

HOW TO EAT WELL THOUGH RATIONED

Martha Reynolds'

*RECIPES THAT SAVE POINTS
NUTRITION HINTS, PRESERVING*

WARTIME CANNING *and* COOKING BOOK



FOREWORD

American men are on the march everywhere . . . so are American women. Just as our Soldiers, Sailors, Marine and Coast Guardsmen are changing their habits overnight, so are our homemakers adapting themselves to changes in the kitchen. American housewives are contributing just as much in their own way to winning the war as the members of the WAACS, WAVES, and the SPARS.

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

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

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

READER SERVICE BUREAU
THE CHICAGO TIMES

WARTIME COOKING and CANNING BOOK



Dedicated to the American Homemaker
Whose Time is so Generously
Devoted to the War Effort.



LEARN HOW
TO MAKE
COOKING AND
CANNING EASY!

SUBSTITUTIONS!
BALANCED MENUS!
MEATLESS MEALS!
INGENIOUS MENUS!
PRESERVING AND
CANNING!

FOREWORD

American men are on the march everywhere . . . so are American women. Just as our Soldiers, Sailors, Marine and Coast Guardsmen are changing their habits overnight, so are our homemakers adapting themselves to changes in the kitchen. American housewives are contributing just as much in their own way to winning the war as the members of the WAACS, WAVES, and the SPARS.

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

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

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

READER SERVICE BUREAU
THE CHICAGO TIMES

Contents

	Page
Keeping Your Family Fit in Wartime	2-3
Planning Rationed Menus	4
Low Point Family Menus	5
Hearty Soups Star in Rationed Menus	6-8
The Wartime Lunch Box	9-11
Low Point Meat Dishes	12-20
Main Dishes for Meatless Days	21-29
Colorful Salads in Wartime Menus	30-32
Bread and Rolls	33-34
Wartime Substitutions and Helps	35
Desserts Under the Ration System	36-44
Canning and Preserving for Victory	45-64
1. Canning Methods	45-46
2. Canning Equipment	46
3. Preparing, Filling, Sealing and Processing Jars.....	46-47
4. Standard Canning Syrups for Fruits	47
5. Sugar Substitutions in Canning and Preserving	47-48
6. Time Tables for Processing Fruits, Vegetables, Meats and Soups	48-50
7. Canning Fruits	50-53
8. Canning Vegetables	53-55
9. Canning Meats	55-56
10. Canning Soups	57
11. Jellies, Preserves and Butters	58-60
12. Recipes Illustrating Use of Sugar Substitutes	60-61
13. Pickles and Relishes	61-64



Keeping Your Family Fit in Wartime

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

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

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

REMEMBER:

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

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

EVERY DAY, EAT THIS WAY

MILK:

1½ pints daily for each child.
1 pint daily for adults.

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

EGGS:

At least 3 or 4 weekly for adults.
1 daily for children.

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

OTHER PROTEIN FOODS:

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

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

FRUITS AND VEGETABLES:

1 serving daily of citrus fruits or tomatoes, or

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

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

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

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

*apples	grapes	*raspberries
apricots	*lemons	*strawberries
bananas	melons	dried or stewed
blackberries	*oranges	apricots
blueberries	peaches	dates
cantaloupe	pears	prunes
cherries	pineapple	figs
*grapefruit	plums	

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

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

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

asparagus	celery	rutabagas
lima beans	corn	squash
navy beans	cucumbers	sweet potatoes
beets	eggplant	tomatoes
brussels sprouts	parsnips	
cauliflower	peas	

BREAD AND CEREALS:

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

BUTTER:

At least 2 tablespoons daily.
Margarine containing vitamin A may be substituted.

SUGARS AND SWEETS:

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

FATS AND OILS:

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

DESSERTS:

1 or 2 servings daily.
Use a variety—puddings, gelatin desserts, fresh fruits, pies and cakes (remember that cake made with good materials is an excellent food).

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

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

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

SUGGESTED WEEKLY MARKET ORDER

(For parents and two children under twelve years)

- FRUITS AND VEGETABLES**
(Spend 1/5 or more of food money for this group of foods)
Potatoes and sweet potatoes..... 11 pounds
Dried peas and beans and peanut butter..... 1 1/2 pounds (dried peas and beans rationed)
Oranges (or use grapefruit or tomatoes or tomato juice)..... 2 1/2 to 3 dozen
Leafy, yellow and green vegetables..... 7 pounds
Dried fruit..... 1 1/2 pounds (rationed)
Other vegetables or fruit..... 8 pounds
- MILK OR CHEESE** (1/5 or more of food money)
Use pasteurized whole milk or its equivalent..... 18 quarts
- MEATS, EGGS AND FISH** (About 1/5 of food money)
Eggs..... 1 1/2 dozen
Lean meat, fish and seafood..... 6 pounds
- BREAD AND CEREALS** (1/5 or less of food money)
Bread, whole grain or enriched..... 5 1 1/2-pound loaves
Assorted cereals..... 10 pounds
Oatmeal, wheat, rice, macaroni, cornmeal, flour, cakes, cookies and crackers.
- FATS, SUGARS AND ACCESSORIES** (1/5 or less of food money)
Butter and other spreads..... 1 1/2 pounds
Lard, oils, salt pork, bacon..... 1 1/2 pounds
Sugar..... 2 pounds (rationed)
Molasses and syrup..... 1/2 pint
Coffee..... 1/2 pound (rationed)
Tea..... 1/4 pound
Cocoa..... 1/4 pound or less
Baking powder, salt, flavorings, etc..... As needed
Cod-Liver Oil

(For each child under 12 years)
Study the above lists and charts for they will help you to plan well balanced menus amid constantly changing conditions that necessitate quick alterations in marketing and eating habits. It is your responsibility, no matter how difficult the task, to see that your husband and children are well fed and happy when they come to the family table.

Planning Rationed Menus

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

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

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

A Week's Point-Saving Menus for a Family of Four

(At Moderate Cost)

SUNDAY		DINNER	
BREAKFAST		Upside Down Meat Pie (Page 13)	
Scrambled Eggs	Orange Juice	Buttered Spinach	
Coffee	French Toast	Creamed Lima Beans	
	Milk	Perfection Salad	
		Stewed Cherries	
		Honey Chocolate Chip Cookies (Page 39)	
DINNER		THURSDAY	
Stuffed Meat Loaf (Page 13)		BREAKFAST	
Pan Browned Potatoes		Orange Juice	
Creamed or Buttered Green Peas		Griddle Cakes	
or Carrots and Peas		Coffee	
Mixed Fresh Fruit Salad		Syrup	
Apple Pie (Baked on Saturday)		Cocoa	
Coffee		LUNCH	
SUPPER		Hard-Cooked Egg and Celery Salad	
Waffles	Maple Syrup	Bread and Butter Sandwiches	
Apple Sauce	Carrot Sticks	Carrot Strips	
Old Fashioned Molasses Cookies (Page 40)	Hot Chocolate or Milk	Chocolate Chip Cookies (Baked Wednesday)	
		Tea or Milk	
MONDAY		DINNER	
BREAKFAST		Stuffed Flank Steak (Page 18)	
Oatmeal	Fresh Grapefruit	Mashed Potatoes	
Toast	Milk	Cabbage Au Gratin	
Coffee	Fruit Preserves	Caulin Fruit Salad	
	Milk	(Made with fresh fruits as orange, banana and apple)	
		Chilled Baked Rice Pudding (Page 42)	
		FRIDAY	
		BREAKFAST	
LUNCH		Helves of Grapefruit	
Scrambled Egg Sandwiches		Fried Eggs	
Meat Loaf Sandwiches (meat from Sunday Dinner)		Toast or Quick Coffee (Made with prepared biscuit mix)	
Baked Apples		Grape Jelly	
Cocoa		Milk	
DINNER		LUNCH	
Beef Liver with Onions (Page 19)		Cream of Potato Soup	
Baked Potatoes		Toast with Grated Cheese (Cheese melted in oven)	
Green Beans Au Gratin		Russian Dressing	
Mixed Vegetable Salad		Chocolate Chip Cookies (Baked Wednesday)	
(Shredded carrots, celery and onion)		Tea or Milk	
Warm Gingerbread (milk or cream)		DINNER	
TUESDAY		Salmon Steaks	
BREAKFAST		Tartar Sauce	
Dry Cereal	Stewed Dried Apricots	Scalloped Potatoes	
Soft Cooked Eggs	Milk or Cream	Hot Biscuits	
Coffee	Toast	Grape Jelly (Opened for Breakfast)	
	Milk	Chilled Tapioca Pudding	
		or	
		Lemon Meringue Pie	
LUNCH		SATURDAY	
Peanut Butter and Lettuce Sandwiches		BREAKFAST	
Gingerbread (from Monday Dinner)		Fresh Fruit (Apples, Pears, Etc.)	
Milk		Dry Cereal	
DINNER		French Toast	
Lamb Stew (Page 17)		Milk	
Buttered Peas		LUNCH	
Waldorf Salad		Macaroni with Cheese Sauce	
Hot Muffins		Applesauce	
Baked Indian Pudding (Page 41)		Bread and Butter	
Jam		Cookies	
WEDNESDAY		DINNER	
BREAKFAST		Sausage	
Cooked Cereal	Milk or Cream	Creamed Potatoes	
Toast	Marmalade	Tasted Green Vegetable Salad	
Coffee	Cocoa	Fresh Fruit	
		Cobbler	
		Tea or Milk	
LUNCH			
Toasted Cheese Sandwiches			
Lettuce with Russian Dressing			
Fresh Peas			
Milk or Tea			



Hearty Soups in Rationed Menus

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

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

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

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

LENTIL SOUP (Or Split Pea or Bean)

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

2 cups lentils (split peas or dried beans may be used)	A turkey carcass, a ham bone or a 2-inch cube of salt pork
6 cups water	1 cup chopped celery with leaves
12 cups water (additional)	½ cup chopped carrots
½ cup chopped carrots	Salt, pepper and paprika

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

6

NAVY BEAN SOUP (With Ham Bone)

2 cups navy beans	2 tablespoons butter or fat from the soup
6 cups cold water	2 tablespoons flour
1 ham bone	Salt, if needed
½ cup chopped onions	Paprika
1 cup chopped celery with leaves	Croutons

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

CREAM OF LIMA SOUP

1 cup dried lima beans	4 tablespoons butter
6 cups cold water	2 tablespoons flour
2 slices onion, diced	2 cups cream or milk
½ teaspoon paprika	1 teaspoon salt

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

VEGETABLE BEEF SOUP

2 to 3 pounds shin of beef and marrow bone (or amount available)	Vegetables for the soup as follows:
4 quarts water	2 cups diced celery
6 sprigs parsley	3 cups cooked tomato
2 onions, sliced	4 carrots, sliced
15 peppercorns	2 turnips, sliced
1½ tablespoons salt	2 to 4 potatoes, if desired

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

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

CREAM OF POTATO SOUP

4 medium-sized, or 5 cups, thinly sliced potatoes	3 cups water
1 medium-sized, or ¼ cup, thinly sliced onion	1½ teaspoons salt
2 tablespoons butter or margarine	2 cups milk
	2 tablespoons flour
	¼ teaspoon pepper

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

7

GARDEN VEGETABLE SOUP

2 tomatoes	2 cups milk
2 onions	2 tablespoons flour
2 potatoes	3 tablespoons butter or margarine
6 ears of corn	Salt and pepper

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

GARNISHES FOR HEARTY SOUPS

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

VICTORY GARDEN CHOWDER

$\frac{1}{4}$ cup butter or margarine	3 cups boiling water
3 medium onions, peeled and chopped	4 cups milk
2 slices green pepper, chopped fine	2 teaspoons salt
$2\frac{1}{4}$ cups cut green beans	Black pepper to suit taste
3 medium carrots, scraped and sliced thin	6 oz. American cheese, grated
5 medium potatoes, peeled and grated	Seasoning salt

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



8



The Wartime Lunch Box

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

SUGGESTIONS FOR PACKING A LUNCH

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

CONTAINERS FOR THE PACKED LUNCH

Bag or Box Lunches

Some defense plants insist on paper bags which can be inspected as they enter the plant and leave nothing to be carried away in the evening. If this is the case with the lunch you pack, use a generous size paper bag or a box and wrap each food in the lunch in small oiled sandwich bags that can be purchased in the ten-cent store. Pack salads and relishes in small paper cups and fasten a paper with a rubber band firmly over top. Send beverages like fruits and vegetable juices that come in small cans, just the size for one good serving (purchase these even though they do require ration points). Small paper cups with covers to fit can be used for salads, baked beans, pudding or other moist foods.

9

METAL LUNCH BOX MEALS

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

HANDY CONTAINERS FOUND IN EVERY HOME

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

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

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

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

SAMPLE LUNCH BOX MENUS

For the Office Worker

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

For the Man or Woman Doing Heavy Work

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

or

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

FOODS THAT CARRY WELL IN THE LUNCH

MEATS

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

SANDWICH FILLINGS

Luncheon meats.
Cold roast meats (sliced or ground and combined with mayonnaise, pickle relish or with minced carrots and mayonnaise).

10

Salmon, shrimp, tuna or other salad-type filling with chopped celery, egg and pickle. (Send occasionally in large hollowed out rolls, replacing top after filling.)
Mashed sardine with lemon or chili sauce, hard-cooked eggs or pickle.

EGGS

Hard-cooked eggs chopped with weiners and mustard pickle, or cheese and pickles.
Minced hard-cooked eggs with celery and ketchup or mayonnaise.
Devilled eggs.

CHEESE

Soft or chopped cheese with nuts.
Cream cheese with chopped crisp bacon or minced onion.
Sliced cheese and sliced pickles or mustard.
Cheese spreads, when available.

OTHER FILLINGS

Peanut butter with pickle, relish, celery, or jelly.
Baked beans with ketchup or onion slices.
Ripe or green olives with celery and mayonnaise.

FOR THE THERMOS

Hot

Corn Chowder
Potato Soup
Bean Soup
Pea Soup
Vegetable Soup
Beef Stew
Chili Con Carne
Coffee
Chocolate

Cold

Orange Juice
Grape Juice
Pineapple Juice
Tomato Juice
Fruit Ades
Milk Shakes
Iced Tea or Coffee

VEGETABLES

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

FRUITS

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

SALADS AND RELISHES

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

DESSERTS

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

BEVERAGES (Without Thermos)

Small cans of tomato juice, grapefruit juice, pineapple juice or grape juice. (Even though rationed try to afford for the lunch that must be carried.)

11



Low Point Meat Dishes

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

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

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

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

POINT SAVERS FOR MEAT

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

12

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

POINT STRETCHING GROUND MEAT MAIN DISHES

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

STUFFED MEAT LOAF

- | | |
|---|---|
| ½ pound ground beef | 1/3 cup milk or tomato ketchup |
| ½ pound ground fresh or cured pork
(cured pork is somewhat higher
in point value) | ¾ teaspoon salt |
| 1 cup rice flakes | ¼ teaspoon pepper |
| 1 egg | 2 tablespoons chopped onions, if
desired |

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

Stuffing:

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

BEEF UPSIDE DOWN PIE

- | | |
|----------------------------------|--|
| 1½ cups sifted all-purpose flour | 5 tablespoons shortening |
| 2½ teaspoons baking powder | ¾ cup milk |
| 1 teaspoon paprika | ¼ cup sliced, peeled onion |
| 1 teaspoon celery salt | 1 — 10½ ounce can condensed
tomato soup |
| ¼ teaspoon pepper | ½ pound hamburger |
| 1 teaspoon salt | |

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

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

BAKED BEAN AND HAMBURGER SAVORY

- | | |
|--------------------------------------|------------------------------------|
| 3 tablespoons salad oil or bacon fat | ½ teaspoon salt |
| ½ cup sliced, peeled onions | 1 teaspoon powdered sage, if liked |
| 1 cup diced celery | ½ cup water or canned tomato juice |
| ¾ pound hamburger | ¼ cups canned or home-baked beans |
| 1 teaspoon Worcestershire sauce | |

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

13