

TIPS

ON THRIFTY MEALS

A Guide to Meal Planning

CERTAIN FOODS should be a part of every day's meals. Well-balanced meals based on these necessary foods help to keep the body in the best possible physical condition, protect against certain diseases, and help children grow as they should.

To obtain balanced meals, take the following foods in the amounts indicated:

MILK—One quart daily for every child, one pint or more for every grown-up. Milk furnishes calcium for bones and teeth; also other body building materials and vitamins. American cheese and cottage cheese should be used often.

VEGETABLES—Two or more servings a day, besides potato. Use green and yellow vegetables often. At least one serving a day should be raw. Vegetables furnish vitamins, iron for blood building, and roughage to help regulate the bowels.

FRUITS—Two or more servings a day. One should be orange, grapefruit or tomato which provide vitamin C to protect against scurvy. The other serving may be either raw or cooked. All fruits furnish vitamins, minerals and roughage.

EGGS—Four or five a week for children; two to three for adults. Eggs are good sources of body building material, iron and vitamins.

CEREALS—Bread and butter at every meal. Some dish made from cereals should be used every day or extra bread substituted. A part of either the cereal or the bread should be made of whole grains to provide certain minerals and vitamins as well as roughage.

PROTEIN FOODS—Cheese, lean meat, fish or poultry. Use at least five times a week. These foods furnish body building materials and vitamins. The fats they contain give energy.

ADDITIONAL FOODS—If your family eats these amounts of necessary foods the rest of the diet may be chosen to suit the family taste and pocketbook.

WATER—Drink plenty of water to wash out body waste matter.

Tips ON MARKETING

GENERAL—Plan your meals for several days at a time, for the whole week if possible. Buying in quantity is usually economical if you have storage space. Take advantage of good buys in the market. Plan to use left overs the next day in other dishes.

DAIRY PRODUCTS—Milk is the most economical food. Buy it first in recommended amounts. Use cottage cheese and American cheese often. Butter should be bought a whole pound at a time.

FRUITS—Buy fresh fruits in season only. Dried fruits are usually cheaper than canned fruits. Small size bulk fruits have just as much food value as the larger selected packaged fruits. Buy canned fruits in large size cans and in broken pieces—they cost less than fancy packs.

VEGETABLES—Buy fresh vegetables in season only. Loose vegetables bought by the pound have the same food value as those bought in bunches and cost less. Use the tops of beets and turnips for greens and the tops of celery and outside leaves of lettuce in soups.

Buy canned vegetables in large size cans. Fancy pack vegetables have no more food value than others and usually cost more.

Dried beans, peas, lentils are inexpensive and high in food value. Cook enough for two meals at a time to save time and fuel.

Buy at least a peck of potatoes at a time. Potatoes have more food value than such foods as rice, spaghetti and macaroni.

CEREALS—Cereals are low cost foods. The whole-grain or dark ones have more minerals and vitamins than the white ones. Buy day old bread whenever possible. It costs less than fresh bread and has the same food value.

PROTEIN FOODS—Cheese is an economical protein food. Eggs are cheapest in the spring and summer; use more of them then.

The less expensive cuts of meat like shank, chuck, breast, shoulder, short ribs are low in cost and have good flavor. Liver, brains, heart, kidney and ground meats have no waste and are good buys. Buy bacon in squares, unsliced. Canned and salt fish cost less than fresh fish but have the same food value.

SUGAR AND SWEETS—Use molasses and brown sugar often for sweetening and flavoring. They contain minerals which white sugar does not have.

Thrifty Meals . . . SAMPLE MENUS FOR ONE WEEK

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Oranges Fried cornmeal mush Syrup Milk	Sliced oranges Oatmeal with milk Toast and butter Milk	Sliced bananas Whole-wheat cereal with milk Toast and butter Cocoa	Apple sauce Scrambled eggs Toast and butter with jelly Cocoa	Stewed prunes French toast with syrup Milk	Orange halves Scrambled eggs Toast and butter Cocoa	Stewed apricots Cornmeal mush with milk Toast and butter Milk
LUNCH	Bacon and Cheese sandwiches Apple Milk	Omelet Rye bread and butter Baked apple Milk	Macaroni and cheese Raw carrot sticks Bread and butter Milk	Corn soup with bacon squares* Raw carrot and raisin salad Rye bread and butter Stewed apricots Milk	Escalloped tomatoes Apple and celery salad Cornmeal muffins and butter Cookies Milk	Cottage cheese and carrot salad Bread and butter Stewed prunes Milk	Cream of tomato soup Peanut butter sandwiches Cookies Milk
DINNER	Pot roast Mashed potatoes Milk gravy Greens Bread and butter Prune pie Milk	Baked meat hash Buttered beets Cole slaw Whole-wheat bread and butter Butterscotch pudding* Milk	Baked beans Stewed tomatoes Bread and butter Oatmeal cookies Milk	Liver Baked potatoes Baked onions Stewed tomatoes Bread and butter Baked rice pudding Milk	Meat, rice and vege- table casserole* Lettuce salad Bread and butter Sliced bananas Milk	Salmon loaf with vegetables* Baked potatoes Cabbage salad Whole-wheat bread and butter Gingerbread Milk	Meat stew with vegetables Dumplings Bread and butter Baked apple Milk

*See recipes on following page.

Thrifty Recipes

MEAT, RICE AND VEGETABLE CASSEROLE

$\frac{3}{4}$ cup uncooked rice	3 tablespoons butter
1 cup diced cooked carrots	4 tablespoons flour
1 lb. ground beef	2 cups milk
$\frac{1}{2}$ cup milk	1 tablespoon chopped onion
$\frac{1}{8}$ cup bread crumbs	1 teaspoon salt
1 teaspoon salt	

Cook rice in rapidly boiling salted water until tender. Mix meat with $\frac{1}{2}$ cup milk, bread crumbs and 1 teaspoon salt. Form in balls the size of a walnut. Brown meat in melted butter. Remove meat from pan; add flour and blend well. Add milk gradually; cook and stir until gravy thickens. Add onion, 1 teaspoon salt, cooked carrots and meat. Press rice around sides of buttered baking dish. Pour meat mixture in center. Bake at 350° F. for 30 minutes. Serves 6.

CORN SOUP

$\frac{1}{4}$ lb. bacon	$1\frac{1}{2}$ cups boiling water
1 small onion, chopped	$1\frac{1}{2}$ cups cooked corn
$1\frac{1}{2}$ cups diced potatoes	3 cups milk
Salt and pepper	

Cut bacon in $\frac{1}{2}$ -inch pieces. Fry until golden brown. Remove bacon from pan. Cook onion in fat until tender. Drain off excess fat. Add bacon, potato and water to onion. Cook until potato is tender. Add corn and milk; heat thoroughly. Season to suit taste. Serves 6.

SALMON LOAF WITH VEGETABLES

1 tall can salmon	$\frac{1}{2}$ teaspoon salt
2 cups soft bread crumbs	1 cup milk
2 tablespoons lemon juice	2 eggs
1 teaspoon onion juice	1 cup cooked green beans
3 tablespoons butter	1 cup cooked carrots
2 cups medium white sauce	

Flake salmon, add crumbs, lemon juice, onion juice, melted butter and salt. Add milk and beaten eggs. Mix well, pack in a well-greased pan, and bake 45 minutes at 350° F. Turn out onto serving plate. Combine green beans, chopped carrots and white sauce; heat and serve with salmon loaf. Serves 6.

BUTTERSCOTCH PUDDING

3 cups milk	1 egg, separated
4 tablespoons quick-cooking tapioca	$\frac{1}{8}$ cup brown sugar
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla

Combine milk, tapioca and salt. Cook over boiling water for 5 minutes after mixture is scalded. Stir occasionally. Add some of hot mixture to beaten egg yolks; pour into tapioca mixture and cook 3 minutes, stirring constantly. Add brown sugar and vanilla; stir until sugar is dissolved. Remove from heat and fold in stiffly beaten egg white. Serves 6.