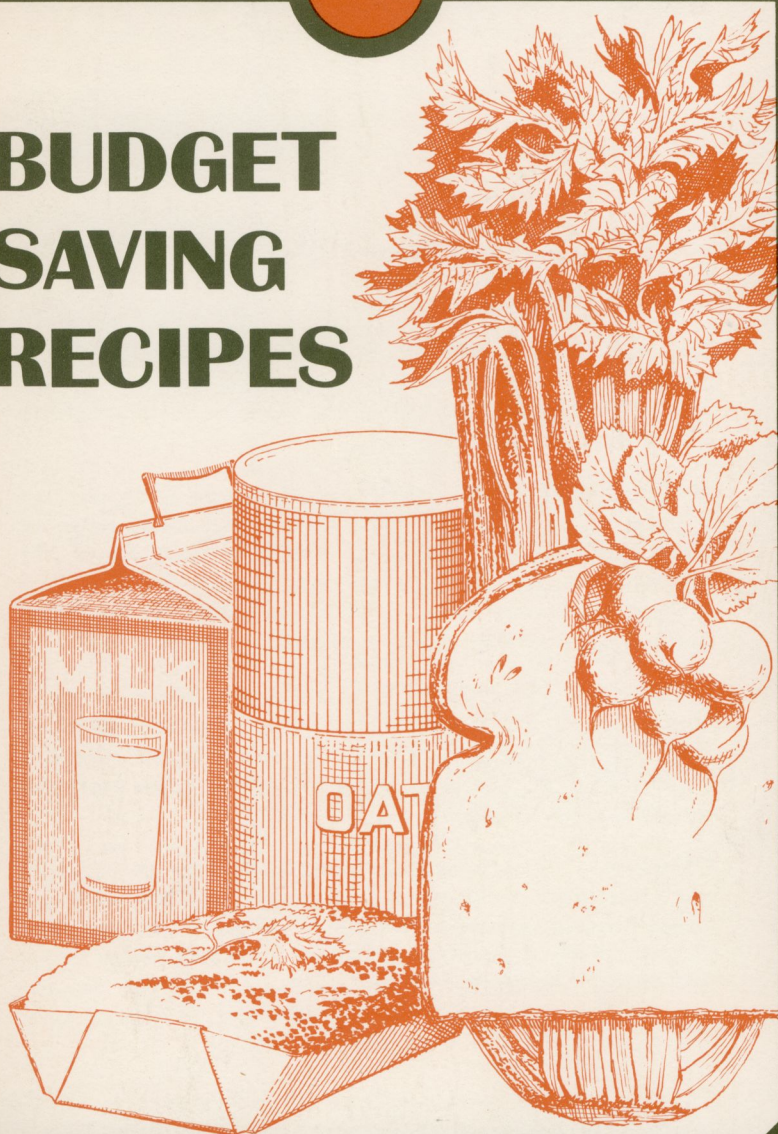


# BUDGET SAVING RECIPES



COOPERATIVE EXTENSION SERVICE  
EATON COUNTY OFFICE  
126 N. BOSTWICK  
CHARLOTTE, MICHIGAN



## HELLO!

This book is filled with recipes to help stretch food dollars. Your imagination, mixed with carefully chosen items from the food store, can produce tasty, attractive and nutritious dishes that your family will like. We hope you enjoy the variety of breakfast ideas, main dishes, breads and desserts here.



## FOOD COSTS

The best food in the world, at the cheapest prices, is available in the United States at your grocery store. If you follow the tips and recipes in this booklet, here are some of the bargains you will find.

**BREAKFAST**—A 4-ounce glass of orange juice, a bowl ( $\frac{2}{3}$  cup) of oatmeal with sugar and  $\frac{1}{2}$  cup milk, a cup of coffee and two slices of toast with jelly costs about 13¢ for each person. The oatmeal, which provides excellent protein, costs only about 2¢. Several United States presidents have regularly eaten a breakfast just like this!

**LUNCH**—If you choose a meal like the Monday lunch menu on page 10, the total cost for each person is about 30¢. This includes 2 frankfurters, a whole rib of celery, a square of corn bread, a piece of prune cake and one 8-ounce glass of milk.

**DINNER**—If you buy chicken and vegetables when prices are reasonably low—which is most of the time—you can make the Chicken and Dumplings recipe shown on page 25 for about 33¢ per serving. This includes meat, vegetables and bread, almost a one-dish meal! Chicken and Dumplings has historically been a favorite food for special Sunday dinners and for company occasions.

**NOTE:** Costs are based on June, 1969 typical supermarket prices in a large northern city.

# Contents

Tips for Smart Shopping . . .	4-5
Storage Tips . . .	6
Food Equivalents . . .	7
Food Substitutions . . .	8
Weights and Measures . . .	9
Oven Temperatures . . .	9
Menu for One Week . . .	10
Four Food Groups . . .	11

## BREAKFASTS

Old Fashioned Oatmeal . . .	12
Quick Oatmeal . . .	12
Fried Oatmeal Slices . . .	12
Enriched Corn Meal Mush . . .	13
Fried Mush . . .	13
Enriched Hominy Grits . . .	14
Enriched Hominy Quick Grits . . .	14
Fried Enriched Hominy Grits . . .	14
Oatmeal Pancakes . . .	15
Corn Meal Pancakes . . .	16
Corn Meal Tortillas . . .	16

## BREADS

White Corn Bread . . .	17
Corn Muffins . . .	17
Corn Sticks . . .	17
Yellow Corn Bread . . .	18
Oatmeal Muffins . . .	18
Raisin Spice Oatmeal Bread . . .	19
Oatmeal Yeast Bread . . .	20
Oatmeal Yeast Rolls . . .	21

## MAIN DISHES

Meat Loaf . . .	22
Hamburgers . . .	22
Spanish Barley . . .	23
Tamale Pie with Corn Meal Mush . . .	24
Tamale Pie with Corn Bread Topping . . .	24
Chicken 'N Dumplings . . .	25
Best Beef Stew . . .	26
Oatmeal Biscuits . . .	26
Fried Fish . . .	27
Hush Puppies . . .	27
Ham and Red-Eye Gravy . . .	28
Cooked Greens . . .	28
Hominy Croquettes . . .	28
Hearty Barley Soup . . .	29
Grits and Cheese Bake . . .	30


## DESSERTS

Oatmeal Drop Cookies . . .	31
Cocoa Oatmeal Cookies . . .	32
Peanut Butter Cookies . . .	33
Apple Crisp . . .	33
Spicy Prune Cake . . .	34
Prune Whip . . .	35

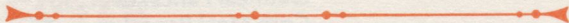


## TIPS FOR SMART SHOPPING


Plan ahead. If possible, plan menus for a week at a time (see example on page 10). Buy staples such as flour, sugar and corn meal monthly or bi-monthly; check what's on hand before shopping. Remember, most grocery products cost less per serving when you buy larger packages.




As you plan menus, check newspaper ads for weekly specials and sales. You can save money at sales if the food store is near you, if the food is of a good quality for your needs and if you have enough good places to keep it. Check your local papers to find out which days supermarket ads appear. Handbills and circulars handed out at the store also list sale items.




Make a shopping list; write down items as you think of them through the week. Group the items by the way you find them in your store; this will save time and steps. Take your pencil along and check off items as selected. Usually stick to the list, but if you discover a better buy at the store, substitute. Write down prices and add them up as you go through the store so you don't spend more money than you planned.



Prices of fresh fruits and vegetables change with the season. Buy seasonal fresh foods when most plentiful in your area.



Compare costs of different forms of foods (fresh, frozen, canned, dried, etc.). To find the best buy, divide the price by the number of servings. The lower price per serving is the thriftiest choice. And don't forget, if you want to buy foods that are already prepared by the manufacturer, like a frozen pizza, you'll usually have to pay considerably more than if you made the pizza yourself.



Read labels to learn quality, size and weight. You do not need to buy fancy grades of fruits and vegetables, especially for use in stews, soups, fruit puddings or pies. Nutrition is the same and flavor is often just as good in lower grades.



Remember, non-food items are *not* part of the food bill. You might buy laundry supplies, hose, cosmetics or magazines in the supermarket, but you should keep these things separate from your food budget.

Buy *enriched, whole grain* or *restored* cereals, bread, corn meal, grits, flour and macaroni products for extra nutrition. You get more vitamins and minerals in these products and the cost is usually the same.

Buy *fortified* milk for its extra vitamins and minerals.

Shop for foods rich in Vitamin C, such as orange juice, grapefruit, tomatoes, cabbage and green peppers. Many fruit juices and drinks also contain added Vitamin C.

Shop for foods rich in iron, such as liver, eggs, raisins, greens, dry beans. This is important for all women, particularly for young mothers and pregnant women.

Shop for foods rich in calcium, such as milk, cheese and greens.

When you reach home, put food away quickly and properly to avoid spoiling and waste. This is especially important for refrigerator items such as meat, fish, poultry, eggs, milk and frozen foods.





## STORAGE TIPS

- (a) Keep *cereals, crackers* and other crisp foods on a cool, dry shelf. Fold down the inner wrapping of cereal packages before closing the box top to keep cereal fresh and crisp.
- (b) Keep *potatoes and onions* in a cool, dark place in the kitchen or pantry where air can circulate around them. *Do not* keep potatoes and onions under the sink because it is too warm and damp.
- (c) Keep *sugar, flour, corn meal, oatmeal, rice, spices* and other dry foods in a dry place at room temperature. Always use the oldest of these foods first when you buy a new supply. For example, empty the flour can completely before filling again. If possible, keep coffee in the refrigerator.
- (d) Keep foods like *jelly, pickles, peanut butter* and *mustard* in the refrigerator *only* if the label says "refrigerate after opening." Otherwise they take up refrigerator space you could use for something else.



## EQUIVALENTS

Food	Quantity	Yield
apples	1 medium	1 cup sliced
barley, regular	1 cup uncooked	4 cups cooked
barley, quick	1 cup uncooked	3 cups cooked
bread crumbs	3 to 4 slices bread 1 slice bread	1 cup dry crumbs $\frac{3}{4}$ cup soft crumbs
cabbage	1 pound	4 cups shredded
cheese	$\frac{1}{4}$ pound	1 cup shredded
graham crackers	15	1 cup fine crumbs
soda crackers	16 22	1 cup coarse crumbs 1 cup fine crumbs
corn meal	1 cup uncooked	4 cups cooked mush
hominy grits	1 cup uncooked	4 cups cooked
dry beans	1 cup	$2\frac{1}{2}$ cups cooked
all-purpose flour	1 pound	4 cups sifted
macaroni and spaghetti	$\frac{1}{2}$ pound uncooked (2 cups)	4 cups cooked
noodles	$\frac{1}{2}$ pound uncooked (4 cups)	4 cups cooked
onion	1 medium	$\frac{1}{2}$ cup chopped
rice	1 cup	$3\frac{1}{2}$ cups cooked
quick or old fashioned oats	2 cups	4 cups oatmeal
shortening	1 pound	2 cups
brown sugar	1 pound	$2\frac{1}{4}$ cups firmly packed
confectioners sugar	1 pound	$3\frac{1}{2}$ cups sifted
granulated sugar	1 pound	$2\frac{1}{4}$ cups



## SUBSTITUTIONS

Food	Quantity	Substitute
chocolate	1 square unsweetened	3 tablespoons cocoa plus 1 tablespoon shortening
eggs	1 whole egg	2 egg yolks or 2½ tablespoons sifted dry whole egg powder plus 2½ tablespoons lukewarm water
flour (for thickening)	1 tablespoon	½ tablespoon cornstarch or 1 tablespoon granular tapioca or 2 teaspoons quick cooking tapioca or 2 tablespoons granular cereal
milk	1 cup milk	½ cup evaporated milk plus ½ cup water or approximately ¼ cup nonfat dry milk plus water to make 1 cup fluid milk or approximately ⅓ cup instant nonfat dry milk plus water to make 1 cup fluid milk
	1 cup sour milk	1 tablespoon lemon juice or vinegar plus sweet milk to make 1 cup



## WEIGHTS AND MEASURES

3 teaspoons	=	1 tablespoon	
4 tablespoons	=	$\frac{1}{4}$ cup	= 2 fluid ounces
$5\frac{1}{3}$ tablespoons (5 tablespoons plus 1 teaspoon)	=	$\frac{1}{3}$ cup	
8 tablespoons	=	$\frac{1}{2}$ cup	= 4 fluid ounces
12 tablespoons	=	$\frac{3}{4}$ cup	= 6 fluid ounces
16 tablespoons	=	1 cup	= 8 fluid ounces
2 cups	=	16 fluid ounces	= 1 pint
4 cups	=	32 fluid ounces	= 1 quart
4 quarts	=	1 gallon	
8 quarts	=	1 peck	
4 pecks	=	1 bushel	
16 ounces	=	1 pound	



## OVEN TEMPERATURES

**Temperature  
(degrees F.)**

**Term**

250 and 275 .....	very slow oven
300 and 325 .....	slow oven
350 and 375 .....	moderate oven
400 and 425 .....	hot oven
450 and 475 .....	very hot oven
500 and 525 .....	extremely hot oven



# MENU FOR ONE WEEK

## BREAKFAST

## LUNCH or SUPPER

## DINNER

### Sunday

Canned Grapefruit Sections  
(Fresh halves in season)  
Oatmeal with Milk (p. 12)  
Muffins    Jam  
Milk        Coffee

Cold Cuts  
Potato Salad  
Fruit Cocktail  
Milk

Baked Turkey with  
Corn Bread Gibleet Dressing  
Spinach    Rice  
Lettuce-Tomato Salad  
Spicy Prune Cake (p. 34)  
Milk        Coffee

### Monday

Applesauce  
Corn Meal Pancakes (p. 16)  
Syrup  
Milk        Coffee

Frankfurters  
Celery Sticks  
White Corn Bread (p. 17)  
Spicy Prune Cake  
Milk

Meat Loaf (p. 22)  
Baked Potatoes  
Coleslaw  
Bread Pudding  
Milk        Coffee

### Tuesday

Grapefruit Juice  
Oatmeal Muffins (p. 18)  
Milk        Coffee

Turkey Sandwich  
Carrot Sticks  
Peanut Butter Cookies (p. 33)  
Milk

Liver and Onions  
Green Beans  
Lettuce with Canned Peach  
White Enriched Bread  
Milk        Coffee

### Wednesday

Tomato Juice  
Fried Eggs    Grits (p. 14)  
Toast        Margarine  
Milk        Coffee

Hearty Barley Soup (p. 29)  
Meat Loaf Sandwiches  
Apple (Baked or fresh)  
Milk

Macaroni-Cheese Casserole  
Carrot-Lettuce-Raisin Salad  
Baked Cherry Turnovers  
Milk

### Thursday

Stewed Prunes  
French Toast    Jam  
Milk        Coffee

Turkey Soup  
Carrot Sticks  
Cocoa Oatmeal Cookies (p. 32)  
Milk

Tamale Pie with Corn  
Meal Mush (p. 24)  
Coleslaw  
Milk        Tea

### Friday

Orange-Grapefruit Juice  
Fried Mush (p. 13) Syrup  
Milk        Coffee

Peanut Butter Sandwich  
Celery Sticks  
Vanilla Pudding  
Milk

Fried Fish and Hush Puppies (p. 27)  
Green Peas  
Lettuce Wedges  
Gingerbread  
Milk        Coffee

### Saturday

Sliced Bananas  
Scrambled Eggs  
Gingerbread  
Milk        Coffee

Open-Face Grilled Cheese  
Sandwiches  
with Tomato Slices  
Fruit Gelatin  
Milk

Baked Beans with Slab Bacon  
Tossed Green Salad  
White Enriched Bread  
Apple Crisp (p. 33)  
Milk

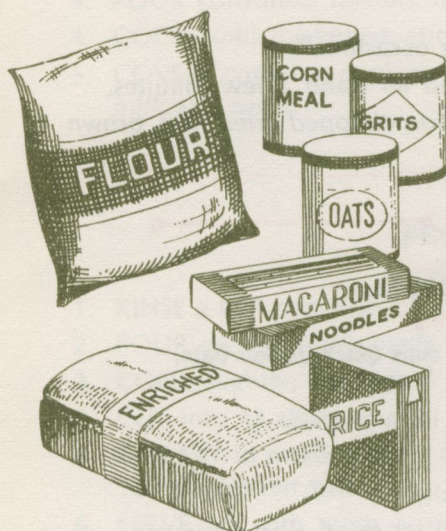


# FOUR FOOD GROUPS

EAT FOODS FROM EACH GROUP EVERY DAY

## BREADS & CEREALS

WHOLE GRAIN OR ENRICHED  
4 OR MORE SERVINGS



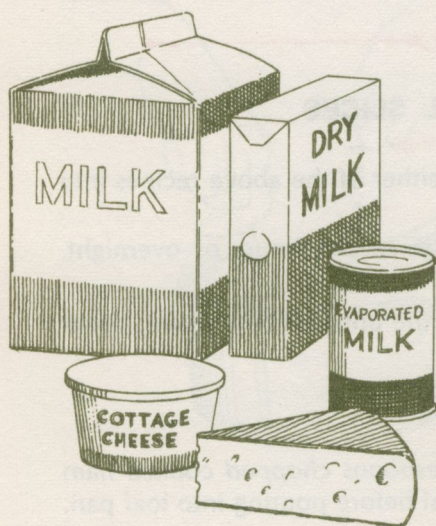
## MEAT GROUP

2 OR MORE SERVINGS



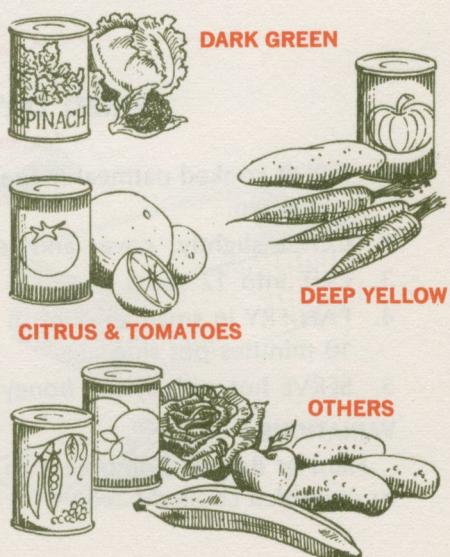
## MILK PRODUCTS

SOME FOR EVERYONE



## VEGETABLES & FRUIT

4 OR MORE SERVINGS





# BREAKFASTS

## OLD FASHIONED OATMEAL

Makes 6 servings

4 cups water  
1 teaspoon salt

2 cups Old Fashioned  
Quaker Oats, uncooked

1. BRING water and salt to brisk boil in large pan.
2. STIR in oats.
3. COOK 5 minutes or longer, stirring occasionally.
4. COVER pan, remove from heat, and let stand a few minutes.
5. SERVE with *milk* and *sugar*. *Jam, raisins, chopped dried fruit, brown sugar* or *fruit* may be added.



## QUICK OATMEAL

Makes 6 servings

4 cups water  
1 teaspoon salt

2 cups Quick Quaker Oats,  
uncooked

1. BRING water and salt to brisk boil in large pan.
2. STIR in oats.
3. COOK 1 minute, stirring occasionally.
4. COVER pan, remove from heat, and let stand a few minutes.
5. SERVE with *milk* and *sugar*. *Jam, raisins, chopped dried fruits, brown sugar* or *fruit* may be added.

NOTE: To reheat cold oatmeal, place in top of double boiler over hot water. Cover; heat until hot, stirring occasionally. If oatmeal is too thick, stir in a little boiling water to thin it.



## FRIED OATMEAL SLICES

Makes 6 servings

1. POUR cooked oatmeal made from either of the above recipes into a loaf pan.
2. COOL slightly; cover and refrigerate several hours or overnight.
3. CUT into 12 slices.
4. PAN-FRY in small amount of *margarine* until golden brown, about 10 minutes per side.
5. SERVE hot with *syrup, honey* or *molasses*.

### VARIATIONS:

Ham or Bacon: Combine 2 to 4 *tablespoons* *chopped* cooked ham or *crumbled* cooked bacon with oatmeal before pouring into loaf pan.



## ENRICHED CORN MEAL MUSH

Makes 6 servings

3 cups water

1 cup Quaker or Aunt Jemima

Enriched Corn Meal

1 teaspoon salt

1 cup cold water

1. HEAT 3 cups water to boiling in large pan.
2. MIX together corn meal, salt and *cold* water.
3. POUR corn meal mixture into boiling water, stirring constantly.
4. COOK until thickened, stirring frequently.
5. COVER; continue cooking over low heat 10 minutes. Serve with *milk and sugar*.

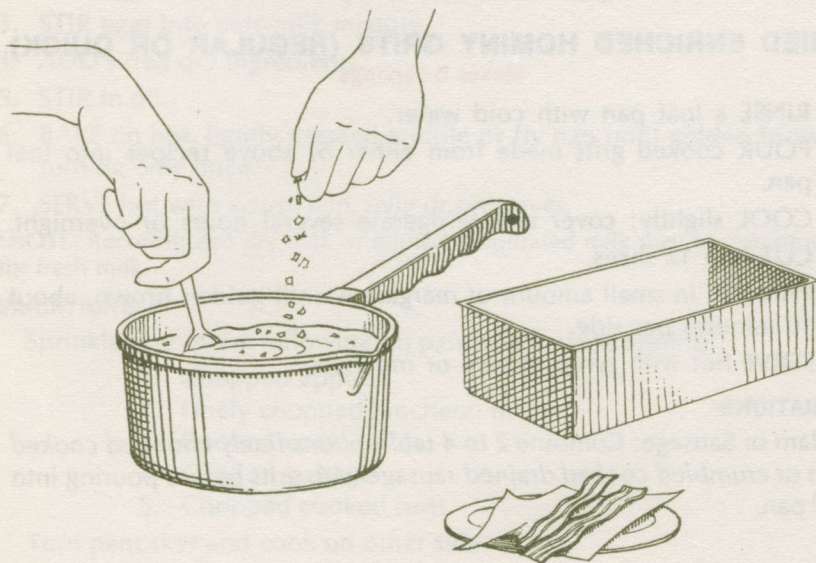
## FRIED MUSH

Makes 6 servings

1. RINSE a loaf pan with cold water.
2. POUR cooked mush made from the above recipe into loaf pan.
3. COOL slightly; cover and refrigerate several hours or overnight.
4. CUT into 12 slices.
5. PAN-FRY in small amount of *margarine* until golden brown, about 10 minutes per side.
6. SERVE hot with *syrup* or *honey*.

### VARIATIONS:

*Cheese or Bacon:* Combine 2 to 4 *tablespoons* *grated cheese* or *crumbled cooked bacon* with mush before pouring into loaf pan.





## ENRICHED HOMINY GRITS

Makes 6 servings

5 cups water  
1 teaspoon salt

1 cup Quaker or Aunt Jemima  
Enriched Hominy Grits

1. BRING water and salt to brisk boil in large pan.
2. STIR grits slowly into boiling water; return to boil.
3. REDUCE heat; cover and cook slowly for 25 to 30 minutes, stirring occasionally.
4. SERVE with *margarine and pepper* or *Red-Eye Gravy* (page 28) or eggs. May be served as a cereal with *milk* and *sugar*.



## ENRICHED HOMINY QUICK GRITS

Makes 6 servings

4 cups water  
1 teaspoon salt

1 cup Quaker or Aunt Jemima  
Enriched Hominy Quick Grits

1. BRING water and salt to brisk boil in large pan.
2. STIR grits slowly into boiling water; return to boil.
3. REDUCE heat; cook 2½ to 5 minutes, stirring occasionally.
4. SERVE with *margarine and pepper* or *Red-Eye Gravy* (page 28) or eggs. May be served as a cereal with *milk* and *sugar*.



## FRIED ENRICHED HOMINY GRITS (REGULAR OR QUICK)

Makes 6 servings

1. RINSE a loaf pan with cold water.
2. POUR cooked grits made from either of above recipes into loaf pan.
3. COOL slightly; cover and refrigerate several hours or overnight.
4. CUT into 12 slices.
5. PAN-FRY in small amount of *margarine* until golden brown, about 10 minutes per side.
6. SERVE hot with *syrup*, *honey* or *molasses*.

### VARIATIONS:

Ham or Sausage: Combine 2 to 4 tablespoons *finely chopped cooked ham* or *crumbled cooked drained sausage* with grits before pouring into loaf pan.





## OATMEAL PANCAKES

Makes 10 to 12 pancakes

2 cups milk\*  
1½ cups Quick Quaker Oats,  
uncooked  
1 cup sifted all-purpose  
flour  
2½ teaspoons baking  
powder

1 teaspoon salt  
2 tablespoons sugar  
2 eggs, beaten  
⅓ cup vegetable oil or  
melted shortening

1. POUR milk over oats; let stand.
2. SIFT together flour, baking powder, salt and sugar.
3. STIR eggs into oats-milk mixture.
4. ADD sifted dry ingredients.
5. STIR in oil.
6. BAKE on hot, lightly greased griddle or fry pan until golden brown, turning only once.
7. SERVE hot with *syrup, jam, jelly or preserves.*

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.


### VARIATIONS:

Sprinkle one of the following on pancakes before turning:

1. Chopped apples
2. Finely chopped luncheon meat
3. Cooked corn
4. Cooked sausage
5. Chopped cooked ham

Turn pancakes and cook on other side.





## CORN MEAL PANCAKES

Makes 8 to 10 pancakes

1  $\frac{1}{4}$  cups Quaker or Aunt Jemima  
Enriched Corn Meal  
 $\frac{1}{4}$  cup all-purpose flour  
1 teaspoon sugar

$\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon baking powder  
1 cup milk\*  
1 egg, beaten

1. SIFT together dry ingredients.
2. ADD milk and egg, stirring lightly to mix.
3. BAKE on hot, lightly greased griddle or fry pan until golden brown, turning only once.
4. SERVE with *syrup, jam, jelly or preserves.*


\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.

### VARIATIONS:

Sprinkle one of the following on pancakes before turning:

1. Chopped apples
2. Finely chopped luncheon meat
3. Cooked corn
4. Cooked sausage
5. Chopped cooked ham

Turn pancakes and cook on other side.




## CORN MEAL TORTILLAS

Makes 12 tortillas

$\frac{3}{4}$  cup Quaker or Aunt Jemima  
Enriched Corn Meal  
1  $\frac{1}{4}$  cups sifted all-purpose flour

1 teaspoon salt  
2 tablespoons shortening  
1 cup boiling water

1. COMBINE corn meal, flour and salt.
  2. STIR in shortening and boiling water, mixing well.
  3. SHAPE to form 12 balls.
  4. ROLL out or press each ball between 2 sheets of waxed paper or pat out by hand to form a 5-inch circle.
  5. BAKE on a hot, lightly greased griddle until lightly browned on underside. Turn and bake on other side.
- 



# BREADS

## WHITE CORN BREAD

Makes 1 corn bread

- |   |                          |
|---|--------------------------|
| 1½ cups Quaker or Aunt Jemima<br>Enriched White Corn Meal | 1 teaspoon salt          |
| 3 tablespoons all-purpose flour                           | 1½ cups milk*            |
| 1½ teaspoons baking powder                                | 1 egg, beaten            |
|   | 2 tablespoons shortening |

1. SIFT together corn meal, flour, baking powder and salt.
2. STIR in milk and egg.
3. PLACE shortening in 9-inch square baking pan or 10-inch oven-proof skillet.
4. HEAT pan in preheated very hot oven (450°F.) until shortening is melted.
5. STIR melted shortening from pan into batter.
6. POUR batter into the hot pan or skillet.
7. BAKE in preheated oven (450°F.) 20 to 25 minutes.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.

### VARIATION:

Buttermilk: Substitute 1½ cups buttermilk and ¾ teaspoon baking soda for the milk and baking powder in the above recipe.



## CORN MUFFINS


Makes 12 medium-sized muffins

1. MAKE a corn bread batter using the above recipe.
2. POUR batter into greased muffin tins, filling each tin ¾ full.
3. BAKE in preheated very hot oven (450°F.) 15 to 20 minutes.

### VARIATION:

Add one of the following to the dry ingredients:

1. ½ cup crumbled cooked bacon
2. ½ cup cooked sausage
3. ½ cup grated cheese
4. ½ cup drained cooked corn



## CORN STICKS

Makes 18 corn sticks

1. MAKE a corn bread batter using the above recipe.
2. POUR batter into hot well-greased corn stick pans filling ½ full.
3. BAKE in preheated very hot oven (450°F.) 15 to 20 minutes.



## YELLOW CORN BREAD

Makes 1 corn bread

1 1/4 cups Quaker or Aunt Jemima  
Enriched Yellow Corn Meal  
3/4 cup sifted all-purpose flour  
1/4 cup sugar  
1 tablespoon baking powder


1/2 teaspoon salt  
1 egg  
1 cup milk\*  
1/4 cup vegetable oil or  
melted shortening

1. SIFT together corn meal, flour, sugar, baking powder and salt.
2. STIR in egg, milk and oil.
3. POUR batter into greased 8-inch square baking pan. If using another size pan fill only 1/2 full.
4. BAKE in preheated hot oven (425°F.) 20 to 25 minutes.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.

### VARIATION:

Corn Muffins and Corn Sticks may be made from the Yellow Corn Bread batter. For directions see the recipes for Corn Muffins and Corn Sticks on page 17.



## OATMEAL MUFFINS

Makes 1 dozen muffins

1 cup sifted all-  
purpose flour  
1 tablespoon baking  
powder

1/2 teaspoon salt  
1/4 cup sugar

1 cup Quaker Oats (quick or  
old fashioned, uncooked)

3 tablespoons vegetable oil  
or melted shortening

1 egg, beaten  
1 cup milk\*

1. SIFT together flour, baking powder, salt and sugar.
2. STIR in oats.
3. MIX in oil, egg and milk.
4. FILL greased muffin tins 2/3 full.
5. BAKE in preheated hot oven (425°F.) about 15 minutes.

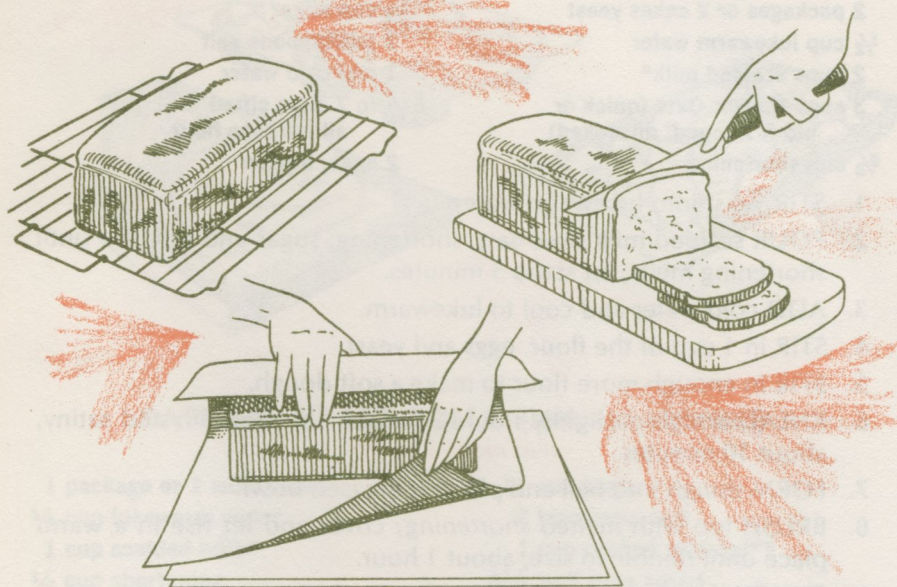
\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.

### VARIATIONS:

**Fruit:** Add about 1/4 cup raisins or chopped dried fruit with the oats.

**Cinnamon-Sugar:** Combine 2 tablespoons sugar, 2 teaspoons all-purpose flour, 1 teaspoon cinnamon and 1 teaspoon melted margarine. Sprinkle over muffins before baking.





## RAISIN SPICE OATMEAL BREAD

Makes 1 loaf

- |                                  |  |
|----------------------------------|--|
| 1½ cups sifted all-purpose flour | 2 eggs, beaten                                       |
| 1 teaspoon baking powder         | 1 cup canned, sweetened applesauce                   |
| 1 teaspoon soda                  | 1 cup Quaker Oats (quick or old fashioned, uncooked) |
| 1½ teaspoons salt                | 1 cup raisins  |
| 1 teaspoon cinnamon              | ⅓ cup vegetable oil or melted shortening             |
| ½ teaspoon nutmeg                |  |
| ⅔ cup firmly packed brown sugar  |  |

1. SIFT together flour, baking powder, soda, salt and spices.
2. ADD sugar, eggs and applesauce; beat until well blended.
3. STIR in oats, raisins and oil.
4. FILL a greased loaf pan ⅓ full.
5. BAKE in preheated moderate oven (350°F.) about 60 minutes.
6. REMOVE from pan immediately; cool. For ease in slicing, wrap cooled bread and store one day.



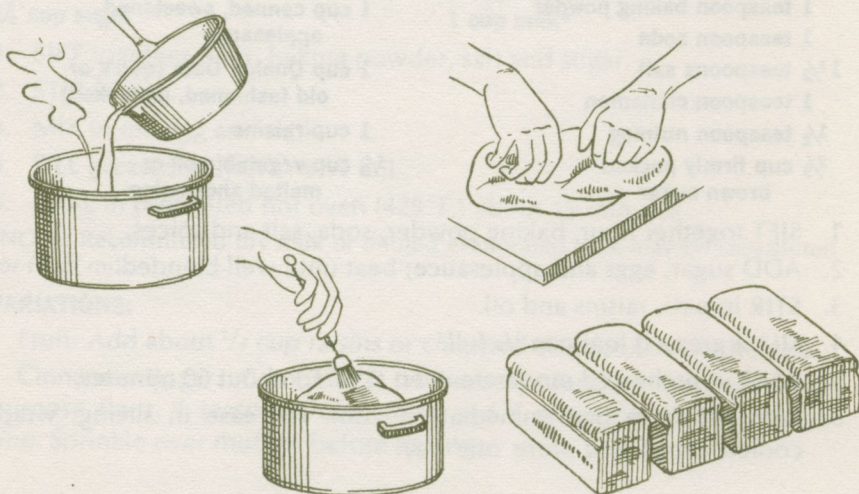
## OATMEAL YEAST BREAD

Makes 4 loaves

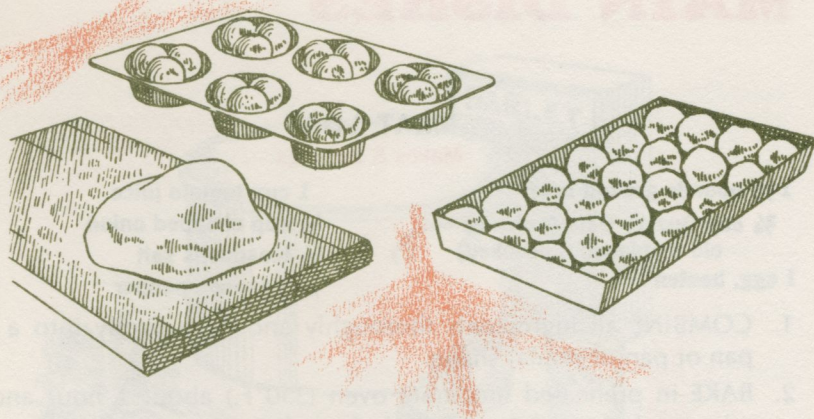
- |   |  |
|---|--|
| 2 packages or 2 cakes yeast                           | 1/2 cup sugar                            |
| 1/2 cup lukewarm water                                | 2 tablespoons salt                       |
| 2 cups scalded milk*                                  | 1 cup cold water                         |
| 3 cups Quaker Oats (quick or old fashioned, uncooked) | 6 1/2 to 7 cups sifted all-purpose flour |
| 2/3 cup shortening                                    | 2 eggs, beaten                           |

1. STIR yeast into lukewarm water.
2. POUR scalded milk over oats, shortening, sugar and salt; stir until shortening melts; let stand 5 minutes.
3. ADD cold water and cool to lukewarm.
4. STIR in 1 cup of the flour, eggs and yeast.
5. STIR in enough more flour to make a soft dough.
6. KNEAD dough on lightly floured surface until smooth and satiny, about 10 minutes.
7. FORM dough into ball and place in greased bowl.
8. BRUSH top with *melted shortening*; cover and let rise in a warm place until double in size, about 1 hour.
9. PUNCH dough down; cover and let stand 10 minutes.
10. FORM into four loaves and place in greased loaf pans.
11. BRUSH tops of loaves with *melted shortening*; cover and let rise until double in size, about 1 hour.
12. BAKE in a preheated moderate oven (375°F.) 50 to 55 minutes. Remove from pans immediately.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.







### OATMEAL YEAST ROLLS (leftover oatmeal)

Makes 3 dozen rolls

1 package or 1 cake yeast  
 $\frac{1}{2}$  cup lukewarm water  
1 cup scalded milk\*  
 $\frac{1}{4}$  cup shortening

$\frac{1}{4}$  cup sugar  
2 teaspoons salt  
1 cup cooked oatmeal\*\*  
 $4\frac{1}{2}$  to 5 cups sifted  
all-purpose flour

1. STIR yeast into lukewarm water.
2. POUR scalded milk over shortening, sugar and salt; stir occasionally until shortening melts; cool to lukewarm.
3. STIR in oatmeal and 1 cup of the flour.
4. ADD yeast and enough more flour to make a soft dough.
5. KNEAD on lightly floured surface until smooth and satiny, about 10 minutes.
6. FORM dough into ball; place in greased bowl and brush with *melted shortening*.
7. COVER; let rise in a warm place until double in size, about 1 hour.
8. PUNCH dough down; cover and let stand 10 minutes.
9. SHAPE into rolls or buns; place in greased muffin tins or baking pans.
10. BRUSH with *melted shortening*; cover and let rise until double in size, about 45 minutes.
11. BAKE in a preheated hot oven (400°F.) 15 to 20 minutes. Remove from pans immediately.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.

\*\*NOTE: Use leftover oatmeal or cook Quaker Oats (quick or old fashioned, uncooked) according to directions for Old Fashioned Oatmeal or Quick Oatmeal on page 12. Measure 1 cup of the oatmeal.



# MAIN DISHES

## MEAT LOAF

Makes 8 servings

- |  |                     |
|--|---------------------|
| 1½ pounds ground beef                                | 1 cup tomato juice  |
| ¾ cup Quaker Oats (quick or old fashioned, uncooked) | ¼ cup chopped onion |
| 1 egg, beaten  | 1½ teaspoons salt   |
|  | ¼ teaspoon pepper   |

1. COMBINE all ingredients thoroughly and pack firmly into a loaf pan or pan of similar shape.
2. BAKE in preheated moderate oven (350°F.) about 1 hour and 10 minutes. Let stand 5 minutes before slicing.

### VARIATIONS:

**Pork or Veal:** Substitute ½ pound ground pork or veal for ½ pound of the ground beef.

**Filled:** Lightly brown ½ cup chopped onion in 2 tablespoons butter or margarine. Remove from heat; stir in 1 cup cooked mixed vegetables or sliced cooked green beans or diced cooked carrots or diced cooked potatoes. Prepare meat loaf. Place half of meat mixture in loaf pan. Lengthwise down the center, make a shallow "well" for the vegetable mixture. Spoon vegetable mixture into "well." Shape remaining meat mixture over vegetable mixture, making sure all vegetables are covered. Seal edges. Bake as above.



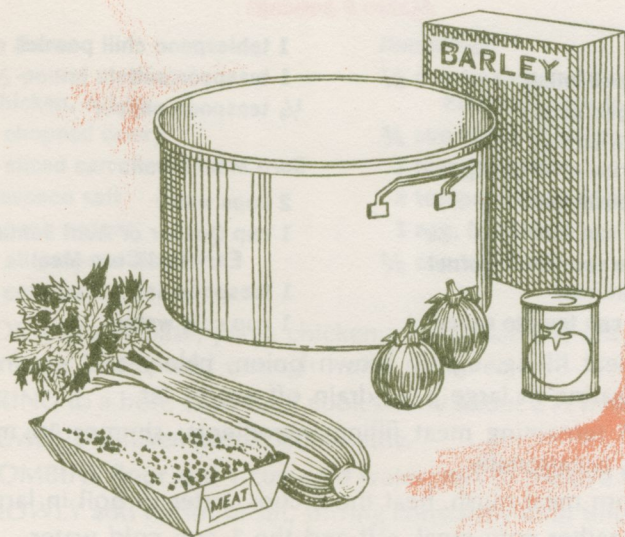
## HAMBURGERS

Makes 8 hamburgers

- |  |                     |
|--|---------------------|
| 1½ pounds ground beef                                | ¼ cup chopped onion |
| ¾ cup Quaker Oats (quick or old fashioned, uncooked) | 2 teaspoons salt    |
|  | ¼ teaspoon pepper   |
|  | 1 cup tomato juice  |

1. COMBINE all ingredients thoroughly and shape into 8 hamburgers.
2. PAN-FRY or place on broiler rack and cook about 4 inches from source of heat about 7 minutes. Turn and cook on other side about 5 minutes for medium doneness.
3. SERVE with mustard, catsup, onion rings, pickles or cheese.





## SPANISH BARLEY

Makes 6 servings

1 pound ground beef  
2 tablespoons shortening  
 $\frac{1}{2}$  cup chopped onion  
 $\frac{1}{2}$  cup chopped celery

$\frac{3}{4}$  cup Quaker Scotch Brand  
Pearled Barley  
One 6-ounce can tomato paste  
2 teaspoons salt  
 $\frac{1}{8}$  teaspoon pepper  
3 cups hot water

1. BROWN ground beef in shortening in large pan; drain off excess fat.
2. ADD remaining ingredients.
3. SIMMER, covered, over low heat about  $1\frac{1}{2}$  hours, stirring occasionally.

### VARIATION:

Spanish Rice: Substitute  $\frac{3}{4}$  cup long grain rice for barley. Reduce water to 2 cups. Simmer, covered, over low heat 20 to 25 minutes or until rice is tender.



## TAMALE PIE WITH CORN MEAL MUSH

Makes 6 servings

### **Meat Filling:**

- 1/2 cup chopped onion**
- 1/3 cup chopped celery**
- 1 tablespoon butter,  
margarine or drippings**
- 1 pound ground beef**
- One 1-pound can tomatoes**
- One 12-ounce can whole kernel  
corn, drained**
- One 8-ounce can tomato sauce**

**1 tablespoon chili powder**

**1 teaspoon salt**

**1/4 teaspoon pepper**

### **Corn Meal Mush:**

**2 cups water**

**1 cup Quaker or Aunt Jemima  
Enriched Corn Meal**

**1 teaspoon salt**

**1 cup cold water**

1. FOR meat filling, lightly brown onion, celery and ground beef in margarine in large pan; drain off excess fat.
2. STIR in remaining meat filling ingredients; simmer 10 minutes, stirring occasionally.
3. FOR corn meal mush, heat the 2 cups water to boil in large pan.
4. MIX together corn meal, salt and the 1 cup cold water.
5. POUR corn meal mixture into boiling water, stirring constantly.
6. COOK until thickened, stirring frequently.
7. COVER; continue cooking over low heat 10 minutes.
8. SPREAD evenly over bottom of greased 8 cup baking dish.
9. SPREAD meat filling over mush.
10. BAKE in preheated moderate oven (350°F.) about 30 minutes.



## TAMALE PIE WITH CORN BREAD TOPPING

Makes 6 servings

1. PREPARE meat filling from above recipe in a large kettle.
2. SIFT together  $\frac{3}{4}$  cup Quaker or Aunt Jemima Enriched Corn Meal,  $\frac{1}{4}$  cup sifted all-purpose flour,  $\frac{1}{2}$  teaspoon salt and  $1\frac{1}{2}$  teaspoons baking powder.
3. ADD 1 egg,  $\frac{1}{2}$  cup milk\* and 2 tablespoons vegetable oil or melted shortening.
4. SPOON over top of hot meat filling. Bake in preheated hot oven (425°F.) 15 to 18 minutes.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.

The mush or corn bread topping may also be used with the chicken base from the Chicken 'n Dumplings recipe (page 25).



## CHICKEN 'N DUMPLINGS

Makes 6 servings

### Chicken Base:

One 3½-pound stewing  
chicken, cut up

1 cup chopped celery

1 cup sliced carrots

1 tablespoon salt

½ teaspoon pepper

¼ cup all-purpose flour

1 cup cold water

### Dumplings:

½ cup Quaker or Aunt Jemima  
Enriched Corn Meal

¾ cup sifted all-purpose flour

1 teaspoon salt

2 teaspoons baking powder

1 egg, beaten

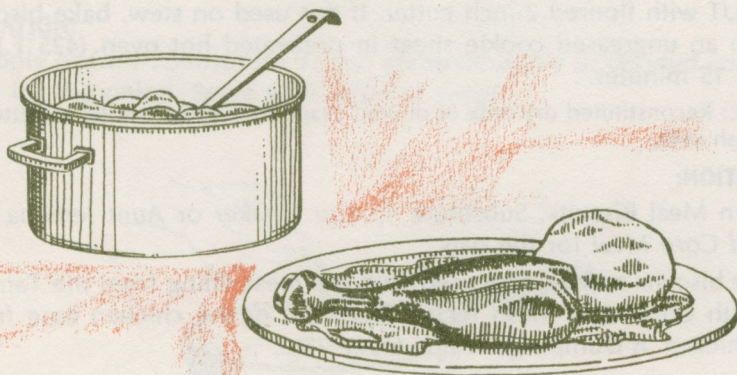
½ cup milk\*

1. FOR chicken base, place chicken, celery, carrots, salt and pepper in large kettle; add enough water to cover.
2. BRING to a boil; cover and cook slowly about 2½ hours.
3. REMOVE chicken pieces from kettle.
4. COMBINE flour and 1 cup cold water; mix to remove lumps.
5. SLOWLY add to hot broth, stirring constantly until thickened.
6. PUT chicken pieces back in kettle.
7. FOR dumplings, sift together dry ingredients.
8. STIR in egg and milk.
9. DROP batter by tablespoonfuls on top of boiling chicken base.
10. COVER and let cook about 20 minutes.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.

A combination of chicken parts such as wings, neck, backs and giblets may be used as a substitute for a whole chicken.

The dumplings may also be used with the meat filling from the Tamale Pie with Corn Meal Mush recipe (page 24) or the Best Beef Stew recipe (page 26).





## BEST BEEF STEW

Makes 6 servings

- |                                 |                          |
|---------------------------------|--------------------------|
| 1½ pounds beef stew meat, cubed | 6 small onions           |
| 3 cups boiling water            | 6 carrots, cut up        |
| 1 tablespoon salt               | 2 celery stalks, cut up  |
| ¼ teaspoon pepper               | 6 small potatoes, cut up |

1. COAT meat with *flour* and brown in small amount of hot *fat* in large kettle.
2. ADD water, salt and pepper; cover and bake in preheated moderate oven (350°F.) about 45 minutes.
3. ADD onions, carrots, celery and potatoes; cover and bake in preheated oven (350°F.) about 25 minutes.
4. INCREASE oven temperature to hot (425°F.).
5. PLACE raw biscuits (see below) on top of bubbling stew.
6. BAKE in preheated oven (425°F.) 12 to 15 minutes or until biscuits are browned.



## OATMEAL BISCUITS

Makes 12 biscuits

- |                                  |  |
|----------------------------------|--|
| 1½ cups sifted all-purpose flour | ⅓ cup shortening                                     |
| 1 tablespoon baking powder       | ½ cup Quaker Oats (quick or old fashioned, uncooked) |
| ¾ teaspoon salt                  | ⅔ cup milk*  |

1. SIFT together flour, baking powder and salt.
2. CUT in shortening until mixture resembles corn meal.
3. MIX in oats.
4. STIR in milk gradually.
5. KNEAD dough for a few seconds on lightly floured surface.
6. ROLL or pat dough to ½-inch thickness.
7. CUT with floured 2-inch cutter. If not used on stew, bake biscuits on an ungreased cookie sheet in preheated hot oven (425°F.) 12 to 15 minutes.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.

### VARIATION:

Corn Meal Biscuits: Substitute ½ cup Quaker or Aunt Jemima Enriched Corn Meal for the oats.

The biscuits may also be used with the meat filling from the Tamale Pie with Corn Meal Mush recipe (page 24) or the chicken base from the Chicken 'n Dumplings recipe (page 25).



## FRIED FISH

Makes 6 to 8 servings

**1/2 cup Quaker or Aunt Jemima  
Enriched Corn Meal**

**1/2 cup sifted all-purpose flour  
2 to 3 pounds fresh or frozen fish**

1. SIFT together corn meal and flour.
2. Add *salt* and *pepper*, as desired.
3. ROLL fish in corn meal mixture.
4. PAN-FRY in *hot fat* until cooked and golden brown.

### VARIATIONS:

Use the above coating for:

- |                   |               |
|-------------------|---------------|
| 1. Chicken        | 4. Beef liver |
| 2. Chicken livers | 5. Beef heart |
| 3. Croquettes     | 6. Brains     |

---

## HUSH PUPPIES

Makes 2 dozen hush puppies

**1/2 cup sifted all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt**

**1 1/2 cups Quaker or Aunt Jemima  
Enriched Corn Meal  
1 small onion, finely chopped  
3/4 cup milk\*  
1 egg, beaten**

1. SIFT together dry ingredients.
2. ADD onion.
3. STIR in milk and egg.
4. FRY teaspoonfuls of batter in *hot fat* in fry pan until golden brown.
5. DRAIN on absorbent paper.
6. SERVE hot with *fish* or *meat*.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.

### VARIATION:

Apple or Corn: Substitute *1/2 cup chopped apple* or *drained cooked corn* for the onion. Serve with *syrup* or *sugar*.





## HAM AND RED-EYE GRAVY

Makes 6 servings

1 ham slice

$\frac{3}{4}$  cup water or brewed coffee

1. FRY ham.
2. PLACE 3 tablespoons of the ham drippings in gravy bowl.
3. BROWN remainder of drippings; add water or coffee; bring to a boil; pour over drippings in gravy bowl. Serve gravy with Enriched Hominy Grits (page 14) and cooked ham slice.

---

## COOKED GREENS

Makes 6 servings

1 pound hog jowl or ham hock

1 teaspoon salt

2 cups water

3 pounds collard greens,  
washed and drained

1. SIMMER meat in water about 45 minutes.
2. ADD salt and collard greens; cover and cook 25 to 30 minutes or until tender. Serve with Enriched Hominy Grits (page 14).

---

## HOMINY CROQUETTES

Makes 6 servings

**Croquettes:**

2 cups cooked Quaker or Aunt  
Jemima Enriched Hominy Grits

2 cups ground cooked chicken or  
meat or flaked cooked fish

2 tablespoons chopped onion

1 teaspoon salt

$\frac{1}{2}$  teaspoon pepper

**Breading:**

1 egg, beaten

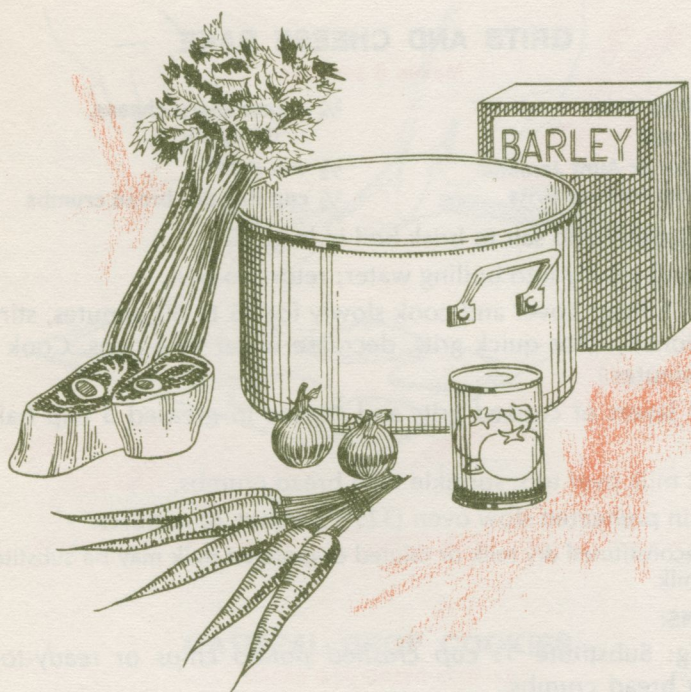
2 tablespoons milk\*

Fine dry bread crumbs

1. FOR croquettes, combine all ingredients.
2. CHILL; shape into 12 flat patties.
3. FOR breading, mix together egg and milk.
4. DIP patties into egg-milk mixture; roll in bread crumbs.
5. DIP again in egg and roll again in crumbs.
6. PAN-FRY in *hot fat* until golden brown.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.





## HEARTY BARLEY SOUP

Makes 8 servings

2 pounds soup bones\*  
2 quarts water  
1½ tablespoons salt  
¼ teaspoon pepper

¼ cup Quaker Scotch Brand  
Pearled Barley  
1 cup carrots, cut up  
¼ cup chopped onion  
½ cup chopped celery  
One 1-pound can tomatoes

1. PLACE soup bone, water, salt and pepper in soup kettle; cover tightly and cook slowly 1 hour.
2. ADD barley and cook 1 hour longer.
3. SKIM off excess fat and remove soup bone.
4. ADD carrots, onion, celery and tomatoes; cook about 45 minutes.

\*NOTE: Bones may be purchased or obtained from supermarket or use bones from cuts of meat which were used in other recipes.



## GRITS AND CHEESE BAKE

Makes 6 servings

5 cups boiling water

1 teaspoon salt

1 cup Quaker or Aunt Jemima  
Enriched Hominy Grits

$\frac{1}{4}$  pound sharp cheese,  
thinly sliced

$\frac{1}{2}$  cup milk\*

$\frac{1}{2}$  cup fine dry bread crumbs

1. BRING water and salt to brisk boil in large pan.
2. STIR grits slowly into boiling water; return to boil.
3. REDUCE heat; cover and cook slowly for 25 to 30 minutes, stirring occasionally. (For quick grits, decrease water to 4 cups. Cook  $2\frac{1}{2}$  to 5 minutes.)
4. MAKE layers of cooked grits and cheese in greased 5 cup baking dish.
5. POUR milk over top; sprinkle with bread crumbs.
6. BAKE in preheated slow oven ( $325^{\circ}\text{F.}$ ) about 20 minutes.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.

### VARIATIONS:

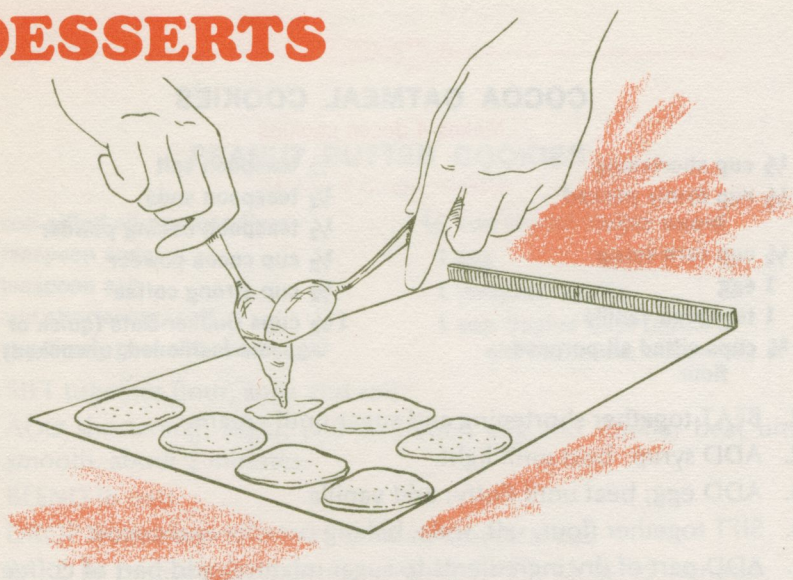
Topping: Substitute  $\frac{1}{2}$  cup crushed potato chips or ready-to-eat cereal for bread crumbs.

Meat or Vegetable: Sprinkle chopped cooked ham, cooked mixed vegetables or chopped cooked broccoli between each layer.





# DESSERTS



## OATMEAL DROP COOKIES

Makes 4½ dozen cookies

- |                                |   |
|--------------------------------|---|
| 1 cup sifted all-purpose flour | 1 cup firmly packed brown sugar                       |
| 1 teaspoon baking powder       | 2 eggs  |
| ½ teaspoon salt                | 1 teaspoon vanilla                                    |
| ¾ cup shortening, soft         | ⅓ cup milk*   |
|                                | 3 cups Quaker Oats (quick or old fashioned, uncooked) |

1. SIFT together flour, baking powder and salt.
2. ADD shortening, brown sugar, eggs, vanilla and milk; beat until smooth, about 2 minutes.
3. STIR in oats.
4. DROP from teaspoons onto greased cookie sheets.
5. BAKE in preheated moderate oven (350°F.) 12 to 15 minutes.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.

### VARIATIONS:

Spice Cookies: Add 1 teaspoon cinnamon and ½ teaspoon allspice to dry ingredients.

Nut Cookies: Add ⅓ cup finely chopped nutmeats with the oats.

Chocolate Chip Cookies: Chop 1-oz. sweet cooking chocolate; add with the oats.

Raisin Cookies: Add 1 cup raisins with the oats.



## COCOA OATMEAL COOKIES

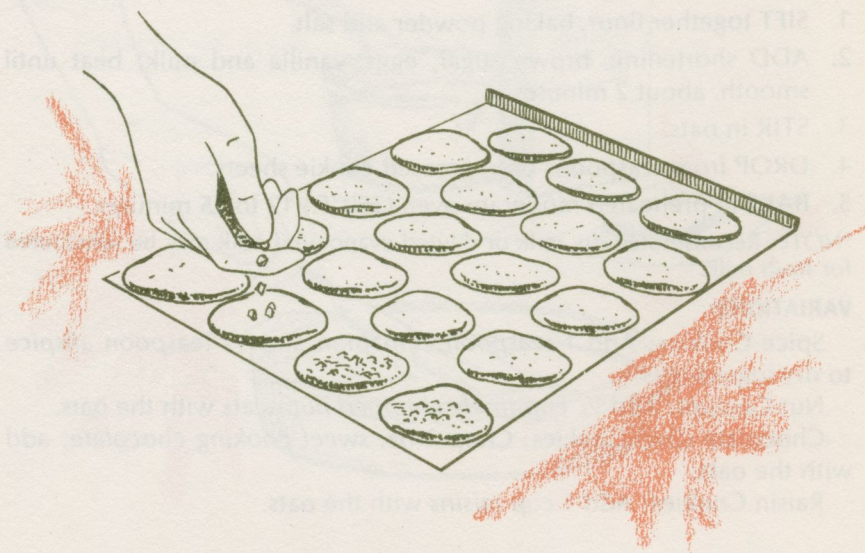
Makes 4 dozen cookies

- |  |  |
|--|--|
| $\frac{1}{2}$ cup shortening                 | $\frac{1}{2}$ teaspoon salt  |
| $\frac{1}{2}$ cup firmly packed brown sugar  | $\frac{1}{2}$ teaspoon soda  |
| $\frac{1}{2}$ cup corn syrup                 | $\frac{1}{2}$ teaspoon baking powder                               |
| 1 egg  | $\frac{1}{2}$ cup cocoa powder                                     |
| 1 teaspoon vanilla                           | $\frac{1}{2}$ cup strong coffee                                    |
| $1\frac{3}{4}$ cups sifted all-purpose flour | $1\frac{1}{2}$ cups Quaker Oats (quick or old fashioned, uncooked) |

1. BEAT together shortening and sugar until creamy.
2. ADD syrup; beat until light.
3. ADD egg; beat until fluffy; add vanilla.
4. SIFT together flour, salt, soda, baking powder and cocoa.
5. ADD part of dry ingredients to sugar mixture; add part of coffee. Repeat until all of the dry ingredients and coffee are added.
6. STIR in oats.
7. DROP from teaspoons onto greased cookie sheet and bake in preheated moderate oven (375°F.) 12 minutes.

### VARIATION:

.Peanut Cookies: Sprinkle *coarsely chopped peanuts* over top of each cookie before baking.







## PEANUT BUTTER COOKIES


Makes 3 dozen cookies

- |                                   |   |
|-----------------------------------|---|
| 1 cup sifted all-purpose flour    | 1/2 cup peanut butter                                   |
| 1/2 teaspoon soda                 | 1 egg   |
| 1/2 teaspoon salt                 | 1 teaspoon vanilla                                      |
| 1/2 cup shortening, soft          | 1 cup Quaker Oats (quick or<br>old fashioned, uncooked) |
| 3/4 cup firmly packed brown sugar |   |

1. SIFT together flour, soda and salt.
2. ADD shortening, sugar, peanut butter, egg and vanilla; beat until smooth, about 2 minutes.
3. BLEND in oats.
4. DROP from teaspoons onto greased cookie sheet.
5. BAKE in preheated moderate oven (350°F.) 12 to 15 minutes.

### VARIATION:

Raisin Cookies: Add 1 cup raisins with the oats.



## APPLE CRISP


Makes 6 servings

- |   |                                       |
|---|---------------------------------------|
| 4 to 6 medium-sized cooking<br>apples                   | 1/2 cup firmly packed brown sugar     |
| 1/3 cup sifted all-purpose flour                        | 1/2 teaspoon salt                     |
| 1 cup Quaker Oats (quick or<br>old fashioned, uncooked) | 1 teaspoon cinnamon                   |
|   | 1/3 cup melted butter or<br>margarine |

1. PEEL, core and slice apples. Place in greased baking dish.
2. COMBINE dry ingredients; add melted margarine, mixing until crumbly; sprinkle on top of apples.
3. BAKE in preheated moderate oven (375°F.) 30 minutes or until apples are tender. Serve warm or cold with your favorite whipped topping.

### VARIATION:

Peach Crisp: Substitute 6 cups sweetened drained peach slices for apples.





## SPICY PRUNE CAKE

Makes 1 cake

### Cake:

- 1 1/4 cups boiling water
- 1 cup Quaker Oats (quick or old fashioned, uncooked)
- 1 cup cut up dried prunes
- 1/2 cup butter or margarine
- 1/2 cup granulated sugar
- 1 cup firmly packed brown sugar
- 1 egg
- 1 1/2 cups sifted all-purpose flour
- 1 teaspoon soda

3/4 teaspoon salt

1 teaspoon cinnamon

1/4 teaspoon ground cloves

### Frosting:

2 tablespoons butter or margarine

Dash salt

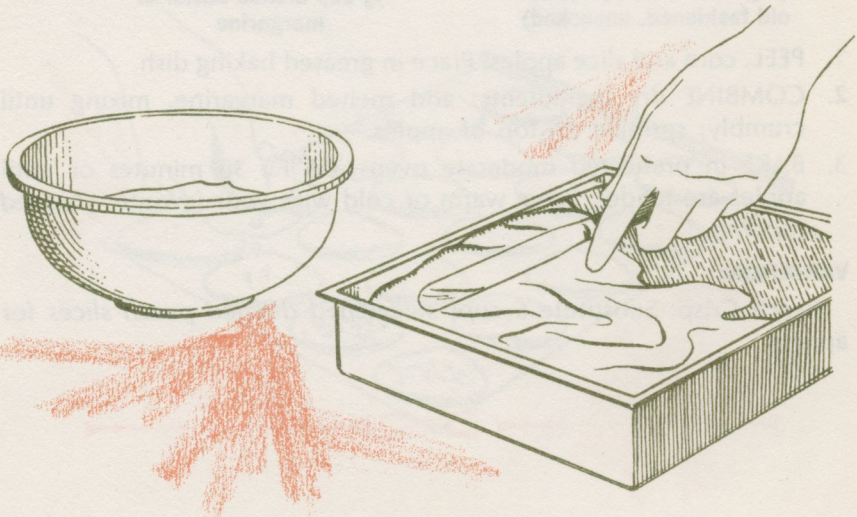
2 1/4 cups sifted confectioners sugar

3 tablespoons milk\*

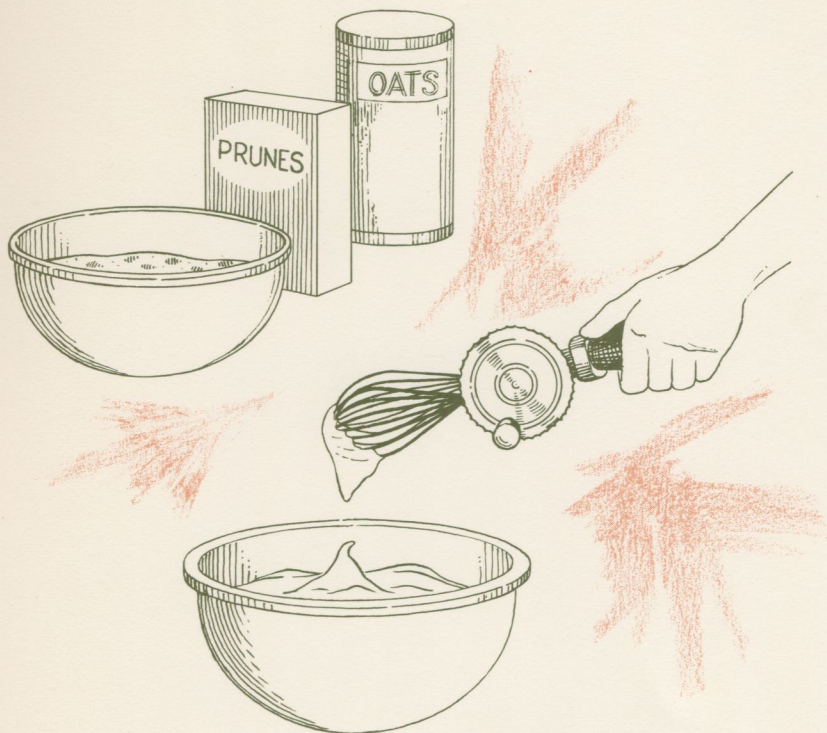
1/2 teaspoon vanilla

1. FOR cake, pour boiling water over oats and prunes, stirring to combine; cover; let stand 20 minutes.
2. BEAT margarine until creamy; gradually add sugars, beating until fluffy.
3. STIR in egg.
4. ADD oats and prune mixture, mixing well.
5. SIFT together flour, soda, salt and spices; add to creamed mixture, mixing well.
6. POUR batter into greased and floured 9-inch square baking pan. If using another size pan fill only 1/2 full. Bake in preheated moderate oven (350°F.) 45 to 50 minutes. Cool.
7. FOR frosting, beat together margarine, salt, sugar, milk and vanilla, beating until frosting is smooth and of spreading consistency. Spread over top of cake.

\*NOTE: Reconstituted dry milk or diluted evaporated milk may be substituted for fresh milk.







## PRUNE WHIP

Makes 6 servings

- |  |                                 |
|--|---------------------------------|
| 1 cup cooked dried prunes,<br>drained and pitted | $\frac{1}{4}$ teaspoon cinnamon |
| $\frac{3}{4}$ cup cooked oatmeal*                | 2 egg whites                    |
|  | $\frac{1}{4}$ cup sugar         |

1. MASH prunes; stir in oatmeal and cinnamon; set aside.
2. BEAT egg whites until frothy; gradually add sugar, a tablespoon at a time, beating constantly until stiff and glossy.
3. GENTLY fold prune mixture into beaten egg whites.
4. SPOON into 6 individual dishes or large serving dish; chill several hours or until set.

\*NOTE: Use leftover oatmeal or cook Quaker Oats (quick or old fashioned, uncooked) according to directions for Old Fashioned Oatmeal or Quick Oatmeal on page 12. Measure  $\frac{3}{4}$  cup of the cooked oatmeal.



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