose has been added. Bake until apples are most.

COCCAMUT CUSTARD PIR

2 tess Il cups will be to be to the test of the test o

Best eggs, add remaining ingredients in order given. Four into deep pie-pan lined with pastry. Jake until cuntare is firm and crust brown, using a hot own. Ilret, then lowering the temperature.

DEMON MERIKAUD PIE

1 cup sugar de. cold meter Cook slowly over boiling enter until blended.
5 thep. corn starca selt Then and I cup boiling mater and cook until
thick and clear (about 15 min.)

Stir int

3 ogg yolks, benten, mmi 2 thep. butter; cook until thickened. Remove from fire; add i cap lemon juice and grated rind. Let cook 15 minutes before adding to baked pie shell.

MERINGUM: Bent 5 and whites until stiff, but not dry. Add 6 thep, sugar grainally, benting until very stiff. Spread on pie filling and base in alow oven until coderd through (about 15 min.) and brown.

BUTTER PROAM PIR

c. butter 3 cggs Cream butter and sugar. Add syrup, egg yolks, muts c. brown sugar 1 c. pecans and vanilla. Feld in stiffly beaten agg whites.

1 c. corn syrup 1 tap. vanilla Rake in mod. oven until firm in center.

BERRY PIE at Cherry Pie (Congres tologo food estern) that attack or taketa all the corner to price (Congres tologo food estern) that attack or taketa berries to prevent berry pies from socking, spread a layer of ost with the mitter over chell and bake one minute to form a film. Then and filling. One little them, of bread brombs in the bottom of the partry also helps to prevent socking, and appeared them.

DEEP DISH APPEAR FIR

For deep apple pie, fill the dish with sections of tart, pecked apples; springle lavidly with brown super mixed with flour; dot with lumps of butter and a springling of nutmeg. And I thep, lemon juice; then top with pastry. Sake in a not over, 400° F. for 35 min.

CRASBERRY CHRISTIAS FIR

pring to boiling point, 2 cups of augns with 1 cup of water. Add 1 qt. of washed oremberries and cook with the cramberries are clear and have absorbed most of the liquid. Dime a large pie plate with "flaky pastry". Sprinkle fine cracker crashs over the bottom, and lay on sections of peeled tart appless. Dot with butter and applicable with 2 cup sugar. Then pour in cramberry mixture, sprinkle with a little laman juice and cover with "flaky pastry", plain or latticed fashion. Make 2 gr 5 a applicable in the top draft to lot out steam and bake in moderate oven at 375 F. for 35 to 40 min.

Making Bread at Home

by
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Blacksburg, Virginia

Making Bread at Home

Fluffy, light biscuits; a golden brown loaf; tender light, muffins; crisp, crunchy corn breads—these are yours for following a few simple rules. Breadmaking is a science as well as an art. Experience helps, but it is easy for anyone to become a good breadmaker, if she learns the rules.

Since bread is usually eaten at every meal, it becomes a very important source of body-building materials. Whole wheat offers the most, bread made from enriched flour almost as much, and that made of unenriched white flour, the least. Six slices of bread or the equivalent in biscuits or other breads contain about $\frac{1}{5}$ of the daily amount of protein needed, as well as $\frac{1}{6}$ of the amount of energy. Our practice of "refining" the wheat as we grind it takes away most of the minerals and vitamins. Enriched flour has a large part of these minerals and vitamins restored.

Helpful Rules for Success in Breadmaking

Measure accurately: Sift flour before measuring. Use standard measuring cups and spoons. Be sure that all measurements are level.

Assemble equipment and ingredients: If everything is assembled before starting to mix the bread, it will be easy to do it quickly and well.

Yeast Breads

What Yeast Shall I Use? Compressed yeast is moist, acts quickly, does not keep well. It must be kept cool and should be used within a week. Bread may be made in 4 to 8 hours with it. Dry yeast is available in granular or cake form and keeps for weeks without refrigeration. Granular yeast is quick, but cake form is slower.

What Liquid Shall I Use? Milk is the most nutritious liquid and bread made from it keeps fresh longer than when water or potato water is used. Whey may also be used. Eggs added to the liquid make a slightly lighter bread.

What Method Shall I Use? The straight dough method is best when compressed or granular yeast is used. The completed dough is made up at the first mixing and the dough is set to rise at 80° to 85°. The sponge method is usually used when dry cake yeast is available.

Hard and Soft Wheat

Most Virginia wheat is "soft wheat," which makes a flour low in gluten. It is usually designated as pastry flour, but can be made into very satisfactory bread if these things are understood:

- 1. Soft wheat requires less liquid than hard.
- 2. Dough should be made slightly stiffer when soft wheat is used.
- 3. During first rising, soft wheat does not stiffen up as hard wheat does.
- 4. Dough rises more quickly from soft wheat than from hard wheat.
- 5. Soft wheat dough does not stand as much handling as hard. If kneaded too long, the gluten is injured.
- 6. Soft wheat dough should be allowed to double its bulk but no more.

Common Bread Troubles

Defect	Possible Remedy
Sour or poor flavored	Fresh yeast and flour. Care in rising and baking at correct temperature.
Soggy or heavy	Slower rising and baking.
Ropey	Scald out bowl, flour container and utensils. Add 1 tablespoon vinegar to liquid.
Coarse textured	More kneading, more flour, shorter rising, hotter oven.



The best temperature for rising bread is 80° to 85° F.

Loaf Bread — Dough Method (Makes 4 loaves)

- 2 to 4 yeast cakes
- 4 cups milk or other liquid
- 4 teaspoons salt
- 4 tablespoons sugar or syrup
- 1/4 cup fat
- 12 or more cups enriched flour.

(Less flour and yeast are needed for hard wheat flour.)

Scald milk; add sugar, salt, and fat. Let cool; then add to yeast. Add ½ the flour and beat until smooth. Add more flour until dough does not stick to side of bowl. Knead slightly on floured board until elastic. Put into greased bowl; grease on top and cover.

Let double in bulk. Fit into greased bread pans. Let rise in pans until light. Bake 50 to 60 minutes at 400°.



Punch down when light and doubled in bulk.

Loaf Bread — Sponge Method (Makes 4 loaves)

1 yeast cake

2 cups lukewarm milk or water

4 cups flour (enriched)

Soften yeast in liquid. Add flour for sponge. Cover and let stand overnight in warm place (75-80°). In the morning add:

2 cups lukewarm milk or water

4 teaspoons salt

1/4 cup melted fat

4 tablespoons sugar or syrup

About 8 cups flour (½ may be whole wheat)

Place on floured board to knead. With fingers curved, lift edge of dough and fold toward you. Push

down with palms of hands. Continue folding and pressing until dough springs back. Let rise until doubled in bulk. Punch down and let rise again before shaping. Shape with hands into long roll and place in pan, smooth side up. Let rise in pans in warm place until doubled in bulk. When loaves are almost risen, heat oven (400°). To prevent loaves from forming a hard crust, it may help in some ovens to place a cup or pan of water in oven. Place pans on lower rack 1 inch or more apart. After 10 minutes, reduce heat to 350°. Turn in oven, if loaves bake unevenly. Bake 50 minutes to one hour or more, according to size of loaves.

for the Oven



- All illustrations by courtesy of Wheat Flour Institute

Rolls and Variations

Bread dough may be used to make rolls—a practical plan when both loaf bread and rolls are desired. If rolls alone are made, a slightly softer dough may be used and twice as much sugar and fat may be added. Eggs are frequently added to make rolls somewhat lighter (one egg for each cup of milk). Roll dough does not have to be kneaded as loaf dough does.

Refrigerator Rolls

Use either of the bread recipes; let dough rise once, punch down, grease well over the top, and place in refrigerator or a cold place in a tightly covered bowl. The dough will rise some, even if kept cold, so punch down every day until it is all used. Dough is best if used in 2 or 3 days.

Cinnamon Rolls

Use standard bread dough. Mix a paste using these proportions:

- 1 tablespoon cinnamon
- 2 tablespoons sugar
- 2 tablespoons butter

Nuts, raisins or dried apples, if desired.

Roll dough out thin and spread this paste over the dough. Roll up as a jelly roll. It helps to fold the last 2 inches of dough up over the roll rather than rolling the entire mass to the edge. This also prevents spilling out part of the paste mixture. Cut in 1-inch pieces with scissors or a sharp knife. Place slices, cut side down, on a greased pan. Grease over the top;

let rise to double the size and bake in a moderate oven for 20 minutes or until brown.



Quick Breads

General Rules for Making Quick Breads

- 1. For each cup of flour allow two teaspoons of most baking powder.
- 2. If the recipe calls for sweet milk, it is easy to change to butter-milk if you know this simple rule: use ½ as much baking powder as the recipe calls for and ¼ as much soda as baking powder. (Too much soda makes a bitter, yellow product.)
- 3. For each egg added, use ½ teaspoon less of baking powder.
- 4. Use about ½ teaspoon of soda to neutralize a cup of buttermilk (depending on acidity).

Help for Some Quick-Bread Troubles

When biscuits are heavy and compact, with tough crust, the cause may be:

Overmixing or overkneading of dough. Not enough baking powder.

Oven not hot enough.

Too much flour worked in while kneading.

Not enough shortening.

When biscuits are shapeless, cause may be:

Too much liquid, giving too soft dough. Uneven rolling or patting out of dough.

Careless cutting or placing on baking pan.

When muffins are heavy, cause may be:

Overmixing or too slow mixing.

Too much flour.

Not enough leavening.

Oven not hot enough.

When muffins have sharp peaks or knobs on top and tunnels inside, the cause may be:

Overmixing of batter.

Make and Bake Quick Breads Quickly

Standard Biscuit Recipe — Buttermilk

2 cups flour

½ teaspoon soda
3 tablespoons shortening

½ teaspoon salt

1 cup buttermilk

2 teaspoons baking powder

Sift flour, salt, baking powder, and soda. Cut in shortening. Add buttermilk all at once. Roll $\frac{3}{8}$ inch thick. Bake 12 to 15 minutes in hot oven (450°) .

Standard Biscuit Recipe — Sweet Milk

2 cups flour

4 teaspoons baking powder % to % cup milk

½ teaspoon salt

3 tablespoons shortening

Sift dry ingredients. Cut in shortening. Stir in milk and turn on floured board. Roll and cut. Bake at 475° 10 to 12 minutes.

Biscuits may be covered with wax paper and placed in icebox for several hours before baking.

Cinnamon Rolls

Use plain biscuit dough. Roll out thin, brush with melted butter, and sprinkle with sugar and cinnamon. Nuts, raisins, or dried apples may be added. Roll up (as for jelly roll), cut in 1-inch slices: place on greased pan. Bake 20 minutes in hot oven.

Biscuit Mix - Buttermilk

(Change for sweet milk according to general rules)

Time may be saved by making up a quantity of biscuit mix at a time. Keep it in a cool place. To use it, simply add milk.

2 teaspoons soda

Biscuits or bread dough may be used for attractive variations.

8 cups flour 8 teaspoons baking powder 4 teaspoons salt

1 cup fat

Muffins

2 cups flour

½ teaspoon salt 3 teaspoons baking powder 2 eggs

2 tablespoons melted fat 34 to 1 cup milk

Melt fat in muffin tins. Sift dry ingredients. Mix in other things quickly. Have oven hot (425°) and pans hot. Bake 10 to 15 minutes.

Muffin batter will do for waffles if the amount of fat is doubled.

Score for Judging Breads

Appearance (even, uniform shape, size, and color) 25	
Texture (light, tender crumb; does not pack when pressed) 30	
Crust (tender, light, brown, smooth; not thick or hard) 10	
Flavor (nutty, sweet taste; pleasant odor) 35	

Corn Breads

Much of the fame of early southern cooking came from the crusty, hot corn breads. These breads were all made from water-ground white corn meal and the same results cannot be obtained from bolted meal or yellow meal. Like other grains, corn is most important as an energy-yielding food. And also like other grains, it loses some of its best food values in the ordinary milling processes. "Old process meal," or water-ground meal, keeps more of its protein, its minerals and its vitamin B than "bolted" meal does. White meal has no vitamin A, C, D, and G, but yellow meal has both A and G.

Virginia Corn Muffins

2 cups corn meal 2 tsp. baking powder 2 eggs

2 cups buttermilk ½ teaspoon soda ¼ cup melted fat (more if needed) 1 teaspoon sugar ½ teaspoon salt

Sift meal with dry ingredients. Add milk and eggs and beat with rotary egg beater. Have greased muffin tins very hot. Add batter to hot rings and bake in hot oven about 25 minutes.

Fluffy Batter Bread

1 cup buttermilk 2 tbsp. melted butter ½ teaspoon soda

Beat eggs with the sweet and buttermilk. Melt butter in pan bread is to be baked in. Have oven **hot** before adding drying ingredients to liquids. Have greased pan **hot** before adding batter bread. Put at once into hot (450°) oven and bake until firm in center.

Corn Meal Waffles

1¾ cups meal¼ teaspoon soda⅓ cup cooking oil or¼ cup flour1 teaspoon saltmelted fat2 eggs2 tbsp. baking powder1¼ to 1½ cups butter-milk

Sift salt and meal together. Beat eggs; add buttermilk and shortening. Combine with sifted meal and salt. Sift flour, soda, and baking powder together and add to other mixture. Cook immediately.

Crackling Bread

1 cup cracklings, diced % cup wheat flour 1½ teaspoon salt 1½ cups corn meal 1 cup sour milk ½ teaspoon soda

Cracklings are the pieces of meat remaining after the lard has been rendered from the pork. Mix and sift together the dry ingredients. Add the milk, stir in cracklings. Form into oblong cakes and place in greased baking pan. Bake in hot oven 400° for 30 minutes.

OLIDAY SUGAR The sugar shortage may change your dessert making, but it need not cut your ***** family out of those delicious sweets at the end of the meal ******

Old Fashioned Syrup Peanut Cookies

top shortening

l cup syrup

2 tablespoons warm water

1 egg

3 cups flour

l cup raisins (optional)

1 cup salted peanuts

teaspoon soda 2 teaspoons baking powder

teaspoon cinnamon

tenspoon allspice

1 tenspoon cloves

teaspoon salt, if desired

Mix shortening, syrup and warm water. Add beaten egg. Dredge raisins and peanuts with 1/4 cup flour. Sift dry ingredients together. Combine mixtures. Add dredged peanuts and raisins. Let stand 10 minutes. Drop on well greased cookie sheet. Bake in a 375° to 400° oven, 10 to 15 mimtes.

Molasses Muffins

2 cups sifted flour

1 teaspoon baking powder

teaspoon salt

& teaspoon soda

1 egg

cup molasses

s cup buttermilk

2 tablespoons melted fat

Sift dry ingredients. Add milk, egg, molasses and shortening, and stir until just mixed. Do not beat. Have greased muffin tins hot to add muffin batter. Bake at 4000 for 25 minutes.

Refrigerator Peanut Cookies

t cup peanut butter

3/4 cup butter or substitute

2 cups dark corn syrup

1 ogg

4 to 5 cups cups flour

1 teaspoon cream of tartar

1 teaspoon soda

1 cup salted peanuts, chopped

Cream butter and syrup and pennut butter, add beaten egg. Sift flour, soda and cream of tartar and add to butter mixture. Add chopped peanuts. Place in refrigera tor until dough is chilled. Shape into rolls 1 inches in diameter and return to refrigerator. When rolls are firm, slice and bake 10 to 15 minutes at 400°.

Mock Mincement

3 cups chopped pared apples

l cup seedless raisins

1 cup honey

1 teaspoon cinnamon

l teaspoon allspice

teaspoon cloves

teaspoon salt

s cup vinegar

cup tart fruit juice

1 cup chopped nuts may be added

Combine all ingredients and cook 45 minutes, stirring frequently. Filling for

1 (9-inch) pie.

Janet L. Cameron/T

Cooperative Extension Work in Agriculture and Home Economics; Va. A. & M. College and Poly. Inst. and the U.S.D.A. cooperating.

All-Honey Chocolate Cake

2 cups sifted flour

l½ teaspoons soda
½ teaspoon salt
½ cup butter or other shortening

l½ cups honey

2 eggs, unbeaten
3 equares chocolate, melted
. 1/3 cup cocoa
2/3 cup water
1 teaspoon vanilla

Sift flour once, measure, add soda and salt, and sift together three times. Cream shortening, add honey very gradually, by tablespoons at first, beating very hard after each addition to keep mixture thick. Add \(\frac{1}{4} \) of flour and beat until smooth and well blended. Add eggs, one at a time, beating well after each. Add chocolar andblend. Add remaining flour, alternately with water, beating very well after each addition. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (350°) for 30 minutes, or until done. Spread cake with Easy Fluffy Frosting made with honey.

NOTE: Beat very well at each stage.

Easy Fluffy Frosting (Good with honey or corn syrup)

2 egg whites 1/8 teaspoon salt l cup honey or light corn syrup l teaspoon vahilla

Beat egg whites with salt until stiff enough to hold up in peaks, but not dry. Pour syrup in fine stream over egg whites, beating constantly about 10 to 15 minutes, or until of right consistency to spread. Add vanilla. Makes about 4 cups frosting, or enough to cover tops and sides of two 9-inch layers. Make $\frac{1}{2}$ this recipe for enough frosting to cover tops of two 8-inch layers or 2 dozen cup cakes, or for top and sides of 8 x 8 x 2-inch cake.

Stone Jar Molasses Cookies

3 cups sifted flour 2 teaspoons baking powder 1 teaspoon salt l teaspoon ginger l cup holasses l cup shortening

½ tenspoon soda

Sift flour once, measure, add baking powder, salt, and ginger, and sift again. Heat molasses, remove from fire; add shortening and soda. Add flour gradually, mixing well. Chill. Form dough into balls the size of walnuts. Place on greased baking sheet. Press each ball flat with flat bottom of glass which has been covered with damp cloth. Bake in moderate over (350°) 15 minutes. Remove from pan carefully. Cool. Store in cooky jar. Makes $4\frac{1}{2}$ dozen cookies.

Molasses Sponge Cake

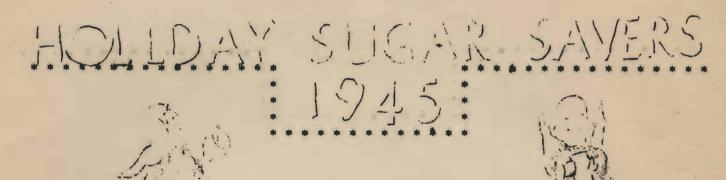
l cup molasses l egg:

2 tablespoons butter

2 cups flour

1 teaspoon cinnamon ½ teaspoon ginger
1 teaspoon soda in
1 cup boiling water

Sift dry ingredidents together twice. Cream butter, add egg and mix well. Beat in molasses, then add water and soda alternately with dry ingredients, folding together at the last. Bake in moderate oven 300° for about 30 minutes for layers; 45 to 60 minutes for a loaf cake.



Our sugar con is a mournful sight Not any brown -- so little white!

Even though the war is over, this Christians a son will find us very short on sugar. We will be eager to stretch that little to he as many of the favorite foods for the holiday as possible. Cakes, cookins, rie and candy-all are possible if we are careful to avoid the rich fudge type and instald use a few of these sugar-saving suggestions. .

Rule of Substituting Syrup for Sugar in Butter Cakes

Use at least 1/3 of the sugar called tor in recipe. For each cup of sugar omitted. add 1 cup plus 2 tablespoons mite corn syrup and reduce the liquid called for by 1/4 cup for each cup of syrup used.

LOW SUGAR GINGERBREAD

Beat together: 1/2 cup sugar 1/2 cup melted fat 1 cup molasses

1 egg

Sift together: 2-1/2 cups flour 2 teaspoons ginger 1/2 teaspoon salt

Add 1 cup boiling water to first mixture and stir in dry ingredients. 1-1/2 teaspoons soda Bake at 325° for 30 minutes.

CHOCOLATE CAKE

3-1/2 cups cake flour 2/3 cup butter 3/4 cup cocoa 1/2 cup sugar

2 terspoons vanilla 2 teaspoons balia powder 1/2 teliapoon sode 4 egg yol. 3

4 egg whites 1/2 teaspoon salt 2 cups light syrup 1-1/3 cups sour milk

Sift flour once, measure, add dry 1 gredients and sift again. Cream shortening, add sugar and cream well. Add syrup cradually, beating well after each addition. Then add 1/2 cup flour and beat until smooth and well blended. Add egg yolks, one at a time, beating well after each. Add remaining flour in thirds, alternating with milk, beating well after each addition. Add vanilla, beat egg whites until they will hold up in moist peaks. Fold into batter, Bake in greased 9-inch layer pans in moderate oven (350°) for 25 minutes, or until done. This will make 3 layers.

MF-62 Janet L. Cameron/st August 25, 1945

Cooperstive Extension Work in Agriculture and Home Economics. Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating

STANDARD SUGARE SAVING CAKE

3 cups sifted cake flour 4 teaspoons baking powder 1/2 teaspoon salt

1/2 cup shortening 1/2 cup sugar 1 cup corn syrup

3 egg yolks 2 teaspoons grated orange 1 cup milk 3 egg whites

Sift together flour, baking powder, and salt. Cream shortening, add I cup corn syrup gradually, and cream until fluffy. Add egg yolks, one at a time, and beat well. Add sifted dry ingredients alternately with milk, stirring well after each addition. Add grated orange rind. Then beat egg whites until stiff and add to them the sugar gradually, beating until mixture stands in stiff peaks. Fold into batter until well blended. Bake in 2 greased 9-inch layer cake pans in a moderate oven (375) for 25 to 30 minutes.

YIRGINIA 4-H FRUIT CAKE

4-1/2 cups mixed candied fruit peel

l teaspoon cinnamon 1 teasponn nutmes 2/3 cup sugar 1 teaspoon allspice 1/2 teaspoon soda

1/3 cup corn syrup or honey 4 eggs

2 cups raisins

2 cups candidd cherries, citron or watermelon pickle

2 cups flour 1/3 cup fruit juice 3/4 cup butter 1-1/2 tablespoons cocoa 1/2 pound shelled muts

but fruit in desired sizes (scissors help). Sift flar, salt and spices over the fruit and nuts and mix until all are coated with flour. Cream fat, stir in sugar gradually, then the beaten eggs. Stir in floured fruits and nuts alternately with grape Juice and molasses. Bake in tightly covered pans (coffee or baking powder

tins are good). If no cover is available, tie over soveral layers of waxed paper. Steam in a pressure cooker for 1 hour at 10 pounds pressure, or bake in a slow oven for 3 hours.

EL CITINES

SUGARLESS BAKED ON FROSTING

Beat 1 egg white (for each layer) until stiff: add 1/4 teaspoon baking powder. 1/2 cup corn syrup or honey. Beat until stiff. Spread over hot cake in the pan. Sprinkle with nuts and bake until brown (10-15 minutes) at 375.

WHIPPED CREAM TOPPING

Whip stiff 1 cup cream. Fold in 1/2 cup crushed pepperwint candy or 1/2 cup crushed peanut brittle, or 4 tablespoons jam or marmalade. (For 8-inch square cake.)

QUICK CARAMEL SAUCE

1/2 teaspoon vanilla

3/4 cup dark corn syrup Combine syrup with cream and vanilla. Stir until well 1/4 cup light cream mixed. Heat to boiling point, and cook 3 mimutes. Makes about 3/4 cup sauce

FRUIT FILLING

2 cups raisins

1 cup uncooked prunes 1/3 cup nuts (black walnuts and pecans are especially good 2 teaspoons grated orange or lemon peel

Cut prunes from seed, add other ingredients and grind through fine food chopper. Mix with 3/4 cup Quick Caramel Sauce. This will make enough filling for two 9" layer cakes.

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HOBEY FROSTING

Heat to rolling boil 1 cup honey. Boil 1 minute (2380). Pour in thin stream over 2 stiffly beaten egg whites. Beat until fluffy and holds shape. (For 2-layer 9-inch cake.)

JELL FROSTING

Gradually beat 1 cup red jelly into 2 stiffly beaten egg whites. Beat until smooth and stands in peaks. Red vegetable coloring may be added. (For 2-layer 8 or 9-inch cake.) Only frost the cake to be eaten soon. This frosting keeps in a bowl but not on the cake.

DOUBLE-BOILER SYRUP ICING

Mix in top of double boiler 1/4 cup sugar, 1/2 cup white corn syrup, 1 egg white. Place over boiling water. Beat with rotary beater until thick (5 minutes). (Generous amount for one 8-inch square cake.) This is excellent the first day, but doesn't stand up long.

INSTEAD OF FROSTING THE CAKE TRY THIS:

One minute before baking time is up, sprinkle cake with chopped muts, eccamut, sugar-cinnamon mixture or bits of sweet chocolate. Serve with a sauce.

Make custard filling or use prepared published por ders for filling between layers.

Sprinkle top with confectioners sugar.

COOKIES

1/4 cup shortening 1 tablespoon milk 1/4 temspoon cinnamon 1/4 cup sugar 3/4 cup sifted flour 1/4 teaspoon nutmeg

1/8 teaspoon salt 1/4 cup ground or finely chopped raisins 1 egg 2/3 can relied oats 1/4 teaspoon soda: 1/4 cup ground or finely chopped nut meats

Cream together shortening and sugar and stir in beaten egg. Add rolled oats and mix until blended. Sift the remaining ingredients and add alternately with the milk. Stir in the raisins and nuts. Chill dough. Roll dough as thinly as can be handled on a lightly floured board. Cut cookies into squares. Bake on greased cookie sheet in moderate oven (350°) for 10 to 12 minutes. Yield: Approximately 2-1/2 dozen.

SPICY FRUIT-NUT BARS

1/4 cup shortening or drippings 1-1/2 teaspoons salt 1/2 teaspoon baking pow-1 cup raisins
1 cup light corn syrup
1 teaspoon cloves
1/4 cup sugar
1 teaspoon cloves
2 cups sifted all-purpose flour 3/4 teaspoon soda /der 2 tablespoons water 1 cup chopped nuts

Boil first nine ingredients together for three minutes. Cool. Sift together flour and paking powder and add to cooked mixture. Dissolve soda in water and add; beat thoroughly. Add nuts. Spread in a well greased pan, 8 x 12 x 1 and bake in a moderate oven (350) for 30 minutes. Cool and cut into bars.

NOTE: In place of light corn syrup use: 1) Dark corn syrup

2) Molassas (omit cloves)

BRAN BROWNIES

1 seven-ounce package semi-sweet chocolate

2 tablespoons butter

2 eggs

1/2 cup corn syrup

1 cup flour

1/4 teaspoon salt

1/2 cup bran or bran flakes

1/2 cup chopped nut meats

1/2 teaspoon vanilla extract

Melt chocolate and butter over hot water. Beat eggs well: add corn syrup and continue beating until light and fluffy. Add chocolate mixture. Stir in flour, salt, bran, nut meats and flavoring. Pour in greased baking pan, making layer about 1/3 inch thick. Bake in moderate oven 25 to 30 minutes. Yield: 16 squares.

CHNDY

FUDGE CUTS

2 squares (2 oz.) unsweetened chocolate

1 cup granulated sugar

2 eggs

1/2 cup sifted all-purpose flour

1/2 cup shortening

l teaspoon vanilla

1/2 teaspoon salt



Melt shortening and chocolate in double boiler. Remove from hot water and blend in sugar, then eggs. Add flour and salt. Stir well with a spoon. Add vanilla Pour into 2 greased or oiled 8 x 8 z 2" baking pans: spread smooth, and sprinkle with nuts. Bake in moderately hot oven (375°) for 12 minutes. Cut into 2" squares. NOTE: 3 level tablespoons one a may be substituted for each square of chocolate. In cake or cookie mixture, and 1 tablespoon shortening for each 3 tablespoons cocoa.

MOLASSES BALLS

3/4 cup light corn syrup

1/4 cup light molasses

1/2 teaspoon salt

l teaspoon vinegar

2 tobl. spoons butter or margarine

1 teas oon vanilla extract

6 cups puffed cereal, corn cereal, or crisp rice

1-1/2 cups peanuts

/cereal

Combine syrup, molasses, salt and vinegar in saucepan and cook until mixture reaches a temperature of 265° or until a little of the cooked mixture dropped in cold water forms a hard ball. Stir carefully while cooking to prevent burning. Remove from heat, add butter and vanilla. Stir only enough to mix. Measure puffed cereal into a lightly buttered bowl. Slowly pour the cooked syrup over the cereal, add peamuts and mix well. Form immediately into small balls.

PERSIAN SWEETS

Grind together in a food chopper any combination of dried fruits you have on hand. A combination which good "live-at-homers" will have on hand is:

1 cup dried apples

1 cup raisins

Flavoring

1 cup dried peaches

1 cup nuts

Put all through the food grinder and mix well. A tiny bit of lemon juice gives an added flavor. Form into small balls and roll in sugar, cocoamut, chopped muts; or dip in chocolate. Another variation is to cut small pieces of marshmallow and wrap the fruit mixture around it.

DATE FOR THE 1 cup corn syrup 1/4 cup cream or top milk

1 package dates (7 ox.) I cup chopped mute

Boil corn syrup and cream to soft ball stage (235°). Add dates that have been pitted and chopped. Cook until dates soften and blend with mixture (2360). Add nuts and cool, then turn into pan and kneed until creamy and stiff. Shape in a roll. Cover with whole pieces or crushed muts. Place in covered container in refrigerator until ready to slice. If too sticky to handle knead in some finely rolled corn flakes until it will handle. Cocoanut may also be added.

WALNUT OR PECAN PUFFS

Beat until soft 1/2 cup butter

Add and blend until creamy, 2 tablespoons sugar

Add 1 teaspoon vanilla

Measure, then grind in nut grinder or chop fine, I cup peaan or walnut meats Sift before measuring 1 cup flour

Stir the flour and the nuts into the outter mixture. Roll dough into small balls. Place in slow oven (300°) for about 45 minutes. Roll puffs while hot in powdered sugar.

CHOCOLATE DROPS

1/2 pound sweet chocolate 1 square (1 oz.) bitter chocolate 2-2/3 cup corn flakes or oat cereal

Melt sweet and bitter chocolate together over hot water. Stir cereal in gently so as not to crush it. Be sure it is there ally covered with checlate. Drop by spoonfule onto waxed paper. Place in refrigerator until chocolate is set. Store in cool place. If desired, 1/2 cup salted peanuts may be added before dropping onto waxed paper.

DESSERIS

HOLLYWOOD BAKED PUDDING

2 cups dried prunes 1 cup water l cup sliced apple

1/2 cup orange marmalade Meringue

1/2 cup chopped nuts (optional)

Cut prunes and remove stones. Combine prunes, apple, and water, and cook until prunes are tender. Remove from the heat. Add marmalade and nucs. Pour into a casserole and cover with meringue. Bake in a moderate oven (3500) for 10 to 12 min.

MERINGUE

2 egg whites

6 tablespoons corn syrup

1/8 teaspoon salt

Have egg whites at room temperature. Add other ingredients, and beat until mixture is stiff enough to stand in peaks.

PECAN PIE

1 unbaked pie shell 4 tablespoons sugar

l teaspoon vanilla

1 beaten egg white 2 table spoons flour 1/2 teaspoon salt 3 eggs 121/2 ttp 1 ight or dark corn syrup 1 cup whole pecans

Brush unbaked shell with egg white and put in hot oven (4500) for 3 to 5 minutes, to set crust. Beat eggs until light. Mix sugar and flour and add to eggs, beating well. Add syrup, vanilla and salt. Sprinkle nut meats in pastry shell and add filling. Bake in moderate oven (3750) about 45 minutes. Makes one 9-inch pie.

TO WHIP THIN CREAM: Now that whipping cream is no longer sold, some substitute has bo be used when recipes say "fold in whipped cream." It's easy! Soak 1-1/2 spoons gelatin (1/2 envelope) in 1/4 cup milk. Dissolve in cup over bet water. Add to 1 cup of thin cream, Add wash of salt. Chill at ence is a freezer tray or over cracked ice and whip

Our Family Canning or Freezing Plan and Record

Product	For 1 Person	Amount We Planned for Our Family	Record of Amount Canned
Greens*	5 quarts		
Tomatoes (or juice)	30-40 quarts		
Total Other Vegetables (Made up of:)	30-40 quarts		
Asparagus			
Beans, lima			
Beans, string			
Beets**			
Carrots**			
Corn			
Peas			
Sweet Potatoes			
Squash			
Other			
Fruits:	50-60 quarts		
Apples			
Apple sauce			
Blackberries			
Cherries			
Grape juice			
Peaches			
Pears			
Raspberries			
Other berries			
Rhubarb			
Strawberries			
Meat and Poultry	15 quarts		
Beef			
Pork			
Chicken			
Fish			

^{*} These should be planted 4 or 5 different times to have fresh most of the year,

** Most root crops and cabbage are better stored than canned, if a satisfactory place can be provided.

Planning the Family Food Supply



Material in this folder assembled by

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Food and Nutrition Specialist
Virginia Agricultural Extension Division
in cooperation with other members of the
Agricultural Extension Staff

Circular 400

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Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating: Extension Service, L. B. Dietrick, Director, Blacksburg, Virginia

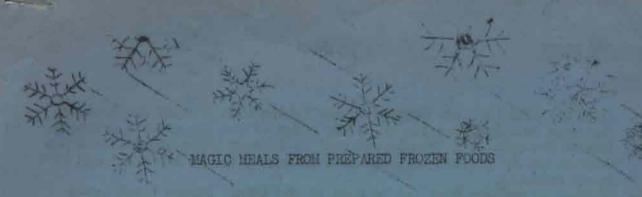
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For an Adequate Diet, Each Member of the Family Needs

Every Day	Each Week	Each Year	Average Yields or Amount to Plant	Amount We Need	How We Can Produce This Amount
I pint milk (1 quart for children)	3½ quarts each adult 7 quarts each child	46½ gallons (approximately 4000 pounds) 93 gallons (approximately 8000 pounds)	1 good cow should average 1½ gallons of milk for 300 days; arrange to exchange with neighbors to cover cow's dry period.		Example—2 cows, one fresh in spring, one in fall
1 egg Poultry	5 to 10 eggs 1 serving chicken	30 dozen 20-25 pounds	3 or 4 good hens Each hen should lay at least 100 eggs a year. Start 15 chicks each spring.		
1 serving meat, fish, or poultry Lard Side meat	2½ pounds for adults	75-100 pounds after trimming; might be divided: Pork, 60 pounds; Beef, 25 pounds; Other meat, game or fish—10 pounds. 20-25 pounds 5-10 pounds	1/2 hog, 1/5 to 1/10 of a beef, or 1/2 veal Some lamb, game, or fish (depending on size).		Example—3 hogs, cure hams and bacon; can or freeze loin and sausage.
1 or 2 potatoes	2½ to 3½ pounds	2 to 3 bushels	160 ft. row, Sweet and Irish 500 sweet potato plants 1 peck seed potatoes		
1 serving tomato	1½ to 2 pounds	2½ bushels Can 30-40 quarts	12 to 15 plants		
2 or more other vegetables	1½ to 2 pounds	1 bushel stored 30-40 quarts canned or frozen If none is stored, more should be canned or frozen.	10 cabbage plants 25 ft. greens, divided into 5 plantings 25 ft. carrots, beets, turnips divided into 2 plantings Other vegetables for canning or freezing.		Example—50 cab- bage plants, 1/3 early, 2/3 late planting
Dried beans, peas, nuts	1/4 pound	10 to 15 pounds	Approximately 100 ft. row		
1 or 2 fruits	I to 2 pounds	2 bushels apples stored 50 to 60 quarts canned, frozen or dried	40 strawberry plants, 8-10 raspberry plants, 1-2 grape vines, (apples and peaches, etc. if practical Dwarf varieties are easier to care for).		
3 servings whole grain or enriched cere- al and bread	3 to 4 pounds	160 pounds flour 15 pounds meal	4 bushels wheat (1/4 acre) 1/3 bushel corn (650 sq. feet)		
Sweets, syrups, pre- serves, honey, sugar	3/4 to 1 pound	35 to 50 pounds	1/4 acre sorghum 1 bee hive		

References:

Vegetable Garden Suggestions for Virginia Farmers, E-263 Grow Your Own Food for Freedom, E-351 Family Food Plans U. S. D. A. Leaflet, A. W. I.-78



Pies, cakes, rolls, salada, meats or whole meals may be prepared and frozen in your home or community freezer. The more nearly your frozen food is ready to eat, the more time it can save you.

The modern food store today has almost every food ready for you to just "heat and ent". Those meals are offered, dished up on the special paper plates which are just placed in an oven and heated for a certain time. These meals include such combinations as fried chicken, candied sweet potatoes and green peas or Swiss steak, French frice, string beans—and on they go, with fish meals of many varieties. Small spartment dwellers can just buy as many plates as they have guests, and dinner is ready in jig time! For you people who freeze your own, it seems more practical and a lot nicer to just package these meats and vegetables ready to heat and put on your own plates.

THY FIGURE PREPARED FOODS? - That's easy! -- to have them ready for hurry-up meals, for unexpected guests, for those more-than-busy days when there is no time to cook the foods your family needs. It is also a help to freeze left-overs so they are as fresh and tasty later as the day they were made.

How Long Will it Keep? That isn't usually the point. The longer you store it the less tasty it is, so don't try to see how long you can keep it, but use it up in a few months and put in some more. Why keep a frozen cake or pie a year? Surely you bake at least once a month, so use up the old and freeze the new! Here is a table prepared at Cornell University of the approximate "Storage Life" of many foods:

Food	Balted	Unbaked
Cakes Ples (fruit) Bread Cookies Sandwiches	6 months 4 months 12 months 12 months	3 months 3 months 2 months 8 months 3 months
Ment Stews, cooked	6 months	

How to Freeze Cooked Foods

Cool cooked foods quickly, then wrap well in moisture-vapor proof paper or containers and freeze quickly. Superb frozen prepared foods must be:

Prepared well Cooled quickly Packaged Correctly Frozen quickly Kept at even low temperature (zero or below) Thawed and prepared correctly.

Janet L. Cameron/ro April 15, 1948 MF-165 # # # # # # # # # # # # # # # Cooperative Extension Work in Agriculture and Home Economics. Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating.

PROZEN BAKED FOODS





Cakes

1. Bake the cake in a pan covered on the bottom with greased waxed paper. The cake usually rises higher if the sides of the pan are not greased.

2. Remove the cake from the pan and cocl it to room temperature before you package it, to prevent moisture from gathering on the top crust and to

speed freezing.

3. Package in amounts that can be used at one time. Frozen baked cakes tend to lose freshness after thawing. Until boxes are manufactured to fit standard layers and loaves, a satisfactory method for packaging is to wrap the baked cake in cellophane and heat-seal it or wrap in aluminum foil. To use it, thaw it in the original wrapper.

4. Freeze the cake.

FROSTINGS AND FILLINGS

Baked layer cakes may be filled and frosted and then frozen. If your family is small, part of a cake left over, which might otherwise dry out, may also be wrapped and frozen for use later. Fillings that can be frozen satisfactorily are penuche, fudge, raisin, nut and apricot. Cream fillings, on the otherhand, spoil readily because they furnish a good medium for bacterial growth. Bacteria are not killed at low temperatures, but merely become inactive.

Not all frostings freeze satisfactorily. Confectioner's sugar frostings, particularly when they contain a good deal of fat, do freeze satisfactorily. The fat helps prevent the frosting from drying out. Frostings of the cooked candy type, such as penuche or fudge, remain soft and creamy as fillings; when used as frosting, they may crack and crumble when cut if stored for more than 3 or 4 weeks. Add a small amount of honey or corn sirup to keep the frosting moist, because both honey and sirup absorb moisture. Soft frostings stick to the wrapplings; frosting of the seven-minute or boiled-frosting type become frothy and spongy, and are therefore not satisfactory.

Thaw frosted or filled cakes in their original sealed packages in the refrigerator. Loosen paper from icings which are apt to stick to paper while still frozen.

How to Package Frosted Cakes

Good the cake, the filling, and the frosting to room temperature before assembling. The cake may then be boxed, covered with moisture-proof cellophane and heat-scaled, or it may be wrapped in cellophane, scaled, and then boxed. If a box can be found that fits the cake, with little headspace, the first method is preferred, since the icing does not come in contact with the wrappings. If the box is big for the cake, the second method is better because the air space left is small. If there is danger of the cellophane wrappings coming in contact with the frosting or icing, insert a few toothpicks around the edge of the cake, blunt end up, before wrapping the cake with cellophane. Aluminum foil is excellent for wrapping frozen cakes.

How to Prepare Ples for Freezing

1. Prepare the pastry as usual. All fats apparently are equally natisfactory.

2. Line the pie pan, put in the filling, and cover it with top crust. Seal the edges well to prevent the juice from boiling out during baking. Fruit fillings in frozen ples tend to boil over during baking. Be sure that the top crust does not dip down into the filling. Do not cut went holes

in the top crust before freezing. This helps to prevent discoloration of the filling of fruit pies, and helps to protect the filling of all pies from loss of flavor and aroma.

Some fruit fillings, such as peach and apple, discolor readily. Steaming the sliced fruit or sprinkling lemon juice or ascorbic-acid solution on the filling may help prevent this darkening.

Fruit pies made from some canned fruits, cherries for instance, then used in pies to be frozen are not as satisfactory as those made from frozen or fresh fruits. The fruit may discolor and lose flavor and become dry and limp, especially when the pie is baked before freezing.

Fruit pies made from frozen fruits, however, are as good as those made from fresh fruit. Loose-pack frozen fruits need no thawing before they are put into the pie shell. Them other frozen fruits just enough to spread them in the pie shell. In making fruit pius from frozen fruit packed in sirup, draw off part of the sirup to keep the pie from being too runny or juicy. A pie with a very runny filling is likely to boil over and to have a soggy bottom crust. A moist undercrust does not brown evenly or well. Add tapicca or cornstarch or other thickening to the remaining sirup and dock until clear. Good the thickened sirup before adding it to the drained fruit. Use enough filling to fill the pan, but not so much that the ple runs over during baking. Seal well.

When preparing pumpkin puree or squash puree for pie fillings, choose varieties that do not contain coarse fiber and which are solid. Steam the vegetable until just soft enough to put through a sieve; longer cooking may cause the filling to separate. Avoid mixing air into the puree.

Probably the most common failure in frozen ples is a soggy undercrust. This can be prevented by making deep-dish fruit ples that have he undercrust. Probably any good recipe for two-crust ples can be satisfactorily frozen as a deep-dish ple, by contiting the bottom crust and increasing the amount of fruit. Paper ple plates with metal rims are convenient containers in which to freeze two-crust ples, and later bake them. Thick paper plates are not satisfactory because they are poor conductors of heat and lagve the bottom crust raw and doughy after baking. Meat and chicken ples with crust on top only may be prepared in metal, or glass, or paper baking dishes, in large or small sizes.

A simple method of packaging is to cover the pie with a paper plate to protect the upper crust, then wrap it in moisture-proof cellophane; heat-seal the package carefully, and place it in stockinette or in a paper box. If you have a pasteboard box of the correct size, just wrap your pie in cellophane or aluminum foil, heat-seal it, and insert the pie in the box.

He sure to stack pies right side up in the freezer. Otherwise some of the juice may leak through tiny cracks in the crust and portions of the top crust will then be soaked with the juice when baked. For storage space in the freezer, pies may be prepared, packaged, fremen, and baked in square or rectangular pans.

Pie fillings may be frozen in tubes or in glass jars and used in freshly made pastry.

To Bake Frogan Pies

Frozen ples may be baked with or without thawing, but time is saved and the lower crust is less likely to be soggy when they are baked without thawing. During

thawing, the pastry, particularly the undercrust, is likely to absorb moisture and to lose crispness and flakiness. Gut the vent holes just before putting the pie in the oven. If thawed, bake the pie in the same manner as a fresh pie of the same kind, but take special care to thoroughly bake the undercrust. This may mean planing the pie nearer the bottom of the oven. If not thawed first, two-crust pies may be baked in either of two ways. The first usually gives slightly better results.

1. Place the pie in a hot oven (from 450 to 475 degrees) for from 15 to 20 minutes and then bake at 375 degrees until golden brown.

2. Bake the pie at a constant temperature of 400 F. until golden brown. If a fruit pie is baked at too high a temperature, the juice may boil over onto the upper crust and run out into the over.

Bake one-crust pies from the freezer in the same manner as those freshly made except for a slightly longer time. Follow any precautions you have found necessary in baking a fresh pie in your oven.

YEAST ROLLS AND DICEAD

Baked Before Freezing

Baked rolls and bread may be kept successfully in freezer storage. In fact, freezing is the only method that prevents bread from becoming stale. Bread may be kept fresh in the freezer several months or, if the temperature is low enough, for neveral years. Baked bread thaws very quickly because it contains a little moisture. Cool the freshly baked bread quickly, package, and freeze it immediately.

Freezing Doughs

Rolls and bread frozen as doughs appeal to the homemaker because the tantalizing odor of baking rolls or bread comes at serving time. Also less fuel may be needed than if the rolls are baked, frozen, and then reheated. If commercially frozen yeast dough is bought; you still have the satisfaction of having had a part, even if it is only the baking, in making the bread.

Failure of Frozen Doughs

Frozen doughs sometimes fail because they lose gas and become heavy. Sometimes the rolls are almost soggy, the texture is poor, and the crust is tough and leathery from drying out. The yeast itself may be inactivated by too-long freezer storage. Freezer-storage also seems to weaken the gluten. Often the frozen rolls when placed on baking sheets increase in size by flattening out rather than by actually rising. Common causes of poor-quality rolls are poor dough to begin with, poor packaging, too long a time between shaping them and placing them in the freezer, too high a storage temperature, too long storage, and poor thawing and rising conditions. Place the rolls in pans, such as muffin times, with supporting walls, place them in a warm, humid place and watch them closely so you can bake them as soon as they have risen and before they fall. Have the oven proheated. Do not store frozen doughs more than a few weeks: shorter times usually result in lighter, fluffier products.

How to Propers Dough for Freezing

Any successful roll or bread recipe may be used for frozen doughs. A dough fairly rich in fat is likely to dry out less than one containing little. A little more sugar is likely to be used by the yeast during the longer period the dough

rying out. Otherwise, the differences in rolls made from rich and plain frozen doughs are apparently about the same as those in freshly made rolls from the two doughs. Hore interest has been shown in unbaked frozen rolls than in baked rolls, probably because they are preferred "piping hot". More interest has also been shown in unbaked frozen rolls than in unbaked frozen bread because the frozen loaf requires a longer time to thaw than do the smaller rolls.

1. Permit the dough to be frozen to double in bulk.

2. Shape it into rolls as desired and grease the surface of each roll well to prevent drying.

3. Immediately place the rolls close together in shallow packages.

4. Lay a piece of cellophane or waxed paper on top. If necessary to pack in two layers, place a very thin place of stiff paper between them. Do not pack so many layers in one package that the bottom ones are mashed. The shaped rolls may be placed in paper baking cups before packaging.

5. Always keep out pockets of air from the packages, and freeze the rolls immediately. Rolls that have been allowed to rise before being frozen are likely to have a smaller volume, a less uniform texture, and a less desirable flavor, then those that have not been allowed to rise appreciably after being shaped. Roll dough may also be frozen before it is shaped.

SANDWICHES

Most kinds of sandwiches, when properly packaged, freeze satisfactorily. The preparation of sandwiches in large quantities by "assembly-line" methods, when not busy with such problems as getting children off to school on time, has saveral advantages. For example, you can make a two weeks', or longer, supply of sandwiches for school lunches at once in much less time than you can make one day's supply each morning. Also, much last-minute preparation for teas, buffet meals, and picnics is saved if you prepare and freeze sandwiches in advance. Any variety and thickness of bread may be used, and, as is true for sandwiches to be used at once, day-old bread is preferable. The sandwiches may be closed or open-faced.

SAMMUTCH FILLINGS SUITABLE FOR FREEZING

- 1. Cheddar cheese or cream cheese
- 2. Sliced or ground meat
- 3. Sliced or ground poultry
- A. Pish

5. Cooked egg yolk

FILLINGS NOT SUITABLE FOR FREEZING

1. Those that contain raw vegetables that lose their appetizing crispness, color and flavor.

Those that contain the whites of hard-cooked ogs which are likely to become tough on freezer storage.

3. Fruit jollies which are likely to soak into the bread and make the sandwich soggy.

It is wise to wrap fresh greens in collophane or waxed paper and pack them with the lunch, to be put in the sandwich just before it is eaten. Spread butter on the bread before putting on the filling. Do not use mayonnaise as a spread in sandwiches because it separates upon freezing and soaks into the bread. Fillings for sandwiches may be frozen separately, them a variety of sandwiches may be served on short notice.



" And I'm Sorry for people, whoever they are, Who live in a house where there's no cookie jar." -Edgar A. Guest

Cookies serve many a purpose in the average home. If they are simple, healthful ones, they can be a good "fill-in" for hungry youngsters (if not too near the next meal). They are a life saver when guests drop in, a standby for the school lunch, and a good companion with a glass of milk for that "before - bed snack" that many husbands (and wives) find helps them to sleep.

There are many kinds of cookies - crunchy, chewey, puffy or crisp, thick and thin, but usually we classify them according to the way they are made, into:

1. Drop cookies

2. Rolled cookies

3. Ice box cookies

4. Cookie press cookies in a sheet and cut

5. Spread cookies (made after baking.)

DROP COOKIES

Pecan Crispies

1/2 cup shortening 1/2 cup butter 2-1/2 cups brown sugar

1/2 tsp. salt

2 beaten eggs 1/2 tsp. soda 2-1/2 cups flour 1 cup chopped pecan meats

Thoroughly cream shortening and sugar; add eggs, beat well. Add flour, sifted with salt and soda. Add nut meats. Drop from teaspoon to greased cookie sheet. Space 2" apart. Press 1/2 pecan in center. Bake at 350° 12 to 15 minutes. Makes 6 dozen.

Peanut Macaroons

Beat egg whites until stiff and add sugar gradually. While beating add peanuts and vanilla. Drop from tip of spoon on greased cookie sheet 1-1/2 inches apart. Bake 12 to 15 minutes in a slow oven. Remove from pan at once.

ROLLED COOKIES

Sugar Cookies

2 cups sifted flour 1 tsp. vanilla

1/2 tsp. salt 1 cup sugar

2 eggs

1/2 cup milk

2 tsps. baking powder 1/2 cup shortening

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Sugar Cookies (continued)

Mix and sift 1-1/2 cups flour, baking powder and salt. Cream shortening until soft beat in sugar, egg, vanilla and cream. Stir in flour mixture, then gradually add the remaining flour until dough is just stiff enough to roll; chill thoroughly. Place on lightly floured board and roll 1/8 inch thick; cut with floured cutter as desired and place on ungreased baking sheet. Sprinkle with sugar and bake in moderately hot oven (375°) for 8 to 10 minutes. Makes about 4 to 5 dozen cookies.

Almond Macaroon Cakes

1/2 cup butter 1/2 cup granulated sugar 1 egg
2 cups sifted pastry flour 1/4 cup ground or finely chopped almonds

Cream butter, sugar, and egg (without separating) until very light. Add the nut meats and flour. Put dough on well floured board and knead a little, using only enough flour to keep dough from sticking. Roll rather thin and then cut with small round cutter. Lay on cookie sheet covered with $_{\rm w}$ ax paper and prepare macaroon frosting as follows:

1 egg 1 cup chopped almonds 1 cup granulated sugar 4 chopped bitter almonds 1 tbsp. lemon juice

Beat egg (without separating) with sugar for 10 minutes. Add lemon juice and grated nuts and beat well. Place small mound of this mixture on top of each cake. Bake in moderate oven (350°F) until dough is nicely baked and frosting is crinkly and done throughout. For variety, place small bits of candied cherry, citron or a whole almond in the center of the macaroon frosting.

ICE BOX COOKIES

Butterscotch Ice Box Cookies

1 cup butter creamed eggs 1/4 tsp. soda
2 cups brown sugar 4 cups flour 2 tsp. baking powder
1/4 tsp. salt 1 cup nut meats 1 tsp. vanilla

3-in-One Refrigerator Cookies

Divide 1/2 of dough above into 3 parts. To one add 4 tbsp. cocoa; to another 1 tsp. cinnamon and 1/8 tsp. each of allspice, cloves, nutmeg, and 1/2 cup raisins; to the third, add 1/2 cup shredded cocoanut. These may be shaped or cut separately, or made into layers and sliced through all three for variety. Some may be relied up and sliced for pinwheels like a jelly roll.

Crispy Ice Box Cookies

1 cup brown sugar 3 or 4 egg yolks 1 cup butter 1 cup white sugar 1 tsp. vanilla r or more cups flour

Thoroughly cream shortening, add sugar, beat, add eggs one at a time. Work in enough flour to make a stiff dough. Work on a board. Shape into rolls, wrap in wax paper. Let stand overnight or longer. Cut very thin. Bake quickly in hot oven (400°F) . This dough may be kept in a cool place for 3 weeks or in refrigerator for 6 weeks or more.

INSTITUTE

IDEAS

From the Wheat Flour Institute

May

309 W. Jackson Blwd., Chicago 6, Illinois

1946



The flowery fragrance of Merrie May, with its bright promise of growing things, calls for colorful, tempting food ideas to keep families well fed.

The change from good white flour to Emergency Flour merely emphasizes what we have so long taken for granted — that enriched wheat flour is a basic food, since it supplies important amounts of protein, energy-yielding carbohydrates, minerals and vitamins for our daily well-being. Because flour is a basic food, and because we are asked to conserve wheat, it is more important than ever before to make each baked product as good as it can be made and to make flour do

its most useful, nutritious service in meal-planning.

Featured in this month's menu are Bologna Relish Crescents, attractive biscuit roll-ups with a tasty colorful filling. Carrots and Peas in Parsley Sauce make a wonderful springtime gravy for this easy-to-prepare luncheon entree. Colorful as a rainbow, this meal-in-one dish sets a record in appetite-appeal. Its homey elegance carries a delicious load of good health as well.

Now the first ripe strawberries have been flashing a red welcome signal from fruit store windows and from early gardens. This month's Strawberry Shortcake, an all-time favorite, is a 1946 model fresh from the assembly line. Rich biscuit dough is made into a drop batter and baked in muffin pans to prevent waste of the tiniest scrap. The result is an elegant carriage for the royal berry.



Fruit nut breads for sandwiches are an exciting addition to spring lunch boxes. Since fruited breads keep well and slice better when they are a day old, it is advisable to bake them a day before they are used. One of the belles of all fruit flavors makes a curtsy in Spicy Lemon Nut Bread. Mild or nippy cheese fillings enhance its tastiness, and different nuts may be used to vary the flavor

each time it is baked.

One-crust pies make food headlines these days.
Piling sweetened fresh strawberries on top of Cottage Cheese
Custard Pie, with a crust as tender as May love, is the
height of that good fruit-cheese combination. It is a
combination that matches its beauty and flavor in excellent
food value.

Cleara Ewalt

MAY LUNCHEON



BOLOGNA RELISH CRESCENTS

Carrots and Peas in Parsley Sauce Lettuce Salad Radishes and Onions Fresh Strawberries Cream

Beverage



BOLOGNA RELISH CRESCEN'TS

1 cup sifted enriched flour 1 1/2 teaspoons baking powder 1/2 teaspoon salt

2 tablespoons shortening

1/4 to 1/3 cup milk
1 cup bologna, salami or other cooked
meat, ground
1/3 cup drained pickle relish

Sift together flour, baking powder and salt. Cut or rub in shortening. Add milk to make a soft dough. Turn out on lightly floured board and knead gently 30 seconds. Roll out to circle about 10 inches in diameter. Cut in 4 equal pie-shaped wedges. Spread with meat mixture, leaving point of wedges uncovered. Roll up, beginning at wide end, and seal point. Place on greased baking sheet with point underneath. Curve ends to form crescents. Bake in hot oven (425°F.) 15 to 20 minutes. Serve hot with Carrots and Peas in Parsley Sauce poured over the crescents.

Carrots and Peas in Parsley Sauce

1 cup milk

2 tablespoons enriched flour

Yield: 4 large crescents.

2 tablespoons margarine or butter

1/2 teaspoon salt

1/4 cup chopped parsley
1 cup sliced cooked carrots

1 cup cooked peas

Make a thin paste of flour and 1/4 cup milk. Put remainder of milk, margarine or butter, and salt in top of double boiler. When hot, add flour-milk mixture, stirring constantly until thickened.

Add carrots, peas and 2 tablespoons parsley. Serve hot over Bologna Relish Crescents. Sprinkle with remaining parsley.

SPICY LEMON NUT BREAD

3 cups sifted enriched flour 4 1/2 teaspoons baking powder

1/2 teaspoon soda

1 1/2 teaspoons salt 1 1/2 teaspoons nutmeg

3/4 cup sugar

3/4 cup chopped nuts

1 egg, beaten

l medium-sized lemon

1 cup milk

3 tablespoons melted shortening

Sift together flour, baking powder, soda, salt, nutmeg and sugar.

Add nuts and mix well. Combine egg, milk and shortening. Cut lemon in fourths, remove seeds, and put lemon through food grinder. Add to egg and milk mixture. Add to flour mixture and stir until flour is moistened. Spread in greased paper-lined loaf pan. Bake in moderate oven (350°F.) 1 1/4 hours.

Yield: 1 loaf.



STRAWBERRY SHORTCAKE

cup sifted enriched flour 1 1/2 teaspoons baking powder 1/3 cup milk 1/2 teaspoon salt

l tablespoon sugar

2 tablespoons shortening

1 egg, beaten Sweetened sliced straw-

berries Sweetened whipped cream

if desired

Sift together flour, baking powder, salt and sugar. Cut or rub in shortening. Combine egg and milk. Add to flour mixture, stirring only until flour is moistened. Drop into 4 greased 3-inch muffin cups. (Put small amount of water in remaining empty muffin cups.) Bake in hot oven (425°F.) 15 to 20 minutes. To serve, cut off tops of shortcakes and spread lower half with half of the strawberries. Replace tops and cover with remaining strawberries. Top with whipped cream. Yield: 4 shortcakes.

COTTAGE CHEESE CUSTARD PIE WITH STRAWBERRY TOPPING

Pastry

1 cup sifted enriched flour 1/2 teaspoon salt

1/3 cup shortening 1 1/2 to 2 1/2 tablespoons cold water

Sift together flour and salt. Cut or rub in shortening. Add water. Mix into a dry, crumbly dough. Toss on floured pastry cloth. Roll and folduntil smooth. Roll about 1/8 inch thick. Line 9-inch pie pan with pastry. Prick with fork. Fill with Cottage Cheese Custard Filling. Yield: 1 9-inch pie shell, or 4 4-inch individual pastry shells.

Cottage Cheese Custard Filling

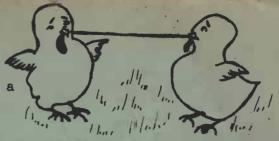
1 cup milk 1/3 cup sugar 1/4 teaspoon salt 1 teaspoon nutmeg

2 eggs, beaten 1/2 cup cottage cheese 1/2 teaspoon vanilla or lemon extract Sweetened strawberries

Scald milk. Mix together sugar, salt and nutmeg. Press cottage cheese through sieve. Combine all ingredients except fruit. smooth with rotary beater. Pour into unbaked pie shell. Bake in hot oven (425°F.) 10 minutes. Reduce temperature to moderate (350°F.) to complete baking (about 20 minutes). When tip of small pointed knife inserted into pie comes out clean, the custard is done. When cool, arrange sweetened strawberries over the top. Other fruits may be used in-

stead of strawberries: fresh pineapple, pineapple and strawberries, bananas and strawberries, or drained canned fruits. Yield: Enough filling for 1 9-inch pie or 4 4-inch individual pies or tarts.

One of the cardinal points in any program of saving is to use available supplies to the best possible advantage. That point is a good one to keep clearly in mind during these days of world food shortages.

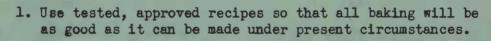


Americans are being asked to share their wheat supply. They have not been asked to give up bread and flour, but they have been asked to use these important foods wisely and to waste none.

True, for the duration of the food emergency, only Emergency Flour will be available when present supplies of white flour have been used. Although Emergency Flour will not make such pleasing baked products as white flour, it does make acceptable, satisfying, nutritious foods of many kinds.

Whether homemakers are still using out of their supply of white flour, or whether they have begun to use Emergency Flour, they will want to use every cupful of flour to good advantage. Enriched flour, even if it is enriched Emergency Flour, adds essential food values in the satisfying, economical form to the family diet.

Observing a few simple rules will help Mrs. America make the best possible use of flour, and consequently of the available wheat supplies. Mostly they are old rules, —— rules which thrifty home managers have always observed, —— but which under present circumstances may bear repeating.



- 2. Bake at one time only as much as the family will eat at one or two meals. Refrigerator rolls, cookies, cup cakes instead of large cakes, tarts instead of pies, etc., are useful in this respect.
- 3. Keep flour in covered containers, such as cans with tight lids, and in a cool, dry place. This is especially important for Emergency Flour.

Remember that the same recipes that have been successfully used with enriched white flour give acceptable results with Emergency Flour. The finished products will not be as pleasing in color, texture, or volume as when made with white flour, but they will probably be as good as can be made with Emergency Flour. While using Emergency Flour, it may be best to make simpler baked products, reserving favorite recipes for richer, fancier cakes until good white flour is again available.

Remember, too, that Emergency Flour is just that. It is a make-shift to use until world food supplies once again become more nearly adequate. In the meantime, home bakers who pride themselves on their baking may console themselves with the knowledge that in temporarily giving up some of the fine baking they like to do they are doing their part in the government's plan for conserwing wheat.

Slava Gabbard Suyder Director

Department of Foods and Nutrition

* MAKE YOUR DAILY BREAD AND CEREAL *

' HOLE GRAIN OR EMRICHED

Wheat is a crop grown on a large number of Virginia farms. From 3 to 6 acres should produce enough for food and feed needs of the average farm. Both food and feed prices are high and most farms will profit from growing their own, and marketing it to their own families and livestock.

Whole wheat is one of the cheapest and most wholesome foods there is. Our practice of refining it for flour takes away most of the "protective" food value -- vitamins, minerals, and collulose, especially iron and vitamin B. The flavor of whole wheat is "nutty" and delicious. A taste for it can easily be acquired.

Wheat may be ground at home or taken to a local mill, where the usual toll is 1/5. Dark breads and cereals give as much energy as white, and in addition have about twice as much calcium to build strong bones and toeth; three times as much iron for good red blood; 5 times as much B vitamin to aid digestion, protect the nervous system, and promote good intestinal health.

I c. whole wheat (soaked in 1 c. water over night): Add soaked wheat to water

3 c. boiling water

I tsp. salt

CRACKED WEAT CEREAL

1 c. cracked wheat

3 c. water

1 tap. salt

WHEAT GERM CEREA

1 c. wheat gorm

22 c. water

l t. salt

WHOLE 'HEAT BREAD (2 loaves)

1/2 c, water

1 yeast cake

4 tosp. brown sugar or molasses

2 cups milk

and cook 3 to 4 hours over a

: slow fire or in a pressure

cooker for I hr. at 25 lbs.

prossure.

Mix the ceres I with 1/2 c.

water and add to 21 c. of

: boiling salted water and

cook for 1 to 2 hrs. Add more

water if necessary to

prevent sticking.

add wheat germ to boiling

salted water and cook for

I hr.

4 tb. fat

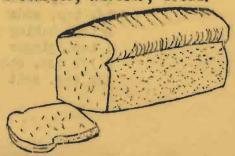
3 tsp. salt

72 c. flour (whole wheat)

Dissolve yeast cake in 1/2 c. weter. Scald milk and add to fat, salt and sugar. Cool to lukewarm and add yeast. Add enough flour to make a batter and beat until smooth. Add more flour to make a soft dough; knead on a floured board until clastic. Fut in greased bowl and grease dough on top. Lot stand until almost doubled in bulk. Funch down and turn over in bowl and let almost double again. Funch down and mold into leaves. Flace in greased bread pans; lot rise until almost double. Bake in moderate oven 3500. If desired, 1/3 white flour or 1/4 wheat germ may be added in place of part whole wheat flour. One-fourth cracked wheat will give a coarser, nuttier, broad.











WHOLE THEAT MUFFINS

2 c. whole wheat flour 2 tsp. baking powder

2 thso. sugar, honoy or molasses

1/2 tsp. soda

1 c. buttermilk

2 oggs

2 thep. melted fat.

Lix (not sift) flour, soda and baking powder. Add milk, egg, sugar just until blended. Melt fat in muffin tins and add to better. Pour into hot, well-greased muffin tins and bake at 3500 (moderate oven) 20-30 min.)

HOSTEY-THOLE WHEAT COOKIES

1½ c. honey or molasses 1 c. butter 2 eggs 4-5 c. whole wheat flour

1 t. soda

1/2 t. salt

1 c. nuts or roisins (if desired)

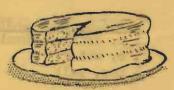
Cresm butter; add honey or molusses and eggs. Mix (not sift) flour with salt and soda. Add to first mixture. Drop by spoonfuls on greased pan or shape into rolls and chill as refrigerator cookies.

WHOLE WHEAT SPICE CAKE

1/2 c. butter
1 c. sugar (or 1 c. honey)
2 eggs(separated)
1 3/4 c. whole wheat flour

3 tsp. baking powder 1/4 tsp. salt

1 tbsp. mixed spices 2/3 c. milk



Cream butter; add sugar or honey and ogg yolk. Add salt, baking powder and spices to flour and combine alternately with the milk. Fold in beaten egg whites last and bake in moderate oven 1/2 hour.

AND AND THE REAL PROPERTY OF THE PROPERTY OF T

DRIED APPLE CAKE

3 c. dried apples

3 c. molasses or honey

l c. raisins

I c. butter or lard

3 c. whole wheat flour

1 tsp. soda

1 tsp. nutmeg

3 eggs

1/2 c. nuts

Soak applies over night; drain off water, if any, and chop applies. Add the molasses or honey and cook until fruit is soft. Add raisins and cook. Add dry ingredients which have been mixed together (not sifted); add creamed butter and well beaten eggs. Line can with greased or was paper and bake in moderate oven.

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WHOLE WHEAT GINGERBREAD

1/4 c. butter 1/2 c. auger

1. ORE

1/2 c. moltases

1/2 c. sour milk

1 3/4 c. whole wheat flour

1/2 top. soda

2 tso. baking powder

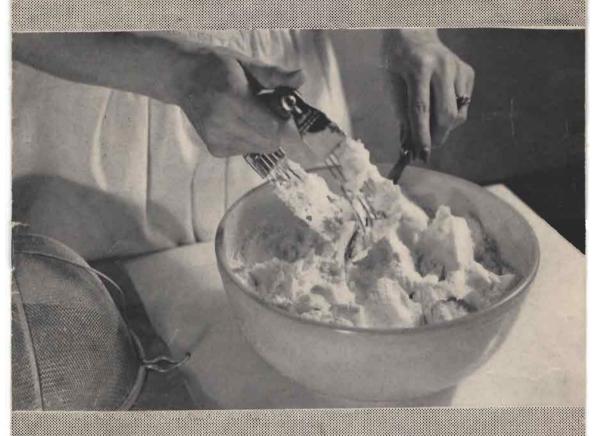
1 tsp. ginger

1 1/2 tan. other spices

1/4 tap. salt

Home Made

— Mixes . .



Save You Time
— and Money

DV JANET I. CAMERON

Food and Austrian Specialis

The Cover: Mixing the Master Mix

HOME MADE MIXES

Mixes have become so popular in the past few years that good recipes have been worked out for almost every baked product. A "mix" has everything but the liquid ingredients.

If you make a bread, such as biscuits, several times a week, you will save time in measuring and sifting, by making a mix. If you have found the purchased mixes save time, you can make your own and also save money.

BISCUIT MIX, if you use buttermilk

8 cups flour

2 teaspoons soda

2 teaspoons salt

34 cup shortening

3 tablespoons baking powder

Sift flour, salt, baking powder, and soda. Cut in shortening. Store until ready to use, by adding buttermilk.

BISCUIT MIX, if you use sweetmilk

8 cups flour

1/3 cup baking powder

2 teaspoons salt

34 cup shortening

Sift dry ingredients. Cut in shortening. Store until ready to use by adding sweetmilk.

CORNBREAD

8 cups cornmeal

2 teaspoons salt 2 teaspoons soda

3 tablespoons baking powder

4 teaspoons sugar 1/4 cup melted shortening

Sift meal with dry ingredients. Add fat, and mix well. Store. To use, add 1 egg and $\frac{1}{2}$ cup of buttermilk to each cup of mix.

This mix may be used for corn waffles, batter cakes, muffins or other varieties of corn breads. For waffles, add one additional tablespoon shortening to each cup of mix used.

VIRGINIA AGRICULTURAL EXTENSION SERVICE

Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating: Extension Service, L. B. Dietrick, Director, Blacksburg, Va. PRINTED AND DISTRIBUTED IN FURTHERANCE OF THE ACTS OF CONGRESS OF MAY 8 AND JUNE 30, 1914

THE MASTER MIX

One mix for everything! It seems like a fairy story, but it really works. The drop biscuits, cakes, muffins and cookies are all equally good — and it's always ready, and on hand for emergencies.

For 13 cups

- 9 cups sifted all-purpose flour or
- 10 cups sifted soft wheat or cake flour
- 1/3 cup double-acting baking powder
- 1 tablespoon salt
- 2 teaspoons cream of tartar
- 1/4 cup sugar
- 2 cups shortening which does not require refrigeration

For 29 cups

- 5 pounds flour
- 34 cup double-acting baking powder
- 3 tablespoons salt
- 2 tablespoons cream of tartar
- ½ cun sugar
- 2 lbs. shortening which does not require refrigeration



Some of the products which come from the Master Mix

(Recipes and photos of the Master Mix used through the courtesy of Perdue University)

Stir baking powder, salt, cream of tartar and sugar into flour. Sift together three times into a large mixing bowl or onto a large square of plain paper. Cut in the shortening until Mix is the consistency of cornmeal. Store in covered containers at room temperature. To measure the Master Mix, pile it lightly into cup and level off with a spatula.

Cost of the Mix

Based on November, 1948 prices in Lafayette, Indiana, the Master Mix would cost 13 cents a pound when made from all-purpose flour, and 14 cents a pound when made from cake flour. This figure does not include labor costs.

In comparing costs of cakes made from the Master Mix and from commercial cake mixes, the cakes from the Master Mix would be cheaper if the commercial mix were more than 23 cents a pound. This figure, too, does not include labor costs for the Master Mix.

Other Ingredients for Master Mix

If the Master Mix is to be used mainly for cakes and cookies, better quality will be obtained if cake flour is used.

If the Master Mix is to be used for cakes, a shortening containing an emulsifier should be used. It is unnecessary to use shortening with an emulsifier unless the Mix is intended for cakes.

There are two reasons for using cream of tartar in the Master Mix. One is concerned with nutritive value and the other with quality. Several studies have shown that there is less destruction of thiamine during baking if the reaction is slightly acid. Since cream of tartar is acid, its use in the mix should reduce the destruction of thiamine during baking. It has also been found that slightly better quality results when small amounts of cream of tartar are used in biscuits, muffins, and cakes. The main difference is in the tenderness.

It is possible to use nonfat dry milk solids with the mix instead of milk in the recipes. One and a half ounces of the dry milk powder added to the dry ingredients in the Mix for each pound of flour would give about the same proportion as the milk solids of milk in most of the recipes.

Using Lard in the Master Mix

If lard is used as the shortening in the Master Mix recipe, a smaller amount of shortening should be used. This may be 1 2/3 cups of

lard instead of 2 cups of other shortening; ($\frac{1}{6}$ pound lard equals $\frac{1}{3}$ cup).

If lard which requires refrigeration is used in the Master Mix recipe, the Mix should be refrigerated.

A change in the method of mixing cakes is suggested if lard is used in the Master Mix recipe. Separate the yolks and whites of the eggs. Reserve about one-fourth of the sugar and beat it into the beaten egg whites to form a stiff meringue. Follow the other directions for cake making. Stir in the meringue until well blended as the last step in the mixing process.

Using the Mix

Stir other dry ingredients into the measured Master Mix. Combine the liquid ingredients with the egg. Stir the liquid into the dry ingredients. The amount of mixing for each product is shown in the chart.

Product and Baking	Mix	Sugar	Milk	Eggs	Other Ingredients	Amount of Mixing
Biscuits (15-20) 450°-10 min.	3 с.		2/3 to 1 cup			Until blended Knead 15 strokes
(Hot griddle or iron) Griddle cakes (18) or waffles (6)	3 с.		1½ c.	1		Until blended
Muffins (12) 425°-20 min.	3 c.	2 T.	1 c.	I		Dry ingredients just moistened
Gingerbread 350° for 40 min.	2 c.	1/4 c.	½ c. or water		1/2 cup molasses 1/2 tsp. cinnamon 1/2 tsp. ginger 1/2 tsp. cloves	Add 12 liquid and beat 2 min. Other liquid, beat 1 min.
Oatmeal cookies 4 dozen 375° 10-12 min.	3 c.	1 e.	1/3 cup	1	1 tsp. cinnamon 1 cup quick rolled oats	Until blended
Drop cookies 4 dozen 375° 10-12 min.	3 c.	1 c.	⅓ cup	1	1 tsp. vanilla ½ cup nuts or chocolate bits	Until blended
Coffee Cake 400°-25 min.	3 c.	½ c.	3∕3 cup	1	Topping; ½ cupbrown sugar, 3 T. butter, ½ tsp. cinnamon	Until blended
Yellow Cake 375°-25 min.	3 с.	1½ c.	1 cup	2	1 teaspoon vanilla	2 min. after 3 liquid; 2 min. after 3 liquid
Chocolate cake 375°-25 min.	3 c.	1½ c.	1 cup	2	1 tsp. vanilla ½ cup cocoa	2 min. after ½ liquid; 2 min. after ⅓ liquid

Hot Roll Mix

The hot roll mix is really only flour, sugar, salt and fat, with dry yeast in a separate package. A standard recipe:

12 cups flour ¼ cup sugar 2 teaspoons salt ¼ cup fat

Sift dry ingredients and add fat. Mix well and use with 2 yeast cakes (dry or fresh).

Brown 'n Serve Rolls

A newer time saving trick for rolls is the "Brown 'n Serve" rolls. It is a popular and very successful way to get fresh rolls that are good for a few weeks.

Dissolve-2 pkg. dry or fresh yeast in

1 cup water; add

1 tablespoon sugar to

2 cups scalded milk: add

¼ cup sugar,

11/2 tablespoon salt

then cool to lukewarm; Mix in

6 cups flour, add

½ cup melted (cooled) shortening

4 more cups flour (as needed)

Mix, knead, and let rise just as for any rolls — the difference is in the baking.

Bake slowly (275°) 20 to 40 minutes, depending on size of roll. Take from pans — let cool, then wrap in plastic bags and seal. They stay at room temperature several days or in the refrigerator for 2 weeks.

To use, brush with fat, bake at 400 to 425° for 7-12 minutes or until brown. To freeze Brown 'n Serve rolls, wrap in moisture, vapor-proof paper as soon as cool, and freeze at once. They are excellent and will keep two months. Thaw and bake as directed.

Pastry Mix

This is the simplest of the mixes, and one of the most popular ones.

8 cups flour
2 teaspoons salt
2½ cups fat

Sift flour and salt; blend in fat, store in covered container in a cool place. Use one cup of mix for each crust. (2 cups for a top and bottom crust pie). Add just enough water to hold dough together, about 2 tablespoons to each cup of mix. If lard is used, reduce fat to two cups.



ONE MIX FOR 16 DIFFER PIES

Basic Cream Pie Mix

7 cups sugar 2-3/4 cups flour (2 cups cornstarch may be substituted for flour) l teaspoon salt

1-1/2 cusp dried milk

(This may be omitted, and fresh or canned milk used in amounts given on chart when pie is made.)

Add to hot liquid.

Sift together twice. Store mix in tightly covered jar. Will keep three months at room temperature.

				GREAM PIE	AND VARILE	TITONS	
Product	Mix	Sugar	Milk cr Water	Eggs	Butter	Other Ingred.	How to Mix
Vanilla	1 2 c.		1-3/4 c. milk or water if powder milk is used	3 yks.	2 tbs.	l t.vanilla	Put 1 c. of liquid in top of doubl boiler and bring to boil. While this is heating, beat egg yolks until light. Add remaining 3/4 cup cold liquid. Stir in pie mix, mixing thoroughly. Add to boiling liquid in double boiler and cook until thick (10-12 min.) stirring cften. Beat with dover egg beater until smooth. Add butter, cool slightly, add vanilla.
Chocolate	1½ c.	2 tbs.	1-3/4 c.	3 yks.	3 tbs.	1 t. vanilla 1/3 c. cocoa	Combine cocoa with mix before adding the liquid. Mix
Caramel	l½ c.	5 tbs.	1-3/4 c. milk	3 yks.	3 tbs.		Make as vanilla cream filling. Stir auger over medium heat in heavy frying pan until rich brown.



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Product Lemon	Mix	Tugar.	Milk or Water 1 cup	Eggs.	Butter 2 tbs.	Other Ingred	How to Mix Beat egg yolks. Add milk. Blend into dry ingredients. Add lemon juice, rind, and cook as directed for vanilla cream filling. Cover with meringue top.
Orange	1½ c.		1 c. milk	3 yks.	2 tbu.	3/4 c. fresh orange juice. 3 tsp. grated rind.	Mix as for lemon pie.
Cocoanut	l ₂ c.		1 3/4 c. milk or 1 c. milk & 3/4 c. cocoa-nut milk		2 tbs.	3/4 c. cocoanut milk. 1½ cup grated cocoanut	Beat egg yolks. Add milk and cocoa- nut milk. Blend with mix. Add 1 cup grated cocoanut (fresh or canned). Cook as for wanilla cream filling.
Nesselrode	1½ c.			3 yks.	2 tbs.	2 tbs. each: chopped nuts (pecans), chopped dates, maraschino cherries, citron, almonds. ½ tsp. vanilla ½ tsp. almond, or other flavoring	Mix and cook as vanilla cream filling. Cool, add fruits, nuts, and flavoring. Pour into baked crust. Chill 2 to 3 hours. Garnish with whipped cream and cherries.
Pumpkin Squash Sweet Potate	1/4 c.	½ c. brown	3/4 c.	3	2 tbs.	l c. strained pumpkin, ½ c. cream. ½ tsp. salt, ginger, nutmeg, ½ tsp. cinnamon	Beat whole eggs slightly, add to milk and cream. Blend mix, sugar and seasoning. Stir until well mixed. Pour into unbaked pastry shell and bake 10 minutes 450°, 30-35 min.
Cherry; if canned cherry are used, action red coling to glaze	ries dd ½ lor-		la c.	3 yks.	1 tbs.	l pt. sweetened frozen, or fresh cherries, or canned cherries	Make vanilla cream filling; cool, pour into baked crust; arrange drained cherries on top; (reserve juice for glaze), cover with glaze; garnish with whipped cream.

Product	Mix Su	ugar	Milk or	Water	Eggs	Butter	Other Ingred.	How to Mix
Strawberry Blackberry Raspberry	1½ c.		l½ cups		3 yks.	1 tbs.	l pt. sweetened fresh or frozen berries	Same as cherries.
Peach	1½ c.		l½ cups		3 yks.	l tbs.	Fresh, frozen; or canned peaches	Same as cherry. (Peaches sliced or halves.)
Banana	l ¹ / ₂ c.		1 3/4 cu	ар	3	2 tbs.	2 bananas	Make as vanilla cream filling; cool, pour 1/2 filling into crust; cover with slices of bananas; add remaining filling; garnish with banana and whipped cream. Serve at once. Note: If pie must stand several hours, soak sliced bananas in lemon juice for 10 minutes.

Pastry Mix

This is the simplest of the mixes, and one of the most popular.

8 cups flour
2 teaspoon salt
2½ cups fat

Sift flour and salt; blend in fat, store in a covered container in a cool place. Use one cup of mix for each crust. (2 cups for a top and bottom crust pie). Add just enough water to hold dough together, about 2 tablespoons to each cup of mix.

For a very flaky crust, divide fat into half. Cut in first half of fat until as fine as meal, cut in the remaining fat until size of large peas. This recipe makes eleven cups of mix.

Note - If lard is used, reduce fat to 2 cups.

Rules for Making Pie Crust:

1. All the materials should be as cold as possible. The water should be iced.

2. Pie dough should be handled as little and as lightly as possible.

3. Use heavy cloth over board and a cloth covered rolling pin to prevent dough from sticking, or roll between two sheets of wax paper.

4. Prick crust lightly before baking.

5. Coat unbaked crust with slightly beaten egg white to prevent soggy crust in custard type pics.

6. If pastry is hard to handle, chill before rolling.

7. Cool pie shell on rack before filling.

Tulip Terts

Cut pastry in small rounds. Line sides of muffin rings with pastry rounds over-lapping about 1/4 inch. Moisten slightly last circle and cover bottom. Press firmly in place. Prick. Bake and cool. Fill with cream filling, or 1/2 peach, cherries, strawberries, etc. Cover fruits with fruit glaze. These are most attractive for luncheon or party. Sirve on a large plate, allowing guests to select their favorite.

Meringue

3 egg whites 6 tablespoons sugar 1/4 teaspoon salt 1/2 teaspoon vanilla

Recent studies at Cornell University found the best meringue is made by the following method: Add the salt to egg whites, beat to fine form that will form round peaks. Add the sugar gradually; continue beating until stiff but not dry. Pile lightly on 9-inch pie. Bake 4 1/2 minutes in 425° oven.

Points for Making Meringue

Egg whites should be at room temperature. If egg whites are over 4 days old, add 1 teaspoon of water for each egg white. Be careful not to overbeat eggs before adding sugar. Never put meringue on ice cold filling as it will weep. Too long baking causes beads to form on top. Cool pie out of draft to prevent shrinking.

Fruit Glaze

1 cup fruit juice 1 tablespoon sugar 1 tablespoon corn starch 1/8 teaspoon salt

Heat 3/4 cups juice. Mix cornstarch and sugar with 1/4 cup cold juice. Add to hot juice. Cook until thick and clear. Pour over fruit.

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Making Bread at Home



by

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V.P.I. AGRICULTURAL EXTENSION SERVICE

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Making Bread at Home

Fluffy, light biscuits; a golden brown loaf; tender light, muffins; crisp, crunchy corn breads—these are yours for following a few simple rules. Breadmaking is a science as well as an art. Experience helps, but it is easy for anyone to become a good breadmaker, if she learns the rules.

Since bread is usually eaten at every meal, it becomes a very important source of body-building materials. Whole wheat offers the most, bread made from enriched flour almost as much, and that made of unenriched white flour, the least. Six slices of bread or the equivalent in biscuits or other breads contain about ½ of the daily amount of protein needed, as well as ¼ of the amount of energy. Our practice of "refining" the wheat as we grind it takes away most of the minerals and vitamins. Enriched flour has a large part of these minerals and vitamins restored.

General Rules for Making Bread

- 1. Measure accurately: Sift flour before measuring. Use standard measuring cups and spoons. Be sure that all measurements are level.
- 2. Assemble equipment and ingredients: If everything is assembled before starting to mix the bread, it will be easy to do it quickly.
 - 3. For each cup of flour allow one teaspoon of baking powder.
 - 4. For each egg added use ½ teaspoon less of baking powder.
- 5. Use about ½ teaspoon of soda to neutralize a cup of buttermilk or sour milk (depending on acidity).

Score for Judging Breads

Appearance (even, uniform shape, size, and color)	25
Texture (light, tender crumb; does not pack when pressed)	30
Crust (tender, light, brown, smooth; not thick or hard)	10
Flavor (nutty, sweet taste; pleasant odor)	35

Quick Breads

Standard Biscuit Recipe - Buttermilk

2 cups flour

½ teaspoon salt 1 teaspoon baking powder teaspoon soda tablespoons shortening

% to 1 cup buttermilk

Sift flour, salt, baking powder, and soda. Cut in shortening. Add buttermilk until blended. Roll 3/8 inch thick. Bake 12 to 15 minutes in hot oven 475°.

Standard Biscuit Recipe - Sweet Milk

2 cups flour 4 teaspoon salt 2 teaspoons baking powder % to % cup milk

3 tablespoons shortening

Sift dry ingredients. Cut in shortening. Stir in milk and turn on floured board. Roll and cut. Bake at 475° (hot oven) 10 to 12 minutes.

Biscuits may be covered with wax paper and placed in icebox for several hours before baking.

Biscuit Mix

Time may be saved by mixing up four times the recipe of dry ingredients and fat. Keep it in a cool place. To use it, simply add milk.

Cinnamon Rolls

Use plain biscuit dough. Roll out thin, brush with melted butter, and sprinkle with sugar and cinnamon. Nuts, raisins, or dried apples may be added. Roll up (as for jelly roll), cut in 1-inch slices; place on greased pan. Bake 20 minutes in hot oven.

Muffins

2 cups flour

3 teaspoons baking powder

1/2 teaspoon salt

2 eggs

2 tablespoons melted fat

1 cup milk



An attractive variation.

(This and following illustrations by courtesy of Wheat Flour Institute.)

Melt fat in muffin tins. Sift dry ingredients. Mix in other ingredients quickly. Have pans and oven hot (425). Bake 10 to 15 minutes. Do not beat muffin batter; beating will produce tunnels.

Waffles

Muffin batter will do for waffles if the amount of fat is doubled.

Griddle Cakes

Use muffin batter and add one-half cup more milk. Pour onto hot greased griddle.

Help for Some Quick-Bread Troubles

When biscuits are heavy and compact, with tough crust, the cause may be:

Overmixing or overkneading of dough.

Not enough baking powder.

Oven not hot enough.

Too much flour worked in while kneading.

Not enough shortening.

When biscuits are shapeless, cause may be:

Too much liquid, giving too soft dough.

Uneven rolling or patting out of dough.

Careless cutting or placing on baking pan.

When muffins are heavy, cause may be:

Overmixing or too slow mixing.

Too much flour.

Not enough leavening.

Oven not hot enough.

When muffins have sharp peaks or knobs on top and tunnels inside, the cause may be overmixing of batter.

Oven Temperatures

Slow oven, 250° to 325° Fahrenheit Moderate oven, 325° to 400° Fahrenheit Quick or hot oven, 400° to 450° Fahrenheit Very hot oven, 450° to 550° Fahrenheit

Temperature Tests (For Those Who Have No Thermometer)

Sprinkle flour on a pan and place it in a heated oven.

If it turns a delicate brown in 5 minutes, the oven is slow.

If it turns a medium golden brown in 5 minutes, the oven is moderate.

If it turns a deep dark brown in 5 minutes, the oven is hot.

If it turns a deep dark brown in 3 minutes, the oven is very hot.

A piece of white tissue-paper may be used in place of the flour.

Corn Breads

Much of the fame of early southern cooking came from the crusty, hot corn breads. These breads were made from water-ground white corn meal and the same results cannot be obtained from bolted meal or yellow meal. Like other grains, corn is most important as an energy-yielding food. And also like other grains, it loses some of its best food values in the ordinary milling processes. "Old process meal," or water-ground meal, keeps more of its protein, its minerals and its vitamin B than "bolted" meal does. White meal has no vitamin A, C, D, and G, but yellow meal has both A and G.

Virginia Corn Muffins

2 cups corn meal	½ teaspoon salt	14 cup melted fat
2 tsp. baking powder	1 teaspoon sugar	2 cups buttermilk
½ teaspoon soda	2 eggs	(more if needed)

Sift meal with dry ingredients. Add milk, eggs, and fat, and beat with rotary egg beater. Have greased muffin tins very hot. Add batter to hot tins and bake in hot oven about 25 minutes.

Fluffy Batter Bread

1 cup buttermilk	2 tbsp. melted butter	½ teaspoon soda
1 cup sweet milk	1/2 cup corn meal,	2 teaspoons baking powder
2 eggs	sifted with	½ teaspoon salt

Beat eggs with the sweet and buttermilk. Melt butter in pan bread is to be baked in. Have oven hot before adding drying ingredients to liquids. Have greased pan hot before adding batter bread. Put at once into hot (475°) oven and bake until firm in center.

Corn Meal Waffles

1¾ cups meal	14 teaspoon soda	1/2 cup cooking oil
¼ cup flour	1 teaspoon salt	or melted fat
2 eggs	2 tsp. baking powder	1% to 1% cups butter-
		milk

Sift salt and meal together. Beat eggs; add buttermilk and shortening. Combine with sifted meal and salt. Sift flour, soda, and baking powder together and add to other mixture. Cook immediately.

Crackling Bread

1 cup cracklings, diced	1 cup sour milk	¼ teaspoon salt
2 cups corn meal	or buttermilk	½ teaspoon soda

Cracklings are the pieces of meat remaining after the lard has been rendered from the pork. Mix and sift together the dry ingredients. Add the milk, stir in cracklings. Form into oblong cakes and place on greased baking pan. Bake in hot oven 450 for 30 minutes.

Yeast Breads

What Yeast Shall I Use? Compressed yeast is moist, acts quickly, does not keep well. It must be kept cool and should be used within a week. Bread may be made in 4 to 8 hours with it. Dry yeast is available in granular or cake form and keeps for weeks without refrigeration. Granular yeast is quick, but cake form is slower.

What Liquid Shall I Use? Milk is the most nutritious liquid and bread made from it keeps fresh longer than when water or potato water is used. Whey may also be used. Eggs added to the liquid make a slightly lighter bread.



Best rising temperature is 80" to 85%.



Punch down when light and doubled in bulk.

What Method Shall I Use? The straight dough method is best when compressed or granular yeast is used. The completed dough is made up at the first mixing and the dough is set to rise at 80° to 85°. The sponge method is usually used when dry cake yeast is available.

Loaf Bread — Dough Method (Makes 4 loaves)

2 to 4 yeast cakes
4 cups milk or other liquid
2 tablespoons salt
4 tablespoons sugar
4 cup fat
12 or more cups enriched flour.
(Less flour and yeast are needed for hard wheat flour.)

Scald milk; add sugar, salt, and fat. Let cool; then add to yeast. Add ½ the flour and beat until smooth. Add more flour until dough does not stick to side of bowl. Knead slightly on floured board until elastic. Put into greased bowl; grease on top and cover. Let double in bulk. Fit into greased bread pans. Let rise in pans until light. Bake 50 to 60 minutes at 400°.

Common Yeast. Bread Troubles

Possible Remedy

Sour or poor flavored

Fresh yeast and flour. Care in rising and baking at correct temperature.

Soggy or heavy

Slower rising and baking.

Ropey

Scald out bowl, flour container and utensils. Add 1 tablespoon vinegar to liquid.

Coarse textured

More kneading, more flour, shorter ris. ing, hotter oven.



Ready for the oven.

Hard and Soft Wheat

Most Virginia wheat is "soft wheat," which makes a flour low in gluten. It is usually designated as pastry flour but can be made into very satisfactory bread if these things are understood:

1. Soft wheat requires less liquid than hard.

Soft wheat requires less lightly sitffer when soft wheat is used.
 Dough should be made slightly sitffer when soft wheat is used.
 During first rising, soft wheat does not stiffen up as hard wheat does.
 Soft wheat dough does not stand as much handling as hard. If kneaded too long, the gluten is injured.

5. Soft wheat dough should be allowed to double its bulk but no more.

Sally Lunn

2 cups scalded milk 2 teaspoons 1 yeast cake salt % cup fat 6 cups flour 3 eggs 1/4 cup sugar

Scald milk: add fat, salt, and sugar. When lukewarm, add yeast and beaten eggs. Beat well until smooth. Let rise to double in bulk. Punch down. Put into pans or mold. Let rise and bake in moderate oven (350°) 40 to 60 minutes depending on size of pan.



Delicious fresh bread.

Rolls and Variations

Bread dough may be used to make rolls—a practical plan when both loaf bread and rolls are desired. If rolls alone are made, a slightly softer dough may be used and twice as much sugar and fat may be added. Eggs are frequently added to make rolls somewhat lighter (one egg for each cup of milk). Roll dough does not have to be kneaded as loaf dough does.



Refrigerator Rolls

Use standard bread recipe; let dough rise once, punch down, grease well over the top, and place in refrigerator or a cold place in a tightly covered bowl. The dough will rise some, even if kept cold, so punch down every day until it is all used. Dough is best if used in 2 or 3 days.

Cinnamon Rolls

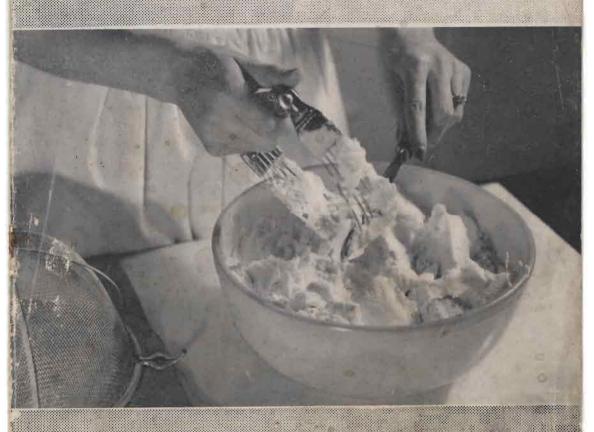
Use standard bread dough. Mix a paste using these proportions:

- 1 tablespoon cinnamon
- 2 tablespoons sugar
- 2 tablespoons butter
- Nuts, raisins or dried apples, if desired.

Roll dough out thin and spread this paste over the dough. Roll up as a jelly roll. It helps to fold the last 2 inches of dough up over the roll rather than rolling the entire mass to the edge. This also prevents spilling out part of the paste mixture. Cut in 1-inch pieces with scissors or a sharp knife. Place slices, cut side down, on a greased pan. Grease over the top;

let rise to double the size and bake in a moderate oven for 20 minutes or until brown.

Homemade Mixes



They Save You Time — and Money

by JANET L. CAMERON

Extension Food and Nutrition Specialist

V.P.I., Blacksburg, Va.

The Cover: Mixing the Master Mix

HOMEMADE MIXES

Mixes have become so popular in the past few years that good recipes have been worked out for almost every baked product. A "mix" has everything but the liquid ingredients.

If you make a bread, such as biscuits, several times a week, you will save time in measuring and sifting by making a mix. If you have found the purchased mixes save time, you can make your own and also save money.

BISCUIT MIX, if you use buttermilk

8 cups flour

2 teaspoons soda

2 teaspoons salt

34 cup shortening

3 tablespoons baking powder

Sift flour, salt, baking powder, and soda. Cut in shortening. Store until ready to use, by adding buttermilk.

BISCUIT MIX, if you use sweetmilk

8 cups flour

1/3 cup baking powder

2 teaspoons salt

34 cup shortening

Sift dry ingredients. Cut in shortening. Store until ready to use by adding sweetmilk.

CORNBREAD

8 cups cornmeal

2 teaspoons salt 2 teaspoons soda

3 tablespoons baking powder 4 teaspoons sugar ¼ cup melted shortening

Sift meal with dry ingredients. Add fat, and mix well. Store. To use, add 1 egg and 1/2 cup of buttermilk to each cup of mix.

This mix may be used for corn waffles, batter cakes, muffins or other varieties of corn breads. For waffles, add one additional tablespoon shortening to each cup of mix used.

VIRGINIA AGRICULTURAL EXTENSION SERVICE

Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating: Extension Service, L. B. Dietrick, Director, Blacksburg, Va. PRINTED AND DISTRIBUTED IN FURTHERANCE OF THE ACTS OF CONGRESS OF MAY 8 AND JUNE 30, 1914

THE MASTER MIX

One mix for everything! It seems like a fairy story, but it really works. The drop biscuits, cakes, muffins and cookies are all equally good — and it's always ready, and on hand for emergencies.

For 13 cups

- 9 cups sifted all-purpose flour or
- 10 cups sifted soft wheat or cake flour
- 1/3 cup double-acting baking powder
- 1 tablespoon salt
- 2 teaspoons cream of tartar
- 1/4 cup sugar
- 2 cups shortening which does not require refrigeration
- 1 cup dry milk may be added and water used as the liquid

For 29 cups

- 5 pounds flour
- 34 cup double-acting baking powder
- 3 tablespoons salt
- 2 tablespoons cream of tartar
- ½ cup sugar
- 2 lbs. shortening which does not require refrigeration
- 21/4 cups dry milk as above



Some of the products which come from the Master Mix

(Recipes and photos of the Master Mix used through the courtesy of Perdue University)

Stir baking powder, salt, cream of tartar and sugar into flour. Sift together three times into a large mixing bowl or onto a large square of plain paper. Cut in the shortening until Mix is the consistency of cornmeal. Store in covered containers at room temperature. To measure the Master Mix, pile it lightly into cup and level off with a spatula.

Cost of the Mix

Current price checks in Virginia show that homemade mixes cost slightly less than half as much as packaged mixes. This, however, does not include labor costs.

According to a 1948 survey made in Lafayette, Indiana, the Master Mix cost 13 cents a pound when made from all-purpose flour, and 14 cents a pound when made from cake flour. This figure, too, does not include labor costs for the Master Mix.

Other Ingredients for Master Mix

If the Master Mix is to be used mainly for cakes and cookies, better quality will be obtained if cake flour is used.

If the Master Mix is to be used for cakes, a shortening containing an emulsifier should be used. It is unnecessary to use shortening with an emulsifier unless the Mix is intended for cakes.

There are two reasons for using cream of tartar in the Master Mix. One is concerned with nutritive value and the other with quality. Several studies have shown that there is less destruction of thiamine during baking if the reaction is slightly acid. Since cream of tartar is acid, its use in the mix should reduce the destruction of thiamine during baking. It has also been found that slightly better quality results when small amounts of cream of tartar are used in biscuits, muffins, and cakes. The main difference is in the tenderness.

It is possible to use nonfat dry milk solids with the mix instead of milk in the recipes. One and a half ounces of the dry milk powder added to the dry ingredients in the Mix for each pound of flour would give about the same proportion as the milk solids of milk in most of the recipes.

Using Lard in the Master Mix

If lard is used as the shortening in the Master Mix recipe, a smaller amount of shortening should be used. This may be $1\frac{2}{3}$ cups of

lard instead of 2 cups of other shortening; ($\frac{1}{6}$ pound lard equals $\frac{1}{3}$ cup).

If lard which requires refrigeration is used in the Master Mix recipe, the Mix should be refrigerated.

A change in the method of mixing cakes is suggested if lard is used in the Master Mix recipe. Separate the yolks and whites of the eggs. Reserve about one-fourth of the sugar and beat it into the beaten egg whites to form a stiff meringue. Follow the other directions for cake making. Stir in the meringue until well blended as the last step in the mixing process.

Using the Mix

Stir other dry ingredients into the measured Master Mix. Combine the liquid ingredients with the egg. Stir the liquid into the dry ingredients. The amount of mixing for each product is shown in the chart.

Product and Baking	Mix	Sugar	Milk or Water	Eggs	Other Ingredients	Amount of mixing
Biscuits (15-20) 450°-10 min.	3 c.		½ to 1 cup			Until blended Knead 15 strokes
(Hot griddle or iron) Griddle cakes (18) or waffles (6)	3 c.		1½ c.	1		Until blended
Muffins (12) 425°-20 min.	3 e.	2 T.	1 c.	1		Dry ingredients just moistened
Gingerbread 350° for 40 min.	2.0.	1/4 c.	½ c.	1	1/2 cup molasses 1/2 tsp. cinnamon 1/2 tsp. ginger 1/2 tsp. cloves	Add ½ liquid and beat 2 min. Other liquid, beat 1 min.
Oatmeal cookies 4 dozen 375° 10-12 min.	3 e.	1 c.	1/3 cup	1	1 tsp. cinnamon 1 cup quick rolled oats	Until blended
Drop cookies 4 dozen 375° 10-12 min.	3 c.	1 c.	1/3 cup	1	1 tsp. vanilla ½ cup nuts or chocolate bits	Until blended
Coffee Cake 400°-25 min.	3 c.	1∕2 c.	2/3 cup	1	Topping; ½ cup brown sugar, 3 T. butter, ½ tsp. cinnamon	Until blended
Yellow cake 375°-25 min.	3 c.	1½ c.	1 спр	2	1 teaspoon vanilla	2 min. after 24 liquid; 2 min. after 1/3 liquid
Chocolate Cake 375°-25 min.	3 c.	1½ c.	! cup	2	1 tsp. vanilla ½ cup cocoa	2 min. after 24 liquid; 2 min. after 1/4 liquid

Hot Roll Mix

The hot roll mix is really only flour, sugar, salt and fat, with dry yeast in a separate package. A standard recipe:

12 cups flour ¼ cup sugar 2 teaspoons salt ¼ cup fat

Sift dry ingredients and add fat. Mix well and use with 2 yeast cakes (dry or fresh).

Brown 'n Serve Rolls

A newer time saving trick for rolls is the "Brown 'n Serve" rolls. It is a popular and very successful way to get fresh rolls that are good for a few weeks.

Dissolve—2 pkg. dry or fresh yeast in

1 cup water; add

1 tablespoon sugar to

2 cups scalded milk: add

¼ cup sugar,

1½ tablespoon salt
then cool to lukewarm; Mix in
6 cups flour, add

½ cup melted (cooled) shortening

4 more cups flour (as needed)

Mix, knead, and let rise just as for any rolls — the difference is in the baking.

Bake slowly (275°) 20 to 40 minutes, depending on size of roll. Take from pans — let cool, then wrap in plastic bags and seal. They stay at room temperature several days or in the refrigerator for 2 weeks.

To use, brush with fat, bake at 400 to 425° for 7-12 minutes or until brown. To freeze Brown 'n Serve rolls, wrap in moisture, vapor-proof paper as soon as cool, and freeze at once. They are excellent and will keep two months. Thaw and bake as directed.

Pastry Mix

This is the simplest of the mixes, and one of the most popular ones.

8 cups flour 2 teaspoons salt 2½ cups fat

Sift flour and salt; blend in fat, store in covered container in a cool place. Use one cup of mix for each crust. (2 cups for a top and bottom crust pie). Add just enough water to hold dough together, about 2 tablespoons to each cup of mix. If lard is used, reduce fat to two cups.

Food Is Jops!



TAKE OFF OUNDS SAFELY

by

Mabel Todd, Nutrition Supervisor Virginia Department of Health

and

Janet L. Cameron
Food and Autrition Specialist
Agricultural Fatension Service, V.P.I.



WHAT MAKES ME FAT??

Dr. John T. T. Hundley, Jr., past President of the Medical Society of Virginia says, "There is just one cause of overweight—overeating."

Do you offer these excuses?

"It's my glands." This is seldom true, but check with your doctor, to be sure.

"All my family is fat." They probably overeat too. Your skeleton is the only thing you can blame on your ancestors.

"I eat hardly anything." Don't forget those snacks between meals or tasting while cooking.

"I never eat breakfast." You should for good health and energy.



DON'T FOOL YOURSELF

The Scales Tell The Truth

DOES IT MATTER?

Overweight is our No. 1 nutritional problem-

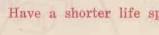
Too many pounds make you:

Tire easily-Have no pep

Look unattractive

Be less efficient

Have a shorter life span



Overweight people more often have:

Diabetes

Heart Disease

High Blood Pressure

Arthritis

No one food is fattening, but some foods are higher in calories than others.



BE FIT - NOT FAT



FACE THE FACTS

- 1. Decide that you WILL lose weight.
- 2. Check with your doctor and get his approval of your plan.
- 3. Team up with another "chubby," unless your family needs to lose, too!
- 4. Decide how much you want to lose. Plan how you can lose. Then stick to your plan.
- Eat three nutritious (but low calorie) meals every day.
- Drink water if you get hungry. It is good for you and has no calories.





BEWARE OF:

Fad Diets
Reducing pills and cold creams
Losing too fast (not more than 2 pounds a week)

The average woman needs 2000—2400 calories a day. The reducer should:

Eat 500 calories less each day to lose 1 pound a week Eat 1000 calories less each day to lose 2 pounds a week

Caution: Do not reduce your calorie intake below 1,000 unless your doctor prescribes and supervises your diet. The most frequent reducing diets call for 1200 calories per day.

SIGNALS TO FOLLOW





Eat all you want of:

Vegetables without fat
Fruits
Skimmed milk or buttermilk
Lean meats, fish, or eggs
Saccharine and other non-caloric sweeteners (available at drug stores)



Go slow on these:

Bread
Butter and other fats
Cookies
Gravy and Sauces
Salad dressings (even low caloric ones)
Sugar and cream in coffee



Turn your back on:

Candy Sweetened Drinks Cake Pie Jelly and jam



Excess weight is a burden which you carry whereever you go. No wonder you get tired!

EAT AND GROW SLIM

Meal Patterns for the Reducer

Breakfast

Fruit, unsweetened Eggs, poached or boiled Bread or cereal with milk Butter or margarine Black coffee or tea

Lunch or Supper
Soup or salad
1 slice of bread or 1 small potato
Fruit, unsweetened
Skimmed milk or buttermilk



All can eat at the same table but "chubby" shuns the high calories.

Dinner

Lean meat, baked or broiled Green or yellow vegetable 1 other vegetable or salad 1 roll, biscuit, or equivalent Low calorie dessert (see recipes) Black coffee, tea or skimmed milk

REFERENCES FOR BOOKLETS AND FILMS ON REDUCING-

Abbott Laboratories, North Chicago, Illinois
American Institute of Baking, Chicago, Illinois
Metropolitan Life Insurance Company, New York City
National Dairy Council, Chicago, Illinois
Wheat Flour Institute, Chicago 6, Illinois

Film Library, Virginia Department of Education, Richmond, Va.

LOW CALORIE RECIPES

BROILED MEAT PATTIE

Serves 6

727 Calories (1 serving-120 cal)

1 lb. ground meat

I cup milk or tomato juice

1/2 tsp. salt

1/8 tsp. pepper

Add milk or juice and seasonings. Let stand a few minutes until liquid is absorbed. Broil in oven 7 min. on one side. Turn and broil 5 min. longer. To pan broil, omit salt. Cook until brown on salted ungreased skillet.

JELLIED MEAT SALAD

Serves 6

784 Calories (1 serving-150 cal)

2 T. gelatin

14 cup cold water

2 cups hot broth (from meat or poultry) or bouillon

2 tsp. grated onion

Salt to taste

2 T. vinegar or Lemon juice

2 cups chopped cooked meat, poultry, or fish

16 cup cooked or canned peas

1/4 cup chopped celery or carrot

Sprinkle gelatin on water and soak a few minutes. Dissolve in hot broth. Add onion, salt, and vinegar or lemon juice. Chill until thick enough to hold solid food in place. Stir in meat, peas, celery. Pour into small loaf pan or individual molds and chill until firm.

COOKED SALAD DRESSING

11/4 cups

353 Calories (1 T .- 18 cal)

136 T. butter or margarine, (melted)

2 T. flour

1 t. sugar

1 t. salt

1 t. mustard

Few grains cayenne

% cup skimmed milk

14 cup vinegar

1 egg

Mix the dry ingredients, add egg slightly beaten, melted butter, and milk, then very slowly add the vinegar. Cook in top of double boiler until mixture thickens. Cool.

TOMATO FRENCH DRESSING

4 cups

2,077 Calories (1 T .- 32 cal)

1 cup oil

2 cups thick tomato juice or 1 can tomato soup

2 T. dry mustard

1 cup vinegar

2 T. grated onion

2 T. salt

6 T. sugar

34 t pepper

Mix with dry ingredients, onion and oil. Let stand 15 minutes. Add remaining ingredients. Mix thoroughly, Let stand 12 hours before using. Keep in covered jar in the lower part of the refrigerator. This will keep 2 months or longer, but I doubt if you'll keep it that long.

PINEAPPLE SHERBET

4 cups

2 cups buttermilk

1 cup sugar (or 1 tsp. non-caloric sweetener)

1 cup crushed pineapple

1 tbsp. vanilla

FRUIT MILK WHIP

Serves 4

1/2 cup dry skim milk

32 cup water

1/2 cup frozen or fresh fruit (ready to eat)

1/2 cup sugar (or 1/2 t. liquid non caloric sweetener)

% t. salt

I T lemon juice

ORANGE CREAM

Serves 6

1 envelope unflavored gelatin

1/2 cup cold water

4 cup scalded skim milk

1 egg yolk, well beaten

1 T. grated orange peel

% cup orange juice

4 non-caloric sweetening tablets

1 T. lemon juice

1 egg white, stiffly beaten

14 cup heavy cream, whipped

1,180 Calories (1/2 cup-148 cal)

without sugar-each serving 50 calories

Stir mixture once or twice during freezing to make it smoother.

870 Calories (1/2 cup-145 cal)

without sugar-each serving 45 calories

Put water in bowl, add milk and lemon and whip until stiff. Add fruit and whip until well blended. In electric mixer beat all together at once until completely blended and thick. This may be used as is, frozen, or add I the softened gelatin to stiffen it.

71 calories each serving

Soften unflavored gelatin in cold water. Dissolve thoroughly in scalded skim milk. Slowly beat into egg yelk. Add orange peel. Cook over hot water until thickened slightly, stirring constantly. Mix into orange juice, and sweetening tablets which have been crushed and dissolved in the lemon juice. Chill to unbeaten egg white consistency. Fold in beaten egg white; then the whipped cream. Turn into molds and chill until firm. Unmold and serve decorated as desired, (If whipped dried milk is used instead of cream, calories are reduced to 60 per serving.)

SUGGESTED LOW CALORIE MEALS

¼ broiled chicken	180	3 oz. broiled round steak	225
½ cup peas	40	1 new potato	97
1 cup squash	84	1 cup cabbage	40
½ cantaloupe	37	Radishes and celery	11
Tomato lettuce Salad		1 cup strawberries	54
(1 tsp. low calorie dressing)	40	% cup skim milk	87
% cup skim milk	87		
			464
	400		



EAT THREE GOOD MEALS AND DRINK SKIMMED MILK EVERY DAY

Calorie Chark

(Taken from "Composition of Foods", Handbook No. 8, U.S.D.A.)

, , , , , , , , , , , , , , , , , , , ,			
ALMONDS: Shelled, 1 cup	848	BOUILLON CUBES: 1 cube	- 12
In shell, 1 cap	288	BRAINS: All kinds, raw, 8 oz.	106
APPLES: Raw: 1 large	117	BRAN: (breakfast cereal) 1 cup	
1 medium	76		
1 small	58	BREADS:	105
1 cup cubed or sliced	88	Boston Brown Bread, 1 slice	65
Cooked, sweetened: 1 cup	204	Raisin Bread, 1 slice Rye Bread, American, 1 slice	900
Apple Betty: 1 cm	344	14 in, thick	57
Apple Butter: 1 thep.	33	White Bread, I alice, 1/2 in. thick	
Apple Juice, fresh or canned: 1 cup	124	Bread crumbs, dry, grated, I cup	339
Applesance, canned:			
Unsweetened, I cup	100	BROCCOLI: Cooked (no fat) 1 cup	- 44
Sweetened, 1 cup	184	BUTTER: 1 cup	1,604
		1 thap.	100
APRICOTS: Canned, sirup pack, 4	97	BUTTERMILE: 1 cup	86
medium halves and 2 thep, syrup			
Orled: Cooked, unsweetened, fruit and	242	CABBAGE: Raw, I cup shredded finely	24
liquid, 1 cun	100000	Cooked (no fat) I cup	340
Cooked, sweetened, fruit and	400	CAKES:	
sirup, 1 cup	70	Angel Food, 2 in. sector	
Frozen: 3 oz.		1-12 of 8 in. diam.	108
ASPARAGUS: Cooked, 1 lb.	92	Plain: 1 sq. 3 x 2 x 1 3-4 ln	228
Canned, green, 1 cup cut spears		Plain with egg white Icing,	
with liquid	42	2 in. sector of layer cake	
AVOCADOS: Raw, 1 cup (1/4 in. cubes) -	872	(1-16 of 10 in. diam.)	410
BACON: Medium fat, broiled or		Plain with fudge leing, 2 in. sector	
fried, 2 slices	97	of layer cake (1-16 of 10 in. diam.)	419
	119	Fruit, dark, I piece 2 x 2 x 1/2 in	106
BANANAS: Raw: 1 large	88	Plain cupcake, 2 3-4 in. dlam.	181
I medium	186	Plain cupcake, (small) 1 3-4 in. diam.	81
	*****	Pound, 1 slice 2 % x 3 x % in	130
BEANS: Common or Kidney:	200	Sponge, 2-in, sector 1-12 of 8 inch diam.	117
Red Kidney: Canned or cooked, I cup -	280	CANDY:	
Canned, baked:	444	Ginger root, crystallized, 1 oz.	97
Pork and Molasses, 1 cup	325	Lemon, orange, or grapefruit peel,	31
Pork and tomato sauce, 1 cup	295	I ounce	90
Lima, cooked or canned, 1 cup	152 27	Caramels, 1 ounce	118
Snap, green, cooked (no fat) I cup	4.0	Chocolate, 1 ounce	
BEEF CUTS: Cooked:		Chocolate with almonds, I ounce	
Chuck: 3 oz. without bone	265	Chocolate creams, 1 ounce	110
Hamburger; 3 oz.	316	Fondant, 1 ounce	101
Rib Roast: 3 oz. without bone	266	Fudge, plain, I ounce	
BEER: 1 cup	114	Marshmallows, 1 ounce	92
	70	Peanut Brittle, 1 ounce	125
BEETS: Cooked, 1 cup diced (no fat)	68		AGU
BEVERAGES: Carbonated:		CANTALOUPS, Raw: 1/2 melon (5 in.	1900
Gingerale, 1 cup	80	diam.)	37
Other, including Kola type: 1 cup	107	CARROTS: Raw: 1 carrot 5% x 1 in.,	
BISCUITS: 1- (2½ in. diam.)	129	or 25 thin strips	21
	82	1 cup grated	45
BLACKBERRIES: Raw: 1 cup	94	Cooked, I cup diced (no fat)	44
Canned, solids and liquid, sirup	Dia	CASHEW NUTS: 1 ounce	184
pack, 1 eup	216	CASHEW NUIS: I ounce	104

CELERY, Bleached: Raw: 3 small inner	DOUGHNUTS, cake type: 1 doughnut 136
stalks 5 in. long, % in. wide 9	Editio: I meatin
1 large outer stalk, 8 in. long.	1 egg white - medium 16
1 in. wide, 1% in. at root end 7	1 egg yolk — medium 61
1 cup diced 18	Detainment I can Iou
Cooked, 1 cup diced (no fat) 44	FATS: Cooking (vegetable fat), 1 thap 110
CHEESE: Cheddar, 1 cup grated 446	FIGS Dried Leun out 453
1 oz. (1 in. cube) 113 Cottage, from skim milk, 1 cup 215	Fig bars, 1 large 87
Cottage, from skim milk, I cup 215 Cream Cheese, 1 tbsp. 56	THE VALUE A COLUMN TO SEE THE COLUMN TO SEE
CHERRIES: Raw, 1 cup, pitted 94	THE PERSON AND ADDRESS OF THE PERSON ADDRESS OF THE PERSON AND ADDRESS OF THE PERSON ADDRESS OF THE PERSON AND ADDRESS OF THE PERSON ADDRE
Red, sour, pitted, canned, 1 cup 122	
The second secon	GELATIN: Plain, 1 thsp 34
CHICKEN: Brollers, ½ bird, (8 oz. bone out) 332	The same as a second of the se
Roasters, (4 oz. bone out) 227	GINGERBREAD, 1 piece 2 x 2 x 2 in 180
Fryers: 1 breast (8 oz. bone out) 210	GRAPEFRUIT:
1 leg. (5 oz. bone out) 159	Raw: 1/2 large (5 in. diam.) 104
Canned, boned, 3 oz 169	
CHILI SAUCE: 1 thsp 17	71 11 (0 1 1 1
CHOCOLATE: Bitter, 1 oz 142	1 cup sections 77
Chocolate beverage made with	Canned in sirop, solids and liquid,
milk, 1 cup 239	1 cup 181
Chocolate sirup, 1 thsp 42	Juice, fresh, 1 cup 87
COCOA, dry powder; 1 thep 21	Canned, unsweetened, 1 cup 92
Cocoa beverage, made with all	Canned, sweetened, I cup 131 Frozen, concentrate, I can (6 fl. oz.) 297
milk, 1 cup 236	Grapefruit-Orange Juice blend:
COCOANUT: Fresh, 1 cup shredded 349	Canned: Unsweetened, 1 cup 99
COLESLAW: 1 cup 102	Sweetened, 1 cup 132
The same same same same same same same sam	Frozen, concentrate, 1 can (6 fl. oz.) _ 297
COOKIES: I cookie (3 in. diam. and 1/2 in. thick) 109	GRAPES: Raw: American type, 1 cup
	with skins and seeds 84
CORN: Sweat, white or yellow,	1 bunch 3½ x 3 in. (slip skin) 55
1 ear (5 in, long, 1% in, diam) 84 Canned: 1 cup 140	I cup (40, dry as Malaga) 102
	Juice, bottled, commercial, 1 cup 179
CORNBREAD OR MUFFINS: Whole ground	HONEY: strained or extracted, 1 tbsp 62
cornmeal, I muffin (2% in. diam.) 103	HONEYDEW MELON: Raw, 1 wedge,
CORN FLAKES: 1 cmp 96	2 × 7 in. 49
CORN GRITS: Cooked, 1 cup 122	ICE CREAM: Plain: 1 slice or individ-
CORN MEAL: Bolted, I cup 459	ual brick of quart brick 167
CRACKERS: Graham, 4 small or	JAMS, MARMALADES, PRESERVES,
2 medium 55	1 1000
Saltines, 2 crackers (2 in. sq.) 34	JELLIES, 1 tbsp 50
Soda, plain, 2 erackers (2½ in. sq.) 47	TARREST DE LA CONTRACTOR DESCRIPTION OF THE PROPERTY OF THE PR
	7.004
CRANBERRIES: Raw: 1 cup 54	1 tbsp 126
Sauce, sweetened, canned or cooked	
1 cun 549	Juice: 1 cup 59
CREAM: Light, table, or coffee,	* 41-41-41
1 thsp. 30	
1 tbsp. 30 Heavy or whipping, ½ pint 779	
(approx. 1 pint whipped)	t head, compact (4% in. diam.) 68
1 tbsp 49	2 large or 4 small leaves 7
CUCUMBERS, raw: 1 cucumber	
71% x 2 to 25	LIVER: Beef, cooked, fried, 2 oz 118 Calf, raw, 3 oz 120
GUSTARD: Baked, 1 cup 283	Description of the second seco
	MACARONI: Cooked, 1 cup (1 inch
DATES: "Fresh" and dried, 1 cup pitted 505	Newsoni and chases heled 1 cup 464
+ cap prince 000	Macaroni and cheese, baked, 1 cup 464

MARGARINE: 1 cup1,618	Fresh, cucumber (as bread and
1 thsp 101	butter pickles), 1 cup 118
MILK: Fluid, whole, 1 cup 166	Sour, cucumber or mixed, 1 large
Fluid, nonfat (skim), 1 cup 87	(1% in. diam., 4 inches long) 15
Canned, evaporated, 1 cup 346	Sweet, eucumber or mixed, I pickle
Canned, condensed (sweetened), 1 cup _ 981	(2% in. long, % in. diam.) 22
Dried, nonfat solids (skim), I cup 434	1 cup, mixed, chopped 225
1 tbsp 28	PTES: (4 inch sector or one seventh of a
1 cup whipped dry milk 120	9 inch pie)
(¼ cup dry milk)	Apple 331
¼ cup whipped topping 30	Blueberry 291
Chocolate flavored, 1 cup 185	Cherry 340
MOLASSES: 1 thap. 50	Cocoanut Custard266 Custard266
MUFFINS: 1 muffin (2% in. diam.) 134	Lemon Meringue 302
MUSHROOMS, canned, solids and	Mince 341
liquid, 1 cup 28	Pumpkin 263
OATMEAL: Cooked, 1 cup 148	PIE CRUST: 1 lower crust (9 inch) 657
OILS: Salad or cooking, 1 cup1,945	one seventh of lower crust 93
1 thep124	2 crust - top and bottom 1,314
OLIVES: Green, 10 olives 72	one seventh of double crust 186
	PINEAPPLE: Raw, I cup diced 74
ONIONS: Raw, I onion (2 1/2 in. diam.) 49	Canned, sirup pack, solids and
ORANGES:	liquid, 1 cup crushed 204
1 large (3% in. diam.) 106	Frozen, 4 oz 97
1 medium (3 in. diam.) 70	Juice, canned, 1 cup 121
1 small (2½ in. diam.) 49	PLUMS: 1 cup halves (2 in. diam.) 94
1 cup sections 87 Juice, fresh, 1 cup 108	POPCORN: Popped, 1 cup 54
	PORK: Ham, 3 oz. without bone 338
Canned, unsweetened, 1 cup 109 Canned, sweetened, 1 cup 135	Cured: Ham, smoked, cooked, 3 oz.
Concentrate, frozen, I can	without bone 889
(6 fluid ounces) 300	Luncheon meat, boiled ham, 2 oz 172
	Canned, spiced, 2 oz 164
OYSTER STEW: 1 cup with 3 or 4 oysters	POTATOES: Cooked, baked, 1 medium
	potato (2½ inch diam.) 97
	Boiled, unpeeled before cooking,
PARSNIPS: 1 cup 94	1 medium potato (21/2 inch diam.) 118
PEACHES: Raw, I cup sliced 77	French-fried, 8 pieces 2 x ½ x ½ in 157
Canned, solids and liquid,	Fried raw, 1 cup 479
sirup pack, 1 cup 174	Hash-browned, 1 cup 470
2 medium halves and 2 thep.	Mashed, milk added, 1 cup 159
The state of the s	Mashed, milk and butter added,
PEANUTS: Virginia type:	
1 cup medium halves 805	Potato Chips, 10 medium (2 in.
1 thsp. chopped50	
PEANUT BUTTER: 1 cup 1,486	Tatalana Carana Carana
1 tbsp 92	PRUNES: 4 large 94 4 medium 78
PEARS: Raw, 1 pear 95	
1 cup quartered 120	
Canned, solids and liquid,	
sirup pack, 1 cup 174	Cooked, no sugar added, 1 cup, 16-18 prunes and ½ cup liquid 310
PEAS: Cooked, 1 cup 111	Cooked, sugar added, 1 cup, 16-18
	prunes and 16 cup liquid 483
PECANS: 1 cup halves 752 J tbsp. chopped 52	RADISHES: Raw, 4 small 4
	RAISINS: 1 cup 429
	1 thsp 26
PICKLES:	RASPBERRIES: Black, raw, 1 cup 100
Dill, cucumber, 1 large (1% inch diam. 4 inches long) 15	Red, frozen, 3 ounces 84
unida e inuito long)	1 Tree, Trozett, a outroes

RHUBARB: Raw, I cup diced 1	The state of the s
Cooked, sugar added, 1 cup 387	Winter, boiled, mashed, 1 cup 8
RICE: Cooked, 1 cup 20	STRAWBERRIES: Raw, capped, I cup 5
RICE PRODUCTS: Puffed, 1 cup 55	Frozen, 3 ounces 90
ROLLS: Plain, 1 roll	SUGARS: Granulated, 1 cup 77
Sweet, I roll 178	1 than
	1 tap 10
SALAD DRESSING: Commercial, 1 thep 58	t prece, tump sugar
French, I thap. 59	rowdered, r edb 490
Home-cooked, boiled, I thep 28 Mayonnaise, 1 thep 93	- A - A - A - A - A - A - A - A - A - A
	The state of the s
SALMON: Canned, solids and liquid,	1 thap 51
8 ounces 178	
SARDINES: 3 ounces 288	
SAUERKRAUT:	Boiled, 1 sweetpotato, peeled,
1 cup 32	(5 x 2½ inches) 252
SAUSAGE: 1 lb. raw1,360	Candied, 1 small sweetpotato (3½ x 2½ inches)
Frankfurter, 1 124	
Vienna Sausage, canned, 4 oz 244	TOMATOES: Raw, 1 medium (2 x 2½ in.) 80
SHERBET: 1/2 cup 118	Canned or cooked, 1 cup 46
	Tomato Juice, canned, I cup 50
SHRIMP, Canned, 3 ounces 108	The state of the s
SOUP: (Rendy-to-Serve)	Access to the contract of the
Bean, 1 cup 191	
Beaf, 1 cup 100	TURKEY: Medium fat, raw, 4 os 304
Bouillon, 1 cup 9	TURNIPS: Cooked, 1 cup diced 42
Chicken, I cup 75	Turnip Greens, cooked, I cup (no fat) 43
Gream soup, I cup 201	WARFIES: I waffle (4th x 50 x to in.) 216
Pen, 1 cup 141	
Tomato, 1 cup 90	The state of the s
Vegetable, 1 cup 82	
SPINACH: Cooked, 1 cup 46	YEAST: Compressed, baker's, 1 oz 24

Bulletin 219

August, 1954



VIRGINIA STATE DEPARTMENT OF HEALTH RICHMOND, VIRGINIA

and

VIRGINIA POLYTECHNIC INSTITUTE AND THE U. S. DEPARTMENT OF AGRICULTURE COOPERATING EXTENSION SERVICE, BLACKSBURG, VIRGINIA

MF-298 Janet L. Cameron/s January, 1956 V.P.I., U.S.D.A. COOP. EXTENSION SHRVICE BLACKSBURG, VIRGINIA

THE BEST PLANNED MEALS

The meals we eat from cradle to grave in haste or in leisure, in aversion or enjoyment, mean more to our health than we realize.

Good meals must be carefully planned if we are to have all the food we need for good health and growth, and at the same time the foods we like! Each meal may not seem important, but three meals a day make over 1,000 a year, so this total means much to our health and strength.

Good meals mean more than enough food to prevent hunger, or even enough to satisfy appetite. Most people could feel better, look better, and be healthier than they are if they are three wholesome meals every day.

HOW TO PLAN MEALS

Get a piece of paper and a pencil. Know or keep handy a Basic 7 Food Chart telling the foods we need every day. Make menus (the food to be served at each meal) for two or three days at a time and check each day's meal to see that all the food groups are included.

Dinner is the biggest meal. Usually the meat is decided upon first, then two vegetables (usually one starchy and one green) and a salad which seems to be appropriate with that meal. For example, pork is often served with sweet potatoes and snap beans, fish with white potatoes and greens. These "natural taste teams" are partly traditional, that is, we have gotten "used" to them, but you can learn about them through studying ones you see in magazines.

After you have written out the plan for dinner, new cooks may want to mark by each food how long it will probably take to cook, to know when each food should be started. Then check how long it takes to sot the table. To prepare each dish, got out all the foods needed before you start mixing.

Check the meals you eat for a week by the Basic 7 Food Groups to see if you are eating semething from each group each day.

Decide how the meal is to be served, that is, whether to serve the plates in the kitchen or to put the feed onto platters and vegetable dishes for serving at the :.. table. Keep the plates warm if possible. Keep all hot food hot, and cold food (salads) cold until the entire meal is ready (and the family ready to eat it).

WHEN DO YOU PLAN YOUR MIALS?

Do you plan your meals in the morning for that day, each meal as it comes, by the week, or when? Advance planning has several advantages over the last-minute decisions. Here are some of the reasons for planning ahead:

- 1. It should save money. Low-cost foods usually take longer to cook, while quickly prepared ones probably are expensive foods. By advance planning, leftovers can be made into other tasty dishes. Stews, baked beans, and most low-cost most dishes take long to cook and good planning.
- 2. It should save fuel. You can plan a whole broiler meal, all in the even, or pressure pan. When the even is going it helps to know what's to be made for the next day, to use the heat to the best advantage.

3. Time is certainly saved by advance planning. You can have part of the lunch or dinner cooking while you are cooking or clearing up from breakfast. You can prepare one day for the next. Homemade mixes are easy to prepare and save time. Time is saved in shopping once a week, if a list is made out as you plan your meals.

MEAL PLANNING GUIDE

Check in each column the foods you raise and now have on hand. Then check again and write (B) by those which you frequently buy. These are the foods to put into your meals.

Fru	its .	Vegetal	oles	Meats
Apples Apricots Bananas Blackberries Cantaloupe Cherries Currants Figs Grapefruit Grapes Oranges	Poaches Pears Pincapple Plums Pruncs Raisins Raspberries Rhuberb Strawberries Watermelon	Asparagus Ecans, Lima Poans, String Beets Broccoli Cubbage Carrets Cauliflower Celery Corn Cucumbers Egg-Plant Kale Lettuce	Mustard Greens Okra Onions Parsnips Peas Peppers Potatoes Potatoes, Sweet Radiahos Spinach Squash Tomatoos Turnips, creamed Turnip Greens	Liver Roast Steak Stew Bacon Chop Ham Sausage Chicken Tunkey

Planning meals is simply a way of organizing what you have, or can buy into three acceptable meals to suit your family needs, or tastes, and your time. Some such form as this may help:

BEEAKFAST	MONDAY	TUESDAY	WIDNESDA	Y THURSDAY	FRIDAY	SATUIDAY	SUNDAY
Fruit Corcal Broad Other	Seen Seen Statute			Downlife of Section States	Urr 817	edini b	laces:
DINNER Main Dish Vegetables Salad Eread Dessert Other	redik or or hebig ben ber ben ben			and the state of t	Martines	hand to the	
SUPPER Main Dish Vegetables Salad Bread Descert Other							

4. Better meals is probably the biggest reason for advance planning. You can check menus which are written down and thus make sure you have plenty of vegetables, milk, and fruit. Quickly prepared meals are often just fried over left-overs, but 10 minutes of planning should save an hour of cooking and result in better neals for the family.

Try planning your meals just ence or twice a week. Keep at this a month - don't give up.

SAVING TIME VS. MONEY Which do you have more of?

The question of home-propared as against propared baked, camped or frezen feeds is often debated. Each person must decide for herself which is best. In a recent test made by the Bureau of Home Feenemics, it took ene-fourth the time to propare two sets of menus with ready-to-serve feeds as it did to propare the same menus using feeds bought raw, separate ingredients for baking, and other items with a minimum amount of commercial processing. Meals from the ready-to-serve feeds cost about a third more, they found, when costs of the feed and of fuel for ceeking were compared. The saving in time was large, they conclude, compared with the added cost.

When these sample menus were compared (October, 1953) using ready-to-serve items, a day's feed for four people cost \$6.70 at chain store prices in Washington, D. C. Ninety cents was saved when the same menus used partially-propared feeds, and \$1.80 when the cock did all possible work for horself. However, the completely homoprepared meals for a day took more than 5 hours of work compared with about 3 hours when partially-prepared feeds were used, and about an hour and a half with ready-to-serve feeds.

Time and money are both vitel in the home management jeb, however, there is considerable difference among families as to relative emphasis they put on saving time and saving money.

One of the following menus is better than the other. Which one is better and why? (Take the major food group chart and check the menus, food group by food group.)

BREAKFAST

Sliced Fresh Peaches on Ready-Propared Cereal with Whole Milk Sweet Roll Coffee Butter

LUNCH

Beef Broth with Barley, Sliced Cucumber Sandwich on Enriched White Bread and Butter, Plain Gelatin Dessert, and Tea.

DINNER

Broiled Hamburg Patties, Parsley Potatous, Harvard Beets, Enriched White Bread, Butter, Berry or Fruit Pie, Coffee.

BREAKFAST

Tomato Juice, Poached Egg on Whole Wheat Teast, Teast and Jelly, Coffee and Milk.

LUNCH

Cream of Lima Bean Soup, Peanut Butter-Carrot Sandwich Filling on Enriched White Bread Spread with Butter, Stewed Prunes, Buttermilk or Hilk.

DIMMER

Broiled Hamburg Pattics, Creamed New Petatoes, Buttered Carrots, Catmeal Bread and Butter, Spinach Salad, Fruit Cup with Citrus Fruit as Base, Tea or Milk. MF-351 Revised Janet L. Cameron/ca October, 1956 V.P.I., U.S.D.A. COOP. EXTENSION SERVICE BLACKSBURG, VIRGINIA

ESSENTIALS OF AN ADEQUATE DIET

There are four food essentials which many diets lack: calcium, protein, Vitamin A, and Vitamin C, therefore these are called "Key Nutrients." Each of the broad food groups listed has a special job to do in providing an adequate diet, for example: the milk group is counted on for calcium, meat for protein, and certain fruits and vegetables for Vitamins A and C. This shows how to get the amount of calcium expected from the milk group etc. Try to get at least 20 points of each of the 4"essentials" each day.

This "point system" may help to figure how to get the amount of each of these "essentials" every day. If you meet these needs, you are almost sure to meet other food needs. Sweets, fats, and other desirable foods may be added to satisfy appetite or calorie needs.

For each nutrient 20 points represents the minimum counted on from a particular group and will furnish at least one half of the daily need. The rest can be counted on from other food groups. Exact amounts of the value of each food can be checked by Handbook 8 of the United States Department of Agriculture. (The blue book)

FOR CALCIUM POINTS

Milk (whole, skim, buttermilk)-1 cup Dry milk - ½ cup Evaporated Milk - ½ cup Cream cheese - ½ cup Cottage cheese - ½ cup	Points 10 10 10 10 4	American Cheese - 1 oz. Ice cream - ½ cup Brick ice cream - 1 slice Milk sherbet - ½ cup Light cream - ½ cup	Points 7 3 3 2 4
FOR	PROTEIN	POINTS	

Beef, veal, lamb, pork, lean, cooked,		Luncheon meat - 2 oz.	6
no bone - 2 oz	10	Peanut butter - 2 tbsp.	6
Fish, poultry, cooked, no bone-2 oz.	10	Bacon - 2 slices	3
Dry beans and peas, cooked - 1 cup	6		
Eggs - average size, each	4		
Frankfurter, each (10 to a pound)	6		

FOR VITAMIN A POINTS

(These based on raw fruits but cooked vegetables get 20 points a day or 140 a week)

Beet greens - ½ cup	45 Pumpkin - ½ cup	30
Broccoli - ½ cup	20 - Spinach - 4 cup	75
carrots, diced - 1 cup		50
Chard, leaves - 2 cup	70 Sweet potatoes, yellow - 1 medium	40
Cress, garden - ½ cup		io
Dandelion greens - 1 cup		15
Kale - ½ cup	35. Turnip greens - \ cup	60
Mustard greens - 1 cup	40 Apricots, raw or cooked - 5 balves 2	20
Peppers, sweet, red, raw - 1 med. siz-	e 15 Cantaloup madium	50

FOR VITAMIN C (Ascorbic Acid)

NOTE: Heat and air destroy Vitamin C. Keep food covered and cool. Avoid overcooking.

	Points	Points
Grapefruit - ½ medium size	30 Brussel sprouts - ½ cup	12
Grapefruit juice - ½ cup	17 Cabbage, raw, shredded - 1 cup	10
Orange - 1 medium	31 Greens:	,
Orange juice-> cup	19 Collards, mustard, turnip - ½ c.	13
Tengerine - 1 medium	10 Garden cress, kale - ½ cup	10
Tangerine juice - ½ cup	13 Spinach-½ cup	9
Cantaloup - 1 medium	24 Peppers, green, raw or cooked-1 so	ı. 17
Honeydew melon - 1 wedge, 2 by 7 ins.	. 14 Peppers, sweet, red, raw - 1/2 med.	31
Pineapple, fresh, diced - ½ cup	6 - Potato, cooked in jacket - 1 med.	8
Strawberries - ½ cup	18 Sweet Potato, boiled or baked-lmed	1. 10
Broccoli - ½ cup	22 Tomatoes, cooked or juice - 2 cup	8
	Tomato, raw - 1 medium	14

Experience shows that with the patterns of eating in this country, calories will reach or exceed the needs. Our choices within the food groups determine how well we provide other needs.

The 20 'points" provide toward the daily food needs:

600 milligrams of calcium

30 grams of protein

2500 Vitamin A units

50 Milligrams of Ascorbic Acid

This provides & or more of the daily needs of these 4 nutrients for an average adult, the rest will normally come from the other foods eaten.

Bread and cereals are counted on for thiamine, protein, iron, and niacin, as well as other vitamins and minerals. Average diets provide 4 servings daily of these foods, according to studies. Bread and cereals are important because of their many sided contribution at relatively low cost. For this reason foods of this group are not rated as sources of a specific nutrient.

For health, our daily food must supply many kinds of nutrients. Most foods contain more than one, but no single food furnishes all the necessary nutrients in proper proportions to maintain good health. Therefore 4 main groups are suggested in definite amounts:

- 1. Milk group 3 to 4 cups for children, 2 or more for adults.
- 2. Meat group 2 or more servings (includes eggs, poultry, fish).
- 3. Vegetable-Fruit group 4 or more servings, including a dark green or deep yellow vegetable (for Vitamin A), a citrus fruit or tomato or other Vitamin C food.
- 4. Bread & Cereal group 4 or more servings. They should be whole grained or enriched.

These foods provide the FOUNDATION for a good diet.

Other foods may be added to satisfy appetite and to give variety, but should not replace these foundation foods.

CHECK YOUR MEALS ADEQUATE MEALS NEED 4 FOOD ESSENTIALS

EACH SOUARE A POINT-GET 20 EACH DAY

CALC	IUM	eng Panglanana	PROTEIN
VITAM	IN-A	7	VITAMIN-C
VITAM	IN-A		VITAMIN-C
VITAM	IN-A		VITAMIN-C
VITAM	IN-A		VITAMIN-C

PLAY THE GAME "CHECK-O-MEAL"

51-Revised

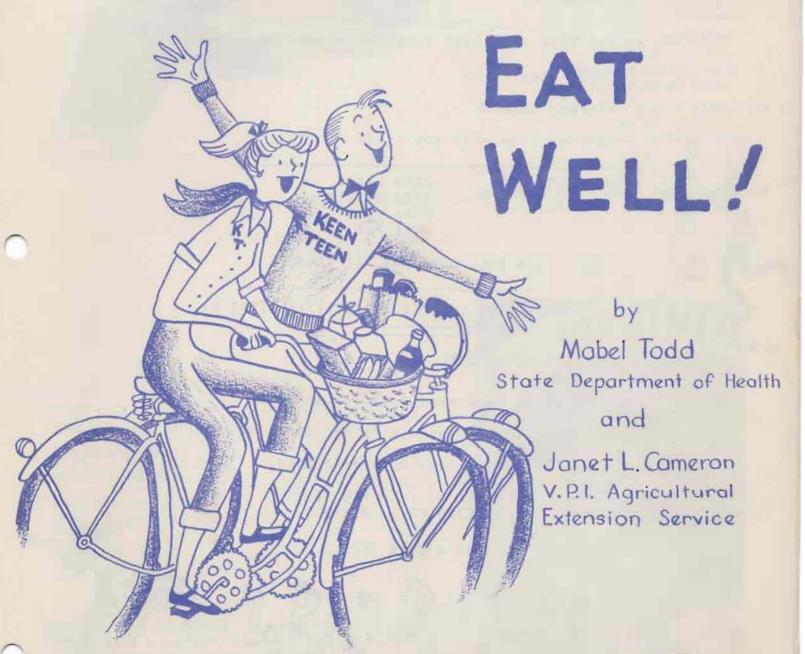
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MF-351-Revised Janet L. Cameron/ca October, 1956

BLACKSBURG, VIRGINIA

KEEN TEENS



Circular 702 October 1956

Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating: EXTENSION SERVICE, L. B. Dietrick, Director, Blacksburg, Virginia Printed and Distributed in Furtherance of the Acts of Congress of May 8 and June 30, 1914 ARE YOU A KEEN TEEN?

HOW ARE YOU DOING?

IS YOUR GANG ALWAYS HUNGRY?

WHAT DO THEY EAT?

HOT DOGS? POP?

FRENCH FRIES?



DO YOU KNOW THAT MOST TEEN AGERS ARE POORLY FED?

What about you?

Do you care?

Do you know what you need?

KEEN TEENS WANT:

GOOD LOOKS GOOD HEALTH MORE PEP MORE FUN

GOOD FOOD WILL HELP YOU GET THESE!

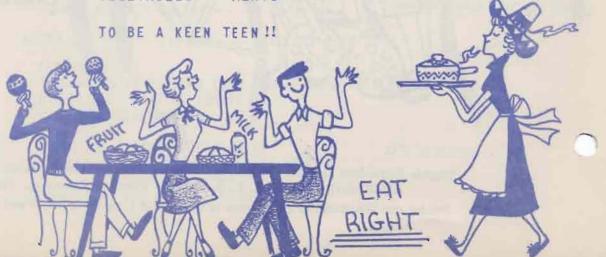
APPETITES SHARPEN AS ACTIVITY STEPS UP

BOY VERSUS GIRL --

Boys need more food for muscles, Girls need more milk for clear skin Girls and boys both need more:

> MILK VEGETABLES MEATS

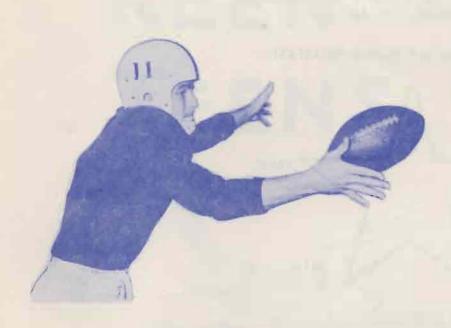
FRUITS





HAVE FUN

THIS COULD BE YOU



Don Divers

Miss Virginia of 1956

Height - 5' 5"

Weight - 125 1bs.

Measurements:

Bust 36"

Waist 24"

Hips 36"

She likes to drink milk, and she always eats a good breakfast. Every day, Miss Virginia includes in her diet: milk, eggs, salad, meat, raw and cooked vegetables, bread, butter, and dessert. She seldom eats snacks; but when she does, she eats fruit or drinks a glass of milk.

Don Divers, Captain V.P.I. Football Team Height - 6' !" Weight - 185 lbs.

Don Divers drinks lots of milk: I to 2 quarts each day.

Breakfast: 2 eggs and 2 slices bacon cereal and 2 glasses milk

4 to 5 slices toast

Lunch: Meat and 2 vegetables

salad

4 or more rolls - milk ice cream or fruit

Dinner: Meat and 2 or 3 vegetables

salad

4 or more rolls or bread

milk

pie or cake

No snacks are allowed during football training!

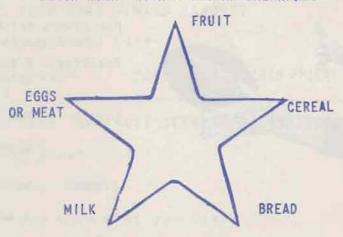


Rebecca Lou Richardson Martinsville, Virginia



WOULDN'T IT BE WONDERFUL IF YOU COULD ORDER A "PEP" SANDWICH OR A "CLEAR SKIN" PUDDING? MAYBE YOU CAN!

BEGIN RIGHT WITH A 5-STAR BREAKFAST



ARE SNACKS YOUR DOWNFALL?

ADD MANY POUNDS? FOR EXAMPLE:

8 FRENCH FRIES -- 157 CALORIES

I CUP BUTTERED POPCORN -- 155 Calories

I OZ. CANDY BAR -- 150 Calories

I CUP "POP" -- 107 Calories

2 DOUGHNUTS -- 275 Calories

BUT WAIT -- THESE GIVE WHAT YOU NEED FOR PEP AND STRENGTH:

Ĭ	CUP SKIM MILK	85	Calories
1	CUP LEMONADE	58	Calories
Ţ	HAMBURGER AND BUN		Calories
1	APPLE - MEDIUM		
1	BANANA - MEDIUM		
1	ORANGE - MEDIUM	70	Calories
ĺ	RAW CARROT	21	Calories
1	BIG STALK CELERY	9	Calories
t	CUP COTTAGE CHEESE	54	Calories



SNACKS - MILK -SANDWICHES - FRUIT

EVERY DAY - EAT THIS WAY -- INCLUDE EACH DAY:

- I QUART MILK
- 3 SERVINGS VEGETABLES (one should be green)
- 2 SERVINGS FRUIT OR TOMATO
- I SERVING LEAN MEAT
- I EGG

BREAD AND BUTTER AT EACH MEAL

OTHER FOODS IF YOU NEED THE CALORIES

EVERYTHING YOU EAT - BECOMES YOU!





YOUR FOOD TODAY...SHAPES YOUR FIGURE TOMORROW...

Desserts are where many dieters add more calories than they realize. Fruit is the best low calorie dessert, both from the standpoint of ease of preparation and nutritive value. You can easily add calories for the slim-Jims of your family, i.e., baked apples without sugar for you, may have sugar, nuts, raisins added and served with cream for members of your family who do not need to loose weight.

Cream, heavy (2 tbsp.) 98 Calories Cream, light (2 tbsp.) 60 Calories

Plain gelatin desserts are often the answer. Gelatin used in combination with milk and eggs make a real contribution to your diet. You can use non-caloric sweeteners.

There are a number of non-caloric sweeteners on the market such as saccharin and sucaryl. These are available from most drug stores in tablets and liquid solution. Saccharin with different grain amounts is very sweet, melts easily, but tends to become bitter if heated. To use in gelatin cookery, crush and dissolve tablets in a little of the liquids or moist ingredients called for in the recipe; add just before molding. If used in place of sugar, add the same amount of liquid as specified for sugar in the recipe. (See table for amounts)

Nonfat dry milk may be whipped and used in place of whipped cream in many desserts.

FRUITS ARE THE BEST LOW CALORIE DESSERTS

Fruit Plate -- 110 Calories

1/2 pear

1/2 banana

1/2 orange - cut in sections 4 slices red apple or watermelon 1 tbsp. lemon juice

Spanish Cream -- Serves 8 -- 71 Calories per serving

1 envelope unflavored gelatin
2 cups skim milk
2 egg yolks, beaten
1/8 tsp. salt
1 tsp. vanilla

8 non-caloric sweetening tablets
 (or equivalent)
2 egg whites, stiffly beaten
1 tbsp. sugar
1/4 cup whipped dry milk

Soften unflavored gelatin in 1/2 cup cold water in top of double boiler. Add milk.* Place over boiling water and stir until gelatin is thoroughly dissolved. Gradually beat into egg yolks. Continue cooking over hot water until mixture coats spoon. Pour over stiffly beaten egg whites to which the tablespoon of sugar has been added. Add flavoring. Chill until thick. Add non-caloric sweetening before folding in whipped dry milk. Turn into large (4-cup) or (8) individual molds and chill until firm. Decorate as desired.

*and salt

Fruit Sponge -- 4 portions -- 35 Calories each, with sugar 73

1 envelope unflavored gelatin
1/2 cup water
1 cup fresh, canned or frozen fruit
 (berries, cherries, peaches)

1 tbsp. lemon juice
1 tsp. non-caloric sweetening
 solution
1/2 cup whipped topping

Soak unflavored gelatin in 1/2 cup cold water. Press fruit through colander or beat in electric mixer. Add lemon juice and additional water, if necessary, to measure 1 1/2 cups. Heat softened gelatin over hot water until thoroughly dissolved. Add to fruit mixture. Chill until thick. Add non-caloric sweetening. Whip until fluffy and fine textured. Fold in stiffly beaten whipped topping. Turn into large (3-cup) molds and chill until firm. Unmold and serve, decorate as desired.

Coffee Fluff -- 8 servings -- 73 Calories per serving

1 envelope unflavored gelatin	2 egg yolks	1/4 cup sugar
2 tbsp. sugar	1 3/4 cups water	1/4 cup ice-cold water
2 tsp. instant coffee	l tsp. vanilla	1/4 cup nonfat dry milk
1/4 tsp. salt	2 egg whites	

Mix gelatin, sugar, instant coffee and salt together thoroughly in top of double boiler. Beat together egg yolks and water. Add to gelatin mixture and cook over boiling water, stirring constantly until gelatine is thoroughly dissolved, about 8 minutes. Remove from heat; add vanilla. Chill to unbeaten egg white consistency. Beat egg whites until stiff; beat in sugar. Fold in gelatin mixture. Beat ice-cold water and nonfat dry milk together with beater until stiff and mixture stands in peaks. (This takes about 10 minutes with hand beater.) Fold into gelatin mixture. Turn into a 5-cup mold or individual dessert dishes. Chill until firm.

Oatmeal Cookies -- Makes 72 cookies - Each contains 33 calories, made with sugar 50

1 1/2 cups quick-cooking oatmeal (uncooked)	1/2 tsp. salt
2/3 cup melted butter	2 tsp. baking powder
2 eggs, beaten	1/2 cup skim milk
1 tbsp. non-caloric sweetener	l tsp. vanilla
or 24 tablets, crushed	1/4 cup raisins or currants
1-1/2 cups sifted flour	

Measure oatmeal into 1-quart mixing bowl. Stir in melted butter, mixing well. Blend in combined eggs and non-caloric sweetener. Add sifted dry ingredients alternately with combined milk and vanilla. Mix in currants or raisins. Drip by level teaspoonfuls on baking sheet. Bake in a hot oven (400°F.) 10 to 15 minutes or until golden brown.

Cinnamon Pixie Cookies -- Makes 30 cookies - Each contains 30 calories, made with sugar 56 calories.

5 tbsp. butter 1 cup sifted flour 1/4 tsp. baking powder 2 tsp. vanilla 2 tsp. non-caloric sweetener or 16 tablets, crushed 1 tbsp. milk, fruit juice, or coffee 1 tsp. cinnamon

(CONTINUED ON PAGE 3)

Cinnamon Pixie Cookies (Continued)

Cream butter until light and fluffy. Blend in sifted flour and baking powder, mixed together. Mix or dissolve non-caloric sweetener in combined vanilla and milk or other liquid. Stir into flour mixture and mix thoroughly. Sprinkle cinnamon over dough and knead in so there is a streaked appearance. Shape dough into balls, about 1/2 inch in diameter, and arrange on a cooky sheet. Flatten balls with a fork dipped in cold water. Bake in a moderate oven (375°F.) 15 minutes, or until edges are browned.

Chocolate Pudding -- Makes 4 servings - Each contains 94 calories, (if made with sugar 190 calories).

1	tsp.	unflavored	gelati
		water	
1	tbsp.	cornstarch	1
2	then	00009	

1/8 tsp. salt 2 tbsp. water

2 cups liquefied nonfat dry milk, or skim milk

2 tsp. non-caloric sweetener or 16 tablets crushed

2 egg yolks, beaten 2 tsp. vanilla

Mix gelatin with the 1 tablespoon of water. Set aside. Mix cornstarch, cocca, salt, and the 2 tablespoons of water to a smooth paste in a saucepan. Add milk and sweetener. Cook over medium heat until mixture boils, 8 minutes, stirring constantly. Remove from heat. Stir in gelatin until dissolved. Pour a small amount of the hot mixture over beaten egg yolks. Blend together and return to saucepan. Cook 2 minutes longer over low heat, stirring constantly. (Mixture will thicken when chilled.) Cool slightly; add vanilla. Strain into four 1/2 cup molds or sherbert glasses. Chill until set.

CONVERSION TABLE, SUGAR & NON-CALORIC SWEETENERS					
Sugar	Calories	Other No	Other Non-Caloric Sweeteners Tablets Solution		
1 tsp. 2 tsp.	16 32	2	1/8 tsp. 12 drops 1/4 tsp. 4 drops		
1 tsp.	48	3	3/8 tsp.		
1/4 cup	192	12	1 1/2 tsp.		
1/3 cup	257	16	2 tsp.		
1/2 cup	385	24	1 tbsp.		



CALORIE LIST TO HELP YOU KEEP YOUR VAIST IN LINE

1 bunch grapes 3½ x 3 inches, (slip skin) i.e., Concord 55	Calories
1 cup grapes (40 dry) as Malaga102	11
1/2 cantaloupe (5 inches in diameter)	11
1/2 grapefruit (1 serving)100	17
Broiled, sprinkled with 1 teaspoon sugar116	11:
1 cup cherries, raw	11
1 cup charries, canned, no sugar122	- 11
1 medium orange, cut in half, 1 serving 70	
1 medium apple, eaten with skin	167
1 medium panana, 6½ x 2	11
1/2 pear, 3½ x 2½ in diameter	11
Pears, (canned) 2 medium size halves and 2 tablespoons syrup 79	101
Peaches, (fresh) 1 cup slices unsweetened	11
4 ounces frozen peaches, sweetened (depending on amount of sugar)100	н
1 cup strawberries, raw, capped 54	11
3 ounces frozen strawberries with sugar 90	71
Watermelon wedge 4 x 8 inch, 1/16 melon 16 x 10 inch	11
1/2 slice 3/4 x 10 inch	11
1 tablespoon lemon juice 4	111
1 tablespoon cramberry sauce, canned or fresh	11
1/4 cup heavy cream	14
1/4 cup whipped cream	H
1/4 cup coffee (thin) cream	11
1 cup whole milk	H
1 cup skim milk87	(1)
1/4 cup wnipped topping (made from dry skim milk)	9
1 egg medium raw	11
1 egg yolk medium, raw	11
1 egg white medium, raw 18	8.
Angel Food Cake (16 slices to 10 egg cake) 1 slice100	21
1 cup flour	11
1 cup sugar	11
1 tbsp. sugar 50	11

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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS Janet L. Cameron VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES September 4, 1957 DEPARTMENT OF AGRICULTURE COOPERATING. BLACKSBURG, VIRGINIA.

Food Benue and Tionsense

ARM YOURSELF WITH FACTS - TO AVOID DIETARY FADS

Throughout the centuries man has tried to find "magic" diets to cure his ails, or to keep him fit. Every nation has some "unusual" ideas. For Example:

Some East Africans eat crickets. Some of our Indians enjoy grasshoppers, others delight in parched army worms and grubs. Greeks are fond of cuttlefish. Snails are a French delicacy. Chinese use edible birds-nests in prepared form and dried sharkfins for the thickening properties they contain. Russians relish sunflower seeds. Eskimos devour raw fish. And, on top of all this, thousands of absurdly diet-minded Americans will not eat meat and potatoes at the same meal because "they do not mix!"

Now in our modern age some people, sold to unprofessionally inspired half-truths, believe that to eat simply for the joy of it is a crime, and that gastronomical penalties will follow those who "like to eat". Food faddists are funny folks. It is a basic principle that food harmless in itself can be combined safely in the human stomach with any and all kinds of other foods harmless in themselves. The popularity of food faddists, indicates that a large slice of the American public is very diet conscious.

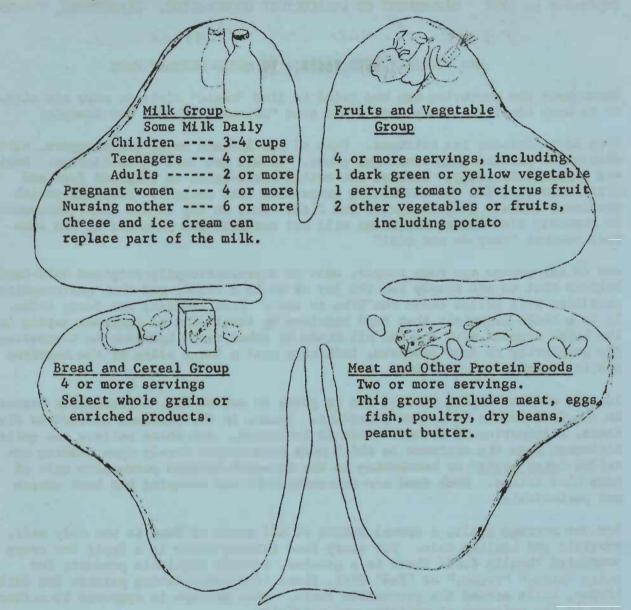
It goes without saying that if one is given to excess fat, a reasonable restraint in the food intake is a wise procedure. Again, in the presence of certain diseases, elimination of certain foods is indicated. But these matters are quite different from the extremes to which many will resort merely upon reading socalled "diet books" or hearkening to the ignorant through persuasive talk of some kind friend. Such food mis-information is now swamping the book stores and periodicals.

For the average adult, a normal intake of all types of food is the only safe, sensible and healthy rule. For every food fallacy there is a fact; for every overrated "health food" there is a genuine, readily available product; for every "rage," "vogue," or "fad" diet, there is a basic eating pattern for daily living, built around the protective foods. This pattern is approved by authorities in the sciences of medicine and nutrition.

The following four food groups comprise the framework of the normal daily food plan. The minimum quantities indicated in the four food groups form a foundation for an adequate diet, safeguarding the quantity and proportion of minerals, vitamins, and other nutrients. Many people will use more than the minimum number of servings suggested in each food group; and everyone will add some sugars, fats, and oils during food preparation and at the table. Perhaps a third to a half of the day's calories will come from such additions.

Choices within food groups. Each of these four food groups, with the exception of bread and cereals, is counted on to furnish a large part of the daily allowance for one or more key nutrients. The milk group is counted on for calcium; the meat group for protein; green vegetables and others for titamin A and tomatoes and citrus fruits and others for vitamin C. Experience shows that with the patterns of eating in this country, the additional foods used will bring the calorie level up to or beyond the need.

The Basic Daily Food Plan is a sound one for all ages:



Some common mis-understandings about foods may best be explained by a true-false test. HOW DO YOU RATE?

- 1. Milk is constipating. FALSE. The only objection to milk is that the patient who takes it in large quantities is less likely to eat other foods in amounts sufficient to give him the necessary bulk. It is proper to give milk to the constipated patient, provided he obtains sufficient crude fiber from his other foods.
- 2. Milk is fattening. FALSE. 1 cup (8 oz.) of whole milk has 166 calories
 1 cup skim or buttermilk has 87 calories
 No one food is fattening; each has definite amount of calories and if the total
 number consumed exceeds the energy used, the person stores the excess as fat.
- 3. Milk is indigestible. FALSE. Many factors, including heat, fat content, and rate of drinking influence the ease and completeness of digestion. For example, boiled milk is more digestible than raw milk.

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- 4. Only young children need milk. FALSE. It is very difficult to plan menus for older children and adults which are adequate in calcium and riboflavin if milk and milk products are not included. One quart of milk each day is recommended to meet the needs of growing children and one pint daily for adults.
- 5. Milk should never be given to a patient with fever. FALSE. The patient's temperature has no bearing on his ability to take milk. Milk should form the basis of the diet for persons who are ill or well.
- 6. Yogurt and blackstrap molasses will keep you "young and fit." Alas, this is FALSE! These so called "wonder foods" do not contain unusually nutritious properties. For example, crude molasses has more vitamin B and iron, along with impurities, than refined molasses has, but the average person does not use enough molasses to add appreciable amounts of iron or the B vitamins to his diet. And yogurt and other fermented milks are good foods, but they have none of the mysterious health-giving virtues which are attributed to them by some people. Yogurt costs more than other milks. It is made from whole milk with varying amounts of added milk solids. No difference has been demonstrated between the nutritional value of fresh and fermented milks which contain equal concentrations of milk fat and nonfat milk solids.
- 7. These combinations are poisionous: Milk and fish, Ice Cream and Oysters, Milk and Chili, Milk and lemons, Milk and Tomatoes, Milk and Cherries, Milk and Cucumbers, and Buttermilk and cabbage. FALSE. No experimental or clinical evidence indicates that combinations of natural foodstuffs such as those listed above are harmful. Years of human experience with combinations of foods disprove the statements. Illness of persons from any food normally tolerated by man is due either to some cause outside the food, contamination of the food, or to an individual food allergy. This statement that the combination of fish and milk is poisonous no doubt originated in days before refrigeration, when, by coincidence, people who were eating fish that was not strictly fresh also happened to be drinking milk at the same meal. People who refuse to eat fish and drink milk today probably never think of it as inconsistent when they eat fish chowder or oyster stew made with milk, or fish with cream sauce. If two foods can be eaten separately, they can also be used in combination without harm.

FRUITS & VEGETABLES

- 1. Frozen orange juice has less nutritive value than fresh. FALSE. The major contribution of orange juice to the diet is vitamin C. These two products are remarkably similar in their vitamin C content.
- 2. Vegetable juices have magic health-giving qualities. FALSE. Promoters of so-called "health foods" are chiefly responsible for the idea that vegetable juices have migic health-giving qualities. No vegetable or fruit or its juice has a specific disease-curing property. The nutritive values of vegetable juices and vegetables are approximately the same. Whole vegetables are an important source of bulk in the diet.
- 3. All fruits and vegetables should be eaten raw. FALSE. The origin of this idea probably lies in the theory that foods should be eaten in their natural state. However, vegetables are cooked for two reasons: to soften the celulose so that they will be more easily digested and, in some instances, to make them more acceptable to the taste. Overcooking may cause excessive loss of minerals and vitamins.

- 4. Canned vegetable products have less nutritive value than fresh, cooked vegetables. FALSE. No such general statement can be made. The nutritive values of the canned and the freshly cooked product are dependent upon the nutritive value of the original food and the method by which it has been prepared.
- 5. A mother cannot eat greens, fish, or rabbit for one month after baby is born because they will harm her. FALSE. These myths have been handed down from generation to generation and have no basis. The lack of proper handling in the past such as inadequate refrigeration and unsatisfactory practices in sanitation and preparation, may have contributed to these false beliefs.
- 6. Beets are beneficial as a cleansing food. FALSE. Beets do not have any such special property. They, like most vegetables, provide some of the minerals and vitamins needed by the body.
- 7. It is dangerous to leave food in a can that has been opened. FALSE. The U.S.D.A. has released the following information: "It is safe to keep the food in the original can after it has been opened. It is important to cover the can and to keep the food cool. Cans and foods are sterilized in the processing. Another container might have bacteria on it, which could cause food to spoil."

MEATS AND PROTEIN FOODS

- 1. Pork liver is less nutritious than beef liver. FALSE. Pork and beef liver contain valuable minerals and vitamins and are very nutritious. Pork liver contains more iron than beef liver, and beef liver contains more vitamin A than pork liver. Calves liver is just young beef liver. It is more tender so cooks faster but is no different in food value. Both kinds of liver compare favorably as to proteins and caloriss.
- 2. Large amounts of gelatin dissolved in water and taken as a food supplement will strengthen fingernails. FALSE. Fingernail formation apparently is influenced by a number of factors including the state of nutrition, endocrine state, disease, and environment. Gelatin is a pure protein. Whether protein of itself, in any form, will improve fingernail condition is questionable. Gelatin does not contain all of the amino acids needed for growth, repair, and maintenance of the body, hence is called an "incomplete" protein.
- 3. Omit meat, eggs, and milk from diet to cure arthritis. FALSE. There is no evidence that any food will either cause or cure this disease.
- 4. Fish and celery are brain foods. FALSE. Special foods do not build special tissues. Possibly this belief arose from the fact that nerve tissue, which comprises a part of our brains, is rich in phosphorus, and fish provides phosphorus containing compounds, but meat, poultry, eggs, and milk are also rich in phosphorus. It is a mystery how celery, which contains little phosphorus, became known as a brain food.
- 5. Adequate protein may be obtained from fruits and vegetables. FALSE. Because people usually consume a limited variety and quantity of fruits and vegetables, it is difficult to obtain adequate protein from these sources. Vegetarians, in addition to eating fruits and vegetables, usually eat a variety of grains, beans, and nuts which contribute toward adequate protein in the diet. Other people who exclude meat from their diet derive proteins from milk, cheese, and eggs.

- 6. The nutritive value of milk or meat from cattle raised on foods from inferior land is poor. FALSE. The quality of the soil influences the amount of the crop raised more than the nutritive value of the crop. Only very slight variations in the food value of crops can be related to soil fertility. Experiments have shown that the nutritive value of a given crop, such as wheat, is influenced more by the kind of seed planted than by the fertility of the soil. The important nutrients in milk and meat are not influenced by the feed of the animal. However, the amount of animal products produced is related to the quality and quantity of food eaten by the animal.
- 7. Rare roast beef and steaks are more nutritious and more effective in the treatment of anemia than is well-done meat. FALSE. Properly prepared meat, cooked at moderate temperature, is very similar in nutritive value, whether it be rare, medium rare, or well done.

BREAD AND CEREALS

- 1. Home-ground flour is vastly superior to that which is commercially ground. FALSE. Home-ground flour has the same food values as whole wheat flour milled in a commercial mill. There is no more justification today for grinding one's own flour at home than there is for going back to the pioneer spinning wheel and loom to weave the cloth for all the family's clothing.
- 2. Rice cures high blood pressure. FALSE. The restriction of sodium and calories are the two factors known to be effective in reducing blood pressure in certain cases. The Kempner rice diet which is very low in sodium has been used to lower blood pressure; however, this diet is very monotonous and far from what is commonly called a "normal diet," and cannot maintain health and energy over a long period of time.

BEVERAGES

- 1. Water is fattening. FALSE. Water is calorie free and therefore cannot be converted to body fat. Roughly two-thirds of the total body weight is made up of water. Changing one's intake of table salt is one way to change the concentration of water in the body. If the salt intake is reduced, the amount of water held in the body is reduced. This in no way changes the fat content of the individual person.
- 2. <u>Drinking ice water causes heart trouble.</u> FALSE. Some patients with arteriosclerotic heart disease may experience pain in the chest from different kinds of stimuli, such as the drinking of iced drinks.
- 3. Uncolored soda-pop contains no calories. FALSE. Analysis of carbonated beverages shows that they contain 80 to 105 calories per cup. Color is no guide to the number of calories a beverage contains. Sugar dissolved in water forms a colorless liquid.
- 4. Coffee with cream is more harmful than black coffee. FALSE. Coffee without cream and sugar contains no calories. The addition of cream increases the caloric value but does not change the effect of the stimulating property of coffee of the body.

VITAMINS, WEIGHT CONTROL & OTHER

1. Everybody needs vitamin concentrates. FALSE. Scientists are agreed that foods are the best sources of vitamins, and that vitamin preparations in the form

of concentrates are not necessary for the average person if the diet is adequate. A haphazard diet bolstered by vitamin concentrates is not advised. It may be lacking in calories, protein, mineral elements, or in some vitamins or essentials as yet unknown. Vitamin preparations cannot take the place of food.

There is a growing tendency for vitamin preparations to be prescribed for (or to be self-prescribed) and consumed by persons who can expect to receive no benefit from them. Persons suffering from vitamin difficiencies can be benefited by vitamin concentrates, which should be prescribed by physicians.

- 2. If one vitamin pill a day is good--two or three are better. FALSE. Actually, most people do not need to take any vitamin pills. Excessive quantities of certain vitamins can be harmful, particularly to young children. In case of illness, the physician will prescribe the needed vitamins in proper amounts.
- 3. Overweight is due to heredity. FALSE. Obesity is caused primarily by overeating. More calories are taken into the body than are used and, as a result, fat is stored. Too many calories in the daily family meals may be responsible for all the members of the family being overweight. While heredity may play a part in obesity, weight can be controlled by a limitation of calories.
- 4. In the experience of some people, all foods turn to fat. FALSE. Fat is the body's way of storing excess foods. The source of this excess may be protein, fat, or carbohydrate. Fat is formed only when total energy from these sources exceeds the amount used in the activities of the day. More exercise and less food are both ways to lose weight.
- 5. Meal skipping is a good way to lose weight. FALSE. It actually may increase appetite for the next meal or for between meal snacks, which results in increased food intake. Skipping of meals is likely to lead to the choice of unbalanced diets. Actually, several small and regular meals each day may provide greater satisfaction to the person on a reducing diet than the normal three-meal pattern.
- 6. The banana and skim milk diet is considered good for weight reduction. FALSE. These two foods separately, or in combination are good nutritious foods, but will not meet the dietary allowances of the National Research Council. Aside from being inadequate in nutrients, if enough of these two foods are eaten, the caloric intake could be as high as that provided by the usual three meals a day, and weight loss would not occur. One average size banana has 88 calories and one cup skim milk has 87.
- 7. Following the egg diet is a good method of losing weight. FALSE. The egg diet is perhaps the same as the so-called "Mayo Diet." It consists of 6 to 9 eggs per day (depending on which version you have) grapefruit, spinach, tomato, and dry toast. After the first day, meat is substituted for eggs at the evening meal. The egg diet is contrary to good nutrition practice. A diet of this kind cannot be considered adequate especially from the standpoint of calcium. A reduction diet should serve as the basis for dietary re-education, so that desirable eating habits will continue after the desired loss of weight has been attained.
- 8. You can eat all you want and still lose weight if you take "reducing pills." FALSE. Certain drugs are available which depress the appetite. Only a competent physician should prescribe and direct the use of these drugs. The drugs themselves do not cause weight loss but simply aid in controlling the appetite.

- 9. Special low calorie bread should be used in reducing diets. FALSE. The basic ingredients of bread cannot be varied to any great extent if a palatable product is made. The average slice of white bread is about 1/2 inch thick and contains approximately 63 calories. The average slice of most low-calorie breads is less than 1/2 inch thick. Naturally, a thin slice will contain fewer calories.
- 10. Toast has fewer calories than bread. FALSE. Toast is bread that has been dried and browned. The water content is decreased, but this does not change the caloric content because water has no caloric value.
- 11. One must not drink water when trying to lose weight. FALSE. Water is essential to health at all times, and restriction of water intake should not be practiced except under careful medical supervision. When trying to lose weight, it is desirable to drink water between meals because it often will relieve hunger pangs.
- 12. Candy enriched with vitamins may be eaten when a person is reducing. FALSE. Candy of any type is mainly sugar and adds little to the diet except calories. When reducing, it is important to eat foods rich in nutrients, rather than foods rich in calories.
- 13. <u>Gelatin dessert is nonfattening</u>. FALSE. There is no such thing as a fattening or nonfattening food. All foods contribute calories in varying amounts. Simple gelatin desserts provide fewer calories than do cakes and pastries.
- 14. Certain foods taken during pregnancy "mark" the child. FALSE. A varied diet is important during pregnancy to insure the health of the mother and baby. No particular foods eaten during pregnancy will have a harmful effect on the baby.
- 15. Cravings for certain foods means the body needs them. FALSE. Cravings for foods do not represent the need for them, but rather reflect the associations people have for certain foods.
- 16. If you "can" foods during pregnancy, the jars will burst. FALSE. This is just a superstition without a basis of fact. A cracked or otherwise defective jar or lid may be broken when heat is applied, regardless of who is doing the canning and regardless of her physical condition. The chief feature in canning foods is the application of sufficient heat to destroy bacteria.

ACKNOWLEDGEMENT: Part of this material is taken from the leaflet "Food Facts
Talk Back", American Dietetic Association, Chicago, Illinois.



SNACKS AND SIMPLE

REFRESHMENTS

11

SNACK TIME TIPS

Snacks can be nutritious as well as tasty and attractive. Many mothers plan for snacks when planning regular meals and shopping. Others keep a good supply of snack foods in the cupboard, refrigerator, and freezer. This way children tend not to raid the refrigerator for food planned for meals.

HOT SPICED TOMATO JUICE (Serves 6 to 8)

2 beef bouillon cubes

5 cups tomato juice 1 tablespoon lemon juice 1/2 teaspoon Worcestershire sauce

- 1. Heat tomato juice. Add bouillon cubes and stir until dissolved.
- 2. Remove from heat. Stir in lemon juice and Worcestershire sauce.
- 3. Serve piping hot in cups or mugs. To garnish, stick whole cloves in lemon or lime slices and put one slice in each cup.

MILK SHAKES

Peppermint Shake: Scald 4 cups of milk in a double boiler. Add 1/2 cup crushed peppermint stick candy and stir or shake until the candy is dissolved. Chill and pour into glasses. Top with whipped light cream and sprinkle with crushed peppermint candy. Makes 6 servings.

Strawberry Flip: Place a serving of strawberry ice cream in a tall glass or shaker. Add 1 cup milk and stir or shake.

Molasses Chocolate Syrup: Break 4 squares of unsweetened chocolate into several pieces. Melt in a double boiler over hot water. Stir in 3/4 cup molasses. Add 3/4 cup boiling water and continue to cook until mixture is creamy but not thick. Cool. Add I tsp. vanilla. Store in a covered container. For every 1 cup milk, add 4 tbsp, molasses chocolate syrup and stir or shake well.

HONEY MILK BALLS (Makes 30 small balls)

1/4 cup honey 1/4 cup peanut butter

1/2 cup non-fat dry milk 1/2 cup crushed cereal flakes

- 1. Mix honey and peanut butter.
- 2. Gradually add milk, mixing well.
- 3. Form into balls with greased hands.
- 4. Roll in crushed cereal flakes.
- 5. Chill until firm.
- 6. If desired, use the mixture for stuffing dates or dried prunes or apricots.

CHOCOLATE PINWHEELS (Makes 36 slices)

1 cup beanut butter 1/8 teaspoon salt 1 cup shredded cocoanut 1/2 cup chopped raisins 1/2 cup chopped nuts

1 tablespoon milk or cream Confectioner's sugar 3/4 cup semi-sweet chocolate pieces 1 teaspoon water

- 1. Place peanut butter and salt in a small bowl. Gradually add cocoanut, raisins, nuts, and milk or cream and blend well.
- 2. Add enough confectioner's sugar to make mixture easy to handle.
- 3. On a piece of waxed paper, pat mixture into 1/4-inch sheet.
- 4. Place chocolate pieces and water in a small saucepan and melt over low heat.
- 5. Spread melted chocolate on the sheet of peanut butter mixture.
- 6. Roll up into a long roll, chill, and cut into thin slices.

PRUNE-PEANUT BUILTER SPREAD (Makes about 1 cup or filling for 4 sandwiches)

1/2 cup chopped, cooked prunes 1/4 teaspoon salt

1/2 cup peanut butter

2 teaspoons lemon juice, if

1/4 cup salad or mayonnaise dressing

desired

Blend ingredients. Use as a spread for crackers, a sandwich spread, or a stuffing for dates or dried apricots or prunes.

FRUIT KABOBS

String fresh, canned, and/or dried fruits on metal or wooden skewers, or colored round toothpicks, or pretzel sticks and serve as a snack. The fruits are not cooked after skewering. Choose at least two kinds of fruit presenting a pleasing contrast in color and flavor. Select fruits that are not soft and messy. Cut large fruits into bite-size chunks, and dip the cut surfaces of light-colored fresh fruits in pineapple or citrus juice to prevent darkening. Use apricots or small plums, dried apricots, figs or prunes, bananas, canned peaches, or pineapple chunks, cherries, dates, grapes, melon cubes, kumquats, large seeded raisins, or whole strawberries.

FRUIT-CHEESE PLATES

Many kinds of cheese, fruit, and perhaps crackers or bread make attractive, satisfying, nutritious snacks. Here are two favorites:

Cottage cheese tossed with a bit of grated Cheddar cheese, partly peeled and sectioned tangerine topped with a few salted nuts, and some raisins at the side of the plate.

Swiss cheese sticks, a few partially cracked nuts, and halve an unpeeled apple ring and canned pineapple slice and fill with cream cheese.

TUTTI-FRUTTI TRAY

Mix 1 cup of cottage cheese and 1/4 cup each of chopped nuts and dates. Place in a bowl in the center of a tray. Surround with unpeeled apple or orange wedges, pear wedges, or banana or pineapple chunks.

VEGETABLE RELISH TRAY

Arrange carrot sticks, celery sticks, green and red pepper strips, turnip slices and cauliflower floweretts on a small tray. Serve with salt and crisp crackers if desired.

CELERY CHEESE STALKS

Fill 3- to 4-inch pieces of celery with cottage cheese seasoned with onion salt. Sprinkle with poppy seeds. Or use the onion-flavored cottage cheese to fill pitted prunes. Pimento cheese may also be used to stuff celery or prunes.

FINGER FRUITS --- serve one or more of these as a snack ---

Pineapple chunks on toothpicks to dip into mace-topped sour cream or deviled ham and cheese spread

Apple or pear wedges dipped into citrus or pineapple juice and topped with sharp cheese spread

Banana chunks dipped into citrus or pineapple juice and rolled in chopped nuts

Pear wedges dipped into citrus or pineapple juice to dunk in cream cheese whipped with orange juice until fluffy.

SARDINE DIP (Yield: 1 cup)

2 cans sardines (3½ or 4 oz. size) 1/4 teaspoon salt 12 pimiento stuffed olives 2 3-ounce packages cream cheese Or 2 cups cottage cheese, whipped or 1 teaspoon prepared horseradish sieved l tablespoon lemon juice

1/4 teaspoon dry mustard 1/2 cup very finely diced celery 1 tablespoon Worcestershire sauce 1/4 cup salad dressing

Drain Sardines and mash well. Chop olives fine; add to sardines with all other ingredients and blend thoroughly. Chill in covered dish for several hours. Serve in a bowl garnished with potato chips. Dip corn or potato chips into this mixture and spread on crackers.

TUNA-CHEESE DIP

2 8-ounce pkgs. cream cheese, softened 1/2 cup milk 1 6%-ounce can chunk style tuna, drained well. Serve as a dip for 2 teaspoons grated onion 2 teaspoons prepared horseradish with parsley. Salt and pepper to taste

Combine cheese and milk; blend. Add remaining ingredients; mix crackers and pretzels. Garnish

CHEESE POPCORN Toss 3 cups popped corn with 1/4 teaspoon onion salt, 1/4 cup grated Parmesan or Cheddar cheese, and 1/4 cup butter or margarine, melted.

DEVILED CARROT CURLS

Cut carrots in thin slices lengthwise. Spread generously with deviled ham. Roll up and skewer with toothpick. Chill in refrigerator.

CHEESE CORN MEAL CRACKERS (Yield: about 5 dozen 3x1-inch crackers)

1/2 cup corn meal

1/3 cup firmly packed grated Parmesan 1 tablespoon vinegar cheese (15 ounces)

2 tablespoons dry milk solids

1 cup sifted self-rising flour 1/2 cup butter or margarine

1/4 cup water

Paprika, poppy seed or sesame seed

1. Mix together flour, corn meal, cheese and dry milk solids.

2. Cut in butter or margarine until fine and mealy.

3. Combine water and vinegar; add all at once to dry ingredients.

4. Stir with fork just till dry ingredients are all dampened,

5. Knead just enough to hold together on lightly floured board.

6. Roll to 1/8 inch thickness. Cut in desired shapes.

7. Place on ungreased baking sheet. Prick with fork; sprinkle with paprika, poppy seed or sesame seed.

8. Bake in a 350°F. (moderate) oven 10-12 minutes, or until lightly browned. Serve hot or cold.

FRENCH FRIED MACARONI DUNKS

Prepare several different shapes of macaroni according to package directions. Drain well. Heat hydrogenated vegetable oil in deep fryer to 375°F. Fry macaroni in small quantities until a golden brown. Drain on absorbent paper and sprinkle immediately with salt. At this time the macaroni may be sprinkled with garlic salt, onion salt, grated Parmesan cheese or celery salt. Allow about 1 cup of macaroni dunks per person. For those who need more calories.

OTHER SUGGESTIONS

Fruit juices, cold or with spices on a winter night.

Fruit whips - Cut frozen fruit into chunks and don't thaw. Put beaters of electric mixer through a piece of wax paper larger than the top of mixing bowl to prevent splattering. Beat frozen fruit on high speed until it looks like sherbert. Peaches, strawberries or nectarines may be used. Serve at once.

Hot clear soups served in cups with crispy crackers are good bedtime snacks.

Cheese squares, stuffed olives and small pickles stuck with toothpicks are easy to eat and add variety to snacks.

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Canquited Und Frozens

Congealed and frozen desserts should add real food value to the meal, not just be "something sweet". Many desserts are too rich to follow a big meal. Frozen or congealed desserts can be satisfying, yet light and tasty when made from milk, fruit and eggs.

QUICKY LEMON FREEZE

1 cup evaporated milk (chilled)

1 tsp. salt

1 small can frozen lemonade

Whip milk, add lemonade and salt and freeze.

BAKED ALASKA

1 9-inch square layer cake (sponge or butter or frozen cake)

1 layer of ice cream (have very hard) to cover center of cake to one inch of edge

4 egg whites

½ cup sugar

salt

Preheat oven to 400°F. (Moderately hot). Beat egg whites until stiff. Add sugar and salt and beat until very stiff. Place cake on a thick board and quickly put ice cream on top and cover with meringue. Bake quickly until meringue is brown and serve at once.

Variation: Add 1 tsp. instant coffee to meringue if the ice cream you select will "go" with coffee flavor.

BANANA GINGER PIE

1. Mix 1 envelope unflavored gelatin and 2/3 cup sugar together thoroughly in the top of a double boiler.

2. Add 3/4 cup water. Place over boiling water and stir until gelatin is thoroughly dissolved.

3. Remove from heat. Add 1 teaspoon grated 1emon rind, 3 tbsp. 1emon juice and 1 cup mashed bananas (2 medium bananas). Chill until mixture mounds slightly when dropped from a spoon.

4. Add 2 unbeaten eag whites and beat with a rotary beater until mixture begins to hold its shape.

5. Turn into cooled gingersnap pie shell and chill until firm

6. Makes 8 servings. 150 calories per serving.



GINGERSNAP PIE SHELL*

Blend together 1 cup crushed gingersnaps (15 cookies) and 2 tbsp. melted butter or margarine. Press firmly against bottom and sides of a 9" pie plate. Bake in moderate oven (375°F.) for 6 minutes. Cool.

COFFEE FLUFF

- 1. Mix 1 envelope unflavored gelatin, 2 tablespoons sugar, 2 teaspoons instant coffee and 1/4 teaspoon salt together thoroughly in the top of a double boiler.
- 2. Beat together 2 egg yolks and 1 3/4 cups water. Add to gelatin mixture and cook over boiling water, stirring constantly until gelatin is thoroughly dissolved, about 8 minutes.
- 3. Remove from heat; add 1 teaspoon vanilla. Chill to unbeaten egg white consistency.
- 4. Beat 2 egg whites until stiff; beat in 1/4 cup sugar. Fold in gelatin mixture.
- 5. Beat 1/4 cup cold water and 1/4 cup nonfat dry milk solids together with a rotary beater until stiff and mixture stands in peaks. (This takes about 10 minutes with hand beater). Fold into gelatin mixture.
- 6. Turn into a 5-cup mold or individual dessert dishes. Chill until firm.
- 7. Makes 8 servings. 73 calories per serving.

APRICOT COCONUT PIE

- 1. Mix 1 envelope unflavored gelatin, 1/3 cup sugar and 1/8 teaspoon salt together thoroughly.
- 2. Add 1½ cups (12 oz. can) very hot apricot nectar and stir until gelatin is thoroughly dissolved.
- 3. Add 1 teaspoon lemon juice and 1 teaspoon almond extract. Chill to slightly thicker than unbeaten egg white consistency.
- 4. Add 2 unbeaten egg whites and beat with a rotary beater until mixture begins to hold its shape.
- 5. Turn into prepared coconut pie shell*. Chill until firm.
- 6. Makes 8 servings. 146 calories per serving.

COCONUT PIE SHELL

Grease a 9 pie plate with 1 teaspoon butter or margarine. Empty a 4 oz. can shredded coconut into pie plate and press against bottom and sides of plate. Bake in slow oven, 325° about 10 minutes. Cool.

LOW CALORIE CHEESE CAKE

- 1. Mix 2 envelopes unflavored gelatin, 3/4 cup sugar and 1/4 teaspoon salt together thoroughly in the top of a double boiler.
- 2. Boat together 2 egg yolks and 1 cup liquefied non-fat dry milk or skim milk. Add to gelatin mixture and cook over boiling water, stirring constantly until gelatin is thoroughly dissolved, about 8 minutes.
- 3. Remove from heat; add 1 teaspoon grated lemon rind, cool.
- 4. Stir in 3 cups creamed cottage cheese (24 oz.) sieved, 1 tablespoon lemon juice and 1 teaspoon vanilla. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon.

LOW CALORIE CHEESE CAKE (Continued)

- 5. Fold in 2 egg whites, stiffly beaten
- 6. Beat 1/2 cup ice-cold water and 1/2 cup nonfat milk solids together with a rotary beater until stiff and mixture stands in peaks. (This takes about 10 minutes with hand beater). Fold into gelatin mixture.
- 7. Turn into an 8" spring form pan or 2 refrigerator pans and sprinkle top with a mixture of 1/3 cup graham cracker crumbs (4 crackers), 1/8 teaspoon cinnamon and 1/8 teaspoon nutmeg.
- 8. Chill until firm.
- 9. Makes 12 servings. 155 calories per serving.

PARFAIT: This elegant way of serving ice cream has always been a special treat. And it can be even more special with one of the following combinations. Use tall parfait glasses and place alternate scoops of mint chip and chocolate ice cream. Or, use a combination of 3 ice creams, such as: Banana, Pineapple Orange and Lemon Sherbet. Alternate each flavor with Creamy Marshmallow Sauce, and top with a bright red cherry. Have fun mixing and matching the ice creams and sauces in this way for a variety of taste tempting parfaits.

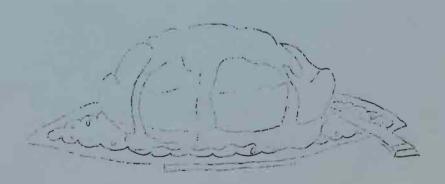
MERINGUE SHELLS: If you have a little time to spare, try making meringue shells. This is truly a dessert that is attractive enough for the most special occasion. Invidivual meringues can be made in the shape of shells, four leaf clovers, hearts or any other shape for a particular occasion. They can be tinted pretty colors, too! Fill each shell with a big scoop of ice cream such as strawberry or chocolate and top with marshmallow or mocha sauce. Truly a dish fit for a king!

MERINGUE SHELLS: Beat 4 egg whites until foamy. Add 1 cup sugar, a table-spoon at a time. Beat well after each tablespoon is added; then beat until stiff peaks form. Shape as desired. Bake in slow oven, 250°F., 60 to 70 minutes or until dry.

<u>PARTY PUFFS</u>: An easy and attractive party food is a cream puff, filled with ice cream and topped off with a creamy smooth sauce. For a teen-age delight fill the cream puff with Maple Ice Cream and top with warm Maple Nut Sauce.

"PEPPY" THE CLCWN CONE: (For a children's party)
One scoop ice cream for his head, pecans for eyes and chocolate bits for a
nose and mouth. Use coconut for a collar or hair whichever you prefer and
give him a cocky cone hat.

<u>VARIATIONS</u>: Orange Sherbet, with cherries, marshmallows and candy gum drops for decorations. Use various fruit nuts and candies for the face. It's easy as that, and fun, too!



PARTY FOOD FUN

Make individual sundaes by putting ice cream in paper cups and topping with syrup. Cover with small squares of aluminum foil and freeze.

These sundaes are wonderful for those last minute parties or for friends who drop in for coffee.

2. Cut ice cream into squares and put between plain cookies or graham crackers; wrap and freeze. They make deliciously different ice cream sandwiches. For something special use leftover or frozen waffles

to make a sandwich.

4. Hollow out an angel food cake, fill with ice cream, frost with whipped cream, and freeze.

5. To make an easy ice cream pie, line a refrigerator tray with graham crackers or cookie crumbs. Freeze ice cream in tray. At serving time, cut diagonally into pie-shaped wedges.

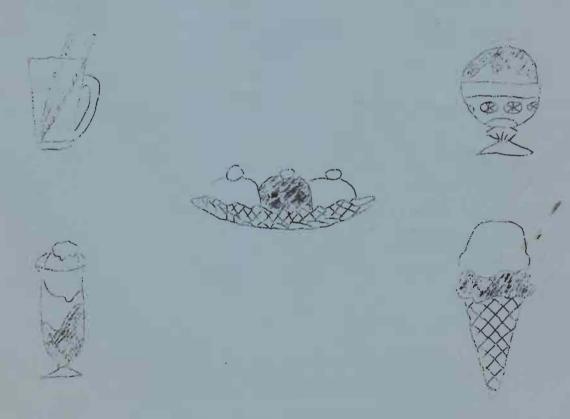
6. Slice a loaf cake (angel food, devil's food or any family favorite) lengthwise into 3 or 4 slices. Alternate a layer of cake with softened ice cream. Wrap and freeze. Slice and serve.

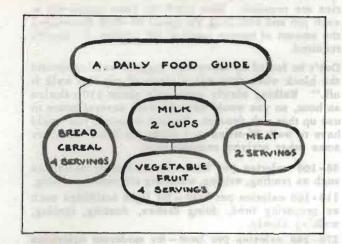
7. Make ice cream shells of melted chocolate pieces and coconut or cornflakes. Shape shells in greased muffin tin or paper cups.

8. Put a scoop each of 3 different kinds of ice cream into a sherbet dish, top with sauce and/or fruits. Ice creams and fruits of different colors make attractive dishes.

9. To make your own special flavored sodas, put a scoop of ice cream in a glass, pour in soda of any flavor and stir.

 Roll scoops of ice cream in toasted coconut and top with your favorite sauce.





Why do we lose or gain weight?

What are the new desirable weight tables?

How can we keep weight off, once we have lost it?

Dieting Modern Style

"Going on a diet" is a current, popular pastime. Whether it is a liquid, solid, salt-free, or fruit diet, or one suggested by a book or magazine, the facts in a nutshell are:

- 1. If you eat more than you need for your activity and basal metabolism, the extra is stored as fat so you gain weight.
- 2. If you eat less than you need, you lose weight because your body fat helps provide part of the calories you need to supply energy.
- 3. Each pound of fat represents about 3500 calories. When you leave off this much food, you lose a pound. If you add it, you gain that much. This means you can lose a pound a week by cutting your normal intake by 500 calories a day.
- 4. Your desirable weight at 25 years is the weight you should try to keep all the rest of your life.

New Weight Tables

For years we have used "average" weights as the standard. In 1959, studies were made of 5 million insured adults to determine the most desirable weights for best health and long life. This was the most comprehensive, statistical investigation ever undertaken in the field and included analysis of weights and life span over a 20 year period. Most of the "desirable" weights were lower than the average. This study

WEIGHT CONTROL

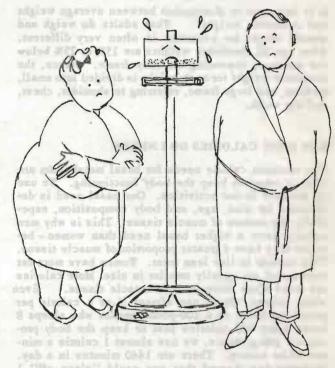
HOW TO GET AND HOLD

YOUR DESIRABLE WEIGHT

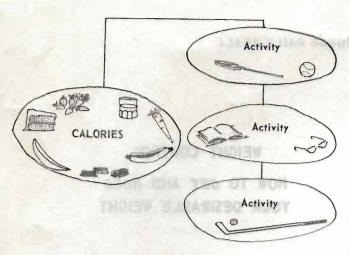
showed clearly that being moderately underweight is a highly desirable condition. Overweight conditions, on the other hand, have become a major health problem, especially past middle life.

or here excess but next that but works said so

Average weights of men and women have increased significantly in the past 30 years. This is attributed to (1) labor-saving devices, (2) the fact that few people walk anywhere, (3) increased average income available for food, and (4) wide variety of food available to all. This problem is likely to become more acute as the trend toward automation expands.



So-o-o... YOU'VE DECIDED TO REDUCE!



Your weight depends on the balance.

These studies show that both men and women tend to gain weight as they grow older, but men put on weight most rapidly in their 20's and 30's, while women's most rapid weight gain is in the middle 30's and 40's.

Some facts for concern showed that ½ of the men in their 30's are at least 10% above their desirable weights. One-fourth of these men are 20% or more above their desirable weights. The facts also show that 60% of the men in their 50's are at least 10% above their desirable weights. Women usually gain more weight after 50, and from age 40 on. Their records are about the same as those for men.

Desirable Versus Average Weights

It is important to distinguish between average weight and desirable weight. What adults do weigh and should weigh for longevity is often very different. After age 30, desirable weights are 15% to 25% below the average, depending on body frame. Hence, the desirable weight for each height is divided into small, medium, and large frame, referring to shoulder, chest, and hip width.

HOW MANY CALORIES DO I NEED?

The minimum calorie needs for basal metabolism are what it takes to keep the body functioning. We use up the rest in our activities. Our basal need is determined by size, age, and body composition, especially the amount of muscle tissue. This is why men usually have a higher basal need than women - because they have a greater proportion of muscle tissue. This muscle is like lean meat. Women have more fat tissue, and are usually smaller in size. More calories are used when there is more muscle tissue. when asleep, adults use almost 1/2 of a calorie per pound per hour, so a 100-pound person who sleeps 8 hours uses 400 calories just to keep the body processes going; hence, we use almost 1 calorie a minute while asleep. There are 1440 minutes in a day. Someone has figured that you could "sleep off" 1 pound of fat in about 21/2 days, provided you did not wake up and eat something!

Besides our basal metabolism needs, we have activity needs, and the greater the activity the more calories are required. How much we exert ourselves at each job and how long we spend on each determines the amount of energy used or the number of calories required.

Don't be fooled by those who suggest walking around the block when they eat a piece of pie "to walk it off." Walking slowly uses only about 150 calories an hour, so you would have to walk several hours to use up that rich dessert. To lose a pound, you would have to walk 36 miles at 3 miles per hour! Here are some other activity requirements:

50-100 calories per hour-for sedentary activities such as reading, writing, watching television, sewing.
110-160 calories per hour-for light activities such as preparing food, doing dishes, dusting, ironing, walking slowly.

170-240 calories per hour - for moderate activities such as making beds, mopping and scrubbing, sweeping, laundering, light gardening, carpentry work, walking moderately fast.

250-350 calories per hour-for vigorous activities such as heavy scrubbing, hanging out clothes, stripping beds, heavy gardening, golfing, bowling.

350 and more calories per hour - for strenuous activities such as swimming, running, bicycling, dancing.

Simple Formula to Find Your "Normal Requirement"

One way to figure the approximate number of calories you need per day is to take your "desirable" weight and multiply it by 21 for a man and 18 for a woman. This figure is the approximate number of calories you need daily if you are a moderately active adult — but you won't lose weight on this!

A Plan for Losing Weight

For permanent weight loss, no fad diet or quickie plan will do. Either the daily food pattern must change slightly or the daily activity must be increased.

Gradual weight loss is surer and safer than trying to get it off in a hurry. Just changing one or more food habits can do the trick for most people, if the changes are permanent ones, such as omitting cream and sugar in coffee or cutting out candy or soft drinks



Never eat it to save it. Better let it go to "waste," than go to "waist!"

Hunger is need for food - appetite is just the desire for it.

Eat more protein foods. Slow down on fats and sweets.

Cook with the Low Calorie Touch—Less fat in the fry pan; less sugar to sweeten. The way out of a fattening-fix is to change the pattern of cooking and eating to conform to our present way way of life. And, remember—if you need to reduce, the time is now!

RECIPE FOR LOSING WEIGHT

l quart willpower

3 cups stickability

2 cups understanding

l cup humor

Keep all at an agreeable temperature. Bake in a cheerful oven!

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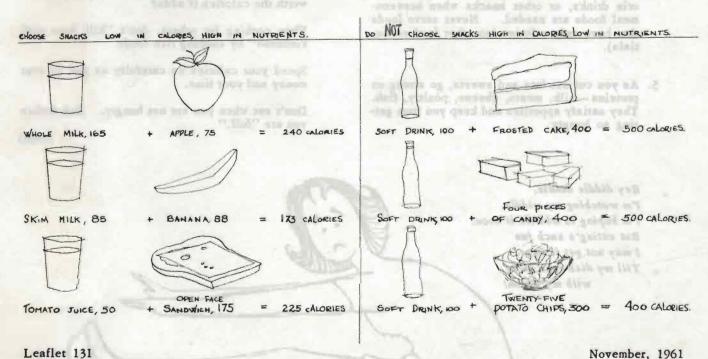
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SNACKS MAY SHAPE

YOUR FUTURE SHAPE



Issued in furtherance of cooperative extension work in agriculture and home economics,
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L.B. Dietrick, director, Agricultural Extension Service, Virginia Polytechnic Institute, Blacksburg, Virginia

if these have been the habitual pattern. Remember, cutting out 3500 calories means losing 1 pound of fat, whether it is over a week or a month.

Activity changes usually come from some leisure time adjustment; for example, to walk for 1 hour a day when you normally sit and read would use up about 100 calories a day, so in 365 days this would mean about 10 pounds lost if other activities and eating habits remained unchanged.

Homemakers' Big Responsibility

The one who plans the meals, buys the food, and prepares it can be the key to helping every member of the family control their weight and keep it at the desirable level. Here are some suggestions to help you keep the calorie count low, but nutrition high:

- Use few fried foods. Broil, bake, and boil foods.
- Use fruit for desserts as often as possible. Have cake, pie, and other rich desserts only for special events.
- Don't have cookies, candy, peanuts, and other rich "snack" foods around to tempt the overweights.
- Provide low calorie dips, refreshing low calorie drinks, or other snacks when between-meal foods are needed. Never serve foods that have only calories (no other food essentials).
- As you cut out fats and sweets, go strong on proteins - milk, meats, cheese, poultry, fish. They satisfy appetites and keep you from getting so hungry.



To Battle The Bulge:

Use your head to help your figure.

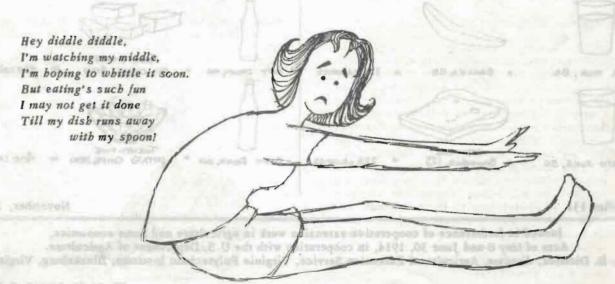
Ask yourself: Is one minute of a pleasant taste worth the calories it adds?

When cooking for others, don't 'kill them with kindness' by cooking rich foods.

Spend your calories as carefully as you do your money and your time.

Don't eat when you are not hungry. Stop before you are "full."

(over)



CIRCULAR 789 JANUARY, 1963

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Agricultural Extension Service Virginia Polytechnic Institut/ Blacksburg, Virginia

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Around the World Foods

If we can't travel extensively, we can visit many lands via their typical foods, decorations, and methods of serving. In how many languages can you cook?

Each country is known by its language, its dress, its customs, and its typical foods, but in America we have adopted and adapted the food customs of the many lands from which our ancestors came.

We cannot speak all languages, nor can we appreciate the delicacies of every country in their native forms. But to be truly international-minded we must be willing to try their foods, as well as to understand the best in people and customs of other countries. As the Song of Peace says, "But other lands have sunlight, too, and clover, and skies are everywhere as blue as mine."

FIRST COURSE FOODS

Antipasto

This is the Italian word for hors d'oeuvre or appetizer. Literally, it means "before the pasta" (dinner), and is served as the first course of an elaborate meal. The antipasto may be simple or a meal in itself, sometimes being served as the main course. It could consist of fresh figs and prosciutto (Italian ham), or it could include 8 or 10 different foods, such as sliced meats, fish, eggs, cheese, or vegetables. It may be served on individual plates, or arranged on large platters, accompanied by hard-crusted Italian bread and butter.

Foods which might be served as the antipasto are:

Meats-salami, prosciutto, boiled ham (all very thinly sliced).

Fish-tuna, marinated herring, sardines, anchovies, shrimp.

 $\mathbf{Eggs}\mathbf{--}\mathbf{deviled},\;\mathbf{hard}\mathbf{-}\mathbf{cooked},\;\mathbf{either}\;\mathbf{sliced}\;\;\mathbf{or}\;\;\mathbf{quartered}.$

Cheese-varies according to the kinds available. Provolone and Gruyere are popular.

Vegetables—fresh tomatoes, pickled or raw peppers, radishes, pimiento, pickled vegetables (carrots, cauliflower, beets, artichokes, zucchini), green and black olives.

Fruit-fresh figs, melons of all kinds (except watermelon).

SOUPS

Most European countries eat much more soup than we do, serving it as the first course for most noon and night meals, in summer as well as winter. No flavor of meat or vegetable is wasted if it can be used for soup. Herbs, often preserved in salt, are extensively used.

French Onion Soup — France

4 medium onions

1 tbsp. butter

1 qt. brown stock (concentrated, or four boullion cubes)

½ tsp. Worcestershire sauce

Salt and pepper Rounds of toast

Grated Parmesan cheese

Slice onions thin and brown in butter. Add broth, sauce, salt, and pepper: simmer until onions are tender. Pour soup into a casserole. Arrange toast on top, sprinkle with grated cheese, and place under broiler until cheese melts and browns. Rub casserole or toast with cut clove of garlic. Serves 4.

Kartoffelsuppe (Potato Soup) - Switzerland

1 lb. potatoes

2 tbsp. butter

1 medium onion

1 tbsp. marjoram

1 cup milk

6 cups water

Wash and peel potatoes, and cut into cubes. Fry in hot fat until light brown. Add onion and brown together. Add hot water and salt. Cook 45 minutes. Add herbs and milk 10 minutes before serving. Serves 8.



MAIN DISHES

In a Japanese tea house, you would remove your shoes at the door and replace them with soft sandals. At home, you might sit on the floor on cushions and eat from coffee tables, or try your skill at chopsticks.

Japanese people cook suki-yaki at the table. If you have an electric skillet, you can do this too. Set control at 325°F. Arrange the vegetables and meat attractively on a large chop plate or platter ready for the table cooking ceremony.

Suki-Yaki — Japan

- 1 lb. tender chuck, round, or sirloin
- 1 or 2 onions, sliced thin
- 2 to 4 stalks celery, sliced into 1-inch pieces
- 1 cup thinly sliced carrots, green beans, or mushrooms
- 2 cups chopped spinach, chard, or romaine (or 1 pkg. frozen)
- 4 to 6 green onions
- 2 or 3 tbsp. salad oil
- 2 tbsp. sugar
- 1 cup water
- 1/4 to 1/2 cup soy sauce



When you get the beef, freeze it slightly so that it is firm enough to slice into thin pieces. Then, cut beef into long strips that are about 1 to $1\frac{1}{2}$ inches wide; trim off gristle. Cut strips across the grain into $\frac{1}{8}$ -inch pieces. Stack pieces on a tray; put in refrigerator until you are ready to cook. Trim and slice the onions, celery, and other vegetables and put them in separate piles on trays. It is best to slice these just before cooking. However, it takes some time to do the cutting, so allow yourself time to get food items ready.

Actual cooking takes only about 10 minutes. Have the cup of water, the soy sauce, trays of vegetables, and meat nearby so that you can add the items in the right order. In a heavy skillet with a lid, cook the sliced onions and celery in the oil for 3 minutes. Cover the skillet so that ingredients will steam. Do not brown the vegetables. Add the carrots (beans, or mushrooms), sugar and water and cook, covered, about 3 minutes so that they will be crisp and bright colored. Push vegetables to the sides of the skillet and put in the beef. Cook it about 3 minutes, then pour soy sauce over it. Add green onions and greens last, and cook just long enough to wilt. The secret of the crispness and flavor of this dish is to avoid overcooking.

Japanese cooks would add some bamboo shoots. These are expensive, but specialty food shops sometimes stock Oriental food products. If you use them, add just before wilting the greens. Serve in bowls with fluffy rice, a green salad, tea, fruit, and almond cookies. Good suki-yaki contains crisp vegetables, just barely cooked, and is an economical dish (if inexpensive vegetables are chosen) since only a small amount of meat is used.

Quiche Lorraine—(France)



Heat the cream to boiling and stir, trying to avoid making bubbles. Pour into the slightly beaten eggs. Add cooked onion, parsley, chives, and cheese. Pour mixture into pastry shell and bake in a 325° oven until set, about 30 to 40 minutes. The pastry shell should be pre-cooked only until it is barely colored; it will finish browning as the quiche cooks.

This hot savory pie goes well with salad and a fruit dessert. Bits of lightly fried ham or diced bacon may be used with the cheese or as a substitute for it, when it is not a Lenten dish. French cooks often make quiche a day or a morning in advance, and then re-heat it for 10 minutes in a 400° oven.

Chinese Pork Sub Gum

- 1 lb. lean pork, cubed
- 1/4 cup butter
- 1/2 cup chopped green onion
- 1 green pepper, cut in thin strips, matchstick size
- 1/2 lb. sliced mushrooms, or 2 cups chopped celery
- 2 cups chop suey vegetables, or chopped carrots, or sliced string beans, matchstick size
- ½ cup sliced almonds or water chestnuts
- 1½ cup chicken stock (or 2 boullion cubes)
 - 2 tbsp. cornstarch
 - 1 tbsp. soy sauce
 - Salt and pepper
 - Chow mein noodles, or rice



In a large skillet brown pork in butter, cover, and cook 15 minutes. Remove pork from skillet. Put onion, green pepper and mushrooms in skillet; cook until tender, about 3 minutes. Add vegetables, nuts, chicken stock, and pork. Combine cornstarch and soy sauce; stir until smooth. Add meat. Season to taste. Bring to broil; reduce heat and simmer 10 to 15 minutes, stirring occasionally. Serve over chow mein noodles or hot rice.

Kott Bollar Meat Balls - Sweden



- 1 egg, beaten
- 3/4 cup milk
- 1/2 cup bread crumbs
- 1/4 cup butter
- 2 tbsp. finely chopped onion
- 1 lb. beef, ground 3 times
- 1/4 lb. pork, ground 3 times
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. nutmeg

Mix the beaten egg, milk, and bread crumbs. Brown onions in butter. Add meat, salt, pepper, nutmeg, and browned onions to the egg mixture. Mix thoroughly. Shape into small balls from 1 to 1½ inches in diameter. Fry until just brown. Cover with 1 cup boiling water and simmer for 20 minutes. Swedish cooks sometimes roll the meat balls in fine crumbs before browning, then cover the pan, without adding water, and cook in a 350° oven for 30 minutes.

Beef Enchiladas — (en-chee-lah-dahs) Mexico

Meat Filling:

- 1 lb. ground beef
- 1 clove garlic, finely chopped (or ¼ tsp. garlic salt)
- 2 tsp. salt
- 1 tbsp. vinegar
- 1 tbsp. water
- 1 tbsp. chili powder
- 1 can (1 lb.) kidney beans, undrained



On low heat, saute meat with garlic, salt, vinegar, and chili powder until brown. Then stir in kidney beans. Set aside.

Tomato Sauce:

- 3 tbsp. salad oil
- 1 clove garlic, (or ½ tsp. garlic salt)
- 1/4 cup chopped onion
- 2 tbsp. flour
- 2 cans (10½ oz.) tomato puree or 2 cups tomato sauce or catsup
- 1 tsp. vinegar
- 1 beef boullion cube
- 1 cup boiling water
- 2 thsp. finely chopped green chiles or peppers
- Dash ground cumin (if available)
- ½ tsp. salt
- Dash pepper

In hot oil, saute garlic and onion until golden-brown. Remove from heat. Stir in flour until smooth, stir in tomato puree, vinegar, and boullion cube dissolved in boiling water. Bring mixture to a boil, stirring, over medium heat. Add green chiles, cumin, salt, and pepper. Simmer, uncovered and stirring occasionally, about 5 minutes. Set aside.

Note: Meat filling and tomato sauce may be made ahead of time and refrigerated or frozen. Reheat slightly when ready to use.

To Assemble Enchiladas:

- 10 tortillas, canned, frozen, or homemade (recipe below)
- 1 cup grated sharp cheese (Cheddar) or 1 cup cubed "Monterey Jack" cheese.

Preheat oven to 350°F. Place about ½ cup filling in center of each tortilla; roll up; arrange seam side down, in a baking dish. Pour tomato sauce over all, sprinkle with cheese, and bake 25 minutes. Makes 10 enchiladas or 5 servings.

Tortillas-(tor-tee-yahs)-Very thin corn pancakes

11/2 cups corn meal*

11/2 cups flour

3/4 tsp. salt

3 tbsp. shortening

3/4 cup warm water

In a large bowl, combine corn meal, flour, and salt. With pastry blender or 2 knives, cut in shortening until well blended. Add warm water, using more than ¼ cup if necessary, stirring until mixture is completely moistened. Form into a ball. On floured surface, knead or work dough with hands until it is no longer sticky (about 5 minutes). Divide into 2 equal balls. Let rest 20 minutes at room temperature. Then, on floured surface, roll out each ball into 18-inch circles. Cut 5 tortillas from each circle (use rim of 5¾ inch bowl as guide). On heated, ungreased griddle, bake tortillas 1 minute; turn and bake 1 minute longer. Makes 10. *Authentic tortillas are made with masa, not available here. Our adaptation uses regular corn meal.

Curry-India

- 3 cups cooked, cubed lamb or chicken
- 1 cup buttermilk or yogurt
- 1 clove garlic, minced (or garlic salt)
- 1/2 to 1 thsp. curry powder
- 1 tsp. ground almonds
- 2 onions chopped
- 1/4 cup salad oil
- 11/2 tsp. salt
- 1/2 tsp. powdered ginger
- 2 whole cloves



Put cubed meat in a large bowl. Mix half the minced garlic with the buttermilk or yogurt. Pour over the meat and let stand 2 hours. Mix the curry powder and almonds with the chopped onions. Cook for 5 minutes in the oil in a heavy skillet. Stir while cooking. Add the rest of the garlic, the ginger, cloves, salt, meat, and buttermilk to the cooked onions. Simmer slowly for 30 minutes. Serve with steamed rice. Makes 8 servings.

Often in India, small bowls of fresh grated coconut, raisins, chutney, and ground or whole nuts are passed as accompaniment for the curry. These are called "boys". You may serve a 2 to 6 "boy" curry, depending upon how many accompaniments are served.

Ceylon Onion Sambol (Salad)

- 1 large onion peeled
- 1 medium cucumber
- 1 medium green pepper, seeds removed
- Juice of 1/2 lemon
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 3 hard-cooked eggs, peeled

Slice thin the onion, cucumber, and green pepper. Combine in bowl. Add lemon juice, salt, and black pepper. Mix lightly. Cut eggs in half. Arrange on onion and cucumber mixture. Chill. Serve as an accompaniment to curry and rice.

VEGETABLES

Rice Kunda (serves 12)-India

½ cup oil or butter	5½ cups water
10 whole peppercorns	$1\frac{1}{2}$ tsp. oil
6 cloves	1 onion
3 small sticks cinnamon	1/2 cup almonds
3 cups rice	

Heat oil in a heavy pan. Add peppercorns, cloves, cinnamon, and rice. Cook until rice is brown. Add water and salt and cook under 5 lbs. pressure about 10 minutes, or cook covered 25 minutes. Cook onion and almonds in ¼ cup fat until lightly browned. Add to rice and serve. (This recipe and the one which follows were contributed by Kunda Sirur, an Indian Home Economics student at V.P.I.)

Green Beans Kunda (serves 12)-India

1/3 cup (oil	3	pkgs.	frozen	frenched	green
1 tsp.	cumin		heans			

Heat oil, add cumin and beans. Cover and steam without adding water about 5 minutes, or until tender.

Umintas (Baked Corn)—Bolivia

- 5 ears fresh corn or 2 cups corn kernels
- 2 eggs
- 1 tbsp. fat
- 1/8 tsp. chili powder
- 1/8 tsp. anise seed (optional)
- 1 tsp. flour
- 1/4 lb. Swiss or goat's milk cheese sliced thin (other cheese can be substituted)



Scrape kernels from uncooked corn, or use canned. Beat eggs and combine with corn. Heat fat, add chili powder, anise seed, and flour, and cook for 1 minute. Combine with corn and egg mixture. Pour half of mixture into well oiled 1-qt. casserole. Add cheese. Cover with remaining corn mixture. Bake in moderate oven (350°F) for 1 hour. Yield: 4 servings.

Renate's Cabbage-Germany

1/4 cup fat1 medium onion, chopped

1 tsp. sugar

1 qt. chopped cabbage

1 apple, chopped 1/2 cup water

2 tbsp. vinegar

Brown onion with sugar in fat. Add cabbage and apple. Brown slightly. Add water, cover, and let steam. When done, remove cover, add vinegar, and serve. (Renate Wittmann was a German Home Economics student at V.P.I.)

Mousaka (Eggplant Casserole)-Bulgaria

1 large eggplant

1 small onion chopped

2 tbsp. fat

1 lb. ground lamb, veal, or mixed

2 tsp. salt

1 tsp. paprika

1/4 tsp. pepper

1/2 cup flour to dip eggplant

3 to 4 medium size fresh tomatoes

1/2 pint yogurt or buttermilk

4 egg yolks

1/2 cup sifted flour

Peel and slice eggplant in ¼-inch slices; salt on both sides and let stand 1 hour. Meanwhile, chop onion and saute in 2 tbsp. fat. Add meat, salt, paprika, and pepper; brown slightly. Pour off any excess fat into another frypan. Dip eggplant slices in flour and brown on both sides in hot fat drained from meat, adding more if necessary. In a 3 quart casserole, arrange alternate layers of meat mixture and browned eggplant, and top with tomato slices. Bake for 1 hour in oven preheated to 350°F. Stir yogurt and egg yolks into ½ cup flour and mix well. Pour over top of casserole and bake about 15 minutes longer until browned on top. Serve with a tossed green salad or tart cole slaw, bread, beverage, and dessert for a complete meal. Yield: 8 to 10 servings.

Polynesian Mingle-Hawaii

1½ cups quick-cooking rice or (¾ cup plain rice)

11/2 cups diagonally sliced celery

1/4 cup minced onion

2 10-oz. pkgs. frozen peas

4 chicken boullion cubes

1 tbsp. soy sauce

1 tsp. sugar 1 tsp. salt

2 cups water

A TO

Preheat oven to 375°; combine rice, celery, onion and peas in a 2 qt. casserole. Add next 4 ingredients to water in pan; bring to a boil, pour over casserole mixture, and stir well. Cover and bake for 30 minutes. Remove cover, stir again, and bake uncovered for 15 minutes more. Yield: 8 servings.

Stuffed Vegetables-Russia



- 4 tomatoes
- 4 green peppers
- 4 large cabbage leaves
- 1 egg
- 2 cups ground cooked ham
- 1/4 cup finely chopped onion
- 1/2 clove finely chopped garlic
- 1/4 cup chopped pimiento
- 1/4 tsp. salt, few grains pepper
- 1 tbsp. melted butter
- 11/2 cups rice

Remove centers from tomatoes; remove tops and seeds from peppers; dip cabbage leaves in boiling water to soften. Beat eggs slightly and mix well with remaining ingredients in order listed. Stuff tomatoes and green peppers with this mixture. Put a small spoonful of stuffing in center of each leaf of cabbage, roll and tie or fasten with small skewers. Place stuffed tomatoes, peppers and cabbage rolls alternately in kettle or casserole with tomato sauce. Cover and simmer about 30 minutes. Yield: 4 servings.

Tomato Sauce

- 1/4 cup salad oil
- 1/2 tsp. black pepper
- 1/4 cup chopped onion
 - 3 tbsp. tomato paste
- 1 tbsp. sugar
- 1/2 cup warm water
- 2 cups tomatoes
- 1 bay leaf
- 1 tsp. salt



Put salad oil in saucepan, add pepper and heat 2 minutes. Add onion and simmer until tender. Mix tomato paste with water; add to oil and pepper in three installments, allowing mixture to boil up after each addition. Add tomatoes, bay leaf, and salt; cook slowly for about 45 minutes or until thick. Add sugar and cook about 15 minutes longer, stirring occasionally to prevent scorching. Serve with stuffed vegetables or spaghetti. Yield: 4 servings.

Broccoli Parmesan-Italy

Broccoli Parmesan brings a delightful touch of Italy right to your table. Cook a package of frozen broccoli spears as directed. Meanwhile, combine 2 tbsp. of shredded Parmesan cheese with 2 tbsp. of melted butter. Just before serving, pour the sauce over the tender green broccoli buds, and top them with another generous sprinkling of Parmesan cheese. Yield: 3 to 4 servings.

Mexican Style Corn

Mexican style corn takes on fresh new glamour in this savory dish. Dice and fry 2 strips of bacon until crisp. In the drippings, cook a tablespoon of grated onion and 2 tablespoons of chopped green pepper until soft. Then add 2 tbsp. chopped pimiento, the bacon, and 2 cups of canned whole kernel corn, drained. Cook slowly until corn is heated through. Yield: 4 servings.

BREADS

Europeans eat far more bread and a greater variety than we do. Most of the bakery products are cooked at home or in small, neighborhood bake shops, rather than in large commercial bakeries. To us, pastry is usually a crust in which we put pie filling, but to the European, pastry means a wide variety of sweets, each country having its own specialties.

In France, each day officially begins with a plump brioche and cafe au lait. This bread was first made in Brie, a section of France famous for its cheese, and originally Brie cheese was used in the dough, to enhance the flavor.

These very light and rich yeast rolls take many forms. They may be rounds, or more elaborate crescent-shapes or twists. These little brioches have a knob on top which gives them a pear or animal shape. Some say this traditional knob, which lends enchantment to these rich French rolls, resembles a top hat. Frenchman describe the knob as a beret atop a popover.

Little Brioches (France)

- 2 pkgs yeast, compressed or dry
- '4 cup water (lukewarm for compressed yeast, warm for dry)
- 3/4 cup butter or margarine
- 1/2 cup sugar
- 2 tsp. salt
- 4 eggs
- 6½ cups sifted enriched flour (approximate)
 - 1 egg beaten
 - 1 tbsp. water

Soften yeast in water. Scald milk, stir in butter or margarine, sugar, and salt. Cool to lukewarm, add 2 cups flour and beat well. Add softened yeast and beat well. Cover and let rise in warm place until bubbly (about 1 hour). Stir down. Add eggs and beat well. Add enough more flour to make a soft dough. Turn out on lightly floured board or pastry cloth and knead until smooth and satiny. Place in

greased bowl. Cover and let rise in warm place until doubled, about $1\frac{1}{2}$ hours. When light punch down. Let rest 10 minutes.

Divide dough into 24 pieces. From each cut a small piece. Form large pieces of dough into balls and place in well-greased 3-inch muffin cups. Form small pieces into balls. Make indentation in center of each large ball by pressing with thumb. Press small balls into indentation. Let rise until doubled, about 40 minutes. Combine egg and water. Brush rolls generously with egg mixture. Bake in moderate oven (375°F) about 15 minutes. Makes about 2 dozen rolls.

NOTE: To freeze little brioches, prepare and bake, cool to room temperature, wrap in aluminum foil, seal, and freeze. When ready to serve, reheat in sealed wrappings 20 to 25 minutes in 300°F. oven.

Danish Pastry

1/4 cup sugar	1 egg, beaten
4 tbsp. butter	1 tsp. vanilla
1 tsp. salt	1/4 tsp. mace
1 cup scalded milk	3½ cups flour
1 cake of compressed yeast dis-	3/4 cup butter or other shorten-
solved in 3 tbsp. of warm water	ing

Put sugar, butter, and salt in a large mixing bowl (3 to 4 qt. size), and add the scalded milk. Stir to dissolve the sugar and let stand until lukewarm. Add the dissolved yeast, beaten egg, flavorings, and 1½ cups of the flour. Beat well, add 1 cup more of flour and stir until well mixed. Add remaining flour and knead, keeping the dough as soft as possible. Let rise until double in bulk, then roll out ¼ in. thick. Divide mashed butter into small bits, and place half of the amount on the rolled-out dough. Fold over one end of dough and then the other. Place remaining butter on top. Then fold over the other end of dough, pressing edges firmly together. Turn ¼ way around, pat with rolling pin, and roll as thin as possible, lifting frequently to keep from sticking. Fold each end to center, pat, fold to make 4 layers, turn ¼ way around and pat, lift, roll, and fold 3 times. Cover and let rise 20 minutes, then roll, shape as desired, let rise half an hour, but not until double in bulk. Bake 5 minutes in very hot oven (500°F) then reduce heat to 350°F and bake 15 to 20 minutes.

DESSERTS

Sweden is a gay, progressive Scandinavian country, known for its SMORGASBORD. Every visitor to Sweden learns at least 3 words: SKAL (to your health), TACK (thank you), and SMORGASBORD, an old and popular repast. It is usually eaten in 3 stages. (1) Fish dishes — often raw, many cold, some hot, seldom fried. (2) Meats — wonderful casserole mixtures of beef, pork, or chicken. (3) Cheese—

(and they have many wonderful ones) which they serve with their flat bread, a crisp, cracker-like wafer.

Their desserts are usually fruits, sometimes accompanied by cookies.

Swedish Oatmeal Cookies

 1½ cup oatmeal
 1 tbsp. flour

 ½ cup sugar
 1 tsp. baking powder

 ½ cup shortening
 1 egg

 1 tsp. salt
 1 tsp. vanilla

Melt fat, and stir all ingredients together. Grease and flour baking sheet. Drop batter by teaspoonsful about 6 in. apart. Bake at 350°F. Makes about 2¼ dozen. For variety add ¼ tsp. nutmeg, ½ tsp. cinnamon, and allspice to ½ the batter. Brown lightly all the way through. Watch carefully, they scorch easily.

Byelorussian Dessert—(Russia)

9 inch spongecake (layer or 3 egg whites slice) or poundcake 2½ thsp. sugar Canned fruits (apples, peaches, Powdered sugar

apricots and cherries) sliced 2 tbsp. berry or cranberry jam

Slice the cake about ¾ to 1 inch thick and put on an ovenproof plate. Arrange the fruits on top of the cake so that when the cake is cut, each serving will include some of each fruit. Moisten with sirup from the fruits. Spread with the beaten egg whites to which the sugar has been added. The finished product will be more attractive if the meringue is not spread too flat. Bake 10 minutes in a 400°F oven, reduce heat to 350°F, and cook another 10 minutes or until the meringue is golden brown. Sprinkle with powdered sugar and garnish with cranberry jam or berry jam. Blueberry preserves may be used. Yield: 6 servings.

Blueberry Crisp Pudding-Canada

4 cups fresh blueberries*

1/3 cup granulated sugar

2 tsp. lemon juice

4 tbsp. butter or margarine

1/3 cup brown sugar, firmly packed

1/3 cup sifted all purpose flour

3/4 cup quick-cooking oats

*Substitute 2-15 oz. cans drained, sirup packed blueberries and 1/3 cup sirup. Omit granulated sugar.

Place berries in a 1½ quart baking dish. Sprinkle with granulated sugar and lemon juice. Cream butter or margarine; gradually add brown sugar. Blend in flour and oats with fork. Spread topping over blueberries. Bake in a moderate oven (375°F.) 35 to 40 minutes. Serve with plain or whipped cream. Yield: 6 servings.

Apple Strudel-Germany



1 cup sifted flour

1/4 tsp. salt

2 tbsp. very soft butter

2 eggs, beaten

21/2 cups apple, chopped

3/4 cup sugar

1/2 tsp. cinnamon

2 tbsp. fine dry bread crumbs

2 tbsp. chopped lemon peel

1/4 cup seedless raisins

1/2 cup chopped walnuts

1 tsp. lemon juice

¼ cup melted butter Powdered sugar

Heat oven to 400°F. Sift flour and salt together. Beat eggs into butter. Stir in half the flour; beat, add remaining flour, stir until dough is smooth and elastic. On floured board, knead 4 or 5 minutes until dough loses its stickiness. Mix next 8 ingredients together. Knead dough a few more strokes; divide into 6 equal pieces. On floured board, roll each piece paper thin to 5 in. by 14 in. Brush with 1 tsp. melted butter; spread with ½ cup apple filling. Roll as for jelly roll, from narrow end. Place in shallow baking pan. Brush with butter. Bake 20 minutes, dust tops with powdered sugar, and bake 5 to 10 minutes more, until golden. Serve warm.

French cuisine is famous the world over. French people handle food with interest and imagination, and enchant the epicure with dishes that have that "something extra." To the French every meal is a party, because the simplest is imaginatively planned and carefully prepared. This is one of the secrets of "great" cooking.

You will note, for example, that crepes, probably one of the most famous of French desserts, are simply the result of thinking creatively about pancakes! Pineapple or other fruit can be used in the sauce. When you're going French, make a grand entrance with your dessert.

For table decor, nosegays have a very "Frenchie" look. At each place, put a small bunch of flowers, wrapped in a small paper doilie and tied with ribbon. Use a larger paper doilie and bigger bouquet for your centerpiece. And be sure to dine by candlelight if you plan to "flambe" the crepes.

Pineapple Crepes

1/2 tsp. salt

1 tbsp. powdered sugar

1/2 cup sifted flour

2 eggs beaten

1 tbsp. melted butter

2/3 cup milk

1/2 tsp. grated orange rind

Add salt and sugar to flour. Mix remaining ingredients; add to flour, beating until smooth. Heat 5-inch frying pan, butter lightly. Fry each crepe separately, dropping 1 tbsp. batter into pan and tilting pan so batter covers bottom. Fry about 1 minute on each side. Spoon 1 tbsp. tidbits (from sauce) on each crepe. Roll. Place in shallow pan or chafing dish. Pour over them remaining sauce. Heat in chafing dish or in oven at 350°F. for about 10 minutes. Makes 16 crepes.

Tidbit Sauce

1/2 cup pineapple juice (drained from tidbits)

1 orange rind, grated and juice

1/4 cup granulated sugar

3 tbsp. butter

2 cups (1 No. 2 can) drained

pineapple tidbits

Mix together all ingredients except tidbits; simmer 10 minutes. Add tidbits and heat.

PARTY FARE FLAMBE: Soak sugar cubes in lemon extract 5 to 10 minutes before serving. Then tuck the cubes among the crepes, light them, and bring the flaming dish to the table.

Coconut Ecuador-Ecuador



- 2 eggs separated
- 1 fresh coconut, grated (or 2 cups moist canned)
- 2 cups sugar
- 1 cup water salt

Boil sugar and water until it spins a long thread — 240°. Stir in 2 egg yolks, add grated coconut and cook slowly until thick, about 15 minutes. Stir in 2 beaten egg whites and cook slowly about 10 minutes, stirring constantly. Pour into casserole, dot with butter, and bake 30 minutes at 350°, serve on canned peaches.

(This recipe was contributed by Noemi Espinosa, IFYE to Virginia from Quito, Ecuador.)

Issued in furtherance of cooperative extension work in agriculture and home economics, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. W. H. Daughtrey, director, Agricultural Extension Service, Virginia Polytechnic Institute, Blacksburg, Virginia.

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SUGGESTIONS TO HOME DEMONSTRATION AGENTS FOR ORGANIZING

WEIGHT CONTROL GROUPS

The tremendous interest and enthusiasm of groups formed in Virginia have shown that this is an effective demonstration in nutrition education which can bring desirable, tangible results. To save time and correspondence, we are sending you the current material on this sugject. Unless you plan to organize a group now, file it until you need it.

The group method of losing weight works on the principle that people will do together many things which are difficult for them to do alone. The idea is the same as Alcoholics Anonymous, and some groups have called themselves the "Fatties Anonymous."

The Virginia plan is cooperative between home demonstration agents, local health departments, and other interested nutrition and health workers. On the state level, we have the backing of the State Department of Health, the Virginia Medical Society and the Virginia Council on Health and Medical Care.

BEFORE YOU START: The steps we recommend are:

- 1. Before planning the first meeting, discuss the entire program with your local health department, doctors, and nurses. Solicit their interest and help in making the program a success.
- 2. Explain the plan to the president of the county medical society, and ask him to present it to members of the medical association. It is important to have the interest and backing of the doctors to whom these people go as patients. Many doctors are glad to send their "overweights" or "underweights" to join these groups. Encourage them to do this.
- 3. Your county nutrition committee may want to help organize and carry on this program. Our only reason for sponsoring such groups is to help teach people how to select more adequate diets. It is effective as a nutrition education program; use it to further this end.
- 4. The application blank explains objectives of the program, a bit of the philosophy involved, and suggests that the applicant get approval of his or her doctor. This is important because some doctors have definite plans for their patients, and we must not be placed in the position of trying to give medical advice; we want doctors to work with us. Applicants who find it difficult to see their doctor may have to get "approval" by phone.
- 5. Most counties have a 4-month program, meeting every 2 weeks. Of course, most overweight people cannot and should not lose all the weight they need to in 4 months. Remind them that it took most of them 10 years or more to gain their surplus pounds. They must not expect to lose too fast. We suggest an aim of 1 pound a week-not over 2. This means a loss of 16 to 32 lbs. in the 4 months, which is all many need to lose. After fat people have stuck to the suggested meal pattern for 4 months, they can go ahead by themselves. The big thing is to get them to make needed changes in their eating habits.

MF-306

Janet L. Cameron/cal

1/3/64

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- 6. Have each applicant bring an application to the first meeting. It should indicate the amount of weight the doctor thinks should be lost.
- 7. Be sure to get one or more accurate scales, so each person may be "weighed-in" as he arrives. Ask 2 people to help weigh, record, and collect applications.

 Nutrition committee members often help in this way. A good balance scale, which may be borrowed from the local health department or school, is recommended. Bathroom scales are not accurate enough.

Most meetings last from 1 to 2 hours. The first one may take more time to get organized, get all weighed, pictures taken, to explain the reason for having such a meeting and the plan.

- 8. Take pictures of all applicants to use as "before" shots. Be sure to explain that these pictures will <u>not</u> be used or shown at any time without the individual's consent, and they will be put away safely until the 4 months of meetings are completed. The "after" pictures will be taken of those who have lost 10 pounds or more.
- 9. To take good pictures, use a plain, light background. Photograph each person singly or if 2 are taken together, place them so the film may be cut apart. Use Triple-X film or flash attachment. The visual aids office has the film, and will develop pictures for you.
- 10. A good "kick-off" movie to use at the first meeting is "Weight Reduction Through Diet" from the Dairy Council (see addresses on page 4). If you use a film, be sure to discuss it before you show it, and allow time to discuss it afterward.
- 11. When you give it out, discuss the material on weight control, explaining the points made, and show how to use the calorie charts.
- 12. Explain that part of our plan is for each person to keep a notebook record of all food eaten. Record each day's food on a separate page. Ask them to figure calories for each food eaten, as nearly as possible. Keep this record for 2 weeks, and bring it to the next meeting. This is an important part of our plan for reducing through more adequate diets. We can help them improve their diets only if we know what they now eat.
- 13. Why not try a group for men? They often need help and might be one of your best avenues for good nutrition education.

SUGGESTIONS FOR OTHER MEETINGS:

Plan to check the diet records they bring back. You could have each check his own, or have them exchange and check their neighbor's (this usually works best).

Check them each day for:

- 1. Adequate milk (1 pint or its equivalent)
- 2. Four or more servings of fruits and vegetables

1 of which is a dark green, leafy vegetable;

- l of which is a good source of vitamin C (tomato, citrus fruit, raw cabbage, etc.)
- 3. Two or more servings of lean meat, eggs, or fish.
- 4. No "empty calorie" foods such as candy, soft drinks, rich or sweet snacks.
- 5. Four servings of cereal or bread.

You may want them to continue to keep this record for another 2 weeks, then collect the notebooks for study or analysis. Give them back for a final record to be kept during the last 2 weeks to see if their diets have improved. This is the real test of the success of your program.

At the final meeting, be sure to get "after" pictures of all who have made significant losses (at least 10 pounds).

TOPICS WHICH MIGHT BE INCLUDED AT OTHER MEETINGS:

l. Discussion of "Why People Are Overweight," le by a capable doctor, or as a group discussion. Be sure to allow time for the group to express ideas. The weight control I.Q. sheet (MF-327) may be used as a basis for these discussions.

Other topics for group discussion (perhaps in several small groups):

- a. What Helped Me Most in Working Out This Problem Since Last Meeting.
- b. How We Manage in a Family of Underweights, Overweights, and Normals.
- c. How I Manage to "Eat Out" at Social Gatherings and Still Not Get
 Too Many Calories.
 - d. What We Can Do to Influence the Food Served such as Refreshments in Groups to Which We Belong
- e. Do I Really Want To Lose Weight Enough To Give Up Some of My Favorite
 Food Habits?
 - f. How to Get Through Holidays Without Gaining
- 2. How To Select an Adequate Diet for Any Weight. Discuss daily food needs and ways to select foods which help control weight.
- 3. <u>Food Habits</u>. Discuss how they are formed and ways to break bad ones. Let group discuss food habits they might change, which would improve diets and reduce calories.
- 4. <u>Dangers of Overweight in Children and Teenagers</u> and how to help these young folks establish better food habits.
- 5. Discussion of <u>The Dangers of Overweight might</u> be led by a well-known and respected local physician. He will tell about it as he has observed it and advised his patients.
- 6. Why it Is Not Wise to Use Reducing "Fad" Diets. Tell what they are, their dangers, and why they seldom work. Have some informed person discuss this-a dietitian, doctor, nurse, or yourself. Allow time for the group to discuss "fad diets" they have tried or have known about.
- 7. The Importance of Activity in Weight Control. This has had more and more attention as we recognize the relationship of weight to activity. Such authorities as Dr. Paul Dudley White and Dr. Fred Stare both stress moderate exercise or activity along with moderate food intake for successful weight control. Simple exercises might be demonstrated by a physical education or "Y" instructor.
- 8. How to Select Nutritious Refreshments or Snacks. Demonstration might be given by an electric service home economist, Dairy Council director, others who are available, or yourself. Actually snacks should be de-emphasized, and it is always well to say this when asked for snack suggestions.

- Low Calorie Meals or Dessert Demonstration same as above.
- Some groups may want to include such related topics as: "Choosing Clothes To Make You Look More Slender," or "Hair Styles and Hats To Slim Your Appearance."
- 11. Achievement or Recognition Meeting. This might be a low-calorie luncheon Some groups like to award 10-Pound Certificates to all who have lost this much. Perhaps you could have the group participate in stunts, songs, or tell funny stories of "How This Program Affected My Family," or "My Funniest Experience in Reducing."

SUGGESTED MOVIES

"Weight Reduction Through Diet" A film made at Michigan State College and available for loan from one of the Virginia Dairy Councils:

Miss Particia Martin Executive Director 537 West Campbell Avenue Roanoke, Virginia

Miss Ann Brothers Executive Director 340 Woodlawn Avenue Bristol, Tennessee Washington 5, D. C.

Mrs. Lena Bowman Executive Director 140 County Building Staunton, Virginia

Miss Jeanne Clarke Executive Director 1511 "K" Street

Mrs. Effie S. Robinson Executive Director 3338 Cromwell Drive Norfolk, Virginia

Mrs. Sally Ann Ellison Executive Director 2112 Spencer Road Richmond 30, Virginia

"Cheers For Chubby" or "Lose to Win"

A Walt Disney film - may be borrowed from the State Department of Health, c/o Miss Dorothy LeGrand, Richmond, Va.

"It's Your Health" also from the State Department of Health.

"The Oopsies" - USDA filmstrip may be borrowed from Extension Nutritionist, VPI, Blacksburg, Virginia.

"The Owl and Fred Jones" - free on loan from Mr. J. Smith Ferebee, Agency Manager, Equitable Life Assurance Society, The Equitable Bldg., 409 East Main Street, Richmond 19, Virginia

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EAT MORE SWEET POTATOES

(Suggestions for home agents who may want to demonstrate the use of sweet potatoes -- abundant and nutritious food this fall -- from Janet L. Cameron, food and nutrition specialist.)

With autumn leaves of yellow, orange, gold, russet, and brown come autumn fruits and vegetables: pumpkins, popcorn, persimmons, red peppers, squash, egg plant--and sweet potatoes.

The sweet potato has a high fuel value—available proteins and carbohydrates, much of the latter in the form of sugar. It is a fair source of iron. Its potassium salts bring about a basic reaction in the body balancing the acid effects of breadstuffs, meats, and eggs.

The yellow varieties of sweet potatoes are sources of the vitamins A, B, C, and G, ranking about the same as carrots. They are a superior source of vitamin A, a good source of vitamin B, a fair source of vitamin C; and have appreciable amounts of vitamin G.

For a continuous supply of sweet potatoes on the farm, it is important to know how to keep them. They may be stored fresh or they may be canned. The stored potato is more desirable because it lends itself to so many different ways of serving and because it increases in vitamin content after 4 to 6 months under good storage conditions. Canning destroys some of the vitamin content.

H oneyed Sweet Potatoes

Parboil medium size sweet potatoes until tender; peel and slice about an inch thick, or cut in lengthwise sections. Dip in strained honey, then roll in crushed cornflakes. Place in a greased cookie tin or other shallow pan and brown in a moderate oven.

Sweet Potato Balls

Boil whole sweet potatoes in their skins until tender. Remove from skins, mash, season with butter, make into balls with marshmallows in the centers. Roll in shredded eccoanut and bake until het through and delicately browned. Or roll in beaten egg, then in cereal flakes and fry in deep fat until crisp and brown.

Sweet Potato Custard Pio Line pie tin with rich pastry. Fill with the following mixture:

2 cups cooked mashed sweet potato

1 cup sweet milk

2 oggs

1/2 cup sugar

1 teaspoon salt

l teaspoon grated lemon rind or spices

1 tablespoon butter

Leave out one egg white for moringue. Beat remainder of eggs into the cooked mashed potato, add melted butter and other ingredients, pour into the pastry, and bake in moderate oven until custard is set. Add a pinch of cream of tartar and two tablespoor sugar to white of egg beaten stiff. Mix well. Spread over top of pie and put into a slow oven until a delicate brown. One-fourth cup cocoanut may be added.

Sweet Potato Souffle

2 cups cooked, mashed potato 2 tablespoons butter 1/2 cup raisins
2 cups cooked, mashed potato 2 tablespoons butter 1/2 cup chopped pecans

1 cup hot milk 2 tablespoons sugar 1/2 teaspoon salt

1 teaspoon nutmeg

Marshmallows

Left-over boiled or baked sweet potatoes may be used. Press through a vegetable press or ricer, or mash well. Scald the milk, dissolve the sugar and salt in it; the add the butter, stirring until melted. Add this mixture to the potatoes and mix and beat until light and fluffy. Separate the eggs. B est yolks and add to potato. Ther add nutmeg, raisins, and nuts. Beat whites stiff. Cut and fold lightly into the potato and pour into a buttered baking dish. Quickly arrange the marshmallows onehalf inch apart on the top with the raisins in between the marshmallows. Put into a moderate oven and bake until the souffle is set and the marshmallows are toasted delicately. Serve at once.

Sweet potato and Apple Scallop
3 medium-sized sweet potatocs
3 medium-sized apples
1/2 teaspoon salt
2 tablespoons fat
1 or 2 tablespoons sugar 1/2 cup water Boil the potatoes until they are partly tender. Take off skins. Slice potatoes and raw apples in layers in a greased baking pan. Sprinkle on a bit of salt and a bit of sugar and add a dot or two of fat to each layer. Pour in the water. Bake covered for 15 or 20 minutes. Remove cover and bake until the apples are tender and the top layer is brown.

Candied Sweet Potatoes

Boil medium-sized sweet potatoes in their skins. When tender, drain, peel, and cut in halves or slices. Make a layer of the sweet potatoes over the bottom of a greased baking pan. Dot with fat, sprinkle with salt. Pour over them a cup of corn syrup. honey, or sugar. Bake in a moderate oven.

Sweet Potato Pancakes

2 cups grated, raw potato 2 tablespoons flour Pepper

1/2 teaspoon salt 2 cggs beaten

Beat the eggs and add to the grated potato. Add seasonings and flour. Cook on a hot, greased pan with butter or bacon drippings. The cakes should be very thin and served with hot tomato sauce as an accompaniment to meat or fish.

Sweet Potato Surprise

3 cups mashed potato

1/4 cup to 1/2 cup thin cream 3/4 cup grated cocoanut Marshmallows

1 egg

1/2 teaspoon salt

1/2 cup sugar

Add the cream to the potato, being careful not to use too much; add the sugar, salt, beaten egg, and cocoanut. Let stand until cool. With a marshmallow for a center, roll potato mixture into balls, then in beaten egg, then in bread crumbs, and fry in deep fat. Drain on brown paper and serve while hot,

Sweet Potato Pudding

Grate 3 medium-sized potatoes, add 1 egg, 1/2 cup of sweet milk, a pinch of salt, 2 1/2 cups of good syrup, 1/2 cup of butter. Put into a well greased pan and bake until brown.

Sweet Potato Puffs

3 cups masked sweet potato 1/4 cup cream 1/4 teaspoon 4 tablespoons melted butter 1 egg beaten baking powder

Place green pepper rings on baking sheet, fill with potato mixture and bake until brown.

FREEZING FRUITS

Freezing is an easy way to preserve fruits to retain their nutritive value, color, and fresh flavor. The texture is generally softer but similar to that of fresh fruit. Some fruits tend to darken if not pre-treated to prevent this color change.

Select high quality fruits as freezing does not improve the quality of a product. Other factors affecting the quality of the finished product are the variety and freshness of the food, method of preparation, temperature during storage, and storage time.

Packaging materials for all foods should be moisture-proof, vapor-proof, and durable. Foods do expand on freezing so allow ample head space when using rigid containers.

Packing Fruit

Fruits may be packed successfully by using either of three methods: sirup pack, sugar pack, and unsweetened pack. Most fruits retain better texture, color and flavor if packed in sirup or sugar.

Sirup Pack. Make up sirup in advance and allow to cool before adding to fruit. Allow about one-half to two-thirds cup of sirup for each pint package of fruit. Be sure the sirup covers the fruit so that the top pieces will not change in color and flavor. A 40-percent sirup is recommended for most fruits. Very mild flavored fruits may need a 30-percent sirup and very sour foods need a heavier sirup.

TABLE FOR SIRUP

Type of Sirup	Sugar Cups	Water Cups	Yield of Sirup Cups
30-percent sirup	2	Z _Ļ	5
40-percent sirup	3	4	5½
50-percent sirup	4 3/4	۷.	6½
60-percent sirup	7	4	7 3/4

Sugar Pack. Mix sugar with fruit until sugar is dissolved. Pack into containers and place a small piece of crumpled water-resistant paper on top to hold fruit under juice.

Unsweetened Pack. Pack prepared fruits plain -- without the addition of sirup or sugar.

Prevent Darkening

Light colored fruits have a tendency to turn dark when exposed to air. There are several ways to prevent this discoloration. Preferred methods use ascorbic acid, citric acid or combinations of the two. Less effective methods include steaming, slicing fruit into a salt solution, and dependence on the sirup to exclude air. If using one of the commercial preparations, follow the directions carefully.

Fruit	Preparation	Pack
APPLES	Wash, peel, core and slice	. (Sirup pack) Pack in 40 percent solu
Para and the surface of the said	Har and and a firm ald a	
For apples to be	Use only crisp, firm slice	
served uncooked	for freezing. Slices whic	
use sirup pack.	mealy in texture should be	
	used immediately.	(Sugar pack)
Sugar pack and		Dip apple slices into
unsweetened pack		boiling water for $1\frac{1}{2}$ to
making pies.		using 1 part sugar to 5
		parts fruit.
		(Unsweetened pack)
		Como ao augan nagle
		hut omit ousen
		de Guille Sagar.
Sauce	Wash, peel if desired, cor	
Sauce	slice. To each quart of a	
	slices add 1/3 cup water;	
and the street become	until tender. Cool and st	
	if necessary.	
	WEIR, ST. SIEAR	
BERRIES - most kinds	Sort, wash and drain.	(Sirup pack)
except blueberries		Pack in 40 percent
and strawberries.		sirup. Cover with
	THE REAL PROPERTY.	sirup.
Use sirup pack for		
berries to be served		(Sugar pack)
uncooked. Use berries		Pack fruit using 1 cup
frozen unsweetened or		sugar to 5 cups fruit.
in sugar for cooking		34641 23 3 5463 11413.
purposes.		(Unsweetened pack)
purposes.		Pack fruit; omit sugar.
		rack ffult, omit sugar.
BLUEBERRIES	Sort, wash and drain.	(Sirup pack)
		Pack in 40 percent
ferred for berries to		minute, cool immediatel
he corred unaceleed		
Use berries frozen		percent sirup.
unsweetened or in		percent strup.
sugar for cooking		
purposes.		

Adapted from H&G-10

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. W. E. Skelton, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061.

Fruit	Preparation	Pack
CHERRIES, sour		(Sirup pack) Pack in 60 percent sirup. Cover with sirup.
		(Sugar pack) Mix 1 cup sugar to 5 cups cherries and pack.
CHERRIES, sweet	Sort, wash, stem and pit (pits affect flavor but may be left in fruit if desired).	(Sirup pack) Pack in 40 percent sirup.
		(Sugar pack) Mix 1 cup sugar to 5 cups cherries and pack.
FIGS	Sort, wash, and cut off stems. Peel if desired. Slice or	(Sirup pack) Use 30 or 40 percent sirup.
Select tree-ripened soft-ripe fruit.	leave whole.	Add 3/4 teaspoon crystalline ascorbic acid to each quart of sirup.
	Miles Salar astroni il estat dicar	(Unsweetened pack) Pack into containers. Cover with water to which crystalline ascorbic acid has been added.
MELONS Select firm-fleshed well-colored, ripe melons.	Cut in half, remove seeds and peel. Cut into slices, cubes or balls.	(Sirup pack) Pack in 30 percent sirup.
PEACHES Select firm, ripe peaches. Hard green peaches lack full flavor.	Wash, peel, pit, cut in halves or slices.	(Sirup pack) Pack in 40 percent sirup. Add ½ teaspoon crystalline ascorbic acid for each quart of sirup, if desired.
llavoi.		(Sugar pack) Mix 1 cup sugar to 5 cups fruit and pack.
		(Water pack) Cover peaches with cold water containing I teaspoon crystalline ascorbic acid to each quart of water.

Fruit	Preparation	Pack
	Wash, peel, core, cut in halves or slices.	Heat pears in boiling 40 percent sirup for 2 minutes. Drain and cool. Pack fruit in cold 40 percent sirup solution. Add 3/4 teaspoon crystalline ascorbic acid to each quart of sirup, if desired.
PLUMS Select firm fruit of deep color.	Sort and wash. Leave whole or cut in halves or quarters.	(Sirup pack) Pack in 40 percent sirup; cover fruit with sirup. Add 4 teaspoon ascorbic acid to 1-1½ cups of sirup if desired.
		(Unsweetened pack) Pack fruit (whole) without either sirup or sugar.
STRAWBERRIES Firm, ripe, red berries are best for freezing.	Sort, wash, drain and cap. Freeze small berries whole. Slice or crush large berries if desired.	(Sirup pack) Pack in 50 percent sirup solution. (Sugar pack) Mix berries with 1 cup sugar to 5 cups berries. (Unsweetened pack) Pack berries without the addition of sugar or sirup.





Left to Right: Mary L. Thompson, Home Demonstration Agent, Madison Co. 1924-27, Nansemond Co. 1935-37, Farifax 1938-40, Assistant Foods Specialist 1943 - 1963

Janet L. Cameron, State Food & Nutrition Specialist 1931-1964

JELMETER HANDBOOK



50 RECIPES

"Tested and Proved"

for Jelly, Jam and Marmalade



EVERY KITCHEN NEEDS A

JELMETER

U. S. Patent 2,171,823 Can. Patent 365,730

Made Exclusively By JELMETER DIV. D

Delaware Motor Sales Co. 1606 Pennsylvania Avenue WILMINGTON 6, DELAWARE

JELMETER

Natural-Jell Method for

Jelly, Jam and Marmalade

(General Directions—See Page 4)

If you ever tried to make jelly and found it simply would not jell, you'll welcome the JELMETER, which in a one-minute test of extracted juice tells exactly how much sugar any lot of juice requires. It also tells if more pectin is required.

Perfect results depend upon correct proportions of acid, pectin, sugar and water in extracted juice. Currents, for example, are almost perfectly balanced and produce fine jelly, if you add just the right proportion of sugar.

JELMETER has removed all guessing from the formerly uncertain task of jelly making. Today jelly may be made as scientifically as a cake is baked with standard ingredients and time and temperature methods in a heat controlled oven.

ECONOMY

This method is economical because you never waste juice nor add too much sugar. "We save the cost (of the JELMETER) over and over in sugar alone" is the most frequent comment of users. No jelly failures and no quessing, spell real economy.

Every lot of juice is different. For example, grapes in a half ripened condition need a certain proportion of sugar while a few days later, after fully ripened, the proportion will be entirely changed. JELMETER shows correct proportions at all stages of fruit ripeness. Juice just naturally jells if the proportions of sugar, pectin and acid are correct.

SUCCESS

Successful jelly making is not a matter of "luck," it's simply a question of KNOWING just what each different juice demands and the only way you can know this is to test each juice with the JELMETER. This has been thoroughly proven.

SIMPLE YET SCIENTIFIC

Directions in this Handbook have been developed in the most scientific manner possible and are the very best methods of extracting juice and preparing fruit. Study such recipe in detail. Use additional acid where directed and always add it before extraction cooking.

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JELMETER Test

The test requires but one minute and you know at once if juice will or will not jell and exactly how much sugar to use.

For jelly, jam or marmalade JELMETER Test is the same and should be made the same day it is cooked.

For jelly, test is made with a strained sample of extracted juice.

For Jam and marmalade squeeze as much juice as possible from two tablespoonsful of cooked fruit through a mustin cloth.

Only about a tablespoonful of julce is required and it should be approximately room temperature. If too warm, say over 100 degrees, it flows through JELMETER too fast, if too cool, under 70 degrees, flow is too slow and tests are inaccurate.

When taking a small sample of hot juice for testing, it cools almost immediately if placed in a cool dish or cup.

THE TEST

lst—Holding a finger over bottom end of JELMETER pour in extracted juice till it is filled to the top, brimfull.

2nd—Removing finger from bottom of JELMETER, allow fluice to run or drip exactly one minute by the clock, then replace finger.

3rd—Note level of juice in tube of JELMETER and figure NEAREST (above or below) this level. Figures show cups or parts of cups of sugar to add for each cup of juice or prepared fruit.

Improperly strained julces with small particles of solid matter in them cannot give accurate tests with JEL-METER.



lst



2nd



3rd

Care of the JELMETER

WASH THE JELMETER WITH WARM WATER IMMEDIATELY AFTER EACH TEST. This is important as the small tube may become stopped up il juice is allowed to remain in il II tube does become stopped up allow to set in glass of scater until water runs through it freely.

Very Thick Viscous Juice

If juice has been properly strained and refuses to flow through JELMETER because it is too thick and heavy or viscous, good quality jelly or marmalade may be made by simply adding 1½ cups of sugar per cup of prepared juice or fruit and boiling 1 minute. for jam add 1¾ cups of sugar per cup of prepared fruit and boil 1 minute.

Very Thin Watery Juice Needs Pectin

Thin watery juices, when tested with JEL-METER floy through so fast they go below in the sess than a minute. Such juices will not jell properly and need additional pectin. With juice prepared for jelly, add 2 tablespoonfuls of liquid pectin for each cup of juice, stir very thoroughly and repeat JEL-METER Test on a small sample. When testing for jam or marmalade add 1 tablespoonful of pectin per cup of prepared fruit. Test small sample and if still too watery, add a similar portion of pectin. Always stir pectin in very thoroughly so it is completely mixed with the juice.



GENERAL DIRECTIONS Seven Steps

1st Step—Select, wash, and prepare fruit. (Recipe, Page 6). Ripe, firm fruit is best. Over-ripe fruit generally lacks sufficient acid for good jelly and is more suitable for jam or marmalade.

2nd Step—Cook fruit following directions very carefully according to recipes for each (page 6). Good results are had when fruit is cooked properly with addition of just the right amount of lemon juice and boiling for correct number of minutes.

Juice extracted by most any recommended procedure. Farmer's Bulletins, Extension Circulars, Cook Books, etc., may also be used with JELMETER, but directions given herein are believed to be most efficient. At end of extraction cooking, for jelly squeeze as much juice as possible through a cloth, then strain, without squeezing, through a moist cloth. For jam and marmalade squeeze out only small sample (page 3).

Juice may be strained from cooked fruit through a moist cloth without squeezing. This procedure, although giving somewhat clearer juice, is slow. It does not produce as much juice nor as high a pectin content, and generally requires a second extraction for economy.

GENERAL DIRECTIONS—Continued

3rd Step—Make JELMETER Test (page 3). If additional pectin is needed (thin watery juice) it should be added, and (after thorough stirring test repeated before going on to 4th step.

4th Step—Measure extracted juice or cooked fruit, 2 to 5 cups (not more), into a kettle large enough so juice makes a depth of from 1 to 1½ inches. A shallow depth of juice insures a RAPID BOIL.

5th Step-ADDING SUGAR FOR JELLY OR MARMALADE.

(Applies to Jelly or Marmalade Only)
Add sugar according to JELMETER Test, noting figure on line nearest level of juice after one minute flow. If juice stopped nearest (above or below) ¼ line, add ¼ cup of sugar for each cup of juice, if nearest 1¼ line, add 1¼ cup and so on. Make all measurements level. Standard measuring cup is best, but if not to be had, use same cup for both sugar and juice.

5th Step-ADDING SUGAR FOR JAM. (Applies to Jam Only)

Add sugar as JELMETER Test indicates and in addition ¼ cup more sugar per each cup of cooked fruit; that is if the JELMETER Test reads ½, add ¾ cup of sugar insetad of ½, if reading is 1, add 1¼, etc.

6th Step—Jelly should be cooked as rapidly as possible. Never simmer jelly. Testing for JELLY POINT may be by sheeting-off or therometer method. Jelly is done when it tests with a candy or jelly thermometer at 221 degrees. Subtract one (1) degree for

each rise of 500 feet in altitude above sea level; 219 degrees for 1000 feet; 215 for 3000 feet, etc. If you are unable to learn your exact altitude a few experiments will tell you the temperature to stop cooking. Once this is known you will never cook long or not long enough.



Almost Done



Finished

For the sheeting-off test, dip a cool spoon into the boiling mixture and as it nears the jelly point, it will drop from the spoon in heavy drops. When two drops begin to fall at once or jelly commences to "sheetoff" from side of spoon, jelly is finished and should be removed from fire at once.

GENERAL DIRECTIONS—Continued

Jam or Marmalade should be stirred while cooking to keep from sticking and burning. Cook until it drops thickly from the spoon or till it tests with a jelly thermometer the same as jelly.

7th Step—Jelly. Skim, pour jelly quickly into clean scalded glasses to within ¼ inch of top, cover and, when cool, paraffin and label. Jam, pour quickly into clean scalded jars and seal. Marmalade, pour into clean, scalded glasses to within ¼ inch of top, cover and, when cool, paraffin.

cover and, when cool, paraffin.

Firmer or More Tender Jelly

Jam or Marmalade

If you prefer a firmer jelly, use 1/8 cup (2 tablespoonfuls) less sugar per cup of juice than test indicates. If you want it more tender use 1/8 cup more sugar per cup of juice.

RECIPES FOR PREPARING AND COOKING FRUIT

Wash all fruits, remove any spoiled portions and prepare as under each recipe.

Use standard measuring cup and spoons. Fruit should be packed tightly into cup for measuring. Add water or lemon juice only when directions so indicate. Boil without cover on kettle, stirring when necessary to keep from burning and sticking.

After cooking fruit according to recipes, follow General Directions, JELMETER Test, etc.

Fruits Deficient in Acid. Exhaustive laboratory tests prove that to make perfect jelly, jam or marmalade, many fruits require additional acid BEFORE extraction cooking. The usual recommendation is to add lemon juice. JELMETER directions show quantities needed by each fruit. Follow them and results will be better flavor, better pectin extraction and an altogether better product.

Adding Water. The old methods of preparing fruit generally recommended "adding water to cover." This is not always satisfactory because different fruits vary greatly in requirements. Each JELMETER recipe tells how much water to add for that particular fruit and quantities should be followed carefully.

Apple Jelly—Cut into pieces. Add 1 cup of water and 1½ tablespoonfuls of lemon juice per each cup of fruit. Boil until fruit is tender, 15 or 20 minutes.

Apricot Jelly—Seldom jellies properly due to presence of excessive fruit salts. Recommended for jorn.

PREPARING FRUIT—Continued

- Apricot Jam—Scald, remove skins and stones, then grind fruit. Add 1½ tablespoonsfuls of lemon juice per cup of prepared fruit. boil 5 minutes with constant stirring.
- Blackberry Jelly—Mash berries. Add 1 tablespoonful of lemon juice per cup of mashed fruit. Boil 8 minutes.
- Blackberry Jam-Same as Blackberry Jelly.
- Blackberry Marmalade—Same as Blackberry Jeily.
- Blueberry Jam-Same as Blackberry Jam.
- Cherry Jelly (sour)—Stem and pit, crush or grind fruit. Boil 15 minutes. Squeeze as much juice through a cloth as possible, add ¼ cup of a liquid pectin per cup of extracted juice because this fruit invariably needs added pectin. Stir thoroughly. Strain and follow directions.
- Cherry Jam—Stem, pit and crush or grind. (To sweet varieties add 1 tablespoonful of lemon juice per cup of prepared fruit.) Boil 15 minutes. Add 2 tablespoonfuls of liquid pectin per cup of cooked fruit. Stir thoroughly before making JELMETER Test.
- Citrus Marmalade—Use in the proportions of 1 lemon 1 orange and 1 grapefruit. Clean off any spots, remove seeds, cut up and grind very fine in food chopper; add 3 cups water per cup of prepared fruit and juice. Boil 50 minutes, without cover on kettle.

Crabapple Jelly-Same as Apple Jelly.

Cranberries—Cranberries do not come under JELMETER Method of making jelly but we give these recipes for your convenience. This recipe if for 4 cups of uncooked cranberries. For 4 cups of cranberries add 2 cups of water. Bring to boil as rapidly as possible. Aid "popping" of berries by stirring and crushing berries with spoon while cooking. Berries should be all broken up and ready for sugar in from 4 to 6 minutes. Add 2½ cups of sugar and bring just to the boil. Pour into mold.

Cranberry Jelly (without skins and seeds)—Use 4 cups of cranberries and three cups of water. Bring to a full boil and, with stirring, boil 4 minutes. Remove skins and seeds by passing through sieve or collander. One should obtain about 3½ cups pulped juice. Add 2½ cups sugar and bring to the boil. Pour into mold,

PREPARING FRUIT-Continued

Currant Jelly—Stem and mash. Add ½ cup water per cup of mashed fruit. Boil 15 minutes.

Current Jam-Same as Current Jelly.

Current Marmalade-Same as Jam.

Currant and Cherry Marmalade—Use equal portions of each fruit. Remove stems, pit cherries Put through food chopper. Boil 10 minutes, stirring as necessary.

Elderberry Jelly—Mash berries. Add 1 tablespoonful of lemon juice per cup mashed fruit. Boil 8 minutes. Squeeze as much juice through a cloth as possible. Add ¼ cup of liquid pectin per cup of juice. Strain and follow General Directions.

Gooseberry Jelly-Same as Current.

Grape Jelly (Concord type, or wild)—Mash fruit. Add 1 tablespoonful of lemon juice per each cup of fruit, ...Boil 10 minutes. Squeeze as much juice as possible through cloth. Chill juice for 24 hours in regrigerator and then strain through cloth to remove tartrate crystals. Warm a tablespoonful to approximately room temperature for JELMETER Test.

Grape Jam—Stem and slip skins off from pulp, keeping them separate. Add ¼ cup of water per cup of pulp and boil pulp 8 minutes. Press pulp through sieve to remove seeds. Add skins to pulp and cook the two together for 7 minutes while stirring.

Grape Marmalade—Same as Grape Jam.
Grapefruit Jelly—Remove seeds, squeeze
juice, grind peels in food chopper and then
remix with juice. Add 1 cup water per cup
prepared fruit. Boil 20 minutes.

Guava Jelly—Same as Apple Jelly.

Huckleberry Jam-Same as Blackberry Jam.

Kumquat Jelly—Remove seeds, grind in food chopper. Add 3 cups of water and 1 tablespoonful of lemon juice per cup prepared fruit. Boil 20 minutes.

Kumquat Jam—Cut in half, remove seeds and grind in food chopper. Add 3 cups of water per cup of ground fruit. Boil 30 minutes.

Lemon Jelly—Remove seeds, squeeze out juice, grind peels in food chopper and then remix with juice. Add 2½ cups of water per cup of prepared fruit. Boil 20 minutes.

Loganberry Jelly—Mash or grind. Add 1½ tablespoonfuls of lemon juice per cup of crushed fruit. Boil 8 minutes.

Loganberry Jam-Same as Loganberry Jelly.

PREPARING FRUIT-Continued

Mayhaw Jelly—Cut into pieces. Add 3/4 cup of water and 11/2 tablespoonfuls of lemon juice per cup of fruit. Boil intil fruit is tender, 10 or 15 minutes.

Mint (or synthetic flavors) Jelly—May be made from diluted commercial or homemade pectin extracts (¼ cup pectin per cup water) or from juice extracted from appless. Vegetable coloring may be added as desired. Stir well and strain through cloth. Make JELMETER Test, add sugar and cook as per General Directions. As jelly is finished and ready to remove from stove, add ¼ to ½ teaspoonful of oil of mint (or other flavor) per cup juice used.

Orange Jelly—Use 1 lemon for every 2 oranges. Remove seeds, squeeze out juice, grind peels in food chopper and remix with juice. Add 2 cups water per cup prepared fruit. Boil 20 minutes. THEN, after straining juice, add 1½ tablespocnfuls lemon juice per cup of extracted juice.

Orange Marmalade—Use 1 lemon for every 2 oranges. Clean off any spots, remove seeds, cut up and grind very fine in food chopper; add 3 cups water per cup of prepared fruit and Juice. Boil 50 minutes, without cover on kettle.

Peach Jelly—Soldom jellies properly due to presence of excessive fruit salts. Recommended for jam.

Peach Jam—Scald, remove skins and stones, then grind fruit. Add 1½ tablespoonfuls of lemon juice per cup of prepared fruit. Boil five minutes with constant stirring.

Pineapple Jolly—Peel, cut and grind fruit Add ½ tablespoonful lemon juice per cup of ground fruit. Boil 8 minutes. Squeeze as much juice as possible through cloth, add ¼ cup liquid pectin per cup of juice. Strain and follow General Directions.

Pineapple Jam—Peel, cut and grind fruit.

Add ½ tablespocnful of lemon juice per cup of ground fruit. Boil 10 minutes. Add 2 tablespoonfuls of liquid pectin per cup of prepared fruit and stir thoroughly before testing.

Plum (sour) or Prune Jelly—Cut into pieces. Add 1 cup of water and 2 tablespoonfuls of lemon juice per each cup of fruit. Boil until fruit is tender, 15 or 20 minutes. Plums fail to jelly occasionally, due to presence of excessvie fruit salts. They make excellent jam.

Plum Jarn—Discard pits, cut into small pieces of grind. Add 1 cup water and 2 tablespoonfuls of lemon juice per each cup of

PREPARING FRUIT—Continued

prepared fruit. Boil until fruit is tender, 15 to 20 minutes.

Plum (sour) Marmalade—Discard pits, cut into small pieces or grind. Add 1 cup water and 2 tablespoonfuls of lemon juice per cup of chopped fruit. Boil until fruit is tender, 15 or 20 minutes.

Quince Jelly—Cut into pieces, Add 2 cups of water and 1½ tablespoonfuls of lemon juice per each cup of fruit. Boil until fruit is tender, 15 or 20 minutes.

Raspberry Jelly-Same as Blackberry Jelly.

Raspberry Jam-Same as Blackberry Jam.

Rhubarb Jelly—Seldom jellies properly due to presence of excessive fruit salts. Recommended for jam.

Rhubarb Jam—Cut in pieces or grind. If not juicy add ¼ cup water per cup Rhubarb and boil 5 minutes with stirring. Rhubarb tends to stick and burn when cooking after sugar is added. Cooking to 216 rather than 221 degrees is safe for Rhubarb jam and tends to eliminate danger of burning. Subtract one (1) degree for each rise of 500 feet in altitude above sea level; 214 for 1000 feet; 210 for 3000 ft., etc.

Strawberry Jelly—Seldom jellies properly due to presence of excessive fruit salts. Recommended for jam.

Strawberry Jam — Remove refuse. Wash, crush, slice or grind. Boil 3 minutes with stirring.

Combinations of Juices for Jelly or Fruit for Jam—May be made up as desired. Mix thoroughly before making JELMETER Test.

Canned Julces—Juices from canned fruit or plain canned juices may be used for jelly, provided no sugar was added when canning. Add 1½ tablespoonfuls of lemon juice per cup of fruit juice and strain. Many housewives and jelly manufacturers can large quantities of juice without sugar during the fruit season and make jelly later, using the JELMETER method.

Conserves—Combinations of fruit suggested for jams may be made after their preparatory cooking as given under individual fruits. Mix thoroughly before making JELMETER Test. Nuts and raisins are best added at time of serving.

WEIGHT METHOD OF COOKING TO JELLY POINT

Weigh juice or cooked fruit 1 to $2\frac{1}{2}$ pounds (2 to 5 cups) into a kettle sufficiently large that fruit produces not more than 1 to $1\frac{1}{2}$ inches depth; this insures a rapid cook. Balance empty kettle before starting. Add sugar as shown in following table and cook to weight indicated, stirring marmalade and jam constantly.

Table for Jelly and Marmalade

JELMETER Test Figure ou nearest line	Sugar to add for each 1b. of cooked fruit or juice	Cook to the following wt. of jelly or marmalade
11/4	1 lb. 4 oz.	2 lb.
1	1 lb.	1 lb. 10 oz.
3/4	12 oz.	1 lb. 4 oz.
1/2	8 oz.	14 oz.

Table for Jam

JELMETER Test Figure on negrest line	Sugar to add for each lb. of cooked fruit	Cook to the following wt. of jam
1 1/4	1 lb. 8 oz.	2 lb. 6 oz.
1	1 lb. 4 oz.	2 lb.
3/4	1 lb.	1 lb. 10 oz.
1/2	12 oz.	1 lb. 4 oz.

When mixture cooks down to weight indicated in table, it is done, and should be removed from stove at once. Pour into sterilized glasses or jars to within ¼ inch of top. When cool paraffin. Seal jars while hot.

Care of the JELMETER

WASH THE JELMETER WITH WARM WATER IMMEDIATELY AFTER EACH TEST. This is important as the small tube may become stopped up if juice is allowed to remain in it. If tube does become stopped up allow to set in glass of water until water runs through it freely.

THE JELMETER HAS BEEN TESTED AND APPROVED





The JELMETER Method was derived from the "Delaware Method of Jelly Making" developed at the Delaware Agricultural Experiment Station.

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Jelly and Candy Thermometer

Jelmeter, Inc. now offers a quality Jelly and Candy Thermometer, postpaid for 85 cents. Once you use a thermometer in jelly making, you'll never want to be without it.

FOR SUCCESSFUL JAMS & JELLIES

Making homemade jams and jellies with MCP Pectin is both fun and easy. For perfect results, it is important to always follow these guidelines:

Read all information first

- Follow recipe exactly
 Crush or grind all fruit thoroughly
 Use firm, ripe fruit

- Use proper pan size
 Always add the pectin before the sugar
- Do not reduce the amount of sugar in the recipe (the jam or jelly may not jell properly)

 If you must double recipes, contact MCP Consumer Center for the instructions

EQUIPMENT. Assemble the following pieces of equipment before starting to make jam or jelly.

• 6- to 8-quart kettle or saucepan

- Large spoon
- Measuring cups, both liquid and dry types, for fruit pulp or juice and sugar Bowl in which to put premeasured sugar
- For jellies: MCP Juice Extracting Kit or colander and muslin cloth
- Large bowl for washing and preparing fruit Potato masher or food grinder
- Lemon juice, for adjusting the acidity of sweet fruits

2. PREPARATION OF CONTAINERS

Wash all containers, lids and bands thoroughly with hot, soapy water. Rinse. For cooked jams and jellies, sterilize glass containers and prepare bands and lids according to manufacturer's directions

3. PREPARE FRUIT JUICE FOR MAKING JELLIES

Use fully ripe fruit for best flavor and color. Follow instructions for cooking each type of fruit. Rest colander in bowl or kettle. Spread cloth or jelly bag over colander. Pour hot prepared fruit into cloth or bag. Fold cloth to form bag and twist from top. Press with potato masher to extract juice. (For easier juice extraction and crystal-clear jellies, use the MCP Juice Extracting Kit. See section 8 on Jam and Jelly Making Aids.)

4. MEASURE INGREDIENTS CAREFULLY

Use standard measuring cups and level measures for all ingredients. Measure sugar into a dry bowl and set aside. Measure fruit or juice into 6- to 8-quart saucepan or kettle. If a little short of fruit or juice, add water. If short more than one cup juice, add another type of fruit juice. Measure and add lemon juice in each recipe when specified.

5. SEALING AND PROCESSING CONTAINERS

To seal with paraffin: Fill jars to 1/4 inch from top. Wipe the sealing surface of the jar clean. Follow paraffin manufacturer's directions for sealing, or cover with 1/8-inch layer of paraffin. Prick any air bubbles that form in paraffin as it hardens. Store jars in a cool, dark, dry place. (Wide fluctuations in temperatures, or a layer of paraffin that is too thick, may cause paraffin to separate from glass and permit jam or jelly to weep.)

To seal with 2-piece metal lids: Fill jars to within 1/8 inch of top and follow lid manufacturer's directions for sealing.

USDA Bolling Water Bath method may be used with 2-piece metal lids.

For no-cook freezer jams and jellies, use freezer containers with tight-fitting seals. Allow 1/2 inch headspace for each container.

6. STORAGE GUIDELINES

Store cooked jams and jellies in a cool, dark, dry location. Excessive heat or light may cause jams and jellies to fade. Packages of MCP Pectin also should be stored in a cool, dry location.

Store freezer jams in freezer. Refrigerate after opening

7. MISCELLANEOUS INFORMATION

MCP Pectin packages are filled by weight, not volume.

Some jams or jellies set slowly (they may take up to 2 weeks). This is due to the type of fruit used, its degree of ripeness and its tartness. This is especially true of apricots, cherries and peaches.

CANNED or FROZEN fruits may be used to make jams and jellies. Unsweetened canned or frozen fruit may be used as fresh fruit. With sweetened canned or frozen fruit, sugar in the recipe must be decreased by 3/4 cup per batch. Be sure to thaw all frozen fruit before measuring.

EXCESSIVE FOAMING may be prevented by adding 1/4 teaspoon butter, margarine or cooking oil to jam or jelly during the timed boiling period (flavor and texture are not affected) Allow 30 seconds for foam to subside before starting to skim. If using paraffin seal, skim off all foam, since foam bubbles will interfere with proper seal.

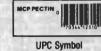
FOOD COLORING may be added to brighten or heighten color of various jams and jellies (e.g., apple, crab apple, guava), where the color is pale. Add food coloring after jam or jelly has been skimmed and before pouring into containers.

BOTTLED or FROZEN CONCENTRATED FRUIT JUICES and DRIED FRUITS also may be used to make jams and jellies. Specific recipes are available through the MCP

TRY OUR OTHER PRODUCTS: SLIM SET FRUIT PECTIN for making jams and jellies without added sugar and EVER-FRESH for preventing discoloration of light-colored

8. JAM AND JELLY MAKING AIDS

- Decorative Contact Labels (4 doz.): 75¢ and 1 UPC
- Complete Juice Extracting Kit (includes jelly bag and filter paper): \$3.00 and 3 UPC Symbols.



- Replacement Jelly Bag: 75¢ and 1 UPC Symbol.
- Replacement Filter Paper (200 single sheets): 50¢ and 1 UPC Symbol.

To order, send name and address with required number of MCP PectIn UPC Symbols and U.S. coins, check or currency, to:

MCP FOODS, Dept. R, P.O. Box 3633, Anahelm, CA 92803

9. FREE SERVICES OF MCP FOODS

FAIL TO JELL. Do not try to re-cook the jam or jelly by adding another package of pectin, gelatin or anything else. Failure to jell is caused by an imbalance in the proportions of fruit, pectin, acid, and sugar. Through laboratory analysis, it is possible to determine which of these is out of balance and what must be done to allow the jam or jelly to set. The MCP Kitchen Laboratory will test any jam or jelly that has not set properly. Write and we will send you a container for a sample of your problem jam or jelly and a return postage-stamped envelope. We will evaluate the sample and advise you of our recommendations. Our staff is trained to answer your questions on jam and jelly making.

Recipes are available for fruit not listed on our recipe sheets.

SPECIAL RECIPES also are available from MCP free of charge. These include jams and jellies sweetened with honey, gourmet jams and jellies, syrups, pectin candies, fruit rolls, plus many others. Also available are instructions on converting jam and jelly recipes for microwave use. For free recipes, write:

CONSUMER CENTER, MCP Foods, P.O. Box 3633, Anaheim, CA 92803

TO MAKE NO-COOK FREEZER JAM

- 1. FRUIT NEEDED: Start with approximately 2 quarts berries or 3 pounds fruit.
- 2. TO PREPARE FRUIT:
 - Berries: Wash, stem and crush or grind finely. All other fruit: Wash. Peel figs, kiwis or peaches. Pit, slice and finely grind all
- Measure prepared pulp and lemon juice, if required, into large saucepan. Slowly stir in 1 package of MCP Pectin and mix thoroughly. Set aside for 30 minutes, stirring every 5 minutes to dissolve pectin completely.
- Add light Karo corn syrup and mix well. This prevents sugar crystallization during freezer storage.
- Add premeasured sugar gradually. Stir well to dissolve completely. Warming to 100°F (baby bottle temperature) will hasten dissolving. No hotter, please.
- 6. After sugar is thoroughly dissolved, pour jam into containers and seal

				R JAMS		
Fruit	Prepared Pulp (cups)	Lemon Juice (cups)	MCP Pectin (pkg.)	Light Karo Syrup (cups)	Sugar (cups)	Yleid in 8-oz. jara
Apricot	3	1/2	1	1	4 1/2	7
Blackberry	3 1/4	1/4	1	1	4 1/2	7
Boysenberry	3 1/2	110118	1	100	4 1/2	7
Cherry, Sour	3	1/4	1	1	4 1/2	7
Charry, Sweet	3	1/2	I	201-1	4 1/2	7
Elderbarry	3 1/4	1/4	1	101	4 1/2	7
Fig	3	1/2	1	1001	4 1/2	7
Grape	3	1/2	1	34/1	4 1/2	7
Kiwi	3	1/2	1	1	4 1/2	7
Loganbarry	3 1/2	none	1	1	4 1/2	7
Peach	3 1/4	1/4	1	1	4 1/2	7
Plum, Sour	3 1/2	nona	1	1	4 1/2	7
Plum, Sweet	3	1/2	-	-1	41/2	7
Raspberry, Black	3 1/4	1/4			4 1/2	7
Raspberry, Red	3 1/4	1/4	1	to the last	4 1/2	7
Strawberry	3 1/4	1/4	1	1	4 1/2	7

Combination Fruit	Prepared Pulp (cups)	Lemon Juice (cups)	MCP Pectin (pkg.)	Light Karo Syrup (cups)	Sugar (cups)	Yield in 8-oz. jara
Apricot- Pineappie*	1 3/4 1 1/2	1/4	1	1	4 1/2	7
Apricot- Strawbarry	1 1/2 1 3/4	1/4	1	- de	4 1/2	7
Barry- Peach	1 1/4	1/4	1		4 1/2	7
Paach- Apricot	1 1/2 1 1/2	1/2			4 1/2	7
Peach- Pineapple*	2 1/4	1/4	1	also s	4 1/2	7
Strawberry- Pineappte*	2 1/4	1/4	1		4 1/2	7
Strawbarry- Raspberry	1 1/2	1/4	1		4 1/2	7

*Canned, unsweetened, crushed, undrained,

GENERAL JAM AND JELLY INSTRUCTIONS

Measure required amount of prepared fruit juice or pulp and lemon juice and put in 6- to 8-quart saucepan or kettle. Add package of MCP Pectin to measured fruit or fruit juice. Stir thoroughly to dissolve, scraping sides of pan to make sure all the pectin dissolves. (This takes a few minutes.)

Place mixture in pan over high heat. Bring to a boil, stirring constantly to prevent

scorching.

3. Add premeasured sugar and mix well. Continue stirring and bring to a full rolling boil (a boil that cannot be stirred down).

For Jams and marmalades, boil hard exactly 4 minutes. For Jellies, boil hard exactly 2 minutes. Excessive foaming may be prevented by adding 1/4 teaspoon butter, margarine or cooking oil to jam or jelly during the timed boiling period. Stir constantly to prevent scorching.

Remove mixture from heat. Skim foam and pour into containers. Seal according to

instructions in section 5:

	BERRY JAMS						
Fruit	Prepared Pulp (cups)	Lemon Juice (cups)	MCP Pectin (pkg.)	Sugar (cups)	Yleid 8-oz. jara		
Blackberry	5 3/4	1/4	1-	8	10		
Boysenberry	6	none	1	8 1/2	10		
Blueberry or Huckleberry	3 3/4 + 1c water	1/4	I DR.S	6	7		
Loganberry	8	none	1961	8 1/2	10		
Raspberry, Red	6	none	1	8 1/2	11		
Raspberry, Black	6	лопе		8 1/2	10		
Strawberry	5 3/4	1/4	140 %	8 1/2	11		
Youngberry	6	none	1	8 1/2	10		

FRUIT NEEDED: Start with approximately 3 quarts

TO PREPARE FRUIT:

For Blueberry or Huckleberry: Wash and crush berries thoroughly. Add the 1 cup water and

For all other berries: Wash, stem, and crush berries thoroughly until reduced to a pulp

FRUIT JAMS							
Fruit	Prepared Pulp (cups)	Lemon Juice (cups)		MCP Pectin (pkg.)	Sugar (cups)	Yleid 8-oz. jara	
Apricot	5	1/2		1	8	- 11	
Apricot - Pineapple, crushed	3 2 1/2	1/2	Ž	1	8	9	
Cherry Sour	3 1/4 + 1/4 c. water	none	4	1	4 1/2	5	
Cherry Sweet	3	1/2	1	1	4 1/2	5	
Fig	4 1/4 + 3/4 c. water	3/4		-1	9	11.4	
Canned Pineapple Sweet Unswt.	3 1/2	1/2 none	ï	14 10	5 6	6 6	
Plum Sweet Sour	5 3/4 6	1/4 none	Y	100	8 1/2 8 1/2	10 10	
Nectarine	5	1/2		1	7	9	
Peach	4	1/4		1	6	7	
Pear	4	1/4		10.	6	7	

FRUIT NEEDED: Start with approximately 3 1/2 pounds.

Apricot: Wash and pit apricots; do not peel. Grind finely.

Apricot-Pineapple: Wash and pit apricots; do not peel. Grind finely. Do not drain pineapple.

Cherry: Wash, pit and finely grind cherries. For sour cherries, measure and add the 1/4

Fig: Wash, peel and finely grind figs. Add the 3/4 cup water and mix.

Canned Pineapple: Use crushed pineapple. Do not drain. If using sweetened pineapple, add the 1/2 cup lemon juice.

Plum: Do not peel. Wash, pit and finely grind plums. If using sweet plums, add the 1/4 cup lemon juice

Nectarine and Peach: Wash, peel, pit and finely grind fruit.
Pear: Wash, peel, core and finely grind pears.

MARMALADE AND ADDITIONAL JAMS							
Fruit	Prepared Pulp (cups)	Lemon Juice (cups)	MCP Pectin (pkg.)	Sugar (cups)	Yleid 8-oz. jara		
Orange Marmalade	7	1/2*	1	9 1/2	11		
Concord Grape	6	1/2*	116	7 1/4	9		
Seedless Grape	6	1/2*	1	8	10		
Red Rhubarb	6	1/4*	70	8 1/2	10		
Tomato Preserves	2 1/4	1/4 + rind	Polit	3 1/2	4		

*Use for preparing pulp, see instructions below.

FRUIT NEEDED: 6 med. oranges. Other fruit: start with approximately 3 1/2 pounds. TO PREPARE FRUIT.

Orange Marmalade: Cut oranges into very thin slices and remove seeds. Discard flat peel ends. Mix fruit, the 1/2 cup lemon juice and 6 cups of water in 6- to 8-quart kettle or saucepan. Bring to a quick boil. Reduce heat and simmer, uncovered, for 1 hour or until peel is tender. Measure mixture and add water, if necessary, to equal exactly 7 cups. Follow instructions 1 to 4 above.

Follow instructions 1 to 4 above. After cooking marmalade, stir for 5 minutes before pouring into containers to prevent floating peel. Fill, seal and shake jars gently several times to evenly distribute peel. Concord Grape: Wash and slip skins from grapes. Grind skins finely. Add the 1/2 cup lemon juice to ground skins and simmer, covered, for 10 minutes. Put grapes in separate pan and simmer, covered, for 5 minutes. Sieve pulp to remove seeds. Mix pulp and ground skins thoroughly.

Seedless Grape: Wash, stem and finely grind grapes. Add 1 1/4 cups water and the 1/2 cup lemon juice. Simmer 25 minutes.

Red Rhubarb: Do not peel. Wash and slice rhubarb in 1/2- to 1-inch lengths. Add 2 1/4 cups water and the 1/4 cup lemon juice to rhubarb. Heat to a boil. Reduce heat and simmer until mushy.

Tomatic: Wash tomatoes. Dip tomatoes in boiling water and slip off skins. Cut out stems and hard core. Grind tomatoes. Measure pulp. Add 1/8 teaspoon salt, the 1/4 cup lemon juice and grated rind of one lemon.

BERRY JELLIES					
Fruit	Prepared Juice (cups)	Lemon Juice (cups)	MCP Pectin (pkg.)	Sugar (cups)	Yleid 8-oz. jara
Błackberry	3	1/4	1	4 1/2	5
Blueberry or Huckleberry	4 1/2	1/4*	1	6	7
Boysenberry	3 1/2	none	1	5	6
Elderberry	3	1/4	1	4 1/2	5
Loganberry	4	none	1	5 1/2	6
Raspherry (black)	3 3/4	1/4*		5 1/2	6
Raspherry (red)	4	none	kurid his	5	6
Strawberry	3	1/4	1	4 1/2	5
Youngberry	3 1/2	none	1 1	5	6

*Use for preparing juice, see instructions below.
FRUIT NEEDED: Start with approximately 3 quarts of berries.
TO PREPARE FRUIT:

Black Raspberry, Blueberry or Huckleberry: Wash and crush berries thoroughly. Add 1 cup water and the 1/4 cup lemon juice. Bring to a full rolling boil. Extract juice.† All other berries: Wash. Stem berries if necessary. Crush, thoroughly. Heat to a boil. Extract juice.† Add the 1/4 cup lemon juice, if required, after juice is extracted.

†(To extract juice, see page 1, sections 3 & 4)

FRUIT JELLIES					
Fruit	Preparad Juice (cups)	Lemon Juice (cups)	MCP Pectin (pkg.)	Sugar (cups)	Yleid 8-oz. jars
Apple	5	1/2*	11	7 1/2	9
Cactus	3	1/2	J-100	5	6
Cherry	2	1/2*	1	4	5
Chokecherry	3	1/4	1	4 1/2	8
Crab Apple	5 1/2	none	1	7 1/2	9
Currant	5	none	1	7	8
Grape	3 3/4	1/4*	1	5 1/3	7
Guava	3 1/2	1/2*	1	6	7

*Use for preparing juice, see instructions below.
FRUIT NEEDED: Start with approximately 5 pounds of fruit.

FRUIT NEEDED: Start with approximately 5 pounds of fruit.

TO PREPARE FRUIT:

Apple: Wash. Remove blossom and stems from apples. Do not peel or core. Mince or grind. For tart apples, add 3 cups water. For soft and sweet apples, add 2 1/2 cups water and the 1/2 cup lemon juice. Bring to a boil. Simmer, covered, for 10 minutes. Crush with a masher and simmer 5 more minutes. Extract juice.†

Cactus: Singe 20 average cactus apples free of stickers. Wash well. Cut in half and scoop out seeded pulp. Place pulp in pan, cover with water and bring to a boil. Extract juice.†

Add the 1/2 cup lemon juice after juice is extracted.

Cherry: Wash and stem cherries. Do not pit. Crush. Add 1/2 cup water and the 1/2 cup lemon juice. Simmer, covered, for 10 minutes. Extract juice.†

Chokecherry: Do not pit. Wash and crush chokecherries. Add 1 cup water and simmer for 15 minutes. Extract juice.† Add the 1/4 cup lemon juice after juice is extracted.

Crab Apple: Use same procedure as for tart apples but increase water to 4 cups. Extract

Crab Apple: Use same procedure as for tart apples but increase water to 4 cups. Extract

juice.† Gurrant: Wash and crush currants. Add 1 1/2 cups water and simmer, covered, for 10

Grape: Wash and crush currants. Add 1 1/2 cups water and simmer, covered, for 10 minutes. Extract juice.†

Grape: Wash and crush grapes. Add 1 cup water and the 1/4 cup lemon juice. Simmer, covered, for 10-20 minutes, or until julp is softened. Extract juice.† Let stand overnight in refrigerator. Sediment will form on bottom of container. Slowly pour juice from container, being careful not to disturb sediment.

Guava: Wash and thinly slice guavas. Add 3 cups boiling water and the 1/2 cup lemon juice. Crush thoroughly. Bring to boiling point, but do not boil. Extract juice.†

†(To extract juice. see page 1, sections 3 & 4)

ADDITIONAL JELLIES					
Fruit	Prepared Juice (cups)	Lemon Juice (cups)	MCP Pectin (pkg.)	Sugar (cups)	Yleid 8-oz. jars
Bell Pepper (or Jalapeno)	3 includes 1 cup vinegar*	none	Syllide Pe	4	5
Loquat	4	1/2*	2017	5 1/2	7
Mayhaw	3 3/4	1/4*	7.1	5 1/2	7
Peach	3 1/4	1/4*	to Lext	5	8
Plum	4 1/2	1/2*	1	7	8
Pomegranate	3 1/2	none	4	5	6

*Use for preparing juice, see instructions below.
FRUIT NEEDED: Start with approximately 5 pounds of fruit (except for pepper).

TO PREPARE FRUIT:

Bell Pepper (or Jalapeno): Use 5-7 medium green or red bell peppers or 1 pound jalapeno peppers. (Or use a mix of 1/2 bell peppers and 1/2 jalapeno.) Wash, stem and grind peppers. Measure 2 cups. Add 2 cups water and the 1 cup vinegar to peppers. Bring to a boil, reduce heat and simmer, uncovered, for 15 minutes. Strain and measure 3 cups

Loquet: Wash and stem loquats. Remove seeds. Add 1 cup water and the 1/2 cup lemon

Loquet: Wash and stem loquats. Remove seeds. Add 1 cup water and the 1/2 cup lemon juice. Simmer, covered, for 15 minutes. Extract juice.†

Mayhaw: Wash and crush berries thoroughly. Add 4 cups water and the 1/4 cup lemon juice. Bring to boil, reduce heat and simmer, covered, for 15 minutes. Extract juice.†

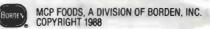
Pesch: Wash. Do not peel. Pit and grind thoroughly. Add 1 3/4 cups water and the 1/4 cup lemon juice. Simmer, covered, for 10 minutes. Extract juice.†

Plum: Wash and crush thoroughly. Do not peel or pit. For sour plums, add 1 cup water. For sweet plums, add the 1/2 cup lemon juice and 1 cup water. Bring to a boil, reduce heat and simmer, covered, 10 minutes. Extract juice.†

Pomegranate: Wash. Submerge in water and soak for 15 minutes. Break apart under water and separate seeds from membranes. Seeds will sink to the bottom while membranes, skins and rind will rise to the top. Skim the top and discard. Scoop up the seeds. Extract juice.†

seeds. Extract juice.+

†(To extract juice, see page 1, sections 3 & 4)



They favorite reference any



1944

CANNING

FOR THUE HOMIE

BULLETIN NO. 128

REVISED JUNE, 1°

ICULTURAL EXTENSION SERVICE

Work in Agriculture and Home Economics, Institute and the United States rigulture cooperating

CANNING FOR THE HOME

*

PLANT
PLANT
PRESERVE
PROSPER

*

JANET L. CAMERON
Food and Nutrition Specialist
and
MARY L. THOMPSON
Assistant in Food Preservation

ASSISTANCE OFFERED BY THE AGRICULTURAL EXTENSION SERVICE OF THE VIRGINIA POLYTECHNIC INSTITUTE

The Agricultural Extension Service carries the State College and United States Department of Agriculture to the farmer and farm home. It endeavors to meet their problems in soils and crops, horticulture, dairying, livestock, poultry, agricultural engineering, forestry, home economics, agricultural economics and community development. This is done by personal visits, meetings, and correspondence of County Farm and Home Demonstration Agents and Specialists; through boys' and girls' and women's club work, cow testing, purebred livestock, horticultural, and other associations and organizations; through radio programs; and through the distribution of bulletins, circulars, newspaper articles, etc.

Application for information or assistance with regard to any farm or home problem should be made to the Director, Virginia Agricultural Extension Service, Blacksburg, Virginia.

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Canning for the Home

Raise those vegetables, grow those fruits, "Living-at-Home" needs more recruits, Cows, pigs, chicks, and all the rest—A farm food supply can be the best!

What Is "Living-at-Home"?

It is producing on the farm all possible food supplies. This includes:

- 1. An adequate vegetable garden to meet the family's needs of at least 3 vegetables for each person daily (including 1 serving of potatoes daily).
- 2. Sufficient fruit trees, vines, and bushes to provide at least 2 servings of fruit daily.
- 3. Cows to supply 1 quart of milk for each child and 1 pint for each adult and adequate butter and cheese, 365 days a year.
 - 4. Poultry to provide meat and egg supply throughout the year.
- 5. Meat supply (hogs, cows, and sheep) for year-around use fresh, canned, and cured.

Virginia Canning Plan

A canning plan or "budget" is necessarily different for every family. The amount of food that will be canned depends on the amount of vegetables stored as well as on the amount to be grown in the winter garden, such as kale, spinach, parsnips, and salsify. This plan is to provide every member of the family with

Product	Serve (Fresh, Canned, Dried, Frozen, or Stored)	Yearly Amount for One Person	Yearly Amount for Family of Five
Greens	4 times a week (½ cup at each serving)	5 quarts	25 quarts (for 2 months)
Tomatoes	4 times a week * (% cup at each serving)	30-40 quarts	160 quarts (for 8 months)
Other vegetables	6 times a week (½ cup at each serving)	30-40 quarts	160 quarts (for 8 months)
Fruits or Fruit juices	14 times a week (½ cup at each serving)	40-50 quarts	225 quarts (for 8 months)
Meats and Poultry	7 times a week	15 quarts	75 quarts

^{*}Seven times a week for children, unless oranges are available.

at least 3 servings of vegetables (including 1 serving of potatoes), 2 of fruit and 1 of meat or poultry daily, the recommended amount for best health. If stored and fresh foods are not available, it will be necessary to can more. Increased amounts of tomatoes are recommended when young children are in the family. Where quick-freeze facilities are available, frozen food may replace much of the canned foods. The tomato is the important vegetable which does not freeze successfully.

Food Needed for One Person for One Year

Milk or its equivalent (5 ounces of American cheese may be substituted for 1 quart)	75	gallons
Lean meat, poultry, fish	100	
40 pounds fresh	100	pounds
30 pounds cured		
30 pounds canned (about 15 quarts)		
Eggs	30	dozen
Fats (butter, bacon, etc.)	60	pounds
Sugars (including 5 pounds of honey and 15 pounds of molasses)		pounds
Vegetables		
Tomatoes (or citrus fruits)	300	pounds
21/2 bushels, from which can 30 to 40 quarts		
Green, leafy, yellow, and others		
60 pounds fresh		
125 pounds stored (including cabbage)		
25 pounds canned (about 10 quarts)	100	
Potatoes (3 bushels, sweet and Irish)		•
Fruits	250	pounds
100 pounds fresh 20 pounds dried (5 pounds after drying)		
100 pounds canned (50 quarts)		
Flour or cereals	190	nounds
160 pounds wheat, for bread and cereals	130	pounds
20 pounds corn meal		
Dried beans and nuts	25	nounds
5 pounds peanuts		Partition
5 pounds other nuts		
15 pounds dried beans and peas		

The amounts of canned greens and other vegetables may be reduced by using a cold frame or hot bed, by having a large fall garden, or by raising spinach, kale, etc., all winter, thereby giving more weeks of fresh products in the garden. Use of fresh, stored, frozen or dried fruits and vegetables reduces the amount of canned foods needed.

For children from 2 to 6 years, use $\frac{1}{2}$ the adult serving. For those 6 to 10, $\frac{3}{4}$ adult serving. Tomatoes or oranges are recommended for children every day.

Can It to Keep It!

Canning is the process of heating food long enough and hot enough to kill all organisms which might cause the food to spoil. Canning frequently overcooks foods, because the time needed to kill the spoilage organisms is longer than the time to cook the food.

Starchy foods need to be processed longer than the cooking time (corn, peas, beans).

Acid foods need relatively short processing times (tomatoes).

Meats and all protein foods need long processing times.

All processing times are based on research work. They are the shortest times that will insure safe-keeping of food under all conditions.

Common Food Spoilages

Flat Sour.—This is a term used for the condition of canned vegetables in which taste and odor are bad, though appearance may be good. In canning peas, beans, corn, and asparagus, flat sour is probably responsible for more failures than any other cause. Use only absolutely fresh products and avoid piling them up as they are prepared, for the overheating of peas or beans, as often happens at the bottom of the pile, may start these foods to spoil before they ever enter the jar. Either spread them out on trays or drop them into cold water. Flat sour may develop in vegetables if there is delay at any stage of the canning process—standing too long before canning, standing packed too long in the jars before processing, or not cooling rapidly enough after sealing. Flat sour develops at two ranges in temperature, the lower from 70° to 90° Fahrenheit and the higher 140° to 159° Fahrenheit. Never use canned goods with flat sour.

Mold.—Fruits and tomatoes are often molded. It is not safe to remove the mold and eat the food, because certain types of mold reduce the acidity to a point where botulinus spores may develop.

Planned Yearly Food Supply for the Farm Family



A person eats about 1,500 pounds of food a year.

Botulinus.—Bacteria, found in the soil, called bacillus botulinus may be present on vegetables and if not destroyed in processing, will thrive in non-acid foods and meats after they are canned. The bacteria create a toxin that is deadly poisonous. Thorough cleaning can help remove the botulinus but gives no assurance of preventing spoilage by this organism. Even boiling water is not hot enough to kill it; consequently canning with steam under pressure is the only safe way. If a pressure canner is in good working order and reliable canning recommendations are followed, there is no danger of botulinus poisoning. However, for safety, it is better to boil non-acid vegetables and meats 10 minutes before tasting. Boiling will destroy the toxin. Canned food that has spoiled should be buried, as botulism is fatal to animals.

Methods of Canning

Cold Pack—the method where foods are blanched and packed into jars while cold, then processed. Shrinkage in this method is greater than when hot pack is used, but the ease of packing makes it very popular. It is recommended only for tomatoes and acid fruits, and where there is no shortage of jars.

Hot Pack — the method which employs a precooking period. The food is heated to boiling in a small amount of liquid, then food and liquid are both put into the jar while hot.

Open Kettle— the method suitable *only* for preserves and jams. The foods are cooked completely and packed into thoroughly sterilized jars while still boiling hot, and sealed at once. No further processing is done. This method is not recommended for tomatoes or fruits.

Canning Equipment

A boiling water bath to process fruits and tomatoes should always have a rack in the bottom for jars to rest on and should be at least 3 inches deeper than the tops of the jars as they stand on the rack. This allows for 1 or 2 inches of water to cover and some head-space to prevent boiling over. It is important that the water be kept boiling throughout the process and that it cover the jars at all times.

A pressure canner is recommended for all vegetables except tomatoes and for all meats. The gauge should be checked each year to be sure it is accurate and the valve and petcock should be kept clean and dry at all times. Canners should be cleaned out and dried at once after being used, for if liquid stands in it, the bottom may become pitted and rough. If the canner is stored for several months, put some crumpled paper inside to keep it dry.

A steamer should never be confused with a steam pressure canner. Most steamers have shelves for holding jars and a small amount of water in the bottom produces steam for processing. The time must be $\frac{1}{3}$ longer in a steamer than in a boiling water bath. This method of processing is recommended for only fruits and tomatoes,

Oven canning is not recommended because of the danger from exploded jars and because many oven regulators are not accurate enough to keep a constant temperature.

Know Your Jar Tops and How to Seal Them!

Read and follow carefully manufacturers' directions on sealing jars. Use only standard jars in pressure cooker. Save mayonnaise, coffee, and similar jars for canning fruits, tomatoes, jams, and preserves.

Warning: Screw-bands for glass-top closures cannot be used with metal cap or the ones for metal cannot be used with glass-top.

All jar openings are standard Mason size except one which is slightly smaller, called No. 63. Current types of closures are:

- 1. Porcelain-lined zinc cap, or metal cap with white lacquer lining fits jar with shoulder. For processing, tighten and turn back ¼ of a turn. After processing, screw tight.
- 2. Three-piece cap (metal screw-band, glass disk, top-seal rubber)—fits deep-thread jar with or without shoulder. To seal, tighten, and turn back ¼ turn. Remove screw-band after 24 hours.
- 3. Two-piece cap (metal screw-band, a little shallower than three-piece cap, and metal disk with made-on rubber)—fits jar with standard thread, with or without shoulder. To seal, screw tight. Do not retighten after processing. Remove screw-band after 24 hours.
- 4. Glass cap with shoulder rubber fits glass top jar with bale. To seal, place long bail wire in center of groove on top of lid. Leave short wire up during processing. When jar is removed from canner, push short bale wire down against side of can.
- 5. Metal disk with made-on rubber (No. 63)—fits mayonnaise jar, etc. It is necessary to have a metal lid (be sure to remove cardboard lining and puncture lid from inside for ease in removing) to hold disk in place. To seal, screw lid down tight. Do not tighten after processing. Remove lid after 24 hours.

General Suggestions for Safety in Canning

- 1. Know the correct method before you start.
- 2. Use only clean, sound, fresh foods of prime ripeness. Lose no time between picking and processing.
- 3. After picking, keep foods cold if they must wait. This helps to prevent steaming, flat sour, or other spoilage.
- 4. Make sure that containers in which food is processed are clean and free from defects.
- 5. Prepare all jars, tops, rings, and rubbers before preparing the food. Jars should be boiled 10 minutes and kept hot until food is packed.
- 6. The water bath method is not safe except for acid vegetables and fruits. For this method be sure that the water in the canner comes at least 1 inch over the top of the jars. Keep boiling water ready to refill if water gets below this point. Do not begin to count the time until the water begins to boil or until the pressure reaches the desired point. Keep the water boiling or the pressure steady during the entire heating process.
- 7. Process non-acid vegetables and meats in a pressure cooker for complete safety.
- 8. Prepare only as much at one time as can be processed at once. Food that is ready for canning but must wait may develop flat sour.

- 9. For complete safety all home canned meats and non-acid vegetables should be boiled 10 minutes before serving.
- 10. The best temperature for storing canned goods is 45° to 60° Fahrenheit. The temperature at which canned goods are stored has a pronounced effect on the keeping qualities. All the bacteria present in food are not necessarily killed during processing and those remaining are much more apt to grow and spoil the product if jars are stored in a very warm place.
- 11. The white sediment in the bottom of some jars after they have stood awhile may be due to careless washing, to old products, or to hard water containing lime compounds. Liquid surrounding beans is often cloudy, but this does not mean that the beans are spoiled. If vegetables are old they contain considerable starch and if they are cut or overcooked the starch comes out into the liquid. If liquid becomes increasingly cloudy, look out for spoilage.
- 12. Altitude and climate affect the length of time for processing in the water bath. Time tables are given at sea level or in altitudes up to 1,000 feet. If the altitude is over 1,000 feet, increase the time of processing 10 percent for each additional 500 feet. At sea level, 10 pounds pressure is equivalent to 240° Fahrenheit, 15 pounds pressure to 250° Fahrenheit.

Approximate Amounts of Food Required, To Aid in Planning Your Budget

Product	Amount of Fresh Food Needed to Can One Quart	Number Pounds in One Bushel	Number Quarts Canned to One Bushel
Apples 1	2½ pounds	48 pounds	20
Asparagus	4 pounds (2 large bunches)	40 pounds	10
Beans, butter	4 quarts in hull	28 pounds	8
Beans, snap	1½ pounds	24 pounds	19
Beets	2½ pounds	56 pounds	22
Berries	1½ quarts	36 pounds 2	18
Carrots	2½ pounds	50 pounds	20
Cherries	11/2 quarts (whole)	64 pounds	25
Corn	8 ears	72 pounds	8
Grapes	2½ pounds	48 pounds	20
Greens	2½ pounds	12 pounds	5
Peaches 1	2½ pounds	48 pounds	20
Pears	2½ pounds	48 pounds	20
Peas	4 quarts in hull	32 pounds	7
Squash	2 pounds	40 pounds	20
Tomatoes	3 pounds	60 pounds	20

¹ A bushel of apples or peaches, if dried, will make about 5 pounds.

Other Bulletins on Food Production and Conservation Available from Any Virginia County Extension Office

Home Canning of Fruits and Vegetables, AWI-93.

Oven Drying, AWI-59.

Preparing Home-Grown Vegetables and Fruits for Freezing, AWI-100.

Take Care of Pressure Canners, AWI-65.

How to Dehydrate Food at Home, Virginia Agricultural Extension Service. Grow Your Own Food for Freedom, E-351.

Canning Fruits and Vegetables for Victory, E-359 (Revised).

² Weight of 24-quart crate.

Saving Fruits and Vegetables by Drving, Brining, Sulphuring, E-360.

How to Store Your Victory Garden Products, E-363 (Revised).

Home Canning of Meats, Poultry and Fish, E-364.

Family Food Plan, Virginia Agricultural Extension Service.

Preservation of Vegetables by Salting or Brining, Farmers' Bulletin No. 1932,

Home Storage of Vegetables and Fruits, Farmers' Bulletin No. 1939, U.S.D.A.

Making Fermented Pickles, Farmers' Bulletin No. 1438, U.S.D.A.

Beef on the Farm, Slaughtering, Cutting, Curing, Farmers' Bulletin No. 1415, U. S. D. A.

Home Canning of Fishery Products, Conservation Bulletin 28 (U.S. Department of Interior).

Pork on the Farm, Killing, Curing, and Canning, Farmers' Bulletin No. 1186, U. S. D. A.

Vegetables

Always select young, fresh vegetables. Can them the day they are picked

and as soon after picking as possible.

Plan to handle at one time only the quantity which will fill the canner once. When more than enough containers to fill the canner are prepared at one time, those which have to wait to be canned after the first lot is done are likely to develop flat sour unless kept in hot water or kept cold.

Clean the vegetables and prepare them as for cooking. Sort them according

to size so that all those in one can will cook uniformly.

Blanch or precook all vegetables (see directions below).

Pack the vegetables in clean, sound jars to within \(\frac{1}{2} \) inch of the top (1 inch from the top for corn). Shake the jars to get a firm pack, but do not press the vegetables down with a spoon.

Add 1 teaspoon of salt to each quart jar. Fill the jars with boiling water

or juice to within 1/4 inch of the top.

Blanching or Precooking

The three reasons for this step are:

1. To reduce bulk. Greens of all kinds should be precooked.

2. To remove the skins from such foods as tomatoes, carrots, beets, peaches, and the like.

3. To set juices, such as the milk of corn.

A wire frying basket is a convenient piece of equipment for blanching. Large vegetables may be placed in this basket and lowered into a kettle of boiling water or over steam for the necessary length of time. Short precooking is rec-

ommended for many vegetables in place of blanching.

Always use the hot liquid in which the vegetable is precooked to fill the jars. In this way more of the food value is saved. This rule does not apply to greens such as dandelions which have a very strong flavor. For such greens, fill the jars with hot water, as the water in which the greens were blanched is bitter and should be discarded.

Tomatoes should be dipped into boiling water, then removed immediately and dipped in cold water to make them easier to handle while the skins are

being removed.

Carrots, beets, parsnips, and the like should be dipped into boiling water for several minutes, until their skins may be slipped off easily.

Corn may be blanched on the cob, a small amount at a time, or may be cut from the cob and precooked.

Asparagus

Select young, tender stalks. Can immediately, as asparagus loses its color and flavor rapidly. Wash thoroughly and remove tough ends. Grade according to size. Cut pieces just to fit the jar. (Can short pieces for soup.) Pack with tips up except the 3 center pieces, which may be packed with tips down. Pack closely. Add 1 teaspoon of salt to each quart jar and fill jar with boiling water. Process pints 35 minutes, quarts 40 minutes, at 10 pounds pressure.* To remove from jar when using, pull out the 3 center pieces; then slide the rest out.

Asparagus Puree

When canning asparagus, the tough ends may be used for soup, instead of being wasted. Cook the pieces in as little water as possible until they are soft enough to press through a sieve. Turn pulp into clean jars and to each quart add I teaspoon of salt and if desired, I tablespoon grated onion. Process pints 35 minutes, quarts 45 minutes, at 10 pounds pressure.* This makes excellent cream soups or may be mixed with meat stocks.

Beets

Acid Method.—Small beets from 1" to 1½" in diameter of deep red color are best for canning. Beets of this size may be canned whole; larger ones should be sliced. Boil beets for 20 minutes, remove skins and pack beets in jars. Add 1 tablespoon of vinegar to each pint jar and fill with boiling water. Do not add salt, for it tends to draw out the color. Process for 1½ hours in boiling water. Beets canned under steam pressure are likely to lose much of their color, so where acid flavor is not objectionable, this method helps preserve the color.

Non-acid Method.—Prepare as above. Pack into jars. Cover with boiling water. Process pints 40 minutes, quarts 50 minutes, at 10 pounds pressure.*

Lima or Butter Beans

Only young and tender beans should be canned. The older ones may be dried. For tender beans, follow the directions given for peas. Process the hot-packed beans immediately at 10 pounds pressure in quart glass jars for 55 minutes, pint glass jars for 45 minutes.**

String or Snap Beans

Select beans without rust or spots. String, wash thoroughly, and cut into pieces or leave whole. Precook in boiling water for 5 minutes. Pack, cover with the water in which they are boiled, and add 1 teaspoon of salt to each

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quart. Process immediately at 10 pounds pressure, quart glass jars for 40 minutes, pint glass jars for 30 minutes.*

Carrots

Only young and tender carrots should be used for canning. The small ones thinned out of rows (fingerlings), which are often discarded, are delicious when canned. Wash them well and boil them for 5 minutes. Dip them into cold water and slip off skins. Pack into the jars lengthwise without cutting. Cook them for 1 hour under 10 pounds pressure.*

Cauliflower

Separate heads into small pieces and place in a weak brine (4 tablespoons of salt per gallon of water) for several minutes. Blanch in boiling water for 5 minutes, and cool at once in cold water. Pack into containers. Add ½ teaspoon salt per pint and fill with hot water. Process pints 35 minutes, quarts 40 minutes, at 10 pounds pressure.**

Corn

For best results in canning, corn should be carefully selected; use only corn that is before the "dough" stage. Since corn loses its flavor very quickly, it should never be allowed to stand longer than a few minutes after being taken from the stalks before it is canned. In hot weather, it is best to plunge corn into a tub of cold water as it is picked. This helps to prevent flat sour.

A large amount of corn should not be canned at one time because flat sour sometimes develops in the first jars prepared while the last ones are being finished. It is safest to can corn only in pint jars.

Whole Kernel.—Blanch only a small quantity of corn at one time (enough for 2 or 3 jars). Blanch on the cob from 2 to 5 minutes, or until the milk does not ooze from the grains when they are pricked with a fork. Cut kernels close to the cob without scraping, giving a product of nearly whole kernels. If preferred, the outer end of the grain may be cut off first and the remainder scraped. This gives a fine product without a hull, which is particularly good for soup.

Cream Style.—Cut and scrape corn from cob. Add water just to cover and heat to boiling.

With either style, a space of 1 inch should be allowed in filling the jars to provide for expansion in heating; care should be taken not to pack too tightly. When jars are filled with whole-kernel-style corn, add boiling water to fill jars. Add ½ teaspoon salt to each pint jar of corn. If desired, sugar may be added, 1 teaspoon to each pint. Place in the canner as soon as possible. Process at 10 pounds pressure, pints for 65 minutes, quarts for 75 minutes.*

Greens

Many leafy plants, both wild and cultivated, are used for greens. Chard, beet tops, turnip greens, dandelions, and spinach are often canned, though some fresh greens are available in Virginia all winter. Can only young, fresh greens. Wash thoroughly in several changes of water. Place in cheesecloth bag and blanch for 4 minutes. Pack greens into containers, being careful to prevent

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overpacking. Approximately 2 pounds of fresh prepared greens may be packed into a pint jar. After packing, cut across from top to bottom of container leaving a thin space through which a reasonably free circulation of liquid may take place. This circulation is necessary to thorough heating. Add ½ teaspoon of salt to each pint and process 60 minutes at 10 pounds (greens are safer if canned in pints only).*

One of the most attractive greens is the tender beet one, obtained by thinning beets and pulling when they are about ½ inch diameter. The beets are so young and tender they require no special preparation other than washing. The entire plant is blanched as for the greens.

Mushrooms

Not all mushrooms are edible. If the wild or uncultivated varieties are picked for table use and canning, be sure that they belong to an edible variety. Wash thoroughly, skin if necessary (spotted or dirty). Boil for 3 minutes in boiling water or in a steamer. Pack whole or sliced into hot jars, being careful not to crush; add 1 teaspoon salt to each quart, fill with cooking water and process at 10 pounds for 60 minutes.*

Okra

Select young, tender okra pods. Wash, and cut them in short lengths or can them whole. Blanch for 6 minutes in boiling water and pack in jars, adding ½ teaspoon of salt to each pint. Fill the jars with boiling water; adjust the caps; and process at 10 pounds for 40 minutes.**

Peas

Special care should be given to the handling of peas since they are one of the most difficult vegetables to can successfully. The peas should be young and fresh. The early morning is the best time to gather them, and they should be canned as soon as possible. Keep the shelled peas in shallow pans or in cold water until ready to blanch. If they are heaped in deep pans and allowed to stand in a hot kitchen, they become "steamy" and flat sour is likely to develop.

Precook peas in a small amount of boiling water for 3 to 5 minutes, add salt, and fill the jars to within 1 inch of the top. If crowded into a close pack, some of the peas may burst during the cooking and give the liquid a cloudy appearance. One teaspoon of sugar may be added to each pint jar for flavor if desired.

Carrots and peas are often canned together, and may be served together with cream or butter, or used as a salad.

Pimentos

Can peppers as soon as possible after they are removed from the plant. Cover them with boiling water for 10 minutes or heat in a hot oven for 10 minutes. Let them drain and slip off the skins. Carefully remove the stem, all seeds, and the core. Pack the peppers in glass jars, and process for 40 minutes at 10 pounds pressure.*

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Sauerkraut

Select hard, sound heads of cabbage. Trim off outside leaves. Quarter the heads and remove the core. Shred cabbage fine and pack at once into clean water-tight container (earthenware crocks are most commonly used). Add layers of salt along with the cabbage using 2 ounces (½ cup) salt to 5 pounds cabbage or 1 pound salt to 40 pounds cabbage. Leave a 2-inch space at the top. Cover with a clean cloth and wooden cover and weigh cover down so brine will rise to the top as the salt extracts the juice. Set aside until fermentation is complete and bubbles cease to rise (about 10 days). Remove skum. Can it or pour on melted paraffin to exclude air. Store in a cool place. For a small family, several small containers will be better than one large one, so only that which is used within about 2 weeks may be opened at a time.

After sauerkraut is well fermented it may be canned. Heat the sauerkraut to simmering (about 180° Fahrenheit), but avoid boiling. Fill while hot into hot containers and pack closely. Cover with the sauerkraut juice, leaving 1/4-inch head space. Process immediately in boiling water for 25 minutes.

Sauerkraut may be made by mixing 1 scant tablespoon of salt with 1 quart of shredded cabbage and packing directly into clean jars. Do not seal jars. Remove skum as it forms. When cured, process pints 25 minutes, quarts 30 minutes, in hot water bath; then complete seal.

Soup Mixture

Clean and sort any variety of vegetables suitable for soup (tomato, carrot, onion, celery, peas, green pepper, etc.). Use ½ tomato for soups. Heat mixture together and pack hot, adding 1 teaspoon of salt for each quart. Fill jars with vegetable juice or tomato juice. Process pints 60 minutes, quarts 70 minutes at 10 pounds pressure, or the longest time required by any vegetable used.*

Squash

Wash, cut summer squash into slices and blanch in a small amount of water until tender (5-10 minutes). For winter squash, cut into pieces, steam and remove from shell. Pack loosely while hot. Add 1 teaspoon of salt for each quart. Process pints 85 minutes, quarts 105 minutes, at 10 pounds pressure.*

Succotash

Cut corn from cob and boil for 5 minutes. Mix the corn and an equal quantity of young, tender butter beans, or lima beans, which have been boiled for 5 minutes. Pack quickly and loosely into hot jars, add 1 teaspoon of salt to each quart, fill jar with cooking water and seal. Process pints 65 minutes, quarts 75 minutes, at 10 pounds pressure.*

Sweet Potatoes

Canning of sweet potatoes may be done successfully and is recommended if satisfactory storage is not available. Select perfectly sound potatoes. Boil or steam them until the surface is tender, or until the skin will slip off easily. Peel as soon as the potatoes are cool enough to handle. Cut in half and pack into

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hot jars as soon as possible to prevent discoloring. Fill in spaces with smaller pieces. Make a syrup by boiling equal parts of sugar and water for 5 minutes. Fill jars with the syrup. Process pints 100 minutes, quarts 110 minutes, at 10 pounds pressure.* (Potatoes canned this way need only to be heated in butter before serving.) If dry potatoes are preferred, omit the syrup and pack the potatoes with no liquid. Potatoes may also be mashed through a colander and canned as above for pies.

Tomatoes

Select tomatoes that are ripe but not overripe, free from blemishes and of medium size, if possible. They should be red to the stem end, since green parts produce poor flavor and color. Imperfect tomatoes may be used for ketchup or puree, or made into juice for filling the spaces left in a jar after it is packed with whole tomatoes.

Scald a few tomatoes at a time in boiling water for from ½ minute to 2 minutes, using a wire basket or thin cloth. Dip quickly into cold water, cut out stem core; then with a quick turn of the wrist, twist the skins from the tomatoes without removing the pulp. If the pulp adheres to the skin, and the tomatoes are still firm, they have not been scalded long enough. As they are skinned, lay them in shallow pans.

Pack into jars, pressing them down gently with a wooden spoon, so that jars will be full of juice. Add I teaspoon of salt for each quart (and I teaspoon of sugar, if desired). Process in hot water bath for 30 minutes. Be cautious about attempting to can too many tomatoes at a time. In hot weather they may be spoiled by flat sour if they stand too long at any stage of the process.

If the hot pack method is used, add no water, because the tomatoes will make their own juice as they become heated. Bring to the boiling point; ladle the boiling tomatoes into the hot sterilized jars and process at once in boiling water for 10 minutes.

Tomato Juice

Many people prefer making juice from tomatoes as needed, and recent investigation indicates that this way retains more of the vitamin C. For convenience, some may prefer to can juice as such.

Wash the tomatoes and trim off all greenish spots. Crush a few to secure enough free juice to start the cooking. Cover the kettle and heat until the tomatoes are soft. **Avoid boiling**. Run through a fine sieve or colander. Return to the kettle and bring rapidly to simmering. **Avoid boiling**. To each quart of concentrated pulp add 1 teaspoon of salt. Fill the hot pulp into hot, sterile jars, and process in boiling water bath for 5 minutes.

One bushel of good tomatoes will yield about 30 pints of juice. This may be used plain for the baby; or it may be seasoned to suit the individual taste with salt, lemon, celery, onion, or cloves, and used as a basis for beverages, cocktails, soups, and sauces.

Tomatoes and Okra

A combination of ½ tomato and ½ okra makes an excellent soup, which can be served directly from the jar or used as a base for the much renowned southern gumbo. Cut the okra into thin slices and cook gently with the tomatoes until tender. Pack immediately into clean, hot jars; add 1 level teaspoon

of salt to each quart; and seal. Process pints 25 minutes, quarts 35 minutes, at 10 pounds pressure.**

Vegetable Salad

One pint diced carrots, 1 cup celery cut in ½-inch slices, 1 cup lima or golden wax beans, 1 cup pickling onions, 2 large green peppers, 1 large red pepper. Mix the vegetables. Cover with water and bring to boiling. Pack into clean pint jars. To each jar add 1 teaspoon of salt and 2 tablespoons of vinegar. Process 40 minutes at 10 pounds pressure or 2 hours in boiling water bath. This is safe because of large amount of acid used.

Time Table for Processing Vegetables at 10 Pounds Pressure

Vegetable	Minutes for pint jars	Minutes for quart jars
Asparagus	35	40
Beans, Lima	45	55
Beans, Snap	30	40
Beans, Soy (green)	60	70
Beets		45
Carrots	40	45
Corn	65	75
Greens	95	105
Okra	35	40
Okra, with Tomatoes	25	35
Okra, with Corn and Tomatoes		95
Peas		not advised
Pumpkin	85	105
Squash		105
Sweet Potato		110
Vegetable Soup Mixture (with some tomato)	60	70

Fruit

General Directions

Select well grown, ripe, but not overripe, fruit. Can it the same day it is picked. Wash, pare, or otherwise prepare the fruit, removing all bruised or decayed spots. Sort according to size so that the fruit in each jar will be uniform.

Blanch in boiling water, if it is necessary to remove the skins, doing a small quantity at a time, and leaving fruit in the water just until the skins will slip off. Dip the fruit in cold water to cool it enough for comfortable handling. Pack firmly in clean, tested jars, filling them to within ½ inch of the top with boiling water or hot syrup, as desired. (Proportions for syrup are given below.)

If using zinc or glass lid, adjust rubber and partly seal. For self-sealing cap, place lid with composition next to glass and screw firmly tight. Boil for the required length of time. The water should cover the jars to a depth of at

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least 1 inch. Do not begin to count the time until the water actually boils over the jars.

Cold-packed fruit will float to the top of the jars. Partially cooking fruit

in the syrup before packing into jars will prevent floating.

Remove from the canner, and complete seal on rubber ring jars. Self-sealing caps require no further tightening. Cool, wash, label, and store.

Syrups for Canning Fruit

Fruits canned in the thin or light syrups have a firmer texture and more natural flavor and are less likely to shrivel than those canned in heavy syrups. Too much sugar makes the fruit shrink and float to the top of the jar. It also tends to toughen the fruit and cover up its flavor.

The proportion of sugar to water for a syrup depends upon the kind of fruit for which it is intended and upon the richness of the product desired.

Percentage	Amount	Use
20% (thin)	1 cup sugar to 4 cups water	For such fruits as apples, pears, raspberries, and other sweet berries where a rich product is not
30% (medium)	1 cup sugar to 21/3 cups water	desired. For sweet plums, blackberries,
30% (medium)	1 cup sugar to 2.73 cups water	and sweet cherries.
50% (thick)	1 cup sugar to 1 cup water	For peaches, sour cherries, pine-
(0/7/ / 11/1)	416	apple, etc.
60% (very thick)	1½ cups sugar to 1 cup water	For rhubarb, gooseberries, currants, and very sour fruit.

Boil sugar and water together for five minutes.

When Sugar Is Scarce

Fruits keep perfectly with no sugar added, but they take more sugar to sweeten after they are canned than while they are being canned and the color and flavor are better if some sugar is used. To stretch sugar, it is wise to use juice from sweet fruits in canning sour ones, for instance, rhubarb canned with strawberry juice would need much less sugar. Part of sweet fruits, like peaches, may be crushed and a small amount of sugar and water added. Heat the peaches in this syrup before packing into the jars; then pour this juice over.

Corn or maple syrup or honey may be substituted for one-half the sugar without harming the flavor. Molasses or sorghum has too strong a flavor for

a good product.

In step with the ration.—To keep within the 1 pound for 4 quarts, use thin syrup for sweet fruits and moderate syrup for the more sour ones. Allow 3/4 cup syrup to each quart jar.

A pinch of salt in each jar increases sweetness. Do not use saccharin as it becomes bitter when heated.

Apples

Virginia ranks second in the United States in apple production. The most common varieties are the Albemarle Pippin, Grimes Golden, Stark's Delicious, Staymen, Transparent, and Winesaps.

Any tart cooking apple, especially the fall and winter varieties, may be canned. Summer apples as a rule are soft and juicy, and are best canned in the form of sauce. Pare, core, and slice apples and place in weak brine (1 tablespoon of salt to 1 quart of water) until fruit is all prepared (prevents fruit from darkening). Cook pieces in 20% syrup for 5 minutes. Pack into jars. Cover with the syrup and process 15 minutes in hot water bath.

Apple Sauce

Wash and cut up apples, removing only the blossom end. Add ½ cup of sugar and ¼ cup of water to each pound of apples. Cook slowly in closely covered pan for 8 minutes. Remove cover and cook until no free liquid is noticeable, stirring occasionally to prevent scorching. If froth is present, cool and stir until clear; then strain. Fill containers with hot sauce and process 10 minutes in hot water bath. (One pound of fruit yields approximately 1 pint of sauce.)

Baked Apples

Wash and core good, sound, tart baking apples. Fill the cavities with sugar. Bake the apples until tender in a pan containing a little water. Pack the baked apples into hot, clean jars. Fill the jars completely with a 50% syrup, boiled for 2 minutes. Process 15 minutes in hot water bath.

Blackberries, Dewberries or Raspberries

Wash, drain, and pack berries, shaking to obtain a full pack. Boil a 30% syrup until it spins a thread. Allow about ½ cup of syrup to each quart of berries. Pour boiling syrup over berries. Completely seal jars, place in a receptacle containing sufficient boiling water to cover jars at least 1 inch, and cover receptacle tightly. Remove from fire, and allow jars to remain in water until water has become cold. Store in a cool place. (Caution — the water must be boiling hot when the jars first go in.) This method makes a much firmer berry and it retains more nearly the original flavor than when processed in boiling water. If precooked berries are preferred, heat and process 15 minutes in boiling water.

Blueberries or Huckleberries

These may be canned in syrup, in water, or without anything added. For this last method, pick over fruit, blanch by wrapping in cheesecloth and lowering into boiling water. Remove when a few spots of color on cloth show a losing of juice (about ½ minute). Place at once in cold water, drain, and pack into jar (about ¾ quart of fruit will pack 1 pint jar). If sweetness is desired, cover with 30% syrup. Process 20 minutes in hot water bath.

Cherries

Cherries may be canned either with or without the pits. The fruit keeps its shape better if unpitted and with some varieties the flavor of the pit is desirable. Cherries hold their color, flavor, and shape better if they are canned with sugar than if canned without it, although they will keep perfectly with no sugar. Even so small an amount of sugar as $\frac{1}{6}$ the measure of fruit usually gives better results than no sugar at all. When canned whole, cherries sometimes burst. In order to prevent this, dip them in hot water and then place in hot

(not boiling) 30% syrup, simmer for 10 minutes, and seal at once in hot jars. For sour cherries use 50% syrup. Pack pitted cherries tightly in jars and cover with 30% syrup for sweet, and 50% syrup for sour, cherries. Adjust cap and process 15 minutes in hot water bath. It requires about 34 quart fresh cherries for 1 pint jar of pitted ones. A paper clip is handy to use in pitting cherries.

Fruit Salad

Any combination of firm fruits, as pears, peaches, apples, and cherries, may be canned together in a salad mixture. Peel, halve and core pears and apples; skin and seed peaches. Cherries may be pitted or not (red ones give best color). If red apples are used, the skin often is left on, and they are cut up in pieces. Pack into jars, cover with a thin syrup (30%) and process 20 minutes in hot water bath.

Grapes

For use as sauce or for subsequent processing as juice, jellies, and jam, a satisfactory method is: Remove grapes from cluster, wash well, pack into container using spoon to press down until sufficient juice is set free to practically cover the fruit. Adjust cap. Process 20 minutes in hot water bath. No sugar is necessary in this process. (For grape juice, see next section on Fruit Juices.)

Peaches

Fruit should be ripe but not soft. The soft or broken fruit may be used for marmalades or butters. If possible, peaches should be canned the same day they are picked. They may be canned whole, in halves, or sliced. Halves usually make the most attractive pack. Dip the peaches into boiling water, and then into cold water, and remove the skins. To prevent discoloration, cover them with a salt solution (1 teaspoon of salt to 1 quart of cold water); this should be drained off just before they are packed. Pack in jars with "cups" down. The syrup may vary from 30 to 50%, depending on acidity of fruit. Fill jars with hot syrup and process in hot water bath 20 minutes. For a fuller pack, fruit may be heated in syrup and packed while hot.

Crushed Peaches

Crushed peaches are excellent for ice cream.

Blanch and peel peaches and put through food chopper. To 3 cups of crushed peaches, add 1 cup of sugar; mix well and pack into jars. Process in hot water bath 20 minutes.

Pears

Most varieties of pears are greatly improved if picked when fully grown and allowed to ripen in storage. Large pears are usually canned in halves, and small ones whole. If halves are used, the fruit is peeled, cored, and placed in a weak brine (1 tablespoon of salt per quart of water). Heat the prepared fruit in boiling 30% syrup 3 to 5 minutes, depending on size and hardness of fruit. Pack, "cups" down, as tightly as possible without crushing. Fill jars with syrup and process in hot water bath 20 minutes. If precooked in syrup, pack while hot and process 15 minutes.

Pineapple

When pineapples are in season and low in price, the home canner may well take advantage of this to can a year's supply. Trim fruit, removing base and top, then with a sharp knife remove a thin layer of peel by cutting from top to bottom. This slice removes the outer coat and about ½ the depth of the eyes. Next slice it across the core. Trim these slices, removing all eyes. Pack in jars and cover with 50% syrup. Process in hot water bath 45 minutes for pints and 55 for quarts.

Plums

Select plums in sound condition and of uniform size. Wash the fruit and prick each plum to prevent its bursting. Pack them closely in glass jars, being careful not to crush them. Cover with a 30% syrup and process in hot water bath for 20 minutes, or heat in syrup and process 15 minutes.

Rhubarb

There are many ways of canning rhubarb. It is acid enough to keep by simply covering with cold water and sealing, but more sugar is required if

added later. For sauce, either of the following is good:

Cold Pack.—Remove the tops and tips, but do not peel the rhubarb. Wash and cut in pieces 1 inch long. Pack as tightly as possible into jars. Fill jars to overflowing with a hot 60% syrup cooked until it forms a thread when dropped from a spoon. Adjust caps. Boil in hot water bath for 20 minutes. Rhubarb canned in this way makes good sauce or filling for pies.

Hot Pack.—Cut rhubarb in pieces; measure and add 1/3 as much sugar. Add water to about 1/2 the depth of rhubarb and bring to boiling. While hot,

pack into hot sterilized jars. Process 10 minutes in hot water bath.

Strawberries

Strawberries do not can satisfactorily as they lose so much flavor and color.

The following method gives best results:

Wash berries carefully by dipping up and down in water, then cap. Measure, and to each quart of fruit allow ½ cup of sugar. Place berries and sugar in alternate layers in a kettle or jar, reserving enough sugar to cover the top layer thoroughly. Set aside in a cool place for several hours or overnight while the sugar causes the juice to flow from the fruit. Then stir carefully and gently heat to dissolve all of the sugar. Fill jars and process in hot water bath 12 minutes for pints and 16 for quarts.

Crushed Strawberries

(Not successful unless all precautions are followed.)

Strawberries, raspberries, blueberries, and red currants may be prepared this way, but fruit must be ripe and in perfect condition: Prepare and weigh fruit and to each pound allow 1½ pounds of sugar. Put the berries in a bowl, add the sugar, and mash the fruit. It is necessary to crush every berry. Put in a cool place for about 24 hours, stirring occasionally. When all the sugar is dissolved, fill sterilized, cold jars with the berries, seal, and store in a cool dark place. The chief points to remember in this process are to have every berry crushed and not to seal the mixture until every particle of sugar has been dissolved. The finished product tastes much like the fresh berries.

Fruit Juices

The juice of fruits may be obtained by cooking the fruit and pressing out the juice, or the fresh fruit may be crushed or grated and the juice obtained by pressure. These juices may be canned, and are excellent for beverages, sherbets, and other desserts, or for making jelly.

Apple Juice

Remove the stem and blossom end from the apples. Scrub well with a brush to remove all dirt and spray residue. Cut in small pieces but do not remove the core or skin. To I pound of apples add I pint of water. Cover and cook until the apples lose their shape. Turn the mixture into a jelly bag and drain without pressing the bag. Add I pint of water to pulp and boil again for 5 minutes. If juice is not to be used immediately, seal it in clean, hot jars for future use. Since apple juice is a reliable source of pectin in jelly making, it is advisable to extract the juice and can it when apples are plentiful and at their best. This may be used with the juices of such non-jellying fruits as rhubarb, strawberries, cherries, and pineapple when they are in season. Not only does apple juice contribute pectin, but because of its bland flavor, it does not perceptibly alter the flavor of the other fruit.

It is well to make different extractions of apple juice or combinations of juice from different varieties of apples for various kinds of jellies. Mint jelly, which sometimes changes color on standing, is better if made frequently in small quantities, and the less color the apple juice has the better the green tint will be. A Greening apple gives an ideal juice for this purpose. The juice from the Winesap, Staymen, and apples having more color add to the appearance of other less colorful juices. To keep, bring juice to the boil and process 5 minutes in boil-

ing water.

Cherry Juice

Cherries that are spotted or not desirable for canning but still in good condition may make good juice for use as a beverage or in pudding sauces and gelatin desserts. Cherry juice makes an excellent jelly when combined with

an equal measure of apple juice.

Cover the cherries with sufficient cold water to allow them to float. Simmer until they are soft and have lost their bright color. Strain the juice as in making jelly, heat it, and add 1/6 its volume of sugar (unless it is to be used for jelly). Boil the juice until the sugar is dissolved; skim it; pour into hot, clean jars or bottles; and seal. Process 5 minutes in boiling water.

Grape Juice

Remove grapes from clusters, wash, drain, and weigh or measure. Add 1 cup of water to each 5 pounds of fruit (about 4 quarts). Be sure to heat over a slow fire, as boiling destroys both color and flavor. Heat until grapes become soft (about 20 minutes). If thermometer is available, heat at 165° Fahrenheit for 12 minutes. Remove and let stand 5 minutes. Strain through cheesecloth. A second, third, and even fourth extraction may be made from the pulp by adding small quantities of water and reheating over water. From each extraction the yield becomes thinner and smaller. These extractions may be combined to make a very good jelly.

Let the juice stand several hours to let crystals and sediment settle. Add sugar to taste, if desired. Strain and bring to boiling. Fill into hot, sterilized bottles or jars. Process in boiling water bath 5 minutes. Seal or dip bottle tops in paraffin. Where a pasteurizing outfit is available, a finer flavor is obtained if juice is pasteurized at 170° Fahrenheit for 40 to 45 minutes instead of processing in boiling water.

Raspberry Juice

Raspberry juice may be used in beverages, ices, sauces, or as a basis for gelatin desserts. It makes an excellent jelly when combined with an equal quantity of currant or apple juice. Small, inferior berries that are not suitable for canning may be used for juice.

Cover the berries with sufficient cold water to allow them to float. Simmer them until they are soft and have begun to lose color. Turn them into a jelly bag and drain off the juice, heat it, and, when it is boiling hot, add ½ of its measure of sugar. Bring the juice again to the boiling point and boil it for about 5 minutes. Skim it, and pour into clean, hot bottles or jars and process 5 minutes.

Rhubarb Juice

Rhubarb juice is particularly valuable for fruit beverages, for combining with other fruit juices to lend tartness to jellies, and for making jellied desserts and pudding sauces. It may be prepared from the stalks that have become too tough to use in other ways.

Cut the rhubarb in small pieces, add just enough water to cover it, and simmer until it is very soft. Strain the juice through a jelly bag. To each quart of juice add 1 cup of sugar and heat until the sugar is dissolved; skim it, and bring it to the boiling point. Pour it into clean, hot glass jars and seal. Process 5 minutes.

Strawberry Juice

Strawberry juice may be used in beverages, ices, sauces, or as the basis of gelatin desserts. It makes an excellent jelly when combined with 3 times its measure of apple juice. Small, inferior berries that are not suitable for canning or preserving may be used for juice.

Cover the berries with sufficient cold water to allow them to float. Simmer (do not boil) until they are soft and have begun to lose color. Turn them into a jelly bag and drain off the juice. Measure juice, heat it, and when boiling hot, add ½ of its measure of sugar. Bring the juice again to the boiling point, skim it, and seal it in clean, hot bottles or jars. Process 5 minutes.

Fruit Pectin

Pectin is the jellifying substance which occurs chiefly in the pulp near the skin, in the cores, and around the seeds. Some fruits do not contain enough of it to make jelly satisfactorily (strawberry, cherry, etc.), but large quantities of it are obtained from apples, and in Virginia where apples are so plentiful, no commercial pectin should be used.

Apple Pectin

To extract pectin, boil the fruit peel and seed until soft, but do this as rapidly as possible. Prolonged cooking destroys the jellying power of pectin. Use your own source of pectin — apples The apple juice made by the recipe on page 20 may be used with equal quantities of any fruit for a fine jelly.

Orange Pectin

Another rich source of pectin is orange peel, which may be canned when

oranges are cheapest, for use at any season.

Select oranges and lemons with thick skins. Grate or cut off the colored part (but save it to season desserts.) Use 2 cups of white orange peel, 12 cups of water and the juice of 2 lemons. Remove any white pulp on inside and put the white peel through a food chopper. Press down well in cup when measuring. Add juice of the lemons and allow to stand for 1 hour. Then add 4 cups of the water, heat to boiling point and boil for 5 minutes. Allow to stand overnight. Then add remaining water (8 cups) and again bring to boiling point and boil for 10 minutes. Strain through a jelly bag and use for making jelly or seal in sterilized jars until ready to use. The orange pectin extraction may be flavored as desired, colored with a vegetable coloring and made into a jelly, following the rules for jelly-making. When combining with fruit juices, add 1 cup of this extraction to 1 cup of fruit juice.

Canned Cider

Pour cider into clean jars and process in hot water bath (not boiling, preferably 175° Fahrenheit) for 25 minutes. Seal.

Time Table for Processing Fruits and Tomatoes in Boiling Water

Product	Minutes for Pints and Quarts	Product	Minutes for Pints and Quarts
Apple sauce, hot pack 10 Berries, cold pack 20 Berries, hot pack 15 Cherries 15	Plums Rhubarb, hot pack Tomatoes, cold pack Tomatoes, hot pack Tomato juice, hot pack Fruit juice, hot pack	10 30 10 10 15	

Jellies*

Surplus fruits, those underripe, overripe or not in perfect condition for canning, may often be used for jellies, jams, conserves, preserves, marmalades, and butters. These products may be made at little cost, time, and labor, and the results are pleasing accompaniments to a meal. These are all combinations of fruit juice and sugar, varying largely in the way in which the fruit is prepared. When sugar is scarce, honey or corn syrup may be used to replace part

^{*}Additional information may be found in U. S. D. A. Farmers' Bulletin 1800, "Homemade Jellies, Jams, and Preserves."

of the sugar for all of these products. One pound of strained honey or corn syrup measures approximately $1\frac{1}{3}$ cups. One pound of granulated sugar meas-

ures 2 cups.

First of all keep in mind that delicious butters, conserves, and jams may be made with somewhat less sugar than is needed for preserves and jellies. A general rule is that 1 pound corn syrup may be used with each 2 pounds of sugar when making any of the products mentioned above. However, an acceptable product may be made by substituting corn syrup or honey for ½ of the sugar in jelly or for ½ the sugar in the other recipes. Jams, conserves, marmalades, and preserves in which corn syrup or honey is used should be processed 15 minutes in water bath and sealed air-tight to prevent fermentation.

Jelly should be tender, quivering, translucent product and must have a clear color and characteristic flavor of the fruit from which it is made. A good jelly contains a sufficient amount of both pectin and acid. Fruits which lack either of these will yield jelly only when the juice is combined with another which is especially rich in that particular material. Many fruits, such as pineapple and rhubarb, contain too little pectin for the amount of acid and therefore will not jell. On the other hand, blueberries and sweet apples have plenty of pectin but too little acid and must borrow acid from other fruits. Since fruits combine very nicely for jellies, it is well to can fruit juices in season, and have them ready as other fruits ripen. For example, strawberry or rhubarb juice may be canned to use later with apple juice.

A convenient new device, a "jelmeter," helps determine the amount of pectin in any fruit juice and the proportion of sugar needed for making jelly. It is a graduated tube with an opening to measure the relative viscosity of a fruit juice. The rate of flow of the juice through the tube is considered a rough measure of the jellying power of the juice and is an index of the quantity of

sugar needed.

Jam is one or more fruits cooked to a shapeless mass in which the fruits are not distinct.



The jelmeter makes jelly making easier and more accurate.

Conserves are always made from two or more fruits which are cut in pieces. Nuts and raisins may be added but are not essential.

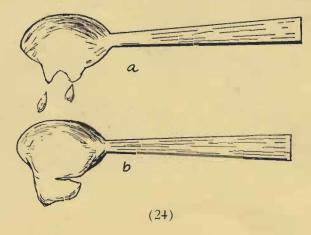
Marmalades are from one or more fruits cut in pieces which, in the finished product, remain distinct throughout the syrup. All should cook rapidly to retain flavor and bright color of the fruit. They are jelly-like but not stiff enough to stand alone.

Making Jelly

There has been much misunderstanding regarding the condition of fruit from which jelly is to be made. Most writers recommend the use of rare-ripe fruit, probably because the pectin and acid content is highest before maturity. Best results in quality and flavor come, however, from fully ripe fruit, so a combination of ripe and underripe fruit gives the best results. Green fruit contains starch, which, being insoluble, gives the jelly a cloudy, foggy appearance. The jelly process consists of two operations, extracting the juice and converting the juice into jelly.

In extracting the juice, the ratio of water to fruit is important. A general rule of 1 cup of water to each pound of hard fruits (apples, plums, etc.), and not over ½ cup of water to each quart of soft fruits (about 1½ lbs.) such as berries and currants, gives best results. Never attempt to make over 4 quarts of juice into jelly at one time. Most fruits may have two extractions of juice, because they will only yield about ½ their jelly making materials in a single cooking. Cook fruit only long enough to break down the tissues so as to set free the materials desired. Soft fruits require 5 to 10 minutes, while hard ones, such as apples, need 15 to 20 minutes. Avoid excessive cooking as it tends to break down the pectin. Cover fruit when preparing juice but never cover jelly. Let colored fruits stand a short while after cooking, as more color is set free while cooling and will give the best appearance to the finished jelly.

It has long been the custom to use the amount of clarified fruit juice as the basis for adding sugar, but a more logical practice is to use the weight of fruit from which juice is made, since the pound of fruit is almost constant in its jelly-making materials, but the amount of juice from this weight of fruit may differ according to the process used by different individuals. The pectin present in a fruit juice is capable of holding only a definite amount of sugar in a jelly consistency and if this amount is exceeded, the pectin breaks down and a syrup results. On the other hand, if too little is used, the product is tough. From 3/4 to 1 pound of sugar to a pound of fruit usually gives best results (or from



½ to ¾ cup of sugar to 1 cup of juice). Very acid fruits require the highest amount, while mildly acid ones the lowest quantity. Very few fruits ever

require over 3/4 as much sugar as juice.

Since color, flavor, and consistency of jelly are best when the cooking period is short, use a flat-bottom pan to permit rapid evaporation. The regulation spoon test — when the 2 drops flatten out into a sheet and drop together (as illustrated) — is the most satisfactory for the homemaker. A jelly thermometer may help the inexperienced jelly-maker.

No time should be lost after obtaining the jelly test. If jelly is cooked beyond the finish point, the pectin breaks down and a heavy, ropy substance results. No amount of cooking after this stage will make the jelly satisfactory; so con-

tinued cooking is unnecessary.

Remove from fire (strain if necessary), and pour into clean dry jars. Let jelly remain undisturbed until set (at least 4 hours). Cover with paraffin, being sure that it completely covers and seals to the edge of the glass.

Tests for Pectin.—In making juices into jelly, a sufficient amount of pectin is necessary. A fairly accurate test for pectin may be made in either of the

following ways:

1. Alcohol test. To 1 tablespoon of hot juice add 1 tablespoon of alcohol, any kind. (Do not taste finished product; throw it away to prevent possibility of children eating it by mistake.) If a large amount of pectin is present, a jelly-like mass will form immediately. This mass will be firm enough to be lifted without breaking. If only a small amount of pectin is present, the juice will form into small flaky or floculent particles. Such juice is not right for proper jelly-making, and will have to have something added to make it "jell."

2. Epsom salts test. Stir together until dissolved I tablespoon of sugar, 1 tablespoon of hot fruit juice, and ½ tablespoon of Epsom salts. Let the mixture stand 20 minutes. If sufficient pectin is present, the mixture will form a

gelatinous mass or large jelly-like particles.

Apple Jelly

Tart acid apples are best for making jelly. They should be ripe but firm. Scrub the apples well with a brush to remove all dirt and spray residue. Remove blossom end, stem, and any bad spots. Slice apples across the core. Weigh fruit and add equal weight of water (1 pint of water to 1 pound of fruit). Cover and let boil for about 15 minutes. Strain off juice, return pulp to kettle, and add same amount of water as at first. During the second cooking occasional stirring is necessary to prevent scorching. Boil slowly another 15 minutes; then strain as at first. Pulp may be squeezed. Mix the 2 extracts and clarify by straining through 4 layers of cheesecloth or a flannel jelly bag. There should be about 3 cups of clarified juice for each pound of The amount of sugar needed will depend on the acidity and pectin content of the fruit - the more acid and pectin, the larger the amount of sugar — from 8 to 16 ounces of sugar to a pound of fruit (or ½ to 1 cup to each cup of fruit juice). Boil rapidly in a flat, shallow, uncovered pan until the sheet test is seen; strain through single layer of cheesecloth. Pour into hot, sterilized glasses and cover with paraffin when cool.

Crab Apple Jelly

Made in the same manner as apple jelly, but because of the high acidity, the larger amount of sugar is sometimes required.

Supply Supply of Wash ripe, fresh fruit

Currant Jelly

Wash ripe, fresh fruit. Add 1 pint of water to a quart of fruit and boil 5 to 8 minutes or until fruit is soft. Strain and take a second extraction. Mix extractions and strain through several layers of cheesecloth or a flannel bag. Measure juice, add 1 pound of sugar to a quart of juice (or pound of fruit), and boil rapidly until the jelly test is observed.

Grape Jelly

Pick over grapes, wash well, and weigh. Add I cup of water to a pound of fruit and boil slowly until tender. Strain. Add same amount of water as at first and boil 10 minutes. Remove from fire and let stand 10 minutes. Strain off juice. Combine extracts and measure liquid. Add ¾ pound of sugar to each quart of juice (or pound of fruit). If grapes are very acid, 1 pound of sugar may be used. A peculiarity of grape jelly is its tendency to crystallize on standing. One cup of tart apple, diced, added to each quart of grapes while they are cooking may prevent the crystals from forming; or, half as much apple juice may be combined with the grape juice. The flavor of the apple is not apparent and the texture of the jelly is improved.

Another method is to let extracted juice stand overnight and crystals settle

to the bottom. Pour juice off, leaving the sediment in the bottom. A spray of mint may be added to the grape jelly for flavor.

Use apple juice (page 20) as a basis for mint jelly. Add 2/3 of a cup of sugar for each cup of apple juice and boil for 3 minutes. Add mint flavoring (see recipe below), mix it thoroughly with the juice, and boil until the jelly test is observed. Remove and add a small amount of green paste coloring (fades less than liquid color). Pour into hot, sterilized glasses.

Mint Jelly

Prepare the mint flavoring as follows: Wash fresh mint and chop it fine. To each cup of chopped mint add ¼ cup of sugar and ¼ cup of water, and let it stand overnight for several hours. Heat to the boiling point. Strain it and to each quart of apple juice add from 1 to 2 tablespoons of extracted mint, according to the flavor desired.

Peach and Apple Jelly

Wash the peaches thoroughly and remove the stones; do not peel the peaches but cut them in pieces. Add a very little water, and cook them until they are soft. Strain the juice through a jelly bag. To the peach juice add ½ as much tart apple juice. Boil the mixture for 2 minutes, add ½ as much sugar, and continue the boiling until the jelly test is observed. The apple juice contributes the needed acid and pectin to the combination, and gives a better texture to the jelly without perceptibly altering the flavor. The pulp left in the bag after straining off the juice can be used for marmalade.

Quince Jelly

Quinces require long cooking to become tender and may be cooked in a steam pressure cooker to save time. In cooking, the quinces acquire a rich, dark red color. The flavor is so strong that a combination of quince with an equal part

or twice as much tart apple gives an improved flavor and texture. Equal parts of cranberry, quince, and apple juice give a jelly of rich red color and a delicious flavor.

Cut the quinces in small pieces and add sufficient water to float them. Cook until tender. Drain off the juice and use it alone or with fruit juice as already suggested. Use 2/3 as much sugar as combined juice. Proceed according to the directions for making jelly. Japanese quinces make excellent jelly; follow the same directions.

Jams and Preserves

Apple Butter

For each peck or 12 pounds of apples, use 1 gallon of sweet cider, $2\frac{1}{2}$ cups of sugar, 1 tablespoon of cinnamon, and $\frac{1}{2}$ tablespoon of cloves. Wash apples thoroughly, remove the blossom end and any bad spots. Slice apples thin and boil with cider until apples are soft. Run through colander. Then cook this sauce, stirring constantly until thick enough to heap up on a spoon. Add sugar and spices and cook again until it will heap up on the spoon. Seal in clean, hot jars or crocks.

Apricot-Apple Butter

Use 1 pint of apricot pulp, 1 pint of tart apple pulp, 3 cups of sugar. Boil the fruit pulp 5 minutes. Add the sugar and continue boiling rapidly until the mixture sheets from the soon. Seal in clean, hot jars.

Carrot, Apple, and Peach Conserve

Mix 1 pint of diced carrots, 1 pint of diced tart apples, 1 cup of peaches, juice of 1 lemon, 3 cups of sugar and cook until the mixture is clear. Turn it into jelly glasses, and, when cold, cover with hot paraffin.

Carrot and Orange Marmalade

Use 6 medium sized carrots, 3 oranges and 1 lemon. Slice the carrots thin and cook them until they are tender in as little water as possible. Cut oranges and lemon in thin slices and cook in ½ cup of water until tender. Measure the carrot and fruit together and add ¾ as much sugar. Cook the mixture until it is clear. If necessary add more water to prevent scorching. Turn into jelly glasses and, when cold, cover with hot paraffin.

Cherry Preserves

Use sour cherries; wash carefully and pit them — a thin hairpin or a paper chip is good for this. If convenient, cherries may soak overnight in just enough water to cover. In the morning add 3 cups of sugar and 1 cup of corn syrup for each quart of cherries. Dissolve sugar; then boil rapidly for 15 minutes. If not soaked overnight, make a syrup of 3 cups of sugar, ¼ cup of water, and 1 cup corn syrup for each quart of pitted cherries. Bring to a boil; then add cherries and let simmer about 10 minutes. Remove from fire and let cool. Stir occasionally to dissolve the foam, which helps to stiffen the preserves. Let stand in a shallow pan in a sunny window for a day; then heat slowly to

boiling and boil 3 more minutes. Pour into sterilized jars. If preserves seem too juicy, remove cherries to jars and cook juice down until thick; then pour over cherries. Seal.

Grape Butter

Use 4 pounds of grapes, 1 pound of tart apples, 1½ pounds of sugar. Wash and stem the grapes. Cut the apples in small pieces and cook in a small amount of water until soft. Press the pulp through a strainer, to remove seeds and skins. Add the sugar and cook until thick and clear. Pour into hot, sterilized glasses and seal.

Holiday Conserve

Use 3 cups of cranberries, 1 cup of diced apple, juice and grated rind of 1 lemon, 1 cup of cooked crushed pineapple, 1½ cups of water, 3 cups of sugar. Cook the cranberries and the apple in the water until tender. Add the pineapple, lemon, and sugar. Mix well and cook rapidly until thick and clear. Turn into clean, hot glasses and, when cold, cover with hot paraffin.

Orange Marmalade

Use 1 grapefruit, 2 lemons, 6 oranges, 6 cups of cold water, 7 cups of sugar (makes 15 cups of marmalade). Scrub the fruit and dry it. Scrape the skin with a knife to remove any rust or scale. With a sharp knife cut the fruit in sections lengthwise and slice each section crosswise in very thin slices. Remove seeds and any white core. Cover the sliced fruit with cold water and let it stand overnight. Bring it slowly to the boiling point and cook rapidly until tender. Add the sugar and cook rapidly until the mixture gives the jelly test. Let cool to assure even distribution of solids. Pour into sterilized, hot jars or glasses and cover with hot paraffin.

Quince Honey

In preparing the quinces eliminate the gritty substance around the core, and scrub quinces to remove any heavy fuzz. Peel the quinces and grate them or run them through a food chopper, using the finer cutter. Measure the pulp and use 34 as much sugar as pulp. Make a syrup using as much water as sugar. Add the quince and a tablespoon of lemon juice to each pint of water. Cook until thick and clear. Pour into sterilized hot glasses; when cool, cover with paraffin.

Raspberry Jam

Cook 2 quarts of berries with 1 cup of tart apple juice (or water) until the berries lose their shape. Add $3\frac{1}{2}$ cups of sugar, cook rapidly until the mixture sheets from the spoon, and seal in hot glasses or jars.

Blackberry, black currant, and huckleberry jam may be made in the same way. Water may be substituted for the apple juice, but a better texture and flavor will result from the apple juice.

Strawberry Preserves

Cap and wash strawberries before measuring. Put 8 cups of sugar, 1 cup corn syrup, and ½ cup of water into a large preserving kettle. Stir and boil until syrup is thick. Add 2 quarts of strawberries. Never cook more than 2

quarts at a time. Boil 15 minutes (rolling boil). Do not stir but shake kettle and skim. Pour into flat pans or trays and shake occasionally until cold. The shaking is the secret of success. It causes the berries to absorb the syrup and remain plump and whole. It is best to shake the berries while they are cooking and cooling. Put into sterilized jars when cold and seal.

8-Minute Strawberry Preserves

Scald 2 quarts of berries in boiling water for 2 minutes, drain, add 4 cups of sugar, and boil for 3 minutes. Add 4 more cups and boil for 5 minutes. Stir the fruit to prevent it from sticking to the kettle. Allow it to boil rapidly. Either fill the jars and seal them at once, or, if convenient, let stand overnight to "plump." If there is an excess of syrup, this may be sealed separately and used for ices, sauces, and beverages. If sugar is short, $2\frac{1}{2}$ cups of corn syrup or mild honey may be substituted for 2 of the cups of sugar added first.

Strawberry and Rhubarb Conserve

Use one quart of strawberries, 1 quart of rhubarb, $1\frac{1}{2}$ quarts of sugar. Cut the unpeeled rhubarb in $\frac{1}{2}$ inch pieces. Mix the strawberries, the rhubarb, and the sugar, and cook the mixture rapidly until it is thick and clear. Pour it into hot, clean jelly glasses and cover them with melted paraffin.

Specialties

Apple Paste

Three parts of apples may be combined with 1 part of other fruit, such as pears, plums, berries, cherries, elderberries, or peaches. If berries with many seeds are used, they should be put through a strainer. If peaches are used, the



Canned soup helps to make a nutritious school lunch.

stones should be crushed and the kernels ground and added to the paste; this

gives an excellent flavor, resembling that of nuts.

Prepare apple pulp by cooking the apples and putting them through a sieve. Cook the pulp until it is very thick, stirring it to prevent sticking. Measure the pulp and add ½ cup of sugar to each cup of apple pulp. Cook the mixture until it is clear. If desired, divide the mixture and add paste coloring — red, green, or other. Grease a plate slightly with a little oil or any unsalted fat. Turn the paste onto the plate and place in the sun or any airy place to dry. When a film has dried over the top, turn the paste onto a cloth and dry it. When it is sufficiently dry, lay it on a piece of oiled paper and roll it in a small roll. Turn the ends of the roll under, and store the paste in a cool, dry place. This paste is used as a confection, or for garnishes in salads, fruit cups or desserts, or for decorating cakes and cookies.

Tourse Con Preserved Citron

Use 5 citron melons, 2 lemons, 5 cups of sugar, 1 cup of water, ginger root (if available). Peel melons, cut into slices and boil until tender in a syrup made from 5 cups of sugar and 1 cup of water. Add the juice of 2 lemons and grated rind of 1 lemon to the boiling mixture. A little ginger root may be added if desired. Cook for 20 minutes and pack into clean, hot, sterilized jars. Seal immediately. Citron may be crystallized for use in fruit cakes by cooking longer until clear. Remove from syrup; when cool, roll in sugar and let stand until dry. Wrap in wax paper and store in a dry, cool place.

Mint Chips

Mint chips may be made by adding mint flavoring and green coloring matter to plain apple paste. When the paste is dry, cut it in small pieces, roll it in sugar, and dry it for a few hours. Serve as a candy.

Nut Meats

Nuts may be readily canned at home in jars or tins. A vacuum seal is all that is necessary. Pack shelled nuts in cans, adjust covers, seal, and process in water bath for 20 minutes, or in pressure cooker at 5 pounds for 5 minutes. Nuts, so treated, will keep over a year.

Pickles and Relishes

These delightful accessories to the meal add little food value, but their spicy, piquant flavor stimulates the appetite and gives zest to a commonplace meal. Pickles and relishes should, however, be used in moderation by adults and not at all by children.

Varieties

The predominating flavor determines the type of pickle, such as sweet, sour,

mustard, spiced, etc.

Sour Pickles are usually made from vegetables, preserved in a vinegar and salt solution or simply in brine.* The amount of brine necessary to cover vegetables is equal to about $\frac{1}{2}$ the volume of the material covered.

(30)

^{*} Additional information may be found in U. S. D. A. Farmers' Bulletin 1438, "Making Fermented Pickles."

Sweet Pickles are made from both vegetables and fruit preserved with sugar and vinegar, usually with the addition of spices. Beets, carrots, cucumbers, peppers, string beans, cauliflower, and cabbage — all make good sweet pickles. Fruits which are frequently used for sweet pickles are peaches, apples, crab apples, plums, gooseberries, pears, and cherries.

Mixed Pickles may be either sweet or sour and are often a combination of fruits or a combination of vegetables.

Relishes are made of finely chopped vegetables preserved with salt, sugar, vinegar, and spices.

Ketchups may be made of vegetables or fruits. They are usually strained, resulting in a medium thick, smooth sauce.

Difficulties

Three common difficulties encountered in the preparation of pickles in the home are: (1) shriveled pickles, (2) soft pickles, (3) hollow pickles.

Too much salt or sugar or too strong vinegar will cause the pickles to **shrivel** and become tough. If very sweet or sour pickles are desired, they should be first placed in a weak solution for a few days, after which the strength of the solution may be increased. This step also gives the finished product a better texture. **Soft pickles** may be the result of a brine too weak to prevent the growth of the organisms which cause spoilage. A 10% salt solution of 1½ cups of salt to 1 gallon of water is necessary to keep pickles in good condition. **Hollow pickles** are a frequent cause of failure in pickle-making, and may result from using vegetables which were gathered too long before they were placed in the pickling solution. For best results, the cucumbers should be put into the solution as soon after gathering as possible.

Allerton Pickle

Use 3 pints tomato pulp, 1 cup chopped celery, 4 tablespoons chopped red pepper, 4 tablespoons chopped onion, 4 tablespoons salt, 6 tablespoons sugar, 6 tablespoons mustard seed, 1 tablespoon grated nutmeg, 1 teaspoon cinnamon, ½ teaspoon cloves, 2 cups vinegar.

Wipe, peel, and chop tomatoes. Add remaining ingredients and stir until thoroughly blended. Put in a stone jar and cover. Let stand at least 1 week before using. This uncooked mixture will keep 6 months in a cool place. If it is to be kept longer, put in pint jars, and process 10 minutes in boiling water.

Sweet Pickled Beets

Cook small beets until they are tender. Plunge them into cold water and slip off the skins. Cover them with spiced vinegar (see page 37) and simmer for 15 minutes. Seal in clean, hot jars. Golden wax beans, the stems of swiss chard, or very small carrots may be pickled in the same way.

Beet Relish

Use 1 pint cabbage, 1 pint beets (boiled just long enough to peel and chop), 3/4 cup sugar, 1/2 cup grated horse-radish, 1/2 teaspoon salt, 2 pieces celery, and 1 cup vinegar. Heat all ingredients together until the mixture boils well, then pour into sterilized jars and seal at once. Process 30 minutes in boiling water.

Cabbage Relish

Use 1 quart cabbage chopped, 1 quart green tomatoes chopped, 1 cup red pepper, 1 cup green pepper, 1 pint white onion chopped, 1 cup sugar, 1 quart vinegar, 5 tablespoons white mustard seed, 1 tablespoon celery seed, ½ teaspoon turmeric, and 1 teaspoon salt.

Soak the cabbage and tomatoes separately overnight in salt water (¼ cup of salt to 1 quart of water). Drain in the morning and add the other ingredients. Let stand for 2 hours. Cook the mixture until it is clear and seal in clean, hot jars.

Cantaloupe Pickle

Select underripe cantaloupes. Cut them into sections, peel, and soak for 3 hours in a salt solution (¼ cup of salt to 1 quart of water). Drain off the brine and add a pickling syrup made from the following ingredients: 4 cups water, 4 cups sugar, 1 cup vinegar, 1 tablespoon cinnamon, 1 tablespoon all-spice, 1 tablespoon cloves. Boil rapidly for 10 minutes. Let stand overnight. Drain off the syrup and boil until it coats a spoon. Return the cantaloupe, cook until it is clear (about 1 hour) and seal in clean, hot jars.

Carrot Ketchup

Put through a food chopper 1 quart carrots, 1 cup celery, 1 large red pepper or 1 green pepper, 1 medium sized white onion. Cook the carrot until tender. Combine with the other vegetables and add 1 pint vinegar, $\frac{1}{2}$ cup sugar, 2 teaspoons salt, $\frac{1}{2}$ teaspoon paprika; cook the mixture until it is clear. Seal in clean, hot jars.

Chili Sauce

Use 1 gallon ripe tomatoes peeled and chopped, ½ cup white onions peeled and chopped, ½ cup sweet green peppers chopped, ½ cup sweet red peppers chopped, ½ cup brown sugar, 2 tablespoons ginger, 1 tablespoon mustard, 1 nutmeg grated (or 1 teaspoon), 1 quart vinegar, ½ cup salt, ½ tablespoon red pepper, 1 tablespoon cinnamon.

Boil all the ingredients except the vinegar together for 2 hours or until soft and broken. Add vinegar and simmer for 1 hour. Stir frequently. Put in bottles or jars; seal while hot. Process 15 minutes in hot water bath.

Spiced Celery

Use I quart celery cut in 3 inch pieces, I small green pepper sliced thin, I pint vinegar, ½ teaspoon whole cloves, ½ teaspoon allspice, few pieces of cinnamon, ¾ cup sugar. Cook the celery, pepper and salt in a small amount of water until they are tender; drain. Boil the vinegar, sugar, and spices for 3 minutes. Add the vegetables and simmer for 5 minutes. Seal the mixture in clean, hot jars.

Pickled Cherries

Remove the pits from large, sour cherries. Cover the fruit with vinegar and water in equal proportions and let stand overnight. Drain off the liquid. Measure the fruit and use an equal measure of sugar. Pack the cherries and sugar in alternate layers in a stone jar, beginning with a layer of cherries. Allow the fruit to stand until the sugar is dissolved, stirring it carefully each day. Cover the jar with a plate, and tie a paper over it to prevent the entrance

of dust. Sealing is not required. All the cherries need not be prepared on the same day; that is, cherries which have stood overnight in the vinegar solution may be added on the second or third day with an equal measure of sugar. The vinegar solution may be used over and over again. White vinegar is better than cider vinegar. The vinegar which is left over may be heated and sealed for use later with other cherries or in mincemeat or other pickles.

Pickled Crab Apples

Choose firm crab apples of uniform size. Do not pare them, but remove the blossom ends. Make a syrup of 1 quart vinegar, 2 pounds sugar, 1 tablespoon cinnamon, 1 tablespoon cloves, 1 tablespoon allspice, and 1 tablespoon mace, cooked until it coats a spoon. Add the apples and heat slowly to avoid bursting them. Simmer until tender; pack in clean, hot jars; cover with syrup and seal.

Uncooked Cucumber Ketchup

Peel cucumbers and grate on a fine grater (do not use food chopper or shredder). Remove all liquid by squeezing pulp in a cloth bag. Add vinegar to the pulp until it is the consistency of a thin ketchup. Season with salt, pepper, and grated onion. Pour into clean bottles or jars and cover closely. Do not use metal tops or caps. May be covered with several layers of waxed paper and tied tightly. Especially good with pork.

Fermented or Salt Cucumber Pickle

Clean, grade, and pack pickle cucumbers in jar or keg; cover with 10% brine, (12% cup salt to 1 gallon water). Using a lid smaller than the jar, place lid under a weight to submerge pickles. Next day add 1 pound salt (2 cups), to each 10 pounds of cucumbers. At the end of 6 days and on each 7th day thereafter for about 4 weeks, add ½ pound (½ cup) salt. Skim when neces-



Root vegetables properly stored will keep throughout the winter.

sary. At the end of the fermentation period (when bubbles disappear) the pickles are ready for use. Drain and partially remove brine by soaking the pickles in warm water.

Sour Cucumber Pickle

Sort and clean cucumbers, place in jar, cover with 5% brine (1 cup of salt to 1 gallon of water). Let stand 24 hours. Drain; then cover with a mixture of 1 part water to $2\frac{1}{2}$ parts vinegar and let stand 3 to 4 days. Drain off the vinegar and heat it. Pack cucumber into jars, add boiling vinegar, seal, and store. Spices may be added to the vinegar if desired.

Dill Pickle

Use 3½ gallons medium-sized cucumbers, 1 quart vinegar, ½ ounce mixed spices, 1 pound salt, 10 quarts water, dill (stem, leaves, and seeds), and grape leaves.

Cucumbers for dill pickles should be about 5 inches long. Wash the cucumbers and wipe them. In the bottom of a 4-gallon crock or jar put a thick layer of grape leaves and cover this with a layer of dill and spices. Pack the cucumbers into the crock to within 3 inches of the top. Mix the salt, vinegar, and water, and pour the mixture over the pickles to fill the jar. Put a layer of dill and then a layer of grape leaves over the cucumbers. Invert a large plate over the top of the pickles and weight it down to keep the pickles under the liquid. Let the pickles cure from 3 to 4 weeks. Remove the plate, wash it, replace it over the pickles with the weight, and seal the crock with hot paraffin, or pack the pickles into glass jars and seal them.

Dixie Relish

Use 1 quart chopped cabbage, 1 pint chopped white onion, 1 pint chopped sweet red pepper, 1 pint chopped sweet green pepper, 4 tablespoons salt, 4 tablespoons mustard seed, 2 tablespoons crushed celery seed, 3/4 cup sugar, 1 quart cider vinegar.

Soak the peppers in brine (1 cup of salt to 1 gallon of water) overnight; then freshen in clear, cold water for 1 or 2 hours. Drain well. Mix with other vegetables; add spices, sugar, and vinegar. Let stand overnight covered in a crock or enameled vessel. When ready to pack, drain off the vinegar. Pack the relish in the jars, pressing it carefully; then pour over it the vinegar which was drained off. Process for 15 minutes in boiling water.

Emergency Pickle

Use 1 pint carrots cooked and cut in strips, 1 green pepper, 1 red pepper or 2 pimientos chopped, 3 medium-sized onions sliced; 1 cup cooked string beans, 1 cup vinegar, ½ teaspoon paprika, 1½ teaspoons salt, ¼ teaspoon turmeric, ½ cup sugar.

Combine ingredients and cook mixture until clear; seal in clean, hot jars.

Horse-Radish

Carefully scrape horse-radish roots and cover them with cold water to prevent discoloration. Drain and put them through a food chopper. Fill clean, cold pint jars about 2/3 full of the ground horse-radish. Add 1 teaspoon of

salt, fill the jar with white vinegar, and seal. Cider vinegar may be used, but the product will be darker in color.

Mustard Pickle

Use 7 quarts sliced cucumbers, 1 pint pickling onions, 1 pint cauliflower cut in pieces, 3 red peppers, 3 green peppers, 1 cup small carrots. String beans and

green tomatoes may also be added.

All the vegetables should be tender. Soak all the vegetables in brine (1 cup of salt to 1 gallon of water) overnight. Drain and soak in clear water for 3 hours. Mix a sufficient amount of vinegar and water in equal quantities to cover the vegetables. Pour over and let stand for 1 hour; then scald them in this liquid.

Make a dressing of the following ingredients:

1¼ cups white sugar, 4 tablespoons flour, 4 tablespoons powdered mustard, ½ tablespoon turmeric, 1 teaspoon celery salt, 3 pints vinegar. Mix all the dry ingredients and add slowly to the hot vinegar, stirring it to make a smooth paste. Cook the mixture over a pan of hot water until the sauce thickens.

Drain the vegetables thoroughly and pour the mustard dressing over them while they are hot, and simmer for 5 minutes. Pack and seal in clean, hot jars.

Pickled Onions

Use 4 quarts small white onions, 3 pints boiling water, 3 tablespoons whole allspice, 3 tablespoons white mustard seed, ½ cup grated horse-radish, 1 cup

salt, 1 quart vinegar, 3 tablespoons pepper-corns, 1/4 cup sugar.

Peel the onions. Add the salt to the water, bring to boil, pour it over the onions, and let stand for 24 hours. Drain, cover with boiling water again, and let stand for 5 minutes. Drain and pack into clean, hot jars. Heat the other ingredients together, and, when boiling hot, pour over the pickles to fill the jars.

Pickled Peaches

Use 4 quarts (1/2 peck) peaches, 2 pounds sugar, 2 cups vinegar, 1/2 ounce

stick cinnamon, 44 ounce whole cloves.

Dip the peaches quickly in hot water and remove the skins. Boil the sugar, vinegar, and cinnamon for 20 minutes. Place a few of the peaches at a time in the syrup and cook until tender, then pack into hot, sterilized jars. Fill each jar to within ½ inch of top with the hot syrup. Adjust covers and seal immediately.

Pears may be pickled in the same way.

Pepper Relish

Chop 12 red peppers, 12 green peppers, and 12 onions; cover with boiling water, and let stand for 5 minutes. Drain off the liquid. Add 1 pint vinegar, 2 cups sugar, 3 tablespoons salt, and boil the mixture for 5 minutes. Pour into scalded jars and seal.

Relish Sandwich Spread

Grind through food chopper 18 green and red peppers, 6 green tomatoes, 6 onions, and 6 cucumbers. Mix and cook for 15 minutes in 2 cups of vinegar, 2 cups of brown sugar, and 3 tablespoons of salt. Add a paste made of 6 table-

spoons of flour, 3 tablespoons of ground mustard, and $\frac{1}{2}$ cup of vinegar to the vegetables; and cook 15 minutes. While hot, add a pint of mayonnaise or $\frac{3}{4}$ pound of butter. Seal in hot, sterilized jars.

Thousand Island Pickle

Use 1 quart cucumbers sliced, 1 large onion sliced, 1 large green pepper sliced, 1 large red pepper sliced, 1 cup celery sliced, ½ cup salt, 1 pint vinegar, 1 tablespoon white mustard seed, ½ teaspoon turmeric, 1 cup sugar, 3 pints water. Slice the cucumbers and onion, add the salt, cover with water and let stand for 2 hours; then drain. Heat the vinegar, mustard seed, and sugar to the boiling point. Add the vegetables and turmeric. Simmer for 3 minutes. Seal in clean, hot jars. This makes a crisp pickle.

Tomato Ketchup

Use 10 pounds ripe tomatoes, 3 medium-sized onions, 2 sweet red peppers, 1 cup vinegar, 3/4 cup sugar, 2 teaspoons ground mustard, 1 teaspoon celery seed, 1 tablespoon salt, 1 teaspoon whole allspice, 6 inches stick cinnamon.

Peel tomatoes and cook rapidly until soft. Strain. Let stand overnight. Pour off the thin liquid at the top and can this or use it fresh. Cook the onions and peppers until soft, strain them, combine with tomato, and boil rapidly until thick (30 minutes). Add vinegar, sugar, and spices (whole spices are less likely to darken the product). Boil until thick, stirring frequently. Fill hot sterilized bottles. Seal well with tight fitting corks. Dip tops in hot paraffin to seal.

Green Tomato Pickle

Use 1 gallon (7½ pounds) green tomatoes, ½ dozen large onions, 3 cups brown sugar, ½ lemon, 3 red peppers, 3 cups vinegar, 1 tablespoon whole cloves, 1 tablespoon whole allspice, 1 tablespoon crushed celery seed, 1 tablespoon mustard seed, 1 tablespoon ground mustard, 1 tablespoon whole black pepper.

Slice the tomatoes and onions thin, sprinkle over them ½ cup of salt, and let stand overnight in a crock or enameled vessel. Tie the black pepper, cloves, allspice, and celery seed in a cheesecloth bag. Slice the lemon and chop the peppers and add to the vinegar; then add the spice bag, tomatoes, and onions. Cook for ½ hour, stirring gently at intervals to prevent burning. Remove spice bag to prevent darkening the product. Pour into hot, sterilized jars. Process for 15 minutes in hot water bath.

Spiced Green Tomatoes

Use 5 pounds small green tomatoes or larger tomatoes sliced medium thick, 3 pounds white sugar, 1 pint vinegar, 1 tablespoon stick cinnamon, 1 tablespoon white mustard seed, 1 teaspoon whole allspice, 1 teaspoon whole cloves.

The green plum, pear, or peach tomatoes are good for this pickle, but the large green tomatoes may be sliced and used. Wash the tomatoes but do not peel them. If small tomatoes are used, prick them slightly. Combine the sugar, vinegar, and spices; bring to the boiling point and pour over the tomatoes. Let stand for several hours or overnight. Drain off the liquid and cook it until it coats a spoon. Add the tomatoes and cook until they are clear. Seal in hot, sterilized jars.



Spiced Vinegar

Combine 1 quart vinegar, 1 pint sugar, 1 tablespoon cinnamon, 1 teaspoon allspice, 1 tablespoon white mustard seed, 1 teaspoon cloves, 1 teaspoon salt, and boil 3 minutes. This is useful in sweet-pickling fruits or vegetables.

Tomato and Apple Relish

Use 2 quarts ripe tomatoes peeled and chopped, 1 cup white onion chopped, 2 medium-sized green peppers chopped, $1\frac{1}{2}$ cups vinegar, 2 tablespoons w te mustard seed, 1 tablespoon whole cinnamon, 1 cup celery sliced, 1 pint tart apple diced, 2 medium-sized red peppers, $2\frac{3}{4}$ cups sugar, $\frac{1}{2}$ tablespoon whole cloves, 1 tablespoon salt. Combine all ingredients and cook rapidly until mixture is thick and clear. Seal in clean, hot jars.

Pickled Watermelon Rind

Peel off the skin and cut the rind into desired sizes. Soak 2 pounds of rind overnight in salt water to cover (¼ cup of salt to 1 quart of water). Drain off the brine. Cook the rind in clear water until it is tender. Add the rind to the hot pickling solution made of the following ingredients: 2 pounds sugar, 1 pint vinegar, 1 pint water, 1 lemon sliced thin, 1 tablespoon cinnamon, 1 teaspoon cloves, 1 teaspoon all-spice. Boil rapidly until rind is clear; then seal it in clean, hot jars.

new - battle

it and cook outside [I] pieces separate from inside. Cover when cooking in H2D-but do not overcook. (atom 10 min) in time water will make a firmer pickle make segrep-bail 5 min. Pour over rind a let atom overnght. Heat in syrup a bail about 10 min. Pack in jars with 1 piece of cinnamon. Cover with segrep, Beal. Process in bailing H2O to min. (Culer vinegar gives a better placer)

Rind can be stored in plastic bag in refrig centil enough is calleded for one receipe . (See USDA Home Garden Bul 92 making Pickles & Relicher Other

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Outdoor Meals!

PROJECT FOR SENIOR BOYS & GIRLS

Bulletin 225

May 1955

V. P. I. Agricultural Extension Service
Blacksburg, Virginia

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by

Janet L. Cameron and Mary L. Thompson

FOOD AND NUTRITION SPECIALISTS
VIRGINIA POLYTECHNIC INSTITUTE

Your 4-H Outdoor Meal Project

Outdoor eating is fun. Cooking out is easy if you learn to prepare a few simple things and if you collect simple equipment for use in outdoor cooking. This project is planned to help you learn to cook outdoors better and more easily.

What a Member Must do to Complete This Project

I. Study and follow instructions provided by leaders and Extension Agents.

Materials Provided for Members

Suggestions to agents conducting this project, MF 320 Suggestions to leaders conducting this project, MF 321 County Summary for this project, MF 322

II. Keep a record of work done.

4-H Outdoor Meal Record Sheet, MF 312 Members Work Sheet, Form 31

- 1. Assemble a picnic basket equipped for easy outdoor eating.
- 2. Prepare a picnic lunch six times for your family, club, or some group.
- 3. Plan and help prepare at least six cook-out meals.
- 4. Build an outdoor fireplace for home or community use.
- 5. Plan six barbecues and help prepare food for these.

III. B. Do the following:

- 1. Give at least one demonstration.
- 2. Judge products prepared, when possible.

Outdoor Meals, Bul. 225



HAVE A FEW GAMES READY

While the food cooks, or after you eat, have a few games planned such as the following:

Relays Quiet Games Active Games Refer to:
"Just for Fun Series"
MZ 63 - for the games.

For other suggestions, use game books. Then settle down around the fire for some "happy harmonizing."

The Picnic -- Fix and Carry

In summer, the family dining room can be moved outdoors. The fix-and-carry picnic is usually made of sandwiches or fried chicken, cold cuts, etc. To this add a few crisp vegetables, or tomatoes--a cold or hot drink, fruit, cookies, pie or cake.

Here are some tips to make your picnic a good one:

- 1. Have simple foods -- not more than three or four different ones, but plenty of each.
- 2. Sandwiches taste better made on-the-spot. Prepare fillings, bring along salad dressing and/or butter, and let each person make his own. They're fresher and each fellow selects just what he likes.
- 3. Have salad materials prepared but wait to add the dressing if it's a crisp vegetable or fruit salad. Potato and meat salads are improved if the dressing is added several hours before eating.
- 4. Raw vegetables and fruits stay fresh longer if washed and placed in plastic bags or wrapped in aluminum foil. Keep as cold as possible.
- 5. To carry ice--a thermos jug helps; but if you don't have one, put ice in a wide mouth jar, cover, and wrap in newspaper. Some of the new chemicals in cans help keep food cool for several hours.
- 6. Spread rolls with butter in the kitchen. Then heat on end of a stick or in a covered pan over the fire.
- 7. Spread soft cheese on rolls in the kitchen. It's wonderful toasted as is, or with meat in or on it.
- 8. Don't forget potato chips, deviled eggs, pickles, cold slaw, sliced or quartered tomatoes.

No Soggy Sandwiches or Limp Salads!

An assortment of sandwich spreads, fillings, and breads are easy to carry for making on-the-spot sandwiches. Don't forget the trimming - pickles, relish, mustard, catsup, Chili sauce, onions, and, of course, salt and pepper.

Good Sandwich Spreads:

Cheese Cottage Cheese Peanut Butter Chicken Salad Ham sliced or ground Sliced Egg and Bacon



The Cook - Out Meal

"Tell me, were you ever nearer
To the land of heart's desire!"
Than when you sat there cooking
Your meal before the fire?



A roll out grill is often more practical than the permaenetly built one.

Food never tastes better than when cooked out in the open, on the beach, in the back yard, or at a favorite woody spot, especially after a swim or hike. Charcoal is the easiest fuel to use for glowing coals without smoke, but dry wood can give good results. Wait until the fire is hot and not smoking before you start to cook. Burned, smokey food is not necessary in outdoor cooking. This project helps you to learn to cook food well and to serve it nicely.

Some Tips Which May Help at Your Cook-Out

- 1. Keep all food covered and clean.
- 2. Rub a cake of soap on the bottom of the cooking pans, so the soot washes off easily.
- 3. If you make the fire on the ground where it might spread, circle it with some big stones or rocks. This helps protect the fire and serves as a rest for cooking pans or sticks.
- 4. Unwind coat hangers for individual sticks to cook hot dogs, or "cheese-bakes." These can be kept as permanent equipment near the outdoor fireplace.
- 5. Prepare all possible ready-to-cook food before leaving home. Onions can be sliced, celery or carrots washed and scraped. These keep well if placed in a plastic bag.
- 6. Handy helps to keep in your picnic basket: a pair of metal tongs, pot holders, newspaper, paper napkins, matches, salt, and pepper. Keep nearby a heavy frying pan with a cover, a coffee pot that can be kept for outdoor cooking, paper or plastic dishes, a long handled wooden spoon or two, and any other pans you frequently use.
- 7. For cook-out biscuits or pancakes, carry a ready-mix, made with dry milk so it only needs water. For variety, add freshly gathered berries, grated cheese, crisp cooked bacon, or chopped ham.
- 8. Take an old towel and small cake of soap to wash dirty hands after working on the fire.

Cook Your Own Foods

Kabobs - the meal on a stick

For each person allow:

1/4 lb. of steak

1/2 large onion

1/2 potato (sliced thick and boiled 5 minutes)

1 slice green pepper

1/2 strip bacon

At Home

- 1. Cut meat into 1 1/2 inch cubes.
- 2. Slice onions and pepper into thin rings.
- 3. Cut bacon into 1 inch pieces.
- 4. Parboil potatoes.

Directions for Outdoor Cooking:

- 1. Let each person get his own stick, a green one about 30" long, sharpened at one end.
- 2. Place meat on first, then onion, potato, pepper, bacon, and then start over with meat. Allow at least 3 rounds of each thing for every Kabob.
- 3. Each person cooks his own Kabob slowly over hot coals turning it occasionally until all is cooked to suit him. It helps to prop stick against a stone. (Caution don't stir the fire, that only makes flame and smoke.)

Cheese-Bakes (each cooks his own)

- 1. Cut hard cheese (not soft processed) into 3/4 inch cubes.
- 2. Cook slices of bacon partially done (can be done at home).
- 3. Wrap a slice of bacon around each cheese cube and fasten with toothpicks.
- 4. Slide cheese on stick, fork, or end of opened coat hanger.
- 5. Cook over hot coals until bacon is crisp and cheese melted. Pop into a buttered roll or slice of bread.

Marshmallow Sandwich

(serves 8)

- 16 large graham crackers
- 2 plain milk chocolate bars
- 8 marshmallows
- Place ½ bar of chocolate between 2 crackers.
- Give each person a graham chocolate sandwich, a marshmallow, and a fork or stick to toast marshmallows.
- 3. Pop the toasted marshmallow into the sandwich and press it down.

Egg in a Hole

- Tear a round hole in a slice of bread.
- Place it in a buttered frying pan.
- 3. Break egg into the hole.
- 4. Cook until egg is firm, turn it over, and cook until bread is brown.



Cook For The Crowd

Quick Camp Stew

6 slices of bacon
2 medium onions
2 lbs. ground meat
1 bottle tomato catsup
1/2 lb. grated cheese
(can be omitted)
salt and pepper

- 1. Cook bacon slowly until crisp.
- 2. Add chopped onions and cook until light brown.
- 3. Add meat and catsup and cook until meat is done.
- 4. Add grated cheese and serve at once on rolls or bread.

Fish Fry

- 1. Use fresh caught fish or buy fillets (fresh or frozen).
- 2. Roll fish in mixture of flour, corn meal, salt, and pepper.
- 3. Fry in hot fat until brown.
- 4. Serve at once.

Bacon and Eggs - This is easy, quick, and so good cooked outdoors. To carry eggs, wrap each in a paper napkin or put them in flour or sugar. For scrambled eggs, why not break them into a jar or plastic carton and seal tight? Then they are all ready to pour into the hot fat. Add 1 tablespoon milk for each egg.

Roast Corn on the Cob

- 1. Select two good full ears of corn for each person.
- 2. Pull husks part way down, remove as much silk as possible, and re-cover corn.
- 3. Drop ears in tub of cold water (or stream) for about 1/2 hour to absorb moisture.
- 4. When fire has burned down to glowing coals, place corn on a low grill just over the fire, and turn ears frequently as they cook. Cooking takes 30 to 45 minutes. If you have no grill, wrap corn in paper, soak in water, and cook directly in the coals.
- 5. When corn is done, strip off husks, dip into melted butter, and season with salt and pepper.

Hushpuppies

That luscious crisp corn bread is good with fish. Hushpuppies are just meal, salt, and water dropped by spoonfuls into the hot pan in which the fish was cooked. Serve at once.

Foil Baked Potatoes

- 1. Grease medium sized potatoes.
- 2. Wrap each in aluminum foil.
- 3. Place them in hot coals and cover with embers (or turn over in 1/2 hour).
- 4. Bake until potatoes are done inside takes about 1 hour.

If you want to "hurry-up" the potatoes outdoors, boil them in the skins about 25 minutes. These can be wrapped at home, ready to roast in the hot coals for about 15 minutes.

Breaded Pork Chops (serves 8)

- 8 thick pork chops
- 2 cups bread crumbs
- 2 eggs
- 2 cups milk

1/4 cup shortening
salt and pepper
Heavy frying pan with close fitting cover
(rub bottom of pan with soap)

At the Fire

- 1. Melt fat in heavy frying pan.
- 2. Brown chops on both sides.
- 3. Add 1 cup of milk.
- 4. Cover and cook slowly until tender.
- 5. Add remaining milk as necessary to prevent sticking.

At Home

- 1. Dip chops into crumbs.
- 2. Add 1/4 cup of milk to eggs and beat.
- 3. Dip breaded chops into egg mixture.
- 4. Dip again in crumbs.
- 5. Wrap securely with wax paper between each chop.

Hot Barbecue Sauce

(use on beef, veal, pork or poultry) for 100.

2 qts. tomato catsup

- 3 cups vinegar
- 1 cup chopped onion
- 1 tbsp. red pepper
- 3 lbs. butter or margarine (or 5 cups chicken fat)
- 1/4 cup tobasco sauce
- 2 cups Worcestershire or other meat sauce
- 1 tbsp. salt

Weiners or cheese wrapped in bacon. Cook quickly over a hot fire. Have rolls ready.



Biscuits on a stick or around a weiner.

Biscuits on a Stick or Around a Weiner

- 1. Use biscuit-mix that has been made with dry milk. Take out 1 cup of mix.
- 2. Add enough water to the rest of the mix to make a biscuit-like dough.
- 3. Use about 1/2 cup of dough for each biscuit. Pat the dough into a long rectangle about 1 inch wide. Rub the dry mix on the stick to keep the dough from sticking.
- 4. Press the dough to the stick or use toothpicks to hold it to the weiner.
- 5. Each person bakes his own over hot coals, by turning it around slowly. It takes 10 to 15 minutes to do a good job.

Pups in Blankets (serves 8)

- 16 weiners
- 8 rolls or slices of bread
- 1/2 lb. cheese
- 8 long slices of thick bacon
- 1. Split weiners part way through lengthways.
- Cut cheese in long strips and slip one piece in each weiner.
- 3. Press together and wrap weiner with bacon, fasten ends with toothpicks.
- 4. Stick weiner on end of opened coat hanger, stick, or long fork, and roast until bacon is crisp and cheese melted. Pop the pup into buttered rolls or slices of bread.

Salads and Relishes For Outdoor Eating

Tossed Green Salad (serves 8)

- 1 head lettuce
- 4 tomatoes
- 1 green pepper
- 1 small onion
- 2 carrots

Radishes or cucumbers, if available 1 cup French dressing (or oil and

vinegar to make your own)
Salt and pepper

- 1. Cut lettuce and tomatoes in chunks with a large knife.
- 2. Chop peppers and onions.
- 3. Scrape and slice carrots.
- Slice radishes or cucumbers or vegetables available.
- Mix all vegetables together and keep them cool until ready to serve.
- 6. Just before serving, add dressing, salt and pepper and mix well.

Relish Platter

Use a wooden cutting board to save your fingers! A big tray or platter may hold an attractive variety of crisp colorful vegetables, all easy to eat as finger foods. Include those easily available and arrange in groups on tray. For the carry out picnic, keep them all cool in plastic bags until ready to serve.

Carrot Sticks - scrape or peel and slice into long thin strips.

Celery Curls - wash celery and cut into four inch pieces. Place in plastic bag and keep cold or put into ice water to curl quickly.

Radish Roses - Scrub radishes, leave a small part of the green stem but scrape around it. Cut 6 or 8 gashes and place in ice water to open.

Pepper Rings - Cut out stem end of green peppers and remove seeds and white part. Slice in thin slices across the pepper and arrange slices on platter.

Tomato Wedges - Cut out stem end of tomato and cut tomatoes in four or eight wedges - according to size of tomato.

Cucumber Slices - Leave green skin on unless it is tough. Slice cucumbers. Arrange in rows lapping over each other.

For other colorful helps, you may want to include parsley or chopped chives. In center of tray, place a bowl of cottage cheese, cream cheese, or soft yellow cheese. Serve these with a big bowl of crackers to use for spoons.

Picnic Potato Salad

- 4 cups cold boiled potatoes
- 1 cup chopped celery
- 2 tsps. salt
- 1 medium onion sliced
- 3 hard cooked eggs
- 1. cup salad dressing
- You may add parsley, sliced radishes, cucumbers, green peppers, or carrots.

Picnic Potato Salad (continued)

- 1. Cube potatoes.
- 2. Mix all ingredients together.
- 3. Place in jar or plastic container and keep cold.
- 4. You may take along tomato quarters and carrots or celery sticks to eat with it.

Chicken Salad

- 2 cups cold boned chicken cut into chunks
- 1 hard boiled egg
- 1 cup celery chopped
- 1/2 cup chopped green pepper (can be omitted)
- 1/2 cup mayonnaise
- 1 tsp. salt
- 1. Mix all ingredients together at least an hour before serving.
- 2. Keep salad cold in jar or closely covered bowl.
- 3. Garnish with sections of tomatoes, rings of green pepper, or parsley.



Jossed Salad

The Picnic Beverage

Take along milk and plan how to keep it cool. A cake of ice, an insulated bag, a chilled thermos, or a brook at your picnic spot all do the job. Canned or dried milk serve well for making cocoa.

Fruit juices and tomato juice go well with outdoor meals. They are thirst quenchers and useful to ward off younsters' appetites before the food is ready. Good crisp apples help do this, too!

Remember to carry water unless there is a safe supply where you are going. Everybody gets thirsty at a picnic! Concentrated frozen drinks are available in small tin cans. These are easier to carry than such things as lemonade and grape juice. Instant cocoa and coffee are also helpful for outdoor meals.

Cocoa or Chocolate Milk Mix (make at home)

1 cup cocoa

1 cup sugar

1 cup dry milk

1 tsp. salt

Sift all together

Carry in a plastic bag.

1. For each serving - 1/4 cup mix and 3/4 cup of water.

2. Stir a small amount of water into dry mix to make a paste.

3. Add rest of water and serve hot or cold.

FILL-IN SUGGESTIONS

Camp Checkers

Draw the checker board with pencil on a paper napkin, use cookies or candy for checkers. When you jump a man - eat him!

Camp Refrigerator

A cooler built in the stream or lake is easy if you can find a shady spot and a few big rocks. Arrange these together like the sides of a box. Some running water can get in and out so the bottle of milk and other perishables stay cool. Meats, butter, etc. should be in a tin can or plastic bag.

In hot weather, be sure all food will keep in good condition until you get to the appointed place. Perishable food spoils quickly on hot days. Plan to eat soon after you arrive at the picnic spot.

Canned and dried milk are easy to carry and serve most purposes of fresh milk.

Stub ends of candles are good for starting obstinate fires.



Easy-to-Carry Desserts

After a wonderful cook-out meal, you hardly need a dessert; but if you want a bite of sweet, fruits are best of all. Arrange a basket or bag of your favorite ones, apples, grapes, pears, bananas. They make a pretty centerpiece if you have a table, and are handy for all to help themselves. Dried fruits also make good desserts. Melons in season are always popular and refreshing.

Cookies take the next spot in popularity. Try spicy oatmeal drop cookies, ginger cookies, or crunchy cocoanut macaroons. Pack variety of kinds in a big plastic bag or tin box to make carrying easier.

Cakes are popular for outdoor meals, and there are many light racks, plates, and boxes now available to carry them covered, yet easy to see inside, and make your choice ahead! A round cardboard for the base, cut just larger than the cake helps to keep it from getting mashed in carrying. Don't forget squares of ginger bread, or apple sauce spice cake - no frosting needed!

Pies are always popular food for indoors or out! Fruit ones carry better than whipped cream, meringue, or chiffon ones. Light aluminum pie plates are easier to carry than glass. Some paper ones, if heavy enough, are good but some give a taste to the pie. Apple and cherry are the favorite pies in Virginia. Small tarts or turnovers are easier to carry, easier to eat, yet more trouble to make.

Ice cream in small cups or slices made into sandwiches with large flat cookies are good if you have some way to keep it from melting. Dry ice is best, and the new chemicals in cans help keep it hard. Why not settle for one of the other desserts if you have to carry it far?

Cereal Marshmallow Squares

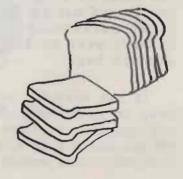
1/4 cup butter
1/4 lb. marshmallows
(about 2 doz.)
5 cups Rice Crisp or
Puffed Cereal

- Melt butter and marshmallows over hot water (double boiler helps).
- Add cereal and stir all together.
 Turn into square greased pan and cut into squares when cold.

Angel Cake

Each person toasts his own. Cut crusts from fresh bread. Cut into one inch strips. Dip bread into condensed (sweetened) milk, then roll in cocoanut. Prepare these before leaving home. Each person then toasts his own when ready for dessert.

One precaution! Don't take too much food, no one wants to eat too much or to carry food home. A tasty well-balanced meal is the one everyone enjoys most.



How to Cook in Aluminum Foil

- 1. Always have a bed of hot coals (never flames).
- 2. It is best to wrap food in two different wraps, using the fold over "drug store" wrap each time.
- 3. Season food before wrapping that is butter, salt, bacon, etc.
- 4. If possible, turn package over with tongs when about half done.
- 5. When food is cooked, cut a gash in the top of the foil and fold back the foil and eat out of this "dish".

Candied Sweets in Foil

- 1. Peel and slice potatoes as for French fries.
- 2. Place on aluminum foil and add 2 tbsp. water and 1/2 cup sugar.
- 3. Fold and wrap. Bake in hot coals. It should take about 10 minutes on each side.
- 4. Unwrap and eat from the foil.

To make an Aluminum Foil Frying Pan

Sometimes it is easier to take a role of foil than to carry a heavy frying pan, and you don't need to take it back home! It's fine for bacon and eggs but don't count on it for heavy cooking. Be careful not to jab a hole in it!

- 1. Use a double sheet of regular foil or single sheet of freezer foil.
- 2. Cut a long green sapling and make a circle the size you want the pan, leaving the large end for a handle. Fasten this by tying.
- 3. Press foil down inside and around this circle.
- 4. Place food in pan before putting it over the fire.

Wrap-Up-Meals

Wrap each serving separately and use foil as your plate!

1. Steak, potatoes, onions, carrots, sliced vegetables.

Season, add 1 tbsp. water, wrap all together, and cook about 40 minutes. Turn package over once.

- 2. Hamburger, string beans, onions. Place a pat of butter on foil, then hamburger, sliced onions, and canned beans. Add another pat of butter, salt and pepper and wrap up with "drug store" wrap. Cook about 30 minutes. Turn it over once.
- 3. Ham, sweet potatoes, and apples. Place slice of raw ham in foil, slice potatoes and apples over it, wrap up and cook about 40 minutes.
- 4. Little pig potatoes. Cut a core out of medium sized potato and stuff it with link or bulk sausage. Wrap in foil. Cook 45 minutes.
- 5. Friday dinner tuna fish, onions, and potatoes. Place a pat of butter, then sliced potatoes, tuna fish, and sliced onions. Wrap and cook about 30 minutes.



Folding aluminum table is light and easy to carry.

Other Picnic Recipes

Corn Tomato Quickie

1/4 lb. bacon
1 large green pepper
3 onions
1 pt. tomatoes
1 pt. corn
salt, pepper
1/4 lb. American cheese
8 slices toast or crackers

- 1. Cook bacon.
- 2. Have pepper and onion all cut ready in a glass jar and cook this in the bacon fat until done but not brown.
- 3. Add the tomatoes and corn and heat, season to taste.
- 4. Just before serving, add the cheese and crumble bacon on top.
- 5. Serve hot on toast or crackers.

Meal in a Can (each prepares his own)

- 1 large hamburger or sausage pattie
- 1 onion
- 1 potato
- 1 carrot
- 1 carrot
- 1 tsp. butter or margarine salt to taste

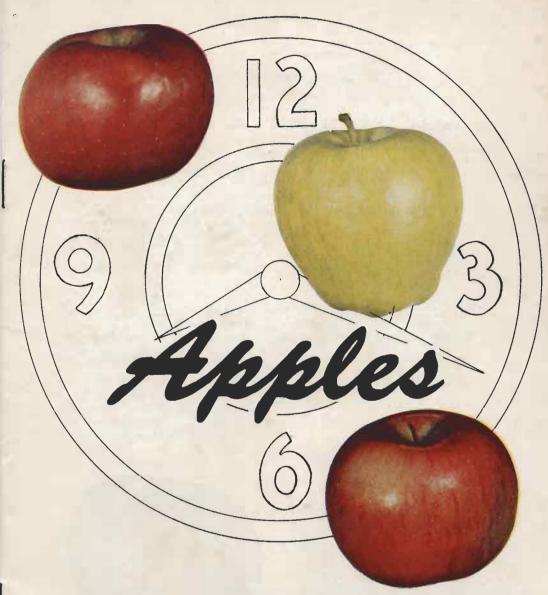
At Home

Wash vegetables at home if water is not on picnic grounds.

- 1. Grease one pound coffee or shortening can and make tiny hold in lid.
- 2. Pat meat to fit bottom of can, season with salt and pepper.
- 3. Slice 1/4 inch thick and place on top of meat in order given onion, potato, carrot.
- 4. Add 1 tablespoon water and close.
- 5. Place in a bed of coals, cover with coals and ashes, cook 45 minutes to 1 hour--depending on thickness of the layer of coals.

This meal may be wrapped and cooked in heavy weight foil in the same way and time. Meal in can or foil may be cooked in a 350° oven in 45 minutes if preferred.





AROUND THE CLOCK

by
Janet L. Cameron
Food and Nutrition Specialist
and
Mary L. Thompson
Associate Food Specialist

Bulletin 231

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V. P. I. Agricultural Extension Service Blacksburg, Va.

Which Varieties For What?

Some varieties are best for pie, some for baking, and so on. This list may help in your selection:

For baking — Albemarle Pippin, York Imperial, Stayman, Jonathan, Rome Beauty, Grimes Golden.

For pie — Grimes Golden, York Imperial, Jonathan, Winesap, Stayman, Rome Beauty, Golden Delicious. For sauce — Grimes Golden, York Imperial, Winesap, Stayman, Golden Delicious.

For salads — Stayman, Grimes Golden, Winesap, Red Delicious.

For eating — Grimes Golden. Stayman, Winesap, Red Delicious, Golden Delicious, Jonathan.



Golden Delicious



The York Imperial

Start The Day With Apples

Fried Apples and Bacon

Fry bacon until crisp. Drain, and keep hot. Leave about 4 tablespoons of fat in the skillet. Fill it with sliced unpeeled apples and brown lightly. Sprinkle with sugar, (½ cup per quart), cover, and cook slowly until tender. Remove the cover to let the apples brown and cook off excess juice. Serve on a hot platter with the bacon.

Baked Virginia Apples

Wash the apples and core them without cutting through the blossom end. Remove the blossom. Peel skin about ½ down. Score with fork. Place the apples in a baking dish; fill the holes with sugar. Add a little butter, raisins, nutmeg, and cinnamon, if desired. Add just 2 tablespoons of water to keep the apples from sticking. Cover with ovenware dish. Bake in a moderate oven (350°) until the apples are soft. To get a glaze, remove cover and baste syrup over apples. Cook. Crystalized ginger may be used.

Apple Sauce

Wash, quarter, and remove stem and blossom ends. Cook the apples in a covered pan until soft, using just enough water to keep them from scorching. Put the sauce through a colander or food mill. Sweeten to taste and add a few grains of salt.

Flavor may be varied by adding lemon juice or spices such as cinnamon, cloves, or nutmeg. Serve hot or cold.



Fried Apples



Baked Apples

Salads for Lunch or Supper

Waldorf Salad

Dice tart apples with the skins left on. Combine with chopped celery and chopped nuts (hickory nuts, pecans. walnuts, or blanched almonds). Add enough salad dressing to moisten. Serve at once on crisp lettuce or other salad greens. If you use walnuts, sprinkle them over the salad just before serving, for the nut skins may darken the fruit.

Mixed Apple Salad

Put equal quantities of shredded cabbage, cut celery, raisins, and apples into bowl and mix with mayonnaise. Serve on lettuce.

Apple and Cabbage Salad

Dice tart apples and combine with about equal quantities of finely shredded cabbage. Mix with salad dressing. Cream dressing seasoned with grated horseradish goes especially well with this combination. Serve at once on lettuce or finely chopped cabbage.

For variety, add onions cut in thin rings.

Fruit Salad or Cup

Diced apples, especially with the red skins left on, are excellent in many kinds of fruit salads or cups. The apples give the crisp texture often needed, particularly with canned fruits. Add peaches, pears, pineapple, banana, or other available fruit.



Apple Party Salad

6 tart red apples

I small can pineapple

1/2 lb. seedless grapes

10 marshmallows

1 lemon

Dice apples (leave skin on), add lemon, pineapple, grapes, and marshmallows. Serve with fruit salad dressing.

Fruit Dressing

l cup pineapple or other fruit juice

1/4 cup sugar

1 thsp. flour

1 egg

2 thsp. butter

1/2 cup whipping cream

2 thsp. lemon juice

Heat juice. Beat egg. Add flour and sugar. Pour juice over mixture. Add butter. Cook slowly until thick. Chill. Add lemon juice. Whip cream and add to salad just before serving.

Apple Basket Salad

Cut a section from each side of a crisp apple leaving about 1/4 inch section in center for a handle. Scoop out apple with spoon or ball cutter. Mix diced apple with salad dressing, raisins, and celery. Squeeze lemon juice over cut side of apple to prevent browning. Fill basket and serve on lettuce or any green leaf.

Red Apple Salad

4 firm tart apples

1-1/2 cups sugar

1/4 tsp. salt

1/2 cup red cinnamon candies

3 cups water

1/2 cup cottage cheese, or 3 or

4 oz. cream cheese

1/4 cup chopped green pepper

Pare and core apples. Add sugar, salt, and candies to water. Put over heat and stir until dissolved. Cook apples slowly in this syrup in covered pan until just tender, turning occasionally to color evenly. Drain and chill. Mix cheese with green pepper and stuff the apples. Serve on watercress or other dark greens. 4 servings.

Apples With Dinner

Apples and Carrots

Scrape carrots and slice into thin rounds. Pare and slice apples. Alternate layers of the two in a greased baking dish. Dot with butter, brown sugar, and cinnamon. Sprinkle with grated cheese. Cover dish and bake until nearly soft. Remove cover and brown.

Apple Fritters

4 medium sized tart apples

1/2 cup sugar

Grated rind of 1 lemon

1 egg

1/2 cup flour

1/4 tsp. salt

1 tbsp. melted butter

1 thsp. lemon juice

1/4 cup water

Peel and quarter apples. Dip into mixture of sugar and lemon rind. Beat egg and add flour, salt, butter, and lemon juice. Add water to make batter the consistency of heavy cream. Dip apple pieces into batter and fry in deep fat heated to 375°F. Drain on paper and dust with powdered sugar. Apples may be chopped and added to batter and dropped with small spoon into deep fat.

Stuffed Apples with Sweet Potatoes

- 6 medium apples
- 1 tsp. cinnamon
- 2 thsp. brown sugar
- 2 cups mashed cooked sweet potato

½ tsp. salt

1 thsp. sugar

1 tsp. vanilla

Cut apples in half and cut out core. Place on baking pan and sprinkle with cinnamon and brown sugar. Bake slowly until tender. Prepare sweet potato filling by adding other ingredients and mixing well. Fill cooked apples with potato. Serve hot.



Rome Beauty

Mint Rings

Boil 2 cups sugar with 2 cups water and ½ tsp. salt. Add chopped fresh mint flavor and green color. Peel and core 6 tart apples and cut across into thick slices or rings. Cook these rings slowly in syrup until clear. Drain on cake rack and serve around pork roast or ham.

Apple-Cranberry Relish

- 2 apples pared and cored
- 2 cups cranberries
- 1 orange
- 3/4 cup sugar

Grind the apple and cranberries through a food chopper. Quarter the orange, remove seeds, and put through chopper. Add 3/4 cup sugar, blend, and chill. Makes 3/4 quart of relish.

Sweet Potatoes and Apples

Peel and slice sweet potatoes and slice unpeeled apples. Place layer of potatoes in well greased casserole, then layer of apples. Sprinkle with brown sugar and dot with butter. Repeat until dish is filled. Place cover on casserole and bake at 350°F. or moderate oven for 1 hour or until potatoes are tender. Sausage may be added to make a main dish.

Glazed Apples

Pare and core small tart apples. Place in greased baking pan or casserole and sprinkle with sugar. Add small amount of water and pieces of butter. Bake in moderate oven (350°F.) uncovered for about ½ hour or until done. Baste syrup over apples 2 or 3 times during cooking for an attractive glaze. Fill centers with apply jelly or raisins and serve with pork or chicken.

Favorite Apple Desserts

Apple Dumplings

Roll out rich pastry dough in 5 to 6 rounds or squares. In the center of each, place a pared and cored apple. Sprinkle the apple with a mixture of sugar, cinnamon, and a few grains of salt, and dot with fat. Lift the edges of the dough and press together. Bake in greased pan or muffin tins in a moderate oven (350° to 375°F.) for 30 minutes.

Apple Upside-Down Cake

Use your favorite cake mix or receipe for cake.

4 firm apples

1 tsp. cinnamon mixed with 1/4 cup sugar

1/4 cup butter

Prepare cake batter. Spread a thick coating of fat on the bottom and sides of a heavy frying pan or baking dish. Pare, quarter, and slice the apples thin, or cut into rings and arrange on the bottom of the dish. and sprinkle with the cinnamon and sugar. Pour the cake mixture over

the apples. Bake in a very moderate oven (300° to 325°F.) for 45 minutes, or until cake is donc. Loosen the sides of the cake. Turn it out carefully, upside down. Serve with cream or ice cream.

Apple Sauce Roll

2 cups rich biscuit mix

1/4 cup butter

11/2 cups sweetened apple sauce

I tsp. lemon or spices

Make a rich biscuit dough. Melt butter in a pan 6" square and at least 2" deep. Roll out the biscuit dough into a rectangle 7 x 10 inches. Add seasoning to sauce and spread dough with the apple sauce. Roll up as for a jelly roll. Cut into 6 slices. Place cut side up on the hot melted butter in pan. Put at once into hot oven (450°F.). Bake 20 minutes or until the biscuit is done. Serve hot or cold, plain or with whipped cream. A syrup of 2 cups of sugar and I cup water may be poured over before baking if a dumpling effect is desired.

Apple Sauce Spice Cake

1/2 cup fat

l cup sugar

l cup thick, unsweetened apple sauce

1 egg

11/2 cups flour

4 tsp. baking powder

1 tsp. nutmeg

I tsp. cinnamon

1/4 tsp. cloves

1/4 tsp. allspice

1/2 cup walnuts, chopped

Cream the fat and sugar. Add apple sauce and beaten egg. Mix and sift the dry ingredients. Add nuts and combine the mixtures. Blend thoroughly. Bake in loaf, in moderate oven (300° to 400°F.). If you prefer, bake cake in two layers.

Apple Crisp Pudding

4 cups sliced apples

1 cup water

1 tsp. cinnamon

1/4 tsp. nutmeg

l cup sugar

3/4 cup flour

1/2 cup butter

Grease casserole. Add apples and water which has been mixed with the spices. Work together sugar, flour, and butter until crumbly. Spread over the apples. Bake uncovered in moderate 350° oven until apples are tender. Serve warm, either plain or with whipped cream.

Apple Croutes

Select tart, juicy apples. Remove the cores, peel, and cut in half. Have ready as many rounds of bread as there are apple halves. Butter them generously and sprinkle well with sugar. Lay each half apple on a round of bread, core side down; sprinkle with sugar and dust with cinnamon. Bake ½ hour in moderate oven and serve hot with cream. For a dressy dessert make a meringue and spread over when apple is tender and browned in hot oven.



Apple Blossoms in Bloom

Apple Cobbler

1/2 lemon

1 cup water

3/4 cup sugar

2 tbsp. flour

1/4 tsp. nutmeg

3 cups apples, pared and sliced

2 tbsp. butter

1 cup flour

1/2 tsp. salt

1/3 cup shortening

3 tbsp. cold water

Slice lemon thin and simmer with water until rind is tender. Mix sugar, flour, and nutmeg and add juice from lemon mixture. Cook this until thick. Add apples and butter and pour into a greased baking dish. Make pastry from flour, salt, shortening and water and roll thin. Cut in triangles and arrange over apple filling. Bake in 400°F, oven about 40 minutes. Cobbler may be served with cream or ice cream, but it makes its own juice. This has a delightful lemon flavor.

Apple Puffs

1 cup flour

½ tsp. salt

1 tsp. baking powder

½ cup sugar

1 egg

2/3 cup milk

3 apples - peeled and diced

Sift flour, salt, and baking powder. Add sugar, egg, milk to a stiff batter. Add apples. Drop by spoonfuls into hot fat and cook until puffs are golden brown and apples tender.

Apple Surprise

1/2 cup butter or margarine

l cup sugar

1 cup flour

1 cup milk

2 tsp. baking powder

2 cups cooked or canned apples

Mclt butter (or equivalent of other shortening) in deep skillet or baking dish.

Mix next 4 ingredients into a batter and pour this into melted butter or margarine.

Drain fruit and pour into center of batter. Bake in moderate oven until batter covers fruit and the cake browns.

Apple Brown Betty

4 large tart apples

3 eups soft bread crumbs

1 cup sugar

1/4 tsp. cloves

1/4 tsp. cinnamon

1/4 tsp. nutmeg

1/4 tsp. salt

4 tbsp. butter

Grease baking dish and place a thin layer of crumbs, then a layer of thinly sliced apples, some sugar and spices. Repeat layers until all ingredients are used, saving some crumbs for the top. Pour melted butter over the top. Bake in moderate oven until apples are soft. Serve hot with hard sauce or cream.

Colonial Homestead Apple Crisp

1/2 cup brown sugar

1/2 cup white sugar

1/2 cup flour

1 egg, separated

2 cups chopped apples

1/2 cup pecans

1 tsp. vanilla

Mix ingredients, with exception of egg white. Beat egg white stiff but not dry and fold in. Pour in buttered pie plate and bake at 350° for about 30 minutes.



America's Favorite Dessert -- Apple Pie

Apple Pie

6 medium sized apples

2/3 cup white or brown sugar

1/4 tsp. cinnamon

1/3 tsp. nutmeg

2 thsp. flour

½ tsp. salt

11/2 thsp. butter

2 thsp. water or cream if apples are dry

Line a 9-inch pie pan with rich pastry. Peel the apples, core, and cut into very thin pieces. Combine the sugar, cinnamon, nutmeg, salt, and flour, and sift over the apples. Stir the apples until they are well coated. Place them in the pie shell. Dot with butter. If the apples are dry, add the water or cream. Cover the pie with upper crust. Slit crust in center. Bake the pie in a hot oven 450°F. for 10 minutes. Reduce heat to 350°F. Bake the pie until apples are soft, (from ³/₄ to I hour).

Spread Apple Pie

Make spiced apple sauce. Spread on baked crust. Serve at once with cream.

Apple Crunch Pie

1 unbaked pie shell

6 apples, peeled and sliced thin

2 tbsp. sugar

1/2 tsp. cinnamon

2 thsp. lemon juice

²/₃ cup brown sugar

1/2 cup flour

1/4 cup butter

1/2 cup nuts

Fill pie shell with sliced apples. Mix sugar, cinnamon, and lemon juice and sprinkle over apples. Mix brown sugar and flour and blend with butter. Add nuts and sprinkle mixture over apples. Bake in hot oven about 1 hour. Reduce heat if crust is brown before apples are soft.

Apple Turnovers

Roll pastry into 6 inch rounds or squares. On ½ of the pastry, arrange layers of thinly sliced apples. Sprinkle with a mixture of sugar. cinnamon, and a little salt. Dot with butter. Moisten the lower rim of the pastry. Bring the other part over it. Press the two edges firmly together with the times of a fork and prick the top crust so the steam can escape. Bake in a moderately hot oven (375°F.) for 20 minutes, or until the apples are tender, or fry in deep fat. Cooked dried apples may be used.

Finnish Apple Pie

3 cups sifted flour

1 tsp. baking powder

I cup sugar

1 cup butter

2 egg yolks, slightly beaten

3 thsp. milk

½ tsp. vanilla

Apple filling

Meringue from egg whites

Mix and sift flour, baking powder, and sugar. Cut in butter as if making pastry. Stir in egg volks, milk, and vanilla. Work dough until smooth. Chill. Roll out dough to make 3 equal round layers about 6 inches in diameter and 1/2 inch thick. Place on greased baking sheets. Bake in a moderately hot oven (375°F.) for 10 to 15 minutes. Remove from oven and cool. Spread apple filling between layers and on top. Top with meringue and bake in a slow oven (325°F.) about 20 minutes, or until meringue is delicately browned. Cut in wedge shape and serve with vanilla sauce.

Apple Filling: Peel, core, and slice 2 lbs. (about 6) medium sized apples. Simmer in a syrup made by dissolving 1½ cups granulated sugar in ¾ cup water. Add ½ tsp. cinnamon and apple slices. Cook, uncovered, until apples are tender. Add 2 tbsp. lemon juice and cool. Meringue: Beat 2 egg whites until frothy. Sprinkle ¼ tsp. salt over top. Add ¼ tsp. vanilla. Gradually beat in ¼ cup fine granulated sugar.

Dutch Apple Pie

6 or 8 apples

1 cup sweet or sour cream

1 cup brown sugar

1/2 cup granulated sugar

1/2 tsp. cinnamon

3 thsp. flour

Wash, pare, and quarter apples. Mix brown and white sugar, cinnamon, and flour. Put half of this mixture in the bottom of an unbaked pic shell. Add apples. Mix cream with remainder of flour and sugar and pour over the top. Place in a pre-heated oven 450°F. Reduce temperature after 10 minutes to 325°F. Bake approximately 45 minutes or until apples are transparent and tender.



Dutch Apple Pie

Between Meal Snacks

Polished Crisp Apples

These are the best between-meal snacks. Keep a bowl of them handy. They look pretty and taste even better than they look.

Virginia Fruit Punch

1 cnp apple juice

1 cup water

1 cup grape juice

1/2 cup sugar

2 thsp. lemon juice

Mix all together and chill.

Spiced Cider

1 qt. cider

4 sticks cinnamon

1/2 tsp. all-spice

 $\frac{1}{2}$ tsp. whole cloves

Bring cider to boil. Add spices. Let stand four hours. Strain. Serve hot or cold.

Apple Juice Sparkle

Mix equal parts of apple juice and ginger ale with ice. Serve at once.

Applesauce-Nut Bread

2 cups sifted all-purpose flour

34 cups granulated sugar

3 tsp. baking powder

1 tsp. salt

1/2 tsp. baking soda

1/2 tsp. cinnamon

I cup coarsely chopped walnuts

l egg

1 cup canned applesauce

2 thsp. melted shortening

Sift together dry ingredients. Add walnuts. Beat egg. Add applesauce and shortening. Add flour mixture. Stir until blended. Pour into pan, or muffin tins. Bake in oven heated to 350°F 1 hour or until done. Cool on rack.

For The Freezer

Apples, slices

Syrup pack is preferred for apples to be used for fruit cocktail or uncooked dessert. Apples packed in sugar or frozen unsweetened are good for pie making. For better quality, apple slices need to be treated to prevent darkening. Select full-flavored apples that are crisp and firm, not mealy in texture. Wash, peel, and core. Slice medium apples into twelfths, large ones into sixteenths.

Syrup pack: Use 3 cups sugar and 4 cups water for syrup. For a better quality frozen product add ½ tsp. (1,000 milligrams) ascorbic acid to each quart of syrup.

Slice apples directly into cold syrup in container, starting with ½ cup syrup to a pint container. Press fruit down in containers and add enough syrup to cover. Leave head space. Seal and freeze.

Applesauce

Select full flavored apples. Wash apples. Remove stem and blossom. Slice. To each quart of apple add ½ cup water. Cook apples until tender. Strain. Sweeten to taste with ½ to ¾ cup sugar for each quart (2 lbs.) of sauce. Chill. Pack into containers, leaving head space. Seal and freeze.

For The Pantry

Apple Butter

- 10 lbs. apples
- 8 qts. sweet eider
- 4 lbs. sugar
- 2 thsp. ground allspice
- 3 tbsp. ground cinnamon
- 2 thsp. ground cloves

Pare, core, and slice the apples. Boil the cider down to half the original amount. Add apples and cook until broken up. Add the sugar and spices and cook to the consistency of fruit butter, stirring constantly to prevent scorching. Pour into sterilized jars and seal.



Making Apple Butter in The Old Days

We Grow The Best! Let's Use The Best!

Virginia apples are packed with health and good flavor. Long days of sunshine and long, dew-filled nights have filled them with the protective Vitamins A. B. C. and G. The mountain soil has charged them with the needed minerals: calcium, phosphorus, iron, magnesium.

From the mountain-sides, the slopes and the valleys of Virginia, come apples at their finest. The Virginia apple is truly the King of Fruits.

Apples not only are packed with juice and flavor, but dental research shows that they really help cut down tooth decay. Eating an apple furnishes valuable exercise for the teeth and gums, and the juices of the apple help cut down the growth of tooth decaying bacteria. So, if you don't have your tooth brush along - take an apple.

Take one anyway. You will enjoy it, and it will help balance your meal.



Apple Orchard in Bloom

Picture credits: Photos in this bulletin used through courtesy of Appalachian Apple Service, Inc.

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MERRY CHRISTMAS CHRISTMAS	

THE OLD AMAZE

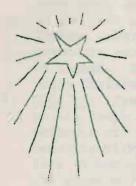
"These are the things I pray the years may leave Untarnished and untouched by dust and blight; The old amaze, the spell of Christmad Eve, Its rapture and delight.

The breathless wonder that the stars awake
The unfaltering belief that a star once led
Three kings a devious way -- that it still can take
Men to Christ's manger bed.

And hurrying years, in passing let us keep Some starry-eyed expectancy aglow; The thing that children waking from their sleep On Christmas morning, know.

And, Oh, some little flame of eagerness! Years, leave it lighted as you pass, I pray: A little inner flame to lift and bless All hearts on Christmas Day."

-- Grace Noll Crowell





TIME SAVING HINTS

FOR A HAPPY EASY HOLIDAY



 Make fruit cakes and plum puddings early in November. They are better aged and it's grand to get that job done. Store in a cool place in a tin box with tight fitting cover. An apple or an orange in the container keeps fruit cake moist, or wrap cakes and puddings in freezer paper and freeze.

2. Plan your Christmas week menus and holiday parties well in advance so you may

shop early and do as much preparation as you can before Christmas.

3. If you have a freezer, most of the holiday preparation may be done in advance. Turkey, cakes, pies, stuffed potatoes, cooked sweet potatoes, cranberries, or cranberry sauce, rolls, fancy cookies, cookie dough, cake batter, etc., all may be frozen. This makes the holiday meals easy and leaves the homemaker free to enjoy Christmas with the family.

 COOKIES: Grease and flour cookie sheet or back of shallow pan. Roll chilled cookie dough on sheet. Cut cookies; remove scraps and use for second rolling. If

patterns are used, cut around edge with sharp knife.

Decorate with powdered sugar frosting. Freeze on cookie sheet for 20 minutes.

Pack in box between layers of waxed paper. Wrap in vapor moisture-proof paper and store at zero. To thaw, remove from box; cover with wax paper and let stand 30 minutes. (Use any plain sugar cookie recipe for this.) Use drop, bar, and sliced cookies to save time.

5. TO PREPARE NUTS: Cocoanuts -- Make 2 holes and drain out cocoanut milk, Save this for use later. Put cocoanut in 350° oven for 10-- 15 minutes or until shell cracks. Take from oven; tap with a hammer all over. Remove shell and peel off the brown part with a vegetable peeler. Grate and use as needed. Blender may be used instead of grating. Grated cocoanut can be frozen. Freeze cocoanut milk in separate container.

TO PREPARE NUTS - Continued

Other nuts: Pecans, English walnuts, Brazil nuts, filberts, etc. shell like magic when steamed at 15 lb. pressure for 5 minutes. Use 2 cup hot water in pressure saucepan or cooker.



IT'S FUN TO ENTERTAIN WHEN YOU USE BUFFET SERVICE

Buffet meals have become more popular each year. It is a boon to a hostess with a small house who likes to entertain. In this informal type of meal service all food (except desserts) is put on the table. If the group is large, friends are often asked to serve one or two dishes. This allows host and hostess more time for visiting with guests and is the easiest way to serve a large group. Serving food this way is an "icebreaker" and starts the fun.

The buffet table may be made very attractive and it remains attractive throughout the serving as duplicate plates, platters, and dishes of all foods are served in
the kitchen to replace those on the table when nearly empty. Never refill a platter
at the table and don't leave an empty space by taking it to the kitchen to refill.
If possible, set up small tables in another room. If small tables are not practical,
light trays may be used to hold plate, silver, cup, and glass. Place-cards, suited
to the season, helps the hostess to place guests in the most congenial group and makes
it easy for guests to find places. The small tables are set with silver, glassware,
water, salt, pepper, sugar, and cream. For easy service, the coffee pot, water pitcher
etc. may be placed near small tables.

To keep food hot on buffet table when serving large groups use a chaffing dish, grill, roaster, deep fat fryer, electric trivet, or one of the casseroles with small candle underneath.

Links of the

Guests are invited back to the table for dessert or it may be passed. Foods on the buffet table must be easy to serve and eat, not require a lot of cutting, for example: sliced ham, meat loaf, creamed and casserole dishes, and tender meat.

BUFFET MEAL

Tomato Cocktail

*Christmas Wreath Turkey

Buttered Whole or French Stringbeans
Garnished With Blanched Almonds

*Cranberry Apple Relish
Baked Squash with Butter

Rolls

*Lime Chiffon Pudding

Coffee

*Cranberry Turkey or Chicken Salad
or
*Chicken or Turkey Souffle Salad
Asparagus in Pimiento Rings
**Tiny Parsley Potatoes
Ham Biscuits Pickles - Relishes
*Treasure Pudding or *French Chocolate Cream
Orange or Hard Sauce
Coffee

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Fruit Cup

*Ham Loaf

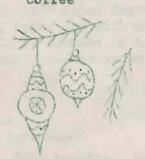
Glazed Sweet Potatoes

Buttered Broccoli

*Apple Sauce Nut Muffins

*Ginger Date Roll

Coffee



*Recipes Given
** You may cut large potatoes with melon ball cutter.

CHRISTMAS WREATH TURKEY (serves 20)



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1 qt. turkey - (cut in pieces, don't chop fine)

2 cans mushroom soup (optional)

1 cup chopped pimientos

1 medium onion chopped very fine

2 qts. turkey broth, or combination of broth and milk

1 cup turkey fat or butter

1 cup flour or 3/4 cup corn starch to thicken

To make broth, use bones after meat has been removed, cover with cold water and simmer one hour or cook under pressure for 20 minutes. Strain and salt to taste. Stir to smooth paste 1 cup turkey fat or butter with cornstarch or flour. Add hot broth gradually and cook until thick, stirring constantly. Add other ingredients. Salt and pepper to taste. Pour in large, flat casserole; cover top with wreaths of rich biscuit dough - cut with doughnut cutter. Bake 10 to 12 minutes in hot over (4500), garnish with parsley and strips of pimiento and serve in casserole.

CRANBERRY APPLE RELISH

1 pound (4 cups) cranberries 1 orange 1 apple 1-3/4 cups sugar

Put cranberries through food chopper. Peel apple and cut into eighths. Cut orange into quarters, remove seeds and put apple and orange through chopper. Mix with cranberries and sugar. Let stand for a few hours before serving. Store in covered container in refrigerator.



LIME CHIFFON PUDDING

3 envelopes unflavored gelatin

1/2 cup cold water 6 egg yolks

1 cup sugar

3/4 cup fresh or bottled lime juice

1-1/2 tsp. grated lemon rind

Green vegetable coloring

1 pt. heavy cream or whipped topping

1-1/2 cups candied cherries

1-1/2 cups walnuts



1. Soften 3 envelopes unflavored gelatin in 1/2 cup cold water for 5 minutes.

2. Beat 6 egg yolks and add, gradually, 1 cup sugar, beating constantly.

3. Add 3/4 cup fresh or bottled lime juice and 1-1/2 tsp. grated lemon rind and enough green vegetable coloring to give it a pretty tint.

 Cook in double boiler until thick, beating constantly with rotary beater. Remove from heat and stir in gelatin until dissolved. Cool, fold in 6 egg whites,

beaten until stiff, and 2 cups whipped cream or whipped topping.

 Add 1-1/2 cups candied cherries, cut into pieces, and 1-1/2 cups walnuts broken into pieces. Heap into bowl in which it is to be served and chill, or put in star or ring mold.

CRANBERRY TURKEY OR CHICKEN SALAD

Cranberry Layer

1 envelope unflavored gelatin

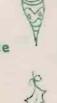
& cup cold water

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I quart fresh whole cranberry sauce or 2 cans (1 lb. each) whole cranberry sauce

1 can (9 oz.) crushed pineapple

1/2 cup chopped walnuts



Chicken or Turkey Layer

1 envelope unflavored gelatin

t cup cold water

by cup mayonnaise or salad dressing

a cup undiluted evaporated milk

2 cups diced cooked chicken or turkey (2 cans, 6 oz. each)

1 cup finely diced celery

2 cup chopped parsley

tsp. salt

1/8 tsp. pepper



Lightly brush 2-quart mold with salad oil. Prepare Cranberry Layer. Soften gelatin in cold water; dissolve over hot water. Break up cranberry sauce in medium size bowl. Stir in pineapple and juice, add walnuts. Blend in dissolved gelatin. Pour mixture into mold. Chill until firm.

While cranberry mixture chills, prepare Chicken or Turkey layer. Soften gelatin in cold water, dissolve over hot water. Combine mayonnaise or salad dressing and evaporated milk in large bowl; blend in dissolved gelatin. Stir in chicken, celery, parsley, salt and pepper; blend well. Carefully spoon chicken mixture over firm Cranberry Layer in mold. Chill 3 to 4 hours, or until firm. To unmold, run tip of paring knife around top edge of mold; tip mold slightly, rotating to loosen salad from all sides; turn out on serving plate. Garnish with parsley and red spiced crab apples, if desired.

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CHICKEN OR TURKEY SOUFFLE SALAD



1 three oz. pkg. lemon-flavored gelatin

1 cup hot water

to cup cold water

t cup mayonnaise

2 tbsp. lemon juice, fresh, frozen, or canned

12 tsp. salt Dash pepper

1. Dissolve gelatin in hot water.

2. Add cold water, mayonnaise, lemon juice, salt and pepper.

3. Beat with electric or rotary beater until blended.

4. Pour into refrigerator tray, Quickchill in freezing unit 15 to 20 min., or until firm about 1 inch from edge but soft in the center.



13 cups diced cooked chicken or turkey to cup finely diced celery

1/3 cup toasted, slivered blanched almonds

t cup chopped pimiento

& cup chopped green pepper

1 tsp. grated onion



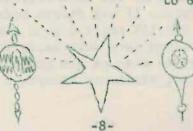
5. Turn into bowl and beat till fluffy.

Fold in remaining ingredients.

Place in 85x45x25 inch loaf pan.

Chill till firm. Unmold on bed of curly endive, lettuce or other greens.

9. Decorate top with Christmas tree made of pimiento pieces. Makes 6 to 8 servings.

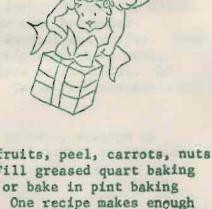


TREASURE FUDDING

Full of chewy, colorful fruits, crisp nuts, fragrant spice --

t cup shortening to cup honey 2 beaten eggs & cup chopped nuts 2 cups chopped dried figs 25 cups enriched flour t cup watermelon rind preserves or citron cup mixed fruit 6 cherries (sliced) by cup chopped dried apricots to cup white or dark raisins

1 cup grated carrots 1 tbsp. grated lemon peel 1 tsp. salt 2 tsp. baking powder tsp. soda tsp. nutmeg 3/4 cup fruit juice or

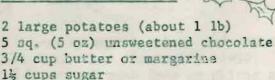


Cream shortening; add honey; blend; add eggs; beat. Add fruits, peel, carrots, nuts. Sift dry ingredients; add alternately with fruit juice. Fill greased quart baking dish two-thirds full. Bake in slow oven (3250) 12 hours, or bake in pint baking dishes for 50 minutes, or in custard cups for 25 minutes. One recipe makes enough for a quart casserole or it makes enough for 11 custard cups. Cover containers with wax paper or foil if they do not have a tight fitting cover. This pudding may be steamed according to directions given with your pressure cooker or saucepan. Serve hot with orange sauce. This pudding may be made several days ahead or frozen and kept several months. Heat in a covered container just before serving,

cider



FRENCH CHOCOLATE CREAM



1 tsp. vanilla extract 1 tsp. instant or frozen

coffee concentrate

2 egg yolks

 Boil potatoes in jacket until tender when tested with a fork. Meanwhile, butter a l quart deep casserole or loaf pan well; melt chocolate over hot water.

Cream butter and sugar thoroughly. Flavor with vanilla extract and coffee. Drop in unbeaten egg yolks and beat well; add the melted checolate and beat again.

3. Now work the cooked potatoes, skin and all, through a sieve or food mill. Add the hot potatoes to the chocolate mixture and mix well. Spoon into casserole and chill in refrigerator about 3 hours or until solid.

TO SERVE: Dip casserole or pan in warm water until dessert loosens, arrange on platter and cut in thin slices. Serve with whipped cream or whipped topping and garnish with cherry. Keeps beautifully, unsliced, in refrigerator for two weeks.

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HAM LOAF

2-3/4 lbs. smoked ham (picnic shoulder may be used)

2/3 cup tomato juice

1 cup bread crumbs

2 egga

1 tsp. prepared mustard

1 thsp, monosodium glutamate (optional)

2 thsp. grated onion 1 clove gerlic, minced 1 tsp. paprika 1/2 tsp. cayenne pepper 1 thsp. Worcestershire sauce Cranberries or pimientos

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HAM LOAF - continued



1. Grind ham (may be done by your butcher) and add to all except the last two ingredients. Stir well until thoroughly mixed.

2. Let stand several hours and pack into an oblong glass baking dish. (This will fill a 7-cup-capacity dish.) Pack firmly.

Bake 1 hour in a slow--300°F .-- oven. (Better put a shallow baking pan or metal tray under dish because the fat sometimes boils out during baking.)

4. Cool a little, invert on baking tray, lift off baking dish and wipe away fat that will run out on tray. Cool and put in refrigerator. Garnish with cranberries or pimientos cut in shape of bells.

* * *

APPLE SAUCE NUT MUFFINS



2 cups sifted all-purpose flour

3/4 cup granulated sugar

3 tsp. baking powder

1 tsp. salt

1/2 tsp. baking soda

1/2 tsp, cinnamon

1 cup coarsely chopped walnuts

1 egg

1 cup canned applesauce 2 thsp. melted shortening



- Beat egg, add applesauce and shortening, add flour mixture.
- Stir until blended, pour into muffin tins,
- 4. Bake 1/2 hour or until done in 3500 oven.
- 5. Serve at once or cool on rack and freeze.

GINGER DATE ROLL

1½ cups fine gingersnap crumbs 3/4 cup finely cut pitted dates 1/4 lb. marshmallows, cut fine

1/4 cup chopped crystalized ginger(optional)
1 cup broken walnut meats

1/4 cup strong coffee

 Combine 1 cup crumbs (reserving 1/2 cup) with dates, marshmallows, walnuts, and coffee, Mix well.

2. Form into a roll about 3 inches in diameter.

Roll in 1/2 cup crumbs.

4. Wrap in waxed paper or aluminum foil. Chill several hours or over night.

 Slice crosswise into pieces about 1 inch thick. Serve with Golden Sauce. Makes eight slices. This will freeze but the sauce should be made just before serving.

GOLDEN SAUCE

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1 cup sugar 1/2 cup water

2 egg yolks

2 tbsp. vanilla*

1 cup whipping cream or whipped topping Boil sugar and water to 238°F. (or until the syrup forms "threads") in a small saucepan. Meanwhile beat egg yolks until thick and light.

. Pour syrup slowly on yolks while continuing to beat. Continue beating until creamy. Chill.

3. Add vanilla. Whip milk or cream. Fold in.

4. Serve over alices of ginger date roll. Serves 8 to 10.

* This may seem like a lot, but it is correct. One-fourth cup lemon juice and 1 tsp. grated rind may be substituted for vanilla.

NOTE: The cooked part of sauce may be made the day before and cream or whipped milk folded in just before serving.

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CHRISTMAS OPEN HOUSE

Have fun at your party by preparing weeks in advance all the food possible. Items marked with an * may be frozen. Stuffed nuts should be done the day before the party and stored in a cold place, and apple slices the day of the party.



MENU

Cranberry Punch - Coffee *Holiday Bread & Sandwiches *Fruit or Pecan Date Cake *Salted or Stuffed Nuts



*Cookies *Salted or Stuffed Nuts *Cheese Wafers
(or omit above line and serve instead a plate of apple slices with a dip)

*Mints or Assorted Candies

CRANBERRY FUNCH - Serves 50

1 (12-ounce) can frozen orange-juice concentrate

1 No. 2 can (2½ cups) pineapple juics (chilled)

1 (6-ounce) can frozen lemonade concentrate 1 quarts water 6 pints cranberry juice cocktail (chilled)

Add water to frozen concentrates as directed on cans. Mix all ingredients well. Serve in punch bowl over crushed ice or ice cubes. Pineapple juice may be frozen in small star molds and floated on top of punch.

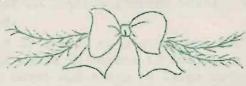
DATE PECAN CAKE

1 lb. pecans
2 lbs. dates
1 lbs. crystallized pineapple
1 tsp. baking powder
4 cups cake flour
3/4 lb. butter
1/2 tsp. salt
1/2 cup fruit juice
2 cups sugar

6 eggs
1 lbs. crystallized pineapple
1 lb. candied cherries (red & green
for color)
1/2 lb. brazil nuts
1/2 cup fruit juice
2 cups grated cocoanut



- 1. Sift and measure flour, then sift again with baking powder and salt.
- Cream butter and sugar, add well beaten egg yolks. (If using electric beater, add unbeaten eggs one at a time, beating well after each addition.)
- 3. Add flour mixture with fruit juice,
- Fold in fruits and nuts, and stiffly beaten egg whites (if yolks have been added (separately.)
- 5. Pour in well greased paper lined pans.
- 6. Tie wax paper over the top of pans.
- 7. Bake at 300°F. 12 to 2 hours depending on size of pan.
- 8. Cool on racks. Wrap and freeze or store in cool place in a tight tin can with cut apple. May also be baked in unlined foil pans and frozen in same.



HOLIDAY BREAD

Basic Sweet Dough

1/2 cup milk 1/2 cup sugar

15 tsp. salt

1/4 cup shortening

1/2 cup warm water

2 pkgs. or cakes yeast (active, dry, or compressed) 2 eggs, beaten

3 cups sifted enriched flour

1/2 cup raisins

1/2 cup nuts

1/4 cup candied orange peel

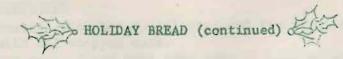
1 cup mixed fruit

2 cups sifted enriched flour



- 1. Scald milk, stir in sugar, salt, and shortening. Cool to lukewarm.
- 2. Add yeast to lukewarm water. Stir until yeast is dissolved.
- 3. Stir into lukewarm milk mixture.
- 4. Add eggs and 3 cups sifted flour also raisins, nuts, orange peel, and fruit. Beat until smooth.
- 5. Stir in the additional flour (about 2 cups) as needed.
- 6. Turn dough out on lightly floured board. Knead until smooth and elastic.
- 7. Place in greased bowl; brush top with soft shortening. Cover. Let rise in warm place free from draft until doubled in bulk, about 1 hour.
- 8. Punch down and turn out on lightly floured board. Shape. Let rise. Bake at 3750 about 30 to 45 minutes.

This can be made in a loaf or braid, or a star, wreath, or Christmas tree. To make: divide bread in long ropes about 1½ inches in diameter, cut into 2 inch pieces, make 35 small round rolls from these and place on large cookie sheet to form a star, wreath, or Christmas tree. When cold, frost with plain frosting. Garnish with cherries and nuts.



Plain icing:

Combine and beat until smooth:

1 cup sifted confectioners' sugar 1 tbsp, milk or cream

1/4 tsp. vanilla

1 tsp. grated lemon rind

1 tsp. lemon juice

* * * *

DARK FRUIT CAKE

1 lb. butter

1 lb. brown sugar

1 cup honey

& cup molasses

& cup fruit juice

8 eggs

5 cups sifted flour

1 tsp. soda

1 tsp. cinnamon

tsp. mace

tsp. cloves

1½ lbs. mixed fruits (pineapple, cherries, orange peel, lemon peel, etc.)

tsp. salt

1 lb. raisins

1 lb. currants

1 lb. citron

2 cups pecans

2 cups blanched & shredded almonds

2 cups walnuts

Steps in making:

1. Sift and measure flour, reserving 1 cup to flour fruits.

Sift flour, soda, spices together.

 Cream butter and sugar and add well-beaten eggs (if electric mixer is used, add unbeaten, one at a time beating after each addition.)

DARK FRUIT CAKE - continued

First Layer

l tsp. salt

1-1/3 cups shortening

- 4. Add flour alternately with honey, molasses and fruit juice, mixing lightly.
- 5. Add floured fruits and chopped nuts.

1 cup plus 2 tbsp. brown sugar (packed)

- Pour into 2 large paper lined tube cake pans or bake in smaller paper lined loaf bread pans.
- Bake at 275°F. until done -- 2½ to 3 hours for big pans, 1 to 1½ hours for smaller pans.

If brown paper is used to line pan, be sure to grease well. Wax paper is not greased. Let cakes set after removing from oven 5 to 10 minutes in pan before turning on cake rack to cool. Store in tight tin can to mellow for a month at least before serving. Put cut apple in can to add moisture. If you have a freezer, wrap in regular freezer paper as soon as cold and freeze. Cakes mellow in freezer. Will keep 6 to 8 months.

CHEWY COCOANUT BAR COOKIES - 2 layers

1. Cream until light

Add flour and blend

Cookies for 50 (Tea size)

3. Spread mixture in greased pans and bake

2-1/2 cups flour		at 300°F for 20 minutes.
Second Layer 5 eggs	4.	Beat eggs and sugar together until thick and foamy.
2-3/4 cups brown sugar (packed)	5.	Add flour sifted with baking powder.
1-1/2 tsp. vanilla		Add cocoanut and mix thoroughly.
3-1/2 cups finely chopped cocoanut	7.	Spread over first mixture and bake 25 minutes at 300° F.
& c flow they pomber	8.	Cut into small bars.
\$ top toling posses		

SWEDISH CATMEAL COOKIES

2½ cups oatmeal 1 cup sugar 1 cup shortening 2 tbsp. flour



2 tsp. baking powder

2 eggs

2 tsp. vanilla

tsp. salt



. Grease and flour baking sheet.

Melt fat; then stir all ingredients together.

3. Drop batter by teaspoonfuls about six inches apart. Bake at 350°F 8 to 10 min. Makes about 5 dozen. 1 tsp. cinnamon, ½ tsp. nutmeg, and all spice may be added to 1/2 batter for variety. Cookies should be lightly browned all the way through. They scorch easily, so don't bake too long.

NUTS FILLED WITH CHEESE

Beat in electric mixer or by hand 3 ounces blue cheese, 1 pint cottage cheese. When mixed together, spread on the flat side of a pecan half or walnut half. Put another nut on top, sandwich fashion. Press together. Chill. This amount of filling makes 5 to 6 dozen stuffed nuts.

APPLE HORS D'OUVRES

Devil Dip --

1 cup cottage cheese, creamed

1/3 cup deviled ham

1 teaspoon grated onion

2 tablespoons chopped ripe olives

l tablespoon minced pimiento

2 teaspoons worcestershire sauce

Combine all ingredients and mix well. Makes about 1½ cups.

Serve on unpeeled red apple slices that have been soaked for 10 min. in ascorbic acid (I tsp. to qt. of water) or lemon juice. This keeps apples from turning dark.



CE-BOX CHEESE WAFERS

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1/2 pound grated cheese 1/2 teaspoon salt 1/4 pound butter Small pinch red pepper 1½ cups sifted flour

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- 1. Cream butter, cheese, add salt and pepper.
- 2. Add flour and form in rolls about 12 inches in diameter.
- 3. Wrap in foil or wax paper and store in refrigerator until very cold.
- 4. Slice thin, place on cookie sheet and bake in 350°F oven until done -- about 8 minutes.
- 5. A pecan half may be pressed on top of each cookie before baking if desired.
- These will keep for a month or longer in refrigerator and uncooked rolls or baked cookies may be frozen for a much longer time.







GENERAL RULES FOR MAKING CANDY

- 1. Always use a large heavy saucepan (bottom of a pressure saucepan can be used.)
- 2. Pot should hold about three times as much as recipe to prevent running over.
- Always stir with wooden spoon. Stir until sugar is dissolved before allowing the mixture to boil.
- 4. Cover pan for first three minutes of boiling to wash down sugar crystals.
- 5. Cool candy until almost cold before beating.
- 6. A thermometer is a great help in making candy. If you don't have one use cold water for testing.
- 7. A marble slab is a great help as candy cools more quickly on marble.



2 cups sugar

1 cup thin cream (top milk)

1 pkg. of dates

1 cup walnuts

2 cups pecans

1 tbsp. butter

vanilla



- 1. Stir cream and sugar over medium heat until sugar is dissolved.
- Cover and cook 3 minutes. Remove cover and cook to soft ball (236°F).
- Add dates, cook to firm ball 240°F, and remove from stove.
- 4. Add butter and let stand until cool.
- 5. Beat until thick, add 1 cup nuts and vanilla.
- 6. Form into three rolls. Roll in remaining nuts and let stand until cool.
- 7. Slice and serve or wrap in foil and put in tin box with tight fitting lid. Store in refrigerator or a cool place. This candy may be made a month before using if stored as directed above, or may be frozen and kept 6 months.

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COCOANUT BALLS

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3½ cups sugar Grated cocoanut Milk from 1 medium-sized cocoanut

1/4 tsp. cream of tarter 1/4 tsp. salt

- Stir sugar, salt, and cocoanut milk in heavy saucepan over low heat until sugar is dissolved. Don't stir again.
- 2. Cover, cook 3 minutes and add cream of tartar.
- Wipe down sides of pan with damp cloth. Continue cooking uncovered until 236°F is reached or to soft ball stage.
- 4. Add 1/2 grated cocoanut and cook to hard ball stage (240°F).
- 5. Remove from heat, place pan in cold water until candy is almost cold.
- 6. Beat until thick and begins to cream. (Often crumbles at this stage. Add a little grated cocoanut if it is too dry to knead.)
- Remove from pan and knead until smooth and creamy. Form into small balls and roll in remaining cocoanut. Put in tight tin box and store in cold place. This may be kept 2 or 3 weeks if stored as directed.



CANDY IS THE PERFECT GIFT FOR THE PERSON ON YOUR LIST WHO HAS EVERYTHING!

PACK CANDY IN TIN OR WRAP BOX WITH FOIL TO KEEP IT FRESH.

PULLED MINTS

2 cups sugar 1/4 cup butter 3/4 cup boiling water 8 drops oil of peppermint coloring if desired



- 1. Stir sugar and water in heavy saucepan over medium heat until sugar is completely dissolved. Don't stir again.
- 2. Add butter, cover and cook 3 minutes.
- 3. Wipe down sides of pan with damp cloth.
- 4. Continue cooking uncovered to 259°F (260° on a damp day) or until a small amount of candy dropped from tip of spoon in cold water will crack against side of glass.
- Pour without shaking pan on a buttered marble slab and let cool until you can handle comfortably. If you don't have a marble slab, pour in thin layers on large platters or trays.
- 6. Add oil of peppermint, coloring if desired, and pull like taffy until stiff.
- 7. Cut in small blocks with scissors on table cloth or enamel top table.
- 8. Don't try to pull blocks apart if they stick until they are cold and firm.
- 9. Place in tightly covered tin box or can until needed.
- 10. If candy isn't creamed when needed, bring container into warm room and let stand several hours or overnight until creamed. Be sure to store in cold place. Mints will keep 3 weeks if stored as directed or may be frozen and kept much longer.

** * * * *

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BLACKSBURG, VIRGINIA

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Cottage Cheese Recipes

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INTRODUCTION

Cottage cheese, sometimes called pot cheese and also Dutch cheese or Schmierkase, is a soft, uncured cheese made from skim milk or from reconstituted nonfat dry milk. It is available on the market in two forms: (1) large cured particles, resembling kernels of pop corn, which in some localities is called "pop corn style"; and (2) small-grained cottage cheese which is often called "country style" or "farm style."

Usually some cream is mixed with cottage cheese curd before it is marketed or consumed. To be legally called "creamed" cottage cheese the mixture must contain at least 4% milk fat. In many localities, cottage cheese is marketed flavored with chopped vegetables or with chives.

Nutritionists recognize cottage cheese as a highly nutritious food. Its acceptance by consumers, however, has been exceedingly slow. In the year 1935, people in Virginia ate about one-tenth of a pound per person. By 1955, consumption had increased to approximately three-fourths of a pound of cottage cheese per person. People in some other states are eating more than 10 pounds per person per year.

A recent survey, made by the V.P.I. Department of Dairy Science, on the quality of cottage cheese manufactured and sold in Virginia revealed that the quality of the product was very high. It is assumed, then, that the public is not aware of the importance of cottage cheese as an inexpensive, highly nutritious food.

Actually, cottage cheese is a concentrated form of milk. One pound of cottage cheese contains as much protein as $2\frac{1}{2}$ quarts of milk. This protein is complete. Because it contains all the essential amino acids for building, repairing, and maintaining body tissue, cottage cheese is particularly desirable for growing children. It is also an ideal food for adults. Creamed cottage cheese is about equal to milk as a source of vitamins and minerals.

Cottage cheese is easily digested and readily assimilated. Because of its high nutritive value and low calorie content, it is an important food for the person desiring to lose weight. One ounce of creamed cottage cheese supplies only about 38 calories.

Like other dairy foods, cottage cheese has no waste. You get a pound of food for every pound you buy.

People who enjoy its slightly tart flavor find cottage cheese a welcome food for meatless meals and an ideal low-calorie-high-protein food for healthy, nutritious dieting.

Cottage cheese is popular when used "as is" any time of the year. Fresh, cold cottage cheese furnishes the homemaker with an easily prepared, appetizing dish to serve for lunches and for hot weather snacks.

In addition to its concentrated food value, cottage cheese is a very versatile food. It can be served in a variety of tempting ways because it combines nicely with almost any type of food.

This collection of recipes will suggest to the homemaker many tempting ways of using and serving cottage cheese. Try them and enjoy the treat!

Cottage Cheese Appetizers

1. Cottage Cheese "Dips" or Dunks"

Basic Dip

Mix together 1 1/2 cups creamed cottage cheese (mashed, whipped, or sieved) with 1 tablespoon milk or sour cream, 1/2 teaspoon lemon juice, 1/2 teaspoon finely minced onion, and salt and pepper to taste. Serve dip with melba rounds, wheat crackers, pretzels, crisp rye wafers, or with potato chips.

Variations

Once you master the basic dip, experiment with flavorful additions. To 1 1/2 cups of the basic dip, add any one of the following to suit your own taste:

Seasonings:

minced chives garlic salt chili sauce or catsup minced green onions

Spices:

marjoram celery seed caraway seed

Sweets:

applebutter marmalade, jelly, or jam chopped sweet pickles

2. Cottage Cheese Rolls

1 cup cottage cheese 1/2 teaspoon Worcestershire sauce

Vegetable greens:

finely sliced celery and radishes finely chopped watercress or parsley chopped raw cauliflower and broccoli buds grated carrots with added raisins

Nuts:

chopped peanuts other chopped nuts

2 tablespoons chili sauce salt and pepper 12 slices dried beef

Mix cheese, sauces, and seasonings. Spread on beef. Roll and fasten with toothpicks.

3. Avocado Dunk

1 cup sieved cottage cheese 1 avocado, mashed salt and pepper pickle relish horseradish

graded onion cream or mayonnaise

Blend cottage cheese well with mashed avocado and seasoning. An electric mixer will do this easily. Thin with cream or mayonnaise.



Appetizers (continued)

4. Cottage Canape Spread

few drops of onion juice

2 cups sieved cottage cheese 1 tablespoon bouillon paste (or 2 cubes dissolved in 2 tablespoons of boiling water)

Drain excess moisture from cottage cheese and force through fine sieve. Combine with bouillon paste and onion juice and beat vigorously to blend. Chill until ready to use. Use as a spread on crisp wafers.

5. Stuffed Celery

Fill crisp stalks of celery with seasoned cottage cheese. Arrange them petal fashion on a round chop plate and fill the center with olives.



6. Cheese and Bacon Spread

Cook 4 slices of lean bacon until crisp, drain well, and chop. Mix with 1 tablespoon finely minced onion, 1 cup cottage cheese, 2 teaspoons minced parsley, dash of red pepper or tabasco and salt to taste.

7. More Cheese Spreads

Mash or sieve 1 cup creamed cottage choese with 2 tablespoons sour cream (or milk) and add one of the following: (with salt and pepper to taste):

1/2 cup mashed blue cheese

1/4 cup deviled ham

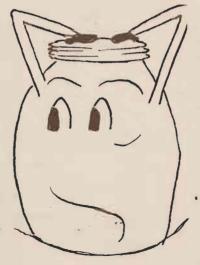
1/2 cup minced ripe olives 1 tablespoon horse-radish

FRESH HERB & COTTAGE CHEESE SPREAD

Combine

- 1 lb. dry cottage cheese
- 2 tablespoons cream
- 1 tablespoon salad oil
- 1 teaspoon chopped basil
- 1 teaspoon chopped tarragon
- 1 teaspoon chopped parsley
- 1 teaspoon salt
- (1 teaspoon dill seed)

Place in a covered jar in the refrigerator for 24 hours.



Cottage Cheese Salads

1. Two-Decker Salad

Lime Layer

2 packages lime-flavored gelatin

3 cups hot water

1 1/2 lbs. cottage cheese, well drained

2 tablespoons mayonnaise

1 tablespoon chopped onion

1 tablespoon vinegar or lemon

juice

1/4 cup horse-radish

Dissolve gelatin in hot water. Chill until partially set. Beat until light. Stir in remaining ingredients. Pour into 2 quart mold which has been well oiled or rinsed with cold water. Chill until set.

Tomato Layer

4 cups fresh cooked or canned tomatoes

1/3 cup chopped onion

1/4 cup chopped celery leaves

1 bay leaf

2 whole cloves

1 teaspoon salt

2 tablespoons brown sugar

2 tablespoons (2 envelopes) unflavored gelatin

1/4 cup cold water

3 tablespoons lemon juice

2 hard-cooked eggs, sliced

2. Deviled Cottage Eggs

1/4 teaspoon dry mustard

2 teaspoons vinegar

1 tablespoon chopped olives

1 tablespoon pickle relish

4 hard-cooked eggs, shelled 1/2 to 3/4 cup cottage cheese with chive

1/4 teaspoon salt

1/8 teaspoon pepper

Cut eggs in half lengthwise. Remove yolks. Mash yolks. Add mustard, vinegar, chopped olives, and relish. Add cottage cheese, mix well; season with salt and pepper. Refill egg whites with mixture, piling it high. Sprinkle with paprika, if desired. Serve in lettuce cups.

3. Cottage Cheese Salad Ring

2 tablespoons plain, unflavored gelatin 2 tablespoons lemon juice

1/2 cup cold water

2 pounds cottage cheese

1 cup cream or top milk

1 teaspoon onion juice

1/4 teaspoon paprika

Salt to taste

Soften gelatin in cold water; dissolve over hot water. Mix cottage cheese, cream, lemon juice, onion juice, paprika, and salt; add dissolved gelatin. Turn into a ring mold that has been rinsed with cold water; chill until firm. Unmold on crisp salad greens and fill center of ring with desired fruit or vegetable salad. Serve with mayonnaise or French dressing. Serves 8.

4. Avocado Salad

Peel the avocados, cut each in half lengthwise, and remove the pits. For each serving place half of an avocado on curly endive. Fill the center with cottage cheese to which has been added some tart French dressing.

Cottage Cheese Salads (continued)

5. Cottage-Cheese-Filled Tomatoes

6 medium tomatoes

2 cups dry cottage cheese 1 tablespoon minced onion

1/4 cup mayonnaise or salad dressing 3 tablespoons chopped pimento

3 tablespoons chopped pickle

3 tablespoons chopped walnut meats

Peel tomatoes; cut slices from top and scoop out center. Sprinkle with salt; invert to chill. Combine remaining ingredients and mix well; fill tomato cups. Chill thoroughly. Serve on lettuce with additional mayonnaise. Serves 6.

6. Cottage Cheese Potato Salad

3 cups cooked diced potatoes 1 cup mayonnaise

1/2 cup diced celery

1 tablespoon chopped green pepper 1/8 teaspoon pepper

1 tablespoon chopped pimento 1 teaspoon dry mustard

2 tablespoons minced onion

2 tablespoons chopped pickle

1 teaspoon salt

1 tablespoon lemon juice

1 cup creamy cottage cheese

Combine potatoes, celery, green pepper, pimentos, onion, and pickle. Chill. Blend mayonnaise, seasonings, and lemon juice. Pour over potato mixture; add cottage cheese and toss lightly. Serves 6 to 8.

7. Chive Cheese Mold

1 package lemon-flavored gelatin 1/2 large avocado

1 cup chive cottage cheese 1 cup hot water

1 cup cold water 6 tablespoons mayonnaise

1/3 cup chopped pecan meats

Dissolve flavored gelatin in hot water. Add cold water. Chill until syrupy. Mash avocado; mix with cottage cheese, mayonnaise, and nutmeats, and add to thickened gelatin. Pour into mold and chill. Garnish with orange slices or segments. Serves 6.

8. Gingerale Fruit Mold

1 cup hot water

1 package lemon-flavored gelatin

3/4 cup gingerale

1 cup fruit cocktail, drained juice of 1/2 lemon

Filling

1 cup cottage cheese

1/4 cup pecans

4 maraschino cherries, sliced

1 tablespoon cream

1 tablespoon mayonnaise

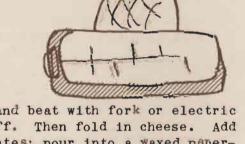
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Gingerale Fruit Mold (cont'd)

Stir hot water into gelatin until dissolved. Chill until cool but not thickened. Stir gingerale, fruit cocktail, and lemon juice into cooled gelatin; pour into ring mold rinsed in cold water. Chill until firm. At serving time, combine cottage cheese, pecans, cherries, cream and mayonnaise. Unmold fruit gelatin ring; fill center with cottage cheese mixture. Serves 6.

9. Frozen Cheese and Pineapple Salad

- 1 1/2 cups cottage cheese
 - 3/4 cups whipping cream
 - 1/2 teaspoon salt
 - 3/4 cup drained, shredded pineapple
 - 1/2 cup finely sliced dates
 - 1/4 cup mayonnaise or salad dressing
 - 3 tablespoons lemon juice



Drain off excess moisture from cheese and beat with fork or electric mixer until smooth. Whip cream until stiff. Then fold in cheese. Add seasonings, well-drained pineapple, and dates; pour into a waxed paperlined freezing tray of the refrigerator. Freeze at coldest temperature. Cut into slices, arrange on salad greens, and serve with additional dressing. (Allow about 3 hours for freezing salad.) Serves 6.

10. Cottage Cheese and Strawberry Salad



- 2 cups cottage cheese
- 2 cups sliced strawberries
- 3 tablespoons honey French dressing

Dressing

- 1/3 cup salad oil
 - 3 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/3 cup strained honey

Beat together oil, lemon juice, and salt. Add honey slowly while beating. Nix cottage cheese, strawberries, and French dressing. Put on lettuce leaves. Garnish with mayonnaise and whole strawberry.

11. Molded Fruit Salad

- 1 package lemon-flavored gelatin 1/2 cup broken Walnut meats
- 1 cup hot water
- 1/2 cup creamy cottage cheese
 - 1 cup heavy cream, whipped
- 1/2 cup maraschino cherries,
 - quartered
- 1 cup crushed pineapple, well drained

Dissolve gelatin in hot water. Chill until partially set. Fold in cottage cheese and whipped cream, walnuts, cherries, and pineapple. Pour into 1-quart refrigerator tray. Chill until firm. Cut in squares to serve. Serves 8.

Cottage Cheese Salads (continued)

12. Peach Party Loaf

2 packages lemon-flavored gelatin

1/4 teaspoon salt

1 cup hot canned peach syrup

1 1/2 cups hot grapefruit juice

1 1/2 cups drained sliced canned cling peaches

2 tablespoon chopped pimento

1 1/4 cups cottage cheese

1/2 cup chopped celery.

2 tablespoons chopped parsley

1 1/2 teaspoon grated onion

1/2 teaspoon salt salad greens

Dissolve gelatin and 1/4 teaspoon salt in hot syrup and fruit juice. Cool until slightly thickened. Arrange peaches and pimento in bottom of oiled 9 x 5 x 3 inch loaf pan and cover with half the gelatin mixture. Chill until firm. Add cottage cheese, celery, parsley, onion, and 1, 2 teaspoon salt to remaining gelatin and blend. Turn into pan over firm peach layer. Chill until firm. Unmold on crisp greens. Serve in slices. Makes 8 to 10 servings.

13. Cottage Cheese Ring

1 tablespoon unflavored gelatin

1/4 cup cold water

1 1/2 cups cottage cheese 2 1/2 tablespoons Roquefort cheese

1/4 teaspoon salt

1/4 teaspoon paprika

1/2 cup heavy cream, whipped fruit salad

Soften gelatin in cold water; dissolve over hot water. Press cottage and Roquefort cheese through sieve and mix thoroughly with gelatin, salt, and paprika. Fold in whipped cream. Pour into ring mold and chill until firm. Unmold and fill center with fruit salad. Serve with mayonnaise mixed with whipped cream. Serves 6.

14. Crown Salad

Fill lettuce cups with shredded lettuce and top with cottage cheese softened with peach juice. Make three slits in each well-drained peach half, leaving an uncut portion as a base. Spread each peach apart on the cottage cheese to form points of a crown. Top each point with a bit of red cherry.

15. Tomato Aspic with Cottage Cheese

3 cups stewed toma.toes

1 stalk celery

1 clove

salt

1/2 cup cold water

1 onion, sliced,

1 bay leaf

1 teaspoon sugar

2 tablespoons unflavored gelatin

Cook tomatoes with seasoning. Soak gelatin in cold water and add to hot mixture. Strain and allow to cool. When cool, place half of the mixture in a greased ring wold and chill until firm. Cover with cottage cheese. Pour in other half of aspic and chill until firm again. Slice and serve on individual plates of crisp lettuce. Bress with tablespoon of mayonnaise, adding a dash of paprika if desired.

Cottage Cheese Salads (continued)

16. Cheese and Lettuce Roll-Up



1 cup cottage cheese
1/4 teaspoon salt
mayonnaise to moisten
1/2 cup chopped stuffed olives
1/2 cup walnut meats

Roll spoonful of mixture in a large crisp lettuce leaf; slip a ring of green pepper around the center to hold it closed. Chill. Then serve with garnish of tomato wedges and cumcumber slices. Enough filling for 6 rolls.

17. Garden Cheese Filling

Mix together 1 cup cream-style cottage cheese, 2 tablespoons finely grated raw carrot, 1/2 teaspoon finely chopped green pepper, 1/2 teaspoon finely chopped chives (or 1/2 teaspoon chopped parsley and 1/2 teaspoon grated onion may be used for the chives). Fill into lettuce leaf (as in Number 16)

18. Fruit Salad Combinations

Combine fruits, such as fresh peaches, watermelon and cantaloupe balls. You can also combine sliced citrus fruits with fresh or canned peaches, sliced pineapple or pears stuffed with cottage cheese and garnished with strawberries, apple, celery, nuts or raisins. Serve with mayonnaise or California salad dressing. (See cottage cheese dressing).

19. Jellied Fruit and Cheese Salad

2 packages lime gelatin

3 1/2 cups hot water

1 cup shredded cabbage

1/2 cup dried celery

1/2 pound package process cheddar cheese, diced

6 canned or fresh pear halves

6 canned or fresh apricot halves Maraschino cherries

Dissolve gelatin in hot water. Chill until slightly thickened. Add cabbage, celery, and cheese; mix well. Pour in 9 inch ring mold which has been well oiled or rinsed with cold water. Chill until firm. Arrange pear halves in center of mold on bed of greens; garnish with maraschino cherries. Cut apricot halves in two and arrange around edge of mold with watercress. Serve with mayonnaise or fruit dressing. Makes 6 servings, 2/3 cup each.

20. Jellied Cucumber Ring with Cottage Cheese

2 packages lemon-flavored gelatin
2 1/2 cups grated cucumber and juice
(if tender, don't peel)
2 tablespoons grated onion

1/4 cup vinegar
1/2 teaspoon salt
1 1/2 cups boiling water

Dissolve gelatin in boiling water. Add vinegar and salt. Cool. Add onion and cucumber. Pour in oiled ring mold and chill until firm. Turn out on large chilled plate. Fill center with 4 cups of cottage cheese that has been seasoned with 1 1/2 teaspoons of chopped chives. (Also 1/4 cup cream, if needed). Garnish with sliced cucumbers and lettuce.

21. Lime and Cantaloupe Fruit Salad

Drain one No. 2 1/2 can pear halves. Add 1 cup chopped mint leaves to 5 cups water and 1 cup pear syrup. Bring to a boil slowly and boil 1 minute. Pour over 3 packages of lime flavored gelatin and stir until the gelatin is dissolved. Let it stand 15 minutes to bring out the flavor. Then strain to remove the mint. Chill the gelatin until thick but not set. Add 2 cups diced canned pears and 1 cup honeydew melon or firm cantaloupe balls. Use a ball scoop or a 1/2 teaspoon size measuring spoon for making balls. Pour into a 2-quart mold; chill until set.

Unmold and serve with cottage cheese snowcaps and salad greens. This salad including the snowcaps, can be made one day and served the next. Serves 6 to 8.

22. Cottage Cheese Snowcaps

Soften 1 envelope unflavored gelatin in 1/4 cup cold water. Heat over hot water until the gelatin is dissolved. Stir this into 2 cups dry cottage cheese that has been mixed with 3/4 cup rich milk or cream. Add 1/2 teaspoon salt and mix well. Pour into small individual molds. Chill until firm. Turn out and serve with lime fruit salad.

23. Frozen Fruit Salad

#2 1/2 can fruit cocktail

#1 can pineapple

1 egg

1 tablespoon flour

1 tablespoon butter

1/4 teaspoon salt

1 tablespoon lemon juice

1 tablespoon sugar

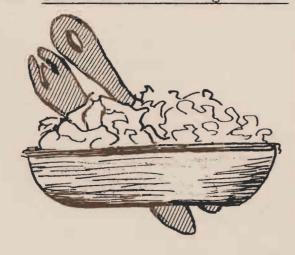
1/4 cup cream or powdered milk

(whipped with 1 tablespoon lemon juice,

1 tablespoon sugar and 1/4 cup water.)

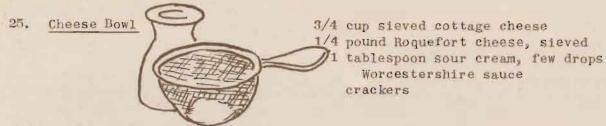
Drain pineapple and fruit cocktail. Measure pineapple juice and cocktail juice to make 1 1/2 cups. Melt butter in saucepan. Add flour. Stir until smooth. Add juice to beaten egg. Stir into flour and butter mixture. Cook until thick (about 4 minutes). Add tablespoon lemon juice. Cool. Fold in stiffly beaten cream or powdered milk. Mix lightly with fruits. Pour in refrigerator tray with divisions. The squares of salad are easy to serve.

24. Tossed Greens - Cottage Cheese



Use about equal quantities of lettuce and a darker green as kale, mustard greens, or romaine. Tear or shred the needed quantity. Add chopped green peppers or chopped water-cress for a deeper green color. Use chopped onion as desired. Mix cream-style cottage cheese with about equal quantity of mayonnaise (blend with sour cream if available) and use salt and pepper; add to the greens and toss until all greens are coated. Serve on lettuce leaves or on hot buttered toast. Shredded cabbage can be used in place of the lettuce.

Cottage Cheese Salads (continued)



Mix cottage cheese, Roquefort cheese, and sour cream just enough to blend.

Add Worcestershire sauce to taste. Serve in bowl. Six servings. Pass crackers.

26. Cranberry Blizzard

1 pound whole cranberries

2 cups water

2 cups granulated sugar

2 tablespoons plain gelatin

1/2 cup cold water



Boil cranberries 5 minutes in 2 cups water. Stir in sugar; boil 5 minutes longer. Soften gelatin in 1/2 cup cold water; dissolve in hot cranberries. Pour into oiled 8-inch ring mold. Chill overnight. Unmold on large salad plate; garnish with crisp lettuce. Pile creamy cottage cheese in center of ring. This recipe is fine for buffet suppers with chicken or turkey. Serves 8.

27. Apple-Celery-Cottage Cheese

Dice tart apples leaving bits of red peel for color. Dice equal quantity of crisp celery. Combine thoroughly with mayonnaise mixed with equal quantity of cottage cheese. (Blend the mayonnaise with sour cream if available.) Sharpen with lemon juice if desired. Dot with seedless raisins. Add nuts, if available. Serve on lettuce or celery leaves.

28. Peach or Pear-Cottage Cheese

Use halves of peaches or pears, either fresh or canned. Fill the cavities of the fruit with cottage cheese mixed with finely chopped nuts. Then put fruit halves together. Serve on shredded lettuce on individual salad plates. Pass fruity dressing made by thinning cream-style cottage cheese with a little fruit juice.

29. Baked Orange-Cottage Cheese

Bake orange slices, following your favorite recipe. Arrange the slices on lettuce leaves and top them with cottage cheese. Garnish with nuts, if available. Use dressing or not as desired.

30. Winter-Salad Combinations Number 1

2 cups cottage cheese

1 cup pickled beets, cubed

Mix, add salad dressing, and serve on crisp lettuce.

Number 2

1 cup chopped cabbage 1/2 cup chopped celery

1 cup chopped apple (red peeling may be lef't on)

Mix with cottage cheese salad dressing (see cottage cheese dressing) and serve on lettuce or a small cabbage leaf.

31. Pink and Silver Mold

2 envelopes unflavored gelatin

1 1/4 cups water

1 can (1 1/4 cups) condensed tomato soup

1/2 cup cottage cheese

1 tablespoon grated onion

1/2 cup mayonnaise

2 cans Maine sardines, drained and broken (3¹/₄ or 4 ounce size)

2 tablespoons lemon juice

Soften gelatin in 1/4 cup water. Heat 1/4 can soup; add gelatin and dissolve. Stir dissolved gelatin into remaining soup and 1 cup water. Add cheese and mix until smooth. Chill until slightly thick; add lemon juice, onion, mayonnaise, sardines. Rinse a 1 1/2 quart mold with cold water; pour in mixture and chill until firm. Unmold, cut, and serve on crisp salad greens. Serves 6.

32. Molded Plum and Cottage Cheese Salad

1 can (no. 303) blue plums

1 package orange flavored gelatin plum syrup plus enough water to make 1 cup

1 cup creamed cottage cheese

1/2 cup chopped celery 1/2 cup chopped pecans

2 tablespoons lemon juice 1/2 cup chilled whipping cream

Drain plums and save syrup. Cut plums in halves. Remove pits. Place plum halves fairly close together in the bottom of an 8" ring mold or in 8 individual molds. Empty gelatin into medium sized bowl. Heat syrup and water to boiling. Add to gelatin and stir until dissolved. Chill gelatin until it begins to thicken, then add the cottage cheese, celery, pecans, and lemon juice. Whip cream until it will hold a stiff peak. Fold into chilled gelatin mixture. Spoon carefully over plums. Chill until firm, about 2 or 3 hours. When ready to serve, unmold on a chilled platter. Garnish with orange and grapefruit slices if desired. Makes 6 or 8 servings.

33. Cottage Cheese with Fresh Fruit Salad

2 cups cottage cheese

1 teaspoon salt

1 teaspoon lemon juice

1/4 cup chopped pecans

3 pineapple slices.

1 cantaloupe, cut in round slices

2 oranges

2 bananas

1 pint sweet fresh cherries or

1 pint strawberries

Add salt and lemon juice to cottage cheese. Fold in part of chopped pecans. Turn into a bowl that has been rinsed with cold water and place in refrigerator to chill. Just before serving, unmold on a large salad plate. Surround with lettuce cups filled with fresh fruits - melon rounds, orange sections, banana slices (soaked in lemon or pineapple juice), pineapple sections and red cherries or strawberries. Serves 6.

Cottage Cheese Salads (continued)

34. Buffet Salad

2 cups cooked potatoes, diced

1 cup cooked meat or lunch meat, diced.

1 cup cooked peas

1/2 cup finely chopped celery salad greens

1/4 cup dill pickle, diced
 salt & pepper
 cup creamed cottage cheese
1/2 cup mayonnaise or salad

Combine all ingredients except cottage cheese and mayonnaise and chill thoroughly. Add cottage cheese and mayonnaise and toss lightly together. Serve on salad greens, or serve salad around a mound of cottage cheese.

35. Peanut-Prune-Cottage Cheese Salad

Pit and chill 12 cooked prunes. Combine 1/2 cup cottage cheese, 2 table-spoons chopped peanuts, 1 tablespoon grated orange rind, add salt to taste. Moisten this mixture with mayonnaise and stuff into the prunes. Serve on salad greens, allowing 3 stuffed prunes to a person.

36. Pineapple Party Salad

1 can crushed pineapple (No. 22)

1 pkg. lemon gelatin

1 pkg. lime gelatin

1 cup cottage cheese

1 cup mayonnaise

dressing

1/2 cup coarsely chopped blanched

almonds

1/4 teaspoon salt

Drain syrup from crushed pineapple. To the syrup add water to make 2 cups. Heat liquid; remove from heat and add lemon and lime gelatin. Stir until dissolved. Chill until partially thickened. Add drained pineapple, cottage cheese, mayonnaise, almonds, and salt. Mix lightly. Pour into lightly oiled ring mold (6 cup size) or into individual molds. Chill until firm. Serve on lettuce with mayonnaise. Makes 8 to 10 servings.

37. Tropical Cottage Cheese Salad

1 pkg. strawberry gelatin

1 pkg. lemon gelatin

1 no. 2 can $(2\frac{1}{2} \text{ cups})$ peach halves and juice

3/4 cup pineapple chunks

1/4 cup pineapple juice 2 cups creamed cottage cheese

salad greens

Dissolve strawberry gelatin in 1 cup boiling water; add one cup cold water. Pour half of mixture into lightly buttered 1½ quart mold or bread pan and chill. Keep remaining strawberry gelatin mixture at room temperature. Drain fruit. Add water to fruit juice, if necessary, to make 2 cups. Bring 1/2 cup of this liquid to boiling point. Add lemon gelatin and dissolve. Add remaining 1½ cups of fruit liquid; cool. Stir in 1/2 cup pineapple chunks and 1½ cups cottage cheese. Pour onto the firm strawberry gelatin in mold; chill. When set, cover with rest of strawberry gelatin. Chill several hours or overnight. Unmold on greens. Garnish with peach halves filled with remaining cottage cheese and pineapple chunks. Serves 12.

38. Cucumber Cottage Cheese Salad

2 cups cottage cheese

1/2 cup sour cream

1/4 cup chopped chives

1/2 cucumber, diced

1 tablespoon chopped watercress salt and pepper crisp lettuce

Mix cottage cheese and sour cream lightly with a fork. Add vegetables, season with a few grains of salt and pepper, and shape into mounds. Place on lettuce leaves and garnish with watercress. Serves 4.

39. Cranberry and Cottage Cheese Salad

1 quart cranberries

2 cups sugar

1 cup heavy cream

3 cups dry cottage cheese

Wash cranberries and pick out any imperfect ones; force through a food chopper and arrange cranberry puree and all but 1 tablespoon of the sugar in alternate layers in a saucepan and allow to stand 10 minutes, or until some of the juice is drawn out. Then place over low heat until juice flows freely; increase heat to moderate and cook 6 to 8 minutes, stirring constantly. Turn into a shallow pan (about 9 x 9 x ½ inches); cool, cover, and chill until firm. About ½ hour before serving time, whip cream until stiff. Add the remaining sugar and fold into cottage cheese. Spread mixture evenly over cranberries and return to refrigerator. To serve, cut into squares and place on leaves of lettuce. Serves 8.

40. Cranberry Sauce Salad

1 can strained cranberry sauce

12 oz. pkg. cottage cheese

1/2 cup mayonnaise

Method: Slice cranberry sauce making 14 slices. Place 7 slices on leaf of lettuce. Heap cottage cheese on top of each slice of cranberry sauce. With a decorative cookie cutter (animal or flower design) cut out remaining slices and place these on top of cottage cheese. To make dressing, sieve left over pieces of cranberry sauce and mix with mayonnaise, and serve with Cranberry Salad.

41. Orange Cottage Cheese Salad

2 pkgs. orange gelatin

3 cups water

2 oranges, peeled and sliced

1½ cups cottage cheese mayonnaise watercress

Method: Dissolve gelatin in two cups boiling water. Add 1½ cups cold water. Place in refrigerator until slightly jelled. Beat with rotary egg beater or electric mixer until foamy. Add cottage cheese and mix well. Pour into ring mold that has been brushed with vegetable oil. Chill well. Unmold on chop plate, garnish with orange slices and watercress. Serve with mayonnaise.

Cottage Cheese Salad Dressings

1. Cottage Cheese Vegetable Dressing

- 1 cup cottage cheese
- 2 tablespoons vinegar
- 3 tablespoons sugar
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon prepared mustard
 - 4 tablespoons catsup

Combine all ingredients and blend well.



2. California Salad Dressing

2 egg yolks 1/2 cup lemon juice 2 tablespoons sugar 2 cups whipped cream or powdered milk

Beat egg yolks, add lemon juice and sugar. Cook in double boiler until thick. Cool. Fold in 2 cups whipped cream or powdered milk just before serving. The cooked mixture may be kept a week in the refrigerator, but do not add whipped cream or milk until ready to serve.

3. Cottage Cheese Salad Dressing

1 cup cottage cheese 2 tablespoons mayonnaise 1/4 teaspoon paprika

1 teaspoon Worcestershire sauce salt and pepper to taste

Combine all ingredients and blend well. Makes about 1 cup dressing.

4. Cottage Cheese Fruit Dressing

1/2 cup cottage cheese 1/2 cup cream

1/2 cup lemon juice

1/2 teaspoon salt

1 tablespoon honey or sugar

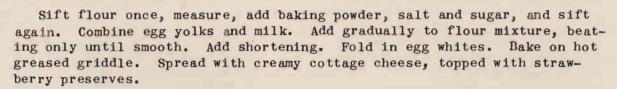
1 tablespoon chopped chives dash of paprika

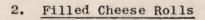
Beat all ingredients together until smooth.

Breads

1. Cottage Pancakes

- 1 cup sifted flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
 - 1 teaspoon sugar
 - 2 egg yolks, slightly beaten
 - 1 cup milk
 - 2 tablespoons melted butter
 - 2 egg whites, stiffly beaten





1 cake fresh yeast

1/4 cup lukewarm water

3/4 cup milk

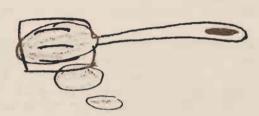
2 tablespoons butter

1/4 cup sugar

1 teaspoon salt

Filling

1 cup cottage cheese



1 egg beaten

3 cups sifted all-purpose flour

1/2 cup peanut butter, crunch style

Soften yeast in lukewarm water. Heat milk to boiling point. Remove from heat and add butter, sugar, and salt. Cool to lukewarm; add yeast and egg. Stir in flour, making a soft dough. Knead until satiny; place in a bowl and cover with a damp cloth. Allow to rise until doubled in size, about 1 to $1\frac{1}{2}$ hours. Punch dough down and let it rest 10 minutes before rolling out 1/4 inch thick. Spread with filling; roll it up as for jelly roll, and cut off 1-inch slices. Place cut side down on greased baking sheet 1 inch apart. Cover. Let rise until light. Bake in hot oven (400°F.) 15 to 20 minutes.

3. Cottage Cheese Blintzes

Batter

2 eggs

1 cup water

dash of salt 4 tablespoons flour

Beat two eggs. Add water and salt. Pour into flour slowly, stirring vigorously to obtain a smooth, thin batter. Pour about one tablespoon of batter into a small slightly greased frying pan, spreading very thin over the entire bottom. Cook over low heat on one side only, until it will hold its shape, but does not brown. Turn out on cloth or paper and repeat with the rest of the batter. (continued on next page)

Cottage Cheese Blintzes (continued)

Filling

1 egg

1 1/2 cups cottage cheese

1 tablespoon melted butter

1/4 teaspoon salt

1 teaspoon sugar
1/4 teaspoon cinnamon
1/4 cup raisins (if desired)

Beat egg well. Add cottage cheese, melted butter, and seasoning. If desired, add 1/4 cup raisins. Place 1 heaping tablespoon of the cheese mixture on each blintze. Fold the edges over the filling and press in well. Cook in butter until brown on both sides. Serve with sour cream.

4. Cottage Cheese Crisps

1 cup sifted all-purpose flour

1/4 teaspoon salt

1/2 teaspoon baking powder

1/3 cup butter or substitute

1 tablespoon milk 1/2 cup cottage cheese Faprika

1/2 teaspoon celery seed (optional)

Sift together flour, salt, and baking powder. Cut in butter. Add milk to cottage cheese. Then stir into flour mixture. Round dough upon floured board and roll it to 1/8 inch thickness. Cut into 1/2 inch strips. Place strips on baking sheet and brush with milk; sprinkle with paprika and celery seed. Bake in hot oven (425°F.) 10 to 20 minutes until lightly browned.

5. Sirniki (Russian Cheese Cakes) *

1 lb. dry cottage cheese

1 egg

4 tablespoons sour cream

1 tablespoon sugar

1 tablespoon flour

Mix all. Shape into flat cakes, soll in flour, and saute in butter until light brown. Can be served with salad. Serves 4 to 6.

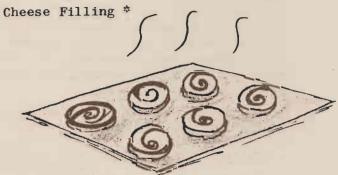
* Sumption and Ashbrook, Cooking with Magic.

6. Crispy Yeasty Dough with Cottage Cheese Filling *

Dough

1/2 cup butter

- 3 cups flour
- 3 egg yolks
- 6 tablespoons sour cream
- 2 tablespoons sugar
- 1/4 teaspoon sugar
 - 1 cake yeast
 - 1 tablespoon water



Work the butter into the flour. Add the egg yolks and cream. Mix well. Add the rest in order, the yeast having been softened in the water. Let rise one hour. Roll thin. Spread very lightly with butter. Fold the sides over to the center and the ends to the center, envelope fashion. Roll thin. Fold again and roll thin. Cut in shapes and put on an ungreased baking sheet 2 inches apart. Let rise one hour. (continued on next page)

* Sumption and Ashbrook, Cooking with Magic.

Breads (continued)

6. Crispy Yeasty Dough with Cottage Cheese Filling (continued)

This dough may be used in a number of ways. Small shapes may be put together with filling between. The dough may be rolled thin, covered with filling, and rolled as for jelly roll; cut in pieces and baked as pinwheels; or triangles of dough may be spread with filling and rolled from the wide to the narrow end to form horns or crescents. Brush them with beaten egg white and sprinkle with anise or poppy seed. Bake in moderately hot oven (275°F) for 20 to 30 minutes.

Cottage Cheese Filling

2 cups cottage cheese

1/2 teaspoon salt

3 beaten eggs

b beaten eggs

1 grated lemon rind 1/2 cup raisins 1 tablespoon sugar (optional)

Mix in order to a stiff paste.

7. Cottage Cheese Turnovers *

Turnovers

1 cup sour cream

2 beaten eggs

1/2 cup melted butter

2 teaspoons salt

3 cups flour

2 teaspoons baking powder

Mix in order given. Roll dough 1/4 inch thick. Cut in 4-inch squares. Put a spoonful of filling on each. Fold edges together to form triangles. Moisten and pinch well to hold the filling. Prick the tops once. Bake on a greased baking sheet in a moderate oven (350°F.) for 30 to 45 minutes.

Filling

1 cup cottage cheese

1 cup grated yellow cheese

1/4 cup melted butter

1 beaten egg

1 teaspoon salt

Mix all well.

These turnovers should be used soon after baking. They are fine with salad, beverages, and soups. Makes 2 dozen.

" Sumption and Ashbrook, Cooking with Magic.

Sandwiches

1. Toasted Cottage Cheese Salad Sandwich

1 cup creamed cottage cheese

1 teaspoon salt and dash pepper

1/4 cup chopped celery

2 tablespoons chopped green pepper

1 tablespoon finely chopped onion

4 slices rye bread

4 large, thin slices of tomato

2 tablespoons butter

Blend the cottage cheese, salt, pepper, celery, green pepper, and onion together. Toast bread on one side; butter the other side and spread with the cottage cheese mixture. Top each with a tomato slice. Place under broiler about 5 minutes or until tomatoes are soft. Serve hot. Makes 4 sandwiches.

2. Tomato-Cottage Cheese

Spread sandwich bread - white or brown with butter and then with cottage cheese. Sprinkle with salt and pepper or with seasoning salt, and minced onion, if desired. Place a slice of ripe tomato over the cheese, and cover this with a leaf of lettuce. Omitting the lettuce, these sandwiches can be broiled for about 5 minutes, thus heating through for quick serving on table.

3. Sardine or Peanut Butter-cottage Cheese

Mix thoroughly chopped sardines or kipper snacks or grated tuna or peanut butter together with cottage cheese. Proportion is about two sardines to one cup of the cheese. Spread between buttered slices of whole wheat or any kind of brown bread, inserting a leaf of lettuce.

4. Herbs-Cottage Cheese

1 pint small-curd cottage cheese

2 tablespoons cream

1 tablespoon salad oil

1 teaspoon chopped fresh thyme

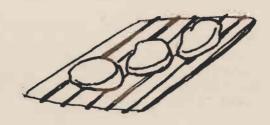
1/2 teaspoon chopped sweet basil

1 teaspoon finely chopped parsley salt

Mix thoroughly together, cover, chill overnight, and use as a spread, preferably on whole wheat bread, next day.

5. Muffin-Tomato-Bacon-Cottage Cheese

For hot sandwiches split and butter English muffins, to the number needed, then spread with a mixture of cottage cheese and grated sharp Cheddar cheese. Top with a thin slice of tomato. Toast under broiler. Serve immediately with a garnish of broiled bacon.



Main Dishes

1. Cottage Cheese Scalloped Potatoes

Butter casserole. Alternate layers of thinly sliced potatoes and creamed cottage cheese (cup for cup). Season potato layers with salt. Cover and bake in moderate oven (350 °F.) for one hour or until potatoes are tender. Uncover last 15 minutes. One cup of each serves 2 or 3.

2. Salmon-Cottage Cheese Supreme

1/2 tablespoon gelatin

2 tablespoons cold milk

1/4 cup hot milk

3 cups sieved cottage cheese

1/2 teaspoon minced onion

1/2 teaspoon salt

Soak gelatin in cold milk and dissolve in hot milk. Combine with remaining ingredients. Chill until mixture begins to thicken. Pour into cold mold. Serves 8 to 10.

3. Cottage Cheese Luncheon Salad



2 envelopes plain gelatin

1 No. 2 can (2 cups) crushed pineapple

1 pint of cottage cheese

3/4 cup mayonnaise

1/2 pint heavy cream (whipped)

1 tablespoon sugar

1 cup chopped walnuts

1 green pepper, chopped

1 small can pimento (4 oz) chopped

Drain 1/2 cup of syrup from pineapple into heat proof measuring cup; add gelatin and let stand 5 minutes to soften. Then set cup in small pan of hot water and heat until gelatin is melted. Combine with remaining syrup and pineapple, cottage cheese, sugar, walnuts, green pepper, and pimento. Whip cream and fold in last. Pour into large loaf pan (or spoon into 12 individual molds). Chill in refrigerator several hours or overnight. Garnish with watercress and radish roses. Cut into slices and serve on lettuce with some of the garnish. Serves 12.

4. Baked Macaroni and Cottage Cheese

1/2 lb. pkg. macaroni

3 tablespoons butter

6 tablespoons flour

2 cups tomatoes

1 teaspoon salt

1 onion, finely chopped

1 egg, beaten
1 1/2 cups creamed cottage cheese

pepper buttered crumbs

Cook macaroni in 2 or 3 qts. rapidly boiling salted water until tender. Drain and pour into buttered casserole. Melt butter in saucepan and blend in flour; cook over low heat until mixture is brown. Remove from heat and add tomatoes, salt, onion, beaten egg, cottage cheese, and pepper. Pour over macaroni, stirring slightly to distribute. Sprinkle with buttered bread crumbs. Bake in moderate over (350°F) for 45 minutes. Serve immediately. Serves 6.

5. Cottage Cheese Tuna Casserole

2 cups cottage cheese

2 cups cooked rice

2-7 oz. cans tuna

1/3 oz. can chopped mushrooms, with liquid

1 can cream of mushroom soup pepper, garlic salt, or other seasonings. salt to taste

Combine one cup of the cheese with the rest of the ingredients, mixing well. Pour into 1½ quart baking dish. Cover with remaining 1 cup cottage cheese and dash of paprika. Bake at 325°F. for 45 minutes. Garnish with parsley. Serves 8.

6. Cottage Cheese Croquettes

2 cups cottage cheese

2 cups bread crumbs

1/2 cup nut meats, chopped

1/4 teaspoon paprika

2 tablespoons chopped onion

2 tablespoons chopper green pepper

1 teaspoon salt

1 1/2 cup milk

1/2 cup crumbs

1 egg

2 tablespoons milk

Combine the cottage cheese and crumbs with the nut meats and seasonings. Add the milk and mix well. Form mixture into croquettes, mold. Dip in a mixture made of the egg and 2 tablespoons milk, then in crumbs. Fry in deep fat. Serve with a cream sauce.

7. Cottage Cheese Loaf

1 cup cottage cheese

1 cup bread crumbs, (or 1/2 cup cooked rice or other leftover cereal and 1/2 cup of crumbs)

1/4 cup peanut meats

1/4 cup peanut butter

1/2 teaspoon powdered sage

1/2 teaspoon powdered thyme

i tablespoon milk

1 teaspoon salt

1/4 teaspoon pepper

1/3 teaspoon soda

1 or 2 tablespoons chopped onion

Combine all ingredients well. Shape into a loaf or into small cakes and fry. Serve either plain or with tomato sauce.

8. Stuffed Potatoes Oregano

Bake two large potatoes. Cut in half lengthwise and scoop out the potato into a mixing bowl. Mash or whip well; then beat in 2 tablespoons soft butter, 1 cup creamed cottage cheese, 1/4 teaspoon oregano, salt and pepper to taste. Heap mixture into the potato shells; do not smooth the tops. Sprinkle with paprika and bake in moderate over 375°., 15 to 20 minutes. Serves 4.

9. Spinach and Cottage Cheese Casserole

1/2 cup finely chopped onion

2 tablespoons butter

1 1/2 cups chopped, cooked spinach, or 1 package frozen chopped spinach, cooked 2 eggs, slightly beaten

1/4 teaspoon nutmeg

1/4 teaspoon pepper

1 cup creamed cottage cheese

1/2 cup buttered crumbs

1 teaspoon salt

Cook onion in butter until onion is soft. Mix with remaining ingredients, except the buttered crumbs, and place in a shallow, buttered 8 inch casserole. Top with crumbs. Bake 35 minutes in a moderate oven, $350\,^{\circ}$ F. Serves 4 to 6.

10. Neptune's Chowder

1 (8 oz.) can salmon

1 cup milk

2 tablespoons butter

2 tablespoons chopped onion

2 tablespoons flour

2 cups creamed cottage cheese

Drain salmon; add liquid to milk. Melt butter in heavy saucepan; add onion; cook until tender. Blend in flour. Add milk and cook over low heat, stirring until thickened. Add remaining ingredient. Reheat,

stirring constantly. As mixture heats, it thins to right consistency. Season with salt and pepper to taste. Serve piping hot. Garnish with chopped parsley, if desired. Serves 4.

11. Cheese Lasagne

8 ounces lasagne noodles or any wide noodles

2 8 oz. cans tomato sauce

2 cups creamed cottage cheese

1/2 teaspoon basil

1 teaspoon salt

1/4 teaspoon Worcestershire

1/4 cup finely chopped onion

1/2 pound processed American cheese, thinly sliced

1/4 cup grated Parmesan or Romano cheese

1/12 cup buttered bread crumbs

Cook noodles in boiling salted water until tender; drain and rinse. Mix tomato sauce with the cottage cheese, basil, salt, Worcestershire sauce, and onion. Arrange alternate layers of noodles, American cheese and sauce mixture in buttered $2\frac{1}{2}$ quart casserole. Top with crumbs mixed with grated cheese. Bake in moderate oven, $375^{\circ}F$., for about 25 minutes. Serves 6 to 8.

12. Cottage Cheese - Lima Bean Loaf

2 cups cooked lima beans (drain thoroughly)

1 1/2 pounds cottage cheese

1 small can pimientos

1 cup bread crumbs

1 teaspoon salt

1/8 teaspoon pepper

1 can condensed tomato soup

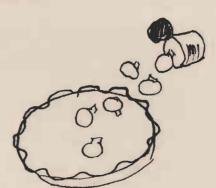
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Cottage Cheese - Lima Bean Loaf (continued)

Put beans, cottage cheese, and pimientos through a meat chopper, using course blade. Mix well. Add bread crumbs and seasonings and form into a roll. Bake in slightly greased pan, uncovered, at 350°F., for about 30 minutes. Heat the tomato soup. Pour over the loaf and bake about 15 minutes longer. Slice and serve with the tomato sauce.

13. Mushroom Pie

- 2 tablespoons butter
- 1/4 cup diced onion
 - 2 cups hot cooked potatoes
 - 1 3 oz. can chopped broiled mushrooms
 - 1 pound creamed cottage cheese
- 1/2 cup sour cream
 - 1 teastoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon gravy maker
 - 2 eggs, well beaten
 - 19-inch pastry shell, unbaked



Melt butter in small saucepan. Add onion. Cook over moderate heat five minutes, stirring occasionally. Meanwhile cook and sieve potatoes. Stir in mushrooms, cheese, sour cream, salt, pepper, gravy maker, and onions. Mix thoroughly. Fold in beaten eggs. Pour into unbaked shell. Bake at 3750F., about one hour, or until puffy and brown. Serve hot as main dish.

14. French Cottage Cheese Pie

- 3 1/4 cups sour cream
 - tatoes
 - 1 teaspoon salt
- 1 unbaked 9-inch pie shell 3 tablespoons finely chopped onion 2 cups cottage cheese 3 tablespoons chopped pimiento 2 eggs, well beaten

 - 2 cups hot mashed po- 1 1/2 tablespoons butter

Blend cottage cheese and sour cream together. Beat in mashed potatoes. Mix thoroughly. Add salt, onion, pimiento. Fold in beaten eggs. Pour into unbaked pie shell. Dot with butter. Bake in moderate over (350°F.) 1 1/4 hours, until golden brown. Serve hot as main dish. (Many French families like this pie cold, with mixed green salad and a hot soup.)

15. Curried Cottage Cheese and Eggs in Rice Nests

- 2 tablespoons butter
- 2 tablespoons flour
- 3/4 cup milk
 - 1 teaspoon curry powder
- 1/2 teaspoon onion juice

1 1/2 cups cottage cheese salt and pepper 6 hard-cooked eggs hot boiled rice (continued on next page)



Curried Cottage Cheese and Eggs in Rice Nests (continued)

Melt butter in a double boiler. Add flour and mix well. Add milk gradually. Cook, stirring constantly, until thickened. Add curry powder, onion juice, cottage cheese, and salt and pepper to taste. Fold in the diced eggs, reserving six slices for garnish. Reheat. Serve on nests of rice. Serves 6.

16. Tuna-Cheese Pinwheels

1 batch biscuit dough or mix

Filling

1 green onion, with stem, minced

1 7-oz. can flaked tuna 1 cup cottage cheese

Mushroom Sauce

1 4-oz. can mushrooms, with juice.

1 small onion

2 tablespoons butter

2 tablespoons flour

1/2 teaspoon salt

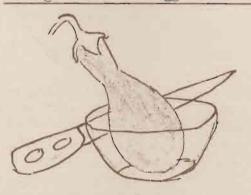
1/8 teaspoon pepper

1 1/2 cups milk

Make your favorite biscuit dough or prepared mix. Combine onion, tuna, cottage cheese. Roll dough 1/4 inch thick. Spread with tuna mixture; roll as for jelly roll. Cut in 1/2 inch slices; place 1 inch apart on greased cookie sheet. Bake 20-25 minutes at 250 °F.

Sauce: Chop mushroom and onion; saute in butter. Shake flour and seasonings in small jar with mushroom juice. Add to mushroom and onion; blend in milk. Stir constantly over low heat until thickened. Pour over pinwheels, allowing 2 per serving. Serves 6.

17. Cottage Cheese and Egg Plant Casserole



1 egg plant

1 cup cottage cheese (dry)

R slices bread

1/2 onion, sliced

1 green pepper, chopped

1 whole pimiento, chopped pepper and marjoram

1 egg

2 tablespoons butter paprika

1/2 teaspoon salt

Peel and cube the egg plant. Put in a sauce pan with 1/2 cup water and cook covered for 15 minutes. Add unbeaten egg and 2 slices bread, flaked. Stir in cottage cheese, onion, and seasoning. Pour into buttered casserole. Flake 1 slice bread over top, dot with butter, and sprinkle with paprika. Bake in 350°F, oven for 45 minutes. Serves 4-6.

18. Macaroni Romanoff

Two kinds of cheese, cottage and a sharp Cheddar type, give this macaroni dish unexpected flavor. It is complete enough for the main part of a meal, a recipe that you will use frequently.

3	cups	cooked	macaroni
4.1	cups	COOKEG	macai on.

1 cup cottage cheese

1 cup sour cream

1/4 cup chopped onions

1 teaspoon Worcestershire sauce

1/2 teaspoon salt

4 drops Tabasco sauce

2 tablespoons chopped parsley

1/4 cup grated Cheddar-type cheese

Combine all ingredients except grated cheese. Place in greased casserole. Sprinkle with cheese. Bake in a moderate oven $(350^{\circ}F.)$ about 40 minutes. Serves 4 to 6.

19. Tuna-Cheese Bake

2 cups cottage cheese

1 can tuna (7 oz.)

2 eggs, beaten

1/2 teaspoon salt

1/2 cup dry bread crumbs

1/4 teaspoon pepper

3/4 teaspoon celery salt

2 tablespoons butter

dash of steak sauce

Combine cheese, tuna, 1/4 cup bread crumbs, and seasonings. Blend into beaten eggs. Place in oiled casserole (1 quart). Sprinkle with remaining crumbs, buttered. Set in pan of hot water; bake in moderate over $(375^{\circ}F)$ about 30 minutes or until mixture is firm. Serves 4.

20. Cottage Cheese Puffs

1 cup sieved cottage cheese

1 cup dry bread crumbs

3/4 teaspoon salt

1/4 teaspoon onion salt

1 teaspoon chopped parsley

1/2 cup chopped peanuts

1 egg, beaten



Combine cottage cheese, 3/4 cup bread crumbs, salt onion salt, parsley and peanuts with beaten egg; mix well. Shape into patties; roll in remaining bread crumbs. Bake in greased muffin tins in hot oven (400°F.) 10 minutes. Served with spicy Spanish sauce.

21. Cottage Cheese Rarebit

4 tablespoons butter

2 tablespoons flour

1/2 teaspoons dry mustard

2 cups buttermilk

Salt and pepper to taste

dash cayenne

1/2 cup cottage cheese

Melt the butter in a saucepan. Add flour and mustard, blending well. Then slowly stir in the buttermilk. Cook slowly for about three minutes. Then add the cottage cheese and other seasonings. One hard-boiled egg, chopped fine, may also be added. Serve on hot buttered toast.

22. Cottage Timbales

1 1/2 cups cottage cheese

1 1/2 cups cooked rice or fine noodles

1 cup finely diced or chopped cooked meat

1 tablespoon chopped green pepper

1 teaspoon minced onion

3/4 teaspoon salt

1/4 cup milk

3 eggs, slightly beaten

1 1/4 cups tomato juice

2 tablespoons butter

1/2 teaspoon sugar

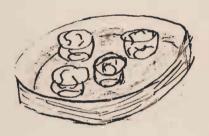
2 tablespoons flour

salt and pepper to taste.

Combine cottage cheese, rice or cooked noodles, meat, green pepper, onion, salt, milk, and eggs. Blend. Fill well-oiled custard cups with the the mixture and set in a shallow pan of water. Bake in a 350°F. oven for about 45 minutes, or until a knife inserted in the center comes out clean. Unmold and serve with tomato sauce.

Sauce

Melt butter in a small saucepan. Add flour and blend. Add tomato juice. Cook, stirring until smooth and thickened. Season with sugar, salt and pepper. Serve over cottage timbales. Serves 6.



23. Cottage Cheese Souffle

1 cup cottage cheese

1/4 cup buttermilk

1 cup soft bread crumbs

3 eggs

4 tablespoons butter

3 tablespoon flour

1/4 teaspoon salt

1/2 teaspoon baking soda dash cayenne

Melt butter in skillet. Add flour, salt and cayenne. mix thoroughly. Add all the buttermilk at once and stir until smooth. Then add the cottage cheese, soda, and bread crumbs. Beat the eggs until they are light and fluffy and add them to the cheese mixture. Pour into a well greased baking dish, for about 30 minutes at 350°F. Serve at once with a hot cheese sauce, made by adding snappy American or Cheddar cheese to a medium white sauce.



24. Cheese-Stuffed Onions

6 medium onions

3/4 cup cottage cheese

2 tablespoons finely chopped green pepper

6 slices bacon cut in strips and fried crisp 1 teaspoon salt 1/8 teaspoon pepper 1/4 cup buttered bread crumbs

4 strips pimiento

Peel onions. Cook in boiling salted water until just tender (about 20 minutes). Drain and cool. Remove centers, leaving a thin shell. Chop 1/2 cup of centers coarsely. Combine with cottage cheese, green pepper, bacon, salt, and pepper. Mix well. Stuff onion shells and place in greased baking dish. Garnish with bread crumbs and pimiento. Pour 1 teaspoon bacon drippings over each onion. Cover and bake in moderate oven (350°F.) for 20 minutes. Uncover and brown 10-15 minutes. Serves 6.

25. Sweet Potato-Cottage-Cheese Cups

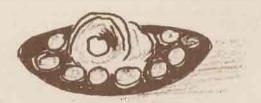
2 pounds large sweet potatoes

3 large oranges

1 cup cottage cheese

1/4 teaspoon ginger

1 teaspoon salt



Boil sweet potatoes. Peel and mash thoroughly. Cut oranges in halves. Remove pulp. Discard white pith and membrane. Combine orange segments and juice with ginger, cottage cheese, and mashed sweet potatoes. Fill orange shells. Broil in slow oven 350°F, until glazed. Serve immediately. Sensational with buffet ham. Serves 6.

26. Cottage Cheese Omelet

4 eggs, separated

1/2 teaspoon salt

1/8 teaspoon pepper

3/4 cup cottage cheese

1/4 cup milk

3 tablespoons chopped canned p1miento

1 tablespoon butter

2 tablespoons chopped parsley

Beat egg yolks until thick; add salt, pepper, milk, cheese, and pimiento. Fold in stiffly beaten egg whites. Place butter in skillet. Heat well and add onelet. Cook slowly until omelet is firm and browned on bottom. Bake in moderate oven 350°F. 10 to 15 minutes or until browned on top. Crease, fold, slip onto hot platter and garnish with parsley. Serves 6.

27. Dried Beef-Cottage Cheese Roll-Ups

1 cup cottage cheese

1/2 teaspoon Worcestershire sauce

2 tablespoons chili sauce

12 slices dried beef

Mix the ingredients. If mixture is too thin, add crumbled Roquefort cheese. Spread mixture on the slices of dried beef; roll into bundles; pin with toothpicks.

28. Cottage Creamed Eggs

3 tablespoons butter
3 tablespoons flour
salt and pepper to taste
1 cup milk
1/2 teaspoon minced pimiento

1/4 teaspoon Worcestershire sauce 2 hard cooked eggs, sliced 1 cup cottage cheese

Malt butter. Blend in flour, salt, pepper. Gradually stir in milk. Cook until thick and smooth, stirring constantly. Season with pimiento and Worcestershire. Add sliced eggs and cottage cheese. Heat. Serve on buttered toast.

29. Mashed Potato and Cheese Puff

Mash potato thoroughly with desired milk and seasoning. Blend about 1 part cottage cheese to 4 parts potato. Place in casserole. Dust with paprika and brown in oven. Add chopped parsley as garnish, before serving.

30. Tuna Cheese Casserole

1 1/2 cups creamed cottage
cheese
1 can (7 oz.) tuna flaked
1/2 cup bread crumbs
1/2 teaspoon salt

1/4 teaspoon pepper

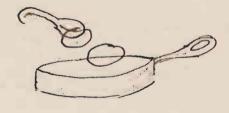
1/2 teaspoon celery salt
1/2 teaspoon Worcestershire
sauce
2 eggs, beaten
2 tablespoons butter

Combine cheese, tuna, 1/4 cup crumbs, and seasonings. Blend in beaten eggs. Put in buttered 1 quart casserole. Top with remaining crumbs mixed with melted butter. Bake at $350^{\,0}\mathrm{F}$. about 35 minutes or until firm. Serves 4.

31. Cottage Cheese Pineapple Fritters

1 cup sifted flour 2 teaspoons baking powder 3/4 teaspoon salt 1 cup cottage cheese 3/4 cup drained, canned, crushed pineapple 1 egg separated

Sift flour, baking powder and salt together. Combine mashed cottage cheese, pineapple, and slightly beaten egg yolk. Mix well. Stir into dry ingredients, mixing just enough to moisten. Fold in stiffly beaten egg white and drop by teaspoons into hot deep fat (360°F.) . Fry until brown. Serves 6.



32. Cottage Cheese Blintz Cakes

1 1/2 lbs. cottage cheese 1/4 teaspoon salt 2 egg yolks, beaten 1 tablespoon butter

1 tablespoon sugar 1 cup milk 4 eggs, well beaten 1 cup sifted flour

Press cheese through colander and add next 4 ingredients. Combine milk, salt, and eggs. Stir in flour gradually and beat until smooth. Heat heavy 6-inch skillet and grease with oil. Pour only enough batter to make a very thin pancake, tipping pan from side to side to make pancake as large and thin as possible. Bake on one side only until top is bubbly and toss onto board, fried side up. When a number have been fried in this manner, place a rounded tablespoon of cheese mixture in center of each pancake; fold over from both sides, then into envelop shape. Proceed in this manner until all the batter has been used; then just before serving, fry on both sides or bake until brown. Serve hot with sour cream or sprinkle with sugar and cinnamon. Serves 6.

33. Cottage Cheese with Hungarian Noodles (Galuska) *

2 cups flour
2 eggs
1 teaspoon salt
2 tablespoons cold water
1/4 cup melted butter

3/4 cup sour cream
1 lb. heated cottage
cheese (creamed)
1/4 lb. fresh pork or
bacon

Put flour in a bowl. Drop the next three ingredients into the middle and work with the hands until a hard dough is formed. Roll very thin and cut into noodles or little squares. Drop them in boiling, salted water. Cook until tender. Drain. Add the butter and sour cream. Toss together and put in the center of a serving dish. Surround the mound with cottage cheese and sprinkle the cooked pork or bacon over the top. Serves 6.

* Sumption and Ashbrook, "Cooking with Magic."



Cottage Cheese Desserts

1. Cottage Cheese Torte

20 graham crackers

3/4 cup sugar

1/4 cup butter, melted

1 pound cottage cheese

2 tablespoons flour

1/2 teaspoon vanilla

1/4 teaspoon salt

2 eggs and 1 egg yolk

1/2 cup cream

1/4 cup milk

1 teaspoon grated lemon

rind

Mix together thoroughly crackers (rolled fine), 1/4 cup sugar and melted butter. Remove about 1/4 cup for top. Press remaining mixture over bottom and sides of pie plate. Bake in moderate oven (350°F.) for 5 minutes. Put cottage cheese through a sieve. Add mixture of 1/2 cup sugar, flour, and salt. Beat eggs and yolk until light and thick; add cream, milk, lemon rind. and vanilla; add to cottage cheese mixture and mix well. Pour into prepared pie shell and sprinkle reserved crumbs over top. Bake in moderate oven (350°F.) for 25 to 30 minutes. Makes 6 to 8 wedges.

2. Cottage Cheese Prune Whip

2 egg whites dash of salt

6 tablespoons sugar

1 cup cooked prunes, drained and pitted

1 cup cottage cheese

1 to 2 tablespoons lemon juice

Beat egg whites with salt. When whites are almost stiff, gradually beat in sugar and about half the prunes. Fold in rest of prunes and cottage cheese. Add lemon juice to taste. Chill. Serve shortly after making. Makes 6 servings.

3. Cottage Cheese Nut Cookies

1/2 cup butter

1/2 cup brown sugar

1/2 cup sieved cottage cheese

1/2 cup chopped nut meats

1 teaspoon vanilla

2 cups sifted flour

2 1/2 teaspoons baking powder

1/2 teaspoon salt

Cream butter and brown sugar until fluffy. Blend in cottage cheese. Stir in nuts and vanilla. Sift flour with baking powder and salt and mix all ingredients well. Dough will be stiff. Form into rolls 2 inches in diameter. Wrap in waxed paper and chill 5-6 hours. Cut 1/4 inch slices. Bake on greased cookie sheet for 25 minutes at 350°F.

4. Cottage Cheese Cup Custards

3 eggs or 6 egg yolks

6 tablespoons sugar

1/4 teaspoon salt

1 cup cottage cheese dash of nutmeg

2 cups milk

1/2 teaspoon lemon extract

1 teaspoon vanilla

1/2 cup shredded coconut (if desired)

Beat eggs with fork. Add all ingredients except coconut and nutmeg, stirring until sugar is dissolved. Pour into individual custard cups or in shallow 1 quart casserole. Sprinkle with coconut, if you wish, pressing it down into custard. Dash top generously with nutmeg. Set cups or casserole in shallow pan containing hot water one inch deep. Bake at moderate heat (325°F.) for 35 to 45 minutes, or until just firm when tested with tip of knife. (If knife comes out clean, custard is done.) Cool, then chill. Makes 6 to 8 servings.

5. Cheese Custard Pudding

2 cups cottage cheese

4 eggs, beaten slightly

1 quart milk, scalded 3 tablespoons flour

1/2 teaspoon salt

1/2 cup sugar

1 teaspoon vanilla extract

1/4 teaspoon almond extract

Put cottage cheese through a sieve. Beat eggs together slightly. Add scalded milk, stirring to blend. Mix dry ingredients; add sieved cottage cheese. Gradually stir in milk-egg mixture; add vanilla and almond extract. Pour into a well-buttered 8-inch glass baking dish. Place in a pan of hot water and bake in a moderate oven, (325°F.) for 1 hours or until a knife inserted in the center comes out clean; let cool. Serves 6 to 8.

6. Lemon-Cottage Cheese Custard

1/2 cup melba toast crumbs, rolled and sifted

1 cup sugar

1/4 cup butter, melted

2 egg yolks

juice of 1 lemon rind of 1 lemon, grated

1/4 teaspoon mace

1/4 teaspoon salt

2 cups cottage cheese

3 tablespoons flour

1/2 cup milk

1/2 cup whipping cream

2 egg whites

1/3 cup nut meats, chopped

Combine crumbs, 1/2 cup sugar, and butter; line buttered baking dish. Beat egg yolks with remaining sugar. Add lemon juice and rind, mace, and salt, then cottage cheese and flour blended with milk. Mix all thoroughly and sieve. Add whipped cream and stiffly beaten egg whites. Mix lightly and pour into crumb-lined baking dish. Sprinkle with nut meats. Set in pan of hot water and bake in a moderate oven $(325^{\circ}$ to 350° F.) 1 hour. Serve cold with whipped cream or crushed strawberries. Serves 8.

Cottage Cheese Desserts (continued)

7. Spiced Cottage Cheese Cookies (In these refrigerator cookies the cheese provides the liquid content)

1/2 cup shortening
1/2 teaspoon salt
1/2 cup sugar, brown or granulated
1 egg
1/4 teaspoon each nutmeg
1/2 teaspoon soda
1/3 cup cottage cheese,
(sieved

Cream shortening and sugar together; beat in egg. Sift flour with soda, salt, and spices into bowl; add cottage cheese. Stir together to make a stiff dough. Form into roll; wrap in waxed paper and chill well in the refrigerator. Slice thin, and bake in a moderate oven (375°F.) 10 minutes or until lightly browned. Makes about $2\frac{1}{2}$ dozen cookies.

8. Cottage Cheese Cup Cakes

1/2 cup butter
2 cups brown sugar,
firmly packed
grated rind of 1 lemon

1 egg 2 cups sifted cake flour 1 teaspoon salt
1 cup chopped raisins
2 cups creamed cottage
 cheese (or 2 cups
 dry cottage cheese plus
3 tablespoons milk)
1/2 teaspoon soda



Cream butter and one cup of the brown sugar until light and fluffy. Add lemon rind and egg and beat well. Add cottage cheese and second cup of brown sugar and mix thoroughly. Sift flour once, measure, and resift with the dry ingredients. Blend with cottage cheese mixture. Fold in raisins. Bake in greased muffin pans at $350^{\circ}\mathrm{F}$., for 30 minutes, or until done. Serve warm. makes about 2 dozen cupcakes.

9. Cottage Cheese Pie

1 pound cottage cheese 1/3 cup sugar 1/4 cup milk 3 eggs, beaten 1/2 cup chopped raisins or dates
1/2 teaspoon salt
 rind and juice of one lemon
1 teaspoon melted butter

pastry

Press the cheese through a fine sieve. Add the other ingredients and stir the mixture until it is well mixed. Line a deep pie tin with pastry and bake the crust until it is a delicate brown. Fill with the cheese mixture. Bake in a moderate oven until the mixture is firm in the center, about 15 to 20 minutes. A crumb crust may be used in place of the pastry crust.

10. Fruit Cheese Pie

1 unbaked 9-inch pastry shell

1 1/12 cups thinly sliced raw apples

2 eggs

3/4 cup cottage cheese

1/2 cup sugar

1/2 cup cream

1/8 teaspoon salt

1 teaspoon grated lemon rind

3 tablespoons sugar

1/2 teaspoon cinnamon dash of nutmeg

Line a pie pan with pastry and cover the bottom with the sliced apples. Beat the eggs slightly, add the cottage cheese, 1/2 cup sugar, cream, salt, and lemon rind. Mix 3 tablespoons of sugar with the cinnamon and nutmeg. Sprinkle this over the apples; then cover them with the cottage cheese mixture. Bake in a moderately hot oven (425°F.) 10 minutes; reduce the heat to a moderate oven (350°F.) and bake 30 minutes longer.

11. Raisin-Cottage Cheese Pie

1 pound cottage cheese

1/3 cup sugar

1/4 cup milk

3 eggs, beaten

1/2 teaspoon salt

1/2 cup chopped raisins or dates rind and juice of 1 lemon

1 teaspoon melted butter

1/2 recipe pastry

Press cheese through a fine sieve. Add next 7 ingredients and stir until well mixed. Line a deep pie pan with pastry and bake in hot oven $(450\,^{\circ}\text{F}_{\bullet})$ until crust is very light brown. Fill with cheese mixture and continue baking in moderate oven $(350\,^{\circ}\text{F}_{\bullet})$ until filling is firm, 15 to 20 minutes. Makes 1 (9-inch) pie.

12. Melody Pie

Lemon Pastry Shell

1 cup sifted flour

1/4 teaspoon salt

1/4 cup shortening

1/2 teaspoon grated lemon rind

1 1/2 tablespoons lemon juice

1 tablespoon ice water

2 teaspoons beaten egg yolk



Sift together flour and salt. Cut in shortening and lemon rind. Beat together lemon juice, water, and egg yolk. Stir lightly into flour mixture. Form into ball; wrap in waxed paper and chill. Roll out dough and line 9-inch pie plate. Prick well; bake 10 to 15 minutes in moderately hot oven $(425^{\circ}F_{\bullet})$

Filling

Line shell with 1 pint creamed cottage cheese, mixed with 1 tablespoon grated lemon rind. Fill with No. $2\frac{1}{2}$ can fruit cocktail, chilled and drained. Garnish with mint. Serves 8.

13. Buttermilk Pie

2 eggs

1/2 cup melted butter

2 tablespoons flour

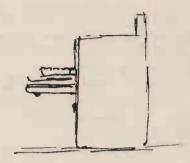
1 cup sugar

2 teaspoons vanilla

2 teaspoons lemon juice or 1 teaspoon grated lemon rind

1 1/2 cups buttermilk

1/2 pound cottage cheese pastry



Beat egg yolks slightly; add butter, and beat until thoroughly blended. Beat in flour, 1/2 cup sugar, vanilla, lemon juice, buttermilk, and cottage cheese that has been pressed through a sieve. Beat egg whites. Add 1/2 cup sugar gradually. Beat until egg whites are stiff; fold into mixture. Pour into 9-inch pie pan lined with pastry; bake in a hot oven $(450\,^{\circ}\text{F.})$ for 15 minutes; then lower temperature to slow $(300\,^{\circ}\text{F.})$ and continue baking 40 minutes or until set. Chill before serving. Note: there's an abundance of filling here so you should roll out the pastry until the circle is about 4 inches larger than the top diameter of the pie plate. Fit the pastry into the pan, then trim with shears, leaving a $1\frac{1}{2}$ inch overhanging border. Fold this border up and make an upright double-fold rim; flute with fingers.

14. Cottage Cheese Cake No. 1

2 cups fine melba toast crumbs

1 1/2 cups sugar

1 teaspoon cinnamon

1/2 cup melted butter

6 eggs

1 1/2 tablespoons lemon juice

1/2 teaspoon salt

1/2 cup coffee cream

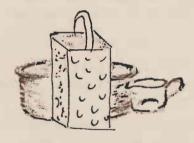
3 cups cottage cheese sieved

1/4 cup flour

2 teaspoons grated lemon rind

1/4 cup chopped nuts

1 teaspoon vanilla



Combine crumbs with 1/2 cup sugar, cinnamon, and butter. Reserve 3/4 cup of mixture for top and press balance into bottom of a 9-inch pie pan. Beat eggs and add sugar gradually. Add lemon juice, salt, cream, cheese, and flour. Mix well. Add rind. Pour into pie tin and sprinkle with reserve crumbs. Bake 1 hour in moderate oven (350°F.). Chill and remove from pan.

15. Cottage Cheese Cake No. 2

2 cups zwieback crumbs

2 tablespoons butter

2 tablespoons sugar

2 cups dry cottage cheese

1 1/3 cups cream

1 tablespoon flour

1/4 teaspoon lemon extract

1 cup sugar

1/2 teaspoon salt

1/3 teaspoon nutmeg

3 eggs, separated

grated rind of 1/2 lemon

1/2 teaspoon vanilla

(continued on next page)

Cottage Cheese Desserts (continued)

Blend zwieback with softened butter and 2 tablespoons sugar. Press all but 1/4 cup of mixture firmly against bottom and sides of a 9" spring form pan. Press dry cottage cheese through sieve. Combine cheese with remaining ingredients, except whites of eggs and mix well. Beat egg whites until stiff but not dry, and fold into batter. Pour into crumb lined pan and sprinkle top with remaining zwieback crumbs. Bake in a moderately slow oven, 325 degrees, for about 1 hour or until custard is set in center and delicately browned. Serves 8.

16. Cottage Cheese Cake No. 3

2 cups crushed cornflakes	3/4 cup cream
1/2 cup melted butter	1/4 cup chopped walnuts
1 cup sugar	1/2 teaspoon salt
1 1/2 teaspoon grated lemon rind	1 1/2 teaspoons cinnamon
2 1/2 cups of cottage cheese	3 tablespoons flour
3 eggs	2 tablespoons lemon juice

Mix crumbs, melted butter, and 1/2 cup sugar. Pack all but 1 cup of crumb mixture on bottom and sides of well buttered 9" pan. Press cottage cheese through a sieve. Combine eggs and remaining 1/2 cup sugar. Beat until light. Add cream, salt, and cinnamon, flour, lemon juice, lemon rind, and cottage cheese. Mix well. Pour into crumb lined pan. Sprinkle lightly with remaining 1/2 cup crumbs and nuts. Bake in moderate oven 325 degrees, for one hour. Turn off heat and let remain in oven 1 hour. Chill. Remove from pan.

17. No-Bake Cheese Cake No. 1

Filling

2 cups cottage cheese, sieved
1/2 teaspoon salt
1 teaspoon vanilla
juice of 2 lemons
grated peel of 1 lemon
1/2 cup heavy cream, whipped

2 cups graham cracker or

zweiback crumbs

1/2 cup melted butter 1/4 cup confectioner's sugar

Soften gelatin in water for 5 minutes. In the top of the double boiler, beat egg yolks slightly; stir in softened gelatin, table cream, and sugar. Cook over boiling water, stirring constantly, until the mixture coats a spoon. Remove from heat; stir in cottage cheese, salt, vanilla, lemon juice and peel. Cool. Fold in cream. While filling is cooling, combine ingredients for crust; take out 1/3 of mixture and set aside. Use remainder of crumbs to line bottom and sides of a spring mold or deep 9-inch layer cake pan. Pour filling into pan. Sprinkle remaining crumbs on top. Chill several hours before serving.

18. No-Bake Cheese Cake No. 2 (Party size 10-12 servings.)

Mix together 2 envelopes Knox unflavored gelatin, 1 cup sugar, and 1/4 teaspoon salt in the top of a double boiler. Beat together 2 egg yolks and 1 cup of milk; add to gelatin mixture. Cook over boiling water, stirring constantly until gelatin is dissolved and mixture thickens, about 10 minutes. Remove from heat; add



1 teaspoon grated lemon rind; cool. Stir in 3 cups creamed COTTAGE CHEESE sieved, 1 tablespoon lemon juice, 1 teaspoon vanilla. Chill, stirring constantly until mixture mounds slightly when dropped from a spoon. While mixture is chilling, make crumb topping as follows: Mix 2 tablespoons melted butter, 1 tablespoon sugar, 1/2 cup graham cracker crumbs, 1/4 teaspoon cinnamon, and 1/4 teaspoon nutmeg; set aside.

Into chilled gelatin mixture fold 2 egg whites, stiffly beaten, and 1 cup heavy cream whipped. Turn into 8" spring form pan* and sprinkle top with crumb mixture. Chill until firm.

* If desired, use square loaf pan. Line with wax paper, and press crumb mixture in bottom. For family size of 5 to 6 servings, use half gelatin mixture but full amount of crumb mixture in 8 or 9" pie pan.

19. Low Calorie No-Bake Cheese Cake (Serves 10)

- 2 envelopes unflavored gelatin
- 3/4 cup sugar
- 1/4 teaspoon salt
 - 2 egg yolks
 - 1 cup milk (skim)
 - 3 cups cottage cheese, sieved or beaten in mixer
- 4 tablespoons lemon juice
 - 1 tablespoon grated lemon rind
 - 1 teaspoon vanilla
- 1/4 cup sugar
 - 2 egg whites
- 1 cup dry milk whipped with 1 cup ice water
- 1. In top of double boiler, mix well sugar, gelatin, and salt.
- 2. Add egg yolks and skim milk to gelatin mixture. Cook over boiling water, stirring to dissolve gelatin and thicken custard (about 10 minutes). Remove from heat.
- 3. Add cottage cheese, lemon juice and rind, and vanilla to custard.
- 4. Chill, stirring occasionally until mixture mounds slightly when dropped from a spoon.
- 5. Gradually add sugar to egg whites and beat until very stiff. Whip dry milk and water. Fold egg and whipped milk into cheese mixture; then spoon into pan, 8 or 9 inches square, lightly covered with crumb topping or line pan with waxed paper. Sprinkle crumb mixture on top of cheese cake.

Topping:

- 2 tablespoons melted butter
- 1 tablespoon sugar
- 1/2 cup finely crushed graham cracker crumbs
- 1/4 teaspoon cinnamon 1/2 teaspoon nutmeg
- 1. Mix together thoroughly all ingredients.
- 2. Sprinkle on bottom and top of cheese cake mixture.
- 3. Chill until firm. (continued)

Cottage Cheese Desserts (continued)

Low Calories No-Bake Cheese Cake (serves 10) - (continued)

250 calories for each serving of this No-Bake Cheese Cake, if divided into ten pieces. Each serving provides 1/5 of the daily adult need of calcium and 1/3 of the protein needed daily.

20. Cottage Cheese Crumb Cake

3	cups cottage cheese	- 5	eggs
1	pint of cream	1 1/2	cup bread or cake crumbs
$1 \frac{1}{2}$	cups sugar	3	tablespoons melted butter
1/8	teaspoon salt		nutmeg

Drain cheese and press through fine sieve. Add cream slowly, then the sugar, salt, and the unbeaten eggs, one at a time, beating vigorously all the while. Beat the mixture for 2 or 3 minutes after adding each egg. Grease a pan, 9 inches in diameter and 2 3/4 inches deep. Mix the crumbs and the melted butter and line the bottom and sides of the pan with them. Pour in the mixture; sprinkle nutmeg over it. Bake in a slow oven (325°F.) for 1½ hours or until firm and well browned. To test when done, insert a knife blade into the center of the cake. If it comes out clean, the cake is done; if milky, it is not cooked enough. This cake is easier to slice when cooled.

21. Cheese Bread Pudding

	2	cups bread	cubes	2	eggs, beaten	
	1	cup cottage	cheese	1	tablespoon len	non juice
1	1/2	cups milk		1/4	cup sugar	
	1/4	cup melted	butter	1/4	teaspoon salt	
			1/4 teaspoon	grated lem	on rind	

Combine bread with cottage cheese, milk, and melted butter. Add remaining ingredients and pour into buttered casserole. Bake in moderate oven (325°F.) one hour or until a knife inserted in center comes out clean. Serve hot or cold with cream. Serves 6.

Spiced - Omit lemon juice and rind. Add 1/2 teaspoon allspice, 1/4 teaspoon mace, 1/4 teaspoon cloves, and 3/4 cup seeded raisins.

Increase sugar to 1/2 cup.

22. Cherry Pie with Cottage Cheese Lattice

Bake your favorite tart cherry pie without top crust. Cover with cottage cheese forced through a pastry tube in a lattice pattern.

23. Cheese Pastry

1/2 cup butter 1 cup sifted flour 1/4 lb. cottage cheese

Cut butter into flour; add cheese and mix to a smooth dough. Chill thoroughly. Roll into desired shapes. Makes one (9 inch) single crust pie.

24. Cottage Cheese Apple Pie

1/2 recipe plain pastry

1 1/2 cups thinly sliced apples

2 eggs

1/2 cup cottage cheese

3/4 cup sugar

1/2 cup cream

1/8 teaspoon salt

1 teaspoon grated lemon rind

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

Line pie pan with pastry and cover with apples. Beat eggs slightly. Add cottage cheese, 1/2 cup sugar, cream, salt, and lemon rind. Mix remaining sugar with cinnamon and nutmeg and sprinkle over apples. Then cover with egg and cheese mixture. Bake in hot oven (425°F.) 10 minutes. Reduce temperature to 350°F. and bake 30 minutes longer. Makes one deep (9 inch) pie.





Making Bread at Home



Figure 1. Bread Should Be Cool Before Slicing.

by
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FOOD AND NUTRITION SPECIALISTS

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V. P. I. Agricultural Extension Service Blacksburg, Virginia

Making Bread at Home

Fluffy, light biscuits; a golden brown loaf; tender light, muffins; crisp, crunchy corn breads -- these are yours for following a few simple rules. Breadmaking is a science as well as an art. Experience helps, but it is easy for anyone to become a good breadmaker, if she learns the rules.

Since bread is usually eaten at every meal, it becomes a very important source of body-building materials. Use whole wheat or enriched white flour. Six slices of bread or the equivalent in biscuits or other breads contain about 1/5 of the daily amount of protein needed, as well as 1/6 of the amount of energy. Our practice of "refining" the wheat as we grind it takes away most of the minerals and vitamins. Enriched flour has these minerals and vitamins restored.

General Rules for Making Bread

- 1. Measure accurately: Sift flour before measuring. Use standard measuring cups and spoons. Be sure that all measurements are level.
- 2. Assemble equipment and ingredients: If everything is assembled before starting to mix the bread, it will be easy to do it quickly.
 - 3. For each cup of flour allow one teaspoon of baking powder.
 - 4. For each egg added use 1/2 teaspoon less of baking powder.
- 5. Use about 1/2 teaspoon of soda to neutralize a cup of buttermilk or sour milk (depending on acidity).
 - 6. To save time, use pastry blender to cut in fat.

Score for Judging Breads

Appearance (even, uniform shape, size, and color)	25
Texture (light, tender crumb; does not pack when pressed) 3	0
Crust (tender, light, brown, smooth; not thick or hard) 1	0
Flavor (nutty, sweet taste; pleasant odor)	5

Quick Breads

STANDARD BISCUIT RECIPE -- BUTTERMILK

2 cups flour ½ teaspoon soda

½ teaspoon salt 3 tablespoons shortening

l teaspoon baking powder 34 to 1 cup buttermilk

Sift flour, salt, baking powder, and soda. Cut in shortening. Add buttermilk until blended. Roll 3/8 inch thick. Bake 12 to 15 minutes in hot oven 475°.

STANDARD BISCUIT RECIPE -- SWEET MILK

2 cups flour 2 teaspoons baking powder

 $\frac{1}{2}$ teaspoon salt $\frac{2}{3}$ to $\frac{3}{4}$ cup milk

3 tablespoons shortening

Sift dry ingredients. Cut in shortening. Stir in milk and turn on floured board. Roll and cut. Bake at 475° (hot oven) 10 to 12 minutes.

Biscuits may be covered with wax paper and placed in icebox for several hours before baking.

Biscuits may be made softer by adding 1/4 cup more milk and dropping instead of rolling.

BISCUIT MIX

Time may be saved by mixing up four times the recipe of dry ingredients and fat. Keep it in a tightly covered container in a cool place. To use it simply add milk.

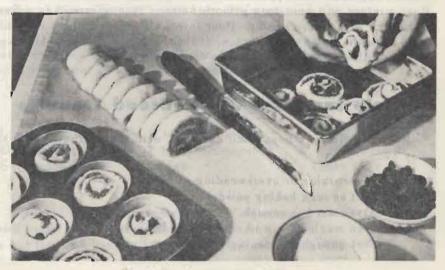


Figure 2. An attractive variation.

MUFFINS

2 cups flour

1 tablespoon baking powder

½ teaspoon salt

2 eggs

2 table spoons melted fat

1 cup milk

2 teaspoons sugar (optional

Melt fat in muffin tins. Sift dry ingredients. Mix in other ingredients quickly. Have pans and oven hot (425°). Bake 10 to 15 minutes. Do not beat muffin batter; beating will produce tunnels.

WAFFLES

Muffin batter will do for waffles if the amount of fat is doubled.

GRIDDLE CAKES

Use muffin batter and add one-half cup more milk. Pour onto hot greased griddle.

POPOVERS

l cup sifted enriched flour

1 cup milk

½ teaspoon salt

I tablespoon melted shortening

2 eggs, beaten

Sift together flour and salt. Combine eggs and milk. Add to flour mixture and beat to a smooth batter. Add shortening. Beat 3 minutes with rotary beater. Pour into well greased glass custard cups or heated iron muffin pans, filling ½ full. Bake in hot oven (425°F.) 35 to 40 minutes. Makes 6 large popovers.

Help for Some Quick-Bread Troubles

When biscuits are heavy and compact, with tough crust, the cause may be:

Overmixing or overkneading of dough.

Not enough baking powder.

Oven not hot enough.

Too much flour worked in while kneading.

Not enough shortening.

When muffins are heavy, cause may be:
Overmixing or too slow mixing.
Too much flour.
Not enough leavening.
Oven not hot enough.

When muffins have sharp peaks or knobs on top and tunnels inside, the cause may be overmixing of batter.

Corn Breads

Much of the fame of early southern cooking came from the crusty, hot corn breads. These breads were made from water-ground white corn meal and the same results cannot be obtained from bolted meal or yellow meal. Cornmeal provides at low cost a number of important food values--thiamine, niacin, iron and other minerals, protein and food energy.

Commeal is ground by two general methods. When it is ground between two large rocks or millstones, it is called waterground or rock ground meal which is whole grain meal. Water power was formerly used to turn the stones. Today many mills use electricity.

Meal which is ground between cylinders or roller is called "roller ground" meal. It may be either whole grain or degerminated meal. It usually feels like fine crystals because it is finely cut, rather than mashed.

BOLTED meal is whole grain meal with some or all of the coarse layers of bran blown or sifted out. This makes it lighter in color.

DEGERMINATED meal means the germ or heart of the corn has been removed. It is ground on steel rollers and keeps its freshness well, but is not as nutritious as whole grain.

VIRGINIA CORN MUFFINS

2 cups corn meal ½ teaspoon salt ¼ cup melted fat 2 tsp. baking powder 1 teaspoon sugar 2 cups buttermilk ½ teaspoon soda 2 eggs (more if needed)

Sift meal with dry ingredients. Add milk, eggs, and fat, and beat with rotary egg beater. Have greased muffin tins hot. Add batter to hot tins and bake in hot oven 450° about 25 minutes.

FLUFFY BATTER BREAD

1 cup buttermilk
1 cup sweet milk

2 tbsp. melted butter 1/3 cup corn meal,

½ teaspoon soda 2 teaspoons baking powder

2 eggs

sifted with

½ teaspoon salt

Beat eggs with the sweet and buttermilk. Melt butter in pan in which bread is to be baked. Have oven hot before adding drying ingredients to liquids. Have greased pan hot before adding batter bread. Put at once into hot (475°) oven and bake until firm in center.

CORN MEAL WAFFLES

1% cups meal
% cup flour
2 eggs

¼ teaspoon soda 1 teaspoon salt 2 tsp. baking powder 1/3 cup cooking oil or melted fat

14 to 11/2 cups buttermilk

Sift salt and meal together. Beat eggs; add buttermilk and shortening. Combine with sifted meal and salt. Sift flour, soda, and baking powder together and add to other mixture. Cook immediately.

CRACKLING BREAD

1 cup cracklings, diced 2 cups corn meal

ced 1 cup sour milk or buttermilk 4 teaspoon salt

Cracklings are the pieces of meat remaining after the lard has been rendered from the pork. Mix and sift together the dry ingredients. Add the milk, stir in cracklings. Form into oblong cakes and place on greased baking pan. Bake in hot oven 450° for 30 minutes.

HUSH PUPPIES

½ cup sifted flour 1½ cups corn meal 1 egg, beaten ¾ cup sweet milk *2 teaspoons baking powder *4 teaspoon salt 6 tablespoons minced

*If self-rising corn meal and flour are used, omit salt and baking powder.

Sift together the dry ingredients. Add onion, beaten egg and milk. Stir lightly to moisten well. Drop a scant teaspoon of batter for each hush puppy into hot deep fat (365°). Cook until brown. When done they will float. Drain on absorbent paper.

Yeast Breads

What Yeast Shall I Use? Dry and compressed yeast give equally good results. Compressed yeast is moist, acts quickly, does not keep well. It must be kept cool and should be used within a week. Bread may be made in 2 to 6 hours with it. Dry yeast available in granular form, keeps for weeks without refrigeration and is dated so you can get it fresh. It is better, however, to keep it cool. Granular yeast is as quick as cake yeast.

What Liquid Shall I Use? Milk is the most nutritious liquid and bread made from it keeps fresh longer than when water or potato water is used. Whey may also be used. Eggs added to the liquid make a slightly lighter bread.

LOAF BREAD - DOUGH METHOD (Makes 4 Loaves)

I to 4 packages or cakes of yeast

4 cups milk or other liquid

2 tablespoons salt

4 tablespoons sugar

1/4 cup fat

12 or more cups enriched flour

Scald milk; add sugar, salt, and fat. Let cool to lukewarm, then add to yeast. Add 1/2 the flour and beat until smooth. Add more flour until dough does not stick to side of bowl. Knead slightly on floured board until elastic. Put into greased bowl; grease on top and cover. Let double in balk. Fit into greased bread pans. Let rise in pans until light. Bake 50 to 60 minutes at 400°. Use larger amount of yeast to make bread more quickly. This does not affect the flavor.



Figure 3. Best rising temperature is 80° to 85°.



Figure 4. Punch down when light and doubled in bulk.

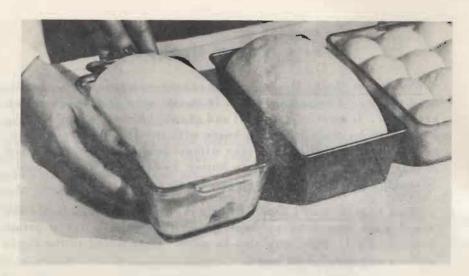


Figure 5. Ready for the oven.

BASIC SWEET DOUGH

2 packages yeast, compressed or dry
4 cup water (lukewarm for compressed
yeast, warm for dry)
5 cups sifted enriched flour (about)
1 teaspoon grated lemon rind (if desired)
2 eggs

Soften yeast in water. Scald milk. Add sugar, salt and shortening. Cool to lukewarm. Add enough flour to make a thick batter. Mix well. Add softened yeast, eggs and lemon rind. Beat Well. Add more flour, enough to make a soft dough. Turn out on lightly floured board and knead until smooth and satiny. Place in greased bowl. Cover and let rise in warm place until doubled (about 1½ hours). When light, punch down. Let rest 10 minutes. Shape into rolls or coffee cake. Let rise until doubled (about 45 minutes). Bake in moderate oven (350°F.) 20 to 30 minutes.

Makes 2 or 3 coffee cakes or about $3\frac{1}{2}$ dozen rolls. Fruits and nuts may be added as desired and made in many shapes.

HOT CROSS BUNS

To 1 recipe Basic Sweet Dough add: 1 teaspoon cinnamon ¼ teaspoon allspice 1 cup currants

After adding softened yeast and eggs, add spices and enough flour to make a soft dough. Stir in currants. Turn out on lightly floured board or pastry cloth and knead until smooth and satiny. Place in

greased bowl. Cover and let rise in warm place until doubled (about 1½ hours). When light, punch down. Let rest 10 minutes. Divide dough into pieces about 1½ inches in diameter. Shape each piece into ball. Place ½ inch apart in greased pans or 1½ inches apart on greased baking sheets. Let rise until doubled (about 45 minutes). Bake in moderate oven (350° F.) 20 to 25 minutes. Make cross of White Icing on each roll.

WHITE ICING

1 egg white 1 - 1/3 cups confectioners' sugar 1/4 teas poon vanilla extract

To unbeaten egg white add sugar gradually, beating it in. Add vanilla extract. Drop from tip of a spoon to form crosses on rolls. Makes about 3½ dozen rolls.

SALLY LUNN

2 cups scalded milk

l yeast cake

2 3 cup fat

3 eggs

2 teaspoons salt

6 cups flour

1/4 cup sugar

Scald milk; add fat, salt, and sugar. When lukewarm, add yeast and beaten eggs.

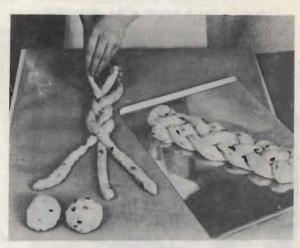


Figure 6. Braid a loaf from plain or sweet dough.

Beat well until smooth. Let rise to double in bulk. Punch down. Put into pans or mold. Let rise and bake in moderate oven (350°) 40 to 60 minutes depending on size of pan.

Rolls and Variations

Bread dough may be used to make rolls -- a practical plan when both loaf bread and rolls are desired. If rolls alone are made, a slightly softer dough may be used and twice as much sugar and fat may be added. Eggs are frequently added to make rolls somewhat lighter (one egg for each cup of milk). Roll dough does not have to be kneaded as loaf dough does.



Figure 7. Quick way to make cloverleaf



Figure 8. Roll \ariations.

REFRIGERATOR ROLLS

Use standard bread recipe; let dough rise once, punch down, grease well over the top, and place in refrigerator or a cold place in a tightly covered bowl. The dough will rise some, even if kept cold, so punch down every day until it is all used. Dough is best if used in 2 or 3 days.

CINNAMON ROLLS

Use standard bread roll or biscuit dough. Mix a paste using these proportions.

l teaspoon cinnamon ½ cup sugar 2 tablespoons butter Nuts, raisins or dried apples, if desired.

Roll dough out thin and spread this paste over the dough. Roll up as a jelly roll. It helps to fold the last 2 inches of dough up over the roll rather than rolling the entire mass to the edge. This also prevents spilling out part of the paste mixture. Cut in 1-inch pieces with scissors or a sharp knife. Place slices, cut side down, on a greased pan. Grease over the top; let rise to double the size and bake in a moderate oven for 20 minutes or until brown.

CHEESE ROLLS

(A batter-type dough)

1 pkg. yeast, compressed or dry 1/4 cup lukewarm water

1 cup milk

2 tablespoons sugar 1 teaspoon salt

4 cup shortening

1 cup shredded cheese

2 tablespoons finely chopped onion

l egg

31/4 cups sifted enriched flour

(approximately)

Caraway or poppy seeds, if desired

Soften yeast in water. Scald milk. Add sugar, salt, shortening, shredded cheese and onion. Cool to lukewarm. Add 1 cup flour and beat well. Add softened yeast and egg and beat well. Add remaining flour to make a thick batter. Beat thoroughly until smooth. Cover and let rise in warm place until doubled (about 1 hour). When light, stir down. Drop by spoonfuls into greased muffins pans. Brush with milk and sprinkle with caraway or poppy seed. Let rise until doubled (about 45 minutes). Bake in moderate oven (375° F.) about 25 minutes. Makes 18 puffs.

Crusty Hard Rolls

l yeast cake
½ cup lukewarm water
1/3 cup milk
1/3 cup hot water
1 teaspoon fat

½ teaspoon sugar ½ teas poon salt ½ cups flour 1 egg, slightly beaten

Dissolve yeast in ¼ cup lukewarm water. Heat milk with hot water. Add fat, sugar and salt. Stir until fat is melted, cool to lukewarm, add yeast, stir in 1 cup of flour until well mixed. Add remaining flour. Beat. Put dough on floured board. Knead until smooth. Place in greased bowl, brush with melted fat, cover bowl. Let rise in warm place until double in bulk (45 minutes). Form into a long roll about 1 inch in diameter; let rise until double in bulk (25 minutes). With scissors, cut off rolls 3 inches long; place rolls on greased baking sheet. Snip 2 small gashes on top of each. Brush with egg white mixed with ¼ cup cold water. Bake on top shelf of oven at 450° for 10 minutes. Reduce heat to 450° and bake 20 minutes longer. Place shallow pan of water on lower shelf of oven during baking to make steam. Brush tops of rolls with egg white twice during baking. This recipe makes 10 rolls or one loaf.



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BUFFET MEALS FOR SPECIAL OCCASIONS

Buffet meals refer to the type of service used when guests serve themselves from an attractively set-up table. It is practical to use when there are more guests than can easily be seated at the table. With this plan a very large group may be served almost as easily as a small one. There is often a large variety of foods from which the guest makes a selection, although a variety is not necessary. The popular smorgasbord is one type of buffet service. To save time in serving a very large group, a long table may be used with duplicate foods at each end so guests may be divided between the two areas.

Buffet meals have become more popular each year. It is a boon to a hostess with a small house who likes to entertain. In this informal type of meal service all food (except desserts) is put on the table. If the group is large, friends may be asked to help serve at the table. This allows host and hostess more time for visiting with guests and is the easiest way to serve a large group. Serving food this way is an "icebreaker" and starts the fun.

The buffet table may be made very attractive and it remains attractive through out the serving as duplicate plates, platters, and dishes of all foods are served in the kitchen to replace those on the table when nearly empty. Never refill a platter at the table and don't leave an empty space by taking it to the kitchen to refill. If possible, set up small tables in another room or on a porch. If small tables are not practical, light trays may be used to hold plate, silver, cup, and glass. Place-cards, suited to the season, help the hostess to place the guest in the most congenial group, and makes it easy for guests to find places. The small tables may be set with silver, glassware, water, salt, pepper, sugar and cream so these need not be on the buffet table. For easy service, the coffee pot, water pitcher, etc. may be placed near small tables. To keep food hot on buffet table, it helps to use a chaffing dish, grill, roaster or other heating device.

Guests may be invited back to the table for dessert, or it may be passed. Foods on the buffet table must be easy to serve and eat and not require much cutting. Good selections are sliced ham, meat loaf, creamed and casserole dishes, and tender meats.

SUGGESTED MENUS FOR BUFFET SERVICE

Ham Loaf

Peach Pickle Sweet Potatoes in Orange cup Buttered Green Beans (small whole or French Style) Jellied Cranberry Apple Salad Rolls Lime Chiffon Pudding Cookies Coffee

Chicken with Parsley Rice Broccoli with Cheese Sauce Peach Pickles Biscuits Relishes Cherry Cake or Peaches Coffee

MF-315 (Revised) Janet L. Cameron & September, 1958

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES Mary L. Thompson/ca DEPARTMENT OF AGRICULTURE COOPERATING. BLACKSBURG, VIRGINIA

SUGGESTED MENUS (continued)

Spoon Bread Green Peas
Tossed Green Salad
Fruit Cup
Coffee

Upside-down Meat Loaf
with Tomato Sauce
Baked Potatoes Buttered Carrots
Deep Dish Apple Pie
Coffee

Seafood Salad Loaf
Garnish with lettuce
Cucumbers
Stuffed Eggs Tomatoes
French Bread Potato Chips
Tced Melon

Shrimp Tomato Appetizer
Chicken Souffle
Baked Stuffed Potatoes
Asparagus Radish Roses
Strawberries

Ham Loaf De Luxe
Tossed Vegetable Salad
Jiffy Cheese Biscuits
Berry Whip
Coffee

Shrimp Creole
Tossed Salad French Bread
Sliced Peaches--Angel Cake
Coffee

QUICK SEAFOOD CASSEROLE

2 cans (about 2 cups) crab
flakes, lobster, or shrimp,
or a combination of these
1 can mushroom soup
1/2 cup milk
3 tbsp. butter

1 can celery soup
1 tsp. Worcestershire sauce
1/2 tsp. tabasco sauce
1 tsp. grated onion
1 cup crumbs

Mix all ingredients, except crumbs. Place in casserole. Sprinkle with crumbs on top, dot with 3 thep, butter. Bake in 350°F, oven until hot, about 20 min. Serve with tossed green salad, spoon bread, and fruit cup for dessert. One-half cup grated cheese (sharp) may be added 10 minutes before removing the casserole from the oven. Tuna may also be used in this recipe.

UPSIDE-DOWN MEAT LOAF WITH TOMATO SAUCE

1. 1b. ground beef 1/2 lb. ground pork 1/2 lb. ground veal 1/2 cup finely chopped onion 2½ tsp. salt

1/2 cup finely chopped celery and tops 1/2 tsp. pepper 1 tsp. dry mustard 2 beaten eggs (optional)

1 tbsp. Worcestershire
3 cups soft bread crumbs
or 2 cups oatmeal

1 cup milk

1 Tomato Topper recipe

Mix meats thoroughly. Add remaining ingredients except Tomato Topper; mix well. Pack tuto 9½/x5"x3" loaf pan. Eake in moderate oven (350°F.) for 20 minutes. Loosen around edges, then invert on a shallow baking pan. (This way the meat loaf keeps its form and has a crusty brown finish.) With handle of wooden spoon, score the top. Bake uncovered in a moderate oven (350°F.) for 1 hour. Top with hot TOMATO TOPPER -- Combine one 8-ounce can (1 cup) seasoned tomato sauce, 2 tbsp. horseradish, 1 tsp. Worcestershire sauce, and 1/4 tsp. tabasco sauce. Heat to boiling. Spread over baked loaf. Makes 6 to 8 servings.

SEAFOOD SALAD LOAF Sandwich filling or party dip

*1 pint cottage cheese (or two
8-ounce packages cream cheese)
1/4 lb. sharp cheese, grated
1 small wedge Roquefort cheese)
1 tsp. mayonnaise
1 tsp. lemon juice
1 tsp. garlic salt
1 can lobster, crab meat, or
1/2 tsp. curry powder
1 tsp. curry powder
1 can lobster, crab meat, or
1/2 tsp. curry powder

Have all ingredients at room temperature. Mix, adding cream if necessary in order to blend. Grease cold I quart mold or bowl with salad oil. Fill with mixture and allow to chill (overnight if possible). Unmold by shaking. Decorate with paprika and hard-cooked egg yolk pressed through a sieve, or with chopped parsley, pimentos, and stuffed olives. Excellent on crackers or dark breads of all kinds. Covered in your refrigerator, it will keep for several days.

*If cottage cheese is used, beat with electric mixer for 5 minutes or press through a sieve.

For party dip, thin with 2 more tablespoons each of lemon juice and mayonnaise.

CREAMED TURKEY

1/4 cup butter or margarine
1/4 cup enriched flour
2 cups milk
1/2 tsp. salt
2 cups cooked cu
Dash pepper
1/4 cup pimento
1/4 cup pimento
1/4 cup sere
1/4 cup gree
1 tsp. Worce
1 cups cooked cu
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1/4 cup green peppers
1 tsp. Worcestershire sauce
2 cups cooked turkey slices or
cooked cubed chicken
1 cup mushrooms or 1 can mushrooms
1 tbsp. grated onion

- 1. Melt butter, cook peppers 2 minutes and then blend in flour.
- 2. Stir milk in gradually.
- 3. Cook, stirring constantly till thick.
- 4. Add seasonings and chicken
- 5. If you like a thinner sauce, add more milk or thin with chicken broth.
- 6. Heat thoroughly.
- Serve with Rice Molds or Crisp Toast. Serves 6.

* Variation: Put in casserole and use biscuit topping instead of serving with rice.

HOW TO CCCK. FLUFFY RICE

1 cup rice 2 cups boiling water 1/2 tsp. salt

Add salt to water and bring to a boil. Stir in the rice, bring to a boil, cover and reduce heat to low. Cook without stirring for 15 minutes. Long grain rice may take 17 minutes.

3 cups hot cooked rice 1/2 cup finely chopped parsley 2 tbsp. grated onion 1 tsp. salt

1. Combine all ingredients.

2. Mix thoroughly and spoon into well-greased custard cups or a large mold.

3. To keep hot till serving time, place over low heat in covered saucepan containing a small amount of water.

4. Unmold on platter.

5. Decorate with pimento. Makes 5 to 6 servings.

HAM LOAF

2-3/4 lbs, smoked ham 2/3 cup tomato juice 1 cup bread crumbs 2 eggs

1 tsp. prepared mustard

1 tbsp. monosodium glutamate (optional)

2 tbsp. grated onion

1 clove garlic, minced 1 tsp. paprica 1/2 tsp. cayenne pepper 1 tbsp. Worcestershire sauce Cranberries and Pimentos

 Grind ham (may be done by your butcher) and add all except the last two ingredients. Stir well until thoroughly mixed.

Let stand several hours and pack into an oblong glass baking dish. (This
will fill a 7-cup capacity dish.) Pack firmly.

3. Bake 1 hour in a slow (300°F.) oven. (Better put a shallow baking pan or metal tray under dish because the fat sometimes boils out during baking.)

4. Cool a little, invert on baking tray, list off baking dish and wipe away fat that will run out on tray. Cool and put in refrigerator.

5. Garnish with cranberries or pimentos cut in the shape of bells.

SHRIMP-TOMATO APPETIZER

1 lb. shrimp cooked or 2 (5 oz.) cans, cleaned 3 large ripe tomatoes

3 large ripe tomatoes 12 lettuce leaves

1/2 tsp. salt

2/3 cup tomato catsup 1 tbsp. Worcestershire sauce 3 tbsp. lemon juice (1 lemon)

Peel and slice each tomato in 4 slices. Place crisp lettuce leaves on plate; top with tomatoes; sprinkle on salt. Cover with a layer of shrimp. Make a sauce of catsup, worcestershire sauce and lemon juice, pour over shrimp. Chill before serving. Makes about 12 servings.

CHICKEN SOUFFLE

1 (10½ oz.) can condensed cream of chicken soup

4 eggs, separated

Blend together soup and well-beaten egg yolks. Beat whites until stiff but not dry; gently fold into soup mixture. Pour into greased 12 quart casserole. Bake in 300°F, oven 1 hour. Serve at once with Jiffy Mushroom Sauce. Serves 4.

JIFFY MUSHROOM SAUCE: Blend 1 can condensed cream of mushroom soup and 1/2 cup milk. Heat thoroughly.

VARIATIONS: Use cream of celery or asparagus soup instead of chicken soup.

Or use cream of mushroom soup for souffle and cream of asparagus for sauce. Bits of finely chopped chicken may be added.

SHRIMP CREOLE

1/4 cup salad oil or shortening
1/2 tsp. salt
1/4 cup flour
4 cloves garlic, minced
1/2 tsp. black pepper
1/4 tsp. red pepper
1/2 cup chopped celery
1/2 cup chopped green pepper
2 (8 oz.) cans tomato sauce
1/2 tsp. salt
1/2 tsp. black pepper
1/4 tsp. red pepper
0 type shrimp or 1 lb. canned
0 or frozen shrimp *
2 (8 oz.) cans tomato sauce
3 cups cooked rice

Heat oil and add flour, stirring constantly until smooth and golden brown. Add garlic, celery and green pepper, and cook until tender. Add tomato sauce and seasonings; cook 20 minutes, stirring frequently. Add shrimp and cook about 25 minutes more. Serve in a ring or over a mount of cooked rice. Makes 6 servings.

* If cooked shrimp is used, only cook 10 minutes after shrimp is added.

HAM LOAF de LUXE

(for 20 large or 25 small servings) (make into 2 or 3 loaves)

2 1b. ground ham or other cured meat 2 eggs
2 1b. ground fresh pork 1 cup milk
3 cups bread crumbs 3 pounds potatoes, cooked & mashed

Cook and mash potatoes. Mix meat and other ingredients. Form mashed potatoes into long rolls and press a thin layer of the meat around it. Place on baking pans and bake in moderate oven (350°F.) for 30 minutes or until meat is brown.

JIFFY CHEESE BISCUITS (for 25)

8 cups flour 4 tsp. salt
3 tbsp. baking powder 1 cup shortening
2 tsp. soda 2 cups grated cheese

2 cups buttermilk or more

Sift dry ingredients and cut in fat. Store in a cool place in a covered container until used. To each cup of mix add 1/4 cup grated cheese and enough buttermilk to mix a soft dough. Drop by spoonfuls on greased pan. These are rich enough not to need buttering, which saves time and trouble for buffet service.

TOSSED VEGETABLE SALAD (for 25)

2 heads of cabbage 1 head lettuce 1 cup salad oil 1 green pepper 1 onion 1/3 cup vinegar 1 bunch carrots 1 bunch radishes Salt and pepper TOSSED VEGETABLE SALAD (continued)

Chop or shred all vegetables. Use a wooden cutting board and sharp knife. Shake oil and vinegar together, add seasoning, and pour over salad just before serving.

BERRY WHIP (for 20) (Make this when oven space is scarce)

6 cups sweetened berry juice or grape juice 6 tbsp. granulated gelatin 1 cup water

4 tbsp. lemon juice 1 cup sugar 2 cups dry milk 1-1/3 cups cold water

Soak gelatin in 1 cup water, dissolve over hot water and add slowly to berry juice. Add lemon, sugar, chill until stiff. Whip water and milk until stiff add lemon juice and fold into berry mixture. Dip into serving glasses or a large pan and place in refrigerator until stiff.

PEACH MERINGUE CRISPS

For each person served, place 1/2 of a canned peach on a round of buttered bread, (slice cut round). Beat egg whites for meringue (8 egg whites for 20 desserts) and add 1 tbsp. sugar and 1/4 tsp. nutmeg for each egg white. Spread meringue over peach rounds and bake in moderate oven (350°) until meringue is cooked and brown and bread is toasted.

FILLED ANGELFOOD CAKE

1 angelfood cake (10 inch) s pint heavy cream (or s cup dry milk and 1/3 cup cold water)

1 pkg. prepared instant chocolate pudding (made with one-half the amount called for on box) A drop of peppermint flavor adds a nice flavor.

Slice the cake horizontally, into 4 equal-sized layers. Whip cream. Prepare instant pudding, using only 1/2 the amount of liquid called for on the package directions. Fold 1/2 of the whipped cream into the prepared pudding mixture. Spread 1/3 cup of the pudding mixture on bottom layer of cake. Top with next layers, alternately stacking cake layers and 1/3 cup pudding, ending with top cake layer. To remaining pudding mixture, add rest of whipped cream. Cover tops and sides of cake with a lighter chocolate mixture. Refrigerate until ready to serve.

UPSIDE-DOWN GINGERBREAD (for 20) (Use if plenty of oven space)

8 apples 2 cups sugar 1 cup water

3 boxes gingerbread mix or use your own recipe

Core apples and cut into rings (leave skin on) and cook in sugar syrup until transparent. Place glazed apples in big greased baking pans. Prepare ginger bread batter and pour over apples. Bake in moderate oven until cake is done.

-7-SUGGESTED TABLE ARRANGEMENTS

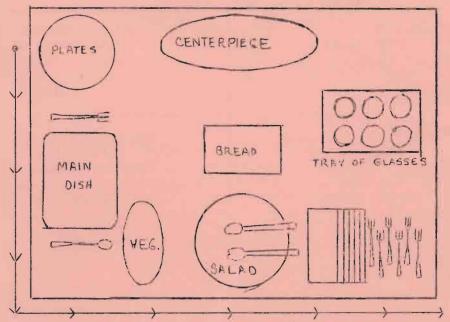


Figure 1 .-- With table against the wall. (Plate Service)

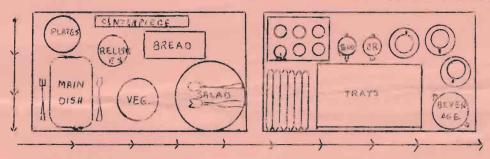


Figure 2. -- With table against the wall - Tray Service (When using tables set with silver)

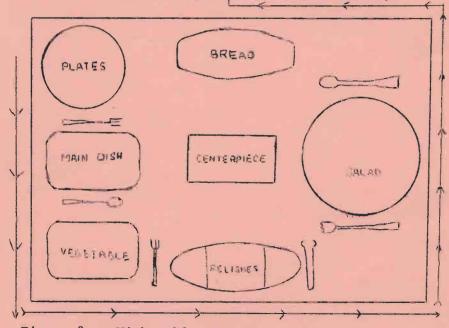
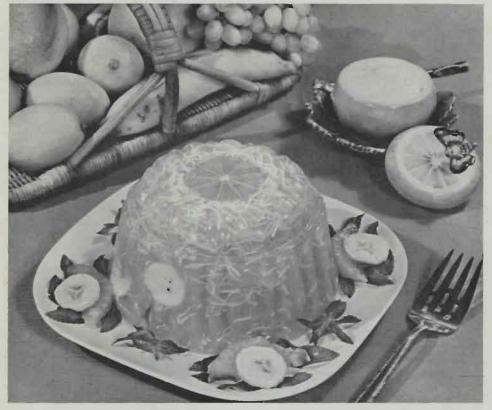


Figure 3.-- With table away from wall.
(When using tables set with silver.)

QUICK and EASY DESSERTS



Congealed Fruit Salad Makes a Refreshing Dessert

Circular 911

July 1962

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Extension Food and Nutrition

Picture Credits:

Bernard E. Lewis, Incorporated, New York, New York Cereal Institute, Incorporated, Chicago, Illinois

Quick and Easy Desserts

Congealed and frozen desserts should add real food value to the meal, not just be "something sweet." Many desserts are too rich to follow a big meal. Frozen and congealed desserts can be satisfying, yet light and tasty when made from milk, fruit, and eggs.

Quicky Lemon Freeze

1 cup evaporated milk (chilled)

1 tsp. salt

1 small can frozen lemonade

Whip cold milk, add lemonade and salt, and freeze. This can be made with frozen orange or grape juice, too.

Baked Alaska

1 9-inch square layer cake (sponge or butter or frozen cake)

1 layer of ice cream (have very hard) to cover center of cake to 1" of edge

4 egg whites

1/2 cup sugar

Salt

Preheat oven to 400°F. (moderately hot). Beat egg whites until firm. Add sugar and salt and beat until very stiff. Place cake on a thick board and quickly put ice cream on top and cover with meringue. Be sure to seal meringue to sides of cake. Bake until meringue is brown. Serve at once.

Variation: Add 1 tsp. instant coffee to meringue if the ice cream you select will "go with" coffee flavor.

Banana Ginger Pie

1 envelope unflavored gelatin 3 tbsps. lemon juice

²/₃ cup sugar 1 cup mashed bananas (2 medium)

3/4 cup water2 unbeaten egg whites1 tsp. grated lemon rind2 unbeaten egg whites1 Gingersnap Pie Shell

Mix gelatin and sugar together in the top of a double boiler. Add water. Place over boiling water and stir until gelatin is thoroughly dissolved. Remove from heat. Add lemon rind and juice and bananas. Chill until mixture mounds slightly when dropped from a spoon. Add egg whites and beat with a rotary beater until mixture begins to hold its shape. Turn into cooled pie shell and chill until firm. Makes 8 servings. 150 calories per serving.

Gingersnap Pie Shell

- 1 cup crushed gingersnaps (15 cookies)
- 2 tbsps, melted butter or margarine

Blend together cookies and butter. Press firmly against bottom and sides of a 9" pie plate. Bake in moderate oven (375° F.) for 6 minutes. Cool.

Coffee Fluff

1 envelope unflavored gelatin	1 tsp. vanilla
2 tbsps. sugar	2 egg whites
2 tsps. instant coffee	1/4 cup sugar
1/4 tsp. salt	1/4 cup cold water
2 egg yolks	1/4 cup nonfat dry milk
13/4 cups water	1 tsp. lemon juice

Mix gelatin, sugar, coffee, and salt together in the top of a double boiler. Beat together egg yolks and water. Add to gelatin mixture and cook over boiling water, stirring constantly until gelatin is dissolved, about 8 minutes. Remove from heat; add vanilla. Chill to unbeaten egg white consistency. Beat egg whites until stiff; beat in ¼ cup sugar. Fold in gelatin mixture. Beat cold water, dry milk, and lemon juice together until stiff and mixture stands in peaks. Fold into gelatin mixture. Turn into a 5-cup mold or individual dessert dishes. Chill until firm. Makes 8 servings. 73 calories per serving.

Apricot-Coconut Pie

1 envelope unflavored gelatin	1 tsp. lemon juice
1/3 cup sugar	1 tsp. almond extract
1/8 tsp. salt	2 unbeaten egg whites
11/2 cups apricot nectar	1 Coconut Pie Shell

Mix gelatin, sugar and salt together. Heat apricot nectar to very hot and add to gelatin mixture and stir until

gelatin is dissolved. Add lemon juice and almond extract. Chill to slightly thicker than unbeaten egg white consistency. Add egg whites and beat with a rotary beater until mixture begins to hold its shape. Turn into prepared Coconut Pie Shell. Chill until firm. Makes 8 servings. 146 calories per serving.

Coconut Pie Shell
1 tsp. butter or margarine
1 can (4 oz.) shredded coconut

Grease a 9" pie plate with butter. Put coconut in pie plate and press against bottom and sides. Bake in slow oven (325°F.) about 10 minutes or until brown. Cool.

Low-Calorie Cheese Cake

2 envelopes unflavored gelatin 1/2 cup ice-cold water 1/2 cup nonfat dry milk 3/4 cup sugar 1/4 tsp. salt 2 egg whites 2 egg yolks 1 tbsp. lemon juice 1 cup liquid nonfat dry milk or skim milk 1/8 tsp. nutmeg 1 tsp. grated lemon rind 1/8 tsp. cinnamon 3 cups creamed cottage cheese, sieved 1/2 cup graham cracker crumbs (4 crackers) 1 tbsp. lemon juice 1 tsp. vanilla

Mix gelatin, sugar, and salt together thoroughly in the top of a double boiler. Beat together egg yolks and dry milk. Add to gelatin mixture and cook over boiling water, stirring constantly until gelatin is thoroughly dissolved, about 8 minutes. Remove from heat; add lemon rind, cool. Stir in cottage cheese, lemon juice, and vanilla. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon.

Beat cold water, dry milk, egg whites, and lemon juice together until stiff and mixture stands in peaks. Fold into gelatin mixture. Turn into an 8" spring-form pan or 2 refrigerator pans and sprinkle top with a mixture of nutmeg, cinnamon, and graham cracker crumbs. Chill until firm. Makes 12 servings. 155 calories per serving.



A Compote of Winter Fresh Fruit, Baked in Honey and Fresh Orange Juice Syrup.

Baked Fruit Compote

Cut bananas into ½" thick slices. Place in a 1-quart casserole along with the apples. Combine orange and lemon juice and honey. Pour over fruit. Place in a preheated hot oven (400°F.) for 10 minutes or until fruit is tender. Sprinkle coconut over the top and bake 5 minutes longer or until coconut is lightly browned. Garnish with orange slices. Serve warm. Makes 6 servings.

Pineapple or Peach Sherbet

2 cups buttermilk 1 cup crushed pineapple or mashed peaches 1 cup sugar 1 tbsp. vanilla

Mix together all ingredients. Freeze to a mush. Beat well and refreeze.

Fruit Sherbet

1 pkg. fruit gelatin
1 tbsp. grated lemon rind
1 ½ cups sugar
1 qt. milk (whole, skim, or
2 cups boiling water
3 cups water and 1 cup dry
1/3 cup lemon juice or
1 cup crushed fruit
1 tbsp. grated lemon rind
1 qt. milk (whole, skim, or
3 cups water and 1 cup dry
milk plus 2 tbsps. lemon
juice)

Mix gelatin and sugar. Add boiling water and stir until dissolved. Cool. Add lemon juice and rind. Stir cooled gelatin mixture into the milk. Freeze until mushy. Beat in a chilled bowl until smooth but not melted. Return to tray to harden. Makes 12 servings. (When using dry milk, put water and lemon juice into a large bowl, add milk powder, and beat with a rotary beater until well-mixed).

Fruit Juice Snow

Mix gelatin, sugar, and salt thoroughly in a small saucepan. Add $\frac{1}{2}$ cup of the water. Place over low heat, stirring constantly until gelatin is dissolved. Remove from heat and stir in remaining ¾ cup of water and frozen fruit juice. Add unbeaten egg whites and beat with an electric beater until mixture begins to hold its shape or beat with a rotary beater until mixture is light and fluffy, about 7 minutes. To speed up hand beating place over ice and water; beat. Spoon into dessert dishes and chill until firm. Serve plain or with Custard Sauce. Makes 8 servings, 93 calories per serving.

*If fresh or frozen pineapple juice is used, boil 2 min. before combining with the gelatin.

Custard Sauce

 $1\frac{1}{2}$ cups milk 3 tbsps. sugar 2 egg yolks $\frac{1}{8}$ tsp. salt 1 whole egg 1 tsp. vanilla

Scald milk in top of double boiler. Beat egg yolks and egg, stir in sugar and salt. Gradually add small amount of hot milk, stirring constantly. Return to double boiler and cook, stirring constantly over hot, not boiling, water until mixture coats spoon. Remove from heat; cool. Stir in vanilla.

Chocolate Mousse

1 large can evaporated milk or 1 tsp. vanilla 1 cup dry milk with 1 cup water ¼ tsp. salt ½ cup chocolate sauce*

Chill canned milk before beating. Dry milk needs 2 tbsps. lemon juice for each cup water. Whip milk until stiff. Fold in chocolate sauce, vanilla, and salt. Freeze in deep tray without stirring.

*Chocolate Sauce

 2 cups sugar
 1 cup water

 1 tbsp. corn syrup
 1 tbsp. butter

 1/4 tsp. salt
 1/2 cup cocoa

Mix all ingredients together in saucepan. Stir over low heat until dissolved. Boil 5 minutes, add 1 tsp. vanilla and cool. This sauce is excellent over ice cream, cakes, and puddings, and as a flavoring for milk. For mocha sauce, add 1 tsp. instant coffee powder.

Chocolate Chiffon Dessert

1 envelope unflavored gelatin $\frac{3}{2}$ eggs, separated $\frac{1}{2}$ cup sugar, divided $\frac{1}{2}$ cups milk $\frac{1}{2}$ tsp. salt $\frac{1}{2}$ tsp. vanilla

1/3 cup cocoa Whipping cream, optional

Mix gelatin, ¼ cup of the sugar, salt, and cocoa in top of double boiler. Beat egg yolks and milk together. Add to gelatin. Cook over boiling water, stirring constantly until gelatin is dissolved, about 5 minutes. Remove from heat and stir in vanilla. Chill to unbeaten egg white consistency. Beat egg whites until stiff. Beat in remaining ¼ cup sugar. Fold chocolate gelatin mixture into egg whites. Turn into a 4-cup mold or individual molds. Chill until firm. Unmold on serving plate and garnish with whipped cream, if desired. Makes 8 servings, 127 calories per serving.

No-Bake Cup Custard

3 eggs 1 tall can evaporated milk (1% cups) 1/4 tsp. salt or use fresh or dry milk*

1/3 cup sugar 1 cup boiling water

½ tsp. vanilla Nutmeg

Beat eggs until well blended. Stir in salt, sugar, vanilla, milk, boiling water. Pour into custard cups. Sprinkle tops with nutmeg. Place in a deep fry pan which has a tight fitting lid. Pour hot tap water around cups to level of custard mixture. Bring water to a rolling boil, cover, and turn off heat immediately. Let stand covered until set (until knife inserted in center comes out clean), about 12 to 15 minutes. Remove from water to a cooling rack. Let cool about 10 minutes, then refrigerate until serving time. Makes 7 servings.

*When using fresh milk, scald 2% cups fresh milk. Omit boiling water, and mix as directed above. For dry milk, mix 1½ cups dry milk with % cup cold water; add 1 cup boiling water and mix as directed above. This takes about 25 minutes to cook, if dry milk is used.

Parfaits

This elegant way of serving ice creams and sherbets is a special treat. Use tall parfait glasses and alternate ice cream or sherbet with fruit, gelatin dessert, or sauces. Fruit gelatin squares piled in glasses with cream or top milk is pretty as well as good. Have fun mixing and matching flavors, colors, and textures for a variety of taste-tempting parfaits.

Meringue Shells

If you have a little time to spare, try making meringue shells. This is truly a dessert that is attractive enough for the most special occasion. Individual meringues can be made in the shape of shells, four-leaf clovers, hearts, or whatever you choose for a particular occasion. They can be tinted pretty colors, too! Fill each shell with a big scoop of ice cream such as strawberry or chocolate, and top with whipped cream or a sauce.

4 egg whites 1 cup sugar

Beat egg whites until foamy. Add sugar 1 tbsp. at a time. Beat well after each addition; then beat until stiff peaks form. Shape as desired on ungreased cookie sheet or on unglazed heavy paper. Bake in a slow oven, 250°F., 60 to 70 minutes or until dry. It will take longer on rainy days. If meringues are not dry in 1 hour, turn oven off and leave meringues in until they are dry.

Party Puffs

An easy and attractive party food is a cream puff, filled with ice cream and topped with a creamy smooth sauce.

1 cup boiling water ½ cup shortening

1 cup flour 4 eggs

1/2 tsp. salt

Add boiling water to shortening, bring to a boil. Remove from heat, add flour all at once, stir vigorously until ball forms in center of pan. Cool slightly and add the eggs one at a time, beating in each one before adding the next. Drop by spoonfuls on a greased pan about 2" apart, shaping into a circular form and having the batter a little higher in the center. Bake 10 minutes at 400°F., then reduce heat to 350°F. and bake 20 minutes. If removed from the oven before they are thoroughly done, they will fall. Take out one; if it does not fall, the others may be removed.

Cool; cut a slit in one side, and fill with cream filling, whipped cream, a fruit mixture. Cream puffs make an excellent foundation for a great variety of desserts. Split

them open; fill with any kind of ice cream, cover with sauce, and serve immediately.

Orange Chiffon Pie

Crust

1/4 cup butter or margarine
1 cup marshmallow creme
1/2 cup finely shredded coconut

1/4 tsp. vanilla
3 cups bite-size shredded rice,
crushed to 11/2 cups

Butter an 8" or 9" pie plate. Heat and stir butter and marshmallow creme over hot water until syrupy. Stir in vanilla, coconut, and cereal crumbs. Press into pie plate.

Filling

1 tbsp. unflavored gelatin ¼ cup water

4 eggs, separated

1 cup sugar, divided

½ cup orange juice 1 thsp. grated orange rind

½ tsp. salt 2 tbsps. toasted coconut (optional)

2 tbsps. lemon juice

Soften gelatin in water. Beat egg yolks and $\frac{1}{2}$ cup sugar in top of double boiler. Add orange and lemon juice and salt. Blend thoroughly. Heat and stir over hot water (not boiling) until mixture coats a spoon, about 20 min-



Orange Chiffon Pie

utes. Remove from heat. Add gelatin and orange rind. Cool custard until it begins to thicken. Stir occasionally. Beat egg whites until foamy, add remaining sugar, gradually, beating until meringue holds a stiff peak. Fold in custard. Spoon into crust. Top with toasted coconut, if desired. Chill several hours. Dip pie plate in hot water a minute or two before cutting pie. The butter melts slightly and slices are easier to remove.

Angel Cakes

Angel cake can be used in many ways for quick attractive desserts. When preparing filled angel cakes, freeze cake first. This makes cake easier to slice and helps prevent ice cream from melting while filling.

Frosted angel cake is easier to serve if cake is frozen after frosting. Cakes may be made ahead, frozen, wrapped in freezer paper, and stored two weeks in freezer. Garnish just before serving.

A large cake (1 lb. size) when filled will make 16-20 servings.

Filled Angel Cakes

1 quart ice cream 1 angel cake (1 lb.) Fruit, if desired

Hollow out an angel-food cake, leaving 1½" shell. Fill with ice cream, frost with sweetened whipped cream, either flavored with chocolate or a fruit flavor. Freeze, if desired, until serving time. If desired, break cake which was removed into chunks and mix lightly with ice cream and/or fruit. Fill center of cake and frost with ice cream, whipped cream, or whipped flavored gelatin. Serve at once or freeze until firm. May be garnished with coconut or fruit.

Neapolitan Angel Dessert

- 1 pt. chocolate ice cream
- 1 pt. strawberry ice cream
- 1 pt. lime ice cream
- 1 qt. vanilla ice cream
- 1 large angel cake (about 1 lb.)

Freeze cake. Cut into 3 slices across, fill with fruit and/

or ice cream, alternating layers of filling and cake. Frost with softened vanilla ice cream. Freeze.

Frosted Angel Cake

Frost with whipped cream or softened ice cream or with whipped flavored gelatin. If frosted with cream, only 1 pint is needed.

Melon Ball Fruit Cup

Combine chilled fresh or canned fruits with melon balls and cantaloupe. Serve in glass cups garnished with mint or in half a small melon or cantaloupe. About 100 calories per serving if fruit is unsweetened.

Easy Suggestions for "Dressing Up" Everyday Desserts

- 1. Make individual sundaes by putting ice cream in paper cups and topping with syrup. Cover with small squares of aluminum foil and freeze. These sundaes are wonderful for those last minute parties or for friends who drop in unexpectedly.
- 2. Cut ice cream into squares and put between plain cookies or graham crackers; wrap and freeze. They make deliciously different ice cream sandwiches. For something special use leftover or frozen waffles to make a sandwich.
- 3. To make an easy ice cream pie, line a refrigerator tray with graham crackers or cookie crumbs. Fill with ice cream and freeze. At serving time, cut diagonally into pie-shaped wedges.
- 4. Make your own special flavored sodas, put a scoop of ice cream in a glass, pour in soda of any flavor, and stir.
- 5. Roll scoops of ice cream in toasted coconut or chopped nuts, and top with your favorite sauce.
- 6. Make ice cream cups from 1 package of semi-sweet chocolate bits, 2 tbsps. butter, and ice cream. Melt chocolate with butter. With a spatula, spread a rather thick coat of chocolate mixture inside of 8 small paper baking cups, on sides and bottom. Freeze. Peel off paper and fill with scoops of ice cream.

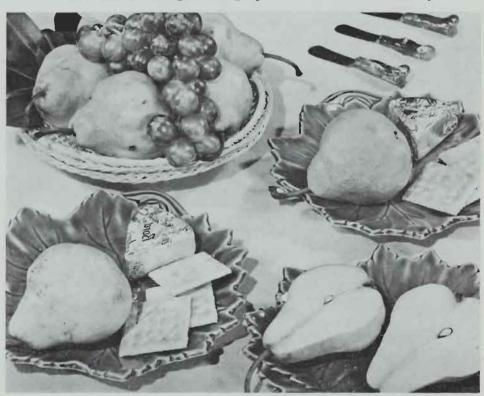
Fresh Fruit-The Best Dessert

Day in and day out, fruit is the most satisfactory dessert for all occasions. When fresh fruit is available it is always a favorite, but combinations of two or more kinds of canned fruit make a colorful, appetizing dessert.

Fruit is low in calories, yet high in important vitamins and minerals. Most fruits have less than 100 calories a serving unless sugar is added. Every tablespoon of sugar adds 50 calories. Often a sprinkle of salt brings out the natural flavor of the fruit.

A colorful bowl of fruit, cleaned and chilled, gives each person a choice of the kind he prefers. The combination depends on the season. A bit of cheese can be served along with the fruit as a satisfying finish to a meal.

Sections of oranges and grapefruit with bits of cherry



Fresh Fruit - The Best Dessert

or chopped red apple may be prepared ahead of time, and are easy to eat and serve. Broiled grapefruit is a popular and different dessert for cold winter days.

Persian Peaches

Combine 4 cups sliced peaches, ½ cup orange juice, 3 tablespoons honey (or sugar), 2 tablespoons finely chopped candied ginger, and a dash of salt. Mix gently. Cover; chill thoroughly. Spoon into 5 chilled sherbets, or over vanilla ice cream.

Cut fresh peaches will keep their golden tone if treated with a "color-keeper," the ascorbic acid mixture used in freezing light-colored fruits. Directions for the use of the acid are on its container. Another way to retain the color of the cut fruit is to brush it with lemon juice.

Snowy Coconut Pudding

1 cup sugar 1 envelope (1 tablespoon) unflavored gelatin 1/2 teaspoon salt 11/4 cups milk 1 teaspoon vanilla

1 31/2-ounce can (11/4 cups) flaked coconut

2 cups cream or canned milk (or 1 cup dry milk and 1 cup ice water, whipped) Crimson Raspberry Sauce

Mix sugar, gelatine, salt, and milk thoroughly. Stir over medium heat until sugar and gelatine dissolve. Chill until partially set.

Add vanilla, and fold in coconut and then whipped cream. Pour into 11/2 quart mold and chill until firm, at least 4 hours. Unmold. Serve with Crimson Raspberry Sauce. Makes 8 servings.

Crimson Raspberry Sauce

1 10-ounce package frozen red raspberries, thawed and crushed 11/2 teaspoons cornstarch

1/2 cup currant jelly (or sugar)

Mix raspberries, cornstarch and jelly thoroughly. Bring to a boil, stir until clear and slightly thickened. Strain. Cool.

Peach Sundae Melba

Spoon sauce over peach halves filled with vanilla ice cream.

Silken Fruit Sauces

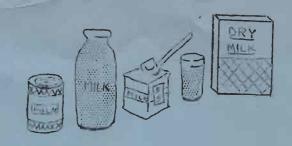
These sauces are simply fruits pureed in a blender, or

an electric mixer, or forced through a sieve. There are dozens of uses for them.

Use 1 package (10 ounces) red raspberries, sliced strawberries, or 1 package (12 ounces) sliced peaches. Thaw slightly. Then place in an electric blender. Cover. Blend until smooth. Serve over mixed fresh fruits, pudding, ice cream, melon balls, or sherbet. When no blender is available, thaw fruits completely. They may then be smoothed in a mixer, or forced through a sieve or potato ricer.



Ways To Get MORE Milk In The Diet



Use fresh, canned and dry milk, but use it every day.

Here are ways of getting more milk in the diet.

Use as a beverage with meals or for snacks. This is the surest way to get enough.

Enrich fresh milk with dry milk solids.

To save money and improve flavor of dry milk, combine 1 quart fresh, whole milk with 2 quarts made from dry milk.

Use additional amounts of milk in dry form to add to breads and butter cakes.

Use milk in dry form in mashed potatoes. Use double amount and add water in which potatoes were cooked for liquid.

Use desserts made with milk.

Use creamed vegetables. For variety, add cheese or peanut butter.

Use milk in hamburger (1 cup per pound).

Use milk in meat loaf (1 cup per pound).

Use whipped topping made from dry milk in desserts or frozen fruit salads in place of whipped cream.

Use twice the amount of dry milk required by recipe. Most products are not affected except to brown more quickly.

WHITE SAUCE MIX

1½ cups sifted all-purpose flour 2-2/3 cups dry milk

4 tsp. salt 1 cup butter or margarine

Sift dry ingredients and blend in fat until well mixed. Store in tightly covered container in refrigerator. Makes about 7 cups.

To	Make White Sauce Ingredients	Thin	Medium	Thick
1.	Put into saucepanwhite sauce mix	रे cup	½ cup	3/4 cup
2.	Stir in graduallymilk or water	1 cup	1 cup	1 cup

3. Cook and stir over medium heat until smooth and thickened.

Use thin white sauce in your favorite recipes for cream soups.

Use medium white sauce to cream vegetables, or in your favorite recipes for macaroni and cheese, chicken ala king and other casseroles and creamed dishes. Use thick white sauce for thicker creamed vegetables, for souffles and/or as a base sauce.

CHEESE SAUCE

Follow directions for Thick white sauce. When sauce is thickened, stir in 1 cup grated American cheese. Stir over low heat until cheese melts and sauce is smooth.

TOP-OF-STOVE CUP CUSTARD (7 servings)

3 eggs 1 cup boiling water
1/4 tsp. salt 1/2 tsp. vanilla extract
1/3 cup sugar Nutmeg
1 tall can evaporated milk (1-2/3 cups) or fresh or dry milk*

Beat eggs until well blended. Stir in salt, sugar, evaporated milk, boiling water and vanilla. Pour into custard cups. Sprinkle tops with nutmeg. Place in a deep fry pan which has a tight fitting lid. (Electric fry pan is excellent.) Bring water to a good rolling boil, <u>cover</u> and turn off heat immediately. Let stand covered about 12 to 15 minutes or until set (until knife inserted in center comes out clean). Remove from water to a cooling rack. Let cool about 10 minutes, then refrigerate until serving time.

*To use Fresh Milk -- Scald 2-2/3 cups fresh milk. Omit boiling water and mix as directed above.

*To use Dry Milk ---- Mix 1½ cups dry milk with 2/3 cup cold water. Add 1 cup boiling water and use as directed above. This takes about 25 minutes to cook.

FLUFFY STRAWBERRY PIE

- 1. Have ready------(9-inch graham cracker or baked

 (pastry crust

 2. Mix in electric mixer or by hand----(10-oz. pkg. frozen strawberries,
 (partly thawed or 1 pint fresh
 (1/4 cup water
 (1/3 cup sugar
 (1/4 tsp. salt
 (2 egg yolks
 (2 tsp. lemon juice
- 3. Cook and stir over medium heat until mixture comes to a full, all-over boil. Take off heat.
- 4. Stir in until dissolved -----(1 pkg. strawberry gelatin
- 5. Chill until mixture is very thick, but not set. This takes longer with fresh berries.
- 6. Put into a 1-quart bowl-----(2 egg whites (1/2 cup water (2/3 cup dry milk
- 7. Whip, with electric beater at high speed or with rotary hand beater, until stiff. Fold whipped mixture into chilled strawberry mixture. Let stand a few minutes, or just until mixture starts to set.
- 8. Put into chilled crust. Chill until firm, about 2 hours, or until ready to serve. Garnish with whole strawberries.

CHOCOLATE PUDDING MIX

3/4 cup flour / 1. Mix all ingredients thoroughly and sift three 4 cups dry milk / times.
2 teaspoons salt / 2. Put into glass or metal containers.
2 cups sugar / 3. Close containers tightly and store on shelf.
2 cups cocoa / 4. Make pudding or sauce as directed on Page 3.

PUDDING--To 1 cup of mix, add 1½ cups water or fluid milk. Cook over boiling water 15 minutes, stirring constantly. Add 1 tablespoon of fat and 1/2 teaspoon vanilla after the pudding is cooked. Makes 3 small puddings.

SAUCE--To 1 cup of mix, add 2 cups of water or fluid milk, and 1/4 cup of sugar. Cook over boiling water 15 minutes; stir constantly. Add 2 tablespoons of fat and 1/2 teaspoon vanilla after sauce is cooked. Makes 2 cups.

FROZEN LEMON CUSTARD

2. Beat with an electric beater at high speed or by hand with rotary beater until mixture stands in peaks.

3. Mix in small bowl-----2 egg yolks

2/3 cup sugar
1 tsp. grated
lemon rind
6 tbsp. lemon
juice
few grains salt

4. Beat in the lemon mixture, a little at a time.

5. Put into a quart ice tray.

6. Sprinkle over top-----4 tbsp. graham

cracker crumbs

7. Freeze, without stirring, until firm. Makes 1 quart.

TIP: To keep frozen desserts from getting icy on top during storage, cover the tray with aluminum foil or a double thickness of waxed paper after the dessert is frozen.

DATE BARS*

1/2 cup butter or margarine
3/4 cup instant dry milk
1 cup dark brown sugar (packed)
3/4 cup flour
1/2 tsp. vanilla
1 tsp. soda
1/2 tsp. salt

Cream shortening and sugar. Sift flour and soda. Add to creamed mixture with oatmeal and milk. Spread 2/3 of dough on oiled pan.

Cover with date filling made of 1 cup chopped dates, 1/2 cup water and 1/2 cup sugar cooked until thick. Cover with remainder of dough. The dough part is quite dry and crumbly.

Bake 25 to 30 minutes in a moderate oven (350°F.).

SPECIAL DEVILS FOOD CAKE*

2½ cups cake flour (2 cups regular flour) 1 tsp. salt

2 cups sugar

3/4 cup shortening plus 2 tbsp.

3 eggs

1 cup cocoa

13 cups water

1/2 tsp. soda

1 tsp. baking powder

1 tsp. vanilla

2½ cups dry skim milk

1. Sift dry ingredients.

2. Add shortening, one-half of water and vanilla, blend 4 minutes.

3. Add rest of water and eggs and blend 4 minutes.

4. Bake in 350°F, oven in three 8-inch or two 9-inch thick layers for 25 to 35 minutes. (Larger amount of milk takes longer.)

Grease bottom but not sides of cake pans. Let stand 5 minutes after removing from oven before turning on racks to cool. Frost with your favorite frosting. (Comfort Frosting in which melted bitter chocolate has been swirled is delicious.)

CHOCOLATE FROSTING

----(3 cups sifted, powdered sugar 1. Stir together ---

(1-1/3 cups dry milk

(1/3 cup cocoa

2. Put into a 1-quart bowl------(1/4 cup soft butter or margarine

3. Add about 1/3 of sugar mixture. Mix until smooth.

4. Stir in------- (1/8 tsp. salt

(1/4 cup hot water

(1/2 tsp. vanilla (1 tsp. instant coffee

5. Stir in, a little at a time, the rest of the sugar mixture. Beat until smooth and creamy. Makes enough to frost tops and sides of two 8 or 9-inch layers, or top of a 13x9-inch cake or 24 medium-size cupcakes.

TIP: If frosting is too thick to spread on cake easily, add a few drops of hot water.

* * * * * * *

* These recipes were developed in the Home Economics Experimental Laboratory at Virginia Polytechnic Institute and will be published with others at a later date. * * * * * * *

Use this sheet with U.S.D.A. Home & Garden Bulletin #57, "Getting Enough Milk" and V.P.I. Circular #618, "Milk Drinks".

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June, 1959

apple

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Start the Day with Apples

Apple Pancakes

- 2 cups sifted flour
- 3 tsps. baking powder
- 1 tsp. salt
- 1 tbsp. sugar
- 1 egg
- 1-1/2 cups milk
- 2 tbsps. melted shortening
- 1 cup finely chopped apples

Sift together flour, baking powder, salt, and sugar. Beat egg lightly and add milk and shortening. Stir into flour mixture, beating until smooth. Add apples and mix well. Bake on hot griddle turning once. Makes 12 three-inch pancakes.

Apple Muffins with Crunch Topping

- 2 cups sifted flour
- 3 tsps. baking powder
- 1/2 cup sugar
- 1/2 tsp. salt
- 3 tbsps, shortening
- 1 egg, beaten
- 1 cup milk
- 1 cup chopped, peeled apples or 1 cup apple sauce
- 1/3 cup brown sugar
- 1/3 cup chopped pecans
- 1/2 tsp. cinnamon

Sift together dry ingredients. Cut in shortening. Combine egg, milk, and apples. Add to flour mixture. Stir *only* until flour is dampened. Fill greased muffin tins $\frac{2}{3}$ full. Combine brown sugar, nuts, and cinnamon and sprinkle over batter. Bake at 400° for 25 minutes. Makes 12 muffins.

Virginia Fried Apples

Cook bacon at moderate temperature until crisp. Drain, and keep hot. Leave about 4 tbsps. fat in the skillet. Fill it with sliced, unpeeled apples and brown lightly. Sprinkle with sugar, (½ cup per quart), cover, and cook slowly until tender. Remove cover to let apples brown and cook off excess juice. Serve on a hot platter with bacon.

Baked Apples

Wash apples and core them without cutting through the blossom end. Remove the blossom. Peel skin about ½ down. Score with fork. Place the apples in a baking dish; fill the holes with sugar. Add a little butter, raisins, nutmeg, and cinnamon, if desired, or crystallized ginger may be used. Add just 2 tbsps. water to keep the apples from sticking. Cover and bake in a moderate oven (350°) until apples are soft. For a glaze, remove cover and baste syrup over apples.

Apple Sauce

Wash, quarter, and remove stem and blossom ends. Cook apples in a covered pan until soft, using just enough water to keep them from scorching. Put the sauce through a colander or food mill. Sweeten to taste and add a few grains of salt. Flavor may be varied by adding lemon juice or spices such as cinnamon, cloves, or nutmeg. Serve hot or cold. Sauce freezes well.

Salads for Lunch or Supper

Fruit Salad or Cup

Diced apples, with the red skins left on, are excellent in many kinds of fruit salads or cups. The apples give the crisp texture often needed with canned fruits. Add peaches, pears, pineapple, bananas, or other available fruit. Serve cold or hot. For hot fruit cup, add spices and extra sugar to taste.

Apple Basket Salad

Cut a section from each side of a crisp apple leaving about 1/4." section in center to form handle. Scoop out center of apple to form basket. Mix diced apple with salad dressing, raisins, and celery. Squeeze lemon juice over cut side of apple to prevent browning. Fill basket with mixture and serve on lettuce.



Apple Party Salad

6 tart red apples

Juice of 1 lemon

 small can sliced or chunk pineapple

1/2 lb. seedless grapes

10 marshmallows, cut in quarters

Dice apples (leave skins on), add lemon juice, pineapple, grapes, and marshmallows. Serve with fruit salad dressing, below.

Fruit Dressing

1 cup apple or other fruit juice

1 egg

1 tbsp. flour

1/4 cup sugar

2 tbsps. butter

2 tbsps. lemon juice

1/2 cup whipping cream

Heat juice. Beat egg. Add flour and sugar to egg. Pour juice over mixture. Add butter and cook slowly until thick. Chill. Add lemon juice. Whip cream and fold in. Add to salad just before serving.

Apple and Cabbage Salad

Dice tart apples, unskinned, and combine with about equal quantities of finely shredded cabbage. Mix with salad dressing. Cream dressing seasoned with grated horseradish goes especially well with this combination. Serve at once on lettuce or finely chopped cabbage. For variety, add onions cut in thin rings.

Waldorf Salad

Dice tart apples with the skins left on. Combine with chopped celery and chopped nuts (hickory nuts, pecans, walnuts, or blanched almonds). Add enough salad dressing to moisten. Serve at once on crisp lettuce or other salad greens. (If you use walnuts, sprinkle them over the salad just before serving, as the nut skins may darken the fruit.)

Mixed Apple Salad

Put equal quantities of shredded cabbage, cut celery, raisins, and apples into bowl with mayonnaise. Serve on lettuce.

Red Apple Salad

4 firm, tart apples

1-1/2 cup sugar

1/4 tsp. salt

1/2 cup red cinnamon candies

3 cups water

1/2 cup cottage cheese

1/4 cup chopped green pepper

Pare and core apples. Add sugar, salt, and candies to water. Heat and stir until dissolved. Cook whole apples slowly in this syrup in covered pan until just tender, turning occasionally to color evenly. Drain and chill. Mix cheese with green pepper. Spoon into and on top of apples.

Apples with Dinner

Stuffed Apples with Sweet Potatoes

- 6 medium apples
- 1 tsp. cinnamon
- 2 tbsps. brown sugar
- 2 cups mashed cooked sweet potato
- 1/2 tsp. salt
- 1 tbsp. sugar
- 1 tbsp. butter

Cut apples in half and remove core. Place on baking pan and sprinkle with cinnamon and brown sugar. Bake slowly until tender. Prepare sweet potato filling by adding other ingredients and mixing well. Fill cooked apples with potato. Serve hot.

Apple Stuffing

- 1/4 cup diced salt pork or bacon
- 1/2 cup chopped celery
- 1/2 cup chopped onion
 - Parsley
- 5 tart apples, diced
- ½ cup sugar
- 1 cup fine, dry, bread crumbs
- Salt and pepper

Fry pork until crisp. Remove pieces. Cook celery, onion, and parsley in fat 3 minutes. Remove. Place apples in fat. Sprinkle with sugar; cover, and cook slowly until tender. Uncover and cook until glazed. Add crumbs, salt pork, cooked vegetables, and seasonings. Very good for duck, goose, and wild game.

Apple-Cranberry Relish

- 2 apples pared and cored
- 2 cups cranberries
- 1 orange
- 3/4 cup sugar

Grind the apples and cranberries through a food chopper. Quarter the orange, remove seeds, and put through chopper. Add sugar, mix well, and chill. Makes 3 cups of relish.

Sweet Potatoes and Apples

Peel and slice sweet potatoes. Remove core and slice unpeeled apples. Place layer of potatoes in well-greased casserole; add layer of apples. Sprinkle with brown sugar and dot with butter. Repeat until dish is filled. Cover and bake at 350° F. for 1 hour or until potatoes are tender. Sausage may be added to casserole to make a main dish.

Glazed Apples

Pare and core small tart apples. Place in greased baking pan or casserole and sprinkle with sugar. Add small amount of water and dot with butter. Bake in moderate over (350°F.) uncovered for about ½ hour or until tender. Baste syrup over apples 2 or 3 times during cooking for an attractive glaze. Fill centers with apple jelly or raisins and serve with pork or chicken.

Glazed Apple Rings

- 6 large firm apples, Golden Delicious or York preferred
- 2 cups water
- 2-1/2 cups sugar
- 1 tsp. nutmeg
- 1 tbsp. grated orange or lemond

Cook water and sugar together for syrup. Add rind and nutmeg. Peel and core apples and cut each in 3 rings. Drop a few rings into rapidly boiling syrup and boil fast until apples are clear and tender. This takes 10 to 15 minutes, depending upon firmness of fruit. Remove rings to platter and cook remaining rings. When done, remove to platter and spoon syrup over apples to glaze. If syrup becomes too thick or crystallizes during cooking, add a small amount of water.

Mint Rings

Boil 2 cups sugar with 2 cups water and ½ tsp. salt. Add chopped fresh mint and green food coloring. Peel and core 6 tart apples and cut across into thick slices or rings. Cook these rings slowly in syrup until tender. Drain on rack and serve around pork roast or ham.

Apples and Carrots

Scrape carrots and slice into thin rounds. Pare and slice apples. Alternate layers in a greased

baking dish. Dot with butter, brown sugar, and cinnamon. Sprinkle with grated cheese. Cover dish and bake in a moderate oven until nearly soft. Re move cover and brown.

Apple Fritters

- 4 Medium sized tart apples
- ½ cup sugar

Grated rind of 1 lemon

- 1 egg
- 1/2 cup flour
- 1/4 tsp. salt
- 1 tbsp. melted butter
- 1 tbsp. lemon juice
- 1/4 cup water
- 1/2 cup powdered sugar

Peel and quarter apples. Dip into mixture of sugar and lemon rind. Beat egg and add flour, salt, butter, and lemon juice. Add water to make batter the consistency of heavy cream. Dip apple pieces into batter and fry in deep fat heated to 375° F., or apples may be chopped and added to batter and dropped from a spoon into deep fat. Drain on paper and dust with powdered sugar.



Favorite Apple Desserts

Apple Dumplings

Roll out rich pastry dough. Cut into rounds or squares. In the center of each, place a pared and cored whole apple. Sprinkle with a mixture of sugar, cinnamon, and salt, and dot with butter. Lift the edges of the dough and press together over top of apple. Seal well. Place 2" apart in greased baking dish. Pour hot Lemon Syrup around dumplings in dish. Bake immediately at 425°F. for 40 to 45 minutes. Serve hot with pan syrup poured over each.

Lemon Syrup

- 1 cup sugar
- 2 cups water
- 1 tbsp. cornstarch
- 1 tbsp. butter
- 2 tbsps. lemon juice
- 1 tsp. lemon rind

Bring sugar and water to boil. Add little water to cornstarch and add to syrup stirring constantly. Cook until slightly thickened. Add butter, lemon juice, and rind.

Apple Upside-Down Cake

Use your favorite cake mix or recipe for cake.

- 4 firm apples
- 1 tsp. cinnamon mixed with 1/4 cup sugar
- 1/4 cup butter

Prepare cake batter. Spread a thick coating of butter on the bottom and sides of a heavy frying pan or baking dish. Pare and quarter apples. Cut into thin slices or rings and arrange on the bottom of the dish. Sprinkle with cinnamon and sugar. Pour cake mixture over apples. Bake in a moderate-low oven (300° to 325° F.) for 45 minutes, or until cake is done. Loosen the sides of the cake. Turn it out carefully, upside down. Serve with whipped cream, ice cream, or hard sauce.

Apple Sauce Roll

- 2 cups rich biscuit mix
- 1/4 cup butter
- 1-1/2 cups sweetened apple sauce
- 1 tsp. lemon extract or spices

Mix dough according to directions. Melt butter in a pan 6" square and at least 2" deep. Roll out the biscuit dough into a rectangle 7" x 10". Add seasoning to sauce and spread dough with the apple sauce. Roll up as for a jelly roll. Cut into 6 slices. Place in pan. Put at once into hot oven (450° F.). Bake 20 minutes or until the biscuit is done. Serve hot or cold, plain, or with whipped cream. A syrup of 2 cups of sugar and 1 cup water may be poured over slices before baking if a dumpling effect is desired.

Apple Crisp

- 4 cups sliced apples
- 1 cup water
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 cup sugar
- 3/4 cup flour
- 1/2 cup butter

Grease casserole. Add apples and water which has been mixed with the spices. Mix together sugar, flour, and butter until crumbly. Spread over the apples. Bake uncovered in moderate 350° F. oven until apples are tender. Serve warm, either plain or with whipped cream.

Apple Brown Betty

- 4 large tart apples
- 3 cups soft bread crumbs
- 1 cup sugar
- 1/4 tsp. cloves
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. salt
- 4 tbsps. butter, melted

Mix sugar with spices. Grease baking dish. Place a thin layer of crumbs in dish; add a layer of thinly sliced apples, and sprinkle with sugar and spices. Repeat layers until all ingredients are used, saving some crumbs for the top. Pour melted butter over crumbs. Bake in moderate oven until apples are soft. Serve hot with hard sauce or cream.

Apple Sauce Spice Cake

- 1/2 cup fat
- 1 cup sugar
- 1 cup thick, unsweetened apple sauce
- 1 beaten egg
- 1-1/2 cups flour
- 4 tsps. baking powder
- 1 tsp. nutmeg
- 1 tsp. cinnamon
- 1/4 tsp. cloves
- 1/4 tsp. allspice
- 1/2 cup nuts, chopped

Cream the fat and sugar. Add apple sauce and egg. Mix and sift the dry ingredients. Add nuts and combine the mixtures. Blend thoroughly. Bake in loaf, in moderate oven (300° to 400° F.). May be baked in 2 layers.

Apple Croutes

Select tart, juicy apples. Remove the cores, peel, and cut in half lengthwise. Have ready as many rounds of bread as there are apple halves. Butter bread generously and sprinkle with sugar. Lay each apple half on a round of bread, core side down; sprinkle with sugar and dust with cinnamon. Bake ½ hour in moderate oven and serve hot with whipped cream. For a dressy dessert make a meringue and spread over when apple is tender. Brown in hot oven.



York Imperial

Crisp, juicy, mild, and sweet -a favorite for the fruit bowl. Good for baking, salads, and desserts.

Season: September-February



Stayman

Which Variety For What? Virginia's Big Six

Excellent for cooking - retains its shape and flavor well. Good for sauce, pies, baked apples, and all cooking uses. Virginia's biggest producer.

Season: November-May



Red Delicious



One of the best for baking. Flavor is pleasing and tart; flesh white and close-knit. Sometimes called "Stayman Winesap".

Season: October-March

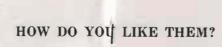
For baking-Rome Beauty, York Imperial, Stayman, Golden Delicious, and Grimes Golden.

For Pic-York Imperial, Golden Delicious, Stayman, Grimes Golden, Winesap, and Jonathan.

For sauce-Grimes Golden, York Imperial, Stayman, Golden Delicious, and Winesap.

For salads-Stayman, Grimes Golden, Winesap, Red Delicious, Lowry, and Golden Delicious.

For eating-Grimes Golden, Stayman, Winesap, Red Delicious, Golden Delicious, Jonathan and Lowry.



Mild, Sweet, Easy Biting . . . Delicious, Lowry, and Golden Delicious

Medium Tart, Medium Firm . . . Stayman, Grimes Golden

Crisp, Tart, and Juicy . . . Winesap, Jonathan

An outstanding dual purpose variety. A delightful flavor and excellent cooking qualities.

Season: September-March



Winesap

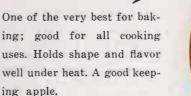


Golden Delicious

Crisp, juicy, and fairly tart. An excellent apple for eating at snack time and in salads. Good in cooking, too.

Season: November-May





Season: November-April

ing apple.



Rome Beauty

Old Virginia Apple Cobbler

(This recipe received a Pillsbury Baking Contest award. It was submitted by Lilly F. Young, Courtland, Virginia.)

- 1/2 lemon
- 1 cup water
- 3/4 cup sugar
- 2 tbsps. flour
- 1/4 tsp. nutmeg
- 3 cups apples, pared and sliced
- 2 tbsps. butter

Pastry:

- 1 cup flour
- 1/2 tsp. salt
- 1/3 cup shortening
- 3 tbsps. cold water

Slice lemon thin and simmer in water until rind is tender. Mix sugar, flour, and nutmeg; add lemon mixture. Cook until thick. Add apples and butter and pour into a greased baking dish. Make pastry and roll thin. Cut in triangles and arrange over apple filling. Bake in 400° F. oven about 40 minutes. Cobbler may be served with cream or ice cream, but it makes its own juice. This has a delightful lemon flavor.

Colonial Homestead Apple Crisp

- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1/2 cup flour
- 1 egg yolk
- 2 cups chopped apples
- 1/2 cup pecans
- 1 tsp. vanilla
- 1 egg white

Mix all ingredients except egg white. Beat egg white stiff but not dry and fold into mixture. Pour into buttered pie plate and bake at 350° F. for about 30 minutes.

Apple Surprise

- 1/2 cup butter or margarine
- 1 cup sugar
- 1 cup flour
- 1 cup milk
- 2 tsps. baking powder
- 2 cups cooked or canned apples
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg

Melt butter in deep skillet or baking dish. Mix next 4 ingredients into a batter and pour this onto melted butter. Drain fruit, add spices, and spoon onto batter. Bake about 25 or 30 minutes in 350° F. oven until batter covers fruit and cake browns. The fruit settles to the bottom of the pan and cake comes to top, making a delicious moist dessert. Serve plain or with cream.

America's Favorite Dessert — Apple Pie

Virginia Polytechnic Institute's Department of Home Economics conducted research in 1959-60 for the Appalachian Apple Service to find the best apple pie recipe using fresh, canned, or frozen apples. Appreciative testers, including members of the Virginia Apple Commission and the Virginia Restaurant Association, determined the best product. Here it is:

VPI Apple Pie

- 5 cups fresh York apples, sliced thin
- 2 tbsps. flour
- 1/2 cup white sugar
- 1/4 cup light brown sugar
- 1/4 tsp. salt
- 1/8 tsp. nutmeg
- 1/8 tsp. grated lemon rind
- 2 tsps. lemon juice
- 1 tbsp. margarine
- Pastry

Mix all ingredients and heap into the lower crust. Dot with margarine and seal with the top crust. Slit crust in several places. Bake in 450° F. oven 15 minutes and 350° F. oven 55 minutes.

(The pastry used was made from 3 cups flour, 1 cup shortening, 1 tsp. salt, and 1 cup water.)

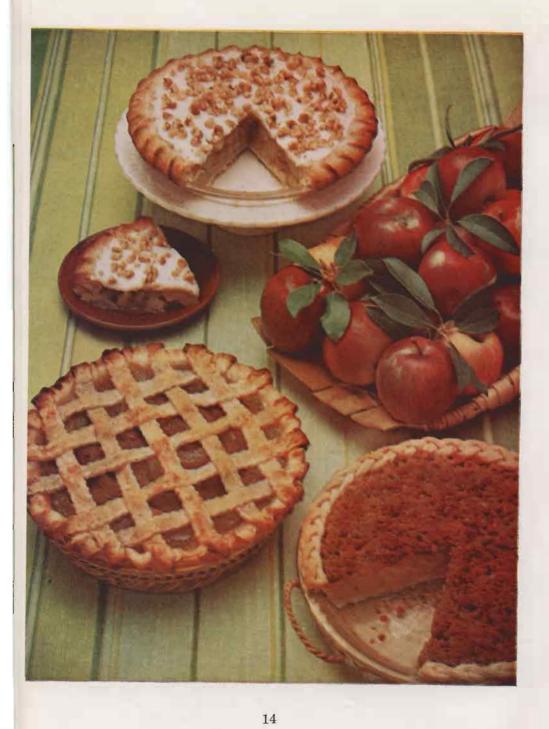
Dutch Apple Pie

- 6 or 8 apples
- 1 cup brown sugar
- 1/2 cup granulated sugar
- 1/2 tsp. cinnamon
- 3 tbsps. flour
- 1 cup sweet or sour cream

Wash, pare, and quarter apples. Mix dry ingredients together. Place half of this mixture in the bottom of an unbaked pie shell. Add apples. Mix cream with remainder of dry mixture and pour over the top. Cover with pastry. Slit crust and bake in a preheated oven (450° F.) for 10 minutes. Reduce heat to 325° F. and bake approximately 45 minutes or until apples are tender.

Apple Turnovers

Roll pastry into 6" rounds or squares. On 1/2 of the rounds, arrange layers of thinly sliced apples. Sprinkle with a mixture of sugar, cinnamon, and a little salt. Dot with butter. Moisten the edge of the pastry. Cover each turnover with the remaining rounds. Press the 2 edges firmly together with the tines of a fork. Prick the top crust so steam can escape. Bake in a moderately hot oven (375° F.) for 20 minutes, or until apples are tender; or fry in deep fat. Cooked dried apples may be used. Dried apple turnovers are an old Virginia favorite.



Finnish Apple Pie

3 cups sifted flour

1 tsp. baking powder

1 cup sugar

1 cup butter

2 egg yolks, slightly beaten

3 tbsps. milk

1/2 tsp. vanilla

Apple filling (below)

Meringue from egg whites

Mix and sift flour, baking powder, and sugar. Cut in butter as if making pastry. Stir in egg yolks, milk, and vanilla. Work dough until smooth. Chill. Roll out dough to make 3 equal rounds about 6" in diameter and ½" thick. Place on greased baking sheets. Bake in a moderately hot oven (375° F.) for 10 to 15 minutes. Remove from oven and cool. Spread apple filling between layers and on top. Top with

meringue and bake in a hot oven (425° F.) about 4½ minutes, or until meringue is delicately browned. Cut in wedge shape and serve with cream or a sauce.

Apple Filling: Peel, core, and slice 2 lbs. (about 6) medium sized apples. Simmer in a syrup made by dissolving 1-½ cups granulated sugar in ¾ cup water. Add ½ tsp. cinnamon. Cook, uncovered, until apples are tender. Add 2 tbsps. lemon juice and cool.

Meringue: Beat 2 egg whites until frothy. Sprinkle ½ tsp. salt over top. Add ¼ tsp. vanilla. Gradually beat in ¼ cup sugar.

Spread Apple Pie

Make spiced apple sauce. Spread on baked crust. Serve at once with cream.

Between Meal Snacks

Applesauce-Nut Bread

- 2 cups sifted all-purpose flour
- 3/4 cup granulated sugar
- 3 tsps. baking powder
- 1 tsp. salt
- 1/2 tsp. baking soda
- 1/2 tsp. cinnamon
- 1 cup coarsely chopped nuts
- 1 egg
- 1 cup canned applesauce
- 2 tbsps. melted shortening

Sift together dry ingredients. Add nuts. Beat egg, and add applesauce and shortening. Add flour mixture. Stir until blended. Pour into pan, or muffin tins. Bake in 350° F. oven 1 hour or until done. Cool on a cake rack.

Spiced Cider

- 1 quart cider
- 4 sticks cinnamon
- 1/2 tsp. allspice
- 1/2 tsp. whole cloves

Bring cider to boil. Add spices. Let stand 4 hours. Strain. Serve hot or cold.

Apple Mint Julep

Combine 2 cups chilled apple juice, 1 pint lime sherbet, and a few drops mint extract. Beat until smooth and pour into tall glasses. Makes 3-4 servings. Add a sprig of mint to each glass for a pretty garnish.

Polished Crisp Apples

These are delicious for betweenmeal snacks. Chill apples and keep a bowl of them handy. They look pretty and taste even better than they look.

Virginia Fruit Punch

- 1 cup apple juice
- 1 cup water
- 1 cup grape juice
- Sugar to taste
- 2 thsps. lemon juice

Mix all ingredients together and chill well. Makes 4 servings.

Apple Juice Sparkle

Mix equal parts of apple juice and ginger ale. Pour over ice and serve at once.



For the Freezer

Sliced Apples

Syrup pack is preferred for apples to be used for fruit cocktail or an uncooked dessert. Apples packed in sugar or frozen unsweetened are good for pie making. For better quality, apple slices need to be treated to prevent darkening. Select full-flavored apples that are crisp and firm, not mealy in texture. Wash, peel, and core. Slice medium apples into twelfths, large ones into sixteenths.

Syrup pack: Use 3 cups sugar and 4 cups water for syrup. For a better quality frozen product add ½ tsp. (1,000 milligrams) ascorbic acid to each quart of syrup. Slice apples directly into

cold syrup in container, starting with ½ cup syrup to a pint container. Press fruit down in containers and add enough syrup to cover. Waxed paper crushed and placed on top before covering carton helps keep apples under the syrup. Leave head space. Seal and freeze.

Applesauce

Wash apples. Remove stem and blossom. Slice. To each quart of apples add ½ cup water. Cook until tender. Strain. Sweeten to taste with ¼ to ¾ cup sugar for each quart (2 lbs.) of sauce. Spices may be added as desired. Chill. Pack into containers, leaving head space. Seal and freeze.

For the Pantry

Apple Marmalade

- 8 cups thinly sliced tart apples, about 3 lbs.
- 1 orange
- 1-1/2 cups water
- 5 cups sugar
- 2 thsps. lemon juice

Wash, pare, quarter, and core the apples. Quarter the orange, remove seeds, and slice very thin. Heat water and sugar until sugar is dissolved. Add the lemon juice and fruit. Boil rapidly, stirring constantly, to 221° F. or until the mixture thickens. Remove from heat; skim and stir alternately for 5 minutes. Ladle marmalade into hot containers and seal immediately. Makes about 8 six-ounce glasses.

To Prepare Juice: select about 1/4 underripe and 3/4 fully ripe tart apples. Wash, and remove stem and blossom ends; do not pare or core. Cut apples into small pieces. Add water, cover, and bring to boil on high heat. Reduce heat and simmer for 20 to 25 minutes, or until apples are soft. Extract juice by putting the prepared fruit into a damp ielly bag or fruit press. The clearest jelly comes from fruit that has dripped through a jelly bag without pressing. A greater vield of juice can be obtained by twisting the bag of fruit tightly and squeezing or pressing, or by using a fruit press. Pressed juice should be re-strained through a double thickness of damp cheesecloth or a damp jelly bag.

Apple Jelly

- 4 cups apple juice (takes about 3 lbs. apples and 3 cups water)
- 2 tbsps. strained lemon juice (if desired)
- 3 cups sugar

To Make Jelly: Measure apple juice into kettle. Add lemon juice and sugar and stir well. Boil over high heat to 220° F. or until jelly mixture sheets from a spoon. Remove from heat; skim off foam quickly. Pour jelly immediately into hot containers and seal. Makes 4-5 six-ounce glasses.

Apple Relish with powdered pectin

4-1/2 cups finely chopped red apples (about 3 lbs.)

1/2 cup water

1/4 cup lemon juice

1/2 cup raisins

1 pkg. powdered pectin

5-1/2 cups sugar

1/2 cup chopped nuts

Wash apples. Remove stem and blossom ends and core; do not pare. Chop apples fine. Combine apples, water, lemon juice, and raisins in a kettle. Add pectin and stir well. Place on high heat and stirring constantly, bring quickly to a full boil. Add sugar, continue stirring, and heat again to a full bubbling boil. Boil hard for 1 minute, stirring constantly. Add the nuts. Remove from heat. If desired, add 3 or 4 drops of red food coloring. Alternately skim and stir relish for 5 minutes. Ladle into hot containers and seal immediately. Makes about 9 six-ounce glasses.

Apple Butter

10 lbs. apples

8 qts. sweet cider

4 lbs. sugar

2 thsps. ground allspice

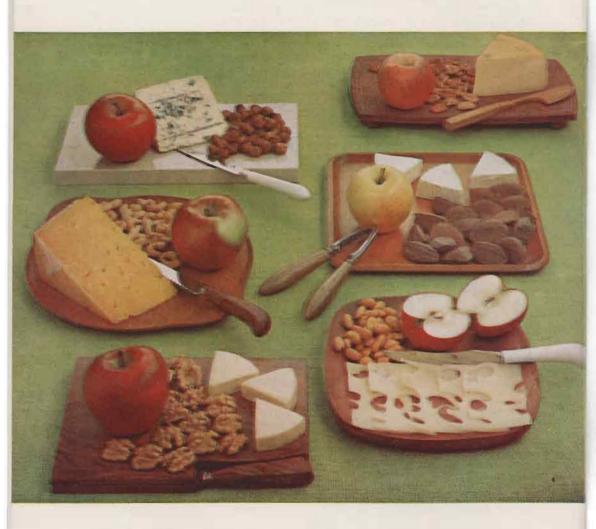
3 thsps. ground cinnamon

2 tbsps. ground cloves

Pare, core, and slice the apples. Boil the cider down to half the original amount. Add apples and cook until broken up. Add the sugar and spices and cook to the consistency of fruit butter, stirring constantly to prevent scorching. Pour into sterilized jars and seal.

Picture credits: Photos in this bulletin used through courtesy of the National Apple Institute and Appalachian Apple Service, Inc.

Apples for Snacks



What better than apples and cheese for Sunday afternoon when friends drop in, or the Saturday night crowd playing bridge, canasta, or listening to records. Equally good for club refreshments—quick and easy, too!



Mary L. Thompson
Food Specialist
Virginia Cooperative Extension Service
Virginia Polytechnic Institute & State University
1942-1963

Mary Lippard Thompson

B.S. degree from Harrisonburg, State College 1924 (J.M.U.)

Home Demonstration Agent in Madison County 1924-1927, Fairfax County1927-1929 Nansemond County 1935-1937, Montgomery County 1938-1940

M.S. degree from Columbia University

Food Specialist, Virginia Cooperative Extension Service, V.P.I. 1942-1963



Mrs. Mary Thompson

Mrs. Thompson Is Honored At Conference

BLACKSBURG — Mrs. Mary Thompson of Blacksburg was honored by the State Home Demonstration A gents' Association upon her impending retirement July 31.

The ceremony in honor of Mrs. Thempson was a feature of a session Monday night at the annual conference of the association at Blackstone.

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Mrs. Thompson has been familiar to homemakers throughout Virginia for her work in foods and nutrition for the Virginia Agricultural Extension Service at Virginia Polytechnic Institute since 1046.

Her recipes and tips on kitchen wizardry are used by thousands of Virginians. She holds a B.S. from Madison, and an M.S. from Columbia University. Before joining the resident Extension Service staff at VPI, she served as a county home demonstration agent in Mastison Fairfax, Nansemond, and Montgomery counties.



HONORED—Honored by the State Home Demonstration Agents' Association upon her impending retirement July 31 is Mrs. Mary Thompson, above. The ceremony in honor of Mrs. Thompson was a feature of a session at the annual conference of the Association at Blackstone.

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CAKES AND DECORATIVE ICING

POINTS TO FINEMBER IN MAKING CONVENTIONAL CAKES

- 1. Use standard measuring cups
- 2. Always sift flour before measuring
- 3. Lift flour with spoon to cup
- 4. Have all ingredients at room temperature.
 5. Always add a little flour first to creamed mixture; this acts as a binder.
- 6. Fill pan 3/4 full cake
- 7. Cut cake across several times and knock on table to let out air before rutting in oven.
- 8. Let cake stand 3 to 5 minutes before trying to remove from pan.
- 9. Cool on cake racks; homemade ones from 1/4 inch mesh wire are satisfactory.
- 10. Never frost cake until cold,
- 11. Use square pans if you plan to freeze cake to save space in the locker,

PROPABLE CAUSES FOR FAILURE OF COLVENTIONAL BUTTER CAKES

Sugary crust: Too much sugar

Coarse Ingredients rot properly combined Too much sugar Too much leavening Broad Mour

Heavy Too much mixing Lack of leavening Too much fat Too much sugar Too much liquid Insufficient baking Incorrect temperature for beking

Crumbly Too much sugar Too much leavening Too low an over temperature

Peaked or Cracked on Top Too much mixing after flour has been added Too hot oven at first baking period.

Tunnels and Jares Holes Too much mixing Failure to expel air from batter when but in pan.

Touch Too much mixing Lack of Shortening Lack of loavening Lack of Sugar Too much flour

Poor Player Ingredients of poer quality Too much baking powder

Not enough fat Not enough liquid Egg whites be ton too much over baked

Gravish Color in Unito Cake Too low oven tumperature low grade flour Use of metal spoon or bowl for mixing WHITE CAKE

l cup butter
3 cups sugar
1 1/2 cups milk
4 1/2 cups cake flour

4 1/2 tsp. baking powder 8 egg whites 1 tsp. vanilla 1/4 tsp. salt

Cream butter, add sugar gradually, and cream until light. Add alternately the sifted flour and milk (sift flour before measuring and then measure and sift with the baking powder 3 times). Add flavoring and fold in the stiffly beaten egg whites. Bake in layers at 375° for about 20 minutes. Note: This will make 4 eight inch layers or may be baked in a very large loaf pan, sheet or 2 loaf tube pans. If vegetable shortening is used, increase to 1 1/4 cups. Butter or at least 1/2 butter gives a better flavor.

COMPORT FROSTING FOR GENERAL USE

2 1/2 cups sugar 1/2 cup white corn syrup 1/2 cup boiling water

1 tsp. vanilla 2 egg whites

Boil to soft ball stage (240°, if raining cook to 242°) and take pan off intense heat and let cool the length of time it takes to beat 2 egg whites stiff. Pour syrup slowly over whites, beating until mixture holds its shape; add vanilla and pile high on cake. If frosting becomes too hard, add a small amount of hot water.

FONDANT FROSTING

1 cup water 2 tbsp. light corn syrup 2 cups sugar Put sugar, water and corn syrup in saucepan and stir over low heat until sugar is dissolved. Boil, covered about 3 minutes to dissolve crystals that collect on the sides of pan; then boil, uncovered and without stirring until small amount of syrup forms a soft ball when dropped into cold water (238°) occasionally wiping off crystals from sides of pan with damp cloth. Immediately pour out on large platter, shallow tray or marble surface, wiped with damp cloth. When lukewarm (1100), work with spatul or wooden spoon until it becomes white and creamy; add 1/2 tsp. vanilla, if desired; then knead until smooth. Store overnight or several days in tightly covered jar befor using. Approximate yield: 1 pound. Melt 1 cup ripened fondant in top of double boil. er add just enough Simple Syrup to make it of right consistency to spread, or about 2 tbsp. beating until smooth. If too thin, add more fondant; if too stiff, add more syrup. Keep hot in double boiler and prepare a small amount at a time. Tint delicate ly with a vegetable color paste rather than a liquid color which may thin frosting; flavor as desired. Cut cold sheet cake (1 inch thick) in small shapes. Use for small cakes; place cakes on wire rack 1 inch apart on a marble slab or over a strip of waxed paper and pour gradually on center of each cake to cover generously; shake rack to get off extra frosting. Scrape up frosting from underneath rack and use again. Approximat yield, I cup frosting, or enough to completely cover top and sides of 4 tiny cakes or Petits Fours. Note: When using Fondant Frosting, the tiny cakes may first be dipped in equal parts of simple syrup and jelly, well mixed. (Apricot, apple, peach or any light colored jelly may be used.) This keeps cakes moist, and gives more luster to frosting as well as keeping frosting from peeling off the cake.

SIMPLE SYRUP

l cup sugar

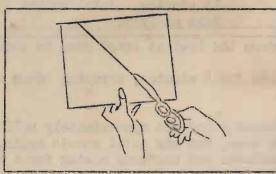
Boil sugar and water 10 minutes, stirring until sugar is dissolved. Use as need for Fondant Frosting, or for ices and cold sweetened drinks. Store in covered jar in cool place. Approximate yield, 1 cup syrup.

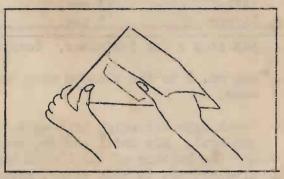
DECORATIVE PLAIM ICING

4 egg whites 2 1/2 cups sugar 1 cup water

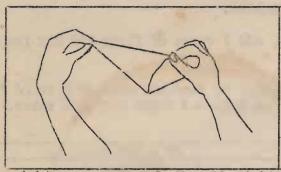
1 tsp. lemon juice or 1/2 tsp. baking powder and tartaric acid mixed in the proportion 1 part acid and 2 parts baking powder.

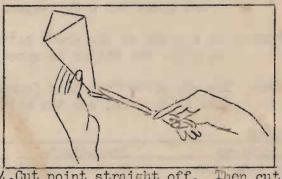
Cook syrup until it drops thick from spoon. (2380) Have egg whites beaten stiff with 1/2 cup sugar - (add sugar gradually as you beat.) Add syrup to eggs a little at a time (Use 3 or 4 additions) the last one should spin a long thread (2400). Beat well, fold in powder put over pan of het water. Cook until it will pile up and will not sink. It will lose it's gloss. Take from stove, and fold gently so crust will not form on top. Must cool and be stiff before it can be used to decorate. May be kept covered in ice box for several days. This icing may also be put on with a pastry bag and tubes or cylender cake decorator. The paper tubes are perferred by many, especially for small cakes or where tinted icing is used.



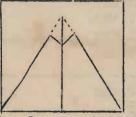


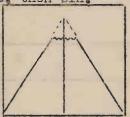
1. Take a 12 to 15 inch piece of heavy 2. Take one of small points in thurb and 1st brown or glazed white paper, cut triangle. finger of left hand with long side of paper away from you and other end in right hand.

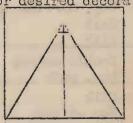


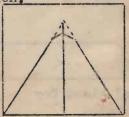


3. Wrap right corner over left; pull right 4. Cut point straight off. Then cut tip point down, make sharp point, then pin. for desired decoration.

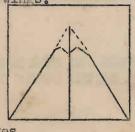


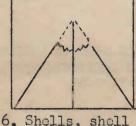


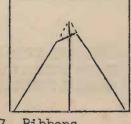


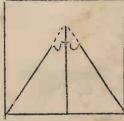


1. Petals, leaves, butter-2. Rosettes, bor- 3. Stems, writing 4. Rose, sweetpeas, fly wings. der lines, dots. petals.









5. Leaves border.

6. Shells, shell 7. Ribbons

8. Fancy border

- 4 -

QUANTITY WHITE CAKE FIGURE FOR ELECTRIC MIXER

		7/17	6 pans		7 2 // 15
	Stop 1.	riour	1 1/4 1b.	Step 2. Sugar Salt	1 3/4 1b. 1 oz.
	30	Shortening	ll ozs.	Bkg, pwdr	1 1/4 cz. 1/2 lb.
1	tep 3.	Whole eggs lilk Playor	12 ozs. 13 ozs. 3 tsp.	Note: Use medium speed, to 15 minutes. Total Bake at 3750,	

Step 1. hix step I for 5 minutes. Scrape down the bowl at least once in this stage.

Step 2. Add no. 2 to the blended mass and mix for 5 minutes, scracing down at least once.

Step 3. Break eggs and weigh with milk, flavoring and add approximately helf of it to the bowl. Mix until smooth, scrape down, and mix until smooth again. Then add the balance of the liquid ingredients and continue mixing for a total of five minutes in this stage, scraping down again to insure a smooth batter.

Mixing speed: For the whole mixing operation using the blending method outlined below, use slow speed if a three-speed machine is used, or second slowest speed for a four-speed machine.

Loaf Cakes: To I pound of the above batter, add I ounce of flour and mix for 5 minutes or until the batter is smooth.

Cup cakes: The cup cakes from this formula will be flat on top. If a round top cup cake is desired, see the batter as modified above for losf cakes.

WHITE CAKE		
" Directions	Ingredients	9" x 12" deep par
Measure into mix-	Sifted cake flour	2 1/2 cups
ing bowl and bland	Sugar	1 2/3 cups
	Veg. Shortening	2/3 cup
	Salt	1 tsp.
Carlotte Comments of the Comme	Milk	3/4 oun
Stir in	Double acting bkg, pwdr	4 1/2 usp.
Add and blend for	Milk	1/2 cup
two minutes	Egg whites	5
	Flavoring	l ten.

MF_230 Mary L. Thompson/bs September 6, 1950 COOPERATIVE EXTENSION WORK IN AGLICULTURE AND HOLE ECONOMICS. VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES D. RALTMENT OF ACRICULTURE COOPERATING.

PIES AND MERINGUE LIGHT AND FLUFFY AS A CLOUD

PASTRY MIX

This is the simplest of the mixes, and one of the most popular

8 cups flour 2 teaspoons salt

2 to cups fat

Sift flour and salt; blend in fat, store in a covered container in a cool place. Use one cup of mix for each crust. (2 cups for a top and bottom crust pie). Add just enough water to hold dough together, about 2 tablespoons to each cup of mix. If lard is used, reduce fat to two cups.

For a very flaky crust, divide fat into half. Cut in first half of fat until as fine a meal, cut in the remaining fat until size of large beas. This recipe makes eleven cups of mix.

RULES FOR MAKING PIE CRUST:

1. All the materials should be as cold as possible. The water should be iced

2. Fie dough should be handled lightly and as little as possible.

3. Use heavy cloth over board and a cloth covered rolling pin to prevent dough from sticking, or roll between two sheets of wax paper.

4. Prick crust lightly before baking.

5. Coat unbaked crust with slightly beaten egg white to prevent soggy crust.

If pastry is hard to handle, chill before rolling.
 Cool pie shell on rack before filling.

TULIP TARTS

Cut pastry in small rounds. Line sides of muffin rings over-lapping about 1/4 inch. Moisten slightly last circle and cover bottom. Fress firmly in place. Bake and cool. Fill with cream filling, or 1/2 peach, cherries, strawberries etc. Cover fruits with fruit glaze. These are most attractive for luncheon or party. Serve on a large plate allowing guests to select their favorite.

GLAZE FOR FRUIT TARTS

Mix 1 tablespoon cornstarch and 1 tablespoon sugar for each cup of fruit juice used. Mix sugar and cornstarch. Add 1/4 cup cold fruit juice. Stir into 3/4 cup hot juice and cook until thick and clear. Pour over fruit in baked shell.

APPLE PIE:

5 medium sized apples

2/3 cup white or brown sugar

1/4 tsp. cinnamon

1/8 tsp. nutmeg

2 tablespoons flour

1 1/2 tablespoons butter

2 tablespoons water or cream

1/8 tsp, salt

Line a 9-inch pie pan with dough. Peel, core and cut into thin pieces the apples. Combine the sugar, dimamon, nutmeg, salt and flour and sift over the apples. Stir the apples until they are well coated. Place them in layers in the pie shell. Dot with butter. If the apples are very dry, add the water or cream. Cover with a pricked upper crust. Bake in hot oven 4500 for 10 minutes then reduce to 3500 and cook until done, from 45 minutes to one hour. 1/2 cup grated cheese may be added to the top crust before rolling.

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雁_232 Mary L. Thompson/bs Dotober 4, 1950

Cooperative Extension Work in Agriculture and Home Economics. Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating.

LEMON OR LIME CHIFFON PIE:

1 tbsp. gelatin 1/4 cup cold water 3 eggs, separated 3/4 cups sugar

1/2 cup unstrained lemon or

lime juice

1/2 tsp. grated lemon or lime rind 1/4 tsp. salt few drops green coloring for lime Baked 9-inch pastry shell. 1/2 cup heavy cream

Sprinkle gelatin on water and soak a few minutes. Beat egg yolks slightly, add half the sugar and the lemon or lime juice and rind. Cook over boiling water, stirring constantly until thick. Add gelatin to hot mixture; stir until dissolved. Add coloring for lime pie. Cool until thick but not set. Add salt to egg whites and beat until stiff. Add rest of sugar slowly, beating constantly. Blend with the chilled gelatin mixture. Fold in 1/2 the cream whipped, reserving other for garnishing. Pour into a shell and chill until firm.

For Variety

Pumpkin Chiffon Pie: - Replace fruit juice and rind with 1/2 cup milk and 1/2 tsp. each of ginger, cinnamon and nutmeg. Fold 1 1/4 cups cooked or canned pumpkin into gelatin mixture with beaten egg whites.

Coffee Chiffon Pie: - Replace fruit juice with milk - mix 4 tablespoons powdered coffee with sugar.

MERINGUE

3 egg whites 6 tbsp. sugar 1/4 tsp. salt 1/2 tsp. vanilla necent studies at Cornell University found the best meringue is made by following method: Add the salt to egg whites, beat to fine foam that will form round peaks. Add the sugar gradually; continue beating until stiff but not dry. File lightly on 9-inch pie. Bake 4 1/2 minutes in 425° oven.

POINTS FOR LAKING MERINGUE

Egg whites should be at room temperature. If egg whites are over 4 days old, add 1 teaspoon of water for each egg white. Be careful not to over heat eggs before adding sugar. Never put meringue on ice cold filling as it will weep. Too long baking causes beads to form on top. Cool pie out of draft to prevent shrinking.

CREAM PIE (9-inch)

1/3 cup flour
2/3 cup sugar
1/4 teaspoon salt
2 cups milk

2 tablespoons butter 3 slightly beaten egg yolks 1/2 teaspoon vanilla extract

1 baked pastry shell

Mix flour, sugar, and salt thoroughly; bring milk to scalding and add to dry ingredients gradually, stirring constantly. Cook over hot water, stirring often, until thick, about 15 min. Add butter and egg yolks, cook 2 minutes longer. Cool and add vanilla. Pour into baked pastry shell and cover with Meringue. Bake as directed.

Variations for Cream pie:

Entterscotch pie: - substitute 1 cup brown sugar for granulated sugar in recipe.

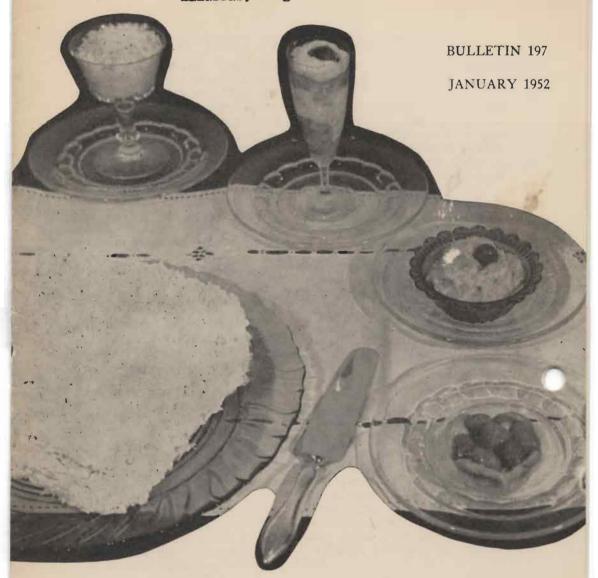
Chocolate Pie:- increase sugar to 1 cup; add 2 squares unsweetened chocolate.

Caramel Pie:- Caramelize 1/2 cup sugar until colden color and smooth. Add scalding milk gradually and stir until thoroughly blended.

Process as for cream pie.

Cocoamut Pie:- add 1 1/2 cup fresh cocoamut to basic cream pie and 1/2 cup cocoanut folded into meringue just before putting on pie.

More Lecha H. Barlow Home Demonstration Agent Manassas, Virginia



Homemade

DESSERTS

Mary L. Thompson

Associate Extension Food Specialist

V.P.I., Blacksburg, Va.

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MILK AND FRUIT DESSERTS

Desserts are the fun. the highlight of the meal! Fruits are the best desserts. They are delicious and easy to serve. Fresh and frozen fruits provide that important vitamin C, as well as other valuable vitamins and minerals. Canned fruit. though lacking in vitamin C, makes an excellent contribution to your diet. It also adds interest and pep to your winter Desserts aren't just meals. something sweet. They should make a real contribution to the meal. Feature fruit for those extra vitamins, and milk for added calcium. Desserts rich in eggs and milk will also make a valuable addition to protein in the day's diet. Serve light desserts after a heavy meal. Serve pies and rich cakes after light meals.

If you don't have enough fresh milk, use powdered or canned milk in desserts. This is a good way to get that added calcium, especially for members of your family who need more calcium and find it hard to drink

enough milk.

Custard

2 cups milk

2 eggs or 4 egg yolks

1/4 cup sugar

1/4 teaspoon salt

1/2 teaspoon vanilla

Beat eggs with sugar and salt; add milk and cook slowly until thick. Boiled custard cooks best over hot water—a double boiler or a pan set over water. Stir the custard and cook until it forms a thin film or "coat" on the spoon; cool and add vanilla. If it cooks too long, it will separate or curdle. If this hap-

pens, beat the custard with a rotary egg beater until it is smooth.

For baked custard, pour the mixture into a baking dish or custard cups. Place dish or cups in a pan and pour about ½ inch of water into the pan. Bake in moderate oven until the custard is "set" in the center. To test, insert a knife in the center. If it comes out clean (custard does not cling to it), it is done.

VARIATIONS

For chocolate, add 2 squares of melted chocolate when custard is done, or ½ cup cocoa. (If cocoa is used, mix with sugar and cook with custard.)

Molded Custard—Make boiled custard reserving ¼ cup of milk. Soak 1 tablespoon plain gelatin in ¼ cup of the cold milk. Dissolve in hot custard. Pour in well-oiled mold and chill thoroughly. Turn out on platter

and garnish with fruit.

Lemon Custard Fluff—Make boiled custard as directed for molded custard using 3 egg yolks. Beat the whites until stiff, adding 3 additional table-spoons sugar, grated rind of one lemon, and 3 tablespoons lemon juice. Fold into custard. Pile lightly into serving dishes. Chill.

Chocolate Whip

1 package plain gelatin

1/4 cup cold water

1/4 cup boiling water

1½ squares chocolate or 4 tablespoons cocoa

or 4 tablespoor

1/3 cup sugar

3 eggs

1/4 teaspoon salt

1 teaspoon vanilla

Put sugar, melted chocolate or cocoa, salt and boiling water together and bring to boiling point. Remove from fire. Soften gelatin in cold water. Add to hot chocolate mixture and stir until dissolved. Cool somewhat and add slightly beaten egg yolks. When it begins to thicken, fold in stiffly beaten egg whites and flavoring. Turn into mold that has been rinsed in cold water and chill. When firm, unmold. Serve with whipped cream or whipped evaporated milk. Chopped nuts or macaroons may be added, and for a more elaborate dessert, line mold with stale lady fingers or sponge cake.

Angel food cake (with strawberry chiffon filling)

 $1\frac{1}{2}$ cups egg whites (approximately 12)

11/4 cups sifted cake flour

21/4 cups sugar

3/4 teaspoon salt

11/2 teaspoons cream of tartar

11/2 teaspoons vanilla extract

1/4 teaspoon almond extract

It is best to have egg whites at room temperature. Sift cake flour with ½ the sugar until well blended. Beat egg whites until frothy. Add salt. Continue beating, adding cream of tartar; beat only until egg whites point (not dry). Fold in $\frac{1}{2}$ the sugar. Then add flour and sugar mixture a little at a time and fold carefully into egg whites. Add flavorings. Pour into ungreased 10-inch tube pan. Bake 45-50 minutes at 375°. Remove from oven. Invert pan and let cake stand until cool. Angel cake may be baked in large muffin rings (don't grease for individual desserts).

Strawberry chiffon filling

1 pint frozen or fresh strawberries

1 tablespoon unflavored gelatin

1/4 cup cold water

2 teaspoons lemon juice

1/8 teaspoon salt

½ cup heavy cream (or powdered milk), whipped

1 egg white, beaten

Soften gelatm in cold water in saucepan. Set saucepan over low heat until gelatin is dissolved. Add thawed strawberries, lemon juice, and salt. Force all through strainer. Place in refrigerator to chill. When partially set, fold in whipped cream and egg white.

Without removing cake from pan, cut a wedge-shaped trench about $2\frac{1}{2}$ inches deep around top of cake. Remove loosened cake and fill cavity with strawberry chiffon filling. Replace wedge of cake over filling. Place in your refrigerator until filling is set. Remove cake from pan. Invert on plate. Garnish with whipped cream and strawberries.

Raspberry meringue dessert Meringue shells

3 egg whites
½ teaspoon vanilla
¼ teaspoon salt
1 cup sugar

Beat egg whites with vanilla and salt until frothy. Add sugar gradually and beat constantly until stiff. Cover baking sheet with brown paper. Drop mixture by large spoonfuls onto paper. Hollow out top. Bake 1 hour at 300°. Makes 6 meringue shells.

Fudge frosting

1/2 cup cocoa
3 cups sugar
1 2/3 cups milk
1/2 teaspoon salt
2 tablespoons corn syrup
3 tablespoons butter
1 teaspoon vanilla

Mix first 5 ingredients and stir over a low fire until sugar is completely dissolved. Cook until a soft ball forms when a teaspoonful is dropped into cold water (238°F). Remove from the fire. Add butter, let cool, add vanilla, beat until it loses its gloss, and is thick enough not to run off cake. Spread on cake.

Lemon filling

3/4 cup sugar
3 tablespoons flour
1/8 teaspoon salt
1/4 cup lemon juice
Grated rind of 1 lemon
1/2 cup water
3 egg yolks, slightly beaten
1 tablespoon butter

Mix sugar, flour, and salt together thoroughly. Add lemon juice and rind and mix well. Add water and egg yolk and blend. Place over hot water and cook until smooth and thick, stirring constantly (about 15 minutes). Cool and spread between cake layers. Ice with comfort frosting flavored with lemon juice and ½ teaspoon grated rind.

Comfort frosting

2½ cups sugar ½ cup white corn syrup ½ cup boiling water ½ teaspoon salt 1 teaspoon vanilla 2 egg whites

Boil first 4 ingredients to soft ball stage (238°) and take pan off intense heat and let cool the length of time it takes to beat 2 egg whites stiff. Pour syrup slowly over whites, beating until mixture holds its shape; add vanilla and pile high on cake.

WHY YOUR STANDARD BUTTER CAKES SOMETIMES FAIL

SUGARY CRUST Too much sugar

TUNNELS AND LARGE HOLES
Too much mixing

COARSE

Ingredients not properly combined
Too much sugar
Too much leavening
Bread flour

HEAVY

Too much mixing
Lack of leavening
Too much fat
Too much sugar
Too much liquid
Insufficient baking
Incorrect temperature for baking

CRUMBLY

Too much sugar Too much leavening Too low an oven temperature

PEAKED OR CRACKS ON TOP
Too much mixing after flour has
been added
Too hot oven at first baking period
Failure to expel air from batter

TOUGH

Too much mixing Lack of shortening Lack of leavening Lack of sugar Too much flour

when put in pan

POOR FLAVOR Ingredients of poor quality Too much baking powder DRY

Not enough fat
Not enough liquid
Egg whites beaten too much
Over baked

GRAYISH COLOR IN WHITE CAKE

Too low oven temperature Low grade flour Use of metal spoon or bowl for mixing

COOKIES

Cookies are simple to make and are good in almost any kind of meal. Cookies are wonderful with a glass of milk or a dish of fruit. They are easy to pack and thus have an important place in the lunch box or as a special greeting to boys and girls away from home.

KEY POINTS FOR SUCCESS IN MAKING COOKIES:

1. Measure accurately. Use standard measuring cups and spoons.

2. Chill dough before rolling.

3. Cover rolling pin with stockinet, and cover rolling board with heavy cloth to prevent sticking.

4. Use as little flour as possible when rolling cookies.

5. Store icebox cookies in refrigerator until thoroughly chilled before trying to slice, (24 hours is best).

6. Never grease pan when making pressed cookies.

7. Bake cookies on cookie sheets or pans with very low sides.

8. Cool thoroughly before storing. (Cool on cake racks if possible.)

9. Store crisp cookies in tin box with tight-fitting cover.

10. Store moist cookies in stone jar or cookie jar.

Gingerbread boys

1/4 cup water, boiling
1/4 cup shortening
1 cup molasses
1 teaspoon ginger
1/4 teaspoon salt
11/2 tablespoons soda
4 to 5 cups flour

Pour boiling water over shortening, add molasses, then dry ingredients that have been sifted together. Knead until smooth. Chill. Roll 1/8 inch thick, cut by pattern. Bake in a moderate oven 350° for 12 to 15 minutes. Cool and decorate with raisins, currents, cherries, citron or colored sugar. Write name with white cake frosting. At Christmas time you may put a ribbon around the gingerbread boy's neck and hang on the Christmas tree for all your guests.

This recipe was brought to the Valley of Virginia from Germany by the early settlers and when not shaped as gingerbread boys was cut with a very large cutter—4 inches in diameter. Because of the large amount of soda used, they rise a great deal. These cookies, because of their size, were called "horse cakes".

Filling

1 pint frozen or fresh raspberries 1½ pints vanilla ice cream

Partially thaw frozen berries in package, or add 1/4 cup sugar to fresh ones. Place a scoop of ice cream in each meringue shell and spoon berries over top. Yield: 6 servings. Strawberries, blackberries, or peaches are delicious too, served in meringue shells.

Grape bavarian cream

- 1 tablespoon unflavored gelatin
- 1/4 cup cold water
- 3/4 cup boiling water
- *1/2 cup sugar
- **1 cup frozen or canned grape juice 2 tablespoons orange juice (op
 - tional)
 1 tablespoon lemon juice
 - 1/3 cup heavy cream (or powdered milk), whipped

Soften gelatin in cold water. Add boiling water and sugar and stir until dissolved. Stir in juices. Chill until thick and syrupy. Beat with rotary beater. Fold in whipped cream. Pour into individual molds to set. Yield: 6 %-cup molds.

Peaches and cream pie

- 1 baked 8-inch pie shell
- 1 pint frozen, fresh, or canned peaches
- 1 tablespoon unflavored gelatin
- 2 tablespoons cold water
- 1 tablespoon lemon juice
- 1/4 cup heavy cream (or powdered milk), whipped

Thaw peaches. Soften gelatin in cold water. Drain peaches and measure 1 cup juice. Heat peach and lemon juice to boiling over high heat. Add softened gelatin and stir until dissolved. Force peaches through colander. Add to juices. Place in refrigerator to chill. When partially set, fold in whipped cream or milk. Pour into baked pie shell. Place in refrigerator until set (about 2 hours). Garnish with peach slices and whipped cream. Yield: 6-8 servings.

CAKES

POINTS TO REMEMBER IN MAKING CAKES

- 1. Use standard measuring cups.
- 2. Always sift flour before measuring.
- Lift flour with spoon to cup. Never dip cup in bowl of flour because this packs flour.
- 4. Have butter and eggs at room temperature.

- 5. Always add a little flour first to creamed mixture; this acts as a binder.
- Cut cake across several times and knock on table to let out air before putting in oven.
- 7. Let cake stand a minute or two before trying to remove from pan.
- 8. Cool on cake racks; homemade ones from ¼-inch mesh wire are satisfactory.

^{*}If grape juice is sweetened, omit sugar.

^{**}When using other fruit juices, use 1% cups. Omit boiling water, heating % cup of juice to dissolve gelatin.

White cake

- *1 cup butter
- 3 cups sugar
- 11/2 cups milk
- 41/2 cups cake flour
- 41/2 teaspoons baking powder
- 8 egg whites
- 1 teaspoon vanilla
- 1/4 teaspoon salt

Cream butter, add sugar gradually, and cream until light. Add alternately the sifted flour and milk (sift flour before measuring and then measure and sift with baking powder and salt three times). Add flavoring and fold in the stiffly beaten egg whites. Bake in layers at 375° for about 20 minutes.

NOTE: This will make 4 eight-inch layers, or may be baked in a very large loaf pan, sheet, or 2 loaf tube pans.

*If vegetable shortening is substituted for butter, increase to 11/4 cups.

Gold cake

- 21/2 cups sifted cake flour
- 31/2 teaspoons baking powder
- * 3/4 cup butter
- 1/2 teaspoon salt
- 11/2 cups sugar
- 8 egg yolks, beaten until thick
- 3/4 cup milk
- 1/2 teaspoon lemon extract or juice

Sift flour once, measure, add baking powder and salt and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add beaten egg yolks and mix well. Add flour, alternately with milk, a small amount at a time. Beat well after each addition. Add extract. Bake in 3 greased 9-inch layer pans in moderate oven (375°F.) 25 minutes.

Devil's food cake

- 4 squares chocolate
- 1 cup sugar
- 1 cup sweet milk
- ½ cup butter
- 1 teaspoon vanilla
- 2 egg yolks
- 1/2 cup sour milk or buttermilk
- 2 whole eggs
- 21/4 cups cake flour
- 1 teaspoon soda
- 1/2 teaspoon salt

Melt chocolate over hot water, add ½ cup sugar and gradually add the sweet milk, then add egg yolks. Cook until mixture thickens. Set aside to cool (overnight is best). Cream butter, add ½ cup sugar, whole eggs well beaten, sour milk, and flour mixed and sifted with soda and salt. Combine mixtures and add vanilla. Bake in shallow cake pans. Nuts and raisins may be added to fillings.

Frostings

Caramel frosting

- 2 cups brown sugar
- 1 cup white sugar ½ cup boiling water
- 1/2 teaspoon salt
- 3/4 cup thick sour cream (sweet may be used)
- 1/8 teaspoon soda
- 1 teaspoon butter
- 1/2 teaspoon vanilla

Mix in order given, reserving butter and vanilla. Stir over low heat until dissolved, and cook to soft firm ball (about 240°F). Remove from fire, add butter, let stand until cool. Beat until thick, add vanilla and spread on cake. If frosting gets too hard, add hot water, a few drops at a time.

^{*}If vegetable shortening is substituted for butter, increase to 1 cup.

mix for each crust. (2 cups for a top and bottom crust pie.) Add just enough water to hold dough together, about 2 tablespoons to

each cup of mix.

For a very flaky crust, divide fat into half. Cut in first half of fat until as fine as meal, cut in the remaining fat until size of large peas. This recipe makes eleven cups of mix.

Tulip tarts

Cut pastry in small rounds. Line sides of muffin rings with pastry rounds over-lapping about 1/4 inch. Moisten slightly last circle and cover bottom. Press firmly in place. Prick. Bake and cool. Fill with cream different filling, or several fruits may be used to give a variety of tarts, such as peaches, cherries, or strawberries. Cover the fruits with a fruit glaze. These are most attractive for luncheon or party. Serve on a large plate, allowing guests to select their favorite.

Fruit glaze

1 cup fruit juice

1 tablespoon corn starch

1 tablespoon sugar

1/8 teaspoon salt

Heat 3/4 cups juice. Mix cornstarch and sugar with 1/4 cup cold juice. Add to hot juice. Cook until thick and clear. Pour over fruit.

Lemon-buttermilk pie

1 cup buttermilk

1/2 teaspoon soda

1/3 cup butter

3 eggs

1/2 teaspoon salt

11/2 cups sugar

2 tablespoons cornstarch

1/4 cup lemon juice and rind of one lemon

Mix together. Pour into unbaked crust and bake in hot oven (450°) for 10 minutes, then reduce to moderate oven (350°) and bake until firm in center (about 20 to 30 minutes).

Apple pie

5 medium sized apples

2/3 cup white or brown sugar

1/4 teaspoon cinnamon

1/8 teaspoon nutmeg

2 tablespoons flour

11/2 tablespoons butter

2 tablespoons water or cream

1/8 teaspoon salt

Line a 9-inch pie pan with dough. Peel, core and cut the apples into thin pieces. Combine the sugar, cinnamon, nutmeg, salt, and flour, and sift over the apples. Stir the apples until they are well coated. Place them in layers in the pie shell. Dot with butter. If the apples are dry, add the water or cream. Cover with a pricked upper crust. Bake in hot oven 450° for 10 minutes, then reduce to 350° and cook until done, from 45 minutes to one hour. A half cup of grated cheese may be added to the top crust before rolling.

Pecan pie

1 cup whole pecans

1 cup dark syrup

2 tablespoons butter

1/2 cup sugar

2 eggs

1 teaspoon vanilla

1/4 teaspoon salt

Cream butter and sugar; add syrup, salt, and beaten eggs, the pecans and vanilla. Beat well and pour into unbaked crust. Bake 10 minutes at 450°; then reduce heat to 350° and bake until set, about 20 minutes, depending on the thickness of the pie.

16 DIFFERENT PIES FROM ONE MIX Basic Cream Pie Mix

7 cups sugar 2% cups flour (2 cups cornstarch may be substituted for flour)

1 teaspoon salt
1½ cups dried milk
(This may be omitted, and fresh or canned
milk used in amounts given on chart when
pie is made.)

Sift all ingredients together twice. Store in tightly covered jar at room temperature. This mix will keep for 3 months.

CREAM PIE AND VARIATIONS

How to Mix	Put I cup of liquid in top of double boiler. While this is heating, beat egg yolks and add to remaining 34 cup cold liquid. Stir in pie mix, mixing thoroughly. Add to hot liquid in double boiler and cook until thick (10-12 minutes) stirring often. Beat with dover egg beater until smooth. Add butter, cool slightly, add vanilla. Pour in baked crust, cover with meringue or garnish with whipped cream or milk.	Combine cocoa with mix before adding the liquid. Mix.	Make as vanilla cream filling. For caramel flavor, heat sugar slowly in frying pan until it becomes liquid. Add to hot custard and stir.	Beat egg yolks. Add milk. Blend into dry ingredients. Add lemon juice, rind, and cook as directed for vanilla cream filling. Cover with meringue top.	Mix as for lemon pie.
OTHER INGRED.	1 teaspoon vanilla	3 yolks 3 table- 1 teaspoon vanilla spoons ½ cup cocoa		2 table- Grated rind of 1 lemon, spoons 1/2 cup juice	% cup fresh orange juice. 3 teaspoons grated rind.
Eggs Butter	2 table-spoons	3 table- spoons	3 table- spoons	2 table- spoons	3 yolks 2 table-spoons
Eccs	3 yolks	3 yolks	3 yolks 3 table-spoons	3 yolks	3 yolks
MILK OR WATER	1% cups water or use milk if powdered milk was not used in mix.	134 cups	1% cups	11/4 cups	1 cup
SUGAR		2 table- spoons	5 table- spoons		
Mrx	11½ cups	1½ cups	1½ cups	1½ cups	11/2 cups
PRODUCT	Vanilla	Chocolate	Caramel	Lemon	Orange

Old fashioned sugar cookies

21/4 cups sifted flour
1/4 teaspoon salt
11/2 teaspoons baking powder
1/2 cup butter or shortening (should be at least 1/2 butter)
1 teaspoon flavoring
11/4 cups sugar
2 eggs, well beaten
1 tablespoon cream
Nuts, cherries, raisins, colored sugar gumdrops

Sift flour once, measure, add baking powder, salt and sift again. Add flavoring to butter and mix thoroughly. Add sugar gradually, and cream together until light and fluffy. Add eggs and cream; then beat thoroughly. Add flour gradually blend. Chill until firm enough to roll. Roll 1-8 inch thick on slightly floured board. Cut with floured cutter, decorate with nuts, cherries, raisins, colored sugar or bits of gumdrops and sprinkle with sugar. Bake on ungreased baking sheet in hot oven (400°) for 10 minutes. Makes 3 dozen cookies.

Cookie press cookies

1 cup butter
2/3 cup sugar
1 egg
21/2 cups flour
1/8 teaspoon salt
1 teaspoon flavoring

Cream butter and sugar. Add egg and mix thoroughly. Then add dry ingredients which have been mixed and sifted together. Add flavoring. Put through cookie press and bake in hot oven (350°).

Ice box cookies

1 cup butter

1 cup brown sugar

1 cup white sugar

eggs eggs

1 teaspoon vanilla

4 or more cups of flour

Cream butter. add sugar. beat, add eggs one at a time, and vanilla. Work in enough flour to make stiff dough. Work on a board. Shape into rolls, wrap in wax paper, let stand over night or longer. Cut very thin. Bake quickly in hot oven (400°). This dough may be kept in a cool place for 3 weeks or in the refrigerator for 6 weeks or more, and frozen they will keep for three months.

Bar cookies Chewy noels

2 tablespoons butter or margarine

2 eggs

1 cup brown sugar firmly packed

5 tablespoons flour

1/2 teaspoon salt

1/8 teaspoon baking soda

1 cup chopped nuts

1 teaspoon vanilla extract Confectioners' sugar

1 package dates

Start your oven at 350° or moderate. Melt butter or margarine in a 9" square pan over low heat. Beat eggs slightly. Combine sugar, flour, soda, nuts, and dates, and stir into beaten eggs. Then add the vanilla extract. Pour this mixture over the butter or margarine. Don't stir. Then slide into the oven and bake 20 minutes. Turn out of pan onto rack, cut into oblongs and dust bottom side with confectioners' sugar. If you want to be fancy you can write "Noel" across the top, using any type of

white frosting. Makes 18, and they are delicious, indeed!

Chocolate meringue bars

1 cup sifted flour

1/8 teaspoon salt

1/8 teaspoon baking soda

1/2 teaspoon baking powder

1/2 cup soft shortening

1/4 cup granulated sugar

1/4 cup brown sugar, packed

1 egg, separated

11/2 teaspoons water

1/2 teaspoon vanilla

½ package semisweet-chocolate pieces

1/2 cup brown sugar, packed

Heat oven. Grease 12" x 8" x 2" baking dish. Sift together first 4 ingredients. Mix shortening with sugars until creamy. Add egg yolk, water, vanilla; mix well. Thoroughly mix in flour mixture. Pat into dish. Top with chocolate pieces. Beat

egg white until stiff; then gradually beat in ½ cup brown sugar. Spread over chocolate. Bake at 375°F. temperature for 25 minutes or until done. Cut while warm. Cool in pan. Makes 32 bars.

Pecan crispies (drop cookie)

1/2 cup shortening

1/2 cup butter

21/2 cups brown sugar

2 beaten eggs

21/2 cups flour

½ teaspoon salt

½ teaspoon soda

1 cup chopped pecan meats

Thoroughly cream shortening, butter, and sugar; add eggs, beat well. Add flour, sifted with salt and soda. Add nut meats. Drop from teaspoon to greased cookie sheet. Space 2" apart. Press ½ pecan in center. Bake at 350° 12 to 15 minutes. Makes 6 dozen.

PIES

Pie is America's favorite dessert. Tender, flaky pastry is the secret of good pies. Make your own mix and you can produce a delicious pie on a few minutes notice.

RULES FOR MAKING PIE CRUST:

1. All the materials should be as cold as possible. The water should be iced.

2. Use as little water as pos-

sible.

3. Handle pie dough as little

and as lightly as possible.

4. Use heavy cloth over board and a cloth-covered rolling pin to prevent dough from sticking, or roll between two sheets of wax paper.

5. Prick crust lightly before baking.

6. Coat unbaked crust with slightly beaten egg white to prevent soggy crust in custard type pies.

7. If pastry is hard to handle,

chill before rolling.

8. Cool pie shell on rack before filling.

Pastry mix

8 cups flour 2 teaspoons salt

21/2 cups fat (or 2 cups lard)

This is the simplest of the mixes, and one of the most popular.

Sift flour and salt; blend in fat, store in a covered container in a cool place. Use one cup of

Beat egg yolks. Add milk and cocoanut milk. Blend with mix. Add 1 cup grated cocoanut (fresh or canned). Cook as for vanilla cream filling.	Mix and cook as vanilla cream filling. Cool, add fruits, nuts, and flavoring. Pour into baked crust. Chill 2 to 3 hours. Garnish with whipped cream and cherries.	Beat whole eggs slightly, add to milk and cream. Blend mix, sugar and seasoning. Sir until well mixed. Pour into unbaked pastry shell and bake 10 minutes 450°, 30-35 minutes 325°, until filling is set.	Make vanilla cream filling; cool, pour into baked crust; arrange drained cherrics on top; (reserve juice for glaze), cover with glaze; garnish with whipped cream.		Same as cherry. (Peaches sliced or halves.)	Make as vanilla cream filling; cool, pour ½ filling into crust; cover with slices of bananas; add remaining filling; garnish with banana and whipped cream. Serve at once. NOTE: If pie must stand several hours, soak sliced bananas in lemon juice for 10 minutes.
Beat egg yolks. Add milk and cocoa mix. Add 1 cup grated cocoan Cook as for vanilla cream filling.	Mix and cook as vani nuts, and flavoring to 3 hours. Garnis ries.	Beat whole eggs slight mix, sugar and sease into unbaked pastr. 30-35 minutes 325°,	Make vanilla cream fil range drained cherr cover with glaze; ga	Same as cherries	Same as cherry. (Pe	Make as vanilla cream filling; cool, pour crust; cover with slices of bananas; filling; garnish with banana and whippe at once. NOTE: If pie must stand several hou bananas in lemon juice for 10 minutes.
% cup cocoanut milk. 11/2 cup grated cocoanut	gtablespoonseach: Chopped nuts (pecans), chopped dates, maraschino cherries, citron, almonds. ½ teaspoon vanilla, ½ teaspoon almond.	1 cup strained pumpkin, 1/2 cup cream, 1/4 teaspoon salt, ginger, nutmeg, 1/2 teaspoon cinnamon.	I pint sweetened frozen, fresh, or canned cherries, if canned cherries are used, add ½ teaspoon red coloring to glaze.	I pint sweetened fresh, canned or frozen ber- ries.	I pint sweetened fresh, frozen, or canned peaches.	2 bananas
2 table- spoons	2 table-spoons	2 table- spoons	1 table- spoon	1 table- spoon	1 table- spoon	2 table-spoons
3 yolks	3 yolks	00	3 yolks	3 yolks	3 yolks	ဇာ
134 cups or part cocoanut milk.	1% cups	34 cup	1½ cups	1½ cups	1½ cups	1% cups
		1/2 cup brown				
1½ cups	1½ eups	74 cup	11/2 cups	1½ cups	1½ cups	13/2 cups
Cocoanut	Nesselrode	Pumpkin Squash Sweet Po- tato	Cherry	Strawberry Blackberry Raspberry	Peach	Banana

Chiffon pies

Chiffon pies make delicious desserts. As they may be prepared well in advance, they have a practical time-saving value.

Lemon chiffon pie

- 3 large egg yolks
- 6 tablespoons sugar
- 1/4 teaspoon salt
- 1 tablespoon grated lemon rind
- 1/4 cup lemon juice, unstrained
- 1/2 cup boiling water
- 1/4 cup lemon-flavored gelatin
- 3 large egg whites
- 6 tablespoons sugar

Mix together the first 5 ingredients in a saucepan. Cook in a double boiler, stirring mixture until thick. Remove from heat. Soak gelatin in the ½ cup of cold water. Then add to the hot custard. Cool. When mixture is partially set, beat until fluffy. Add 6 tablespoons sugar to the 3 stiffly beaten egg whites. Fold carefully into the custard mixture. Pile lightly into a baked pie shell. Chill for at least 2

hours. Garnish just before serving with whipped cream, sprinkled with grated lemon rind.

Meringue

Egg whites should be at room temperature. If egg whites are over 4 days old, add 1 teaspoon of water for each egg white. Be careful not to overheat eggs before adding sugar.

- 3 egg whites
- 6 tablespoons sugar
- 1/4 teaspoon salt
- ½ teaspoon vanilla

Recent studies at Cornell University found the best meringue is made by the following method: Add the salt to egg whites, beat to fine foam that will form round peaks. Add the sugar gradually; continue beating until stiff but not dry. Pile lightly on 9-inch pie. Bake for $4\frac{1}{2}$ minutes in 425° oven.

Never put meringue on icecold filling as it will weep. Too long baking causes beads to form on top. Cool pie out of draft to prevent shrinking.

A Publication of the Agricultural Extension Service of the Virginia Polytechnic Institute Blacksburg, Virginia

BEVERAGES AND SIMPLE REFRESHMENTS



All entertaining is <u>fun</u>, or should be. It is an opportunity to share our homes with others. Virginians are noted for their hospitality, but when the hostess rushes around doing many unnecessary tasks or things that should have been done the day before, the guests feel they are lots of trouble and the friendly welcome she is trying to create is destroyed.

Suggestions For Easy Entertaining

1. Keep your 'refreshments simple.

2. Refreshments should be in keeping with the season.

3. Plan refreshments in advance.

4. See that silver is polished several days in advance.

5. Check on napkins to see that they are freshly laundered and ready.

6. Count the china the day before and borrow if necessary.

7. Clean the house the day before.

8. Prepare all of the refreshments possible the day before.

9. On the day of entertaining, arrange flowers and do last minute things.
Plan to have at least 30 minutes (an hour is better) to rest before
time for guests to arrive.

What To Serve

Serve a drink and sandwiches or cookies,

Hot tea or cold tea, depending on the season, with dainty sandwiches or cookies.

Coffee, hot or cold, with tiny cup cakes or strips of cirmamon teast. Punch and asserted cookies.

Russian tea with cheese wafers or cookies.

Coffee with tiny cream puffs.

Grape juice and cookies.

Coffee with tiny hot biscuits spread with ground ham. Spiced cider and doughnuts on a cold night.

BEVERACES

TEA (HOT)

Bring cold, fresh water to the boiling point. Make the tea in a china or eartherware pot. A metal



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pot is apt to spoil its flavor. Scald the pot. Allow one teaspoon tea for every cup of boiling water. Place the tea in the scalded pot. Four a small quantity of boiling water over the tea. Cover the pot. Permit the tea to steep for 5 minutes.

TTA (ICED)

Prepare tea as for hot tea. Strain it and pour it over crushed ice. Serve it with lemon slices and sugar and sprigs of mint.

RUSSIAN TEA

To make syrup: Cook together 5 minutes

2: cups sugar 2 cups boiling water

3 sticks cinnamon

1 teaspoon cloves Grated rind of 2 lemons . Orated rind of 2 oranges

Let stand until cold, strain and add the juice of 4 oranges and 4 lemons. Bring to a boil and add to a gallon of freshly made tea. Reheat when ready to serve if necessary. This may also be served cold.

COFFEE (HOT)

1. Use fresh coffee. 2. Accurate measurements. 3. A clean coffee pot (this means clean with no coffee odor clinging to it. Scrub the pot with a brush, soar and very hot water. Rinse with scalding water: rinse again with cold water: leave it un-assembled until used again). Use a standard tablespoon and a standard measuring cup. The usual proportions are from 1 1/2 to 2 level tablespoons of coffee to 1 cup of water. Use cold or freshly boiled water. Perk, drip, or boil according to directions for pot used. Six to eight minutes are usually required to get the best flavor.

COFFEE TO STRVE 40 to 50 PERSONS

Put 1 pound medium ground coffee in a cheesecloth or muslin bag, which is large enough to hold twice that amount. Drop bag into large kettle or boiler containing 2 gallons boiling water. Cover tightly, reduce heat, and let stand 6 to 10 minutes. Remove bag and keep hot for service.

COFFEE (ICHD)

Make double strength and pour hot coffee over crushed ice or use regular strength and freeze 1/2 of the coffee in an ice tray and use instead of ice. Serve in tall glasses with cream or vanilla ice cream. Sugar may be added if desired.

FUNCE .

FOR COLD DAYS

Hot Gider Punch

I pound sugar 1 quart water 12 whole cloves 4 sticks cinnamon

4 allspice berries 2 cups lemon juice 2 tbsp. chopped ginger 2 qts. cider, fresh or

3 cups orange juice

canned

Make syrup by boiling sugar and water ten minutes. Add cloves, cinnamon, allspice, and ginger, and let syrup stand covered in warm place I hour. Strain. Add orange and lemon juice and cider. Bring quickly to boiling point and serve at once. Yield: One gallon.

If cider is not available, grape juice may be substituted. Reduce supar to one cup and prepare as for hot cider punch.

Garnish with lemon slices that are scalloped by cutting notches in the peel every 1/4 inch. Place whole clove in center. Float in punch.

FOR SUMMER TIME

Ruby Punch

Select the red stalks of rhubarb and do not peel. Wash well. Out stalks in chunks. Measure and use 1/3 as much sugar as rhubarb. Put in a boiler, cover with water, and boil about 2 minutes (cover on pan). Strain juice from rhubarb and chill.

Quick Punch

Chill and mix I large can each of grapefruit and pineapple juice. Add I quart of ginger ale just before serving. 1/2 of the ginger ale may be frozen in an ice tray and used for a garnish. To prepare, place mint leaf, slice of lemon, or a colored cherry in each section.

This punch may be tinted pale green.

Serve in a crystal bowl garnished with lemon slices and ice ring.

Ice Ring for Funch

Use a ring mold. Rinse maraschino cherries with cold water to remove symp so that the ice ring will not melt so rapidly. Cut citron into half-inch length-wise strips. At half-inch intervals, cut strips crosswise at an angle to make diamond-shaped leaves. Arrange cherries and leaves in a design on the bottom of the mold. Fill mold with a quarter inch of water, pouring carefully so as not to disturb design. Freeze. Fill with water and freeze overnight or until solid. Unmold by holding under cold running water until ice slips out.

MOTE: Watercress or parsley may also be used for leaves.

This is also delicious and beautiful served in a watermelon punch bowl.

To make a watermelon punch bowl, cut off 1/3 of chilled melon. Cut melon balls with a ball cutter or 1/2 teaspoon measuring spoon from heart. Cut cut rest of ment, leaving 1/2 inch around the edge for color. Save the juice and add to punch. Place melon bowl on punch table, garnish with grape leaves, bunches of grapes, and other colorful fruits. Fill with chilled punch. Float watermelon balls in punch and serve at once.

SANDWICHES

Sandwiches served for refreshments should be small and dainty. The crust is

shapes, cut before spreading as this saves filling. Butter or mayonnaise spread on sandwiches before filling prevents bread from being soggy. Be sure to spread well to edges so that sandwiches don't become dry.

Rolled Sandwiches

Cut bread very thin and remove crusts. Spread with filling, roll tightly and place on damp cloth with edge of slice down. Cover and let stand at least an hour before serving.

Suggested Fillings

- * Ham Spread with butter
- * Cream cheese and nuts
- * Creamed cheese with olives or pickles
 Grated American cheese with mayonnaise, seasoned with grated onion
 Finely chopped chicken with mayonnaise
 Grated Tuna with chopped pickle and mayonnaise
- * Honey butter (cream equal parts honey and butter)
- * Ground nuts spread on buttered bread, salted lightly
- . Chopped egg with mayonnaise and parsley
- * Creamed cheese with chopped green pepper Cottage or cream cheese with grated onion and mayonnaise
- * Tiny hot biscuits or rolls with very thin slices of ham (These are often served instead of sandwiches,)
- * Grated cucumber and cream cheese seasoned with grated onion

NOTE: Cottage cheese may be substituted for cream cheese by pressing through sieve to make it smooth.

* These may be frozen.

COUKIES

Simple cookies may be served for refreshments.

When You Make Cockies

Save time by using drop, bar, or roll-type cookies
Make them small and dainty
Bake on cookie sheet or pan with low sides
Store crisp cookies in air-tight tin can, and chewy cookies in cookie jar.

Ice-Box Cheese Wafers

1/2 lb. grated sharp choose Small pinch red pepper 1/2 teaspoon salt 1/2 cups sifted flour 1/4 lb. butter

Cream together cheese, butter, salt, pepper; add flour and make into a roll. Wrap in wax paper and place in refrigerator. When needed slice into thin wafers and bake in moderate (350°) oven. A pecan may be added for decoration. Bake 8 to 10 minutes.

Swedish Catmeal Cookies

1 1/4 cups oatmeal 1/2 cup sugar

1/2 cup sugar
1/2 cup shortening
1 tablespoon flour

1 teaspoon baking powder

1 egg

l teaspoon vanilla 1/4 teaspoon salt

Melt fat; then stir all ingredients together. Grease and flour baking sheet. Drop batter by teaspoonfuls about six inches apart. Dake at 350°. Makes about 2 1/2 dozen. 1/2 teaspoon cinnamon, 1/2 teaspoon nutmeg, and all spice may be added to 1/2 batter for variety. Should be lightly browned all the way through. They scorch easily.

NOTE: Lard may be used in these.

Mexican Wedding Cakes

1/2 cup butter
2 tablespoons sugar
1 cup flour

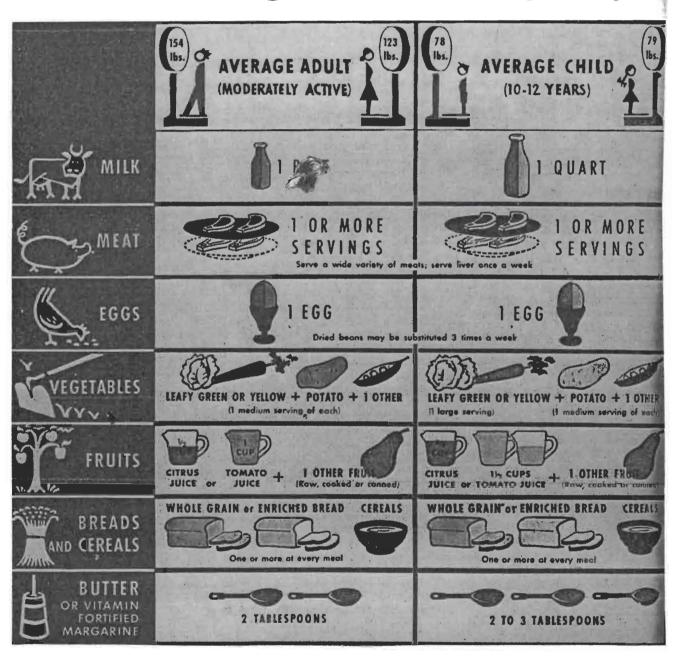
l cup finely chopped nuts l teaspoon vanilla 1/4 teaspoon salt

Cream butter, add sugar and vanilla. Stir into butter mixture flour, salt, and nuts. Make in small rolls. Place I inch apart on ungreased cookie sheet. Bake at 300° for 35 minutes. Roll while hot in powdered sugar.

MF-260 Mary L. Thompson January 4, 1952 VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES DUFARTMENT OF AGRICULTURE COOPERATING. EXTENSION SERVICE, BLACKSBURG, VIRGINIA.

Quick may 1 c poladoil Coake 14 a consleich 1/4 C venega 74 C H20

Eat The Right Food Every Day



RELISH THE BASIC SEVEN

PURPOSE OF DEMONSTRATION:

To point out the values of each of the Basic 7 Food Groups To indicate ways of preparing raw vegetables for a relish tray

BEFORE THE DEMONSTRATION:

Practice demonstration before giving it.

Buy vegetables and other foods needed.

Cook eggs and cool; remove yolks from white by cutting egg in half length-wise.

Wash vegetables.

Scrape or peel carrots

Stuff green pepper with cottage cheese.

Arrange demonstration table so you can be seen and heard.

Display Basic 7 poster where all can see.

Give small Basic 7 charts to each person.

Set-up Trays -

1--Tomatoes Carrot halves cut lengthwise Toothpicks Vegetable peeler Wooden board Chef's knife Bowl of ice water Platter or wooden bowl for relishes

2--Celery Paring Knife Radishes or cucumbers Green pepper stuffed with cottage cheese

Cottage cheese
3--Egg yolks in bowl
Egg whites on waxed paper
Mustard, vinegar, paprika
Salt, pepper, mayonnaise
Teaspoon
Mixing fork
* A

Paring Knife

Equipment Needed

2 tablespoons
2 tea towols
2 mixing forks
Vegetable peoler
Toothpicks *
Ice water *
Large mixing bowl
French Chef's knife or
other sharp knife
Wooden board *
Small bowl
Small saucepan for
cooking eggs *
Measuring spoons
1 large platter or wooder
bowl for relishes
1 bread and butter plate

l plate for crackers * * Agent bring only starred items.

for butter *

1 butter knife

** If cucumber is used in place of celery; use watercress, parsley or endive for garnish.

THE DEMONSTRATION

Introduction

Food is the greatest need of your life. It is the one thing that affects our health more than any other - it affects the way you grow, your vigor, your appearance and your age (not in years but in physical condition).

Most people accept this remark. Yet they take the kind, quality, and amount of food they eat pretty much for granted. Most people think they eat approximately the right kinds and amounts of food. It is difficult to realize that a person may suffer the effects of poor diet regardless of age, where he lives, how much money he makes, or how much money he spends on food.

Food Needed

1 cups cottage cheese 1-2 large green peppers Salt 1 bunch green celery or 2 cucumbers ** 1 bunch carrots 1 bunch radishes 3 tomatoes For Deviled Eggs dozen fresh eggs tbsp. mayonnaise 1 tbsp. vinegar tsp. salt Dash of pepper 1 tsp. paprika tsp. dry mustard or 1 tsp. prepared mustard 1 box whole wheat crackers (small box) 1 lb. butter or margarine All people need the same nutrients but individual needs for these nutrients vary according to how well the body makes use of these nutrients. They vary according to the age, sex, activity and body size and weight.

About 60 chemical units have been separated and named and have proved essential in our daily meals for normal health. A carefully selected diet including the basic 7 food groups will give food for health, energy and growth and includes all 60 chemical units. The magic of this chart (point to chart) is that it helps to give you the variety of food you need every day and it also indicates amounts needed.

Today, we are going to prepare a relish tray so nice to serve at a buffet supper, in place of a salad for an everyday meal or for any company meal. As we assemble our relish tray we will try to explain the functions of each groups of the Basic 7.

SAY

DO

Green and Yellow Vegetables

These vegetables are good sources of Vitamin A - important to you for growth - also to keep skin and eyes healthy. It helps furnish iron for red blood, and calcium for teeth and bones. Carrots are a good example of a vegetable in this group.

Point to the first group on chart.

We can serve carrots raw or cooked. Vitamin A is not water soluble but it is not wise to allow carrots to stand in water for hours. To make carrot curls, thin slivers of carrots are necessary. Roll into a curl and attach toothpick to keep carrot curl in place. Ice water helps to crispen vegetables. There are many vegetables and some fruits that are a good source of vitamin A - kale, spinach, green beans, green pepper, lettuce, green pepper, lettuce, green cabbage, peaches, apricots, etc.

Take a half carrot and start slicing with vegetable peeler to form curls. Also make some strips.

You need one or more $\frac{1}{2}$ cup servings every day. Our bodies store vitamin A if we consume more than our body uses per day.

Continue to make curls and strips and place : in bowl of ice water.

Citrus Fruits, Tomatoes and Other Raw Fruits and Vegetables
Tomatoes are a good example of group 2 of our Basic 7
chart. This group includes foods rich in vitamin C. Vitamin C keeps gums healthy, helps resist infections. This
group of foods also contains other valuable minerals and
vitamins. One or more servings of this group are needed
every day. We do not store vitamin C. Some vitamin C is
lost when exposed to air or heat and is soluble in water.

Cut tomatoes into wedges using sharp knife and wooden board and arrange on relish tray.

Best sources of this group are oranges, grapefruit, or fresh strawberries and cantaloupe, raw cabbage. Green pepper is also an excellent source of C and also vitamin A. (Explain how stuffed pepper is made)

Show stuffed pepper, slice and arrange on relish tray.

By stuffing a green pepper with cottage cheese we are including another important group - milk and milk products. One and ½ cups of cottage cheese will give as much calcium as is in 1 glass of milk. Dairy foods are an excellent source of calcium, phosphorus, protein and riboflavin. Milk is considered the most "nearly perfect food".

Calcium provides and maintains sound teeth and bones, keeps nerves in good condition; helps blood clots and regulates

heart beat. Protein is important for growth and repair and riboflavin for healthy skin and eyes. Use 3 glasses for adults and 4 glasses for children.

Other fruits and vegetables not mentioned in groups I and II are included in III. In this group may come celery and radishes. Neither of these raw vegetables is rich in vitamins and minerals but contains small amounts. The greener the celery, the more vitamin A it contains. Both these vegetables are high in roughage. Potatoes, a good source of vitamin C because of quantities consumed, are a good example of this group as well as onion, beets, apples, prunes, raisins, etc. We need daily 1 or more servings of potatoes and $2\frac{1}{2}$ cup servings of other vegetables. Vegetables in this group are called "filler ups".

Group V - Meat, Poultry, Fish or Eggs, Dried Beans and Nuts contain foods rich in protein and the vitamin B complex. We need 1 serving of meat, poultry or fish every day and at least 4 eggs a week. A relish tray can be protein-rich with deviled eggs which we have ready to assemble. Explain what ingredients are added to egg yolk.

Protein is so important for growth and repair of tissues - high in reducing diet, in babies' diets, for the convalescent patient. These foods help to fight off infection, too. (Discuss color scheme and appearance of relish tray - garnish to soften edges; contrasts in color next to each other; radishes and tomatoes next to each other would clash; use neutral or contrasting colors between them, etc.)

To complete our basic 7 we could serve whole wheat cracker, an example of group six.

Group VI includes <u>bread</u>, <u>flour</u>, <u>cereals</u>. Be sure they are whole grained or enriched. This is usually written on the package. This means they are high in B complex and iron so important for energy, appetite, healthy nervous system, clear skin, ease of digestion. They also provide bulk and low-cost energy. You need 1 serving of whole grain cereal and 1 or 2 slices of bread at each meal,

Butter and Fats add flavor and interest to food. They have staying quality and are high in energy. Butter and fortified margarine are a good source of vitamin A.

Make radish roses of different types.

Make celery fans or fluted cucumber rings.

Place celery fans and radish roses in ice water with carrots.

Add ingredients to egg yolk mixture.

Stuff eggs.

Arrange eggs on platter Remove other vegetables from ice water, dry and arrange on platter. Serve with whole wheat crackers and butter.

Add butter.

Conclusion;

Just because we have included in this relish tray each member of the Basic 7 and because we say we need each of these groups everyday does not mean that if you eat the contents of one of these relish trays each day you will have a balanced diet. The basic 7 helps us get variety in our diet but we need even more variety than we have on the relish tray by having some vegetables cooked; some raw, by having a larger quantity of each group and by using different foods from each group each day.

Add years to your life and life to your years by eating the Basic 7 everyday. Add variety and color to your meals by serving this relish tray.

RELISH THE BASIC 7

Recipes

Deviled Eggs

hard-cooked eggs *

tablespoons mayonnaise

teaspoon vinegar 1/2 teaspoon salt

Dash of Pepper 1/4 teaspoon paprika

1.-1/2 teaspoon dry mustard or

1 teaspoon prepared mustard

Halve hard-cooked eggs lengthwise: remove yolk and mash with the above ingredients. Refill egg whites. For variation, include horse-radish, parsley, chopped onion, flaked seafood.

To hard-cook eggs: place 6 eggs in cold water to cover; bring slowly to a boil. Reduce heat and cook slowly for 10-15 minutes.

Stuffed Green Pepper

Season 1 cup cottage cheese with salt and pepper. Cut a slice from the top of 1 large green pepper and remove seeds. Stuff tightly with cottage cheese. Chill and slice. Serve on lettuce as a salad or arrange slices on a relish tray with other raw vegetables.

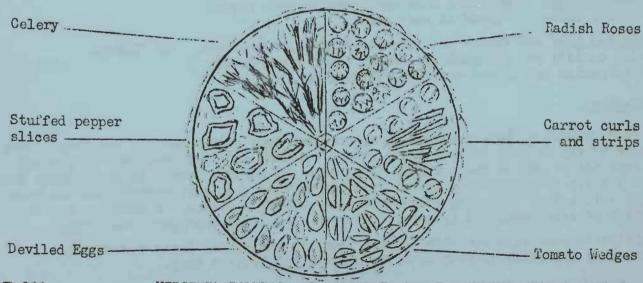
Carrot Curls

Mash and scrape or peel carrots. Make curls by cutting with vegetable peeler (swing blade cutter) into very thin lengthwise strips, rolling around finger and fastening with toothpick. Place in ice water. Remove toothpick before serving.

Radish Roses

Top and wash radishes. Prepare radish roses by cutting off root and with a sharp knife score sections of the skin from the tip toward the stem end; loosen the skin nearly to the stem end so that these sections stand out like petals. Make one row of long petals or several rows of short petals as preferred. Chill in ice water until petals curl back slightly.

Arranged relish tray should look something like this:



MF-288 August 5, 1953

VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES DEPARTMENT Mary L. Thompson/y OF AGRICULTURE COOPERATING. EXTENSION SERVICE, BLACKSBURG, VA.

Fruits, Molons, Milk & Egg Dishos are Best!

V.P.I., U.S.P.A. COOP. EXTENSION SERVICE BLACKSBUIG, VIRGINIA MF - 247 Revised Mary L. Thompson/s Feb., 1955

EASY NUTRITIOUS DESSERTS

Desserts are the fun, the highlight of the meal! Fruits are the best desserts. They are delicious and easy to serve. Fresh and frozen fruits provide that important vitamin C, as well as other valuable vitamins and minerals. Canned fruit, though lacking in vitamin C, makes an excellent contribution to your dist. It also adds interest and pep to your meals. Desserts aren't just something sweet. They should make a real contribution to the meal. Feature fruit for those extra vitarins, and milk for added calcium.

Desserts rich in eggs and milk will also make a valuable addition to protein in the day's diet. Serve light desserts after a heavy meal.

If you don't have enough fresh milk, use powdered or canned milk in desserts. This is a good way to get that added calcium, especially for members of your family who need more calcium and find it hard to drink enough milk.

Melon Ball Fruit Cup

1. Combine chilled fresh or canned fruits with melon balls and cantaloupe.

2. Serve in glass cups garnished with mint or in half of a small melon or cantaloupe. About 100 calories per serving if fruit is unsweetened.

Spread Apple Pie

2 cups apple sauce (fresh, frozen, canned)	1/2 tsp. cloves
1/2 tsp. cinnamon	l crisp freshly baked pastry crust
1/4 tsp. nutmeg	1/4 cup whipped cream or topping

1. Add seasoning to apple sauce, spread in crust, and add whipped cream or topping and serve at once.

1/7 of lower crust - 9 inch	93	Calories per serving	161
1/7 of spread apple filling for		With 1 tbsp. whipped cream	
9 inch pic	53	instead of dry milk (add 50)	196
1/8 cup whipped dry milk topping	15		

Quick Strawberry Pie

l baked pastry shell (8 or 9 inch)
l pkg. (or pint) frozen unthawed
sweetened strawberries
l pkg. strawberry flavored gelatine
2 tbsp. lemon juice
l cup hot water

1. Dissolve gelatine in hot water.

- 2. Add frozen strawberries, breaking up with a fork, as berries thaw gelatine thickens.
- 3. When partially set, pour in cooled pie shell, and chill in refrigerator until completely set.

4. Garnish with sweetened whipped cream or topping.

One serving 1/7 of pie - 80 calories when garnished with whipped dry milk. One serving 1/7 of pie - 105 calories when garnished with cream.

Low calorie Chocolate Smoothie

1 envelope unflavored gelatine 1/2 cups sugar or 2 tsp. non caloric sweetener (or 16 tablets, crushed) 1/2 cup cold water

3 tbsp. cocoa

3/4 cup cold water

2 oggs. separated 2 tsp. cornstarch 1/4 cup cold water 1 tsp. vanilla

1/4 cup dry milk, powdered 2 tbsp. sugar

1. Mix gelatine, sugar or sweetener, and 1/2 cup cold water in top of double boiler, and heat till gelatine is dissolved.

2. Mix cocoa, cornstarch, and beaten egg yolks with 1/2 cup water.

3. Add to gelatine mixture and cook 6 to 8 minutes over hot water or until thick.

4. Chill until stiff.

5. Whip dry milk and last 1/2 cup water until very stiff, add vanilla.

6. Beat egg whites stiff, add sugar and salt and fold.

7. Spoon into serving dishes, and keep chilled until ready to serve.

148 calories per serving with sugar, 80 calories per serving with non calorie sweetener.

No-Bake Cheese Cake (serves 10)

2 envelopes unflavored gelatine

3/4 cup sugar 1/4 tsp. salt 2 egg yolks

1 cup milk (skim)

1 tsp. grated lemon rind

3 cups creamed cottage cheese, sieved

1 tbsp. lemon juice

1 tsp. vanilla 1/4 cup sugar 2 ogg whites

1 cup dry milk whipped

1. Stir together until gelatine is well distributed.

2. Combine in top of double boiler, add gelatine mixture. Cook over boiling water, stirring constantly to dissolve gelatine and thicken custard (about 10 minutes). Remove from heat.

3. Add to custard; cool.

4. Stir into golatine mixture. Chill, stirring occasionally until mixture mounds

slightly when dropped from a spoon.

5. Gradually add sugar to egg whites and beat until very stiff. Fold with whipped cream into above mixture; then turn in an 8 inch spring form and sprinkle with crumb topping. Or line an 8 or 9 inch square pan with waxed paper. Place crumb mixture on bottom of pan. Turn in cheese cake mixture.

Topping:

2 tbsp. melted butter

1 tbsp. sugar

1/2 cup graham cracker crumbs

1/4 tsp. cinnamon

1/2 tsp. nutmeg

1. Mix together thoroughly all ingredients.

2. Sprinkle on top of cheese cake mixture or press mixture on bottom of pan. 250 calories for each serving. Each serving - 1/5 need of calcium, 1/3 need of protein.

Coffee Alaska (serves 4 to 6)

1. Cut piece of cake 1 inch thick and 1 inch larger than a pt. block of ice cream, place on board or pan.

2. Make a meringue of 4 egg whites and 1/2 cup sugar beat very stiff, add 2 tbsp.

powdered coffee.

3. Place pt. block of ice cream on cake. (Ice cream should be very hard). Frost with meringue, being sure to cover completely so ice cream is protected from heat.

4. Place Alaska in preheated oven (450-500) until lightly browned, 3 or 4 minutes and serve at once. One serving is 395 calories.



Buying Food Is Big Business Your Business

A WORD ABOUT AN ADEQUATE DIET

An adequate diet is more important to your family than money. The health and happiness of your family may depend on it. It pays to think carefully through your family food plan if you want your family to be well fed and at the same time to get your dollar's worth of value in food.

The food you need to buy and how much you need to spend depends on your income, the number of people in your family, their ages, the physical work they do, how much food you produce, and how much time you are willing to spend.

Is your family getting the kind and amount of food it needs? Check your meals by the Basic Daily Food Guide. (USDA Leaflet 424, "Food For Fitness")

What is the Average Cost of an Adequate Diet?

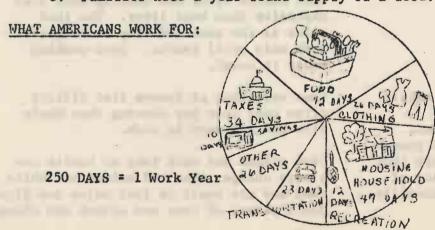
It will cost \$30 to feed a family of four adequately on a moderate-cost diet for one week. The low-cost plan would be about \$22 and the liberal plan \$34 per week.

Can Home Production Reduce Cash Spent For Food?

Let us weigh some of the advantages and disadvantages of buying versus producing the home food supply. In some instances it will be to your advantage to buy food; in other cases you will want to produce part of your home food supply. In any case you will want to think through both sides before you make your decision.

Producing \$100 worth of food will not reduce the amount spent at the market by that amount because:

- 1. Families that produce food eat better.
- 2. Families use greater variety than they produce.
- 3. Families need a year-round supply of a food.



It's a curious thing how we use the money we sweat so hard to get, isn't it? We all admire the housewife who is a good manager, who makes a little go a long way. We praise the family that starts with just a moderate income and yet manages to keep up a pleasant home, to dress attractively, to have fun every day, with a special splurge now and then, and still gives a liberal helping hand when the community, the church, or an individual needs it. But honestly, how much evidence do you see around you that families deliberately pick and choose and plan to make their money help them to such goals? Do you think many people have really thought about what they want their income to get them, over the long haul? Or do we often just buy what happens along when we have a dollar in our pocket?

WHAT ARE YOUR NEIGHBORS WORKING FOR?

Have you ever known a man who kept putting off visits to the doctor or dentist because they might cost five or ten dollars, and yet willingly spent several dollars at a throw, time after time, for a new pipe or expensive cigars or bottled drinks?

STOP AND THINK--WHAT IS YOUR FAMILY WORKING FOR?

You can have a well nourished family and save on your food dollars, if you are willing to plan and work for it.

YOU NEED THESE DAILY:

GOOD BUYS

MEAT

Shoulder, chuck or flank Less tender, but more flavor

Variety meats as liver, heart kidney, tongue

HELPFUL HINTS

It pays to buy meat most carefully since it takes up such a large part of your food budget.

While beef seems to be the most popular meat, don't neglect the other varieties. Veal, lamb or pork offer better buys and interesting meals.

Before deciding on a cut of meat, consider the amount of bone and fat you'll be getting. Use the trimmings and bones you get to make soup or gravy. It is sometimes better to buy a large roast and use it several ways.

Pork and lamb liver are always cheaper than calves liver and usually much less expensive than beef liver. The food value is the same and they taste good. Cook only until tender. Over-cooking makes it tough.

Some varieties of frozen fish fillets often cost less per serving than whole fish and are easy to cook.

Pink salmon and dark tuna or bonita are always cheaper than red salmon and white tuna and are equal in food value and flavor. Small pieces of tuna and salmon are cheaper.

FISH Fish in plentiful supply

Dried beans and peas, cottage cheese and peanut butter are good buys that can be used in place of meat or fish occasionally.

YOU NEED THESE DAILY:

GOOD BUYS

POULTRY, Eggs

Grade B brown or white

Small eggs (in late summer and early fall)

MILK OR

Regular milk

CHEESE

Buttermilk

Evaporated milk

Dry skim milk

Cottage cheese

Whole milk cheese, such as American or process

VEGETABLES

Potatoes - White cost less than sweet

Use any fresh in season or Leafy, Green & frozen or canned if they Yellow are cheaper

Use any fresh in season Other vegetables or frozen if they are cheaper.

FRUITS

Citrus fruit or

juice (oranges, grapefruit, tangerines) Fresh, canned or frozen. Use any in season.

Or any other fruits and vegetables high in C as broccoli, green peppers and tomatoes.

Other fruits

Fresh, canned or dried. Use any in season

HELPFUL HINTS

Making your own pea soup and baked beans will cut food costs. 1 package split peas costs 13c and will make enough puree for 10 cups of soup. These may be frozen in blocks in the refrigerator tray and stored in the freezer. One block plus 2 cups milk and seasoning makes a delicious soup.

Use Grade B eggs for scrambling, baking and other cooking purposes. Food value is not affected by grade.

Buy refrigerated eggs

To preserve quality, keep eggs covered and refrigerated.

A "3-way milk plan" of part regular, part evaporated and part dry skim milk will stretch your food dollar.

Domestic cheese costs less than imported, and is thought by many to be just as tasty.

Cheese spreads and grated cheese add to food costs. Season soft cheese with chopped pepper, carrot or relish; grate or grind any left-over hard cheese.

Potatoes can be prepared in a variety of ways to add interest to meals.

Potatoes furnish more vitamins and minerals than spaghetti, noodles or rice.

Broccoli, turnip greens, collards, kale, spinach, and other dark leafy greens in season are higher in food value than lettuce.

Canned grades B & C of vegetables can be used in soups and casseroles.

For a change and economy, canned tomatoes, tomato juice and fresh tomatoes (in season) as well as green pepper, cabbage and "greens" can replace part of the citrus fruits. Such juices as apricot, apple, pear, prune and pineapple are not subcantaloupe, strawberries, stitutes for citrus juice.

> Sometimes canned or frozen fruits are cheaper than fresh fruits. Fruit canned in heavy syrup costs more than fruit in light syrup.

YOU NEED THESE DAILY:

GOOD BUYS

BREAD 100% whole wheat or enriched and white bread CEREALS

Whole grain, enriched or restored cereal Converted rice Enriched cornmeal and hominy grits.

HELPFUL HINTS

Check with your local baker to see if his bread and rolls are enriched.

Bread is less expensive than rolls.

Buy day-old bread when available as it costs less.

Home-cooked cereals cost less than readyto-eat varieties.

Sugar coated cereals are expensive and add additional calories.

The small variety packages of cereal add to the cost of the food budget.

Saltines and soda crackers add chiefly calories to the diet and are usually fairly expensive.

FATS Margarine, lard and domestic and oils. OILS

Butter and margarine are equal in food value and are the only fats containing Vitamin A.

Domestic oil is equal in food value to imported olive oil and costs much less.

Salad dressing made at home may cost less than commercial.

Lard is a good low-cost cooking fat. 2 Tbsp. of butter added to each cup of lard improves the flavor.

Save meat drippings to use in cooking.

SWEETS AND DESSERTS

Some of the essential foods for the day may be used for dessert in the form of milk, puddings, ice cream and fruit desserts.

Sweets, as sugar, jellies, cakes and pastries add interest to your meals but wholesome desserts may fill this need. are high in calories and may be expensive.

Eat these foods only after you have had all the others your body needs and then only if your budget and waistline allow.

If added calories are needed for growing youngsters and underweight persons,

A FEW WORDS TO THE WISE

PLAN AHEAD

Before buying anything, ask yourself "How much do I spend for food?"

A MARKET LIST WILL HELP

You will avoid buying sprees. However, if what you planned is too expensive, change to other foods that are better buys.

SHOP AROUND

Learn to know your neighborhood dealers. Some stores have better buys than others.

CASH OR CREDIT

Stores that give credit always charge more. Pay cash -- save money.

SAVE YOUR PENNIES

Don't buy anything just because the price is low. Nothing is a bargain if you don't use it. Don't be taken in by special "gift offers."

USE YOUR EYES

The size and shape of a container can fool you. Read the label. See how many ounces you're actually getting.

THE EARLY BIRD CATCHES THE WORM

You'll usually find better buys early in the day when the produce is fresh. The early shopper will also find a wider choice of foods available.

LOOK AND LISTEN

Keep up-to-date on low-cost, seasonal foods. Read the food columns of your local newspapers and follow marketing hints on T.V. and the radio.

WATCH THE SCALES

Get what you pay for. Buy by weight and not by the quarter's or dollar's worth.

YOUR STORAGE SPACE

Buy the size of can and box to suit your storage space and size of family. You may save by buying larger sizes.

GRADES A, B, OR C

All grades are wholesome and alike in food value but Grade A is fancy quality and always the most expensive. If grade is not stated, read the information describing contents of the can.

BE OLD FASHIONED

Foods prepared by you at home will usually cost less than ready-to-eat foods.

AVOID LEFT-OVERS BUT USE PLANNED-OVERS

Cook only as much as your family will eat. Unless you're awfully clever, leftovers are apt to be disappointing. If you do have left-overs, use them up right away. Extra time spent in the refrigerator won't help their flavor and their food value.

Large Baking Hen on Special -- Hot Roast, Sunday
Chicken Salad, Tuesday
Chicken Tetrazzini, Thursday

SUMMARY

Plan Ahead

Before buying ask yourself, "How much do I have to spend for food?"

Keep pads handy in several places to jot down items you need to buy on your weekly shopping trip.

Keep a record so you will know how much you spent last month for food.

Ways To Save -- 1. SHOP WITH A LIST

- 2. Buy in quantity.
- 3. Use homemade bread and pastry mixes.
- 4. Try different brands.
- 5. Buy whole chicken (fryer).
- 6. Use less expensive cuts of meat.
- 7. Use hot cereals.
- 8. Use dry and canned milk.
- 9. Special sales.
- 10. Use day old bread.

SUGGESTIONS FOR DEMONSTRATIONS

1. Try Different Brands and Grades

Get 2 or 3 cans of peaches or tomatoes -- well advertized brand stores best brand little known brand

Open and compare flavor, appearance, and cost.

2. Buy whole Chicken - Fry Legs and Breasts Buy Breast Buy 2 legs

CHICKEN CROQUETTES

Cook boney pieces of whole chicken and liver, gizzard and heart until very tender in 1 cup water.

Grind with medium sized onion and make croquettes using 1 cup bread crumbs, 1 tsp. poultry seasoning, 2 eggs, and milk to moisten enough to shape easily. Brown in the pan after fried chicken is removed. Pour over croquettes. Makes 4 servings.

Cook these and compare cost.

3. Compare Pastry Mix:

Stick

Dry

Pastry mix from master mix bulletin (Bulletin 184, "Homemade Mixes")

Demonstrate making pastry mix and bake crust. Make pie crust from each of these if there is time. (Ask 2 women to help by making crust from each type of mix.)

Compare flavor, texture, cost, and time of preparation.

4. Compare Cost of Milk Dishes Using: Fresh Canned Dry

Make these dishes: (from USDA Home & Garden Bulletin No. 57, 'Getting Enough Milk")

Cheese fondue - page 15 Creamed egg - page 14 Creamed dry beef, page 15

Compare cost and flavor

5. Roast Beef, Arm or Blade Chuck Roast, Sirloin Tip, T-Bone and Round Steak

Use meat tenderizer (unseasoned). Follow directions carefully for time and amount. Cook by best method. Pan or oven broil steak, roast in the oven without water.

Compare flavor and cost.

6. Get day old bread, angel or pound cake and fresh of the same products.

Compare flavor and cost.

7. Get Tuna, chunk and grated Get Salmon, pink, red, small pieces (comparable to grated tuna)

Compare flavor and cost. (This was 10¢ less per can in Blacksburg, July, '58)

8. Split Peas

Cook and compare to canned cream soup--flavor and cost.

BUZZ GROUPS

1. How Much Do You Pay For The Pan?
Spoonbread mixes

Cake Mixes

(Get ones that come with foil pan in each package.)

- Do We Want More Vegetables In A Package?
 Time, cost, etc.
- 3. Ways To Save
 See list on page 6.

USE THE FOLLOWING SHEETS WITH THIS ONE FOR YOUR DEMONSTRATION:

MF-359, Food Buying, Cost Per Serving (Agent should get prices before the meeting and if county is very different in some sections, have a leader from different sections get prices on 10 to 12 items.)

Circular 666 - Better Food For Your Dollar

USDA Leaflet 424 - Food For Fitness

Bulletin 184 - Homemade Mixes

USDA Home & Garden Bulletin #57 - Getting Enough Milk

OTHER GOOD REFERENCES ARE:

The Hidden Persuaders, by Vance Packard

Managing Your Money and Effective Shopping, available from the Consumer Education Study of the National Association of Secondary-School Principals, 1201 Sixteenth Street, N. W., Washington 6, D. C.

Consumer Living, by Fred T. Wilhelms



OVEN MEALS

The modern oven gives us freedom our grandmothers never dreamed of. We can put foods that will cook at the same temperature and for the same length of time in it, set the automatic timing device, and forget about it until time to eat. Here are some rules to remember when doing oven cooking:

- 1. Read the book of directions that came with your oven.
- 2. Choose foods that cook at the same temperature and for approximately the same time.
- 3. When using the automatic timing device, select foods that can wait in the cold oven until it heats.
- 4. To allow circulation of air, place pans and dishes so they don't touch and try to stagger food on each shelf so no pan is directly over another.
- 5. Many of the foods for oven meals can be prepared right after breakfast, put in the cooking utensils, and kept in your refrigerator until time for them to go into the oven.
- 6. A favorite arrangement for oven meals is to put the meat and vegetables on the lower rack, breads and desserts on the upper rack. If your oven browns foods better on the lower rack, that's the place for your bread and desserts. The top rack shouldn't be too close to the top heating unit.

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Veal in Casserole - 45 minute meal Carrot Curls Noodles

Herb Scalloped Tomatoes Buttered String Beans Fruit cup or Fruit Meringue

VEAL IN CASSEROLE

2 lbs. veal cut in 1/2 inch pieces. Season with salt and pepper. Brown in 4tablespoons butter or margarine. Add 1/4 cup celery, 1/4 cup green pepper, and 1/4 cup onions (optional) chopped fine. Stir in 1/4 cup flour, add 2 cups milk. Turn into casserole and bake in 350° oven for 45 minutes. Ten minutes before done, cover with one large can Chinese noodles or small biscuits. Serves 6.

Place 1 quart frozen beans in covered casserole with 1/2 cup water, 4 teaspoons butter, and 1/2 teaspoon salt. Three strips of bacon may be used instead of butter.

HERBED SCALLOPED TOMATOES

In a buttered 2-quart casserole dish mix 4 cups canned tomatoes, and 1/4 teaspoon poultry seasoning. Prepare herb poultry stuffing: 2 cups bread crumbs, small onion (finely chopped), 2 tablespoons sugar, 1 teaspoon salt, 1/2 teaspoon each nutmeg and oregano, 1/4 teaspoon each pepper and powdered rosemary. Mix with tomatoes, reserving 1/3 cup for topping. Dot well with butter, and bake at 375° for 45 minutes. Makes 6 to 8 servings.

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MF-138

PEACH OR PEAR MERINGUE - Put in oven 15 minutes before meal is ready

1 qt. fruit 1/2 teaspoon vanilla or almond

1/4 cup brown sugar 1/4 teaspoon salt

1/4 cup sugar 1 teaspoon grated lemon or orange 2 egg whites rind

1/4 teaspoon cinnamon

Drain canned pears or peaches and place in large pie plate or flat casserole, cut side up. Sprinkle with brown sugar, rind and cinnamon. Beat egg whites until foamy, gradually add sugar; beat until sharp peaks are formed when beater is removed; add flavoring with last sugar. Remove fruit from oven after 10 minutes. Pile meringue lightly on top, return to oven and bake 5 minutes.

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Pork Chop Roast - 1 hour meal
Green Beans Celery sticks Pumpkin Pudding

PORK CHOP ROAST with Green Beans

6 thick pork chops, each with a bone 1/2 cup thinly sliced almonds

3 cups seasoned dry bread stuffing mix 1/4 cup melted butter or margarine (prepared or homemade mix) 2 cans (1-1b. size) french style

2 eggs, slightly beaten green beans

Salt and pepper chops. Combine stuffing with eggs, and brown in fat cut from chops, melted in pan with drippings. Divide into equal portion, put between chops, and fasten them together with string or skewers. Stand "roast" on flat, bony side of chops in shallow pan. Roast in 350° oven 1 hour or until done. Serves 6. Drain beans, reduce liquid to 1/2 cup, add beans, 2 tablespoons butter, and heat in oven at least 30 minutes. Saute almond slices in melted butter for 5 minutes (optional), and pour over hot beans. Spiced crab apples are a nice garnish, if desired.

PUMPKIN PUDDING

Mix well:

3/4 cup firmly packed brown sugar 1 teaspoon cinnamon 3/4 teaspoon salt 1/2 teaspoon nutmeg

1/2 teaspoon ginger 1/4 teaspoon cloves

Blend thoroughly with 2 cups canned pumpkin. Add and stir in 3 eggs, slightly beaten, 3/4 cup milk, 1 cup heavy cream. Pour pumpkin mixture into a 1-1/2 qt. buttered casserole. Bake at 350° F about 1 hour or until a silver knife comes out clean when inserted halfway between center and edge of casserole. Cool slightly. Serve plain or with whipped cream or hard sauce.

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Eight Layer Casserole - 1 hour

Apple Sauce Heated French Bread Chocolate Fudge Pudding

EIGHT LAYER CASSEROLE

Start heating oven to moderate, 350°F. Place in layers in a 2-quart baking dish with a tight-fitting lid: 1 cup uncooked rice, 1 cup canned whole kernel corn, drained, 1 cup canned green beans, drained.

Sprinkle with salt and pepper. Pour over these layers 1 can tomato sauce and 1/2 can water. Add 1/2 cup each finely chopped onion and green pepper, and 1-1b. uncooked ground beef. Sprinkle with salt and pepper. Pour second can tomato sauce over and 1/2 can water. Cover meat with 4 strips bacon, cut in half.

Eight Layer Casserole (continued)

Cover and bake at 350° for 1 hour. Uncover and bake about 30 minutes longer, until bacon is crisped. Makes 4 to 6 servings. This is the perfect casserole for lazy weekend suppers, buffet dinners, and potluck affairs.

CHOCOLATE FUDGE PUDDING

Sift together in a bowl the following:

1 cup flour 2 teaspoons baking powder

1/2 cup sugar 1/4 teaspoon salt

2 tablespoons cocoa

Add 1/2 cup milk, 2 tablespoons melted shortening and beat until smooth. Add 1/2 cup chopped nut meats and 1 teaspoon vanilla. Spread in 8" by 8" pan.

Topping - Mix 1 cup boiling water with:

1/4 cup brown sugar 1/4 cup white sugar 2 tablespoons cocoa 1/4 teaspoon salt Pour over batter and bake 50 to 60 minutes at 350°F.

* * * * * * * Fish Baked With Cheese - 30 minute meal

Mashed potato cakes (use leftover potatoes) Turnip Greens with Bacon Apple Nut Squares

FISH BAKED WITH CHEESE

Arrange 1-1b. thawed fish fillets in single layer in a greased shallow baking dish. Season with a dash of black pepper. Stir 1 can cream of mushroom soup: pour over layer of fish. The last 10 minutes of baking sprinkle on 1/2 cup shredded Cheddar cheese and a dash of paprika for extra color and flavor. Bake at 375° about 30 minutes or until lightly browned. 4 servings. Cook 2 pint packages of frozen turnip greens with 4 slices of bacon in small amount of water, about 1/2 cup.

APPLE-NUT SQUARES

1 beaten egg 1 teaspoon baking powder

3/4 cup sugar 1 cup chopped unpared tart apples 1/2 teaspoon vanilla 1/2 cup broken California walnuts

1/2 cup sifted enriched flour 1/4 teaspoon salt

Combine egg, sugar, and vanilla. Sift together dry ingredients; add to egg mixture and blend well. Stir in apples and nuts. Spread in greased 8" x 2" baking dish. Bake in 350° oven 30 minutes or till done. Cut in squares. Serve warm with ice cream. Makes 6 servings.

Individual Meat Loaves - 45 minute meal

Buttered Broccoli Sweet Potato Balls Strawberry Sundae Pie

INDIVIDUAL MEAT LOAVES

1/2 teaspoon celery salt 1 cup milk 1 cup soft bread crumbs or oatmeal 1/4 teaspoon pepper

1 teaspoon salt 1/4 teaspoon nutmeg (optional)

1/2 teaspoon dry mustard 3 tablespoons grated onion

1 pound ground beef

Combine ingredients and shape into 6 small loaves, wrap in moisture-vapor proof paper and freeze. To serve, remove from freezer and place in shallow baking pan. Bake at 3750 for 45 minutes.

BUTTERED BROCCOLI

Place frozen broccoli, 2 tablespoons butter, 1/2 teaspoon salt and 1/4 cup water in casserole. Cover and bake at 375° for last 25 minutes of baking time.

SWEET POTATO BALLS

Cook sweet potatoes and mash, using orange juice to moisten. Shape into balls, dip in melted butter and roll in crushed cornflakes. Place in shallow pan and bake at 375° for 45 minutes, or package in moisture-vapor proof container and freeze.

STRAWBERRY SUNDAE PIE

1-1/2 cups cooky crumbs
5 tablespoons butter, melted
1 package frozen strawberries
Mix crumbs, sugar and butter until moistened. Press firmly into bottom and sides of greased 9-inch pie dish. Bake 5 minutes and chill thoroughly. Spoon ice cream into crust, top with berries, and sprinkle a little crumb mixture over top. Serve immediately or freeze.

Buttered Carrots Tossed Salad Chocolate Nut Souffle

TURKEY-RICE SCALLOP

1/3 cup rice
2 cups turkey broth
2-1/2 cups diced cooked turkey
1/4 cup chopped pimiento
2 beaten eggs
3/4 teaspoon salt
1/8 teaspoon poultry seasoning

Cook rice in broth with celery about 12 minutes or until partially tender. Combine with remaining ingredients. Pour into greased $10^{\circ\circ}$ x $6^{\circ\circ}$ x $1^{1}_{2}^{\circ\circ}$ baking dish. Bake in moderate oven (350°) 30 minutes or until set. Serve hot with gravy or hot undiluted cream of chicken soup. Serves 4 to 6. Place 2 cups sliced carrots in covered casserole with 1/4 teaspoon salt and 1/2 cup water. Cook 30 minutes or until tender.

CHOCOLATE NUT SOUFFLE - Put in oven with rest of meal and continue to cook while you eat.

Butter bottom of a 2-qt. casserole and sift 1 tablespoon confectioner's sugar over it. Chop finely and set aside 1 cup nuts. Melt in a sauce pan 1/4 cup butter or margarine. Stir in 1/4 cup flour at once. Heat until mixture bubbles. Remove from heat and stir in gradually 1 cup milk. Return to heat and bring rapidly to a boil, stirring constantly; cook 1 to 2 minutes. Cool slightly. Beat 4 egg yolks, 1/3 cup sugar, and 1 teaspoon vanilla extract until the mixture is very thick and lemon-colored. Pour sauce slowly into egg yolk mixture, stirring to blend. Add nuts, and cool the mixture to lukewarm. Add 2 squares of melted chocolate. Beat 4 egg whites with 1/3 cup of sugar until rounded peaks are formed. Fold into yolk mixture. Pour into casserole and set it in a pan of water. Bake at 350° about 60 minutes cr until a knife inserted in the center comes out clean.

Christmas Suggestions



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Circular 518

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Virginia Polytechnic Institute and the United States Department of Agriculture Cooperating: Extension Service, L. B. Dietrick, Director, Blacksburg, Virginia

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CHRISTMAS SUGGESTIONS

Christmas! There is something in the very word that thrills young and old. It is a time for fun, tinsel, candy canes, bumpy stockings by the fireplace, a green Christmas tree. But most of all, it's a time for sharing, for doing little kindnesses for others. Sometime in the hurry and rush of the holidays we are so busy that we become so tired we can't share our best gift, ourselves, with those we love the most. Let's start early this year. Let's make our plans now so we are ready for the holiday and then we will have time to be still and listen for the real message of Christmas.

You are, perhaps, planning for a big family party or a group of friends. A Christmas buffet dinner or supper may be the answer to your problem.

MENUS

#1 Baked ham #
stuffed irish
potatoes
cinnamon apples
buttered brocolli
celery curles
peach pickles
cranberry jelly
eggnog pie
coffee

#2 Christmas wreath turkey or
chicken
sweet potatoes with apple
rings
string beans
relish plate Celery sticks
watermelon rind pickle
cranberry jelly
hot biscuits
cocoanut cranberry pudding

HOW TO SERVE

These menus are the type that can be prepared the day before so the hostess is rested and will enjoy the party as much as the guests. If there is room, set up card tables in the living room, hall and dining room too. Silver, glasses, salt, pepper, cream, sugar and napkins are placed on the card tables. The food is placed on the buffet table. If there is not room for the coffee, it may be placed on a side table. Ask one friend to pour, another to serve the main dish at

the buffet. The guests will serve themselves to the other dishes. Ask a friend to act as hostess at each card table. She helps remove plates and serves dessert, brings hot coffee, etc. The buffet table is often pushed to the side of the dining room as this gives more room if the group is large.

TABLE DECORATIONS should be in keeping with the holiday. A small tree or candles and greens are always attractive and easy to do. Melt some of your candle scraps to make a fat candle or, if you prefer, pour in a small star or ring mold. A group of these tiny candles on a mirrow outlined with greens makes an interesting centerpiece. An Irish potato will hold greens and berries in place as well as keep them fresh all during the holiday. Cut top and bottom from a large potato. Stick twigs of evergreens, red berries etc. into a potato, then wrap it with foil. If a larger decoration is needed, place several potatoes together before wrapping. Use place cards on small tables. These are easy to make. Fold white card in half. Decorate with sprig of green, tiny bells or balls, and write the name of the guest in red or green.

CHRISTMAS WREATH TURKEY (serves 20)

- 1 qt. turkey (cut in pieces, don't chop fine)
- 2 cans mushroom soup (optional)
- 1 cup chopped pimentos
- 1 medium onion chopped very fine
- 2 qts. turkey broth, or combination of broth
- and milk
- 1 cup turkey fat or butter
- 1 cup flour or corn starch to thicken

To make broth, use bones after meat has been removed, cover with cold water and simmer one hour or cook under pressure for 20 minutes. Strain and salt to taste. Stir to smoothe paste 1 cup turkey fat or butter with 1 cup flour. Add hot broth gradually and cook until thick, stirring constantly. Add other ingredients. Salt and pepper to taste. Pour in large, flat casserole; cover top with wreaths of rich biscuit dough - cut with doughnut cutter. Bake 10 to 12 min-

utes in hot oven (450), garnish with parsley, and serve in casserole.

SWEET POTATOES WITH APPLE RINGS. Boil or bake potatoes, cut in half, and place in alternate layers with apples (that have been cored, peeled and cut crossways into three or four circles, depending on size of the apples). Cover and bake until apples are tender. Remove cover and cook until syrup is thick.

BUTTERED STRINGBEANS. Use tender canned or frozen beans. If canned, drain off the liquid and reduce to 1/2 by boiling. Add beans and butter, salt and cook uncovered until all liquid is absorbed; to each quart of beans use 1/2 cup butter. A quart will serve six people.

CRANBERRY COCOANUT PUDDING.

1 cup milk

1 envelope unflavored gelatine

2 eggs

1/2 cup granulated sugar

1 tsp. vanilla (optional)

1 cup heavy cream, whipped

2 cups fresh cranberries

1 1/2 cups sugar

1 1/2 cups moist, grated cocosnut

Heat milk over boiling water. Add 1/2 cup sugar and beaten egg yolks. Cook 4 minutes, stirring constantly. Add gelatine which has been softened in cold water. Stir until dissolved. Remove from heat, and cool. Fold in the cocoanut and stiffly beaten egg whites, flavoring, and whipped cream. Turn into 1 qt. serving dish or oiled individual molds. Chill until firm.

Meanwhile, pick over and wash large, firm cranberries. Drain and spread in the bottom of a buttered baking dish. Sprinkle berries with 1 cup sugar, cover tightly and bake in a moderate oven of 350 degrees for 50 to 60 minutes. Stir once to mix sugar from bottom of dish. Cool, chill. Serve pudding with candied cranberries spooned over the top. Garnish with sprig of holly.

EGGNOG PIE.

1 envelope (1 thsp.) unflavored gelatine

6 tbsp. sugar 2 egg yolks 2 cups milk 2 egg whites

1 tbsp. cornstarch 2 tsp. vanilla or other

1/4 tsp. salt flavoring

nutmeg 9-inch baked pie shell

Sprinkle gelatine over 1/4 cup milk. Mix cornstarch, salt, 3 tbsp. sugar; add the remaining milk. Cook over hot water, stirring constantly, until slightly thickened. Cover; cook 10 minutes. Add gelatine; stir until dissolved. Beat egg yolks; add milk mixture slowly; cook over hot water 3 minutes. Chill until slightly thickened. Beat egg whites stiff. remaining sugar gradually, beating constantly; fold into custard. Add flavoring. Pour into pie shell; sprinkle with nutmeg. Chill until firm.

CHRISTMAS REFRESHMENT

Punch

sandwiches fruit cake

coffee cookies

salted nuts filled with cheese

PUNCH.

Mix equal parts pineapple and grapefruit juice freeze ginger ale or water in ice cube tray; put a red cherry in each block. Punch may be tinted pale green.

EASY APRICOT DAINTIES.

Soak 1 lb. dried apricots in water one hour (don't let them get too soft). Peel 1 orange. Remove bitter white skin from peel, and membrane from pulp. Put the orange (rind and pulp) and apricots through food grind-Add 2 cups sugar. Boil 8 minutes, or until mixture drops in large blobs from a spoon. Cool slightly. Drop from teaspoon into bowl of sugar, roll into balls. This stiffens as it stands. Cool on waxed paper. Makes 8 dozen small pieces.

COCOANUT CONFECTIONS.

Place in top of double boiler 4 cups grated coconut, 1/2 cups light corn syrup, 7/8. cups sugar (if you grade your own cocoanut, use only 1/4 cup corn syrup). Cook over boiling water until mixture clings to spoon,

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stirring constantly, about 15 minutes. Add 2 egg whites unbeaten, continue cooking until thick and milk white. Rinse 7 1/2 x 11 inch pan in cold water. Spread candy in it. Chill, drop by teaspoonful on greased sheet. Bake in slow oven (300-325 degrees) 20 to 30 minutes or until delicately brown, this dries candy, so it isn't sticky. Makes 20-30 pieces.

WALNUT DREAMS. Da-

2 tbsp. butter or margarine

2 eggs

1 cup brown sugar, firmly packed 1/4 tsp. baking soda at 1 cup chopped walnuts
1 teasp. vanilla
confectioners' sugar
5 tbsps. flour

Start oven at 350° F. (moderate). Put butter or margarine in a 9-inch square pan in oven to melt. Beat eggs slightly. Combine sugar, flour, soda and nuts and stir into beaten eggs. Then add the vanilla. Pour this mixture over the butter or margarine. Don't stir. Bake 20 minutes. Turn out of pan into rack. Cut into oblongs and dust bottom side with confectioners' sugar. If you want to be fancy you can write Noel across the top using any type of white frosting. Makes 18 (and they are delicious, indeed!)

VANILLA BALLS. Cream 3/4 cup butter or margarine. Beat in 1/4 cup cream and 1 teasp. vanilla. Sift together 1 3/4 cups flour and 6 the powdered sugar. Add this gradually to creamed mixture. Mix in 1 cup chopped walnuts or pecans. Chill; pinch off pieces of dough and roll into small balls. Place 2 inches apart on greased cookie sheets. Bake in a slow oven 325 degrees, for about 20 minutes. Take from cookie sheets. Roll cookies in vanilla sugar.

VANILLA SUGAR. Add 1 tablespoon vanilla to 1 cup confectioners' sugar. Mix well and press it through a sieve. Allow it to dry. You might do this before you make the cookies so that sugar will have time to dry. It saves time, saves waiting. Makes 3 1/2 dozen cookies.

NUT CAKE.

2 1/4 cups cake flour 1 tsp. vanilla

2 tsp. baking powder 3 drops almond flavoring

1 1/4 cups powdered or 1/8 tsp. salt fine granulated sugar 5 egg whites

1/2 cup milk 1/2 cup chopped nuts

Sift the flour, measure it, add baking powder and sift three times again. Cream the butter, add sugar gradually, cream it light and fluffy. Add milk and flour alternately to the creamed mixture, stirring only enough after each addition to blend. Add salt to egg whites and beat until stiff but not dry; fold them gently into the flour mixture. Flour the nuts with an extra tablespoon of cake flour and fold them in lightly. Pour cake mixture into a well-greased 9-inch tube pan and bake in a moderate oven 375 degrees for 40 minutes. Let it stand 5 minutes, remove it from pan, and cool. The great moment comes when we put on the frosting. Frost with orange butter frosting. Walnut, hickory nut, or pecans are all equally good.

ORANGE BUTTER FROSTING.

1/4 lb. butter
1 pkg. powdered sugar
1/8 tsp. salt

the consistency to spread.

WATER-CRESS SANDWICHES.

Cream 1/2 cup butter or margarine. Add 1/2 cup finely chopped water cress, 1 teaspoon grated onion, 3/4 teaspoon Worcestershire sauce, 1/2 teaspoon salt and a little pepper. Cut thinly sliced bread into 2-inch rounds. With the same round cutter, cut a new moon on half the rounds. Spread the full circles with water cress butter. Top with the new-moon halves. This quantity will spread 3 dozen small sandwiches. If this isn't enough, only your time and patience running out can stop you from going on and on. Increase the quantities and make more and more.

CHICKEN SPREAD.

For the spread, use 2 cups ground white chicken

or turkey meat measured after it is ground the first time. Put it through the finest blade and grind again. Add 2 tablespoons chicken broth and 6 tablespoons mayonnaise and work it with a wooden spoon until thoroughly blended and smooth in texture. Stir in 8 tablespoons very finely chopped sweet pickle, 3 tablespoons chopped parsley, 1 tablespoon grated onion, and salt and pepper to suit your taste. If it seems too stiff for spreading, soften it with a little chicken broth. Any more mayonnaise would dominate the delicate flavor of the chicken. Spread on thin white bread cut in different shapes. Cover with damp cloth or foil and keep it in the refrigerator until ready to serve.

SALTED NUTS FILLED WITH CHEESE.

Crumble 3 ounces blue cheese and cream together with 1 three-ounce package cream cheese. When well whipped together, spread on the flat side of pecans or walnuts. Put another nut on top, sandwich fashion. Press together. Chill. This amount of filling makes to 6 dozen stuffed nuts.

MARZIPON.

1 lb. almonds 1 cup water

2 cups sugar 6 thap. orange juice

Blanch almonds, grind through meat grinder three times using finest blade. Mix sugar and water; stir until dissolved. Wipe crystals off sides of pan. Cook to 240 degrees (past thread stage). Add almond paste and 6 tablespoons orange juice. Stir until mixed. Turn on marble slab dusted with powdered sugar. Mix until creamy, then knead until firm and smooth. Store in glass jar to ripen five to eight days. Longer won't hurt candy. Color candy according to fruit. Form in small fruits. Roll strawberries and oranges over fine grater to give pebled surface. Roll bananas lightly in cocoa to give brown flecks. Use back of case knife to make indentation in peaches, apricots and plums. Let candy stand overnight uncovered. Glaze by brushing with white corn syrup that has been boiled three

minutes (Use soft water color brush). Let dry and store in a tin box.

Dip strawherries in red sugar after they are glazed. Use these to garnish boxes of candy. They show up better when put in paper cups. These candies are real conversation pieces. When coloring candy, color enough of it green to make the leaves. The fruits are much improved by a leaf or two. Stems may be made by breaking toothpicks in half and dyeing them green.

HOLIDAY STOLLEN.

Bake small loaves of sweet fruit-filled German bread the day before, and re-heat for Christmas breakfast. Or you can braid and bake a Stollen Wreath to eat after evening church service. Scald and cool 2 cups milk to lukewarm. Soften 1 pkg. dry yeast in 1/4 cup lukewarm water. Let stand 5 minutes; then add to milk. Stir in 1 1/2 cups flour. Keep in warm place until bubbly. Blend in 3 beaten eggs, 1 cup sugar, 1 teaspoon salt, 1 cup melted shortening. Chop 2 1/2 cups raisins, 1/4 cup citron, 1/4 cup orange rind, 1/4 cup lemon rind, and 1/2 cup blanched almonds. Dredge with 1/4 cup flour. Add to sponge with juice and rind of 1 lemon. Sift together 5 3/4 cups of sifted flour, 1/4 teaspoon cinnamon, and 1/4 teaspoon nutmeg. Stir into sponge to make a stiff dough. Turn out on floured board. Knead until smooth; add more flour if necessary. Put in a greased bowl; cover with damp cloth. Let rise about 2 hours in warm place until double in bulk. Punch down. Shape 6 loaves from half of dough; put in greased 3 x 4 inch pans; braid wreath on greased cookie sheet. Let rise until double in bulk. Bake in 375-degree oven for 30 minutes. Frost with powdered sugar icing. Decorate with candied fruit. This is wonderful served with coffee or punch after the tree trimming party! It is also fine toasted for breakfast Christmas morning, or cut thin, buttered, and made into sandwiches to serve for refreshments.

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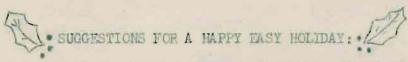


Christmas Greetings

How should we approach Christmas? Surely with the desire to enter into the joy and gaisty of children; with the desire to be at peace with all men; with a high resolve to forgive all those who have injured us; with an equal determination to lift our own lives to a higher level.

"Christmas is the birthday of a Way of Life which, up to the first Christmas, had appeared to be impossible to men. The Way of Giving, not one day a year, but every day, not to our friends, but to the stranger, not just for recognition or to receive gifts in return, but from leve." --Martin Burrell

It is hard to have this spirit of Christmas if we are tired and rushed. Let's really start early on our Christmas plans!



- Make fruit cakes and plum puddings early in November. They are better agod and it's grand to get that job done. Store in a cool place in a tin box with tight fitting cover. An apole or an orange in the container keeps fruit cake moist.
- 2. Get cards addressed by the first week in December.

3. Gifts wrapped by December 15th.

4. Make cranberry sauce or jelly early in December - pour in jelly classes or fancy molds, cover with paraffin and store in cool place.

5. Swept potatoes may be cooked and candied several days in advance ready to be

heated on day needed.

 Make up double quantity of mixes for muffins, pancakes, and wuffles to use during the holidays.

7. Polish silver and get special cleaning, waxing, etc., done as early is December

as possible.

8. Plan your Christmas week menus well in acvance so you may shop early and do as

much preparation as you can the week before Christmas.

9. If you have a freezer, turkey can be stuffed and frozen in advance. Candied sweet potatoes, cranberries, or cranberry sauce, rolls, fancy cookies, cookie dough, cake batter, etc., may also be frozen. This makes the holiday meals easy and leaves the homemaker free to enjoy Christmas with the family.





DECORATIONS

DOOR



Nothing is as attractive as a great green wreath tied with a big red bow! If you must have a change, you might use one of the following:

- A cluster of evergreen boughs tied with red ribbon, felt or oil cloth. Bright Christmas balls or bells may be added.
- 2. Make a swag of greenery in shape of bow. Decorate center of the bow with holly and pine cones. Hang an old lantern painted red, under this bow. A glowing candle inside lantern will help to light your door!
- 3. Make bell or star of plastic foam, or 1/4-inch wire mesh and cover with short branches of evergreen or small pine cones (the cones work best on foam glue them on).

Suggestions For Making Christmas Decorations

Use wire coat hangers as base for wreath, bend in circle. If the wreath is to be very heavy, use three hangers and wire them together with florist wire. Enip off two of the hooks, leaving one for hanging wreath on the door. For mantles or other decorations where a container is not important, cut off top of large Irish potato and stick evergreens in it. This keeps the greens moist and fresh for a week. You may cover bottom and sides of potato with aluminum foil.

TABLE

1. Centerpiece - Arrange frosted fruit (pears, apples, grapes) in old glass compote or low bowl. Use evergreen leaves such as ivey, box, rhododondron, magnelia, etc., to add another touch of color.

Flace Card - Flace a tiny bunch of frosted grapes or marzipan in a white paper candy cup. Faste cup on either a green or red card with name written in white ink.

2. Conterriece - Place Christmas greens - holly, hemlock - with barberry or dogwood berries around red candles in a large flat bowl. Candle may be fasten in with modeling clay.

Place Card - Fill one-half of an English walnut shell with modeling clay or wet sand. Stick tiny tips of evergreens in this. Put a red or green birthday candy in center and tie place card on candle, or glue nut shell to a larger card, and write name on card.

3. Centerpiece - Fasten 5 blue candles (several shades of blue are prettier) on round mirror, flat crystal or silver plate with modeling clay. Fluff angel hair around them and dot with silver stars.

Place Card - Make these of a silver Christmas ball tied with blue ribbon, festened to a blue card.

TABLE: (continued)

FOR THE CHILDREN

Sleigh packed high with gifts or cookies. A fat santa may sit in bleigh, too.
 Place Card - Reindeer shaped cookie. Use cake decorator or letter macaroni to
 write name.

2. Cookie-candy Merry-go-round for centerpiace (McCall Fattern No. 1670)

Favors - Popcorn ball on a candy cane.

GIFTS FROM THE KITCHEN:

Dozen Eggs One Found Butter Fruit Cake Pound Cake Flum Fudding Christmas Bread
Cockies
Candy
Pickles
Jelly and Preserves

Please your friends by wrapping your gifts in unusual ways.

Eggs: Put eggs in carton. Write "Merry Xmas" on eggs with red pencil. Wrap carton with red paper and tie with white yarn.

Butter: Make butter into balls or print ready for Christmas dinner. Fut into plastic frozen food container. Tie with green ribbon.

Cakes: Put into tin container, decorated with gay seals and ribbon. Decorate cakes and puddings with cardied fruits, and wrap in cellophane.

Jars: Pickles, preserves, or jam jars may be made into snowmen. Wrap jar with cotton batting, draw it in at top and tie with string to form a neck. Make small ball for head and glue or tie to neck. Make arms one-half as long as jar is tall with a small roll of cotton and glue or tie to neck. Tie ribbon. Cut black paper for eyes and nose, make red paper mouth, make a broom by wrapping black paper on round pencil and fringing one end. Add more paper to make a bigger broom. Put this over his shoulder. Redmitts can be made for ends of arms. Big snowmen may be made on round cereal box. Fill with candy or cookies. This also makes a nice centerpiece for children's party.

Christmas Bread: Wrap in cellophane, put in bread basket. Tie with red ribbon.

Candy: To add glamour, put candy in fluted paper cups, saved from your last box of candy, pack in closely covered gayly painted tin containers.

Cookies: Pack as candy using larger fluted cups, or wrap in cellophane. Be sure to use a piece of cardboard for the bottom of the package to provent cookies from breaking. The cardboard bottom may be cut in shape of wreath or Christmas Tree.

Jelly: Place jelly in small strawberry basket - 3 kinds - or wrap each individual glass with gay paper and ribbon. Note: You can save time in painting tin cans or strawberry baskets by spraying paint on with the spray attachment of your vacuum cleaner.

Christmas Stocking Containers: Make small stockings from scraps of red or green felt or velveteen, decorate with stars, Santa, or Raindeer, cut from colored material. Fill with cookies or candy.

CAKE AND PUDDING

Christmas Fruitcake

1		cup currants	1	cup shortening
3		cups seedless raisins	1	cup brown augar, packed
1/		cup candied orange peel, cut fine	6	eggs, separated
	/2	cup candied lemon peel, cut fine	1/2	square unsweetened chocolate,
1-	-1/2	cups citron, cut fine		melted
1		cup candied cherry halves	1	tsp. nutmeg
1		cup candied pineapple, diced		tsp. cinnamon
1		cup shelled pecan halves		tsp. powdered cloves
1		cup blanched almonds, cut lengthwise		cup lemon juice or
2	-	cups sifted enriched all-purpose flour	1/4	cup orange juice cup cider or grape juice
1/	/2	tsp. baking soda	1/2	cup cider or grape juice

Thoroughly grease 9 or 10-inch tube pan. Cut heavy waxed paper to fit bottom and sides of pan. Line pan with waxed paper (be sure paper fits snugly), and lightly grease paper, or use aluminum foil without greasing. Thoroughly mix first 9 ingredients with 1 cup flour until all particles are flour-coated. Heat oven to 300°F. Using an electric mixer, blend soft shortening with sugar until light and fluffy. Add egg yolks, one at a time, beating thoroughly after each addition. Then add melted chocolate. Sift remaining 1 cup flour with spices and soda. Add alternately with fruit juices to egg mixture, using lowest speed on mixer. When this mixture is thoroughly blended, stir, by hand, into fruit mixture. Beat egg whites stiff and fold into cake mixture. Turn into prepared tube pan and bake 2 hours, 20 minutes, or steam according to the directions with your pressure saucepan or cooker.

Treasure Pudding

Full of chewy, colorful fruits, crisp nuts, fragrant spice --

1/2	cup shortening	1	cup grated carrots
1/2	cup honey	1	thsp. grated lemon peel
2	beaten eggs		cup chopped nuts
2	cups chopped dried figs	2-1/2	cups enriched flour
1/4	cup watermelon rind		tsp. salt
1/4	cup mixed fruit		tsp. baking powder
6	cherries (sliced)		tsp. soda
1/2	cup chopped dried apricots		tsp. nutmag
1/2	cup white or dark raisins	3/4	cup fruit juice or cider.

Cream shortening; add honey; blend; add eggs; beat. Add fruits, peel, carrots, muts. Sift dry ingredients; add alternately with fruit juice. Fill greased quart baking dish two-thirds full. Bake in slow over (325°) 1-1/2 hours, or bake in pint baking dish for 50 minutes, or in custard cups for 25 minutes. One recipe makes enough for a quart bowl or it makes enough for 11 custard cups. Cover containers with wax paper or foil if they do not have a tight fitting cover. This pudding may be steamed according to directions given with your pressure cooker or saucepan. Serve not with orange sauce. This pudding may be made ahead and heated in covered container just before serving.

Orange Sauce

cun Lemon juice.

1/4

Just the right tangy sauce to serve het over the pudding --

3	thep, enriched flour	1 cup hot water
3/4	cup sugar	1 thep. grated orange peal
1/2	cup orange juice	3 thep, butter

Mix flour and sugar; add fruit juices and hot water. Cock until thick, stirring constantly. Add orange peel and butter. Serve hot. Makes two curs sauce.

BREADS

Basic Sweet Dough Start with this dough to bake the Christmas breads --

1	cup milk, scalded	1	tsp. grated lemon peel
1/4	cup shortening	2	cakes compressed yeast or 2
1/2	cup sugar		packages active dry yeast
4-3/4	cups enriched flour	2	well-beaten eggs

Combine milk, shortening, sugar, and salt. Cool to lukewarm. Stir in 2 cups flour and lemon peel; beat until smooth. Add yeast softened in lukewarm water. Add eggs; mix thoroughly. Add the rest of the flour; mix to a soft dough. Enead on lightly

Breads (continued)

floured surface about 6 to 8 minutes until smooth and elastic. Place in greased bowl; cover with clean towel. Let rise in warm place until double in bulk. Funch down. You are all set to make sweet breads for Christmas!

For Noel Braid: Use helf of recipe for Basic Sweet Dough, add 1 cup raisins, 2 tsp. cinnomon and let rise until double in bulk. Divide into 3 equal parts. Make a braid from each part. Place on greased cookie sheet. Bake 30 minutes in 375° oven. When done, cool on cake rack and frost with confectioner's sugar frosting seasoned with lemon juice. Garnish with nuts.

When You Entertain:

Cranberry Cocktail

6 cups cranberries 1-1/2 cups sugar 6 cups water 6 sticks of cinnamon (small)
1/2 tsp. all-spice
1/2 tsp. whole cloves

Cook cranberries in water 5 minutes. Strain. Bring juice to boil. Add sugar and spices. Boil 2 minutes. Serve iced or put into sterilized bottles and seal for future use. More sugar may be needed.

Spiced Cider: Bring cider to boil. Add spices as for cranberry sauce. Let stand four hours. Serve hot or cold.

10





Old-Fashioned Sugar Cookies

1/2 cup shortening (all butter or one-half gives better flavor)

3/4 cup sugar

OFF

1/2 tsp. vanilla

cups enriched flour

1/4 tsp. salt

1/2 tsp. baking powder

2 to 3 tbsp. milk

tsp. grated crange poul

Thoroughly cream shortening and sugar. Add ogg and beat well. Add vanilla and grated orange peel. Add sifted dry ingredients alternately with milk; mix thoroughly. Holl 1/8-inch thick on lightly floured surface. Cut with floured cooky cutter; sprinkle with sugar. Bake in moderate oven (3750) 12 minutes. Makes 2-1/2 dozon cockies.

Ornamental Frosting

thap, butter or fortified margarine 1/8 tsp. cream of tartar

cups sifted confectioners sugar

egg white

1/2 tsp. vanilla

1/2 to 1 tsp. cream

Yew drops food coloring if desired

Cream butter into confectioners' sugar with pastry-blender until mixture looks like corn meal. Then add unboaten egg white, vanilla, crean of tartar. Beat (the more you beat the better). Add cream. Beat until frosting is of spreading consistency. Frosts about 2-1/2 dozen cookies.

COOKIES (Continued)

Quick Coccanut Macaroons

1-1/2 cups shredded coccanut
1/2 cup sifted confectioners' sugar

1 egg white dash of salt 1/2 tsp. vanilla

Combine eccoanut and confectioners' sugar and mix well. Beat egg white with salt until stiff but not dry, add vanilla, fold in eccoanut and bland. Dron on greated baking sheet by the tempeoneful or form into shapes of wreaths. Decorate macaroons with candied citron and cherries. Bake at 3500 15 minutes, or until golden brown. Makes 12-15 macaroons. Make small as macaroons swell in cocking.

HOLIDAY SALAD MOLD

Granberry Layer		Chicken Layer	
1/4	envelope unflavored gelatin	1 onvelope unflavored gelatin 1/4 cup cold water	
2	cans (1 lb. each) whole cranberry sauce or 1 quart fresh whole cranberry sauce	1/2 cup mayonnaise or salad dressin 1/2 cup undiluted evaporated milk 2 cups diced cooked chicken (2 ca 6 ca. cach)	ug une,
1/2	can (9 cz.)crushed pineapple cup chopped walnuts	1 cup finely diced celery 1/2 cup chopped parsloy 1/2 tsp, salt	
	I.R.	1/8 tsp. pepper	

HOLIDAY SALAD MOLD (continued)

Lightly brush 2-quart mold with salad oil. Prepare Cranberry Layer. Soften gelatin in cold water; dissolve over hot water. Break up cranberry sauce in medium size bowl. Stir in pineapple and juice in can, add walnuts. Blend in dissolved gelatin. Pour misture into mold. Chill until firm.

While cranberry mixture chills, prepare Chicken Layer. Soften gelstin in cold water; dissolve over hot water. Combine mayonnaise or salad dressing and evaporated milk in large bowl; blend in dissolved gelstin. Stir in chicken, celery, parsley, salt and pepper; blend well. Carefully spoon chicken mixture over firm Cranberry Layer in mold. Chill two to three hours, or until firm. To unmold, run tip of paring knife around top edge of mold; tip mold slightly, rotating to loosen salad from all sides; turn cut on serving plate. Garnish with parsley and red spiced crab apples, if desired.







Pralines

2 cups granulated sugar 1/2 to 1 tsp. baking scda 1 cup buttermilk Pinch salt

3 cups pecan halves

2 tbsp. butter

This recipe is so easy it's a joy to make! Select a large heavy kettle - an 8-quart one is best for the mixture foams up in cooking. In it, combine sugar, soda, buttermilk, and salt. Cook briskly, stirring frequently, scraping bottom and "corners", for five minutes, or till candy thermometer registers 210° F. The amount of soda needed depends on acidity of the milk. Now add butter and 2-1/3 cups pecans. Stir continuously, not forgetting the bottom of the pan, for about five minutes, or till candy thermometer registers 2300 F., or tiny drops of syrup in about 1/4 cup cold water form very soft balls. Remove from heat. Stand by until mixture cools slightly - just a minute or two. Now beat till thickened and creamy. Then immediately drop them by teaspeonfule on waxed paper, cookie sheets, aluminum feil or marble slab. For a finishing touch, dot with 2/3 cup pecans.

Creamy Fondant

2-1/4 cups sugar 1/2 cup water 1/4 cup light corn syrup 1 tbsp. beaten egg white

4 drops oil of peppermint or other flavoring

Mix sugar, water, and corn syrup in pan with straight sides, wiping sides with damp cloth to prevent sugar crystals. Bring to gentle boil, and cook covered, 6 minutes. Uncover and insert candy thermometer, if you have one, but do not stir. Cook to 2380F. (Fondant forms soft ball in cold water or on marble slab) Rinse large, flat platter with cold water. Four fondant onto it. Cool on rack until platter feels lukewarm. Scrape fondant into bowl, and beat with electric mixer 7 to 15 minutes at high speed or with wooden spoon until smooth, milky white, not glossy. Combine egg white and peppermint, or other flavor. Beat into fondant. (Egg white keeps it from crystallizing during long storage) Store in a cool place or covered jar until ready to use. Knead fondant until soft. Pinch off small pieces, roll into small balls with the palms of your hands. These may then be dipped in chocolate. Tint green and flatten for mints.

To Dip in Chocolate: Melt chocolate; place over warm water - 72 to 78° F. is best dipping temperature. Use 2 forks - one to hold fondant, one to spread chocolate over it. Swirl chocolate on candy tops with fork - gives that professional lock! If you cool at room temperature, chocolate won't turn gray. Hardens in two hours. Fack chocolates in paper cups, line box with lace-paper doilies. Plastic refrigerator storage dishes from dime store make a good container or put in paper boxes and wrap with foil.

MF-275 Mary L. Thompsen/y October 13, 1952 VIRGINIA POLYTECHNIC INSTITUTE AND THE UNITED STATES DEPARTMENT GE AGRICULTURE COOPERATING. EXITINSION SERVICE, BLACKSBURG, VIRGINIA

Caramel-Nut Logs

Nougat-cream center (made in 2 parts)

3 cups granulated sugar
1-1/3 cups light corn syrup
1 cup water
2 stiffly heaten egg whites
1/4 cup melted butter

1/8 tsp. salt tsp. vanilla Caramel coating

2 cups granulated sugar
1-1/4 cups light corn syrup
1-1/2 cups light cream
1 tsp. vanilla
1/4 tsp. salt
Walnuts, broken in pieces, or whole
pecans, about 1 lb.

For first syrup, combine 3/4 cup sugar, 2/3 cup corn syrup, 1/4 cup water. Stir until sugar dissolves, then boil to 2380(soft ball). Four syrup over beaten egg whites, beating until slightly cool (about 5 min.). Spoon into large well-buttered bowl. Make a well in the center and let stand. To make second syrup, combine 2-1/4 cups sugar, 2/3 cup corn syrup, 3/4 cup water, stir until sugar dissolves and boil to 2580 (hard ball). Four syrup all at once into center of first mixture. Beat vigorously until thoroughly mixed. Add butter, vanilla, salt; beat until stiff. Pour into square pan (8x8x2-inches) lined with waxed paper and press evenly in can. Keep cold for at least 2 or 3 hours. To coat, turn nougat out on board, remove paper. Cut into 4 squares. Cut each square into 4 equal logs. For Caramel Coating, combine sugar, corn syrup and 1/2 cup cream. Stir until sugar dissolves and boil to 2360 (soft ball). Add another 1/2 cup cream, cook to 2420(firm ball). Lower heat and stir often as caramel thickens. Remove from heat. Add vanilla and salt. Four this into top of double briler. dip logs into caramel, turn over to coat completely, lift up and drain. Mace on layer of nuts in shallow dish: roll it over, pressing the nuts gently into the caramel. Wrap in waxed paper. Stow away in refrigerator or cool place for at least 4 or 5 hours or weeks if you like. Cut into 1/2 inch slices, and they're ready to est!

VIRGINIA HOME ECONOMICS LEETING

MARCH 27-28 1936

Roof Garden, Hotel John Marshall, Richmond, Va.

Friday afternson

- 1:30 Meeting called to order.
- 1:45 "Recent trends in Home Economics Programs" Miss Florence Hall, Home Economist, U.S.D.A., Washington, D.C.
- 3:15 "Emergency Home Economics Programs now Under way in Virginia" Women's Division, W.P.A.,
 Miss Ella Agnew
 National Youth Administration Miss Frances Sanders
 Rural Rehabilitation Adm. Hiss Mary B. Settle
 Adult Education Mr. J.L.B. Buck
- 4:30 Tea for Home Mconomics Conference Courtesy, Hotel John Marshall - Roof Garden
- 7:00 Banquet Roof Garden
 "Personality in Dress" Hiss Catherine Cleveland,
 Stylist, Cotten Textile Institute, New York
 "The Last Word in Fashions" Fresented in a Style
 Levue by Miss Cleveland

Saturday Morning

- 8:00 Conference Breakfast Auditorium, Hotel John Marshall
 - "Goals for Virginia Home Economics Association" -Hiss Marjorie Hesseltine, American Home Ec. Association Washington, D.C.
- 9:15 Business Meeting: Reports of Committees
 Election of Officers
- 10:00- "Know your Mutrition"- Dr. C.P. Segard, Wisconsin Alumni Research Foundation
- 11:00 "Does Home Economics Equip Cirls for their tasks ahmad"
 Panal discussion led by Hiss Martha Creighton
 State Department of Home Economics, Richmond
 Fanel members composed of:
 Hiss Amelia Lankford Resettlement
 Miss Virginia Richards Home: Economics Teacher
 Mrs. George Ritchie Homemaker
 Miss Mary Bryan Allgood Commercial
- 12:30 Luncheon for incoming and outgoing officers and committee chairmeh.

-VIRGINIA HOME ECONOMICS ASSOCIATION-

Its late, but hurry and make your reservations for the Virginia Home Economics Association March 27 - 28 1936 Rates. . Double bed and bath ... \$5.00 up ..Single room and " ... \$3.50 - \$4.50 ... Twin beds " " ... \$6.00 up Where else can I stay? .. Hotel Richmond, Richmond kates. . Double bed and bath ... 4.00 ..Jingle room " " ... \$2.50 ..Twin beds " " ... \$4.50 Y.W.C.A., Richmond Rates. Single room and wath. . 1.50 .. Twin beds " " .. 31.25 Who's going to be there? ... Teachers Home Dem. Agents Resettlement workers Dietitians Home Ec. Vomen in Business Guests What entertainment will we have? ... Friday Afternoon the Hotel John Marshall is serving tea to our members from 4:30 -5:30 on the Roof Garden Friday Evening - 7 P.L. - Banquet on the Roof Garden - \$1.50 - Peppy Music, Style Show, and a good time. Saturday Lorning - 8 A.M. Breakfast in the John Marshall Auditorium - 3.50. Miss Hesseltine will be guest speaker. Where is the Virginia Museum of Fine Arts? AT Boulevard and Grove Avenue. It will be open from 9 - 4:30. Be sure and see it. Will I need my membership card? ... YES, otherwise Friday Afternoon, Style Show, and Saturday morning session will cost \$.50. We are glad to have guests. P.S. Cleveland is to be very attractive. What do we want you to do now? ...

Fill in this duestion and mail at once to Miss Alleen Brown, Memorial Hospital.

March 27.

attend the Banquet Friday,

I will

Will not

OFFICERS

Miss Hallie L. Hughes, President Blacksburg, Virginia

Miss Aileen Brown, Vice-President Medical College of Virginia, Richmond, Virginia

> Mrs. John Moffett, Secretary Bridgewater, Virginia

Miss Ruth Jamison, Treasurer Blacksburg, Virginia

Miss Frances Houck, Councilor Harrisonburg, Virginia

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Humemakers - Mrs. E. O. Ferguson, Chamberlayne Avenue, Richmond, Virginia.

Legislative — Miss Ella G. Agnew, 11 South 12th Street, Richmond, Virginia.

Membership — Miss Aileen Brown, Medical College of Virginia, Richmond, Virginia.

Publicity - Miss Janet Cameron, Blacksburg, Virginia,

Standardization of Consumers' Goods - Miss Hena M. Bailey, V. P. I. Experiment Station, Blacksburg, Virginia.

Journal Promotion - Miss Gertrude Drinker, Richmond Dairy Council, Richmond, Virginia.

Virginia Home Economics News Letter - Miss M'Ledge Moffet, State Teachers College, East Radford, Virginia.

SPECIAL COMMITTEES

Local Arrangements — Miss Aileen Brown, Medical College of Virginia, Richmond, Virginia.

Publicity for State Meeting - Miss Marion Lawrence, Henrico County Home Demonstration Agent, Richmond, Va.

Style Show - Miss Margaret Rawlinson, Chesterfield County Home Demonstration Agent, Chester, Virginia.

Parliamentarian - Miss Mabel Massey, James City County Home Demonstration Agent, Williamsburg, Virginia.

Ushera: Friday afternoon - Miss Exic Lausetter Miss Myra Reese

Friday night - Miss Elizabeth Schmidt Miss Mary Holman

Saturday morning - Miss Janer Clifton Miss Virginia Gilliam



VIRGINIA HOME ECONOMICS ASSOCIATION

ANNUAL MEETING

Theme

Where are we going in Home Economics?

MARCH 27—28, 1936

John Marshall Hotel

Richmond, Virginia

ADMISSION BY MEMBERSHIP CARD

FRIDAY

ROOF GARDEN

Miss Hallie L. Hughes, Previding

- 140 Emergency Home Economic Programs Under Way in Virginia —
 - 10 minutes for presentation of each topic with 5 minutes for discussion.

Women's Division, W. P. A. - Miss Ella G. Agnew

Adult Education - Mr. J. L. B. Buck

Rural Rehabilitation Administration - Mics Mary B. Settle

National Youth Administration - Miss Frances Sanders

- 2:45 What's Ahead in Rural Electrification in Virginia Mr. C. E. Seitz, Extension Division, V. P. E. Blacksburg, Virginia.
- 1:15 Clothing Coats for Farm Families Miss Florence Hall, Extension Home Economiss, U. S. Department of Agriculture, Washington, D. C. Introduced by Miss Maude E. Wallace, State Home Demonstration Agent, Blacksburg, Virginia.
- 4:30 Tea for Home Economics Association Courtesy John Murshall Hotel, Roof Garden.

Be sure to see the exhibits on display.

7 00 Banquet - Roof Garden.

The Last Word in Fashions - Presented in a Style Revue by Miss Catherine Cleveland, Stylist, The Comm Textile Institute, New York City.

Talk - "Clothes Make the Woman" - Miss Cleveland.

SATURDAY

AUDITORIUM

Miss Genrude Drinker, Presiding

8:00 Association Breakfast --

Theme: What Should Our Association Do?— High-Powered Suggestions—one minute each

by:

Mrs. Rosa Loving Miss Iva Byrd Johnson Miss Helen Ricks Miss Celia Swecker Miss Julia Robertson Mrs. Mildred Marrin

Goals for Virginia Home Economics Association — Miss Marjoric Hesseltine, Field Representative, American Home Economics Association, Washington, D. C.

9:15 Business Session -

Reports of Committees Election of Officers

Miss Aileen Brown, Presiding

- 10:00 Does Home Economics Equip Girls for Their Tasts

 Ahead Panel discussion led by Miss Mastha Creighton, State Supervisor of Home Economics Education,
 Richmond, Virginia.
 - Panel Members: Miss Mary Brown Allgood, Home Service Director, R. S. Montgomery Electrical Company, Richmond; Mrs. George Ritchie, Homemaker, Richmond; Miss Virginia Richards, Home Economics Teacher, Berryville; Miss Elephare Hood, Home Demonstration Agent, Boydton; Miss Amelia Lankford, Rural Rehabilitation.
 - Advisers to Panel: Miss Catherine Tupper, State Teachers College, Farmville; Miss Jean Stewart, William and Mary College; Miss Mary Ava Snyder, State Teachers College, Radford; Mrs. Pearl Powers Moody, State Teachers College, Harrisonburg; Miss Amalia Lautz, State Teachers College, Fredericksburg.
- 11:00 Know Your Nutrition Dr. C. P. Segard, Wiscomin Alumni Research Foundation. Introduced by Miss Eleanor Enright, Rura) Rehabilitation Administration, Richmond, Virginia.
- 12:30 Luncheon for incoming and outgoing officers and committee chairmen.

Afternoon - Visit to Virginia Museum of Fine Arts.

MENU

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VEAL CUTLETS

ASPARAGUS TIPS

STUFFED BAKED POTATOES

GHERKINS

ROLLS

HEAD LETTUCE SALAD WITH CHIFFONADE DRESSING

ICE CREAM

CAKES

MINTS

COFFEE

SALTED ALMONDS

STYLE SHOW COMMITTEE

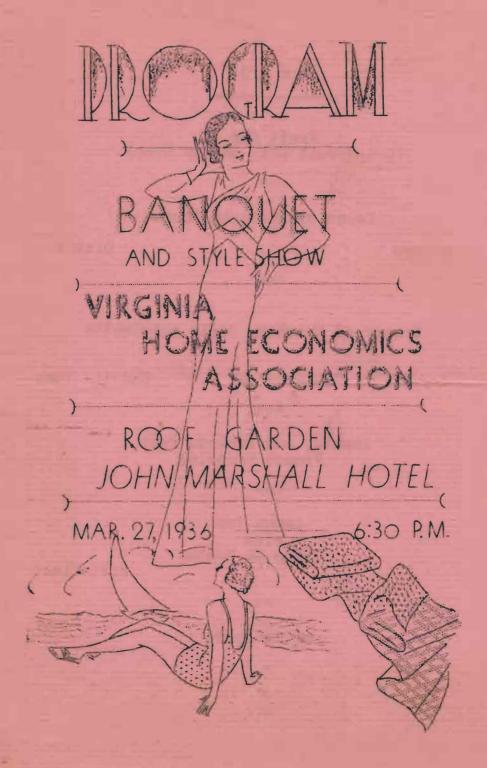
Margaret Rawlinson, Chairman

Julia Weber Mary Smith

MODELS

Students of

Thomas Jefferson High School
Westhampton High School
Henrico 4-H Junior Homemakers



Fruit Cup (Grapefruit with Sherry Wine)

Cream of Mushroom Soup

Celery

Olives

关头头

Breast of Chicken, Marie Antoinette

Asparagus, Hollandaise Candied Yams

Tomato and Avacoda Pear French Dressing

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Lemon Ice with Creme de Menthe

Port Wine

Demi-Tasse

Aileen Brown, Vice President presiding

ENTERTAINMENT - Elizabeth Burruss Virginia Medical College

PREVIEW of SUMMER COTTONS

presented by

Miss Catherine Cleveland

of the

COTTON TEXTILE INSTITUTE OF NEW YORK CITY

BANQUET COMMITTEE

Aileen Brown Gertrude Drinker Janet Cameron