

thoroughly, keeping dough soft. Cover and set in warm place to rise for about 2 hours. When double in bulk, mould into loaves and place in well-greased pans; cover and let rise again, about 1 hour or until light. Bake in moderate oven at 400 degrees F. about 1 hour. Makes 2 loaves.

NEVER FAIL ROLLS

(These rolls are incredibly light in texture. They require no kneading.)

1 compressed yeast cake	2 tablespoons sugar
1/4 cup lukewarm water	1 cup boiling water
1/4 cup lard	1 egg
1 1/4 teaspoons salt	2 3/4 cups sifted all-purpose flour

Dissolve yeast in 1/4 cup lukewarm water. Place in a separate bowl 1/4 cup lard, 1 1/4 teaspoons salt, 2 tablespoons sugar. Pour over these ingredients 1 cup boiling water and stir until they are dissolved. When these ingredients are lukewarm, add the dissolved yeast, and with a wire whisk beat in egg. Stir in sifted all-purpose flour to make a soft dough (about 2 3/4 cups).

Place the dough in a large bowl, cover it with a plate and put it in the icebox. The dough will treble in bulk. Chill it from 2 to 12 hours. Pinch off small pieces of dough with buttered hands and place them in greased muffin pans, filling the pans about 1/3 full. Cover the tops with melted butter. Permit the rolls to rise for about 2 hours or until light in a warm place. Bake them in a hot oven of 425 degrees F. for about 20 minutes. Remove them at once from the pans. This makes 18 two-inch rolls.

BUTTERFLAKE ROLLS

2 cakes compressed yeast	1/4 cup lard
1/4 cup sugar	5 1/2 cups sifted all-purpose flour
1 1/2 cups milk (room temperature)	1/2 teaspoon soda
2 1/2 tablespoons cider or white vinegar	1 teaspoon salt
1/4 cup butter	

Crumble yeast in a bowl and add the sugar. To the milk, add vinegar slowly, stirring rapidly. Pour over yeast and sugar and let stand for 10 minutes. Melt butter and lard together, then cool until lukewarm. Sift together flour, soda and salt. Add the melted shortenings to yeast mixture. Mix well, then add sifted flour mixture, beating until a smooth dough is formed. Place in a well greased bowl and brush the top with soft butter. Place in a warm place (80 to 85 degrees, or warm room temperature) until the dough is almost tripled in bulk. Turn out of bowl without stirring, onto a well floured board. Sprinkle top of dough lightly with flour then roll out and cut to form Parkerhouse Rolls, or instead of rolling out pinch off pieces to form Cloverleaf or other desired rolls. Set rolls in a warm place for 10 to 15 minutes, or until light. Bake in a hot oven of 400 degrees F. for 15 to 20 minutes, depending upon size of rolls.

REFRIGERATOR ROLLS

6 1/4 cups all-purpose flour	3/8 cup lard or part lard and butter
1 cake compressed yeast	1/2 cup sugar
1 1/2 cups lukewarm water	1 tablespoon salt
2 large eggs or 3 small ones	

Dissolve yeast cake in 1/2 cup lukewarm water. Stir into it 1/4 cup of the sifted flour. Permit this sponge to rise in a warm place for 1/2 hour or until it nearly reaches the top of the cup. Beat the eggs until light. Add 1 cup warm water, lard or part lard and butter, sugar and salt. Stir until the lard is dissolved. Stir in the sponge and the remaining flour. Mix the dough well. Cover it and place it in the refrigerator for at least 24 hours. It will keep for a week. Take out the quantity needed with a spoon or with buttered hands four hours before baking. Place it in greased muffin pans, filling the pans 1/4 full. Spread the tops with soft butter. Permit them to rise uncovered in a warm place. Bake them in a hot oven 425 degrees F. for about 20 minutes. Remove at once from the pans. This makes thirty-six 2 1/2 inch rolls.



Wartime Substitutions and Helps

- To Substitute Other Sweets for Sugar in Cakes, Cookies, etc. See Page 36
- To Substitute Other Sweets for Sugar in Canning and Preserving See Page 47
- To Cook Salmon or Other Fish to Replace Canned Fish in Any Recipe See Page 27
- To Make Sugarless Meringue for Pies See Page 41

To Substitute Cocoa for Chocolate: Allow 4 tablespoons, or 1/4 cup cocoa for each ounce of chocolate, and in baking increase the amount of shortening 1/2 tablespoon. Likewise, in substituting chocolate for cocoa, allow 1 ounce to 4 tablespoons or 1/4 cup cocoa, and decrease fat by 1/2 tablespoon.

To Substitute Oleomargarine for Butter in Any Recipe: Use the Same Amount.

To Extend Butter: Allow 1 pound butter to soften at room temperature (do not melt). Whip butter with rotary hand beater or electric beater until it becomes pale in color. Soften a 1/4 ounce package plain gelatin in 1/2 cup milk, then warm (do not boil) until gelatin is thoroughly dissolved. Add 1/2 cup more milk. Gradually whip this milk and gelatin mixture, and 1 cup table cream into the butter with the rotary hand or electric beater. Add 1 teaspoon salt. Place in refrigerator dish or mold and set in refrigerator to harden. Makes 2 pounds of delicious butter spread.

To Whip Evaporated Milk: Place a can of evaporated milk in a pan of cold water. Bring the water to the boiling point. Remove the can from the water. When it is cool, place it in the refrigerator. The milk will keep for days. Whip when ready to use it. When whipping with electric beater, use medium speed.

To Whip Table Cream: I. For Sweetened Whipped Cream — Use cream that has chilled in refrigerator for 24 hours. Soften 2 teaspoons plain gelatin in 4 tablespoons cold water and dissolve it by placing it over hot water. Whip cream with a rotary hand beater or electric beater until it is foamy. Add the dissolved gelatin gradually and continue beating until cream is stiff. Sweeten or flavor with vanilla, as desired. Keep in refrigerator one hour before serving.

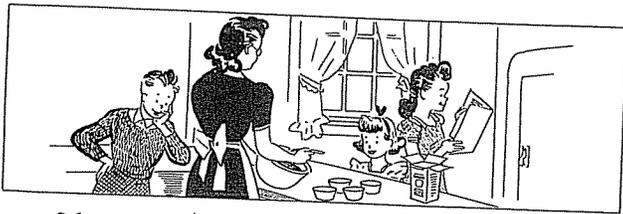
II. For Unsweetened Whipped Cream — Use cream that has chilled in refrigerator for 24 hours. Pour into a chilled bowl and add 1/4 teaspoon cream of tartar. Whip until stiff, using rotary hand beater or electric beater. Do not add sugar. Keeps well for several hours.

To Substitute Sour Milk or Cream for Sweet: If slightly soured use 1/4 teaspoon soda to each cupful, and if fully soured, 1/2 teaspoon soda to each cupful.

To Substitute All-Purpose Flour for Cake Flour: Sift and measure the all-purpose flour and from each cupful remove 2 tablespoons.

In Using Cornstarch or Flour: 1 tablespoon cornstarch has the same thickening quality as 1 3/4 tablespoons of flour.

To keep cheese fresh — cover it with a cloth moistened with vinegar.



Tempting Desserts Despite Rationing

Under our present rationing system, providing the family with tempting desserts is not the least of our menu planning problems. Not only sugar, but also many of the other materials that go into the making of good desserts, are rationed and scarce. Yet desserts are needed to round out rationed menus, and often there are lunches to pack for the war worker. Also, to most families, dessert is dessert, and they like it!

Most of us are finding that after stewed fruits and applesauce are sweetened, and sugar served on cereal and in beverages there is little left over for desserts. The problem, then, is to find desserts that use as little sugar and shortening as possible and yet provide a considerable amount of food value and appetite appeal. It is a large order, yet attractive desserts are possible, even under present conditions.

Perhaps the first step in solving the dessert problem is deciding that our desserts cannot be the same as in normal times, and that in baking cakes and cookies, it is not possible to merely substitute some form of syrup, honey or molasses in any of our favorite before-the-war recipes and expect the finished product to be entirely satisfactory. That cannot be done for the simple reason that sugar, as a dry ingredient, does not behave in the same manner as do these liquid forms of sweetness. Therefore, it is wiser to use recipes tested to include other sweeteners, or to substitute for only a portion of sugar in a recipe. Generally speaking, in baking cakes and cookies, one half the sugar can be replaced with some other sweetening. Below are suggestions for saving sugar in cakes, pies and other desserts.

Oleomargarine can be substituted for butter in cakes, cookies and other desserts. Use the same amount of either. You are sacrificing nothing from a health and nutritional standpoint when you use the margarine to replace butter in any type of cooking.

SUGGESTIONS FOR USING LESS SUGAR

Cakes and Drop Cookies

For 1 cup granulated sugar, use: Maple-flavored syrup or corn syrup— $\frac{1}{2}$ cup plus $\frac{1}{2}$ cup granulated sugar. Reduce liquid 2 tablespoons.

Molasses (light or dark), honey, or sorghum— $\frac{1}{2}$ cup plus $\frac{1}{2}$ cup granulated sugar. Reduce liquid 2 tablespoons. Add $\frac{1}{4}$ teaspoon baking soda in cakes.

Brown sugar or maple sugar—1 cup, firmly packed.

Mixing method—No change when brown or maple sugar is used. Add other sweetenings to creamed shortening and sugar.

Muffins

For granulated sugar—substitute any of the mentioned sweetenings directly.

Mixing method—Add substitute sweetening to liquid ingredients.

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Fruit Pies

For 1 cup granulated sugar, use: Molasses (light or dark), honey, brown sugar, or maple sugar—1 cup.

Maple-flavored or corn syrup— $\frac{1}{2}$ cup plus $\frac{1}{2}$ cup granulated sugar.

Mixing method—Mix syrup, molasses, or honey with prepared fruit before placing in pie shell. (This avoids soaking the pastry.)

Ice Cream

For 1 cup granulated sugar, use: Honey, brown sugar, maple sugar, or maple-flavored syrup—1 cup.

Corn syrup— $1\frac{1}{2}$ cups.

Molasses and sorghum— $\frac{1}{2}$ cup plus $\frac{1}{2}$ cup granulated sugar.

Blancmange (Cornstarch Pudding)

Use any substitute plus an equal amount of granulated sugar.

Fruits

Sweeten with any substitute according to taste.

Measuring

Use corn syrup, honey, molasses, and sorghum at room temperature so they'll pour readily into greased measuring cups. When cold, these sweetenings are stiff and difficult to pour.

Baking

Temperatures for baking cookies, cakes, muffins, and pies made with sugar substitutes remain the same. If honey is used, grease pans well to prevent sticking.

VICTORY CHOCOLATE CAKE

$1\frac{1}{2}$ cups all-purpose flour	1 egg, well beaten
1 teaspoon soda	1 square unsweetened chocolate,
$\frac{1}{2}$ teaspoon salt	melted
$\frac{1}{2}$ cup shortening	1 teaspoon vanilla
$\frac{1}{2}$ cup brown sugar (firmly packed)	$\frac{3}{4}$ cup buttermilk or sour milk
$\frac{3}{4}$ cup dark corn syrup	

Sift flour, measure, add soda and salt, and sift together twice. Cream shortening until soft. Add brown sugar gradually and continue creaming until light and fluffy. Stir in corn syrup slowly. Add egg in two portions, beating well after each addition. Stir in melted chocolate and vanilla. Add sifted dry ingredients alternately with buttermilk and stir gently to mix after each addition. Line a tube pan, 9 inches in diameter, or loaf pan $9 \times 5 \times 2\frac{1}{2}$ inches, with waxed paper. Grease sides of pan and over waxed paper. Pour in batter and bake in a moderate oven of 350 degrees F. for 45 minutes, or until an inserted toothpick comes out clean. Cool in pan at least 10 minutes before removing to cooling racks. Frost with any desired frosting.

MAPLE GINGERBREAD

$\frac{1}{4}$ cup butter or margarine	$\frac{1}{4}$ teaspoon soda
1 cup maple syrup	1 teaspoon ginger
1 egg	$\frac{1}{2}$ cup sour milk
2 cups flour	$\frac{1}{2}$ lemon, rind and juice
$\frac{1}{2}$ teaspoon salt	

Cream butter until of whipped-cream consistency. Add maple syrup slowly, blending it in well. Add beaten egg. Sift flour, measure and sift with salt, soda, and ginger. Add to first mixture alternately with sour milk. Add lemon juice and grated rind. Turn into a well-greased shallow pan, 8×12 , or into individual cup-cake pans, and bake in a moderate oven of 350 degrees F. for 50 minutes for the large cake, and 25 minutes for the cup cakes. Remove from oven, let stand a few minutes, then remove from pans.

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VICTORY SPICE CAKE

2 cups all-purpose flour	1/2 cup shortening
2 teaspoons baking powder	1/2 cup brown sugar, firmly packed
1/2 teaspoon salt	3/4 cup corn syrup (dark)
1/2 teaspoon cloves	2 eggs, well beaten
1/2 teaspoon allspice	3/4 cup milk
1/2 teaspoon nutmeg	

Sift flour and measure. Add baking powder, salt, cloves, allspice and nutmeg and sift together twice. Cream shortening until soft; add brown sugar gradually. Slowly stir in the corn syrup. Then add well-beaten eggs in four portions and blend each portion thoroughly with the creamed mixture. Add the sifted dry ingredients alternately with the milk, stirring after each addition. Line two 8-inch layer cake pans with waxed paper. Grease sides of pans and over waxed paper. Pour in batter and bake in a moderately hot oven of 375 degrees F. for 25 minutes, or until an inserted toothpick comes out clean. Cool in pans at least 10 minutes before removing to cooling racks. Frost cake, or put together with fruit jams, as desired.

SOUR CREAM CAKE

(While this cake calls for rich sour cream, it can be made with sour top milk. In that case it will be good but it will not keep as well as when sour cream is used.)

1 cup sour cream	1 3/4 cups cake flour
1 cup sugar	1 3/4 teaspoons baking powder
2 eggs	1/2 teaspoon soda
1 teaspoon vanilla	1/4 teaspoon salt

Beat the cream, then beat in sugar gradually. Add eggs, one at a time, beating thoroughly after the addition of each. Sift flour, measure and resift with baking powder, soda and salt. Stir flour mixture gradually in about four portions, into the cream mixture, stirring just until smooth after each addition. Do not overmix. Add vanilla. Bake in a greased 8-inch tube pan or in two 8-inch layer pans, the bottoms of which have been greased and lined with waxed paper. Bake in a moderate oven of 375 degrees F. for a loaf cake, or 350 degrees F. for layers. Bake the loaf cake for about 35 minutes and the layers for 25 minutes, or until done. Frost with Chocolate Icing, Boiled Icing or Seven Minute Icing. A good batter for upside down cakes.

EGGLESS, BUTTERLESS, MILKLESS CAKE

2 cups brown sugar	1 teaspoon cloves
2 cups hot water	3 cups all purpose flour
2 tablespoons shortening	1 teaspoon soda
1 teaspoon salt	1 package seedless raisins
1 teaspoon cinnamon	

Boil together the sugar, water, shortening, salt, raisins, and spices for 5 minutes. When cold, add flour and soda dissolved in a teaspoonful of hot water. This makes 2 loaves. Bake about 45 minutes in a 325 degrees F. oven. This cake is of good texture and will keep moist for some time.

MOCK ANGEL CAKE

1 cup sugar	3/4 cup scalded milk
1 1/2 cups cake flour	1 teaspoon vanilla
1/4 teaspoon salt	2 egg whites
3 teaspoons baking powder	

Mix and sift first four ingredients 4 times. Add the scalded milk (hot) gradually, stirring gently. Add flavoring. Fold in egg whites beaten until stiff, but not dry. Turn into an ungreased angel cake pan and bake for about 45 minutes in a moderate oven of 350 degrees F. This cake is better if kept 24 hours before serving.

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SPONGE CAKE MADE WITH YOLKS

(A good quick little cake. It may be used for strawberry shortcake, layer or loaf cake.)

3/4 cup cake flour	2 teaspoons baking powder
3 egg yolks	1 teaspoon vanilla or
1/2 cup sugar	1/2 teaspoon grated orange or lemon
1/2 teaspoon salt	rind
1/4 cup boiling water	

Beat egg yolks until light and lemon-colored. Add sugar and salt gradually, beating them in. Add boiling water. Sift flour, measure and resift with baking powder. Add flour mixture gradually to egg mixture, stirring gently to mix. Add flavoring. Bake the cake in an 8-inch layer pan or a small loaf or tube pan in a moderate oven of 350 degrees F. for about 30 minutes. Split and spread the layers with jelly, stewed or fresh fruit or with any desired filling.

Cookies

CHOCOLATE CHIP HONEY COOKIES

1/2 cup butter or margarine	1/4 teaspoon salt
1/2 cup honey	1/2 teaspoon vanilla
1 small egg	1/2 cup semi-sweet chocolate chips
1 cup sifted flour	1/4 cup nut meats chopped
1 teaspoon baking powder	

Cream butter and honey until light and fluffy. Add egg and beat well. Sift flour, baking powder and salt twice. Add flour mixture to butter mixture; then add vanilla and blend all well. Fold in chocolate chips and nuts. Chill and drop by teaspoonfuls on greased cookie sheet. Bake in a moderate oven of 375 degrees F. for 12 minutes.

HONEY NUT BROWNIES

2 eggs	1/2 cup flour
1/2 cup honey	1/2 teaspoon baking powder
2 ounces unsweetened chocolate	1/4 teaspoon salt
1/4 cup butter or margarine	1 cup chopped nuts
1/2 cup sugar	1/2 teaspoon vanilla

Melt butter and chocolate together. Add honey. Add to well beaten eggs. Sift together flour, baking powder, salt and sugar and stir into the first mixture, being careful not to overmix. Add chopped nuts and vanilla. Spread 1/3 inch thick in a shallow pan, the bottom of which is lined with paper. Bake in a slow oven of 300 degrees F. for 35 minutes, or until done. Invert pan, remove wax paper and cut into squares.

HONEY HERMITS

1/2 cup shortening	1/2 teaspoon cinnamon
1 cup honey	1/2 teaspoon allspice
1/2 cup brown sugar	1 cup seedless raisins
2 eggs, well beaten	1 cup currants
3 tablespoons milk	1 cup dates
2 1/4 cups flour	1/2 cup nuts
1 teaspoon baking soda	

Cream shortening, add honey and sugar, then well beaten eggs, milk and dry ingredients, and fruit and nuts. Drop from teaspoon onto a greased cookie sheet, bake in a moderately hot oven of 400 degrees F. for 10 to 12 minutes. Makes about 7 3/4 dozen.

PEANUT BUTTER DROP COOKIES

1 cup all-purpose flour	1/2 cup peanut butter
1 1/2 teaspoons baking powder	1/2 cup sugar
1/2 teaspoon salt	2 eggs
1/4 cup fat	1/2 cup milk

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Sift flour, measure and sift with baking powder and salt. Cream fat and peanut butter together. Add sugar gradually, creaming the white. Add well-beaten eggs. Mix thoroughly. Add flour alternately with milk. Drop from tip of a teaspoon onto a cookie sheet. Bake in a hot oven of 400 degrees F. for 8 to 10 minutes.

OLD FASHIONED MOLASSES DROP CAKES

1 cup molasses	1/2 teaspoon cinnamon
1/4 cup butter or margarine	1 teaspoon salt
1/4 cup vegetable shortening or lard	1 tablespoon soda
2 eggs	3 tablespoons warm milk
1 tablespoon ginger	3 1/2 cups all-purpose flour
1/4 to 1/2 teaspoon cloves	

Heat molasses to boiling point, then add shortenings and stir until they are melted. Cool to lukewarm and add eggs, one at a time, beating well after each addition. Add spices and salt, stirring them in. Add soda dissolved in lukewarm milk. Stir in sifted flour to form a smooth dough, but do not overmix. Drop by generous spoonfuls two inches apart on a baking sheet, flattening with a knife to 1/4 inch thickness. Sprinkle tops with sugar, if desired. Bake in a slow oven of 325 degrees F. for about 15 minutes, or until done. Makes about 3 dozen large, soft cookies.

Frostings

BROILED ICING

3 tablespoons melted butter or margarine	1/4 teaspoon salt
10 tablespoons brown sugar	1/2 cup shredded coconut or other nut-meats
2 tablespoons cream	

Combine ingredients and spread upon a cake while it is warm. Place the cake very low under a broiler with the flame turned low. Broil the icing until it bubbles all over the surface, but do not permit to burn.

BAKED ICING

1/2 cup brown sugar	1/4 teaspoon salt
1 egg white	1/4 cup broken nut meats

Use on a thin cake only as the icing is baked at the same time as the cake—one that will require 25 minutes baking or less. Whip egg white and salt until stiff. Fold in sugar. Spread on cake. Sprinkle with nut meats.

SUGARLESS CHOCOLATE FROSTING

2 squares unsweetened chocolate	1 can (1 1/2 cups) sweetened condensed milk
1 tablespoon water	

Melt chocolate in top of double boiler. Add sweetened condensed milk, stir over boiling water 5 minutes until it thickens. Add water. Cool. Spread on cold cake. Makes enough frosting to cover top and sides of two nine-inch layers, or top and sides of loaf cake generously, or about 24 cup cakes.

MAPLE SYRUP FROSTING

2 cups maple or maple-flavored syrup	2 egg whites
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Boil syrup to 238 degrees F. or until it can be formed into soft ball when a little of mixture is dropped into cold water. Remove from heat. Beat the egg whites quickly, until stiff. Pour the hot syrup in a fine stream over the whites beating constantly. Continue beating until mixture is stiff enough to spread. Fills and frosts two nine-inch layers or 8 x 8 x 2 inch cake.

SUGARLESS MERINGUE

Beat three egg whites with beater until frothy. Gradually beat in three tablespoons white corn syrup. Continue beating until stiff enough to peak. Heap on pie, and bake in a slow oven of 300 degrees F. for 30 minutes.

Puddings and Other Desserts

BAKED INDIAN PUDDING

5 cups milk	3/4 teaspoon cinnamon
1/4 cup sugar	3/8 teaspoon nutmeg
1/4 cup corn meal	1 teaspoon salt
1/2 cup dark molasses	4 tablespoons butter or margarine

Scald 4 cups milk over hot water. Stir sugar, corn meal, and molasses into the milk, adding each slowly and blending well. Add spices, salt and butter. Cook for 20 minutes, or until mixture thickens, stir occasionally as it cooks over the hot water. Pour into a baking dish, add remaining cold milk, do not stir. Put into a slow oven of 300 degrees F. and bake for 3 hours without stirring. Serve warm, with cream or hard sauce, or with a small scoop of vanilla ice cream. Serving it with the ice cream is a New England custom.

STEAMED SUET PUDDING

1 cup raisins	1/2 teaspoon ginger
1 cup nut meats	1/4 cup chopped suet
2 cups flour	1/2 cup sour milk
1/2 teaspoon soda	1/2 cup molasses
1 teaspoon salt	1/2 teaspoon nutmeg
1/2 teaspoon cinnamon	

This amount will fill 12 individual molds or two pound coffee cans. Grease well and prepare utensils for steaming.

Wash raisins, drain well. Break nutmeats coarsely. They may be omitted. Sift flour, measure and sift with soda, salt, and spices. Add raisins, nut meats and suet, toss together lightly. Stir sour milk and molasses together. Add to dry ingredients and stir to mix well. Turn into prepared pans and steam 2 to 3 hours. The pudding may be steamed one day, removed from the mold to cool, and steamed again just before serving. Serve with hard or foamy sauce.

To resteam, either set mold in boiling water and reheat as when first steamed, or cut in slices, place slice in a colander or strainer and set over boiling water for 30 minutes to steam. In either method, the kettle must be covered tightly.

MOLASSES RICE PUDDING

1/2 cup raw rice, washed	1/4 teaspoon salt
2 1/4 cups milk	1/4 cup molasses
3 eggs, separated	1/2 teaspoon cinnamon
1/4 cup granulated sugar	

Cook rice and milk in a double boiler for 1 hour, stirring occasionally. Beat egg yolks, add salt, molasses and cinnamon. Add hot rice mixture gradually, while stirring. Return to double boiler, and cook for 2 minutes. Cool slightly. Beat egg whites until stiff, add sugar slowly, while continuing to beat; then fold into pudding. Chill and serve. Serves 6.

MAPLE BROWN BETTY

2 cups bread or graham cracker
crumbs
¼ cup melted butter or margarine
3 or 4 medium apples

1 tablespoon lemon juice
½ teaspoon grated lemon rind
¼ to ½ cup maple syrup
½ cup hot water

Prepare crumbs. Melt butter in a frying pan, put in crumbs and stir over low heat until lightly brown. Put a layer of crumbs in the bottom of the baking dish.

Pare, core, and slice apples. Over crumbs, place a layer of apples. Sprinkle apples with half the lemon juice, grated rind and maple syrup. Cover with a second layer of crumbs. Add remaining apples, lemon juice, rind, and syrup. Cover top with remaining crumbs. Moisten with water (orange juice may be used instead). Bake in a moderately hot oven of 375 degrees F. until apples are tender, from 30 to 40 minutes. Serve warm with cream, whipped or plain, with a lemon or orange sauce, or soft custard. Serves 4.

BAKED RICE PUDDING

4 cups milk
½ cup rice
½ teaspoon salt

Grated rind of ½ lemon or dash of nutmeg
¾ cup sugar

Wash rice, mix ingredients, pour into buttered pudding dish, and bake three hours in a slow oven of 325 degrees F., stirring three times during first hour of baking to prevent rice from settling. For a richer pudding, stir in one or two well-beaten eggs, 30 minutes before pudding is done. Serve hot or cold. Serves 6.

HOT FUDGE PUDDING

(Easily made, unusual, delicious and economical. Be sure to try it.)

1 cup sifted all-purpose flour
2 teaspoons baking powder
¼ teaspoon salt
¾ cup sugar
2 tablespoons cocoa
½ cup milk

2 tablespoons shortening, melted
1 cup chopped nuts
½ teaspoon vanilla
1 cup brown sugar
4 tablespoons cocoa
1¾ cups hot water

Sift dry ingredients together, stir in milk and shortening, mix until smooth. Add nuts and vanilla, and spread in pan. Sprinkle with brown sugar and second amount of cocoa, mix. Pour hot water over entire batter. Bake in a greased and floured 8-inch square pan in a moderate oven of 350 degrees F. for 40 to 45 minutes. Invert squares on plates, dip sauce from pan over each.

OLD-FASHIONED STRAWBERRY SHORTCAKE

2 cups flour
¼ cup sugar
3 teaspoons baking powder
1 egg or 2 egg yolks, well beaten

½ cup butter or margarine
½ cup milk
½ teaspoon salt

Mix dry ingredients and sift twice, work in shortening with pastry mixer, fork, or finger tips, and add egg and milk. Toss mixture on floured board and divide in two parts. Pat, roll out, and put half in round tin or casserole. Spread lightly with melted butter and place other half on top. Or roll ½ inch thick and cut into individual shortcakes with large biscuit cutter and bake on buttered cookie sheet. Bake 12 minutes in hot oven of 450 degrees F.

To serve, split with fork and spread with butter. Spread sweetened and slightly crushed berries between layers and on top. Serve with cream or ice cream may be put between layers and on top.

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HONEY, RICE AND DATE PUDDING

2 cups cooked rice
¼ cup chopped dates or raisins
¼ cup honey

½ cup milk, scalded
2 eggs
¼ teaspoon cinnamon or nutmeg

If you do not have cooked rice on hand, wash 2/3 cupful and add slowly to 2 quarts rapidly boiling salted water (use 3 teaspoons salt), until tender, as evidenced by a grain feeling soft with no hard core when crushed between the fingers. Turn into colander to drain.

While rice cooks, put milk on to scald, wash dates. Pit, if necessary, and cut in small pieces. Grease a baking dish.

In the baking dish, spread half the amount of rice; over it put half the dates. Drizzle half the amount of honey over the rice and dates, add remaining rice, dates and honey. Pour scalded milk onto beaten eggs, pour into dish, spread it evenly over ingredients. Sprinkle nutmeg or cinnamon over top. Set dish in a pan of water and bake in a moderate oven of 350 degrees F. until set, about 1 hour. To test, insert a clean knife in the center. If it comes out clean, the custard is done. Remove from oven and serve hot or cold, with plain or whipped cream. Serves 4 to 6.

SUGARLESS CHOCOLATE SAUCE

2 squares unsweetened chocolate
½ cup water
1½ cups corn syrup

¾ teaspoon salt
1 teaspoon vanilla extract

Cook the chocolate and water over direct heat about 2 minutes, or until thick, stirring constantly. Remove from heat, and slowly add the corn syrup and salt. Simmer gently 10 minutes, while stirring occasionally. Add vanilla. Serve hot or cold over ice cream, etc. Makes 1-2/3 cups.

PEACH COBLER

1½ cups flour
1 teaspoon baking powder
½ teaspoon salt
2 tablespoons sugar
6 tablespoons shortening
approximately ¾ cup milk

3 cups fresh peaches
½ teaspoon cinnamon
1 cup sugar
2 tablespoons butter or margarine
1 tablespoon flour

Grease a baking dish or pan of 2 or 3 inches depth that will serve 3 or 4 nicely. Heat oven to 450 degrees F.

Prepare dough by sifting together dry ingredients, working in shortening and adding milk to make a soft but not sticky dough. Roll out to ½ inch thickness.

Pare and slice peaches. Put into pan, sprinkle with combined sugar, cinnamon, and flour, and dot over with butter. Mix slightly. Cover with biscuit dough. Cut slits in dough to permit escape of steam, bake in a hot oven of 425 degrees F. for 20 to 25 minutes, until crust is nicely baked and peaches are tender. Serve hot or warm with cream or with hard lemon sauce.

Apple Pan Dowdy

3 apples, sliced
¼ cup brown sugar
1 cup cake flour
1 teaspoon baking powder
¼ teaspoon salt
¼ cup melted butter or margarine

½ cup sugar
1 egg
½ cup milk
¼ teaspoon grated lemon rind
1 teaspoon lemon juice

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Grease a round or square cake pan, about 8 or 9 inches in diameter.

Wash apples, pare, cut in quarters, core and slice. There should be 2 cups sliced apples when finished. Place in a baking dish, spreading them evenly over the surface and putting them in neatly. Sprinkle with brown sugar.

Quickly mix cake. Measure melted butter into mixing bowl. Stir in sugar gradually, add egg and beat it into ingredients vigorously. Have flour sifted, measured, and sifted with baking powder and salt. Add it alternately to first mixture, with milk, stirring to mix well after each addition. When last has been added, add lemon rind and juice, stirring it in! Turn over apples and brown sugar. Bake in a moderate oven of 350 degrees F. until when the cake is tested with a cake tester or toothpick it comes out perfectly clean. Remove from oven and remove at once from pan to serving platter. Serve warm with plain or whipped cream or Sunshine Sauce or Lemon Sauce. Serves 5 or 6.

ECONOMY FRUIT SHERBET

Juice 2 oranges	1/2 cup honey
Juice and grated rind of one lemon	3 cups water
3 bananas	2 egg whites

Mash bananas to a pulp, add lemon and orange juice and lemon rind. Bring water to a boil and dissolve honey in it. Add to fruit and mix well. Cool and fold in stiff egg whites. Pour into refrigerator trays to freeze, stirring occasionally during the freezing. Set the refrigerator to very cold for the freezing. It may later be reduced for storing the sherbet until ready for use.



Canning and Preserving for Victory

This year you will be canning and preserving the produce from your Victory Garden and the surplus crops the farmer has raised. These local crops which cannot reach large markets and the commercial canner, multiplied by the efforts of millions of American women, will be an extremely valuable addition to the winter food supply.

Important as home food preservation has always been, this year with canned foods strictly rationed, a valuable weapon of war, and high in price, it has become a necessity. Our armed forces and allies need huge quantities of commercially canned foods and we are glad to can our own in order that they may have practically all of the available supply.

Women everywhere are planning to can as they have never canned before and by fall there will be millions of jars of well prepared foods ready for use in American homes. Every jar of canned fruit and preserves you place on your storage shelf means variety and interest and health for your family menus during the months to come.

Preserving and jelly-making will not be as important this year as the canning of fruits and vegetables. The reason is simple. They require a considerable amount of sugar and we may not be able to afford sugar in sufficient amounts to make many of these spreads. Make some if you can, but keep in mind the fact that canned fruits contribute more to your table and require a great deal less sugar.

In all your canning and preserving, follow directions carefully in order that there may be no spoilage when food is so precious. On page 47 you will find directions for substituting other sweets for part of the sugar in your favorite canning and preserving recipes.

Canning Fruits and Vegetables

METHODS OF CANNING

"Open-kettle" is the oldest method of canning and is still used to some extent for tomatoes and fruits. In this method it is important that the jar lid and rubber be hot and sterile when the jar is filled; that the product be thoroughly cooked and hot when placed in the jar; that not too much be cooked at one time. The jar is filled to overflowing and completely sealed, then cooled. This method should never, under any circumstances be used for non-acid vegetables and meats.

When the product is cooked in the jar, it is either "cold-pack" or "hot-pack." In either case, the jars are processed in one of four pieces of equipment: a water-bath, a pressure cooker, a steamer, or an oven.

"Cold-pack" is used for tomatoes and fruits. The product is placed in the jar cold, boiling syrup or boiling water is added to within $\frac{1}{2}$ inch of top of jar, the jar is partially sealed, then processed in one of the above pieces of equipment. Its advantages are: the ease of packing and the conserving of shape, color, and flavor. With some products it has the disadvantage of decided shrinkage, thus leaving unfilled space at the top of the jar. This in no way injures the product.

"Hot-pack" has gradually replaced "cold-pack" for non-acid vegetables and may be used for fruits and meats as well. In this method the product is brought to boiling or cooked a short time, then packed hot to within $\frac{1}{2}$ inch of the jar top, using the liquid in which the product was cooked. One inch at top of jar is allowed for expansion of corn, peas, and beans. In meat canning, the meat is quickly browned in deep fat for not more than 5 minutes and packed with no added liquid. The jar is partially sealed, then processed. Vegetables packed hot are more likely to keep because they start to process as soon in the center of the jar as at the outside. Also, the product is thoroughly shrunk and the air driven out before packing in the jar, so that there is no noticeable shrinkage during processing.

CANNING EQUIPMENT

Water-bath—The equipment for water-bath may be any large vessel that is fitted with a cover and will allow the jars to be covered by 2 inches of water. It should be fitted with a wire rack to hold the jars. In this method it is important that the jars do not touch, that the time be counted when the water starts to boil after the jars are in, and that the water be kept boiling vigorously during the entire time.

Pressure Cooker—It is extremely important to exhaust the air by letting a steady flow of steam escape for 5 minutes before closing pet cock. Time is counted when gauge reaches specified pressure and must be kept constant or liquid is drawn from jars. Cooker must not be opened before pressure gauge registers zero; pet cock is then opened slowly.

Oven—Should be used only when stove is equipped with a regulator. Do not allow jars to touch. Start counting time when oven is lighted and keep regulator at 250 degrees.

Steamer—Do not allow jars to touch; keep water boiling; add more water if necessary.

PREPARING, FILLING, SEALING AND PROCESSING JARS

Use only fresh, sound material and wash carefully to remove every trace of soil. Lift fruit or vegetables out of water, do not pour it off. "Two hours from garden to can" is the ideal.

Wash caps and jars in soapy water and rinse. Glass jars for the open kettle method should be sterilized (boiled for fifteen to twenty minutes). For all methods that process the pack, it is sufficient merely to bring jars to the boiling point and keep hot until filled. Pour boiling water over caps with seals and dip rubber rings into boiling water, placing on jars before filling. It is better to use only pint or quart jars, as larger ones call for longer processing.

1. Filling, sealing, and storage: Leave at least half an inch space at top when filling jars; one inch for starchy foods, such as corn and peas and beans as they expand more. The liquid must always cover the solid material. The exception to the rule is in the open kettle cooking of tomatoes or fruits. In canning these, fill jars full to overflowing then put on lids.

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2. Sealing different types of jars: The mason type of jar must be screwed tight before processing, and turned one-fourth back. When removed from boiler, screw down tightly. With the lightning type of top, clamp must be snapped in place and the side clamp left up, to be pushed down after processing. With the self-sealing type, the screw band must be put on tight before processing.

3. Placing jars in the water bath canner: A wash-boiler or other container with a rack and tightly fitting cover may be used. Place partly sealed jars on rack far enough apart so that the water can circulate around them. Fill with boiling water one or two inches above the tops of the jars and keep it at this level. Begin to count the time of processing only when the water is boiling vigorously. When the time is up, remove the jars one at a time and seal tightly if necessary.

4. Cooling jars: Place in upright position in all cases. Protect from drafts, but do not cover, as covering retains heat. After cooling, invert and inspect for leakage if rubber rings are used. Tap jars with lacquered tops; a clear sound shows a perfect seal; if dull in sound, empty jar and reprocess to perfect seal.

5. Storage: Label your jars, store in a cool, dry place, and protect from light.

6. Opening jars: Look for signs of spoilage; if lid is bulged—be careful; if there is a peculiar odor, do not taste. And remember—botulinus poisoning found in non-acid vegetables and meat is dangerous—boil all non-acid vegetables and meat not canned in the pressure cooker 10 minutes before tasting, even if served cold.

STANDARD SYRUPS FOR CANNING FRUITS

(See Substitutions Below)

Syrup	Proportion of Sugar to Liquid	To Make
Light	1 part sugar to 3 parts water or fruit juice	Mix and boil until
Medium	1 part sugar to 2 parts water or fruit juice	sugar dissolves.
Heavy	1 part sugar to 1 part water or fruit juice	Keep hot.

SUGAR SUBSTITUTIONS IN CANNING AND PRESERVING

Rule 1: For canning syrups, replace up to one-half the sugar called for by an equal measure of honey, or up to one-third of the sugar by an equal measure of corn syrup.

Rule 2: In preserves, jams, and butters. Replace half the weight of sugar called for by the same weight of corn syrup or honey. See table for changing from weight to measure, since sugar weighs two cups to a pound, and corn syrup and honey weigh one and one-third cups to a pound.

Rule 3: In jelly substitutions use three-fourths cup of sugar per cup of juice instead of one cup, and replace one-half of the sugar by an equal measure of honey, or one-quarter of the sugar by an equal measure of corn syrup. Cook slightly beyond jellying stage.

TABLE OF EQUIVALENTS

1 pound sugar equals 2 cups
 $\frac{3}{4}$ pound sugar equals $1\frac{1}{4}$ cups
 1 pound honey or corn syrup equals $1\frac{1}{2}$ cups
 $\frac{3}{4}$ pound honey or corn syrup equals 1 cup

When three-quarters pound ($1\frac{1}{2}$ cups) sugar is being used to a pound of fruit, the amount would therefore be:

$\frac{3}{4}$ cup sugar ($\frac{3}{8}$ pound)
 $\frac{1}{2}$ cup corn syrup or honey ($\frac{3}{8}$ pound)

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RULES FOR SUBSTITUTING WHEN USING LIQUID OR POWDERED PECTIN

In any bottled fruit pectin recipe, 2 cups (1½ lbs.) light corn syrup may be substituted for 2 cups (16 oz.) of the sugar required.

In any powdered fruit pectin recipe, light corn syrup may be substituted for ½ the sugar required. For each cup sugar omitted, use 1 cup light corn syrup.

TIME TABLES FOR PROCESSING FRUITS, VEGETABLES AND MEATS

FRUITS

Product	Preparation of Fruits	Water-bath Minutes	Pressure Cooker Min. at 5 lbs.	Oven at 250 Degrees in Min.
Apples	Pare, core, quarter, and place in salt bath. Rinse, boil 1 minute, pack, cover with Thin syrup. Or—bake, pack, and cover with Thin Syrup. Or—pack hot in form of applesauce.	20	10	75
Apricots	Wipe with damp cloth, halve, and pit; pack, cover with boiling Medium Syrup.	20	10	68
Berries Grapes Currants	Wash, stem, pack, cover with boiling Medium Syrup. Or—bring to boil in syrup and pack hot.	20 5	8 5	68 68
Cherries	Wash, stem, pit, pack, cover with boiling Medium Syrup for sweet cherries. Thick Syrup for sour cherries. Or—bring to boil in syrup and pack.	20 5	10 5	68 68
Figs	Wash, place in soda bath (¼ cup soda to 1 quart water), drain, rinse, pack, cover with Thick Syrup.	20	10	90
Peaches	Select firm peaches, scald, cold-dip, peel, place in cold salt bath, rinse, pack, cover with boiling Medium Syrup.	20	10	68
Pears	Select firm pears, pare, core, place in cold salt bath, rinse, boil in Medium Syrup 3-5 minutes, pack, cover with syrup.	20	8	75
Pineapple	Peel, remove eyes, cut or slice; pack cold, cover with boiling Thin Syrup.	30	25	90
Plums	Wash, prick skins, pack, cover with boiling Medium Syrup. Or—bring to boil in Medium Syrup and pack hot.	20 5	10 5	68 68
Rhubarb	Wash, cut in small pieces, pack, cover with boiling Thick Syrup. Or—bring to boil in Thick Syrup and pack hot. Or—bake in Thick Syrup in oven.	20 5 5	10 5 5	68 68 68
Strawberries	Wash, stem, add sugar (1 cup to each quart), let stand 2 hours, boil gently 3 minutes, let stand overnight, pack. Or—if reheated second day, pack hot.	10 5	10 5	68 68
Fruit Juices	Crush any fruit or combination of fruit, heat slowly, strain, fill jars to overflowing.	30 at 180 degrees		

VEGETABLES

Product	Preparation of Vegetables Use water in which vegetable was cooked to fill jar. Use 1 teaspoon salt to each quart	Water-bath in Hours	Pressure Cooker Min. at 10 lb.
Asparagus	Wash, grade, tie in bundles; boil 3 minutes, keeping tips above water; pack hot.	3	40
Beans, green or wax	Wash, string, boil, 5 minutes, pack hot.	3½	40
Beans, lima	Shell, grade, boil 5-10 minutes, pack loosely.	3½	55
Beets	Wash, retain 1 inch stem, boil 15 minutes, slip skins, pack.	2½	40
Brussel Sprouts Cabbage	Wash, boil 10 minutes, add salt, pack, using fresh boiling water.	1½	40
Carrots Kohlrabi	Wash, precook, 5 minutes, skin or peel, slice or leave whole, pack.	2½	40
Cauliflower	Soak in salt water, boil 3 minutes, pack, using fresh boiling water.	1½	40
Corn on cob Corn	Boil on cob 5 minutes, pack. Boil on cob 5 minutes, cut from cob, add half as much water by weight, bring to boil, and pack hot.	3½ to 4	70
Succotash (corn and lima beans)	Boil each 5 minutes, combine, and pack loosely.	3½ to 4	70
Eggplant	Peel, cut in ¼ to ½ inch slices, boil 3 minutes, pack; do not add salt.	2½	60
Greens, all kinds	Steam until wilted, using smallest amount of water; pack loosely.	3	65
Hominy	Precook 3 minutes, pack loosely.	2	40
Mushrooms	Wash, skin if necessary, slice large ones, boil 3 minutes, pack.	3	40
Okra	Wash, remove cap, boil 3 minutes, pack.	2	40
Peas	Shell, grade, boil 3 minutes, pack loosely.	3½	60
Turnips Paranips	Wash, scrub, boil 15 minutes, pack.	2	45
Peppers, bell Pimiento Peppers	Wash, remove seed pod, boil 3 minutes, flatten, pack. Wash, place in moderately hot oven (400 degrees) until skins blister or crack, slip skins, remove seed pod, pack dry.	¾	15
Pumpkin or Squash	Wash, cut in pieces, cook until tender, mash, and pack.	¾	15
Salad Mixtures	Prepare vegetables; precook separately, combine, process length of time necessary for vegetable requiring longest time.	3	75
Sauerkraut	Pack, add salt but not water.	1	40
Sweet Potatoes	Wash, boil or steam 15 minutes, peel, and pack.	3	120
Tomatoes	Scald and peel, pack whole or cut in pieces, add hot water or tomato juice.	½	15 at 5 lbs.

MEATS

Product	Preparation of Meats	Water-bath in hrs.	Pressure Cooker Min. at 15 lbs.
Lamb, Beef Veal, Pork	Bleed well, thoroughly cool, sear or pack raw; include small bones, process.	3	60
Poultry, Chicken Duck, Turkey	Bleed well, thoroughly cool, sear or pack raw, include small bones, process.	3	60
Wild Game, Deer, Rabbit	Bleed well, thoroughly cool, soak in brine 3 minutes, sear or pack raw, process.	3	60
Fish, fresh water or salt water	Use only fresh fish; bleed well, soak in brine, sear in fat or pack raw, process.	3	100 at 15 lbs.

SOUPS

Product	Preparation of Soups	Water-bath in hrs.	Pressure Cooker Min. at 15 lbs.
Clam Chowder	Boil mixture 10 minutes, pack hot, process.	3	100
Fish Chowder	Boil mixture 20 minutes, pack hot, process.	3	100
Soup Stock	Cover meat with cold water, simmer 6 hours, add seasoning, cool, reheat, pack hot, process.	3	60 at 15 lbs.
Vegetable Soup	Boil vegetables, pack hot, add salt, process.	3½	60 at 15 lbs.

Fruits and Fruit Juices

APPLES—HOT PACK

Wash, pare, halve, and core apples. Drop into vinegar-salt water (2 tablespoons each to 1 gallon water). Boil equal parts sugar and water together 2 minutes. Rinse apples. Add to hot syrup. Cook gently 5 to 10 minutes. Pack in overlapping layers into hot jars. Process 15 minutes in hot-water bath; then complete seal.

APPLES—OPEN KETTLE

Wash, pare, halve, and core apples. Cook until tender in syrup made of equal parts sugar and water. Add lemon or orange peel, ginger, or spice to taste. Pack hot into hot jars. Cover with boiling syrup; seal at once.

APPLE SAUCE

Wash, pare, core, and slice apples. Add a little water to start cooking. Cook until soft. Press through strainer. Sweeten to taste. Reheat to boiling. Pack into hot jars. Process 15 minutes in hot-water bath; then complete seal. May be canned in same manner without sugar.

Note: Apple sauce should be cooked in an enamel or graniteware kettle and stirred with a wooden spoon.

ALL BERRIES—HOT PACK

(Except Strawberries)

Use any variety of edible berry. Wash and measure firm-ripe, freshly picked berries. Drain. Use from ½ to ¾ cup sugar to 1 quart berries. Place layers of sugar and berries in a broad shallow pan. Let stand 2 hours then cook by simmering, until the sugar is dissolved and berries heated through. Pack into hot jars. Process 5 minutes in hot-water bath; then complete seal.

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STRAWBERRIES

Use berries having small cells and deep red color throughout. Wash, cap, drain, and measure berries. Work with batches of 2 or 3 quarts. Use 1 cup sugar to each quart of berries. Place sugar and berries in alternate layers in a broad bottom pan. Let stand 2 hours. Simmer 5 minutes without stirring. Cover and let stand overnight. Pack cold berries into hot jars and partially seal. Process 10 minutes in hot-water bath; then complete seal.

CHERRIES—HOT PACK

Wash, pit, and measure cherries. Mix with ½ to ½ their measure of sugar. Let stand 1 to 2 hours; simmer 10 minutes. Pack into hot jars. Process 10 minutes in hot-water bath; then complete seal.

CHERRIES—OPEN KETTLE

Wash, drain, stem, pit, and measure cherries. Add from ½ to 1 cup sugar for each quart pitted fruit. Heat slowly to boiling, then boil rapidly 10 minutes. Pour hot into hot jars; fill to overflowing, seal at once.

PEACHES—HOT PACK

Make a syrup of 1 or 2 parts sugar to 1 of water. Add peaches, a few at a time, and simmer until hot through (4 to 8 minutes). Pack into hot jars, layers overlapping, cavity side down. Cover with syrup in which peaches were cooked. Process 10 minutes in hot-water bath; then complete seal. Can left over syrup for pudding or ice cream sauce.

PEACHES—COLD PACK

Pack peaches into hot jars, layers overlapping, cavity side down. Cover with boiling syrup made with 1 or 2 parts sugar to 1 of water. Process from 20 to 30 minutes in hot-water bath; then complete seal. Use the longer period of processing for extra large or very firm fruit.

PEACHES—OPEN KETTLE

Add 1 part sugar to 1 of water. Bring to a boil. Add peaches and cook until tender, but not broken. Pack hot peaches into hot jars. Fill to overflowing with boiling syrup; seal at once. This method produces peaches with extra fine flavor.

PEARS

Unlike other fruits, pears should be removed from the tree before ripe and stored in a cool place (60-65 degrees F.) until ripe, but not soft. The Bartlett is considered superior to other pears for canning, but the Keifer and similar varieties are satisfactory if properly ripened and then cooked until almost tender in plain water before sugar is added to make syrup.

Wash, pare, halve, or quarter, and core pears. (The cores are not removed if the fruit is canned whole.) Drop the pared fruit into water containing salt and vinegar, (2 tablespoons of each to a gallon of water). Rinse. Boil gently from 4 to 8 minutes in syrup made of equal parts sugar and water. Pack into hot jars; layers overlapping, cavity side down. Cover with syrup in which cooked. Process 20 to 25 minutes in hot-water bath; then complete seal. Use the longer period for large or hard fruit.

PEARS—BAKED

Wash, stem, and remove blossom end from firm-ripe pears. Place in pan with enough water to prevent sticking. Bake until tender. Pack into hot jars and cover with syrup made of equal parts sugar or honey and water. Process 20 minutes in hot-water bath; then complete seal.

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