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*** START OF THE PROJECT GUTENBERG EBOOK QUANTITY COOKERY: MENU PLANNING AND COOKING FOR LARGE NUMBERS ***

Transcriber's Note: En-dashes representing ranges of numbers within tables have been replaced by the word "to." So something like "6½--7¼ cups." in the original is often represented by "6½ to 7¼ cups." in this version.

QUANTITY COOKERY

MENU PLANNING AND COOKING FOR LARGE NUMBERS

BY

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PREFACE

This book has been written in response to the many requests for practical help in the planning of menus and for the recipes in use in the cafeteria under the management of the authors.

This book is designed primarily to assist the managers of food departments in institutions. However, it is hoped that the chapters on menu planning, the recipes, and the list of weights and their approximate measures may prove useful as a text for those teachers of institution management who have the problem of teaching large quantity cookery and menu planning.

N. T.
L. R.

UNIVERSITY OF MINNESOTA
January 1, 1922

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QUANTITY COOKERY

CHAPTER I

PRINCIPLES UNDERLYING THE PLANNING OF MENUS FOR LARGE NUMBERS

Well-balanced and appropriate menus are absolutely necessary to the success of any establishment serving food. Given the best of raw materials and the most competent cooks, the institutional manager will fail to please his patrons if his menus show lack of careful planning. The truth of this assertion is verified by the analysis of many failures.

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On the other hand successful menu planning is not especially difficult. Like any other art it requires careful study and observance of a few simple rules.

Of course, it is impossible to formulate one set of rules that will apply to all situations. Each manager must make his own rules based on the conditions he has to meet. There are, however, certain basic principles to be recognized and followed. If the ensuing chapters succeed in explaining these principles and in emphasizing their importance, the authors' purpose will have been served.

In planning menus for an institution the manager must:

Keep in mind the nature of the institution; its purpose; the character of its patronage.

Follow certain dietetic principles.

Maintain constant variety in the food.

Keep menus appropriate to the temperature; the weather; the season; occasional holidays.

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Recognize the limitations imposed by equipment; amount and kind of help; range of cost permitted; left-over foods to be used; form of service.

The first point to consider in planning a menu is the type of institution to be served. For reasons that are obvious, the purpose of the high school cafeteria is very different from that of the metropolitan hotel, while neither of these has the same object as the municipal tuberculosis sanitarium.

The age, sex, nationality, economic condition and occupation of the patrons must be kept in mind. The adult demands a freedom of choice which may be denied children. For this reason the

content of the grade school lunch may be fixed in an arbitrary way, while this will not do when one is dealing with adults of any class. For instance, grade school children are satisfied with the morning bowl of bread and milk and the noon lunch of bread and soup. Adults, even in a charitable home, would undoubtedly complain of the simplicity of such meals. The high school lunchroom may eliminate coffee from its menu and have frequent "pieless" days. Any such attempts to regulate the diet of adults, except for patriotic reasons such as were the incentive to denial during the war, are highly inadvisable.

As far as the food elements are concerned, the same kinds of food may be served to boys and girls or to men and women. But, practically, they will not eat the same foods with equal satisfaction, and this should influence the planning of menus in different institutions.

School lunch managers and social service workers have found that in order to accomplish their aims they have to recognize racial food tastes.

The economic condition of the group to be served may limit variety in the menu, on the one hand, or may permit of maximum variety on the other. The eight-page menu of the fashionable tea room as definitely reflects the ability of the patrons to pay as does the simple meal of three or four dishes served the immigrants at Ellis Island.

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The occupation of the patrons, whether active or sedentary, determines to a large extent the kind of food served to them, from the dietetic standpoint and from the commercial standpoint as well. The lumberjacks of the north woods require a diet very different in quality and quantity from that of the telephone operators in a city exchange.

In institutions serving set menus, with little or no choice, special attention should be given to dietetic principles. Examples of such institutions are college dining halls or dormitories, hospitals, benevolent "homes," boarding houses, fraternities and clubs.

For those who have had little or no training in dietetics and who yet have the responsibility of planning menus, it may be said that if ample variety is provided, with emphasis on fruits and vegetables, the dietetic requirements will probably be met.

The sequence of foods in the menu is important. Where several courses are to be served, and it is the aim of those planning the menu to keep the appetite stimulated, acids, meat extractives and warm foods should be served first. Cloying foods such as sweets, very cold foods and foods which are satisfying tend to depress the appetite and hence have no place in the first course of a meal, except for luncheon where the menu may be very simple. In institutions which have fixed menus, it is especially desirable that the meal, no matter how simple, be so planned that it may be served in courses. Children especially are likely to hurry through their meals, and the serving of food in courses prevents too rapid eating. It is true, of course, that extra service requires more labor, and so may not prove possible, even though desirable.

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The responsibility for maintaining a constant variety in food calls for the continued exercise of initiative, the determination to avoid monotonous repetition, a mind open to new foods and new methods of preparation and systematic marketing trips in order to keep in touch with seasonal changes. Perhaps the most frequent criticism of institutions is on the lack of variety in meals. Hotels, clubs and tea rooms can draw trade by serving out-of-season foods when they first appear in the market. Institutions whose purchases are limited by a budget should make the most of seasonal foods when the market is at its height and the food is cheapest. Such institutions should avoid serving foods that are not actually in season. Serving berries or melons before the height of the season dulls the appetite of the patron for these foods so that by the time they have become economical to serve he has tired of them.

Variety should be introduced not only in the kinds of food but in the preparation, garnish and service. Even in charitable homes and other institutions where the aim is to serve at a minimum cost, the menus can be made attractive through variety in preparation. Corn meal and cottage cheese, two of the least expensive foods we have, can be utilized in a wide variety of ways. There should be no hesitation about serving new dishes, for maximum variety is essential to a happy patronage whether in the tea room or the benevolent institution. The point to be kept in mind, where the guest has the privilege of selection, is that all the variety should not come within the day or meal but within the week or month. Surprise always helps to induce appetite and this fact is as applicable to the menu in the children's home as to that of the tea room.

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It is good business practice as well as good dietetic practice to plan meals according to the weather and the time of year. Hot, heavy foods sell best in cold weather. Cool, crisp, fresh foods sell best on the hottest days. The public is very susceptible to weather conditions. Holidays give a popularity to certain foods which they enjoy at no other time of the year. It is good business to make the most of these foods by serving them on appropriate days.

There are definite relations between the menu and the equipment available for its execution. For instance, a menu which calls for oven cooking to the exclusion of the use of the top of the stove or supplementary steamers will be impossible to carry out. The menu should be planned in order that the cooking may be divided between all the available equipment, such as ovens, steamers and top space on stoves. In the kitchen, as in the industrial plant, it is good management to give space only to efficient equipment and to use that equipment to its maximum capacity.

Again, incomplete equipment may have to be considered in planning the menu. If there is no power machinery the amount of hand work or heavy physical preparation called for may have to be cut down in accordance with the equipment at hand. In serving large numbers power machinery will often pay for itself in a few months through the saving in labor. It will not only do the work better and more humanely but will allow a much greater variety of food. In the matter of equipment the institution must get away from the idea that it is a large home, with working conditions as they have been in the average home. It should consider itself an industrial plant where one of the aims is maximum production with minimum labor; and it should realize that proper equipment and proper working conditions are necessary in the accomplishment of this aim. Even though the labor supply may be adequate, efficient planning of menus demands that there be an adjustment between those foods requiring much labor and those requiring little, so that proper balance may be maintained.

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In discussing the limitations in menu making the element of cost has come up again and again. It becomes a definite restriction in institutions that work on a budget, or where the group to be served demands good wholesome food at the lowest price. As examples of such institutions there are the factory cafeteria, the school lunch and the college cafeteria.

Though menus must be made out in advance of the day when they are to be used, they should be sufficiently elastic to allow for proper utilization of left-overs. Using left-overs may mean very little change and substitution, or may require complete revision of the day's meals. Left-overs must be used, for it is only by constant care that the food cost can be kept down to a minimum. That this is true of all institutions, whether great or small, is shown by the extreme care exercised in the largest hotels to the end that no food shall be wasted. Where there is family service, rather than plate service from the kitchen, there will probably be a large amount of left-over food. It requires a good deal of ingenuity to use these left-overs in some other form so as to maintain variety and that element of surprise which is so essential. In the cafeteria or other institution using *à la carte* service the left-over problem is not so serious. It is very nicely taken care of in tea rooms and hotels which serve a club luncheon, the menu for which may be chiefly made up from the left-overs.

[Pg 7]

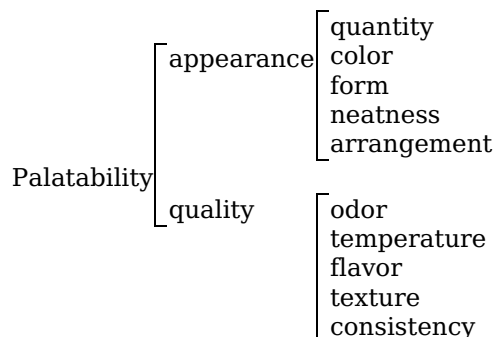
It is obvious that the form of service may influence the kind and extent of the menu. That is, the cafeteria can serve a large variety of dishes because the patrons wait on themselves. A similar choice or variety is impracticable where there is table service, except in hotels, restaurants and tea rooms where cost is not so great a factor.

CHAPTER II

STANDARDS FOR JUDGING MEALS

Provided the principles of good nutrition have not been violated, the main basis for judging any meal is palatability. Palatability depends upon appearance and quality. Appearance in turn depends upon quantity, color, form and service upon the plate. Quality is determined by odor, flavor, temperature, texture and consistency. Reduced to outline form, the elements of palatability are:

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Commercially and aesthetically it is unwise to make servings too large. Every one has had the experience of being served with more food than can be eaten with relish and without waste. The effect is to surfeit the appetite and to limit the variety which a patron may have, unless he is able financially to order the variety; in which case he is obliged to leave some food uneaten. In any institution which serves *à la carte*, it is better to adjust portions and prices to the end that the patron may have some variety in his meal without prohibitive expense.

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Color is important in inducing appetite. The cafeteria counter displaying a buff-colored pie, snow pudding, rice custard and yellow cake does not tempt patrons to buy. A basket of fruit, a bright-colored gelatin dessert or attractive garnishes may transform a drab meal into a most interesting one. Particularly in all kinds of plate service, attention must be paid to color, for while clashing color combinations must be avoided, some color must be used to give the food an appetizing

appearance. A great deal of our food is very neutral in color and admits of a liberal use of garnishes of one kind or another.

As a rule articles of food served together should be of diverse shapes. One may enjoy a croquette, a stuffed baked potato, peas in timbales and a roll in the same meal, but it is usually unwise to serve them on the same plate.

The necessity for neatness and orderly arrangement of servings is obvious. At large parties where there is plate service it is wise to make up a sample plate before the time of serving in order to determine the best arrangement of food and in order actually to show those who are to dish up the food how each plate must look when it is placed before the guest. One who is inexperienced in planning menus, especially for parties, should accustom himself to visualizing the meal as it will appear when written upon the menu card and as it will appear upon the plate. A menu which has seemed very good when planned will often be unsatisfactory when actually served because some of the above points have been overlooked.

Odor and temperature are important factors in quality. It would seem superfluous to say that hot things must be served hot and cold things must be served cold, yet in serving large numbers the strict observance of these rules is one of the difficult problems to be solved. *It can be solved, however,* with efficient equipment properly arranged, a carefully thought out organization of service and unceasing care.

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Repetition of texture and consistency should also be avoided. That is to say, there should be the maximum variety in preparation of food in order that no meal shall contain two or more creamed dishes, fried foods, foods with custard basis or foods with bread foundation.

If a score card were made out for judging a meal, flavor would perhaps be given the most importance. Here again care must be taken to avoid duplicating flavors. Too many strong flavors or too many bland flavors are undesirable. While strong flavors stimulate the appetite it is unwise to employ them continually, especially where the same group of people is being served day after day. A more blandly flavored diet is likely to be less palling and more constantly inviting.

In serving the public, whether it be in the hospital, the college dormitory or the commercial restaurant, the aim should always be to have the food better than that to which the patrons are accustomed.

In almost any kind of food work, and especially in institutional food work, visiting trips to the best hotels, tea rooms, inns, cafeterias and restaurants are invaluable, since they impart a knowledge of the way things are done, which in turn creates a confidence and assurance that nothing else can give.

CHAPTER III

TYPES OF MENUS

CAFETERIA MENUS

Though it may be necessary to offer slightly more choice in foods in the commercial cafeteria, some cafeterias offer such a wide variety of choice that the patron is confused and has difficulty in choosing his meal. Furthermore too much variety makes for sameness from day to day. In all cafeterias where the same group is served each day, and where there is little or no competition, a simpler menu may be used. The following menu outline is suggested for use in the average cafeteria.

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A Standard Form for Cafeteria Menu

- 1 soup
- 2 meats
(1 meat substitute)
- 1 kind of potatoes
- 2-3 vegetables
- 1-2 hot breads
- 1-2 sandwiches
- 2-3 salads
- 2-3 relishes
- 6-8 desserts
- 4 beverages

Meats

One inexpensive meat should be served in each meal.

Two made-over meats should not be served in the same meal.

Two kinds of beef or pork or two kinds of any other variety of meat should not be served in the same meal.

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Potatoes

Creamed potatoes may be served with meat lacking gravy or sauce.

It is seldom advisable to serve mashed potatoes unless there is a meat gravy to offer with them.

Vegetables

When possible one vegetable should be starchy and one should be succulent.

Two creamed or two fried or two buttered vegetables should not be served in the same meal.

Breads

Raised breads and quick breads give a good variety.

Salads

There should be at least one inexpensive salad.

The variety in salads may consist of one fruit salad, one vegetable salad and one salad in which protein predominates, such as cottage cheese, meat or fish.

Head lettuce salad is universally popular and may appear at every meal.

In salad dressings, there should always be a cooked dressing, French dressing and mayonnaise. Other varieties may be added as desired.

Desserts

Variety in desserts includes:

Fruit in some form.

A pudding with a dough or bread foundation.

Two cold puddings.

One kind of ice cream.

One kind of cake.

One kind of pie.

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One-crust and two-crust pies should so far as possible be alternated in successive menus.

Two or more kinds of pie may be demanded, but when possible patrons should be educated to other choices in desserts.

Beverages

Milk should be served in bottles (with provision for opening).

Thirty Days' Menus for a Cafeteria

The careful manager spends a great deal of time in menu planning. If some systematic method of menu making can be adopted and used with a mind constantly alert to seasonal changes in foods, new and attractive dishes and variety in serving, the plan may result in saving much of this time.

A set of menus for thirty days has been worked out, with the idea that they may be repeated at the end of that time without too monotonous repetition. No Sunday meals are included since the majority of cafeterias are closed on that day. The Friday menus occur on the fifth day and every sixth day thereafter. No menu is shown for Saturday night when, if a meal is served, it may consist of popular dishes such as chicken in some form, waffles or steaks, along with such left-overs as it may be desirable to use.

The menus are intended to serve as a *foundation* to which may be added new dishes and

seasonable fruits and vegetables, a suggestive list of which is given elsewhere (see pages 57-59). From these foundation menus may be eliminated such dishes as are unpopular or out of season, or which for any reason it is impractical to serve. Commercial cafeterias may find it necessary to add other choices to these menus. Very small cafeterias may offer fewer choices. The majority of establishments, however, will find this variety ample, the idea being to serve the maximum variety within the week rather than within the day or meal.

A star has been used to indicate those dishes in which left-overs may be used to particular advantage.

CAFETERIA MENUS

DATE Monday	DATE Tuesday	DATE Wednesday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS	FRUITS	FRUITS
Grapefruit Prunes Apples Stewed cherries	Oranges Bananas Apricots Canned pears	Grapefruit Baked apples Stewed figs Canned plums
CEREALS	CEREALS	CEREALS
Cream of wheat, chopped figs Grapenuts Puffed rice	Cream of barley Post toasties Puffed wheat	Oatmeal Shredded wheat Grapenuts
HOT DISHES	HOT DISHES	HOT DISHES
Fried eggs Bacon Wheat muffins	Pancakes Cinnamon toast Poached Eggs	Fried mush Broiled Ham Toast
LUNCH	LUNCH	LUNCH
SOUP	SOUP	SOUP
Cream of lima bean soup	Oyster stew	Vegetable soup
MEATS	MEATS	MEATS
Veal roast, gravy Creamed dried beef on toast	Pork chops **Cheese fondue	Leg of lamb, mint sauce Hamburg balls
VEGETABLES	VEGETABLES	VEGETABLES
Mashed potatoes Buttered peas Cabbage au gratin	Creamed potatoes Boiled onions Buttered carrots Fried apples	Mashed potatoes Scalloped tomatoes Creamed celery
SALADS	SALADS	SALADS
Pear salad Head lettuce salad Tomato salad	Orange salad Head lettuce salad Cabbage salad	Peach salad Head lettuce salad Tuna fish salad
BREADS	BREADS	BREADS
Cinnamon rolls **Ham and pickle sandwiches	Wheat muffins	Corn bread Raisin and nut sandwiches
DESSERTS	DESSERTS	DESSERTS
**Chocolate bread pudding with vanilla sauce Fruit Fig tapioca **Fruit whip Caramel cake Banana cream pie Ice cream	**Prunecot shortcakes Fruit Snow pudding, custard sauce Chocolate blanc mange with nuts White cake, lemon filling, white frosting Pumpkin pie Ice cream	Carrot plum pudding, vanilla sauce Fruit Baked rhubarb Baked custard Cocoanut cake Cranberry pie Ice cream, chocolate sauce
DINNER	DINNER	DINNER
SOUP	SOUP	SOUP
Cream of celery soup	Peanut butter soup	Clear tomato soup
MEATS	MEATS	MEATS
Swiss steak Tongue, mustard sauce	Rib roast of beef Veal stew	Baked ham **Cottage cheese croquettes, cream sauce
VEGETABLES	VEGETABLES	VEGETABLES
Browned potatoes	Mashed potatoes	Glazed sweet potatoes

**Corn pudding Mashed turnips	Creamed asparagus Buttered beets	Creamed hominy String beans
SALADS	SALADS	SALADS
Sardine salad Head lettuce salad Cottage cheese salad	Pineapple and celery salad Head lettuce salad Spinach and egg salad	Banana salad Head lettuce salad Deviled egg salad
BREADS	BREADS	BREADS
Hot rolls	Baking-powder biscuits	Raised muffins
DESSERTS	DESSERTS	DESSERTS
Cottage pudding, lemon sauce Fruit Pineapple pudding Baked apples White cake, nut icing Chocolate pie Ice cream	**Rice and raisin pudding, hard sauce Fruit **Fruit cocktail Caramel tapioca Chocolate cake Apple pie Ice cream	Grapenut pudding, lemon sauce Fruit Loganberry tapioca Apricot whip Ginger cake Lemon pie Ice cream

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DATE Thursday	DATE Friday	DATE Saturday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS	FRUITS	FRUITS
Oranges Pineapple Apple-sauce Bananas	Grapefruit Peaches Apricots Baked apples	Grapefruit Oranges Royal Anne cherries Prunes
CEREAL	CEREAL	CEREAL
Malt of wheat Grapenuts Post toasties	Corn meal mush Puffed rice Shredded wheat	Rice boiled in milk Grapenuts Post toasties
HOT DISHES	HOT DISHES	HOT DISHES
French toast Toast Boiled eggs	Toast Date muffins Poached eggs	Bacon and eggs Toast Pancakes
LUNCH	LUNCH	LUNCH
SOUP	SOUP	SOUP
Cream of corn soup	Cream of tomato soup	Noodle soup
MEATS	MEATS	MEATS
Creamed sweetbreads on toast Beef à la mode	Baked halibut, tartare sauce Egg cutlets, cream sauce	Roast beef, gravy **Spanish rice
VEGETABLES	VEGETABLES	VEGETABLES
Parsley buttered potatoes Steamed rice in milk Fried eggplant Buttered cabbage	Baked potato Fried parsnips Buttered asparagus on toast	Mashed potato String beans Spinach and egg
SALADS	SALADS	SALADS
Fruit salad Head lettuce salad Raisin and carrot salad	Prune and cottage cheese salad Head lettuce salad Perfection salad	Grapefruit salad Head lettuce salad Asparagus salad
BREADS	BREADS	BREADS
Baking-powder biscuits and honey	Bran muffins	Parker House rolls
DESSERTS	DESSERTS	DESSERTS
Loganberry cobbler Fruit Maple nut mold, custard sauce Fruit cocktail Cake with fudge frosting Pineapple pie Ice cream	Apple dumplings, lemon sauce Fruit Cocoanut custard Cornstarch pudding, chocolate sauce Spice cake Blackberry pie Ice cream	Orange fritters, syrup Fruit Norwegian prune pudding **Fruit gelatin Angel cake **Mince pie Ice cream
DINNER	DINNER	DINNER
SOUP	SOUP	SOUP
Cream of pea soup	Creole soup	
MEATS	MEATS	MEATS
Roast pork loin, gravy Macaroni and cheese	Breaded veal chops **Scalloped fish in	

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	ramekins	
VEGETABLES	VEGETABLES	VEGETABLES
Mashed potatoes Baked lima beans with green peppers and pimentos Spinach and lemon	Creamed potatoes Buttered onions Rice croquettes with jelly	
SALADS	SALADS	SALADS
Peach salad Head lettuce salad Tomato salad	Orange salad Head lettuce salad Celery hearts	
BREADS	BREADS	BREADS
Corn muffins	Cottage rolls	
DESSERTS	DESSERTS	DESSERTS
Chocolate soufflé Fruit Caramel Bavarian Baked apples Sugar cookies Apricot pie Ice cream	Steamed molasses pudding, egg hard sauce Fruit **Fruit gelatin Tapioca cream Individual tea cakes with raisins Butterscotch pie Ice cream	

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DATE Monday	DATE Tuesday	DATE Wednesday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS	FRUITS	FRUITS
Apples Sliced oranges Plums, red canned Prunes	Bananas Grapefruit Apricot sauce Stewed, red, pitted cherries	Grapes Oranges Apple sauce Royal Anne cherries
CEREAL	CEREAL	CEREAL
Post toasties Grapenuts Corn meal mush	Shredded wheat Puffed rice Oatmeal	Malt of wheat Grapenuts Post toasties
HOT DISHES	HOT DISHES	HOT DISHES
French toast Boiled eggs Toast	Fried mush Toast Bacon	Doughnuts Toast Scrambled eggs
LUNCH	LUNCH	LUNCH
SOUP	SOUP	SOUP
Clear tomato soup	Cream of potato soup	Noodle soup
MEATS	MEATS	MEATS
Baked ham Spaghetti and cheese	Roast pork and gravy Beef stew	Creamed chicken on toast Meat loaf
VEGETABLES	VEGETABLES	VEGETABLES
Browned sweet potatoes Creamed cabbage Baked navy beans	Mashed potatoes **Corn pudding Buttered beets	Parsley buttered potatoes Creamed carrots Spinach and lemon
SALADS	SALADS	SALADS
Banana salad Shredded lettuce salad **Potato salad	Nut, celery, cabbage salad Head lettuce salad Prune and peanut butter salad	Sardine salad Head lettuce salad Mashed potato salad
BREADS	BREADS	BREADS
Brown bread	Raisin bread Egg and pickle sandwiches	Baking powder biscuits Cottage cheese, green pepper and nut sandwiches
DESSERTS	DESSERTS	DESSERTS
Peach shortcake Fruit Chocolate pudding Caramel tapioca White cake with orange filling and frosting Custard pie	Apple puff pudding, lemon sauce Fruit Floating Island Cranberry sauce Chocolate cake Rhubarb pie	**Bread pudding, vanilla sauce Fruit Apricot whip Maple nut mold, custard sauce White cake, white icing Banana cream pie

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Ice cream	Ice cream	Ice cream
DINNER	DINNER	DINNER
SOUP	SOUP	SOUP
Cream of lima bean soup	Cream of celery soup	Cream of pea soup
MEATS	MEATS	MEATS
Rib roast, gravy Frankfurters	Veal birds Creamed dried beef on toast	Short ribs of beef Sausage balls
VEGETABLES	VEGETABLES	VEGETABLES
Mashed potatoes Stewed tomatoes Scalloped eggplant	Baked potatoes String beans Buttered asparagus	Browned potatoes Buttered onions **Succotash
SALADS	SALADS	SALADS
Fruit salad Head lettuce salad Perfection salad	Grape and celery salad Head lettuce salad Cottage cheese salad	Banana and nut salad Head lettuce salad Tuna fish and celery salad
BREADS	BREADS	BREADS
Graham muffins	Corn bread	Nut bread
DESSERTS	DESSERTS	DESSERTS
Lemon rice pudding Fruit Baked custard **Fruit gelatin Raisin rocks Blueberry pie Ice cream	Chocolate soufflé Fruit **Fruit cocktail Baked prune whip with nuts Doughnuts Pineapple pie Ice cream	**Brown Betty, lemon sauce Fruit Pineapple tapioca **Fruit Bavarian Washington pie, cream filling Raisin pie Ice cream

DATE Thursday	DATE Friday	DATE Saturday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS	FRUITS	FRUITS
Apples Bananas Pineapple Pears	Peaches Prunes Oranges Stewed figs	Cherries Baked apples Grapefruit Peaches
CEREAL	CEREAL	CEREAL
Cream of rye Puffed wheat Cornflakes	Oatmeal Shredded wheat Grapenuts	Cream of barley Puffed rice Post toasties
HOT DISHES	HOT DISHES	HOT DISHES
Fried eggs French toast Toast Broiled ham	Poached eggs on toast Toast Rice pancakes	Fried eggs Toast Muffins
LUNCH	LUNCH	LUNCH
SOUP	SOUP	SOUP
Cream of corn soup	**Vegetable soup	Cream of spinach soup
MEATS	MEATS	MEATS
Swiss steak Creamed eggs on on toast	Veal roast with dressing Scalloped salmon	Breaded pork chops Veal hearts en casserole
VEGETABLES	VEGETABLES	VEGETABLES
Baked potato Mashed rutabagas Creamed celery	Mashed potato Buttered beets Creamed onions	Scalloped potatoes Buttered carrots String beans
SALADS	SALADS	SALADS
Orange salad Head lettuce salad Tomato aspic	Grapefruit salad Head lettuce salad **Combination vegetable salad	Pineapple with cottage cheese Head lettuce salad Perfection salad
BREADS	BREADS	BREADS
Brown bread	Raised muffins **Fruit sandwiches	Cinnamon rolls
DESSERTS	DESSERTS	DESSERTS
Steamed plum pudding, vanilla sauce Fruit	**Chocolate rice custard with meringue Fruit	Raspberry roll, raspberry sauce

Baked apples Cornstarch pudding, chocolate sauce Sponge cake, whipped cream Butterscotch pie Ice cream	**Fruit gelatin Lady Baltimore cake Cream puffs Loganberry pie Ice cream, maple nut sauce	Fruit Red plum whip Rice Bavarian pudding Banana cream cake Apple pie Ice cream
DINNER	DINNER	DINNER
SOUP	SOUP	SOUP
Cream of tomato soup	Cream of corn soup	
MEATS	MEATS	MEATS
Leg of lamb, gravy **Baked hash	Fried oysters with lemon Pot roast	
VEGETABLES	VEGETABLES	VEGETABLES
Mashed potatoes Creamed cabbage Buttered peas	Mashed potatoes Scalloped tomatoes Steamed rice in milk	
SALADS	SALADS	SALADS
Cottage cheese balls rolled in nuts Head lettuce salad Radishes	Deviled egg salad Shredded lettuce salad Celery hearts	
BREADS	BREADS	BREADS
Muffins	Baking-powder biscuits	
DESSERTS	DESSERTS	DESSERTS
**Baked rice pudding Fruit **Date torte, whipped cream Orange custard Chocolate cake Cherry pie Ice cream	Peach cobbler Fruit Apple tapioca **Charlotte russe White cake, chocolate icing Lemon pie Ice cream	

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DATE Monday	DATE Tuesday	DATE Wednesday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS	FRUITS	FRUITS
Oranges Baked apples Cherries Prunes	Grapefruit Bananas Plums Apricots	Apple sauce Peaches Pineapple Grapefruit
CEREAL	CEREAL	CEREAL
Malt of wheat Cornflakes Grapenuts	Oatmeal Shredded wheat Puffed rice	Cream of rye Puffed wheat Grapenuts
HOT DISHES	HOT DISHES	HOT DISHES
Toast **Crumb pancakes Fried eggs	Toast Bran muffins Poached eggs	Toast French toast Bacon
LUNCH	LUNCH	LUNCH
SOUP	SOUP	SOUP
Cream of corn soup	Peanut butter soup	**Vegetable soup
MEATS	MEATS	MEATS
Small steaks **Cheese fondue	Roast lamb, mint sauce Weiners	Liver and bacon **Hamburg balls
VEGETABLES	VEGETABLES	VEGETABLES
Creamed potatoes Beets in vinegar Buttered onions	Mashed potatoes Carrots and peas Creamed cabbage	Glazed sweet potatoes **Corn pudding Spinach and lemon
SALADS	SALADS	SALADS
Pear salad Head lettuce salad Cabbage slaw	**Potato salad Head lettuce salad Tomato aspic salad	Apple and celery salad Head lettuce salad Cottage cheese salad
BREADS	BREADS	BREADS
**Crumb muffins **Fruit sandwiches	Cottage rolls	Corn bread **Ham and pickle sandwiches
DESSERTS	DESSERTS	DESSERTS

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Rice and raisins with hard sauce Fruit **Fruit gelatin Maple nut mold, custard sauce Spice cake Cocoanut cream pie Ice cream	**Brown Betty, lemon sauce Fruit Fruit Apricot whip Caramel custard White cake, chocolate frosting Raspberry pie Ice cream	Lemon rice pudding Fruit **Fruit cocktail **Date torte, whipped cream Apple-sauce cake Chocolate pie Ice cream
DINNER	DINNER	DINNER
SOUP	SOUP	SOUP
**Tomato stock soup	Oyster stew	Cream of spinach soup
MEATS	MEATS	MEATS
Baked ham **Meat loaf	Roast veal, gravy Rice and nut loaf, brown sauce	Rib roast of beef, gravy Salmon croquettes, cream sauce
VEGETABLES	VEGETABLES	VEGETABLES
Baked potatoes **Scalloped corn Mashed squash	Mashed potatoes Buttered turnips String beans	Mashed potatoes Spaghetti and tomatoes Creamed onions
SALADS	SALADS	SALADS
Cottage cheese with nuts, green peppers and pimentos Head lettuce salad Asparagus salad	Pineapple and celery salad Head lettuce salad **Combination vegetable salad	Grapefruit salad Head lettuce salad Sliced cucumbers
BREADS	BREADS	BREADS
Baking-powder biscuits	Nut bread	Cottage rolls
DESSERTS	DESSERTS	DESSERTS
Baked apples Fruit Prune pudding Pineapple pudding Jelly roll Gooseberry and raisin pie Ice cream	Cherry steamed pudding, cherry sauce Tapioca cream Chocolate blanc mange Fruit Cake with fig filling and white frosting Butterscotch pie Ice cream	Grapenut pudding, lemon sauce Fig tapioca Fruit Snow pudding, custard sauce Doughnuts Apricot pie Ice cream

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DATE Thursday	DATE Friday	DATE Saturday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS	FRUITS	FRUITS
Oranges Apple sauce Apricots Plums	Grapefruit Bananas Peaches Prunes	Oranges Cherries Grapefruit Plums
CEREAL	CEREAL	CEREAL
Cream of wheat Cornflakes Grapenuts	Cream of barley Puffed wheat Cornflakes	Corn meal mush Shredded wheat Grapenuts
HOT DISHES	HOT DISHES	HOT DISHES
Toast Buckwheat cakes Poached eggs	Toast Sausages Muffins	Toast French toast Fried eggs
LUNCH	LUNCH	LUNCH
SOUP	SOUP	SOUP
Cream of pea soup	Cream of lima bean soup	**Chicken and rice soup
MEATS	MEATS	MEATS
Breaded veal **Mutton stew with vegetables	Chicken and biscuit Codfish balls, cream sauce	Rib roast of beef Tongue with mustard sauce
VEGETABLES	VEGETABLES	VEGETABLES
Browned potatoes **Succotash Creamed asparagus	Baked potatoes Buttered peas Creamed celery	Mashed potatoes Fried parsnips String beans
SALADS	SALADS	SALADS
**Fruit salad Head lettuce salad Beet and egg salad	Deviled egg salad Head lettuce salad Lobster salad	Prune and cottage cheese salad Head lettuce salad

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		**Potato salad
BREADS	BREADS	BREADS
Baking-powder cinnamon rolls	Plain muffins	Cottage rolls Lettuce sandwiches
DESSERTS	DESSERTS	DESSERTS
Peach cobbler Fruit Prune whip Floating Island White cake, white frosting Apple pie Ice cream	**Bread pudding, vanilla sauce Fruit Caramel pudding Baked apples Chocolate cake, chocolate icing Cream pie Ice cream	Chocolate soufflé Fruit Norwegian prune pudding **Fruit cocktail Apple sauce cake, chocolate icing **Mince pie Ice cream
DINNER	DINNER	DINNER
SOUP	SOUP	SOUP
Cream of tomato soup	Cream of potato soup	
MEATS	MEATS	MEATS
Roast pork and dressing **Cottage cheese croquettes, cream sauce	Steamed whitefish, egg sauce Breaded veal hearts	
VEGETABLES	VEGETABLES	VEGETABLES
Mashed potatoes Cabbage in vinegar Creamed carrots	Creamed potatoes Stewed tomatoes Corn with pimentos and green peppers	
SALADS	SALADS	SALADS
Apricot salad Head lettuce salad Celery hearts	Banana salad Head lettuce salad Spinach and egg salad	
BREADS	BREADS	BREADS
Hot rolls	Corn bread	
DESSERTS	DESSERTS	DESSERTS
Carrot plum pudding, vanilla sauce Date and nut blanc mange, custard sauce Chocolate pudding Fruit Cup cakes with fruit Banana cream pie Ice cream	Apple dumplings, lemon sauce Fruit Baked custard Orange gelatin Lemon filled lay cake Blueberry pie Ice cream	

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DATE Monday	DATE Tuesday	DATE Wednesday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS	FRUITS	FRUITS
Bananas Peaches Grapefruit Baked apples	Oranges Apricots Prunes Royal Anne cherries	Plums Fresh apples Bananas Grapefruit
CEREAL	CEREAL	CEREAL
Oatmeal Puffed wheat Cornflakes	Cream of wheat Cornflakes Grapenuts	Corn meal Shredded wheat Puffed rice
HOT DISHES	HOT DISHES	HOT DISHES
Toast Poached eggs French toast	Toast **Crumb griddle cakes Bacon and fried apples	Toast Creamed dried beef on toast Doughnuts
LUNCH	LUNCH	LUNCH
SOUP	SOUP	SOUP
Cream of potato soup	**Creole soup	Cream of corn soup
MEATS	MEATS	MEATS
Baked ham Macaroni and cheese	**Scalloped oysters Roast beef, gravy	Roast lamb, gravy Meat pie
VEGETABLES	VEGETABLES	VEGETABLES
Baked sweet potatoes Spinach and egg **Corn pudding	Parsley buttered potatoes Mashed squash Beets in vinegar	Mashed potatoes Fried parsnips Creamed peas

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SALADS	SALADS	SALADS
Apple, celery and nut salad Head lettuce salad Combination vegetable salad	**Fruit salad Head lettuce salad Cottage cheese, chopped celery and pimento salad	Banana salad Head lettuce salad **Potato salad
BREADS	BREADS	BREADS
Crumb muffins Fruit sandwiches	Corn bread	Cottage rolls
DESSERTS	DESSERTS	DESSERTS
Steamed plum pudding, vanilla sauce Fruit Baked custard Prune whip Jelly roll, chocolate filling Peach pie Ice cream	Loganberry cobbler Fruit Caramel Bavarian cream Baked apples Ginger cake, whipped cream Lemon pie Ice cream	**Prunecot shortcake Fruit Apple tapioca **Fruit cocktail Washington pie, chocolate filling Custard pie Ice cream
DINNER	DINNER	DINNER
SOUP	SOUP	SOUP
Cream of tomato soup	Cream of spinach soup	**Chicken and rice soup
MEATS	MEATS	MEATS
Roast pork, dressing, gravy Mutton stew	Chicken à la king on toast **Meat loaf	Small steaks **Cheese and tomato soufflé
VEGETABLES	VEGETABLES	VEGETABLES
Mashed potatoes Creamed celery Rice croquettes, jelly	French fried potatoes **Scalloped tomatoes Creamed cauliflower	Creamed potatoes **Scalloped corn String beans
SALADS	SALADS	SALADS
Orange salad Head lettuce salad Cabbage salad	Grapefruit salad Head lettuce salad Beet and egg salad	Pear salad Head lettuce salad Tuna fish salad
BREADS	BREADS	BREADS
Graham bread	Baking-powder biscuits and maple syrup	**Crumb muffins
DESSERTS	DESSERTS	DESSERTS
**Brown Betty, lemon sauce Fruit Tapioca cream Chocolate blanc mange Spice cake Cocoanut cream pie Ice cream	**Chocolate rice pudding Fruit Cocoanut custard Pineapple pudding White cake with white icing Cherry pie Ice cream	Cottage pudding, lemon sauce Fruit Cornstarch blanc mange, fruit sauce Chocolate pudding Caramel cake **Mince pie Ice cream

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DATE Thursday	DATE Friday	DATE Saturday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS	FRUITS	FRUITS
Peaches Pineapple Oranges Prunes	Grapefruit Bananas Prunes Apricots	Oranges Plums Baked apples Cherries
CEREAL	CEREAL	CEREAL
Cream of rice with raisins Puffed wheat Grapenuts	Cream of rye Cornflakes Shredded wheat	Cream of barley Puffed rice Grapenuts
HOT DISHES	HOT DISHES	HOT DISHES
Toast French toast Fried eggs	Toast Muffins Pancakes Broiled ham	Toast Poached eggs Milk toast
LUNCH	LUNCH	LUNCH
SOUP	SOUP	SOUP
Cream of lima bean soup	Cream of tomato soup	Cream of celery soup
MEATS	MEATS	MEATS
Pork chops	Fried salmon steak with	Swiss steak **Cottage cheese

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**Hamburg balls	lemon **Baked hash	croquettes with cream sauce
VEGETABLES	VEGETABLES	VEGETABLES
Glazed sweet potatoes Buttered onions Kidney beans	Creamed potatoes Buttered cauliflower Corn with pimento and green peppers	Mashed potatoes Buttered rutabagas Stewed tomatoes
SALADS	SALADS	SALADS
Pineapple with cottage cheese Head lettuce salad Asparagus salad	Celery cabbage salad Head lettuce salad **Fruit salad	Shrimp salad Head lettuce salad String bean and shallot salad
BREADS	BREADS	BREADS
Nut bread	Muffins	Cinnamon rolls
DESSERTS	DESSERTS	DESSERTS
Apple fritters with syrup Fruit Apricot whip Maple nut mold, custard sauce Banana cream cake Blackberry pie Ice cream	Bread pudding, vanilla sauce Fruit Snow pudding, custard sauce Fig tapioca Cake with orange filling and frosting Apple pie Ice cream	Steamed cherry pudding cherry sauce Fruit Chocolate blanc mange Pineapple tapioca Nut cake Apricot pie Ice cream
DINNER	DINNER	DINNER
SOUP	SOUP	SOUP
Cream of pea soup	**Vegetable soup	
MEATS	MEATS	MEATS
Rib roast of beef Veal hearts en casserole	**Scalloped fish Sausage balls, cream sauce	
VEGETABLES	VEGETABLES	VEGETABLES
Mashed potatoes Buttered beets Cabbage in vinegar Creamed asparagus	French fried potatoes Buttered carrots	
SALADS	SALADS	SALADS
Peach salad Head lettuce salad Sliced or green onions	Orange salad Head lettuce salad Celery hearts	
BREADS	BREADS	BREADS
Graham muffins		
DESSERTS	DESSERTS	DESSERTS
Grapenut pudding, lemon sauce Fruit **Fruit gelatin Norwegian prune pudding Sponge cake Pineapple pie Ice cream	**Baked rice pudding Fruit Baked rhubarb **Charlotte russe Doughnuts Chocolate pie Ice cream	

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DATE Monday	DATE Tuesday	DATE Wednesday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS	FRUITS	FRUITS
Peaches Red pitted cherries Grapefruit Apple sauce	Oranges Grapefruit Peaches Baked apples	Bananas Grapes Plums Grapefruit
CEREAL	CEREAL	CEREAL
Rice boiled in milk Puffed wheat Grapenuts	Malt of wheat Post toasties Shredded wheat	Oatmeal Puffed rice Grapenuts
HOT DISHES	HOT DISHES	HOT DISHES
Pancakes Cinnamon toast Bacon	Creamed eggs on toast Graham muffins Toast	Ham and eggs Toast Buckwheat cakes
LUNCH	LUNCH	LUNCH

SOUP	SOUP	SOUP
Cream of tomato soup	**Vegetable soup	Cream of asparagus soup
MEATS	MEATS	MEATS
Rib roast of beef and gravy Tongue, mustard sauce	Breaded veal steak **Corned beef hash, tartare sauce	Roast loin of pork, dressing, gravy **Cheese fondue
VEGETABLES	VEGETABLES	VEGETABLES
Mashed potato String beans Fried eggplant	Creamed potatoes Buttered onions Scalloped tomatoes	Mashed sweet potatoes Lima beans, with green peppers and pimentos Creamed celery
SALADS	SALADS	SALADS
Prune and cottage cheese salad Head lettuce salad Tuna fish salad	Peach salad Head lettuce salad **Combination vegetable salad	**Potato salad Shredded lettuce and egg salad Shrimp salad
BREADS	BREADS	BREADS
Fig, raisin and nut sandwiches	Bran muffins Peanut butter and pickle sandwiches	Baking-powder biscuits with syrup
DESSERTS	DESSERTS	DESSERTS
Loganberry cobbler Fruit **Fruit whip Date and nut blanc mange, custard sauce Cake with fudge icing Custard pie Ice cream	Steamed molasses pudding, egg hard sauce Fruit Chocolate blanc mange Baked custard Lady Baltimore cake Gooseberry and raisin pie Ice cream	Lemon rice pudding Fruit **Charlotte russe **Fruit cocktail Chocolate cake, white icing Pumpkin pie Ice cream

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DINNER	DINNER	DINNER
SOUP	SOUP	SOUP
Cream of celery soup	Cream of corn soup	Creole soup
MEATS	MEATS	MEATS
Ham and eggs **Meat croquettes, brown sauce	Roast lamb, currant jelly **Meat pie	Short ribs of beef Egg cutlets, cream sauce
VEGETABLES	VEGETABLES	VEGETABLES
Baked potato Spinach and lemon **Succotash	Mashed potatoes Buttered peas Mashed rutabagas	Browned potatoes Creamed asparagus Rice in milk
SALADS	SALADS	SALADS
Banana salad Head lettuce salad Cucumber salad	Grapefruit salad Head lettuce salad Cabbage slaw	Apple and pineapple salad Head lettuce salad Perfection salad
BREADS	BREADS	BREADS
Rolls	Parker House rolls	Corn muffins
DESSERTS	DESSERTS	DESSERTS
**Chocolate bread pudding, vanilla sauce Fruit Norwegian prune pudding **Fruit cocktail Nut loaf cake Blueberry pie Ice cream	Grapenut pudding, lemon sauce Fruit Snow pudding, custard sauce Fig tapioca Sponge cake Butterscotch pie Ice cream	Prune custard pudding Fruit **Fruit gelatin Baked apples Spice cake Apricot pie Ice cream

[Pg 34]

DATE Thursday	DATE Friday	DATE Saturday
BREAKFAST	BREAKFAST	BREAKFAST
FRUITS	FRUITS	FRUITS
Grapefruit Peaches Oranges Prunes	Pears Plums Grapes Apricot sauce	Bananas Peaches Oranges Plum sauce
CEREALS	CEREALS	CEREALS
Cream of barley Puffed wheat Grapenuts	Cream of rye Shredded wheat Post toasties	Cream of wheat Puffed rice Grapenuts
HOT DISHES	HOT DISHES	HOT DISHES

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**Fried corn meal mush Bacon Toast	Poached eggs White Mt. muffins Pancakes Broiled ham	**Scrambled eggs with bacon Cinnamon toast Toast
LUNCH	LUNCH	LUNCH
SOUP	SOUP	SOUP
Cream of bean soup	**Chicken noodle soup	Peanut butter soup
MEATS	MEATS	MEATS
Chicken à la king Sausage balls	Baked whitefish with dressing Rice and nut loaf, cream sauce	Hot roast beef sandwiches and gravy **Veal croquettes, brown sauce
VEGETABLES	VEGETABLES	VEGETABLES
Parsley buttered potatoes Mashed squash Creamed peas	Baked potatoes Cabbage in vinegar Beets, buttered	Scalloped potatoes Corn and pimentos Fried parsnips
SALADS	SALADS	SALADS
Banana salad Head lettuce salad **Spinach and egg salad	**Fruit salad, whipped cream Head lettuce salad Tomato salad	Pineapple salad Head lettuce salad Cottage cheese salad
BREADS	BREADS	BREADS
**Ham sandwiches Hot rolls	Corn bread	**Steamed brown bread
DESSERTS	DESSERTS	DESSERTS
Orange shortcake Fruit Baked apples stuffed with raisins and nuts Caramel custard Washington pie, chocolate filling Rhubarb pie Ice cream	Steamed cherry pudding, cherry sauce Fruit Prune whip Date torte, whipped cream Jelly roll, cream filling Apple pie Ice cream	Cottage pudding, lemon sauce Fruit Pineapple pudding Tapioca cream **Oatmeal cookies Raisin pie Ice cream, chocolate sauce
DINNER	DINNER	DINNER
SOUP	SOUP	SOUP
Cream of potato soup	Cream of pea soup	
MEATS	MEATS	MEATS
Roast veal, dressing, gravy **Baked hash	Pork chops, dressing Codfish balls, cream sauce	
VEGETABLES	VEGETABLES	VEGETABLES
Mashed potatoes Buttered carrots String beans	Baked sweet potatoes Apple fritters with syrup Stewed tomatoes	
SALADS	SALADS	SALADS
Cottage cheese balls rolled in nuts Head lettuce salad Asparagus salad	Tuna fish salad Shredded lettuce salad Kidney bean salad	
BREADS	BREADS	BREADS
Bran muffins	**Crumb muffins	
DESSERTS	DESSERTS	DESSERTS
Blackberry cobbler Fruit Floating Island Chocolate pudding Apple sauce cake, chocolate icing Lemon pie Ice cream	**Old-fashioned rice pudding Fruit Maple nut mold, custard sauce Orange Bavarian cream Gingerbread, whipped cream Chocolate pie Ice cream	

** Indicates dishes in which left-overs may be used to advantage.

The tea-room menu is characterized by daintiness and excellence in food, garnish and service. Large tea rooms serve a variety such as is found in large hotels, with practically no changes in their menus from day to day. They are open to the same criticism as are the cafeterias that serve everything in the market at every meal, and so make their menu monotonous. Smaller tea rooms offer limited choices,--soups, relishes, hot dishes, vegetables, salads, breads and beverages. To add choices to a menu beyond the number which will satisfy the patrons is not economy. The longer the menu list, the more labor, equipment, food wastage and spoilage. Therefore the tea-room menu list should be as simple as is consistent with the demands of those to be served. The menus shown below are of the type which are changed from day to day. The first is a very good example of this type, embodying a moderate degree of choice. It is suitable for a tea room serving perhaps six hundred or more people daily.

LUNCHEON^[1]

Iced Fruit Cocktail
Tuna Fish Cocktail
Celery Hearts
Iced Grape Fruit
Oyster Cocktail
Grape Fruit & Mint Cocktail
Button Radishes
Olives

SOUP

Vegetable Soup
Lamb Broth & Rice
Oyster Stew
Cream of Corn Soup
Chicken & Tomato Puree

MEATS, FISH, ETC.

French Bread, Hot Rolls, or Bran Muffins Served with these Orders

Roast Chicken, Dressing, Mashed Potatoes and Gravy
Creamed Sweetbreads on Toast with French Fried Potatoes
Chicken Baked with Noodles in Casserole and Toasted Bran Muffins
Fried Oysters with Chili Sauce and Baked Potato
Broiled Tenderloin Steak with Sweet Potatoes Southern Style
Breaded Veal with Browned Potatoes and Gravy
Broiled White Fish with Lyonnaise Potatoes
Cheese Omelet with Toasted Rolls and Preserves
Rice and Salmon Box with Mexican Slaw
Assorted Hot Vegetable Dinner

VEGETABLES

Apple Fritters
Buttered Asparagus on Toast
Fresh Spinach & Egg
Candied Sweet Potatoes
Baby Garden Beets
Buttered or Creamed Peas
Sautéd Egg Plant
Home Baked Beans

BREADS

Hot Biscuits with Orange Marmalade
Bran Muffins
Toasted English Muffins
Nut Bread
Toasted Cheese Rolls
Rye Bread & Swiss Cheese Sandwich
French Bread
Hot Home Made Rolls
Hot Corn Bread

SALADS

Combination Salad
Sweetbread Salad
Shrimp Salad

Club Salad
 Chicken Stuffed Paradise Peppers
 Tomato Stuffed with Cottage Cheese & Almonds
 Chicken Salad
 Tuna Fish Salad
 Sliced Tomato & Cheese Ball Salad
 Head Lettuce and Roquefort Cheese Dressing
 Pineapple, Prune and Neufchatel Cheese Salad
 Grape Fruit & Orange Salad
 Cream Slaw
 Waldorf Salad
 California Fruit and Nut Salad
 Fruit Salad
 Banana and Walnut Salad
 Shredded Lettuce and Egg Salad
 Head Lettuce with Thousand Island Dressing
 Stuffed Egg Salad with Thousand Island Dressing
 Lazarus Vegetable Salad

FROZEN DESSERTS, PASTRY, ETC.

Fresh Strawberries and Cream
 Black Walnut Loaf Cake
 Lemon Pie
 Red Raspberry Roll with Cream
 Almond Macaroons
 Apple Pie à la Mode
 Fresh Apple Pie with Cheese
 Coffee Parfait
 Chocolate Ice Cream
 Charlotte Russe
 Prune Whip with Cream
 Cherry Parfait
 Bittersweet Chocolate Parfait
 Chocolate Meringue with Vanilla Ice Cream Center
 Apricot & Almond Parfait
 Chocolate Almond Parfait
 Butter Scotch Meringue
 Hot Fudge Sundae Steamed Fruit Pudding with Hard Sauce
 Chocolate Mint Parfait
 Vanilla Ice Cream
 Black Walnut Frozen Cream
 French Cake
 Bittersweet Chocolate Meringue
 Chocolate Luxurro Dessert
 Vanilla Ice Cream with Swiss Chocolate Sauce
 Date & Nut Parfait
 Baked Apple & Whipped Cream
 Apricot à la Mode

[Footnote 1: Courtesy of The Lazarus Tea Room, Columbus, Ohio.]

Less choice is shown in the following menus which would be suitable to a tea room serving from two hundred to six hundred daily.

[Pg 39]

TEA-ROOM MENU^[2]

Celery
 Olives
 Radishes
 Green onions
 Fruit cocktail
 Spiced figs

Tomato bouillon in cup
 Tureen For two

Barley soup in cup
 Tureen For two

White fish broiled to order

Spring chicken, country style, jelly
Broiled lamb chops, peas
Roast leg of veal, dressing
Fresh mushrooms on toast
Boiled beef, horse radish sauce

Boiled rice and cream
Asparagus on toast
Candied sweet potatoes
Buttered new beets

Head lettuce, vinaigrette dressing
Waldorf salad
Fresh fruit salad, mayonnaise
dressing
Combination vegetable salad,
French dressing

Cinnamon rolls
Parker House rolls
Nut bread
Corn bread Maple syrup

Vanilla ice cream Wintergreen
sherbet
Baked apples, whipped cream
Apple pie Red raspberry pie
Whipped cream
Grapefruit half; whole
Strawberry shortcake, whipped
cream
Ice cream sandwich, hot chocolate
sauce
Banana custard, whipped cream
Fresh cake Whipped cream
Pineapple Bavarian cream, whipped
cream
Coffee or tea

[Footnote 2: Courtesy of Glass Block Tea Room, Duluth, Minnesota.]

Still less choice is offered in the menus printed below, yet they are entirely satisfactory for a very
small tea room serving not more than one hundred daily.

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Tea-Room Menus

Relishes

Salted Almonds
Celery Hearts

Soup

Bouillon with Wafers

Ready to Serve

Lambs Chops and Peas
Creamed Fresh Mushrooms on Toast

Vegetables

French Fried Potatoes
Scalloped Cauliflower

Salads

Tea-room Special Salad
Head Lettuce Salad with Thousand Island Dressing
Frozen Fruit Salad

Sandwiches

Club Sandwiches
Olive Sandwiches

Breads

Hot Cinnamon Rolls
Bread and Butter

Desserts

Baked Alaska
Baked Apples
Orange Bavarian
Wellesley Fudge Cake

Beverages

Coffee: per cup for one
per pot for one
per pot for two
Tea: per pot for one
per pot for two
Chocolate per cup

Relishes

Celery Hearts and Stuffed Olives
Salted Almonds

Cocktail

Oyster Cocktail

Ready to Serve

Fillet of Sole, Tartare Sauce
Omelet with Jelly

Vegetables

Potatoes in Half Shell
Brussels Sprouts, Buttered

Salads

Chicken Salad
Head Lettuce Salad with Thousand Island Dressing
Fruit Salad

Sandwiches

Cream Cheese Sandwiches
Ham and Olive Sandwiches

Breads

Hot Biscuits and Honey
Assorted Breads and Butter

Desserts

Chocolate Meringue Pudding
Maple Mousse
Lady Baltimore Cake

Beverages

Coffee: per cup for one
per pot for one
per pot for two
Tea: per pot for one
per pot for two
Chocolate per cup

Relishes

Stuffed Olives
Fresh Shallots
Raspberry Jam

Soup

Cream of Corn Soup

Ready to Serve

Broiled Tenderloin of Pork

Corned Beef Hash with Poached Egg and Tartare Sauce

Vegetables

Sweet Potato Croquettes

Artichokes with Drawn Butter Sauce

Boston Baked Beans and Brown Bread

Salads

Stuffed Tomato

Head Lettuce with Thousand Island Dressing

Asparagus and Cold Chicken Mousse

Sandwiches

Date and Nut Sandwiches

Hot Roast Beef Sandwiches

Breads

Cranberry Muffins

Assorted Bread and Butter

Desserts

Banana Cream Cake

Individual Pumpkin Pies

Ice Cream with Hot Maple Fudge Pecan Sauce

Baked Prune Whip

Beverages

Coffee: per cup for one

per pot for one

per pot for two

Tea: per pot for one

per pot for two

Chocolate per cup

Relishes

Honey in Glasses

Queen Olives

Raspberry Jam

Soup

Consommé with Vegetables

Ready to Serve

Chicken à la King in Bread Cases

Meat Rosettes

Vegetables

Scalloped Sweet Potatoes with Apples

Fried Oyster Plant

Salads

Lobster Salad

Head Lettuce Salad with Thousand Island Dressing

Delicious Fruit Salad

Sandwiches

Toasted Cheese Sandwiches

Cold Sliced Tongue Sandwiches

Breads

Date Muffins

Assorted Breads and Butter

Bread and Butter Folds

Desserts

Individual Orange Pies

Baked Alaska

Wellesley Fudge Cake

Beverages

- Coffee: per cup for one
- per pot for one
- per pot for two
- Tea: per pot for one
- per pot for two
- Chocolate per cup

CHAPTER IV

SUGGESTIVE CHARTS AND LISTS TO BE USED IN MENU PLANNING

LIST OF FOODS

[Pg 42]

SOUPS

Cream soups

- Cream of corn
- Cream of pea
- Cream of tomato
- Cream of asparagus
- Cream of celery
- Cream of potato
- Cream of browned onion
- Cream of navy bean
- Cream of lima bean
- Cream of peanut butter
- Cream of spinach
- Oyster stew

Stock soups

- Consommé
- Bouillon
- Tomato bouillon
- Vegetable soup
- Creole soup
- Mutton broth
- Rice tomato soup
- Chicken soup with rice
- Chicken soup with noodles
- Vermicelli
- Clear tomato

MEATS

Beef

- Rib roast
- Pot roast
- Hot roast beef sandwiches
- Beef à la mode
- Swiss steak
- Steaks, tenderloin and sirloin
- Hungarian goulash
- Beef loaf
- Hamburg balls
- Creamed dried beef on toast
- Short ribs and browned potatoes
- Corned beef hash; with poached eggs
- Meat pie
- Meat stew with vegetables
- Meat stew with dumplings
- Meat croquettes

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Corned beef and cabbage
Beef heart and dressing
Mock duck

Pork

Roast pork
Roast pork and dressing
Roast pork and apple sauce
Pork chops
Pork chops with dressing
Baked ham
Ham baked in milk
Broiled ham
Ham and eggs
Sausages
Bacon and eggs
Broiled pork tenderloin
Frankfurts
Spare ribs and sauerkraut
Spare ribs and dressing

Lamb and mutton

Roast lamb and gravy
Roast lamb and mint sauce
Lamb stew with vegetables
Lamb chops
Roast mutton
Mutton chops
Mutton stew

Veal

Roast veal and dressing
Breaded veal
Veal loaf
Calves liver and bacon
Veal stew, plain; with vegetables; with peas
Veal birds
Breaded veal heart
Veal rosettes
Veal croquettes
Scalloped veal with rice
Veal hearts en casserole

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Chicken

Roast chicken
Chicken fricassee
Chicken giblets with rice
Chicken and biscuit
Creamed chicken, with biscuits; on toast; in bread cases; in timbales
Chicken pie, white and dark meat; all white meat
Chicken à la King
Chicken croquettes
Hot chicken sandwich

FISH

Salmon

Fresh salmon, Steamed; baked

Fresh salmon fried in steaks
Canned salmon in loaf
Scalloped salmon
Creamed salmon on toast
Salmon with lemon
Salmon croquettes

Whitefish

Steamed; baked; planked; with dressing

Trout

Baked; fried

Codfish

Creamed, on plain boiled potatoes
Codfish balls

Halibut

Steamed; fried; baked
Scalloped fish
Fish cakes

OYSTERS

Scalloped
Creamed oysters on toast
Fried
Oyster cocktail
Oyster stew

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EGGS

Fried with ham with bacon
Egg croquettes
Egg cutlets
Scrambled eggs with
 minced ham
 with bacon
 with marmalade
 with jelly
Poached eggs; on toast
Baked eggs in ramekin;
 in potato nest
Steamed eggs
Creamed eggs on toast

CHEESE DISHES

Cheese fondue
Cheese soufflé
Rice and cheese
Macaroni and cheese
Hominy and cheese
Spaghetti and cheese
Creamed cheese
Cottage cheese loaf with nuts and green peppers
Cottage cheese croquettes with white sauce

MEAT SUBSTITUTES

Turkish pilaf
Rice and nut loaf
Spanish rice
Peanut and rice loaf
Lentil loaf
Rice croquettes
Spaghetti and tomatoes

Spaghetti and tomatoes with bacon

MISCELLANEOUS MEAT DISHES

Hash
Croquettes
Tongue
Heart
Frankfurts Brains, fried with scrambled eggs
Sweetbreads

VEGETABLES

Potatoes

Baked
Mashed
Scalloped
Creamed
American fried
Browned
Lyonnais
Parsley buttered potatoes
Stuffed baked potatoes
Potato chips
Riced potatoes
Potato croquettes
Potato cakes
Potato cones
Potato puff
Plain boiled potatoes
Diced browned potatoes
Potatoes au gratin
Sweet potatoes, boiled
 Baked
 Fried
 Scalloped with apples
Sweet potato croquettes

Beans

String beans
String beans creamed
Wax beans
Boiled navy beans
Baked navy beans
Green lima beans
Dried lima beans, boiled
Baked lima beans
Kidney beans
Succotash

Celery

Creamed
Relish

Asparagus

Buttered asparagus on toast
Creamed
Creamed asparagus on toast

Corn

- Corn with green and red peppers
- Corn on cob
- Corn pudding
- Succotash
- Scalloped corn
- Corn fritters

Cabbage

- Creamed
- Scalloped
- Scalloped cabbage au gratin
- Fried
- Boiled
- Sauerkraut
- Hot slaw

Carrots

- Buttered, diced
- Creamed
- Buttered carrots and peas
- Creamed carrots and peas

Cauliflower

- Creamed
- Scalloped cauliflower in ramekins; au gratin

Beets

- Buttered
- Beets in vinegar sauce
- Pickled beets

Eggplant

- Fried

Hominy

- Fried
- Creamed
- Scalloped

Onions

- Buttered
- Creamed
- Scalloped
- Fried

Macaroni

- Macaroni and tomatoes
- Macaroni croquettes

Spaghetti

Spaghetti and tomatoes
Spaghetti croquettes
Spaghetti and tomatoes with bacon

Peas

Buttered
Buttered peas and carrots
Creamed
Creamed peas and carrots

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Peppers

Stuffed with corn
Stuffed with meat

Rice

Rice with gravy, southern style
Rice with cream
Rice croquettes

Parsnips

Fried

Spinach

Spinach and lemon
Spinach and egg

Squash

Baked
Mashed

Turnips

Creamed
Buttered, diced
Mashed

Rutabagas

Mashed
Creamed
Buttered

Tomatoes

Stewed
Stewed tomatoes with bread
Scalloped
Baked
Stuffed

BREADS

Quick breads

White muffins
Graham muffins
Bran muffins

Corn meal muffins
 Date muffins
 Rice muffins
 Crumb muffins
 Blueberry muffins
 Bacon muffins
 Cranberry muffins
 Corn bread
 Brown bread
 Baking-powder biscuit
 Baking-powder biscuit cinnamon rolls, with frosting
 Baking-powder nut bread
 Baking-powder nut and raisin bread
 Baking-powder brown bread

Yeast breads

White bread
 Graham bread
 Oatmeal bread
 Raisin bread
 Nut bread
 Coffee cake

Rolls

Cottage rolls
 Parker House rolls
 Clover-leaf rolls
 Cinnamon rolls
 Raised muffins
 Hot cross buns

SANDWICHES

Lettuce
 Olive
 Olive and egg
 Celery
 Celery and chicken
 Chicken
 Ham
 Peanut
 Fig and nut
 Cheese
 Cheese and pimento
 Meat
 Ham sliced
 Ham minced
 Meat minced
 Fig and date
 Raisin and nut
 Cucumber
 Parsley butter
 Egg
 Tomato and cucumber
 Green pepper
 Club
 Toasted cheese

Vegetable salads

Asparagus
Cabbage
Cabbage salad with nuts
Cabbage salad with pickles and green peppers
Cabbage and ham
Cabbage and salmon
Cabbage and tuna fish
Cabbage and shrimp
Cabbage and pineapple
Celery and apple
Stuffed celery
Tomato salad
 Whole, stuffed
 Half
 Sliced
Tomato and cucumber
Spring salad (head lettuce, tomato, onion, radishes, peppers,
cucumber)
String bean
Kidney bean
Spinach mounded with sliced egg
Head lettuce with mayonnaise
Head lettuce with French dressing
Head lettuce with Thousand Island dressing
Lettuce shredded with egg
Deviled eggs
Potato
Cucumber
Sliced cucumbers in vinegar
Combination
Vegetable salad, peas, celery, beets
Perfection
Sliced onions in vinegar
Egg, cheese and pickle
Tomato aspic
Tomato and celery
Celery, peas and nuts
Cabbage, celery, meat, pimento
Celery and beet
Mashed potato
Bean and beet
Sliced Bermuda onion
Squares of New York cheese on lettuce
Carrot and raisin

Fruit salads

Orange, grapefruit and pineapple
Waldorf
Apple, banana and date
White grape, apple and nut
Orange and nut
Apple and pineapple
Pear
Pineapple and celery
Pineapple and nut
Date and cottage cheese
Prune and cottage cheese
Pineapple and grated cheese
Argyle
Banana
Prune and peanut butter
Grapefruit
Fruit salad with ginger ale
Banana, peanut and carrot

Fish and meat salads

- Salmon and celery
- Sardine
- Tuna fish
- Shrimp
- Lobster
- Chicken

Cottage cheese salads

- Molded and sliced with celery
- Molded and sliced with green peppers and nuts
- Balls rolled in nuts

DESSERTS

Hot puddings

- Rice and raisins with hard sauce
- Rice and raisins with cream
- Rice custard
- Chocolate rice pudding
- Baked rice pudding
- Lemon rice pudding
- Rice compote with peaches
 - with raspberries
 - with prunes
- Baked tapioca custard with meringue
- Apple tapioca
- Prune pudding
- Indian pudding
- Bread pudding
- Chocolate bread pudding
- Cottage pudding
- Grapenut pudding
- Apple fritters
- Corn fritters
- Banana fritters
- Pineapple fritters
- Orange fritters
- Plain fritters
- Apple dumplings
- Apple batter pudding
- Brown Betty with lemon sauce
- Steamed suet pudding
- Steamed cherry pudding
- Steamed date pudding
- Steamed carrot pudding
- Prunecot shortcake
- Peach shortcake
- Orange shortcake
- Strawberry shortcake
- Peach cobbler
- Apricot cobbler
- Cherry cobbler

Cold puddings

- Baked custard
- Caramel custard

Maple nut mold, custard sauce
Chocolate blanc mange
Tapioca cream
Raspberry tapioca
Caramel tapioca
Pineapple tapioca
Apple tapioca
Fruit whips
Strawberry
Prune
Apricot
Plum
Caramel Bavarian cream
Cornstarch pudding with chocolate sauce
 with berry sauce
 with custard sauce
Fig tapioca
Fruit cocktail
Charlotte russe
Floating island
Orange custard
Fruit gelatin
Norwegian prune pudding
Pineapple pudding
Rice Bavarian pudding
Rhubarb tapioca
Snow pudding
Raisin tapioca

FRUITS

Sauces

Prunes
Apricots
Cranberry
Rhubarb
Apple
Stewed figs
Baked apples
Cherries
 White
 Red
Oranges
 whole
 sliced
Bananas
Dates with whipped cream
Grapefruit
Pears

ICE CREAMS

Orange parfait
Mousse

Maple
Pineapple
Vanilla nut

Sherbets

Lemon
Orange

Ice cream

Vanilla
Strawberry
Chocolate
Maple
Macaroon
Greengage
Peach
Tutti Frutti

ICES

Orange
Lemon
Strawberry
Apricot
Pineapple
Grape

CAKES

Yellow or white cake
with vanilla frosting
with fig frosting
with raisin frosting
with cocoanut frosting
with maple frosting
with nut frosting
with orange frosting
with chocolate frosting
with nut and raisin frosting
with pineapple frosting
with date frosting
with maraschino cherry frosting
Chocolate cake
Lady Baltimore cake
Lord Baltimore cake
Fudge cake
Apple-sauce cake
Gingerbread
with whipped cream
with chocolate frosting
Sponge cake with frosting
Sponge cake with whipped cream
Lemon filled layer cake
Individual cakes
Spice cake
Banana cake with meringue
Marble cake

Sunshine cake
Angel food cake
Strawberry cake (white cake, with sliced strawberries in the frosting)
French pastries
Martha Washington pie
Cream puffs with vanilla custard filling
 with chocolate custard filling
 with whipped cream
Tarts
 Lemon
 Orange
Marguerites
Cookies
 Fruit
 Sugar
 Spice
 Oatmeal

Doughnuts
 Plain
 Raised
Jelly roll with jelly filling
 with chocolate custard filling
 with vanilla custard filling

PIES

Two-crust
 Canned apple
 Fresh apple
 Cranberry pie, latticed
 Cranberry and raisin
 Blueberry
 Apricot (dried)
 Red raspberry
 Black raspberry
 Blackberry
 Loganberry
 Gooseberry
 Gooseberry and raisin
 Cherry
 Mince
 Rhubarb
 Peach
 Raisin

One-crust
 Lemon
 Banana cream
 Custard

*Meat
Substitutes*

Mushrooms

Stuffed peppers

Mushrooms

Fish

Oysters
creamed
scalloped
fried
cocktail

Oysters
creamed
scalloped
fried
cocktail

Vegetables

Sweet potatoes
baked
boiled
browned
glazed
mashed
fried
scalloped
with apples

New potatoes
battered
with parsley
creamed

String beans

Sweet potatoes
baked
boiled
browned
glazed
mashed
fried
scalloped with apples

Cauliflower
creamed
battered
scalloped

Asparagus
battered
creamed

Lima beans

Fresh peas

Corn on cob

Eggplant

Summer squash

Hubbard squash
baked
mashed

Hubbard squash
baked
mashed

Tomatoes

Tomatoes

Parsnips

Parsnips

Brussels sprouts

Eggplant

Brussels sprouts

Celery creamed

Salads

Grapefruit

Fresh asparagus

Cucumber

Stuffed celery

Cucumber

Fresh young onion

Cucumbers

Fresh young onion

Radishes

Tomato

Radishes

Tomato

Grapefruit

Watercress

Breads

Cranberry muffins Hot cross buns Blueberry muffins Cranberry muffins

Deserts

Mince pie	Baked rhubarb	Blueberries	Mince pie
Pumpkin pie	Rhubarb tapioca	Raspberries	Pumpkin pie
Cranberry pie jelly sauce	Strawberry shortcake		Cranberry pie jelly sauce
Grapefruit	Fresh pineapple sauce	Fresh apple sauce	Grapefruit
	Fresh strawberries	Fresh apricots	Fresh pears
		Fresh peaches	Baked pears
		Fresh plums	Fresh apricots
	Rhubarb pie	Concord grapes	Fresh peaches
Cranberry and raisin pie	Rhubarb and raisin pie	Cantaloupe	Fresh plums
Raisin pie		Watermelon	Concord grapes
			Tokay grapes
			Cantaloupe
			Watermelon
			Cranberry and raisin pie

Beverages

Hot cocoa	Lemonade	Lemonade
Hot chocolate	Lemonade with fresh mint	Lemonade with fresh mint
	Iced cocoa	Iced tea
	Iced chocolate	Iced cocoa
	Iced coffee	Iced chocolate
		Iced coffee

<i>Breakfast dishes</i>	Buckwheat cakes with sausage Fried hominy cakes			Buckwheat cakes with sausage
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POPULAR FOOD COMBINATIONS

Since it is customary to plan the menu, using the meat as a basis, and since custom and good usage make certain combinations popular, a list of such combinations is given below with the idea that others may be added as desired.

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SUGGESTIVE AND POPULAR FOOD COMBINATIONS

KIND OF MEAT	VEGETABLE COMBINATION	SALAD, SAUCE AND BREAD COMBINATION	DESSERT COMBINATION
Beef	Potatoes-Irish (prepared in any form) Cauliflower Beets Salsify Tomatoes Mushrooms Corn		
Beef, corned	Cabbage Boiled potatoes Cauliflower Brussels sprouts	Cabbage slaw Perfection salad with mayonnaise Tartare sauce	
Chicken	Sweet potatoes Squash Celery Onions Asparagus Peas Green corn Mushrooms Rice	Head lettuce Tomato Cucumber Asparagus Fruit Cranberry muffins Beaten biscuit Hot biscuit Cranberry sauce	

Fish	Tomatoes	Tartare sauce	Lemon pie
	Onions	Hollandaise sauce	Fruit gelatin
	French fried potatoes	Egg sauce	Fruit cocktail
	Creamed potatoes	Lemon sauce	Lemon rice pudding
	Browned potatoes	Tomato sauce	Fruit tapiocas
	Spinach with lemon	Vegetable salads (of all kinds)	Baked rhubarb
	Stuffed peppers	Perfection salad Cucumber sauce	Pineapple pudding
Ham	Potatoes	Potato salad	Pumpkin pie
	Creamed	Cabbage slaw	Indian pudding
	Browned	All vegetable combination salads	Apple pie
	Parsley buttered	Spinach salad	Baked apples
	Baked	Head lettuce	Apple fritters
	Sweet potatoes	Apple salad	Apple sauce
	Baked	Mustard sauce	Apple dumpling
	Glazed	Steamed brown bread	Apple tapioca
	Fried	Corn muffins	Baked custard
	Mashed	Corn bread	Ginger cake
	Carrots	Hot biscuit	
	Hominy		
	Rice		
	Beans		
	Lima, baked		
	Navy, baked		
	String		
Spinach			
Corn			
Cabbage			
Brussels sprouts			
Cauliflower			
Lamb and mutton	Potatoes		
	Mashed		
	Browned		
	Parsley buttered (with chops)		
	Peas		
Carrots			
Asparagus	Sauces		
Tomatoes	Mint		
	Caper		
	Red currant jelly		
Pork (<i>See Ham</i>)	Tomatoes	Cranberry sauce	Acid desserts
	Parsnips		
Veal	Potatoes	All vegetable salads	
	Mashed	All fruit salads	
	Browned	Hot breads or rolls	
	Creamed (with breaded veal)		

Sweet potatoes (in any form)		
Celery		
Cauliflower		
Cabbage		
Brussels sprouts		
String beans		
Tomatoes		
Peas		

WAYS OF USING LEFT-OVER FOODS

LEFT-OVER MEATS	LEFT-OVER VEGETABLES
Croquettes	Buttered vegetables may be used in Soup Creole soup Meat stews Hash Salmon loaf (peas and celery) Peas in omelet Stuffed peppers Stuffed tomatoes
Scalloped meat with rice or or potato	
Shepherd's pie	
Ham with scrambled eggs	
Ham fondue or omelet	
Hash	
Hash with poached eggs	
Meat pie (biscuit)	
Meat pie with dressing	
Meat balls rolled in cooked rice	
Minced meat on toast	
Mince meat for pie	
Minced meat in ramekins	Rice may be used in Scalloped rice with cheese Soups Puddings Croquettes Hash Salmon or fish loaves Potatoes, used same as rice All creamed vegetables can be scalloped or used in soup
Stews	
Stuffed peppers	
Stuffed tomato	
Meat bones cooked for stock	

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LEFT-OVER FRUITS AND JUICES	LEFT-OVER BREADS AND CAKES	LEFT-OVER DAIRY PRODUCTS AND EGGS
Blanc manges	Bread puddings	Dairy Sour milk cakes corn bread gingerbread muffins pancakes Sour cream butter corn bread spice cake salad dressing Cheese bean loaf cottage cheese loaf cottage cheese croquettes
Brown Betty	Brown bread	
Cocktail	Brown Betty	
Cobbler	Crumb pancakes	
Scalloped fruit	Crumb cookies	
Gelatin	Crumb muffins	
Mince pie filling	Dressing	
	Scalloped fruit	

Fruit salads	Fondues	rice and cheese
Sherbets and ices	Meat loaf	Salads
Tapiocas	Hamburg balls	soufflés
Whips	Stewed tomatoes	fondues
		Eggs, broken
		dipping mixture
		cakes
		custards
		croquettes
		salad dressing

Garnishes

Clever use of garnishes will do a great deal to make servings attractive, to develop surprise and stimulate appetite.

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A list of garnishes appropriate to different kinds of food appears below. Of course there are many others, and the number of different ways in which ordinary garnishes can be used effectively is surprisingly large. The alert manager will observe what others in his field are doing, and will discover many ingenious ideas by reading food journals and women's magazines.

The garnishes used for soups are practically the same whether for cream or clear soups.

- Wafers, cheese and plain
- Croutons
- Olives
- Radishes
- Celery hearts
- Whipped cream (on cream soups)

Some meat garnishes can be used at all times; others are especially adapted to certain kinds of meat.

- In general
 - Parsley
 - Watercress, in season
 - Mixed pickles
- For steaks
 - Lemons cut in fancy shapes
 - Sautéd mushrooms
 - Potato roses
 - Stuffed tomatoes
 - Stuffed peppers
 - Grilled and buttered Brussels sprouts

- For fish
 - Lemons, in slices and cut in fancy shapes
 - Cucumber baskets, filled with dressing
 - Parsley
 - Watercress
 - Clam shells, stuffed with clams and mushrooms
 - Mushrooms, sautéd
 - Potatoes, cut in fancy shapes, such as shoe strings or lattice, and fried in deep fat

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There are certain garnishes which it is customary to use with salads, especially with chicken salad.

- For chicken salad
 - Hard-cooked eggs, sliced or cut in eighths
 - Lemons, sliced
 - Pickles
 - Paprika
 - Parsley
 - Capers
 - Olives
 - Head lettuce cups

- For fish salad
 - Pickles
 - Olives
 - Lemons, cut in fancy shapes

Cucumber baskets holding extra salad dressing
 Paprika
 Parsley

For fruit salad
 Tiny cheese balls
 Cheese balls rolled in chopped nuts
 Tiny sandwiches
 Olives
 green
 ripe
 stuffed
 Cheese straws in fancy shapes

Very often where sandwiches are ordered they will serve as the main dish of the luncheon meal. They should be made as appetizing as possible by the use of suitable garnishes.

[Pg 65]

Pickles
 Olives
 Cheese balls
 Parsley
 Watercress
 Attractive paper or plain linen doilies
 Nut meats

Desserts by their very nature, require some garnish to make them the perfect and satisfying last course which they should be. Candied fruit, marshmallows, slices of fresh orange or strawberries in season, whipped cream and bright candies add the needed bit of color. Here the use of paper doilies, glasses and attractively shaped china dishes is a great factor in appearance.

CHAPTER V

FORMS

THE IMPORTANCE AND USE OF FORMS

Printed forms or other practical aids which may help to reduce menu planning to a systematic routine are invaluable. Forms such as the party engagement blanks, shown elsewhere, and the meat order blank and menu blanks below tend to a desirable standardization. Since meat orders for the week are usually made out first and the menus planned around the meats, a form similar to the one shown below, with adaptations for the particular institution, may be helpful.

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The lists of foods and the list of seasonal changes and garnishes contained in this book will save mental effort and tedium in planning by suggesting new combinations and variety.

Probably no single device will serve different kinds of institutions, but the principle of using appropriate printed forms to help in remembering details holds good for all institutions.

MEAT ORDER

WEEK BEGINNING DECEMBER 6, 1920.			WHERE UNIVERSITY CAFETERIA		
DELIVER	AMOUNT	CUTS	SPECIFICATIONS	COST	USE
<i>Mon.</i> A.M.	30 lb.	beef shoulder clod		.13	Mon. night
A.M.	2 lb.	bacon	Best grade, cut 36 slices to lb.	.37	Tues. morning
P.M.	40 lb.	pork loin	10 to 12 lb. loin	.26	Tues. noon
P.M.	20 lb.	beef stew	1-inch cubes, no bones, no gristle	.13½	Tues. noon
<i>Tues.</i> A.M.	20 lb.	short ribs of beef		.07½	Tues. noon
A.M.	15 lb.	sausage	best grade, no cereal	.18	Tues. night

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A.M.	20 lb.	cottage cheese		.12	Tues. night
P.M.	50 lb.	chickens, 4 to 5 lbs. each	to arrive <i>frozen</i>	.24	Wed. noon
<i>Wed.</i> A.M.	20 lb.	veal steak	round, cut thin for rolling	.26	Wed. night
A.M.	5 lb.	sweetbreads	veal	.75	Wed. night
A.M.	1 qt.	oysters	standard selects, 80 to qt	.70 per qt.	Wed. night
P.M.	50 lb.	beef, round steak	1 inch thick	.13½	Thurs. noon
<i>Thurs.</i> A.M.	2	hams	14 to 16 lb. each	.30	Thurs. night
P.M.	55 lb.	veal roast	round	.26	Fri. noon
<i>Fri.</i> A.M.	2 qt.	oysters	standard selects, 80 to qt.	.70 per qt.	Fri. night
A.M.	20 lb.	rib roast of beef		.25	Fri. night
P.M.	20 lb.	pork chops	cut 4 to lb.	.18	Sat. noon
P.M.	15 lb.	veal hearts		.11	Sat. noon
<i>Sat.</i> A.M.	40 lb.	tenderloin	prime	.40	Mon. noon

MENU FORM
MENUS UNIVERSITY FARM AND SHEVLIN CAFETERIAS

DATE
BREAKFAST

DATE
BREAKFAST

DATE
BREAKFAST

FRUITS
CEREALS

FRUITS
CEREALS

FRUITS
CEREALS

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HOT DISHES

HOT DISHES

HOT DISHES

LUNCH

LUNCH

LUNCH

SOUP

SOUP

SOUP

MEATS

MEATS

MEATS

VEGETABLES

VEGETABLES

VEGETABLES

SALADS

SALADS

SALADS

[Pg 69]

BREADS

BREADS

BREADS

DESSERTS

DESSERTS

DESSERTS

**DINNER
SOUP**

**DINNER
SOUP**

**DINNER
SOUP**

MEATS

MEATS

MEATS

VEGETABLES

VEGETABLES

VEGETABLES

SALADS

SALADS

SALADS

BREADS

BREADS

BREADS

DESSERTS

DESSERTS

DESSERTS

AN OUTLINE FORM FOR SPECIAL DINNERS

The efficiency of an organization is judged by the degree of routine which each phase of the work assumes. In most institutions the serving of special dinners is quite apart from the ordinary routine of business. If this service is to be handled simply and efficiently, all of its various steps must be listed and taken up in an orderly fashion with the end in view of perfecting an emergency organization as efficient as that which regulates the daily tasks.

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First of all, arrangements made with those who are giving the dinner should be definite and complete. In order to prevent misunderstandings, a printed blank such as that shown below (with any adaptations found necessary) will prove helpful. This may be made out in duplicate, one copy being retained by the manager and one by those engaging the services.

Reduced to their simplest form, the steps to be followed in organizing this work are outlined below.

I. Fill in, in duplicate, the printed blank

DINNER ENGAGEMENTS

Date _____

Day of week

Time _____

Engagement made by

Phone _____

Organization or Club

Price _____

Probable Number

Room desired _____

Flowers

Style of service: _____
Cafeteria service ____
Table service ____
Tables set and served by guests ____
Date Guaranteed Number is to be reported _____
Leeway granted (either way) on guaranteed number
On 25-40 2 plates, more or less
50-60 4 plates, more or less
75-100 6 plates, more or less
125-175 8 plates, more or less
200 up 10 plates, more or less

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NOTICE.--Care should be taken to have the guaranteed number of plates accurately stated.

II. Plan the menu. If desired, the above form may include space for writing in the menu, in order that both parties may have a clear understanding of just what is to be served III. Make out order list

- a. For food
- b. For dish rental (if necessary)
- c. For printing (if necessary)
- d. For flowers or other decorations

IV. Employment of help

- a. Rescheduling the regular help
- b. Overtime for the regular help
- c. Hiring of additional help

V. Division of the work

- a. Directions to cooks
 1. Copy of the menu
 2. Recipes and amounts to be prepared
- b. Service of the food
 1. In the kitchen
 - a. Instructions for counting out and arrangement of utensils for the service of the food
 - b. Organization of each serving center, where the number served is so large that more than one center is necessary
 - c. Assignment of special duties to workers at the serving center
 - d. A drawing or serving of a sample plate showing arrangement of food on the plate
 2. In the dining room
 - a. Directions to the head waitress and waitresses
 1. List of dishes to be counted out and carried to serving center, warming ovens or refrigerators
 2. Directions for setting the tables. A cover may be set or a sketch made to show the proper arrangement of the silver, napkin and the glass
 3. Decoration of the tables
 4. Arrangement of the serving tables
 5. A copy of the menu
 6. Specific instructions for serving food to the guests

VI. Records

[Pg 72]

- a. Cost of the food
 1. 1. Cost of food should be figured on basis of recipes and quantities used, and listed according to the order in which the food appears in the meal
 2. 2. Left-overs listed
 3. 3. Approximate value of left-overs as listed
 4. 4. Net food cost is total food cost less the value of usable left-overs
- b. Cost of labor
 1. Time spent by regular employees
 2. Overtime spent by regular employees
 3. Extra labor employed for occasion
 4. Total labor cost

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Stock, chicken	4 gal.				
Onions	1¼ lb.				
Salt	⅓ to ½ c.				
Celery salt	¼ c.				
Green peppers, chopped	1 c.				
Rice	2 c.				

Add the chopped onions, green peppers, rice, salt and celery salt to the chicken stock and cook until the rice is tender.

Number of servings 85
Amount in one serving ¾ c.
Calories in one serving _____
Cost of one serving _____

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NOODLE SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs	3				
Flour	2 c.				
Salt	2 tsp.				
Stock	4 gal.				
Onions		1 lb.			
Salt	⅔ c.				
Celery salt	¼ c.				

To make the noodles, beat the eggs lightly and add the flour and salt. This makes a very stiff mixture. Put the mixture on a board and roll as thin as possible. Sprinkle the dough with flour and roll it into a tight roll. From this, slice the noodles. Shake out and let dry. Heat the stock to boiling, add the seasonings and the noodles and cook until done. Noodles may be made up and kept for some time in the refrigerator.

Number of servings 96
Amount in one serving ¾ c.
Calories in one serving _____
Cost of one serving _____

TOMATO RICE SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Stock	5 gal.				
Green peppers	10				
Onions		½ lb.			
Tomatoes	1 gal.				
Rice	2½ c.				
Carrots, finely diced	1½ c.				
Flour	3 c.				
Salt	⅓ c.				
Butter substitute	1½ c.				

Chop the onions, carrots and green peppers and add to the boiling salted stock and tomatoes. Add the rice and cook until the rice is tender. Melt the fat, stir in the flour and add to the hot liquid to thicken.

Number of servings 115
Amount in one serving ¾ c.
Calories in one serving _____
Cost of one serving _____

[Pg 76]

**VEGETABLE SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Stock	1½ gal.				
Tomatoes, #10 cans	2				
Bay leaves	3				
Water	1½ gal.				
Carrots, diced	1 pt.				
Celery, diced	1 qt.				

Onions		1 lb.			
Rice	1 c.				
Salt	¼ c.				

Add the seasonings to the boiling stock, tomatoes and water. When the vegetables have become softened, add the rice and cook for 15 to 20 minutes. Do not strain.

Number of servings 96
 Amount of one serving ¾ c.
 Calories in one serving _____
 Cost of one serving _____

CREAM OF CELERY SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Celery stock	6 qt.				
Onions		¼ lb.			
Butter substitute		¾ lb.			
Flour	3 c.				
Milk	7 qt.				
Paprika	½ tsp.				
Red pepper	¼ tsp.				
Salt	¼ c.				

Make a celery stock by cooking the leaves and outside stalks in water to cover. Rub through a sieve. Cook finely chopped onion with the required amount of stock. Melt the fat, stir in the flour and add the hot milk to make a white sauce. Combine purée and white sauce. Add paprika, red pepper and salt just before serving.

[Pg 77]

Number of servings 60
 Amount in one serving ¾ c.
 Calories in one serving _____
 Cost of one serving _____

CREAM OF CORN SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Corn	1½ gal.				
Water	1 qt.				
Onion		½ lb.			
Butter substitute	¾ c.				
Flour	1½ c.				
Milk	2 gal.				
Salt	¼ c.				
Paprika	½ tsp.				

Cook the corn with the water and chopped onion and rub through a sieve. Melt the fat, stir in the flour and add the hot milk to make a white sauce. Combine white sauce with purée. Add salt and paprika just before serving.

Number of servings 64
 Amount of one serving ¾ c.
 Calories in one serving _____
 Cost of one serving _____

CREAM OF LIMA BEAN SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Butter substitute	¾ c.				
Flour	1½ c.				
Milk	6 qt.				
Salt	2 tbsp.				
Lima beans, cooked	4 qt.				
Grated onion or chives	¼ c.				
Chopped parsley	¼ c.				

Cook the lima beans with the onion until soft and rub through a purée sieve. Melt the fat, stir in the flour and add hot milk to make a white sauce. Combine the purée and white sauce and add the salt just before serving.

[Pg 78]

Number of servings 50
 Amount in one serving $\frac{3}{4}$ c.
 Calories in one serving _____
 Cost of one serving _____

CREAM OF PEA SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peas	2 qt.				
Onion		$\frac{3}{8}$ lb.			
Bay leaf	1 leaf				
Milk	6 qt.				
Butter substitute	$\frac{1}{2}$ c.				
Flour	1 c.				
Salt	3 tbsp.				

Cook the peas, together with their juice from the cans, and the onion and bay leaf until the peas are soft. Rub through a purée sieve. Melt the fat, stir in the flour and add the hot milk to make a white sauce. Combine purée with white sauce. Add salt just before serving.

Number of servings 38
 Amount in one serving $\frac{3}{4}$ c.
 Calories in one serving _____
 Cost of one serving _____

CREAM OF SPINACH SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Spinach Juice	1 c.				
Onion		$\frac{3}{8}$ lb.			
Milk	6 qt.				
Butter substitute		$\frac{1}{4}$ lb.			
Flour	1 c.				
Salt	1 tbsp.				

Chop the onion and add to one half of a #10 can of spinach and cook until the onions are tender. Scald the milk. Melt the fat and add the flour. When thoroughly mixed add to the hot milk, stirring constantly. When the spinach is seasoned, drain, rubbing lightly through a purée sieve until you obtain one cup of spinach juice. Add the spinach juice to the thickened milk and season.

[Pg 79]

Number of servings 35
 Amount in one serving $\frac{3}{4}$ c.
 Calories in one serving _____
 Cost of one serving _____

CREAM OF TOMATO SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tomatoes	1 gal.				
Bay leaves	2				
Onion		$\frac{1}{4}$ lb.			
Sugar	$\frac{3}{8}$ c.				
Soda	2 tsp.				
Butter substitute	$\frac{1}{2}$ c.				
Flour	1 c.				
Milk	1 gal.				
Salt	2 tbsp.				

Cook the tomatoes with the bay leaves and onion. Rub through a purée sieve and add the sugar and soda. Melt fat, stir in the flour and add hot milk to make a white sauce. Combine purée and white sauce by pouring purée into white sauce. Add salt just before serving.

Number of servings 36
 Amount in one serving $\frac{3}{4}$ c.
 Calories in one serving _____
 Cost of one serving _____

[Pg 80]

OYSTER STEW

| | | | |

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	4 gal.				
Oysters	1 gal.				
Salt	¼ c.				
Paprika	1 tsp.				
Butter substitute		1 lb.			

Scald the milk and add the butter substitute, paprika and oysters. Cook until the edges of the oysters begin to curl. Add the salt just before serving. If the soup must stand some time before all is used, the oysters should be combined with the milk only as needed.

Number of servings 64
Amount of one serving 1 c.
Calories in one serving _____
Cost of one serving _____

PEANUT BUTTER SOUP

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peanut butter		6 lbs.			
Milk	2 gal.				
Celery Stock	3 qt.				
Water	1¼ gal				
Flour	¾ c.				
Salt	½ c.				

Add the water to the peanut butter and mix to a smooth paste. Heat the milk and celery stock, reserving sufficient liquid to make a paste of the flour. When the liquid is hot add the flour paste. When thickened add the peanut butter mixture and the salt.

Number of servings 100
Amount of one serving ¾ c.
Calories in one serving _____
Cost of one serving _____

[Pg 81]

MEATS

BEEF À LA MODE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Beef round		50 lb.			
Carrots, chopped	1 gal.				
Peppers, chopped	1½ c.				
Tomatoes, #10 can	1				
Onions, chopped		1 lb.			
Water	3 gal.				
Flour	2 c.				
Salt	½ c.				

Place the meat in a roasting pan in a hot oven to sear. When well seared, cover with water and continue cooking in a medium oven for from four to five hours. About an hour and a half before serving add the chopped carrots, peppers, onions and tomatoes, and salt. Just before serving thicken the stock with the flour mixed to a paste with water. The vegetables should be served with the meat.

Number of servings 200
Amount in one serving ¼ lb.
Calories in one serving _____
Cost of one serving _____

**CORNED BEEF HASH

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Corned beef		20 lb.			
Potatoes, cooked		12 lb.			
Onions		1 lb.			
Meat stock	3 qt.				

Soak and cook the corned beef until tender. Grind or chop the beef, potatoes and onion and mix with corned beef stock or gravy. Bake in a hot oven until brown. Serve with tartare sauce.

Number of servings 70
 Amount in one serving $\frac{3}{4}$ c.
 Calories in one serving _____
 Cost of one serving _____

CREAMED DRIED BEEF ON TOAST

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Dried beef		5 lb.			
Flour	1 c.				
Butter substitute		1 lb.			
White sauce	2 gal.				
Bread, slices	40				

Shred the dried beef in small pieces. Melt the fat and sauté the dried beef in it. Add to this one cup of flour and let brown with the beef. Follow the usual manipulation for white sauce, and when cooked combine with the beef and serve on toast.

Number of servings 80
 Amount in one serving $\frac{1}{2}$ c. and $\frac{1}{2}$ slice of bread
 Calories in one serving _____
 Cost of one serving _____

****HAMBURG BALLS**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Ground beef		10 lb.			
Crumbs	3 c.				
Salt	$\frac{1}{4}$ c.				
Milk	1 qt.				
Onion		$\frac{3}{8}$ lb.			

Mix the meat well with crumbs, seasoning and milk. Shape in balls or cakes and bake in well-greased pans.

Number of servings 50
 Amount in one serving $\frac{1}{4}$ lb.
 Calories in one serving _____
 Cost of one serving _____

****HASH**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Meat, chopped	6 qt.				
Potatoes	6 qt.				
Onions	$\frac{2}{3}$ lb.				
Salt	$\frac{1}{2}$ c.				
Gravy or meat stock	3 qt.				

Chop or grind the meat and potatoes. Mix with the onions and salt and moisten with the gravy or meat stock. Put in shallow pans and bake in the oven until brown.

Number of servings 60
 Amount in one serving $\frac{3}{4}$ c.
 Calories in one serving _____
 Cost of one serving _____

****MEAT CROQUETTES**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Meat, chopped	1 gal.				
Rice, uncooked	1 qt.				
Water	1 gal.				
Onions, chopped	$\frac{1}{3}$ lb.				
Salt	$\frac{1}{4}$ c.				
Stock to mix					

Crumbs, sifted	4 c.				
Eggs	4				
Milk	½ c.				

Cook the rice in the boiling salted water to which the onions have been added, until the rice is tender. Add the chopped or cubed meat and if necessary additional stock to moisten. Using a dipper measuring half a cup per serving, mold the mixture into croquettes. Put the sifted crumbs on a board, roll the croquettes in the crumbs, dip in a dipping mixture made of eggs and milk, roll again in the crumbs and fry in deep fat. If desired, one gallon of cooked potatoes may be substituted for the rice, in which case the water also would be omitted.

Number of servings 50
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

****MEAT LOAF**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Hamburger		30 lb.			
Salt	¾ c.				
Bread crumbs	4 qt.				
Eggs, whole	6				
Egg yolks	10				
Milk	3 qt.				
Onions		1 lb.			

Mix the salt, bread crumbs and onions with the meat. Beat the eggs slightly and add to the milk. Combine with the meat and mix thoroughly. Weigh out into loaf pans which have been well greased. Be careful to press the meat well into the corners of the pan and avoid having the center of the meat higher than the edges. Bake in a medium hot oven until the meat is done. This makes nine five-pound loaves, cutting twenty-four slices each.

Number of servings 216
 Amount in one serving 1 slice
 Calories in one serving _____
 Cost of one serving _____

****MEAT LOAF WITH TOMATO AND CELERY**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Meat, ground		20 lb.			
Crumbs	5 qt.				
Milk	3 qt.				
Tomatoes	3 qt.				
Celery, chopped	2 qt.				
Eggs	10				
Salt	⅓ c.				
Onions		½ lb.			

Add the crumbs, tomatoes, chopped celery, salt and onions to the meat and mix well. Beat the eggs slightly, add the milk and mix with the meat. Weigh out into well-greased loaf pans and bake in a medium oven. In order to make the loaves uniform be careful to press the meat well into the corners of the pans and avoid having the center of the loaf higher than the sides. One pound of hamburger steak, as purchased, will make nine servings when the other ingredients that go into the loaf have been added.

Number of servings 180
 Amount in one serving ⅓ pound, after cooking
 Calories in one serving _____
 Cost of one serving _____

MEAT PIE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Stew meat		20 lb.			
Water		2 gal.			
Onions		½ c.			
Potatoes, diced		2 qt.			
Salt		⅓ c.			

Flour	4 c.				
Biscuit recipe (see page 124)	2/3 of recipe				

Cut the meat in one-inch cubes and cover with boiling water. Cook just below the boiling point. When the meat is almost tender add the salt, onions and potatoes. Mix the flour to a paste with water and thicken the stock just before serving. Serve one half cup of stew with one biscuit. The biscuit may be baked separately or the stew may be poured into baking pans, covered with biscuits and the biscuits baked in the oven.

Number of servings 100
 Amount in one serving 1/2 c.
 Calories in one serving _____
 Cost of one serving _____

****MEAT PIE WITH DRESSING**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Dressing	5 qt.				
Meat, cubed	4 1/2 qt.				
Onion		1/4 lb.			
Salt	6 tbsp.				
Meat stock	3 qt.				
Flour	2 c.				
Bread crumbs	1 c.				
Butter substitute	2 tbsp.				

Cut left-over meat into one-inch cubes and heat in a gravy made of the seasoned and thickened stock. Line a baking pan with dressing, leaving a well in the center. Fill this with the meat and gravy and cover with the buttered crumbs. Bake in a hot oven until brown. When serving, both meat and dressing should be given.

Number of servings 50
 Amount in one serving 3/4 c.
 Calories in one serving _____
 Cost of one serving _____

[Pg 86]

MEAT STEW

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Meat, cubed		20 lb.			
Water	3 gal.				
Onions		1/2 lb.			
Carrots	1 1/4 qt.				
Potatoes	5 qt.				
Flour	3 c.				
Salt	1/2 c.				

Cover the cubed meat with boiling water and cook just below the boiling point until tender. About one hour before serving time add the onions, carrots and salt. The potatoes may be added later, since they require less cooking. Mix the flour to a paste with water and thicken the stew after the vegetables are tender.

[Pg 87]

Number of servings 96
 Amount in one serving 3/4 c.
 Calories in one serving _____
 Cost of one serving _____

RIB ROAST OF BEEF

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rib roast		50 lb.			
Salt	2/3 c.				
Water	1 1/2 to 2 gal .				
Flour	3-4 c.				

Place the meat in a roasting pan and sear in a hot oven. When brown, add the salt and water and continue the roasting. Baste or turn as is necessary. Mix the flour to a paste with water and use in making the gravy.

Number of servings 125

Amount in one serving $\frac{2}{5}$ lb.
 Calories in one serving _____
 Cost of one serving _____

SWISS STEAK

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Round steak, 1 in. thick		20 lb.			
Flour	2½ c.				
Salt	¼ c.				
Water	1½ gal.				

Trim the steak. Mix the flour and salt and pound into the steak. Sear the steak in a pan on the top of the stove, put into a roasting pan, cover with water and cook slowly for from three to four hours.

Number of servings 45
 Amount in one serving $\frac{2}{5}$ lb.
 Calories in one serving _____
 Cost of one serving _____

[Pg 88]

WEINERS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Weiners		10 lb.			

Wash the weiners and cut the links apart. Put them in boiling water and cook until they swell and start to burst. Drain and serve.

Number of servings 40-42
 Amount in one serving 2
 Calories in one serving _____
 Cost of one serving _____

CHICKEN AND BISCUIT

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cooked chicken meat, cubed		12 lb.			
Onion		1 lb.			
Salt	$\frac{2}{3}$ c.				
Celery salt	¼ c.				
Stock	4 gal.				
Flour	3 qt.				
Biscuit recipe (see page 124)	$\frac{5}{6}$ of recipe				

Heat the stock and season with the onion, salt and celery salt. Thicken with the flour mixed to a paste with some of the cold stock which has been reserved. Add the chicken meat, and serve with baking-powder biscuits or on toast. *In ordering chicken for the above recipe, three and a half to four pounds of chicken, New York dressed, must be ordered for every pound of cooked chicken meat which is desired.* In cooking chicken care should be taken to cool the chicken and stock as quickly as possible and then put into the refrigerator. The chicken should be cooled out of the stock. From fifty pounds of chicken, New York dressed, approximately five gallons of stock may be obtained.

[Pg 89]

Number of servings 150
 Amount in one serving $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

CHICKEN À LA KING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Chicken fat	3 c.				
Flour	1½ qt.				
Chicken stock	2 gal.				
Onions, chopped	¼ c.				
Milk	½ gal.				
Salt	$\frac{1}{3}$ to $\frac{1}{2}$ c.				
Cooked chicken meat, cubed	7½ qt.				

Pimentos, chopped	1 qt.				
Green peppers, chopped	1 qt.				
Fresh mushrooms		2 lb.			
or					
Canned mushrooms	3 cans				
Butter		1 lb.			
Egg yolks	16				
Toast, ½ slices	150				

Heat the stock with the onion. Melt the chicken fat, add the flour, and when well mixed add to the boiling stock, stirring rapidly. Add the scalded milk, the green peppers, pimentos and cubed chicken. Sauté the mushrooms in the butter and add. Beat the yolks and add them with the salt, last. Serve on toast, in bread cases or patty shells.

Number of servings 150
Amount in one serving ½ c.
Calories in one serving _____
Cost of one serving _____

CHICKEN CROQUETTES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Chicken meat, cubed		5 lb.			
Rice	3 c.				
Chicken	3 qt.				
Parsley	1 tbsp.				
Lemon juice	1 tbsp.				
Celery salt	1 tsp.				
Paprika	1 tsp.				
Salt	¼ c.				
Onion juice	2 tbsp.				
Flour	1½ c.				
Chicken stock	1 qt.				
Eggs	8				
Milk	1 c.				
Crumbs, sifted	2 qt.				

[Pg 90]

Wash the rice and add to the boiling chicken stock to which has been added all of the seasonings. Make a thick white sauce, using the one quart of the chicken stock and the flour. Combine with the rice, white sauce, and add the cubed chicken meat and cool. Form the mixture into croquettes, dip into sifted crumbs, then into a dipping mixture made of the eggs and milk and then in crumbs and fry in deep fat.

Number of servings 50
Amount in one serving ½ c.
Calories in one serving _____
Cost of one serving _____

ROAST LAMB

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lamb		50 lb.			
Salt	⅔ c.				
Water	1½ to 2 gal.				
Flour	3-4 c.				

Wash the lamb, put in a roasting pan and sear in a hot oven. When brown, add the salt and water and continue the roasting. Mix the flour to a paste with water and use in making the gravy.

[Pg 91]

Number of servings 125-150
Amount in one serving ⅓ to ⅔ lb.
Calories in one serving _____
Cost of one serving _____

BAKED HAM

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Hams, 15 lbs. each	3	45 lb.			
Sugar	6 c.				

Vinegar	4 c.				
Cloves, whole	¼ c.				
Crumbs	1 c.				

Put the hams in a kettle, cover with water and bring to a boil. Simmer for three to four hours or until they are done. When tender remove from water, peel off the skin and place in a baking pan. Stick the cloves into the hams and pour over them a syrup made of the vinegar and brown sugar. Sprinkle them with crumbs and brown in a hot oven.

Number of servings 175
 Amount in one serving ¼ lb.
 Calories in one serving _____
 Cost of one serving _____

BREADED PORK CHOPS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pork chops		20 lb.			
Bread crumbs	5 c.				
Eggs	10				
Milk	1¼ c.				
Salt	⅔ c.				

Make a dipping mixture of the eggs and milk. Add to this the salt. Dip the chops in the mixture, then in the crumbs and place in a well-greased pan and cook the chops in a medium hot oven. Pork should be well cooked.

[Pg 92]

Number of servings 80-85
 Amount in one serving ¼ lb.
 Calories in one serving _____
 Cost of one serving _____

PORK CHOPS WITH DRESSING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pork chops		20 lb.			
Broken bread	2½ gal.				
Onion		10 oz.			
Butter substitute	1¼ c.				
Salt	¼ c.				
Hot water to moisten					

Place the pork chops in a well-greased baking pan. Sprinkle with salt, and in the center of each put a quarter of a cup of dressing. Bake in a medium hot oven until the pork is well cooked. To make the dressing, melt the fat and add to it the finely chopped onions. When brown pour over the broken bread. Add the salt and hot water sufficient to moisten. Avoid getting the dressing too wet.

Number of servings 80
 Amount in one serving ¼ lb. and ¼ c. dressing
 Calories in one serving _____
 Cost of one serving _____

ROAST PORK

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Loin of pork		50 lb.			
Salt	⅝ c.				
Water	2½ to				
Onions	3 gal.	1 lb.			
Flour	5 to 6 c.				

Put the pork in a roasting pan in a hot oven and cook until well seared and brown. Add the salt and water and continue cooking, turning the meat or basting as is necessary. When the meat is almost tender add the chopped onions to the stock to flavor. When tender remove the meat from the pan and thicken the stock on top of the stove with the flour mixed to a thin paste with water. The gravy must be strained to remove the chopped onion.

[Pg 93]

Number of servings 125
 Amount in one serving ⅔ lb.
 Calories in one serving _____

Cost of one serving_____

SAUSAGE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sausage		10 lb.			
Bread crumbs	3 c.				
Salt	1/4 c.				

Mix the sausage, bread crumbs and salt and mold into flattened balls. There should be four servings to the pound. An ice-cream dipper of the right size may be used to keep the balls uniform in size.

Number of servings 44
 Amount in one serving 1/4 lb.
 Calories in one serving_____
 Cost of one serving_____

BREADED VEAL

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Veal, round steak		20 lb.			
Salt	1/2 c.				
Eggs	8				
Milk	1 c.				
Bread crumbs, sifted	2 qt.				

Trim the steak and cut into pieces the size of one serving. Beat the eggs, add the salt and the milk. Dip the meat in the milk and egg mixture, then into the crumbs, put into a well-greased roasting pan and cook in a moderate oven. Turn as is necessary. Veal should be thoroughly cooked.

[Pg 94]

Number of servings 80
 Amount in one serving 1/4 lb.
 Calories in one serving_____
 Cost of one serving_____

BREADED VEAL HEARTS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Veal hearts		20 lb.			
Bread crumbs, sifted	2 qt				
Milk	1 c.				
Eggs	8				
Salt	1/2 c.				

Wash and slice the hearts. Make a dipping mixture of the eggs, milk and salt. Dip the hearts in this mixture, then in the crumbs. Place in a well-greased roasting pan and cook in a moderate oven until brown and tender. Turn as is necessary. Veal should be thoroughly cooked.

Number of servings 80
 Amount in one serving 1/4 lb.
 Calories in one serving_____
 Cost of one serving_____

ROAST VEAL

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Veal, round		50 lb.			
Salt	2/3 c.				
Onions		1/4 lb.			
Flour	5 c.				
Water	2 1/2 gal.				

Wash or wipe the meat and place in a roasting pan in a hot oven. When seared, add the salt and water and continue roasting, basting and turning frequently until the meat is tender. Remove the meat from the pan, add the onion and cook. Additional water may be added to the stock. Thicken with the flour mixed to a paste with water.

[Pg 95]

Number of servings 200

Amount in one serving $\frac{1}{4}$ lb.
 Calories in one serving _____
 Cost of one serving _____

VEAL BIRDS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Veal round steak		20 lb.			
Dressing	6 qt.				
Milk	2 qt.				
Water	2 qt.				
Salt	1 c.				
Fat	1 qt.				

Trim the veal and cut in pieces about four to five inches long and two and one half inches wide. The scraps of meat that are trimmed off may be added to the dressing. Salt the meat, cover with dressing, roll, and fasten with toothpicks. Melt the fat in a skillet on top of the stove and sear until brown. Put the birds into a baking pan and pour the milk and water around them. Bake in a moderate oven until tender. Four birds may be obtained from one pound of meat.

Number of servings 80
 Amount in one serving $\frac{1}{4}$ lb.
 Calories in one serving _____
 Cost of one serving _____

VEAL HEARTS EN CASSEROLE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Veal hearts		20 lb.			
Flour	2½ c.				
Salt	½ c.				
Bacon fat	2 c.				
Stock	1½ gal.				
Green peppers, chopped	1 c.				
Onions	1 lb.				
Carrots, diced	1 c.				
Parsley, chopped	¼ c.				
Celery salt	¼ c.				
Peppercorns	2 tbsp.				

Wash and slice the hearts, dredge in flour and salt and brown in the bacon fat. Put the hearts into a roasting pan, pour the stock over them and add the remaining seasonings and cook in a slow oven until the heart is tender.

[Pg 96]

Number of servings 50
 Amount in one serving $\frac{2}{5}$ lb.
 Calories in one serving _____
 Cost of one serving _____

CREAMED SWEETBREADS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sweetbreads		5 lb.			
Water	1 gal.				
Vinegar	½ c.				
Salt	$\frac{3}{8}$ c.				
White sauce	3 qts.				
Butter substitute	1 c.				
Paprika	2 tsp.				
Salt	$\frac{3}{8}$ c.				
Bread	24 slices				

If frozen, soak the sweetbreads in cold water for an hour to thaw, then parboil in acidulated, salted water until tender, about half an hour. When cooked, drain and plunge into cold water. Remove the tough connecting membrane. Make the white sauce using the white sauce recipe, add the fat and paprika and reheat the sweetbreads in the sauce. Serve with half a slice of toast per person.

Number of servings 48
 Amount in one serving $\frac{1}{3}$ c.

Calories in one serving _____

Cost of one serving _____

LIVER AND BACON

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Liver		8 lb.			
Bacon		1¾ lb.			
Salt	2 tbsp.				
Eggs	4				
Milk	¼ c.				
Crumbs	3 c.				

Slice the liver thin and cut in pieces the size of a serving. Pour hot water over the liver and let stand fifteen minutes. Drain the liver. Make a dipping mixture of the eggs and milk and add the salt to it. Dip the liver in the mixture, then in the crumbs and place in a well-greased baking pan. Cook in a slow oven until well browned and until the liver is done. Place the bacon in rows in a baking sheet and cook in a hot oven until brown. Place a strip of bacon on top of each piece of liver and serve.

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Number of servings 48

Amount in one serving ⅙ lb. liver and 1 slice bacon

Calories in one serving _____

Cost of one serving _____

TONGUE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tongue, fresh		20 lb.			
Water	2 gal.				
Salt	1 c.				
Vinegar	2 c.				

Wash the tongues thoroughly. Put in a kettle and cover with boiling water to which the salt and vinegar have been added. Cook below the boiling point until the tongues are tender. Remove the outer skin of the tongue. Slice thin and serve with mustard sauce.

Number of servings 60

Amount in one serving ⅓ lb.

Calories in one serving _____

Cost of one serving _____

FISH

CODFISH BALLS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Boneless cod		2 lb.			
Eggs	30				
Potatoes, raw, diced		10 lb.			
Butter substitute	¾ c.				
Paprika	⅔ tsp.				

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Shred the codfish and add to the potatoes and cook in boiling water until the potatoes are tender. Drain thoroughly, add the beaten eggs, butter substitute, paprika and mash until smooth. Fry the codfish mixture in deep fat, using an eight-to-the-quart size ice-cream dipper to keep the servings uniform. Since this mixture contains a large number of eggs, the balls do not require dipping in eggs and crumbs.

Number of servings 65

Amount in one serving ½ c.

Calories in one serving _____

Cost of one serving _____

FRIED HALIBUT

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Halibut		20 lb.			

Salt	2/3 c.				
Crumbs	5 c.				
Eggs	5				
Milk	3/4 c.				

Cut the fish in pieces for serving and dip in a mixture made of the milk, eggs and salt. Dip in crumbs. Place in a well-greased baking pan and cook in a medium oven until the fish is tender.

Number of servings 50
 Amount in one serving 2/3 lb.
 Calories in one serving _____
 Cost of one serving _____

FRIED OYSTERS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Oysters	1 gal.				
Bread crumbs	2 qt.				
Eggs	8				
Milk	1 c.				
Salt	1/2 c.				

Look over the oysters carefully and remove the shells. Dip them in a dipping mixture made of milk, eggs and salt. Let drain to remove surplus liquid, dip in the crumbs and fry in deep fat.

Number of servings 56
 Amount in one serving 5
 Calories in one serving _____
 Cost of one serving _____

OYSTER COCKTAIL

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Oysters	3 qt.				
Lemon juice	1 1/2 c.				
Catsup	1 c.				
Grated onion juice	1/4 c.				
Tabasco sauce	1/2 tsp.				
Salt	1 tsp.				
Celery, chopped	3/4 c.				
Peppers, chopped	3/4 c.				

Look over the oysters carefully and put in cocktail glasses. Mix the lemon juice, catsup, grated onion, tabasco sauce and salt, and pour over the oysters. Sprinkle the top with chopped celery and peppers.

Number of servings 40
 Amount in one serving 1/3 c.
 Calories in one serving _____
 Cost of one serving _____

****SCALLOPED OYSTERS**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Broken bread	2 qt.				
Broken crackers	2 qt.				
Milk	1 qt.				
Salt	1/2 tbsp.				
Onion juice	2 tbsp.				
Butter substitute	2 tbsp.				
Oysters	2 qt.				

Look over the oysters carefully for shells. Scald the milk and pour over the crackers, broken bread, salt, onion juice and butter substitute and mix. Put a layer of the moistened crackers and bread over the bottom of a greased baking pan, then a layer of oysters and cover the top with the bread and cracker mixture. Bake in medium oven until brown.

Number of servings 25
 Amount in one serving 3/4 c.
 Calories in one serving _____

Cost of one serving_____

FRIED SALMON

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Salmon		20 lb.			
Salt	2/3 c.				
Crumbs	5 c.				
Eggs	5				
Milk	3/4 c.				

Cut the fish in pieces for serving and dip in a mixture made of the milk, eggs and salt. Dip in crumbs. Place in a well-greased baking pan and cook in a medium oven until the fish is tender.

Number of servings 50
 Amount in one serving 2/3 lb.
 Calories in one serving _____
 Cost of one serving _____

[Pg 101]

SALMON LOAF

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Salmon, 1 lb. cans	12				
Bread crumbs	5 qt.				
Milk	3 qt.				
Eggs	16				
Celery, diced	2 qt.				
Paprika	1 tsp.				
Salt	1/4 c.				

Mix the salmon, bread crumbs, celery, paprika and salt. Scald the milk and add to the beaten eggs. Add to the remaining ingredients and put into well-greased loaf pans. Bake in a moderate oven until the loaf is firm. This amount makes twenty-five pounds of mixture.

Number of servings 96
 Amount in one serving 1 slice
 Calories in one serving _____
 Cost of one serving _____

SCALLOPED SALMON

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Salmon, 1 lb. cans	10				
Bread, broken	4 qt.				
Milk	4 qt.				
Bay leaves	3/8 c.				
Parsley sprigs	1/4 c.				
Onions		3/8 lb.			
Salt	1 1/2 tbsp.				
Butter substitute	1 c.				
Flour	2 c.				
Paprika	1/2 tsp.				
Crumbs	3 c.				
Butter substitute		1/4 lb.			

Add the bay leaves, parsley and onion to the milk and bring to the boiling point. Melt the fat, add the flour and add to the milk, stirring rapidly. When the milk has thickened, strain out the seasonings and pour over the broken bread. Grease a scalloping pan and line with crumbs. Add a layer of salmon, then a layer of white sauce and bread, then a layer of salmon and another layer of white sauce. Cover with the buttered crumbs. Put in an oven to brown.

[Pg 102]

Number of servings 60
 Amount in one serving 2/3 c.
 Calories in one serving _____
 Cost of one serving _____

MEAT SUBSTITUTES

****CHEESE FONDUE**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	6 qt.				
Broken bread	8 qt.				
Cheese		5 lb.			
Butter substitute	½ c.				
Eggs	36				
Mustard	2 tbsp.				
Salt	3 tbsp.				
Paprika	2 tsp.				

Add the grated or chopped cheese, mustard, salt, paprika and fat to the broken bread. Scald the milk and add to the well-beaten egg yolks and pour over the above ingredients. Fold in the stiffly beaten egg whites and bake in a greased pan in a slow oven.

Number of servings 75
 Amount in one serving ¾ c.
 Calories in one serving _____
 Cost of one serving _____

****COTTAGE CHEESE CROQUETTES**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cottage cheese	6 qt.				
Bread crumbs	6 qt.				
Nut meats, chopped	6 c.				
Paprika	2 tbsp.				
Chopped onion	¾ c.				
Chopped green pepper	2 c.				
Salt	¾ c.				
Milk	1 to 1½ gal.				
Crumbs	4½ c.				
Eggs	10				
Milk	1¼ c.				

Combine the cottage cheese and crumbs with the nut meats and seasonings. Add the milk and mix well. Using an eight-to-the-quart size ice-cream dipper, measure the mixture into croquettes. Mold, dip in a dipping mixture made of the eggs and one and a quarter cups of milk, then in crumbs. Fry in deep fat. Serve with a cream sauce.

[Pg 103]

Number of servings 100
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

MACARONI AND CHEESE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Macaroni, broken	1 gal.				
Water	2 gal.				
Salt	¼ c.				
Cheese		2 lb.			
Bread crumbs	1 c.				
Butter substitute	⅜ c.				
White sauce	6 qt.				

Cook the broken macaroni in boiling salted water until tender. Drain and pour cold water on the macaroni to separate. Make a white sauce and add to it the cheese and macaroni. Put in a well-greased baking pan and cover with buttered crumbs.

Number of servings 50
 Amount in one serving ¾ c.
 Calories in one serving _____
 Cost of one serving _____

RICE AND CHEESE

[Pg 104]

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
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Rice	5 c.				
Water	5 qt.				
Salt	¼ c.				
Milk	2½ qt.				
Flour	1 c.				
Cheese		2 lb.			
Paprika	1 tbsp.				

Cook the rice in boiling salted water until tender. Make a white sauce of the flour and milk and add the chopped or ground cheese and paprika. Combine with the rice and pour into baking pan. Put in a hot oven to brown. A part of the cheese may be reserved and sprinkled over the top if desired.

Number of servings 40
Amount in one serving ¾ c.
Calories in one serving _____
Cost of one serving _____

RICE AND NUT LOAF

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rice, before cooking	4 qt.				
Stock or liquid	2 gal.				
Milk	1½ gal.				
Nut meats, chopped	2 qt.				
Green peppers	12				
Eggs	30				
Salt	½ c.				

Cook the rice in the boiling salted stock. As the rice absorbs the stock, add the milk gradually, to avoid curdling. When the rice is tender, remove from the fire and add the chopped nuts, peppers and beaten eggs. Grease loaf pans and fill with the rice mixture. The loaf pans should be set in a pan of hot water to avoid over-baking the bottom of the loaf, thus forming a hard crust. Serve with a cream or tomato sauce.

Number of servings 192
Amount in one serving 4 oz.
Calories in one serving _____
Cost of one serving _____

EGG CUTLETS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs, hard cooked	4 doz.				
Flour	3 c.				
Milk	2 qt.				
Butter substitute	⅓ c.				
Salt	⅓ c.				
Bread crumbs	1 qt.				
Eggs	4				
Milk	½ c.				

Make a stiff white sauce of the flour, milk, butter substitute and salt. Hard cook the eggs, peel and chop, and add to the white sauce and cool. When cold mold in the shape of a cutlet and dip in dipping mixture made of the eggs and milk, and then in crumbs and fry in deep fat. Use an ice-cream dipper to keep the servings uniform in size.

Number of servings 48
Amount in one serving ⅓ c.
Calories in one serving _____
Cost of one serving _____

****SCRAMBLED EGGS AND HAM**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs	96				
Milk	3 qt.				
Butter substitute	1½ c.				
Salt	¼ c.				
Ham, cubed	4 to 6 c.				

Beat the eggs slightly, add the milk, salt and ham. Melt the fat in a skillet or kettle, pour in the egg mixture, and cook at a low temperature.

Number of servings 48
 Amount in one serving $\frac{3}{4}$ c.
 Calories in one serving _____
 Cost of one serving _____

MEAT SAUCES

MUSTARD SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2 tbsp.				
Salt	2 tsp.				
Paprika	1 tsp.				
Vinegar	$\frac{1}{2}$ c.				
Oil	1 c.				
Mustard		$\frac{1}{4}$ lb.			
Mayonnaise dressing	$3\frac{1}{2}$ c.				

Mix the sugar, paprika, salt and mustard with the vinegar. Add the oil gradually, stirring well. Combine with the mayonnaise. This is a very strong flavored sauce and only a small amount is necessary for a serving. This makes five and a quarter cups of sauce.

Number of servings 250
 Amount in one serving 1 tsp.
 Calories in one serving _____
 Cost of one serving _____

TARTARE SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Mayonnaise	1 qt.				
or					
(Cooked salad dressing	1 qt.)				
Pickles, chopped	1 c.				
Onions, chopped	2 tbsp.				
Parsley, chopped	2 tbsp.				
Vinegar	1 c.				

Chop the pickles, onions and parsley and add to the dressing. Thin with the vinegar. This makes five and a half cups of sauce.

Number of servings 90
 Amount in one serving 1 tbsp.
 Calories in one serving _____
 Cost of one serving _____

TOMATO SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tomatoes, #10 can	1				
Stock, meat stock	1 gal.				
Celery salt	2 tbsp.				
Carrots, chopped	$\frac{1}{2}$ c.				
Onion	$\frac{1}{4}$ c.				
Bay leaf	4				
Parsley, chopped	$\frac{1}{4}$ c.				
Flour	3 c.				
Salt	3 tbsp.				
Fat	$1\frac{1}{2}$ c.				

Add the seasonings to the boiling stock and tomato and cook until soft. Melt the fat, stir in the flour and make a paste with the hot liquid and add to the remainder of the liquid. Strain to remove the chopped vegetables.

Number of servings 192
 Amount of one serving 2 tbsp.
 Calories in one serving _____
 Cost of one serving _____

WHITE SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	2 gal.				
Flour	4 c.				
Egg yolks	3				
Salt	¼ c.				

Scald the milk, reserving sufficient cold milk to make a paste with the flour. Add the paste to the hot milk, stirring constantly. When thickened add the egg yolks and salt.

[Pg 108]

Total volume 2 gal.
 Total calories
 Total cost

VEGETABLES

CREAMED ASPARAGUS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Asparagus, 15 oz. can	10				
White sauce	1 gal.				
Butter substitute	¼ c.				
Salt	3 tbsp.				

Make a white sauce, using the liquor from the asparagus as part of the liquid. Heat the asparagus with the salt and butter substitute and add to the white sauce.

Number of servings 58
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

CREAMED FRESH ASPARAGUS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Asparagus		9 lb.			
Butter substitute		⅝ lb.			
Salt	3 tbsp.				
White sauce	4½ qt.				

Wash the asparagus and cut in two-inch pieces. Cook in boiling water until tender and drain. Combine with the white sauce, salt and butter substitute.

Number of servings 50
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

[Pg 109]

FRESH ASPARAGUS ON TOAST

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Asparagus		12 lb.			
Salt	½ c.				
Butter substitute		2 lb.			
Toast	60 slices				

Wash the asparagus. Do not break the stalks except when they are very long. Tie in bundles and put in a kettle of boiling salted water to cook, so placing the bundles that the tops stand out of water. The steam from the boiling water will serve to cook the tops. When the asparagus is tender, drain. Place the stalks on a slice of toast and moisten the toast with one tablespoon of hot water and two tablespoons of melted fat. The number of stalks of asparagus will be determined by the size and length of the individual stalks. From twelve pounds, sixty servings should be

obtained.

Number of servings 60
 Amount in one serving 1 slice of toast with asparagus
 Calories in one serving _____
 Cost of one serving _____

BAKED BEANS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Beans	4 qt.				
Soda	¼ c.				
Molasses	1 c.				
Sugar	½ c.				
Mustard	2 tsp.				
Paprika	2 tsp.				
Salt	6 tbsp.				
Bacon fat or scraps or Ham fat		1 lb.			

Soak the beans twelve hours or more. Add the soda and boil until almost tender. Drain, add the seasonings, the fat and three quarts of water and bake in a medium oven until the beans are tender and well browned.

[Pg 110]

Number of servings 75
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

LIMA BEANS WITH GREEN PEPPERS AND PIMENTOS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lima beans	6 qt.				
Water	6 qt.				
Pimentos, 8 oz. cans	2				
Bacon fat	2 c.				
Onions		1 ½ lb.			
Salt	⅓ c.				
Paprika	3 tbsp.				
Green peppers	1 ½ c.				
Molasses	¼ c.				
Corn syrup	1 c.				

Soak the lima beans in water over night. Drain and cook them in the six quarts of boiling salted water until almost tender. Add the remaining ingredients to the beans and pour into baking pans. Bake in a medium oven until the beans are tender and brown. The green peppers may be reserved and used as a garnish on top of the baking pans as they come out of the oven, if desired.

Number of servings 150
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

STRING BEANS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
String beans, #10 can	1				
Bacon drippings	½ c.				
Salt	2 tbsp.				
Paprika	1 tbsp.				

Open the can of beans and unless there is an excess of liquid do not drain. Add the seasonings and heat.

[Pg 111]

Number of servings 26
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

BUTTERED BEETS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Beets		8 lb.			
Butter substitute	1 c.				
Salt	3/8 c.				

Wash the beets and steam or boil until tender. Remove the skin, cube or slice, reheat, salt and pour the fat over them.

Number of servings 36-54
 Amount in one serving 1/3-1/2 c.
 Calories in one serving _____
 Cost of one serving _____

CABBAGE IN VINEGAR

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cabbage		8 lb.			
Butter substitute	1/2 c.				
Vinegar	1 c.				
Salt	1/4 c.				
Paprika	1 tsp.				

Remove the outer leaves of the cabbage and cut in eighths. Cook the cabbage in boiling salted water until tender. Avoid over-cooking to keep the cabbage from discoloring and from becoming strong in flavor. Drain off the water and add the butter substitute, vinegar and paprika.

Number of servings 48
 Amount in one serving 1/2 c.
 Calories in one serving _____
 Cost of one serving _____

BUTTERED CABBAGE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cabbage		8 lb.			
Butter substitute		1 lb.			
Salt	1/4 c.				

Remove the outer leaves of the cabbage and cut the heads in eighths. Cook in boiling salted water until tender. Avoid over-cooking, to prevent the cabbage from discoloring and from developing a strong flavor. Drain off the water and add the butter substitute.

Number of servings 48
 Amount in one serving 1/2 c.
 Calories in one serving _____
 Cost of one serving _____

CREAMED CABBAGE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cabbage		8 lb.			
White sauce	3 qt.				
Salt	1/4 c.				

Wash the cabbage and cut into eighths. Do not shred. Cook in boiling salted water until tender. Drain and cover with the white sauce.

Number of servings 48
 Amount of one serving 1/2 c.
 Calories in one serving _____
 Cost of one serving _____

BUTTERED CARROTS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Carrots, diced	2 gal.				
Salt	1/4 c.				

Pare and dice the carrots. Cook in boiling salted water to cover until tender. Add the butter substitute and serve.

Number of servings 56
 Amount in one serving 1/2 c.
 Calories in one serving _____
 Cost of one serving _____

BUTTERED CARROTS AND PEAS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Carrots, diced	1 gal.				
Peas, #2 cans	5				
Butter substitute	3/4 c.				
Salt	3 tbsp.				

Cook the diced carrots in boiling salted water until tender. Drain and combine with the peas which have been heated in their own liquid, the butter substitute and the salt.

Number of servings 52
 Amount in one serving 1/2 c.
 Calories in one serving _____
 Cost of one serving _____

CREAMED CARROTS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Carrots		10 lb.			
Salt	1/2 c.				
Water	5 qt.				
White sauce	1 gal.				
Butter substitute	2/3 c.				

Wash, scrape or pare, and dice the carrots. Cook in boiling water until tender. Drain and mix with the white sauce and butter substitute.

Number of servings 60
 Amount in one serving 1/2 c.
 Calories in one serving _____
 Cost of one serving _____

CREAMED CELERY

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Celery, chopped	5 qt.				
Salt	6 tbsp.				
Cream sauce	2 qt.				

Wash and clean the celery and cut in three-fourths inch lengths. Cook in boiling salted water until tender. Avoid over-cooking, to prevent the discoloration of the celery. When tender, drain, and combine with the white sauce.

Number of servings 50
 Amount in one serving 1/3 c.
 Calories in one serving _____
 Cost of one serving _____

CORN PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Corn, #2 cans	4				
Sugar	2 tbsp.				
Bread crumbs	2 c.				
Salt	1 tbsp.				
Eggs	8				
Milk	2 qt.				

Scald the milk and add to the corn, sugar, salt, bread crumbs and well-beaten egg. Pour the

mixture into individual ramekins or a baking pan. Place in a pan of water and bake in a medium oven until the custard has set. Serve hot.

Number of servings 54
 Amount in one serving $\frac{1}{3}$ c.
 Calories in one serving _____
 Cost of one serving _____

CORN WITH GREEN PEPPERS AND PIMENTOS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Corn, #2 cans	20				
Butter substitute		1 lb.			
Salt	6 tbsp.				
Pimento, chopped	2 c.				
Green peppers, chopped	2 c.				

Mix the corn, butter substitute, salt, pimento, green pepper and heat.

Number of servings 144
 Amount in one serving $\frac{1}{3}$ c.
 Calories in one serving _____
 Cost of one serving _____

****SCALLOPED CORN**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	2 qt.				
Butter substitute	$\frac{1}{2}$ c.				
Onion, grated		$\frac{3}{8}$ lb.			
Salt	1 tbsp.				
Broken bread	4 qt.				
Broken crackers	2 qt.				
Corn, #2 cans	3				

Heat the milk, butter substitute and onion. Add the salt and pour over the crackers and bread. Cover a greased baking pan with the bread and cracker mixture, then with a layer of corn, and finally a layer of the crackers and bread. Bake in a hot oven until brown.

Number of servings 46
 Amount in one serving $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

****SUCCOTASH**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lima beans	$1\frac{1}{2}$ qt.				
Corn, #2 cans	8				
Butter substitute	1 c.				
Salt	$\frac{1}{4}$ c.				
Onion, grated	2 tbsp.				
Paprika	$\frac{1}{2}$ tsp.				

Soak the beans over night in cold water to cover. Drain, cover with boiling water and cook until tender. Mix the beans with the corn, which has been heated, add the seasonings and butter substitute.

Number of servings 70
 Amount in one serving between $\frac{1}{3}$ and $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

FRIED EGGPLANT

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggplant		14 lb.			
Water	2 gal.				
Salt	6 c.				

Eggs	8				
Milk	1 c.				
Crumbs, sifted	1 qt.				

Cut the eggplant in thin slices and pare. Soak it in the strong salt water about two hours. Make a dipping mixture by beating the eggs and milk together. Dip the eggplant in this mixture and then in the crumbs and fry in deep fat.

Number of servings 56
 Amount in one serving 2-3 slices
 Calories in one serving _____
 Cost of one serving _____

BUTTERED ONIONS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Onions		10 lb.			
Salt	½ c.				
Water	6 qt.				
Butter substitute	½ c.				
Paprika	½ tbsp.				

Peel the outer skins from the onions and cook in the boiling salted water until tender. Drain and add the butter substitute and paprika.

Number of servings 24
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

CREAMED ONIONS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Onions		10 lb.			
Salt	½ c.				
Water	6 qt.				
White sauce	2 qt.				

Peel the outer skins from the onions and cook in the boiling salted water until tender. Drain and add to the white sauce.

Number of servings 40
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

BUTTERED PEAS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peas, #2 cans	10				
Butter substitute	½ c.				
Salt	2 tbsp.				
Sugar	½ c.				

Open the peas and unless there is an excess of liquid do not drain. Add the seasonings and heat.

Number of servings 60
 Amount in one serving between ⅓ and ½ c.
 Calories in one serving _____
 Cost of one serving _____

CREAMED PEAS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peas	2 gal.				
Salt	⅜ c.				
White sauce	1 gal.				
Butter substitute	½ c.				

Open the peas and drain, reserving the juice to use as part of the liquid in making the white

sauce. When using the juice of the peas, care should be taken not to add it to the white sauce until just before combining with the peas, to avoid curdling.

Number of servings 84
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

BROWNE D POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, pared		30 lb.			
Salt	¼ c.				
Fat	1 qt.				
Stock	2 qt.				

Steam or boil the potatoes until almost done. Place the partially cooked potatoes in a roasting pan and pour the fat and hot salted stock over them. Bake in a hot oven until the potatoes are brown, basting or turning as is necessary.

Number of servings 90
 Amount in one serving ⅓ lb.
 Calories in one serving _____
 Cost of one serving _____

STEAMED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, after paring		15 lb.			
White sauce	3 qt.				
Salt	¼ c.				

Steam or boil the potatoes until tender. Drain and add the white sauce. If steamed, the salt may be sprinkled on the top of the potatoes. If boiled, add the salt to the boiling water.

Number of servings 66
 Amount in one serving ⅔ c.
 Calories in one serving _____
 Cost of one serving _____

[Pg 119]

FRENCH FRIED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, after paring		10 lb.			
Salt	⅜ c.				

Cut the potatoes. Dry on a cloth. Put in a basket and fry in deep fat until brown. Drain and empty on to a brown paper and sprinkle with salt.

Number of servings 30
 Amount in one serving 1 c.
 Calories in one serving _____
 Cost of one serving _____

MASHED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, pared		15 lb.			
Milk, scalded	1½ qt.				
Salt	¼ c.				

Steam or boil the potatoes until done. Mash thoroughly and add the scalded milk and salt. Beat until light.

[Pg 120]

Number of servings 66
 Amount in one serving ⅔ c.
 Calories in one serving _____
 Cost of one serving _____

PARSLEY BUTTERED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, pared		30 lb.			
Parsley, chopped	2 ² / ₃ c.				
Salt	¹ / ₄ c.				
Butter substitute		1 ¹ / ₂ lb.			

Steam or boil the potatoes until tender. When done, put the potatoes into a shallow kettle, pour the butter substitute and salt over them and sprinkle them with parsley. Shake the kettle vigorously to get the potatoes covered with the fat and parsley. This may be accomplished more easily if only a few potatoes are prepared at a time.

Number of servings 90
Amount in one serving ¹/₃ lb.
Calories in one serving _____
Cost of one serving _____

**SCALLOPED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes, steamed, sliced	4 gal.				
White sauce	1 ¹ / ₂ gal.				
Onion, grated		¹ / ₂ lb.			
Salt	¹ / ₂ to ³ / ₄ c.				
Crumbs	2 c.				
Butter substitute	¹ / ₂ c.				

Grease a scalloping pan. Cover with a layer of potatoes, then with white sauce to which the onion and salt have been added. Add another layer of potato and white sauce and cover with buttered crumbs. Bake until brown.

[Pg 121]

Number of servings 96
Amount in one serving ²/₃ c.
Calories in one serving _____
Cost of one serving _____

STUFFED BAKED POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Potatoes	12	4 ³ / ₄ lb.			
Butter substitute	³ / ₈ c.				
Salt	2 tbsp.				
Egg whites	3				
Milk	1 c.				
Paprika	¹ / ₄ tsp.				
Chopped pimento	³ / ₈ c.				
Chopped parsley	¹ / ₄ c.				

Bake smooth, medium-sized potatoes until done. Remove them from the oven, and inserting a knife, cut a cap from side. Scoop out the inside of the potatoes, mash or run through a ricer and add the milk, seasonings, fat, chopped pimento and parsley. Lastly, fold in the beaten egg whites. Fill the potato shells with the seasoned mixture and brown in a hot oven.

Number of servings 12
Amount in one serving 1
Calories in one serving _____
Cost of one serving _____

GLAZED SWEET POTATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sweet potatoes		50 lb.			
Sugar, brown	1 qt.				
Water	2 qt.				
Butter substitute or bacon fat	1 ¹ / ₂ c.				

Steam and peel the potatoes. If a vegetable parer is available, the potatoes may be put through the machine before steaming. When done, put in shallow baking pans and pour a syrup made of the sugar, water and melted fat over them. Brown in a hot oven.

[Pg 122]

Number of servings 100

Amount in one serving $\frac{1}{2}$ lb.
 Calories in one serving _____
 Cost of one serving _____

RICE CROQUETTES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rice	5 c.				
Milk	3 qt.				
Water	1½ qt.				
Salt	2 tbsp.				
Eggs	20				
Butter substitute	½ c.				
Bread crumbs	4 c.				
Eggs	6				
Milk	¾ c.				

Cook the rice in the milk and water until tender. Remove from fire and add well-beaten eggs, salt and butter substitute. Turn into shallow pans to cool. Mold and dip in egg and milk mixture, then in crumbs and fry in deep fat. If desired the dipping mixture and crumbs may be omitted and the mixture molded with an ice-cream dipper and dropped at once into the hot fat. Serve with jelly, jam or syrup.

Number of servings 65
 Amount in one serving $\frac{1}{3}$ c.
 Calories in one serving _____
 Cost of one serving _____

MASHED RUTABAGAS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rutabagas		15 lb.			
Butter substitute	1 c.				
Salt	¼ c.				

Pare the rutabagas, steam until tender and mash. Season with the butter or butter substitute, and salt.

[Pg 123]

Number of servings 60
 Amount in one serving $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

SPINACH AND EGG

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Spinach, #10 cans	2				
Vinegar	½ c.				
Salt	¼ c.				
Eggs	6				

Add the salt and vinegar to the spinach and heat. Hard cook the eggs and slice them. When the spinach is hot spread in steam table or scalloping pans, and arrange the sliced, hard-cooked eggs in rows on top of the spinach. Sliced lemon may be used in place of the egg.

Number of servings 50
 Amount in one serving $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

**SCALLOPED TOMATOES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tomatoes, #10 cans	2				
Broken bread	4 qt.				
Sugar	1 c.				
Salt	¼ c.				
Grated onion	¼ c.				
Crumbs	2 c.				

Butter substitute | 1/3 c. | | | |

Add the onion, sugar and salt to the tomatoes and heat. Pour over the broken bread, which has been put in the bottom of a baking pan. Cover with buttered crumbs and brown in the oven.

Number of servings 56
 Amount in one serving 1/2 c.
 Calories in one serving _____
 Cost of one serving _____

****STEWED TOMATOES**

[Pg 124]

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tomatoes, #10 cans	2				
Broken bread	2 qt.				
Sugar	1 c.				
Salt	3 tbsp.				
Grated onion	1/4 c.				
Butter substitute	1/2 c.				

Heat the tomatoes with the seasonings. Add the broken bread just before serving.

Number of servings 65
 Amount in one serving, between 1/3 and 1/2 c.
 Calories in one serving _____
 Cost of one serving _____

BREADS

BAKING-POWDER BISCUITS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	6 qt.				
Baking powder	1 1/2 c.				
Salt	1/4 c.				
Shortening	3 c.				
Milk	2 3/4 qt.				

Mix and sift the dry ingredients. Rub in the shortening lightly with the tips of the fingers. Add the milk gradually, mixing to a soft dough. The amount of milk may vary, due to differences in the flour. Put the dough on to a floured board and roll three quarters of an inch in thickness. To obtain one hundred and eighty biscuits, use a cutter two and one half inches in diameter.

[Pg 125]

Number of servings 90
 Amount in one serving 2
 Calories in one serving _____
 Cost of one serving _____

BAKING-POWDER CINNAMON ROLLS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	6 qt.				
Baking powder	1 1/2 c.				
Salt	4 tbsp.				
Shortening	3 c.				
Milk	2 3/4 qt.				
Raisins	2 c.				
Cinnamon	1/4 c.				
Sugar	2 c.				
Butter substitute	1/2 c.				

Make a baking-powder biscuit dough. Roll to one third of an inch thickness, making the dough rectangular in shape. Mix the cinnamon and sugar and spread over the rolled dough. Sprinkle with the raisins, dot with the fat and, starting with the longer side, roll up the dough. Cut off rolls half an inch in thickness and bake in a hot oven. These rolls may be improved by adding a teaspoon of boiled frosting to the top of each before serving.

Number of servings 120
 Amount in one serving 1 roll

Calories in one serving _____
 Cost of one serving _____

****BACON MUFFINS**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	5 qt.				
Baking powder	¾ c.				
Salt	2 tbsp.				
Sugar	3 c.				
Milk	2½ to 2¾ qt.				
Bacon fat	½ c.				
Eggs	8				
Bacon, cooked	2 c.				

Mix the dry ingredients and the liquid ingredients separately. Combine by adding the liquid to the dry. Add the fat and bacon pieces last. Bake in well-greased muffin pans.

[Pg 126]

Number of servings 96
 Amount in one serving ¼ c. batter
 Calories in one serving _____
 Cost of one serving _____

CORN-MEAL MUFFINS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	10 c.				
Corn meal	10 c.				
Sugar	2 c.				
Salt	2 tbsp.				
Baking powder	1 c.				
Milk	3¼ qt.				
Eggs	10				
Butter substitute	1 c.				

Mix the dry ingredients. Beat the eggs and add to the milk. Combine the dry and liquid ingredients. Add the melted fat. Put in well-greased muffin tins and bake in a hot oven. This may be baked in sheets as corn bread.

Number of servings 96
 Amount in one serving ⅓ c. batter
 Calories in one serving _____
 Cost of one serving _____

****CRUMB MUFFINS**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	2½ qt.				
Sugar	3 c.				
Crumbs	2½ qt.				
Baking powder	¾ c.				
Salt	2 tbsp.				
Eggs	8				
Milk	3½ to				
Butter substitute	4 qt.	¼ lb.			

Mix the dry ingredients and the liquid ingredients separately. Combine by adding the liquid to the dry. Add the melted fat last. Bake in well-greased muffin tins.

Number of servings 120
 Amount in one serving ¼ c. batter
 Calories in one serving _____
 Cost of one serving _____

[Pg 127]

****DARK BRAN MUFFINS**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	1½ qt.				
Cake crumbs	1 qt.				

Bran	3½ qt.				
Soda	¼ c.				
Salt	3 tbsp.				
Milk, sour	2½ qt.				
Molasses	3 c.				
Eggs	4				

Mix the dry ingredients. Beat the eggs, add the milk and molasses and combine with the dry ingredients. Bake in well-greased muffin pans, in a hot oven.

Number of servings 90
 Amount in one serving ¼ c. batter
 Calories in one serving _____
 Cost of one serving _____

GRAHAM MUFFINS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	10 c.				
Flour, graham	10 c.				
Sugar	3 c.				
Baking powder	¾ c.				
Salt	2 tbsp.				
Eggs	8				
Milk	3¼ to				
Butter substitute, melted	3½ qt. ⅔ c.				

Prepare as for plain muffins.

Number of servings 96
 Amount in one serving ⅓ to ½ c. batter
 Calories in one serving _____
 Cost of one serving _____

PLAIN MUFFINS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	¾ qt.				
Flour	5 qt.				
Baking powder	¾ c.				
Salt	2 tbsp.				
Eggs	8				
Milk	3¼ to				
Butter substitute, melted	3½ qt.		¼ lb.		

Mix and sift the dry ingredients. Beat the eggs, add the milk and pour the liquid over the dry ingredients. Add the melted fat and pour the mixture into well-greased muffin tins to bake.

Number of servings 96
 Amount in one serving ¼ to ⅓ c. batter
 Calories in one serving _____
 Cost of one serving _____

RAISED MUFFINS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk, scalded	2 qt.				
Water, cold	2 qt.				
Egg yolks	6				
Sugar	2 c.				
Butter substitute	1 c.				
Salt	3 tbsp.				
Yeast		¼ lb.			
Water, lukewarm	1 qt.				
Flour	10 to 12 qt.				

Scald the milk. Soften the yeast in the lukewarm water and add to the remaining water and scalded milk. Add the egg yolks, sugar, fat and salt and flour to make a soft dough. Let rise. Beat well and fill very well-greased muffin tins half full. Let rise. Bake in a hot oven.

Number of servings 216
 Amount in one serving $\frac{1}{5}$ c. dough
 Calories in one serving _____
 Cost of one serving _____

****BROWN BREAD**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Stale cake or bread	1 qt.				
Cold water	7 c.				
Molasses	1 c.				
Corn meal	3 c.				
Graham flour	6 c.				
Soda	1½ tbsp.				
Raisins	1 c.				
Salt	1 tbsp.				

Soak the stale bread or cake in the cold water until soft. Add the molasses and the dry ingredients. Mix well and put into a well-greased pan and steam from two to three hours until done. The length of time for steaming depends on the size of the can.

Number of servings 50
 Amount in one serving 1 slice
 Calories in one serving _____
 Cost of one serving _____

NUT BREAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	3 qt.				
Baking powder	3 tbsp.				
Nuts	1 qt.				
Salt	½ tsp.				
Sugar	1 qt.				
Milk	1 qt.				
Eggs	6				
Butter substitute	¼ c.				

Mix the dry ingredients, including the nuts. Add the milk to the beaten eggs. Combine by adding the liquid to the dry ingredients. Add the melted fat. Pour the mixture into greased loaf pans and let stand one half hour. Bake in a moderate oven. This will make four loaves, cutting 25 slices per loaf.

Number of servings 100
 Amount in one serving 1 slice
 Calories in one serving _____
 Cost of one serving _____

CINNAMON ROLLS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2 c.				
Butter substitute	2 c.				
Water	2 qt.				
Milk	2 qt.				
Yeast		¼ lb.			
Water	2 c.				
Flour	11¾ qt.				
Salt	½ c.				
Butter substitute	1½ c.				
Fat, melted		½ lb.			
Sugar	5 c.				
Cinnamon	5 tsp.				
Raisins	2 c.				

Follow the directions given under Parker House rolls for the method of mixing the dough. When the dough is ready, put on a well-floured board and roll out in a rectangular shape to about half an inch in thickness. Brush with melted fat and sprinkle with the mixed sugar, cinnamon and raisins. Commencing with the long side of the dough, make into a roll. Cut crosswise of the roll

making slices half an inch in thickness. Place on a greased pan, let rise until they have doubled in size, and bake in a hot oven.

Number of servings 24 dozen
 Amount in one serving 1½ oz. per roll
 Calories in one serving _____
 Cost of one serving _____

PARKER HOUSE ROLLS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2 c.				
Butter substitute	2 c.				
Water	2 qt.				
Milk	2 qt.				
Yeast		¼ lb.			
Water, lukewarm	2 c.				
Flour	11 to 12 qt.				
Salt	½ c.				
Butter substitute	1½ c.				

Scald the milk. Soften the yeast in the two cups of lukewarm water. Add the sugar and fat to the scalded milk and then add the two quarts of water. When the milk and water mixture is a little more than lukewarm add the yeast and five quarts of flour. Beat to smooth batter and let rise one hour. Then add the salt and the remainder of the flour. Beat on the machine or knead. Let rise one hour. When the dough is light, cut into small pieces, getting twelve rolls from each pound of dough. With the palm of the hand, roll these pieces into smooth balls and place them in rows to rise. When they have again become light, roll the balls flat, with a rolling pin or stick, brush with melted fat, fold over and put in pans to rise. When they have doubled in size, bake in a hot oven until well browned. The tops may be brushed with melted fat, when they come from the oven.

Number of servings 24 dozen
 Amount in one serving 1½ oz.
 Calories in one serving _____
 Cost of one serving _____

WHITE BREAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Yeast		¼ lb.			
Water, lukewarm	1 pt.				
Milk, scalded	2 qt.				
Fat	1 c.				
Sugar	1 c.				
Cold water	2 qt.				
Flour	13 to 14 qt.				
Salt	¼ c.				

Soften the yeast in the pint of water. Scald the milk and add the fat, sugar and cold water. When the liquid is lukewarm, add the yeast and mix to a sponge with a part of the flour. It will require about six quarts. Let rise one hour and add salt and work to a stiff dough with the remainder of the flour. Let rise again about one hour. Cut into loaves of two pounds each. Place in well-greased pans, let rise and bake about one hour. This makes twelve one and three quarter pound loaves, after baking.

Number of servings 12 loaves
 Amount in one serving 1 slice
 Calories in one serving _____
 Cost of one serving _____

SANDWICHES

COTTAGE CHEESE SANDWICH FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cottage cheese		4 lb.			
Green peppers, chopped	2 c.				
Nuts, chopped	2 c.				

Add the chopped green peppers, nuts and mayonnaise to the cheese and mix. This amount makes three and one half quarts. From a one-pound loaf of bread, sixteen sandwich slices may be obtained.

Number of servings 84
 Amount in one serving $\frac{1}{6}$ c.
 Calories in one serving _____
 Cost of one serving _____

EGG SANDWICH FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs, hard cooked	2 doz.				
Crumbs, sifted	1 c.				
Salt	2 tsp.				
Mayonnaise	3 c.				
Lemon juice	1½ tbsp.				

Hard cook the eggs, cool and chop. Mix with the remaining ingredients. This amount makes two quarts, and will fill forty-eight sandwiches, using two full slices of bread for each sandwich. From a one-pound loaf, sixteen sandwich slices may be obtained.

[Pg 133]

Number of servings 48
 Amount in one serving $\frac{1}{6}$ c.
 Calories in one serving _____
 Cost of one serving _____

FRUIT SANDWICH FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Raisins		1 lb.			
Figs		½ lb.			
Sugar	1½ c.				
Flour	1 tbsp.				
Cold water	¼ c.				
Orange juice	½ c.				
Lemons, juice and grated rind	2				

Chop the raisins and figs and combine with the flour and sugar. Add the orange juice, lemon juice and water and cook in a double boiler or steamer until thick. This amount will make three and three fourths cups of filling and will fill twenty-five sandwiches, using two full slices of bread.

Number of servings 25
 Amount in one serving $\frac{1}{6}$ c.
 Calories in one serving _____
 Cost of one serving _____

**HAM SANDWICH FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Ham, boiled or baked (left-over)		3 lb.			
Pickles, chopped	2 c.				
Bread crumbs, sifted	3 c.				
Mayonnaise	3 c.				

Chop the ham and pickles and mix with the bread crumbs and mayonnaise. This amount will make three quarts. One cup of mixture will fill six sandwiches, using two full slices of bread for each sandwich. From a one-pound loaf, sixteen sandwich slices may be obtained.

[Pg 134]

Number of servings 72
 Amount in one serving $\frac{1}{6}$ c.
 Calories in one serving _____
 Cost of one serving _____

SALADS

CABBAGE SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cabbage		8 lb.			
Pimentos, chopped	1 c.				
Pickles, chopped	3 c.				
Green peppers, chopped	1 c.				
Boiled dressing	1½ qt.				

Shred the cabbage and let soak in cold water one hour or more. Drain off the water and mix cabbage with the other ingredients.

Number of servings 108
Amount in one serving ⅓ c.
Calories in one serving _____
Cost of one serving _____

CARROT AND RAISIN SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Carrots		4 lb.			
Raisins	2½ qt.				
Salad dressing, mayonnaise	1 qt.				

Wash, pare or scrape the carrots and chop until fine. Add the raisins and salad dressing to the carrots and mix. Serve on lettuce.

Number of servings 54
Amount of one serving ⅓ c.
Calories in one serving _____
Cost of one serving _____

****COMBINATION VEGETABLE SALAD**

[Pg 135]

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peas		2 qt.			
Cooked beets, diced or cooked carrots, diced		2 qt.			
Celery, cut fine		2 qt.			
French dressing		1 qt.			

Dice the beets or carrots very fine. Drain the peas. Marinate the vegetables in three separate containers. Do not mix them together. Heap on a lettuce leaf using two tablespoons of each vegetable and keeping each mound distinct.

Number of servings 64
Amount in one serving 2 tbsp. of each vegetable
Calories in one serving _____
Cost of one serving _____

****POTATO SALAD**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Boiled potatoes	10 qt.				
Celery	2 qt.				
Salt	¼ c.				
Paprika	1 tsp.				
French dressing	1 qt.				
Chopped parsley	1 c.				
Pimentos, 15 oz. can	1				
Onions	¼ c.				

Dice the potatoes and add the French dressing to marinate. Cut the celery fine, chop the pimento and onion and add to the marinated potatoes with remaining ingredients. Serve on a lettuce leaf.

Number of servings 120
Amount in one serving ½ c.
Calories in one serving _____
Cost of one serving _____

[Pg 136]

TOMATO JELLY SALAD

--	--	--	--	--	--

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tomatoes	3 qt.				
Cloves	3/8 c.				
Bay leaves	10				
Salt	1 tsp.				
Soda	1/4 tsp.				
Cayenne	3/8 tsp.				
Gelatin	6 tbsp.				
Cold water	1 c.				

Cook the tomatoes with the seasonings and add to the gelatin which has been softened in the cup of cold water. Strain and pour into molds. Let set and serve on lettuce with mayonnaise.

Number of servings 25
Amount in one serving 1/3 c.
Calories in one serving _____
Cost of one serving _____

VEGETABLE GELATIN SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Gelatin	1/2 c.				
Cold water	2 c.				
Sugar	2 c.				
Boiling water	2 qt.				
Salt	4 tsp.				
Shredded cabbage	4 c.				
Lemon juice	3/4 c.				
Mild vinegar	2 c.				
Celery, diced	2 qt.				
Red pepper, cut fine	1 c.				

Soften the gelatin in the cold water. Add to the boiling water, in which the sugar and salt have been dissolved. After the gelatin has cooled and just started to set, add the mild vinegar, lemon juice and the vegetables. Pour into molds or into a shallow pan to cool and set. Serve on a lettuce leaf with salad dressing.

[Pg 137]

Number of servings 54
Amount in one serving 1/3 c.
Calories in one serving _____
Cost of one serving _____

APPLE AND CELERY SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apples	4 qt.				
Celery	1 1/2 qt.				
Dates, chopped	2 c.				
Salad dressing	3 c.				

Pare and dice the apples and mix with the chopped dates. Cut the celery fine and add to the apples and dates. Mix with the salad dressing and serve on lettuce. In case there is danger of the apples turning dark, they may be covered with salt water or water containing a little vinegar, while they are being pared and diced.

Number of servings 44
Amount in one serving 1/2 c.
Calories in one serving _____
Cost of one serving _____

BANANA SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Bananas	20				
Nuts, chopped	1 1/3 c.				
Salad dressing	2 1/2 c.				

Cut the bananas in halves crosswise and roll in the chopped nuts until well coated. Place half a banana on a lettuce leaf. Serve with a tablespoon of salad dressing.

Number of servings 40
 Amount in one serving ½ banana
 Calories in one serving _____
 Cost of one serving _____

FRUIT SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pineapple, diced	2 qt.				
Oranges, diced	3 qt.				
Celery, diced	2 qt.				
Salad dressing	3½ c.				

Dice the oranges and pineapple and cut the celery fine. Drain the fruit and mix with the celery. Serve on a lettuce leaf with one tablespoon of dressing on top.

Number of servings 54
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

GRAPEFRUIT SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Grapefruit, size 70	14				
Celery, cut fine	1 qt.				
French dressing	1 c.				

Peel the grapefruit and remove the fruit in whole sections from the connecting tissue. Arrange three whole sections of the fruit, one on top of the other, on a lettuce leaf, and put a teaspoon of finely cut celery at each side of the sections. Put one scant teaspoon of French dressing over each salad.

Number of servings 50
 Amount in one serving 3 sections
 Calories in one serving _____
 Cost of one serving _____

COTTAGE CHEESE SALAD WITH CELERY AND GREEN PEPPERS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cheese	1 gal.				
Cream	6 c.				
Salt	4 tsp.				
Celery, chopped	1 qt.				
Green pepper, chopped	2 c.				

Mix the cheese with the cream and salt. More cream may be necessary to moisten the cheese if it is very dry. Add celery and green pepper and serve on a lettuce leaf.

Number of servings 64
 Amount in one serving ⅓ c.
 Calories in one serving _____
 Cost of one serving _____

PRUNE AND COTTAGE CHEESE SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Prunes, 40--50 size		3 lb.			
Cottage cheese	6 c.				
Sour cream	1 c.				
Salt	1 tsp.				

Soak the prunes over night and cook until soft. Cool. Remove the seeds by cutting one side of the prunes lengthwise, being careful not to mash the prunes. Season the cheese with the salt, mix with the cream, and fill the prunes, using 2 teaspoons of cheese which have been rolled into a ball, for each prune. Salad dressing may be served with the prunes if desired.

Number of servings 48
 Amount in one serving 3 stuffed prunes

Calories in one serving _____

Cost of one serving _____

DEVEILED EGG SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs	24				
Salt	2 tsp.				
Vinegar	½ c.				
Mayonnaise	½ c.				
Mustard	1 tsp.				
Paprika	1 tsp.				

Cook the eggs until hard and cut in halves lengthwise. Remove the yolks. Cream the yolks together with the mayonnaise and seasonings and refill the whites of the eggs. Serve half an egg on a lettuce leaf and garnish with a pickle cut in halves.

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Number of servings 48
Amount in one serving ½ egg
Calories in one serving _____
Cost of one serving _____

CHICKEN SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Chicken, diced	1 qt.				
Celery, diced	1 qt.				
Mayonnaise	1½ c.				

Mix the chicken and celery lightly with two thirds of the mayonnaise. Serve on a lettuce leaf and garnish with the remaining mayonnaise. Lemon, hard-boiled egg and capers may also be used as garnish for chicken salad.

Number of servings 16
Amount in one serving ½ c.
Calories in one serving _____
Cost of one serving _____

LOBSTER SALAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lobster, 1 lb. can	4				
Celery, diced	6 qt.				
Mayonnaise dressing	1 qt.				

Open the cans of lobster and look over. Avoid breaking up into shreds or very small pieces. Mix with the celery and the mayonnaise and serve on a lettuce leaf.

Number of servings 64
Amount in one serving ½ c.
Calories in one serving _____
Cost of one serving _____

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BOILED DRESSING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cornstarch	1½ c.				
Sugar	2 c.				
Milk	3 qt.				
Mustard	2 tbsp.				
Paprika	¼ c.				
Salt	1 tsp.				
Vinegar	1¼ qt.				
Egg yolks	16				

Mix and sift the cornstarch and sugar and add to the scalded milk. Mix the mustard, paprika and salt to a paste with some of the vinegar. Add the remainder of the vinegar to the thickened milk, then add the egg yolks, and cook until the eggs are done. Add the seasonings and cool.

Total volume 4¾ qt
 Calories in one serving _____
 Cost of one serving _____

FRENCH DRESSING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Salt	3 tbsp.				
Mustard	½ tsp.				
Paprika	1 tbsp.				
Pepper	½ tsp.				
Vinegar	2 c.				
Oil	4 c.				
Onion juice	1 tbsp.				

Mix the dry ingredients and add enough vinegar to make a paste. Add to this the remainder of the vinegar and oil and beat thoroughly.

Total volume 6 c.
 Calories in one serving _____
 Cost of one serving _____

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MAYONNAISE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Egg yolks	3				
Vinegar	¾ c.				
Oil	1 qt.				
Mustard	1 tsp.				
Powdered sugar	1 tsp.				
Paprika	½ tsp.				
Salt	1 tbsp.				
Red pepper	¼ tsp.				

Beat the egg yolks thoroughly, and add to them about two tablespoonfuls of vinegar and continue beating. Add the oil a little at a time until a thick emulsion has been formed, and then the oil and vinegar may be added alternately in larger amounts. The seasonings may be added dry, or a little of the vinegar reserved to mix to a paste with them.

Total volume 5 c.
 Calories in one serving _____
 Cost of one serving _____

THOUSAND ISLAND DRESSING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Mayonnaise	2½ qt.				
Chili sauce	1 qt.				
Green peppers, chopped	1⅓ c.				
Chives, chopped	3 tbsp.				

Mix the chopped green peppers, chives and chili sauce with the mayonnaise and chill. Mayonnaise to be used for Thousand Island dressing should be very stiff.

Total volume 3¾ qt.
 Calories in one serving _____
 Cost of one serving _____

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HOT DESSERTS AND SAUCES

APPLE DUMPLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	3 qt.				
Baking powder	¼ c.				
Shortening	2 c.				
Salt	2 tbsp.				

Milk	1 to 1½ qt.				
Sugar, brown	4 c.				
Cinnamon	2 tsp.				
Apples, quartered	3½ qt.				

Rub shortening into the flour, baking powder and salt. Add milk to make a soft dough. Roll thin and cut in squares. Place about a half to three quarters of an apple, depending on size, in each square and sprinkle with about one and one half tablespoons of cinnamon and sugar mixed together. Fold the corners over the apples and bake in a moderate oven. Serve with a lemon or hard sauce.

Number of servings 42
Amount in one serving 1
Calories in one serving _____
Cost of one serving _____

****BREAD PUDDING**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Scalded milk	2 qt.				
Broken bread	6 c.				
Sugar	⅔ c.				
Raisins		½ lb.			
Salt	1 tsp.				
Vanilla	1 tbsp.				
Eggs	5				

Add the beaten eggs, sugar, salt and vanilla to the scalded milk and pour over the bread and raisins. Bake in a water bath in a moderate oven until the custard sets. Serve with a vanilla sauce.

[Pg 144]

Number of servings 25
Amount in one serving ½ c.
Calories in one serving _____
Cost of one serving _____

****BROWN BETTY**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apples, chopped	4 qt.				
Crumbs	3 qt.				
Brown sugar	2⅔ c.				
Cinnamon	1 tsp.				
Nutmeg	½ tsp.				
Water	2 qt.				
Lemon juice	2 tbsp.				
Butter substitute	1 c.				

Cover the bottom of a baking pan with a layer of crumbs. Cover the crumbs with chopped apples. Mix sugar, cinnamon and nutmeg together and sprinkle one half of it over the apples. Add one half of the water and lemon juice mixed together. Repeat crumbs, apples, spices and liquid. Pour the melted fat on top. Bake and serve with lemon sauce.

Number of servings 48 to 50
Amount in one serving ½ c.
Calories in one serving _____
Cost of one serving _____

****CHOCOLATE BREAD PUDDING**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Scalded milk	2 qt.				
Broken or cubed bread	6 c.				
Sugar	⅔ c.				
Eggs	5				
Raisins		½ lb.			
Salt	1 tsp.				
Vanilla	1 tbsp.				

Add the beaten eggs, sugar, salt and vanilla to the scalded milk and pour over the bread and

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raisins. Bake in a pan of hot water in a moderate oven until the custard sets. Serve with a vanilla sauce.

Number of servings 25
 Amount in one serving between $\frac{1}{3}$ and $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

CHOCOLATE SOUFFLÉ

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2 c.				
Flour	$\frac{3}{4}$ c.				
Cocoa	1 c.				
Water	$3\frac{1}{2}$ c.				
Egg yolks	8				
Vanilla	1 tbsp.				
Egg whites	16				

Mix the flour, sugar and cocoa and stir into the boiling water. When thickened add the egg yolks and vanilla. Cool. Fold this custard mixture into the stiffly beaten egg whites. Pour into a baking dish and put the dish into a pan of hot water. Bake in a moderate oven until done. Serve with whipped cream.

Number of servings 25
 Amount in one serving $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

COTTAGE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Butter substitute	$\frac{3}{4}$ c.				
Sugar	4 c.				
Eggs	5				
Milk	$3\frac{1}{2}$ c.				
Flour	$2\frac{1}{4}$ qt.				
Baking powder	6 tbsp.				
Salt	2 tsp.				
Vanilla	2 tbsp.				

Cream the sugar and fat. Add the well-beaten eggs and alternate the liquid and the dry ingredients. Bake. Serve with lemon, vanilla, fruit or chocolate sauce.

[Pg 146]

Number of servings 80
 Amount in one serving 1 square 2 in. \times 2 in.
 Calories in one serving _____
 Cost of one serving _____

FRITTERS

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Eggs	6				
Sour cream	2 c.				
Sweet milk	1 c.				
Soda	1 tsp.				
Baking powder	3 tbsp.				
Salt	1 tsp.				
Flour	5 c.				
Sugar	$\frac{1}{2}$ c.				
Diced apples, or Diced oranges, or Diced Bananas,	3 c.				
or Corn or Hominy					

Mix the dry ingredients and wet ingredients separately and combine. Drop from a spoon into hot fat, using one and a half tablespoons per fritter.

Number of servings 35
 Amount in one serving 2 fritters
 Calories in one serving _____
 Cost of one serving _____

FRUIT COBBLER

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	3 qt.				
Baking powder	½ c.				
Salt	1 ⅓ tbsp.				
Shortening	1 ½ c.				
Milk	1 to 1 ¼ qt.				
Fruit, # 10 can	1				
Cornstarch	½ c.				
Sugar	5 c.				
Water	2 ½ qt.				
Lemon juice	¼ c.				

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Crust: Rub shortening into well-mixed dry ingredients. Add milk sufficient for a soft dough and roll on a well-floured board. Make the dough the shape of the baking pan to be used.

Fruit: Drain the fruit and heat the juice and water, adding the well-mixed sugar and cornstarch. When thickened add the fruit and lemon juice. Fill the bottom of the baking dish with the fruit and juice; cover with the dough and bake in a hot oven.

Number of servings 80
 Amount in one serving piece 1 ½ in. × 2 in. with ¼ c. fruit sauce
 Calories in one serving _____
 Cost of one serving _____

GRAPENUT PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	7 qt.				
Grapenuts	4 c.				
Bread crumbs	2 c.				
Sugar	1 ⅓ c.				
Eggs	16				
Raisins	4 c.				
Salt	¼ tsp.				

Scald the milk and pour over the grapenuts and bread crumbs. Add the sugar, salt, beaten eggs and raisins to the bread crumbs and scalded milk. Pour into a baking pan and bake in water bath in a moderate oven until the custard sets.

[Pg 148]

Number of servings 80
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

CARROT PLUM PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar, brown	1 ½ c.				
Suet, ground	1 c.				
Carrots, grated raw	3 c.				
Potatoes, grated raw	2 c.				
Lemon, grated rind and juice	1				
Flour	3 c.				
Soda	2 tsp.				
Nutmeg	1 tsp.				
Raisins	1 qt.				

Add the sugar and chopped suet to the grated carrot, potato and lemon juice. Mix the dry

ingredients and combine with the above mixture. Add the raisins. Pour the mixture into a well-greased baking pan. Cover and steam for one to two hours. Individual steamed puddings may be made by filling greased ramekins half full of the dough and steaming. Avoid turning on too much steam when the pudding is first put into the steamer. Serve with vanilla sauce.

Number of servings 25
 Amount in one serving $\frac{1}{3}$ c. of dough
 Calories in one serving _____
 Cost of one serving _____

STEAMED MOLASSES PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Molasses	3 c.				
Soda	3 tsp.				
Eggs	3				
Flour	4 $\frac{1}{2}$ c.				
Salt	1 tsp.				
Boiling water	2 c.				

Mix the molasses, eggs, salt and water and add the flour and soda. Mix well. This makes a very thin batter. Pour into a greased pan and steam from one to one and one half hours. Serve with an egg hard sauce. If the molasses is very dark and strong use one half molasses and one half corn syrup.

[Pg 149]

Number of servings 25
 Amount in one serving $\frac{1}{3}$ c. of batter
 Calories in one serving _____
 Cost of one serving _____

PRUNE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	1 gal.				
Cornstarch	2 c.				
Egg yolks	12				
Salt	3 tbsp.				
Sugar	2 c.				
Vanilla	4 tsp.				
Prunes, after cooking		4 lb.			
Egg whites	12				
Sugar	1 $\frac{1}{4}$ c.				

Scald the milk, mix and sift the cornstarch and sugar and add to the milk, stirring constantly. When the cornstarch has thickened add the egg yolks and salt. Pour this custard mixture over the prunes which have been seeded and placed in the bottom of a pudding pan. Spread the meringue and brown in the oven.

Number of servings 60
 Amount in one serving, between $\frac{1}{3}$ to $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

PRUNECOT FILLING FOR SHORTCAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Prunes, after cooking		2 lb.			
Dried apricots, after cooking		2 lb.			
Sugar	1 qt.				
Lemon juice	6 tbsp.				

Seed the cooked prunes and mix with the apricots. Add the sugar and lemon juice and heat. This filling may be put between layers of shortcake dough and on top. Serve with whipped cream.

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Number of servings 27
 Amount in one serving $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

SHORTCAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour	8 qt.				
Baking powder	1¾ c.				
Salt	3 tbsp.				
Sugar	½ c.				
Butter substitute		2¾ lb.			
Milk	3 qt.				
Butter	1 c.				

Mix and sift the dry ingredients. Rub in the shortening lightly, with the tips of the fingers. Add the milk gradually, mixing to a soft dough. The amount of milk may vary due to differences in the flour. Put the dough on to a board and roll out to about one third inch in thickness. Cut out, using a cutter three inches in diameter. Brush the tops with melted fat and place one biscuit on top of the other; bake in a hot oven. When baked, the shortcakes break open easily. Serve with fruit between the halves and on top.

Number of servings 144
Amount in one serving 1 short cake
Calories in one serving _____
Cost of one serving _____

STRAWBERRY SHORTCAKE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Strawberries, after hulling	6 qt.				
Sugar	2 to 2½ c.				

Hull the strawberries and wash them in a colander. Crush slightly, add the sugar, and let stand half an hour or until the sugar dissolves.

[Pg 151]

Number of servings 48
Amount in one serving ⅓ c.
Calories in one serving _____
Cost of one serving _____

CHOCOLATE RICE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rice uncooked	4 c.				
Milk	5 qt.				
Sugar	4 c.				
Cocoa	½ c.				
Salt	2 tsp.				
Cinnamon	½ tsp.				
Egg whites	16				
Sugar	1½ c.				

Cook the rice in the scalded milk. When the rice is almost tender add the cocoa and sugar and finish cooking. Pour into a baking pan and spread with a meringue and brown in the oven.

Number of servings 60
Amount in one serving ⅓ c.
Calories in one serving _____
Cost of one serving _____

OLD-FASHIONED BAKED RICE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rice	2 c.				
Raisins	1⅓ c.				
Salt	½ tsp.				
Milk	5½ qt.				
Sugar	1½ c.				

Wash the rice, pour over it the scalded milk and bake in a slow oven, stirring occasionally. When the rice is almost tender add the sugar, raisins and salt, and continue cooking.

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Number of servings 32
Amount in one serving ½ c.
Calories in one serving _____

Cost of one serving_____

RICE WITH HARD SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rice	3 c.				
Water	6 qt.				
Salt	1 tsp.				
Raisins	2 c.				

Cook the rice in boiling salted water until tender. Add the raisins and serve with hard sauce.

Number of servings 36
 Amount in one serving $\frac{1}{3}$ c.
 Calories in one serving _____
 Cost of one serving _____

CHOCOLATE SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	1 qt.				
Cocoa	1½ c				
Cornstarch	$\frac{1}{4}$ c.				
Salt	1 tsp.				
Water	2 qt.				
Vanilla	1 tbsp.				
Butter substitute		$\frac{1}{4}$ lb.			

Mix the dry ingredients well. Add to boiling water, stirring constantly with wire whisk. Add the fat, and when cool add the vanilla.

Number of servings 80
 Amount in each serving 2 tbsp.
 Calories in one serving _____
 Cost of one serving _____

[Pg 153]

CUSTARD SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	2 qt.				
Egg yolks	6				
Cornstarch	$\frac{1}{4}$ c.				
Sugar	1 c.				
Salt	$\frac{1}{4}$ tsp.				
Vanilla	1 tbsp.				

Mix the cornstarch and sugar and add to the scalded milk. When the cornstarch has cooked add the thoroughly beaten egg yolks and cook for a few minutes. Remove from fire and add the salt and vanilla.

Number of servings 100
 Amount in one serving $1\frac{1}{2}$ tbsp.
 Calories in one serving _____
 Cost of one serving _____

EGG HARD SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Butter substitute	$1\frac{1}{2}$ c.				
Sugar	3 c.				
Eggs	6				
Vanilla	1 tbsp.				

Cream the fat and sugar thoroughly. Add the beaten yolks and continue creaming. Add the vanilla and fold in the beaten whites. Put this sauce into the refrigerator to set.

[Pg 154]

Number of servings 48
 Amount in one serving 2 tbsp.
 Calories in one serving _____

Cost of one serving_____

HARD SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Butter		¼ lb.			
Sugar, powdered	1½ c.				
Vanilla	1 tsp.				

Cream the butter, add the sugar and vanilla gradually.

Number of servings 24
 Amount in one serving 1 tbsp.
 Calories in one serving _____
 Cost of one serving _____

LEMON SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Water	2 qt.				
Sugar	5 c.				
Cornstarch	⅔ c.				
Salt	1 tsp.				
Butter or butter substitute	1 c.				
Lemon juice	½ c.				
Lemon rind, cut thin	½ c.				

Mix the sugar and cornstarch and add to the boiling water, stirring constantly. When the starch is clear, remove from the fire and add the fat, lemon juice and salt, and lemon rind.

Number of servings 85
 Amount in one serving 2 tbsp.
 Calories in one serving _____
 Cost of one serving _____

COLD DESSERTS

APPLE TAPIOCA

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tapioca, pearl	3 c.				
Water, boiling	1 gal.				
Salt	2 tsp.				
Sugar	4 c.				
Apples	1 gal.				
Cinnamon	1½ tsp.				
Lemons	3				

Soak the tapioca in water over night. Add to the boiling salted water and cook until clear. Add the sugar, cinnamon and lemon juice and pour over the apples.

[Pg 155]

Number of servings 42
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

BAKED APPLES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apples, 100 size	25				
Sugar	2 c.				
Water	1 qt.				

Wash and core the apples. Make a syrup of the sugar and water and pour over the apples. Bake in the oven until the apples are tender.

Number of servings 25
 Amount in one serving 1

Calories in one serving _____

Cost of one serving _____

BAKED CUSTARD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk, scalded	3 qt.				
Sugar	1½ c.				
Eggs, whole	12				
or					
Eggs, yolks	20				
Vanilla	1 tbsp.				
Salt	1 tsp.				
Nutmeg	½ tsp.				

Beat the eggs, sugar and salt and add to the scalded milk and pour into custard cups. Put the cups into a pan and pour hot water around them. Bake in a moderate oven.

Number of servings 40

Amount in one serving Between ⅓ to ½ c.

Calories in one serving _____

Cost of one serving _____

[Pg 156]

CARAMEL BAVARIAN CREAM

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	1¼ qt.				
Hot water	1½ qt.				
Milk, scalded	2 qt.				
Egg yolks	16				
Sugar	2 c.				
Gelatin	½ c.				
Cold water	1½ c.				
Egg whites	16				

Add the cold water to the gelatin. Caramelize the sugar, add the hot water and pour over the softened gelatin. Let this mixture cool. Scald the milk, add the egg yolks and cook as for a soft custard. When both mixtures are cool and the gelatin has begun to set, beat the egg whites until stiff and pour in the two mixtures and beat. Pour into a pan to reset. Serve with whipped cream.

Number of servings 45

Amount in one serving ½ c.

Calories in one serving _____

Cost of one serving _____

CARAMEL TAPIOCA

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pearl tapioca	3 c.				
Brown sugar	6 c.				
Vanilla	2 tbsp.				
Water	2 qt.				
Salt	1 tbsp.				
Mapleine	1 tsp.				

Soak the tapioca over night and cook until clear in the boiling water and brown sugar. Remove from the fire and add the salt and mapleine.

Number of servings 48

Amount in one serving ⅓ c.

Calories in one serving _____

Cost of one serving _____

[Pg 157]

CHOCOLATE BLANC MANGE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	2 gal.				
Sugar	4 c.				
Cornstarch	3 c.				

Cocoa	3 c.				
Salt	1 tsp.				
Vanilla	¼ c.				

Mix the sugar, cornstarch and cocoa and add to the scalded milk. When the mixture has thickened, remove from the fire and add the salt and vanilla.

Number of servings 95
 Amount in one serving ⅓ c.
 Calories in one serving _____
 Cost of one serving _____

CHOCOLATE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2 c.				
Eggs	2 doz.				
Vanilla	¼ c.				
Chocolate		¾ lb.			

Melt the chocolate over hot water. Separate the eggs and beat the sugar and egg yolks to a creamy consistency. When the chocolate is melted, add the beaten yolks and sugar to it, and continue cooking until the mixture thickens. Beat the egg whites stiff, add the chocolate mixture and the vanilla to them. Mix thoroughly. Pour into glasses and put in the refrigerator to cool and set. Serve with whipped cream.

Number of servings 36
 Amount in one serving ⅓ c.
 Calories in one serving _____
 Cost of one serving _____

CORNSTARCH PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	4 qt.				
Cornstarch	2 c.				
Sugar	1 c.				
Salt	½ tsp.				
Vanilla	1 tbsp.				
Egg whites	3				

Mix the sugar and cornstarch and add to the hot milk, stirring constantly. When the starch has cooked remove from the fire and add the vanilla and salt. Fold in the well-beaten egg whites and mold.

Number of servings 48
 Amount in one serving Between ⅔ and ½ c.
 Calories in one serving _____
 Cost of one serving _____

DATE NUT BLANC MANGE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Brown sugar	1½ qt.				
Cornstarch	1½ c.				
Boiling water	2 qt.				
Egg whites	12				
Salt	½ tbsp.				
Vanilla	1 tbsp.				
Nut meats	1½ c.				
Dates	1½ c.				

Mix the cornstarch, sugar and salt and add to boiling water, stirring constantly. Add this mixture to the well-beaten whites and vanilla and beat until smooth. If a kitchen mixing machine is available, combine the two mixtures on the machine and beat thoroughly. This will increase the volume and improve the consistency. Add the dates and nut meats. Serve with a custard sauce.

Number of servings 56
 Amount in one serving ½ c.
 Calories in one serving _____

Cost of one serving_____

****DATE TORTE**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Walnuts	1½ c.				
Dates	3 c.				
Sugar	2 c.				
Flour	2 tbsp.				
Baking powder	1 tbsp.				
Egg whites	12				
Crumbs	3 c.				
Lemon juice	⅓ c.				
Water	¼ c.				

Mix the dry ingredients with the dates and nuts. Add the lemon juice and water, and fold in the stiffly beaten egg whites. Pour into a well-greased baking pan, set the pan in hot water and bake in a moderate oven. This may be served hot or cold with whipped cream.

[Pg 160]

Number of servings 24
 Amount in one serving ⅓ c.
 Calories in one serving _____
 Cost of one serving _____

FIG TAPIOCA

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tapioca, pearl	3 c.				
Water	3 qt.				
Brown sugar	6 c.				
Figs, layer		1½ lb.			
Salt	1 tsp.				
Vanilla	3 tbsp.				
Nut meats, chopped	1½ c.				

Soak the tapioca over night. Add to the rapidly boiling water and cook until clear. Remove from the fire and add the chopped figs and nuts, vanilla and salt.

Number of servings 72
 Amount in one serving ⅓ c.
 Calories in one serving _____
 Cost of one serving _____

FRUIT COCKTAIL

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Oranges	1 doz.				
Bananas	2 doz.				
Pineapple	1 qt.				
Lemons	3				
Sugar	2 c.				
Water	2 c.				

Make a syrup of the sugar and water and pour over the diced fruit. The juice of the lemons may be added to the syrup.

Number of servings 48
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

FRUIT GELATIN

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Gelatin	½ c.				
Cold water	2 c.				
Sugar	4 c.				
Boiling water	1½ qt.				

Orange juice	1½ qt.				
Lemon juice	⅔ c.				
Oranges	3				
Bananas	6				

Soak the gelatin in the cold water. Add the sugar to the boiling water and pour over the softened gelatin, stirring until the gelatin is dissolved. When the gelatin has begun to set, add the fruit juice and the diced fruit.

Number of servings 60
 Amount in one serving ⅓ c.
 Calories in one serving _____
 Cost of one serving _____

****FRUIT WHIP**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Fruit pulp	1 qt.				
Sugar	1 qt.				
Egg whites	4				
Lemon juice	¼ c.				

Put the fruit pulp, sugar and unbeaten egg whites into a mixing bowl and beat until stiff. Whips in this quantity should be made with a power beater or mixing machine.

Number of servings 50
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

MAPLE NUT MOLD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Brown sugar	3 qt.				
Cornstarch	3 c.				
Water	1 gal.				
Egg whites	24				
Nut meats, chopped	4 c.				
Mapleine	1 tbsp.				
Salt	tbsp.				

Mix the cornstarch to a paste with part of the water. Bring the remainder of the water to a boil, add the brown sugar and the cornstarch paste, stirring constantly. Beat the egg whites stiff, and when the cornstarch mixture is clear add to the egg whites and beat. When thoroughly mixed add the mapleine, nut meats and salt. Pour into pans to mold. This pudding is most satisfactory in texture, and volume is increased when beaten on a power machine.

Number of servings 100
 Amount of one serving ⅓ c.
 Calories in one serving _____
 Cost of one serving _____

NORWEGIAN PRUNE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Prunes, after cooking		4 lb.			
Cinnamon	1 tbsp.				
Sugar	3 c.				
Salt	½ tsp.				
Cornstarch	1½ c.				
Boiling water or Prune juice	2 qt.				
Lemon juice	½ c.				

Seed and cut up the cooked prunes. Mix the cinnamon, sugar, salt and cornstarch together and add to the boiling water or prune juice and cook until the starch is clear. Remove from the fire and add the lemon juice and prunes.

Number of servings 50

Amount in one serving $\frac{1}{3}$ c.
 Calories in one serving _____
 Cost of one serving _____

PINEAPPLE PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Water	1 gal.				
Sugar	2 qt.				
Cornstarch	2 c.				
Lemons	4				
Pineapple, grated, #10	1 can				

Mix the sugar and cornstarch and add to the boiling water. When clear, remove from the fire and add the pineapple and lemon juice. Serve with whipped cream.

[Pg 163]

Number of servings 96
 Amount in one serving $\frac{1}{3}$ c.
 Calories in one serving _____
 Cost of one serving _____

PINEAPPLE TAPIOCA PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pearl tapioca	1 c.				
Water	1 qt.				
Lemon juice	$\frac{1}{3}$ c.				
Pineapple juice	2 c.				
Pineapple, cut fine	2 c.				
Sugar	1 $\frac{1}{2}$ c.				
Egg whites	3				

Soak the tapioca over night and cook in boiling water till transparent. Remove from the fire and add the sugar, lemon, pineapple and the beaten whites of eggs. Serve with whipped cream.

Number of servings 20
 Amount in one serving $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

PRUNE GELATIN

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cold water	3 c.				
Gelatin	$\frac{3}{4}$ c.				
Prune juice	4 qt.				
Sugar	3 c.				
Lemons	6				
Prunes, after cooking		4 lb.			

Soak the gelatin in the cold water until softened. Heat the prune juice to boiling, add the sugar and pour over the gelatin, stirring until dissolved. When the gelatin begins to set, add the lemon juice and pour over the seeded prunes which have been arranged in rows on the bottom of a pan.

[Pg 164]

Number of servings 48
 Amount in one serving $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

RAISIN TAPIOCA

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tapioca	3 c.				
Sugar	4 c.				
Water	1 gal.				
Raisins	3 c.				
Mapleine	1 tbsp.				
Nuts, chopped	1 c.				
Salt	$\frac{1}{2}$ tsp.				

Soak the tapioca over night. Add to the boiling water and sugar and cook until clear. Remove from the fire and add the raisins, mapleine, nuts and salt.

Number of servings 75
 Amount in one serving $\frac{1}{3}$ c.
 Calories in one serving _____
 Cost of one serving _____

SNOW PUDDING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Gelatin	$\frac{1}{2}$ c.				
Cold water	2 c.				
Boiling water	2 qt.				
Lemon juice	2 c.				
Egg whites	20				
Sugar	6 c.				

Soak the gelatin in the cold water. Add the sugar to the boiling water and pour over the softened gelatin, stirring until the gelatin is dissolved. When the gelatin has begun to set, add the lemon juice. Beat the egg whites stiff, add the gelatin and beat. Put into a pan and let the mixture harden. Serve with custard sauce.

[Pg 165]

Number of servings 72
 Amount in one serving $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

TAPIOCA CREAM

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Tapioca, pearl	3 c.				
Eggs	15				
Sugar	3 c.				
Salt	$\frac{1}{2}$ tsp.				
Vanilla	1 tbsp.				
Milk	$1\frac{1}{2}$ gal.				

Soak the tapioca over night and cook until clear in the scalded milk. Beat the eggs and sugar, add to the tapioca mixture and cook for a few minutes. Remove from fire and add salt and vanilla.

Number of servings 75
 Amount in one serving $\frac{1}{2}$ c.
 Calories in one serving _____
 Cost of one serving _____

FRUIT SAUCES

APRICOT SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apricots		3 lb.			
Water	$3\frac{3}{4}$ qt.				
Sugar	3 c.				

Sort and wash the apricots. Cover with cold water and soak over night. Cook slowly and when nearly done add the sugar.

Number of servings 50
 Amount in one serving $\frac{1}{3}$ c.
 Calories in one serving _____
 Cost of one serving _____

[Pg 166]

CRANBERRY JELLY

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cranberries	6 qt.				
Sugar	3 qt.				

Water | 2 qt. | | | |

Pick over and wash the cranberries. Add the water and cook until the berries are soft. Rub through a purée sieve. Add the sugar and again bring to the boiling point. Pour into a pan to mold. Cut in small squares to serve.

Number of servings 100
 Amount in one serving 2 tbsp.
 Calories in one serving _____
 Cost of one serving _____

CRANBERRY SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cranberries	7½ qt.				
Sugar	10 c.				
Water	3¾ qt.				

Pick over and wash the cranberries. Add the water and cook until the berries are soft. Rub through a sieve, add the sugar and bring to a boil.

Number of servings 40
 Amount in one serving ½ c.
 Calories in one serving _____
 Cost of one serving _____

[Pg 167]

DRIED PEACH SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peaches, dried		3 lb.			
Water	3¾ qt.				
Sugar	3 c.				

Sort and wash the peaches. Cover with cold water and soak over night. Cook slowly and when nearly done add the sugar.

Number of servings 50
 Amount in one serving ⅓ c.
 Calories in one serving _____
 Cost of one serving _____

PRUNE SAUCE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Prunes		4 lb.			
Water	4 qt.				
Sugar	1 qt.				

Sort and wash the prunes. Cover with cold water and soak over night. Cook slowly and when nearly done add the sugar.

Number of servings 50
 Amount in one serving ⅓ c.
 Calories in one serving _____
 Cost of one serving _____

BAKED RHUBARB

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rhubarb	1½ gal.				
Sugar	9 c.				
Lemons	3				

Wash the rhubarb and cut in pieces three quarters of an inch in length. Mix the rhubarb with the sugar and the lemons, which have been cut in thin slices. Pour into a baking pan and bake in a slow oven until tender.

Number of servings 45
 Amount in one serving ⅓ c.
 Calories in one serving _____
 Cost of one serving _____

[Pg 168]

CAKES, FILLINGS AND FROSTINGS

APPLE-SAUCE CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apple sauce	1½ qt.				
Sugar	1 qt.				
Butter substitute		1 lb.			
Flour	2 qt.				
Raisins	1 qt.				
Nutmeg	1 tsp.				
Cinnamon	2 tsp.				
Cloves	2 tsp.				
Salt	2 tsp.				
Soda	4 tsp.				

Cream the fat and sugar. Add the apple sauce, then the dry ingredients and the raisins. Bake in a slow oven in loaf or sheet pans. This may be iced with a chocolate icing and cut in squares. This amount makes six pans eight inches square.

Number of servings 54
 Amount in one serving 1 square
 Calories in one serving _____
 Cost of one serving _____

BANANA CREAM CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cake recipe (see page 169)	½ of recipe				
Cream pie filling (see page 184)	⅓ of recipe				
Bananas		4 lb.			

Follow the directions for making cake and bake the mixture in a sheet pan about twenty-four inches square. Make the cream pie filling recipe. When the cake comes from the oven slice the bananas over the top, pour the pie filling over it and cover with a meringue made of the egg whites and sugar provided in the cream pie filling recipe. Brown the meringue in the oven. Cool and cut in squares.

[Pg 169]

Number of servings 100
 Amount in one serving 1 square 2 in. × 2 in.
 Calories in one serving _____
 Cost of one serving _____

CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2½ qt.				
Butter substitute	3 c.				
Eggs	14				
Salt	1 tbsp.				
Baking powder	1 c.				
Flour, pastry	5 qt.				
Milk	2½ qt.				
Vanilla	2 tbsp.				

Cream the fat and sugar thoroughly. Add the yolks and vanilla and continue creaming. Mix the dry ingredients and add alternately with the milk to the fat, sugar and eggs. Fold in the well-beaten whites last. If a kitchen mixing machine is used for making the cake, the best results are obtained by creaming the fat and sugar twenty to thirty minutes on the machine and completing the remainder of the mixing as quickly as possible. This makes nine two-layer cakes, each cake nine and one fourth inches in diameter and cutting sixteen slices.

Number of servings 144
 Amount in one serving 1 slice
 Calories in one serving _____
 Cost of one serving _____

[Pg 170]

CARAMEL CAKE

| | | | | |

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2½ qt.				
Fat	3 c.				
Eggs	14				
Water	2 c.				
Milk	2 qt.				
Flour, pastry	5 qt.				
Baking powder	1 c.				
Vanilla	2 tbsp.				
Salt	1 tbsp.				

Caramelize one cup of the sugar and add two cups of water to dissolve. Cool this syrup. Cream the fat and remaining sugar, add the egg yolks and vanilla, and the caramelized syrup. Mix the dry ingredients and add alternately with the milk. Add the beaten whites of eggs last. This will make nine two-layer cakes, nine and one fourth inches in diameter.

Number of servings 144
Amount in one serving 1 slice
Calories in one serving _____
Cost of one serving _____

CHOCOLATE CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	2½ qt.				
Butter substitute	3 c.				
Egg yolks	8				
Salt	1 tbsp.				
Baking powder	¾ c.				
Flour, pastry	4¼ qt.				
Soda	5 tsp.				
Milk	5 c.				
Vanilla	2 tbsp.				
Egg whites	14				
Egg yolks	6				
Milk	5 c.				
Cocoa		12 oz.			

Make a custard of the egg yolks, milk and cocoa, and cool. Cream the fat and sugar thoroughly, add the egg yolks, the chocolate custard and vanilla. Mix the dry ingredients and add alternately with the milk. Fold in the beaten egg whites. This amount will make ten two-layer cakes, nine and one fourth inches in diameter, each cake to be cut in sixteen pieces.

[Pg 171]

Number of servings 160
Amount in one serving 1 slice
Calories in one serving _____
Cost of one serving _____

SMALL CHOCOLATE CUP CAKES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Chocolate		2 oz.			
Butter substitute	3 tbsp.				
Sugar	1 c.				
Milk	½ c.				
Flour, pastry	1 c.				
Baking powder	2 tsp.				
Eggs	2				
Vanilla	1 tsp.				
Nuts, chopped	1 c.				

Melt the chocolate over hot water and add the butter substitute to it. Beat the eggs and add the sugar and vanilla and combine with the melted butter substitute and chocolate. Mix and sift the dry ingredients and add alternately with the liquid. Add the nuts last.

Number of servings 36
Amount in one serving 1
Calories in one serving _____
Cost of one serving _____

****FRUIT OATMEAL CRUMB COOKIES**

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	5 c.				
Butter substitute	2 c.				
Eggs	6				
Sour cream	3 c.				
Cinnamon	2 tbsp.				
Flour	1¾ qt.				
Cake crumbs	¾ qt.				
Oatmeal	1¾ qt.				
Salt	1 tbsp.				
Soda	1 tbsp.				
Raisins	1½ qt.				
Nuts	1 c.				
Lemon juice	3 tbsp.				
Mapleine	2 tsp.				

Cream the fat and sugar. Add the eggs, sour cream, lemon juice and mapleine, and the well-mixed dry ingredients. Drop on a well-greased pan using two tablespoons per cooky and bake in a hot oven; or this mixture may be spread out on a sheet and when baked cut in squares or bars.

[Pg 172]

Number of servings 144
 Amount in one serving 2 tbsp. dough
 Calories in one serving _____
 Cost of one serving _____

GINGERBREAD

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	1½ c.				
Butter substitute	1½ c.				
Molasses	3 c.				
Eggs	6				
Soda	2 tbsp.				
Cinnamon	1½ tsp.				
Ginger	1½ tsp.				
Flour	2 qt.				
Salt	1 tsp.				
Water, hot	3 c.				

Cream the fat and sugar thoroughly. Add the eggs and molasses and continue to beat. Mix the dry ingredients and add alternately with the water. Bake in well-greased and floured pans. The gingerbread may be baked in five loaf tins cutting fifteen slices per loaf or as a sheet cake.

Number of servings 75
 Amount in one serving 1 slice
 Calories in one serving _____
 Cost of one serving _____

[Pg 173]

ORANGE AND RAISIN CUP CAKES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	10 c.				
Butter substitute	3 c.				
Eggs	14				
Salt	1 tbsp.				
Baking powder	1 c.				
Pastry flour	5½ qt.				
Vanilla	2 tbsp.				
Raisins	2 qt.				
Oranges, size 126	10				
Milk and orange juice	1½ qt.				

Cream the fat and sugar thoroughly. Add the egg yolks and vanilla. Mix the dry ingredients and add alternately with the liquid. Chop the oranges and express the juice, to which is added the milk to make the required amount of liquid. Add the chopped oranges and raisins and the stiffly beaten whites. Bake in well-greased muffin tins.

Number of servings 152
 Amount in one serving ¼ c.
 Calories in one serving _____
 Cost of one serving _____

SPICE CAKE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	10 c.				
Eggs	14				
Sour cream	3 qt.				
Salt	1 tbsp.				
Flour	4 qt.				
Baking powder	¾ c.				
Soda	2 tbsp.				
Raisins	2 qt.				
Cinnamon	4 tbsp.				
Cloves	1½ tbsp.				
Allspice	3 tbsp.				
Molasses	1 c.				
Lemon juice	1 tbsp.				

Cream the sugar and egg yolks and add the sour cream. Add the molasses and lemon juice. Mix the dry ingredients and add to the mixture. Add the raisins and the beaten egg whites. Three quarts of sour milk and one and one half pounds of fat may be used instead of sour cream. This makes ten two-layer cakes, nine and one fourth inches in diameter.

[Pg 174]

Number of servings 160
 Amount in one serving 1 slice
 Calories in one serving _____
 Cost of one serving _____

SUGAR COOKIES

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Brown sugar	2 qt.				
Butter substitute		3 lb.			
Flour	5 qt.				
Soda	2 tsp.				
Vanilla	2 tbsp.				
Water	3 c.				
Salt	1½ tbsp.				

Cream the fat and sugar. Mix the dry ingredients and add with the water to the fat and sugar. This will make a soft dough which will not roll out until thoroughly chilled. Keep the dough in the refrigerator and take out only that portion which may be rolled at one time. Roll very thin, cut into cookies three and one half inches in diameter and bake on a floured pan.

Number of servings 300
 Amount in one serving One 3½ in. cooky
 Calories in one serving _____
 Cost of one serving _____

WASHINGTON PIE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cake recipe (see page 169)	12 layers				
Chocolate filling (see page 175)	3 qt.				

Split the layers of cake in half. Spread them with one cup of chocolate filling. Put the top over the filling and sprinkle with powdered sugar. Cut each layer in eight wedge-shaped pieces.

[Pg 175]

Number of servings 96
 Amount in one serving 1 piece
 Calories in one serving _____
 Cost of one serving _____

WHITE CAKE

| | | | |

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	6 qt.				
Butter substitute		6 lb.			
Milk	3¼ qt.				
Baking powder	¾ c.				
Egg whites	60				
Flour	9 qt.				
Salt	2 tbsp.				

Cream the fat and sugar thoroughly. Mix the dry ingredients and add alternately to the fat and sugar with the milk. Fold in the well-beaten whites last. This makes eighteen two-layer cakes. If preferred, this amount may be baked in square tins, twenty-four by twenty-four inches, and will fill three pans. Where a kitchen mixing machine is used in cake making the best results are obtained by creaming the fat and sugar in the machine for from twenty to thirty minutes and then adding the remainder of the ingredients and completing the mixing quickly.

Number of servings 288
Amount in one serving 1 slice
Calories in one serving _____
Cost of one serving _____

CHOCOLATE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cornstarch	1 c.				
Sugar	3 c.				
Cocoa	1½ c.				
Salt	¼ tsp.				
Milk	2 qt.				
Egg yolks	6				
Butter substitute	¼ c.				
Vanilla	1 tbsp.				

Mix the cornstarch, sugar, cocoa and salt and add to the hot milk, stirring constantly. When cornstarch is cooked add the beaten egg yolks, butter substitute and vanilla.

[Pg 176]

Total volume 3 qt.
Calories in one serving _____
Cost of one serving _____

CREAM FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cream pie filling (see page 184)					

See method under recipe for cream pie filling, p. 184.

This filling may be used not only for pie, but for cake, cream puffs, Washington pie and for similar desserts.

Number of servings
Amount of one serving
Calories in one serving _____
Cost of one serving _____

LEMON FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lemon pie filling (see page 185)					

This filling may be used not only for pie, but for cake and similar desserts.

See method under recipe for lemon pie filling, p. 185.

Number of servings
Amount of one serving
Calories in one serving _____
Cost of one serving _____

CARAMEL FROSTING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Brown sugar	5 c.				
White sugar	1 c.				
Water	1½ c.				
Egg whites	10				
Vanilla	1 tbsp.				

Cook the sugar and water to the soft-ball stage or until it forms a thread. Pour into the stiffly beaten egg whites, add the vanilla and continue beating on the machine until the icing is stiff. This amount will frost nine two-layer cakes, nine and one quarter inches in diameter.

[Pg 177]

Number of servings
Amount in one serving
Calories in one serving _____
Cost of one serving _____

CHOCOLATE ICING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cocoa	1 c.				
Sugar, powdered	3 c.				
Butter		2 oz.			
Water	½ c.				
Vanilla	1 tsp.				

Roll and sift the powdered sugar and cocoa, and mix with the water, melted butter and vanilla. This amount will make two cups of icing.

Number of servings
Amount of one serving
Calories in one serving _____
Cost of one serving _____

WHITE FROSTING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Granulated sugar	6 c.				
Water	1½ c.				
Egg whites	10				
Vanilla	2 tbsp.				

Cook the sugar and water to the soft-ball stage or until it forms a thread. Pour into the stiffly beaten egg whites, add the vanilla and continue beating in the machine until the icing is stiff. This amount will frost nine two-layer cakes, nine and one quarter inches in diameter.

[Pg 178]

Number of servings 144
Amount in one serving
Calories in one serving _____
Cost of one serving _____

PIES

PIE CRUST

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Flour		3 lb.			
Shortening		1½ lb.			
Salt	2 tbsp.				
Iced water					

Weigh the fat and flour, add the salt and work the fat into the flour lightly, using the tips of the fingers. Add the iced water a little at a time, being careful to distribute the water evenly through the mixture. Avoid getting the dough too wet. For this amount about one and one half cups of water is sufficient. This amount will make from eleven to twelve pie shells, using pie tins ten and three quarter inches in diameter, or it will make from six to seven two-crust pies.

Number of servings
Amount in one serving
Calories in one serving _____

Cost of one serving_____

APPLE PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apples, before peeling		16 lb.			
Cinnamon	2 tbsp.				
Sugar	3½ qt.				
Flour	1½ c.				
Butter substitute	1½ c.				

Fill the crusts with one quart of apples. Cover with the sugar and flour. Add the fat and cover with the top crust. Bake in a moderate oven. This recipe makes fourteen, ten and three quarter inch pies, using one quart per pie.

[Pg 179]

Number of servings 112
 Amount in one serving ⅛ pie
 Calories in one serving _____
 Cost of one serving _____

APRICOT PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Apricots, dry		5 lb.			
Water	6¼ qt.				
Sugar	2 qt.				
Cornstarch	1½ c.				
Lemon juice	⅓ c.				

Soak and cook the apricots in the water. When the apricots are soft add the well-mixed sugar and cornstarch and cook until thickened. Add the lemon juice. This amount will make ten pies, ten and three quarter inches in diameter, using three cups of filling per pie.

Number of servings 80
 Amount in one serving ⅛ pie
 Calories in one serving _____
 Cost of one serving _____

BLUEBERRY PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Blueberries, #10 can					
Sugar	2 qt.				
Cornstarch	1½ c.				
Lemon juice	¼ c.				

Drain the berries and heat the juice to boiling. Mix the sugar and cornstarch and sift into boiling juice. When thickened, add the berries and lemon juice. Fill pie shells, using three cups per pie. This will make nine, ten and three quarter inch pies.

[Pg 180]

Number of servings 72
 Amount in one serving ⅛ pie
 Calories in one serving _____
 Cost of one serving _____

CRANBERRY AND RAISIN PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Cranberries, uncooked	3¾ qt.				
Raisins	2½ qt.				
Sugar	7 c.				
Vinegar, spiced	2½ c.				
Nut meats, chopped	2½ c.				

Wash and pick over the cranberries. Steam the raisins and mix with the remainder of the ingredients. Fill the pie shells. This recipe makes ten, ten and three quarter inch pies, using three cups per pie.

Number of servings 80
 Amount in one serving ⅛ pie

Calories in one serving _____
 Cost of one serving _____

DRIED PEACH PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Peaches, dried		5 lb.			
Water	6¼ qt.				
Sugar	2 qt.				
Cornstarch	1½ c.				
Lemon juice	½ c.				

Soak and cook the peaches in the water. When soft, add the well-mixed sugar and cornstarch and cook until thickened. Add the lemon juice and fill the pie shells. This will fill ten, ten and three quarter inch pies, using three cups of filling per pie.

Number of servings 80
 Amount of one serving ⅓ pie
 Calories in one serving _____
 Cost of one serving _____

GOOSEBERRY AND RAISIN PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Gooseberries, #10 can	4				
Raisins	12 c.				
Sugar	1 gal.				
Cornstarch	3 c.				
Gooseberry juice	1 gal.				
or					
Gooseberry juice and water	1 gal.				

Drain the gooseberries, retaining one gallon of the juice. Heat the juice and when it reaches the boiling point add the well-mixed sugar and cornstarch, stirring constantly. When the mixture has thickened, add the gooseberries and the raisins. The raisins will be improved by steaming before adding to the mixture. This quantity makes twenty, ten and three quarter inch pies, using three cups per pie.

Number of servings 160
 Amount in one serving ⅓ pie
 Calories in one serving _____
 Cost of one serving _____

LOGANBERRY PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Berries, #10 can	4				
Sugar	1 gal.				
Cornstarch	3 c.				
Lemon juice	½ c.				

Open the berries and pour into a colander to separate the berries from the juice. Heat the juice to the boiling point and add the well-mixed cornstarch and sugar, stirring constantly. When the mixture has thickened, add the lemon juice and berries. This makes filling for eighteen pies, ten and three quarter inches in diameter and cutting eight pieces per pie.

Number of servings 144
 Amount in one serving ⅓ pie
 Calories in one serving _____
 Cost of one serving _____

RHUBARB PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Rhubarb, diced	4 gal.				
Sugar	5½ qt.				
Cornstarch	3 c.				

Wash and dice the rhubarb, and put over a slow fire to cook. When the mixture is boiling, add the

well-mixed cornstarch and sugar, stirring constantly. When thickened, remove from the fire and fill the pie crusts, using three cups per pie. This amount makes fourteen pies, ten and three quarter inches in diameter.

Number of servings 112
 Amount per serving 1/8 pie
 Calories in one serving _____
 Cost of one serving _____

BANANA CREAM PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	8 qt.				
Sugar	5 qt.				
Cornstarch	1/2 qt.				
Flour	1 1/2 qt.				
Egg yolks	48				
Butter substitute		1 1/2 lb.			
Salt	2 tbsp.				
Vanilla	1/3 c.				
Bananas	20				
Egg whites	48				
Sugar	4 3/4 C.				

Mix sugar, cornstarch and flour, and add to scalded milk, stirring constantly. When thickened add well-beaten egg yolks, butter substitute, salt and vanilla. Cut one banana in pieces over bottom of crust. Cover with filling, using two and one half cups per pie. Cover with meringue and brown in a moderate oven. This makes twenty, ten and three quarter inch pies.

[Pg 183]

Number of servings 160
 Amount of one serving 1/8 pie
 Calories in one serving _____
 Cost of one serving _____

BUTTERSCOTCH PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	8 qt.				
Brown sugar	5 qt.				
Egg yolks	48				
Flour	1 1/2 qt.				
Cornstarch	1/2 qt.				
Butter substitute		1 1/2 lb.			
Vanilla	1/3 c.				
Salt	2 tbsp.				
Egg whites	48				
Sugar	4 3/4 c.				

Scald the milk, reserving sufficient to make a thin paste with the flour and cornstarch. Add the brown sugar to the scalded milk and pour in the thickening, stirring constantly. If a dark brown sugar is used, a little soda may be added to the milk to prevent curdling. When the mixture has thickened add the fat and egg yolks and cook for a few minutes. Remove from the fire and add the salt and vanilla. This recipe makes twenty pies, using two and one half cups per pie. See chocolate pie recipe for method of making meringue.

Number of servings 160
 Amount in one serving 1/8 pie
 Calories in one serving _____
 Cost of one serving _____

[Pg 184]

CHOCOLATE PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	5 qt.				
Water	8 qt.				
Yolks	48				
Flour	1 1/2 qt.				
Cocoa	6 c.				
Butter substitute		1 1/2 lb.			

Salt	2 tbsp.				
Egg whites	48				
Sugar	4¾ c.				

Mix the cocoa, flour, salt and sugar together thoroughly. Sift into the boiling water, stirring constantly. When the mixture has thickened add the well-beaten egg yolks and let cook three or four minutes. Add the butter substitute.

Beat the egg whites until they hold their shape. Add the sugar and continue beating until sugar and egg are thoroughly blended. Avoid beating the sugar and egg until too stiff to spread. Bake in a moderate oven. This recipe makes twenty, ten and three quarter inch pies, using two and one half cups per pie.

Number of servings 160
 Amount in one serving ⅓ pie
 Calories in one serving _____
 Cost of one serving _____

CREAM PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	8 qt.				
Sugar	5 qt.				
Cornstarch	½ qt.				
Flour	1½ qt.				
Egg yolks	48				
Butter substitute		1½ lb.			
Salt	2 tbsp.				
Vanilla	⅓ c.				
Egg whites	48				
Sugar	4¾ c.				

Mix the sugar, cornstarch and flour and add to scalded milk, stirring constantly. When thickened, add the well-beaten egg yolks, butter substitute, salt and vanilla. Fill the pie shells, using two and one half cups per pie and cover with meringue. This recipe makes twenty, ten and three quarter inch pies.

[Pg 185]

Number of servings 160
 Amount in one serving ⅓ pie
 Calories in one serving _____
 Cost of one serving _____

CUSTARD PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Milk	2 gal.				
Eggs, whole	30				
Egg yolks	15				
Sugar	3 c.				
Vanilla	3 tbsp.				
Salt	2 tsp.				
Nutmeg	2 tbsp.				

Scald the milk. Add the eggs, sugar and vanilla, beaten together. Fill the pie shells and sprinkle the nutmeg over the top. Bake in a slow oven. This recipe makes twelve, ten and three quarter inch pies, using three and one half cups per pie.

Number of servings 96
 Amount in one serving ⅓ pie
 Calories in one serving _____
 Cost of one serving _____

LEMON PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Water	8 qt.				
Sugar	5 qt.				
Cornstarch	½ qt.				
Flour	1½ qt.				
Salt	2 tbsp.				

Egg yolks	48				
Butter substitute		1½ lb.			
Lemons, grated rind and juice	20				
Egg whites	48				
Sugar	4¾ c.				

Mix the sugar, flour and cornstarch and add to the rapidly boiling water. When thickened, add the fat and egg yolks. Cook for a few minutes, and when removed from the fire add the lemon juice and grated rind. Put two and one half cups to each ten and three quarter inch pie shell and cover with meringue and brown in oven. For method of making meringue see [chocolate pie](#) recipe. This recipe makes twenty pies.

[Pg 186]

Number of servings 160
Amount in one serving ⅓ pie
Calories in one serving _____
Cost of one serving _____

PINEAPPLE PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Pineapple, #10 cans	3				
Juice and water	9 qt.				
Sugar	5 qt.				
Cornstarch	2 c.				
Flour	1½ qt.				
Yolks	48				
Salt	2 tbsp.				
Lemon juice	6 tbsp.				
Whites	48				
Sugar	4¾ c.				

Mix the sugar, flour and cornstarch and add to the rapidly boiling water. When thickened add the egg yolks. Cook for a few minutes, remove from the fire and add the lemon juice and pineapple. Fill ten and three quarter inch shells, using two and one half cups of filling per pie. Cover with meringue and bake in a moderate oven. For method of making meringue see [chocolate pie](#) recipe. This recipe makes twenty-seven pies.

Number of servings 216
Amount in one serving ⅓ pie
Calories in one serving _____
Cost of one serving _____

[Pg 187]

PUMPKIN PIE FILLING

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	5 c.				
Ginger	5 tsp.				
Cinnamon	6 tbsp.				
Cloves	2 tsp.				
Cornstarch	½ c.				
Salt	1 tbsp.				
Pumpkin, #10 can	1				
Egg yolks	20				
Milk, hot	4 qt.				
Egg whites	20				

Mix the dry ingredients and add to the pumpkin. Beat the eggs, add the scalded milk and pour into the pumpkin and spices, and mix thoroughly. This fills ten, ten and three quarter inch shells, using three and one half cups per shell.

Number of servings 80
Amount in one serving ⅓ pie
Calories in one serving _____
Cost of one serving _____

BEVERAGES

FRUIT PUNCH

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Grated pineapple	1 qt.				
Lemon juice	1 qt.				
Orange juice	1 qt.				
Grape juice	1 qt.				
Tea infusion	2 qt.				
Water	2½ gal.				
Sugar	2 qt.				
Mint leaves	½ c.				

Make a syrup of the sugar and a quart of the water. While the syrup is cooling add the mint leaves. Mix the syrup with the fruit juices and strain. Serve the punch iced. The volume will be somewhat greater if the fruit pulp is not strained out.

[Pg 188]

Number of servings 62
Amount in one serving 1 c.
Calories in one serving _____
Cost of one serving _____

GINGER ALE LEMONADE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lemon juice	1 qt.				
Sugar	2 qt.				
Water	1 qt.				
Ice water	2 gal.				
Ginger ale	1 gal.				
Mint leaves	1 c.				

Make a syrup of the sugar and water, and while this is cooling add the mint leaves. Combine the cold syrup, lemon juice and water, and add the ginger ale. The ginger ale should not be added until just before the lemonade is to be served.

Number of servings 56
Amount in one serving 1 c.
Calories in one serving _____
Cost of one serving _____

LEMONADE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Lemon juice	1 qt.				
Sugar	2 qt.				
Water	1 qt.				
Ice water	2 gal.				

Make a syrup of the sugar and the one quart of water, and let cool. Mix with the lemon juice and add the ice water. While the syrup is cooling, mint leaves may be added if desired.

Number of servings 45
Amount in one serving 1 c.
Calories in one serving _____
Cost of one serving _____

[Pg 189]

HOT CHOCOLATE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Sugar	¾ c.				
Grated chocolate	1½ c.				
Salt	½ tsp.				
Boiling water	3 c.				
Milk	1 gal.				
Vanilla	2 tsp.				

Mix the sugar, grated chocolate and salt with the boiling water and cook until smooth. Add the hot milk and cook ten to fifteen minutes to develop the flavor. Add vanilla and serve. One half teaspoon of cinnamon may be added for flavor if desired.

Number of servings 27
Amount in one serving ⅔ c.

Calories in one serving _____
 Cost of one serving _____

URN COFFEE

INGREDIENTS	AMOUNT	WEIGHT	CALORIES	UNIT COST	TOTAL COST
Coffee, ground medium fine	4 c.				
Water	2 gal.				

Put the ground coffee into an urn sack. Let the boiling water from the water urn flow over the coffee. Drain the coffee from the faucet of the urn, and pour the entire amount over the ground coffee twice. This should make a coffee of good strength. The important points in making coffee are that the urn should be kept perfectly clean, using clear water and steel wool or baking soda; the water bags should be kept washed and well aired; the water used in making the coffee should always be actively boiling before the coffee is made, and the water in the jacket should be maintained at boiling temperature.

[Pg 190]

Number of servings 48
 Amount in one serving $\frac{2}{3}$ c.
 Calories in one serving _____
 Cost of one serving _____

CHAPTER VII

TABLE OF WEIGHTS AND THEIR APPROXIMATE MEASURES

FOOD MATERIAL	WEIGHT	MEASURE	CALORIES
Apples, A. P., ^A fresh	6 oz.	1 apple 100 size box apples	
Apples, diced, half-inch cubes	1 lb.	4 $\frac{1}{3}$ c.	
Apricots, dried, A. P. ^A 1 lb. apricots soaked and cooked equals 4 $\frac{1}{2}$ cups without juice. 1 lb. apricots after soaking and cooking weighs 2 $\frac{1}{2}$ lb., without juice.	1 lb.	3 c.	
Baking powder	1 lb.	2 $\frac{1}{8}$ c.	
Bananas, A. P. ^A	1 lb.	3 medium sized	
Beans, dried lima, uncooked 1 lb. dried lima beans soaked and cooked equals 6 $\frac{1}{2}$ cups 1 lb. dried lima beans after soaking and cooking weighs 2 lb. 9 oz.	1 lb.	2 $\frac{2}{3}$ c.	
Beans, kidney, A. P. ^A 1 lb. kidney beans soaked and cooked equals 7 cups. 1 lb. kidney beans after soaking and cooking weighs 2 lb. 6 $\frac{1}{2}$ oz.	1 lb.	2 $\frac{2}{3}$ c.	
Beans, navy, A. P. ^A 1 lb. navy beans soaked and cooked equals 6 cups. 1 lb. navy beans after soaking and cooking weighs 2 lb. 3 oz.	1 lb.	2 $\frac{1}{3}$ c.	
	1 lb.	2 $\frac{1}{2}$ c.	

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Beets, diced, cooked			
Bran	1 lb.	10½ c.	
Bread, soft, broken	1 lb.	9 c.	
Bread, broken stale	1 lb.	9 c.	
Bread crumbs, stale, finely sifted	1 lb.	3⅓ c.	
Butter	1 lb.	2 c.	
Cabbage, shredded	1 lb.	5½ c.	
Celery, quarter-inch pieces	1 lb.	4 c.	
Carrots, diced	1 lb.	4 c.	
Cheese, cottage, A. P.A, unmixed	1 lb.	2⅔ c.	
Cheese, N. Y. or Wisc. cream, fresh, cubed or cut fine	1 lb.	2⅔ c.	
Chicken, cooked and cubed	1 lb.	3 c.	
Chocolate, cut fine	1 lb.	3½ c.	
Cinnamon, ground	1 lb.	4 c.	
Cloves, ground	1 lb.	3¾ c.	
Cocoa	1 lb.	4 c.	
Cocoanut, short	1 lb.	7 c.	
Coffee, medium ground	1 lb.	4⅔ c.	
Corn, canned	1 lb.	1¾ c.	
Corn meal 1 lb. corn meal when cooked equals 3½ qt.	1 lb.	3 c.	
Cornstarch	1 lb.	3⅛ c.	
Crackers, 2 inches by 2 inches	1 lb.	108	
Crackers, sodas, whole	1 lb.	56	
Crackers, broken	1 lb.	10 c.	
Cranberries, uncooked	1 lb.	5 c.	
Eggs, whole in shell	1 lb.	8	
Egg whites	½ lb.	8 whites = 1 c.	

Egg yolks	½ lb.	12 yolks = 1 c.	
Farina, uncooked 1 lb. farina when cooked equals 3 qts.	1 lb.	2⅔ c.	
Figs, layer, whole	1 lb.	2½ c.	
Figs, layer, cut fine	1 lb.	3 c.	
Flour, graham	1 lb.	3⅔ c.	
Flour, wheat, unsifted	1 lb.	3½ c.	
Gelatin, granulated	1 lb.	3 c.	
Ginger	1 lb.	4¼ c.	
Grapenuts	1 lb.	3⅞ c.	
Grapes, cut and seeded as for salad	1 lb.	2¾ c.	
Hamburg steak, raw	1 lb.	2 c.	
Hominy, pearl	1 lb.	2½ c.	
Lard substitute or compound	1 lb.	2⅛ to 2½ c.	
Lemons, 300 size	1 lb.	4 lemons	
Lemon juice		4 to 5 lemons = 1 c.	
Lettuce, average head size	9 oz.	1 head or 10- 12 salad leaves	
Macaroni, broken 1½ inch pieces 1 lb. macaroni when cooked equals 3 qt.	1 lb.	5 c.	
Molasses	1 lb.	1⅓ c.	
Mustard	1 lb.	5 c.	
Nutmeats, English walnuts, whole	1 lb.	4¾ c.	
Nutmeats, English walnuts, chopped	1 lb.	4 c.	
Nutmeg, ground	1 lb.	3½ c.	
Oats, rolled 1 lb. oats when cooked equals 2⅓ qts	1 lb.	5½ c.	
Oils, cottonseed	1 lb.	2⅛ c.	
Oleomargarine	1 lb.	2 c.	
	1 lb.	2⅓ c.	

Oranges, diced			
Oranges, whole, 126 size	8 to 9 oz.	1 orange	
Onions, chopped	1 lb.	3 c.	
Paprika	1 lb.	3 ³ / ₄ c.	
Peaches, dried 1 lb. peaches soaked and cooked equals 4 ¹ / ₄ cups without juice. 1 lb. peaches soaked and cooked weighs 2 ¹ / ₂ lb. without juice.	1 lb.	3 c.	
Peas, canned, drained	1 lb.	2 ² / ₃ c.	
Pepper, white	1 lb.	4 ¹ / ₄ c.	
Pickles, whole	1 lb.	16 if 3 in. length 22 if 2 in. length	
Pickles, chopped	1 lb.	3 c.	
Pineapple, canned broken pieces	1 lb.	2 c.	
Potatoes, unpeeled	1 lb.	3 medium sized	
Potatoes, peeled	³ / ₄ lb. after peeling	1 lb. before peeling	
Potatoes, diced for creaming	1 lb.	2 ¹ / ₃ c. diced before peeling	
Prunes, A. P. ^A 1 lb. prunes soaked and cooked equals 3 cups without juice. 1 lb. prunes soaked and cooked weighs 1 ⁵ / ₈ lbs. without juice.	1 lb.	2 ¹ / ₂ c.	
Pumpkin, canned	1 lb.	1 ³ / ₄ c.	
Raisins, seeded	1 lb.	2 ¹ / ₂ c.	
Raisins, seedless	1 lb.	3 c.	
Rice, whole 1 lb. of rice when cooked equals 2 qt.	1 lb.	2 ¹ / ₈ c.	
Salmon	1 lb.	2 c.	
Salt	1 lb.	2 ³ / ₈ c.	
Soda	1 lb.	2 c.	
Spaghetti 1 lb. spaghetti when cooked equals 2 ³ / ₄ qt.	1 lb.	5 c.	
Spinach	1 lb.	2 c.	
String beans, canned	1 lb.	2 c.	

Sugar, brown	1 lb.	2¾ c.	
Sugar, granulated	1 lb.	2⅛ c.	
Sugar, powdered	1 lb.	2¾ c.	
Tapioca, pearl 1 lb. of tapioca soaked and cooked equals 7½ c.	1 lb.	2¾ c.	
Tea	1 lb.	8 c.	
Tuna fish	1 lb.	2 c.	

[Note A: A. P. = As purchased.]

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