



**Meal planning hints &
budget-wise recipes**

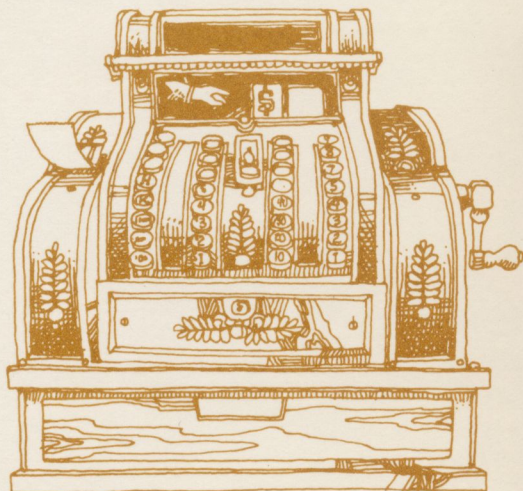
HELLO!

This book is filled with recipes and hints for preparing meals that your family will like. Variety in foods is necessary for people to enjoy meals, and for good nutrition. Stretching food dollars to get the most nutrition value for the money you have to spend is very important. With carefully chosen foods from the store plus the help of food stamps or foods from the U.S. Department of Agriculture Family Food Distribution Program and the ideas in this book you can make meals that are interesting and attractive as well as nutritious. We hope you enjoy preparing and serving these main dishes, breads, desserts and breakfast dishes. (You can substitute government donated foods such as oats or corn meal in the recipes.)

UNIT PRICING

Maybe you have heard or read about unit pricing. And in the shopping tips we suggest comparing prices to get the best buy. Now many stores are making it easier to compare prices by posting *unit prices* beside the price of the food item. These shelf tags tell you the price for a *single unit of weight, measure or count* of the product. Weight is listed in ounces or pounds, liquid measure in pints or quarts and count by dozen, square feet, etc.

You can quickly compare the prices for single units of different sizes in the same brand, or of different brands of the same size and quality. For a true comparison you must compare *like items* — products with similar ingredients or processed similarly. For instance, it is not a true comparison to compare prices of cut green beans vs. whole green beans . . . pears packed in heavy syrup vs. pears in light syrup . . . grape juice vs. grape drink . . . whole kernel corn vs. cream-style . . . or pork and beans with tomato sauce vs. pork and beans with molasses sauce. You must *read the labels* carefully in order to know what you are really comparing, and sometimes decide what style or type product you want before comparing prices of different brands or sizes.



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LET'S GO SHOPPING...

- Plan before you shop. If possible, plan menus and shop for at least a week at a time; see menus in this book for ideas. Include as many recommended servings of the Four Food Groups (see p. 10-11) as you can in each day's meals. By planning ahead you can often save money by using leftovers in another day's meals. (Then you can call them planned-overs, not leftovers!)
- If your family enjoys snacks, try to include them in your menu plans. Homemade snacks are usually less expensive than store-bought. When food dollars are limited it's very important for snacks to be nutritious. Homemade oatmeal cookies or peanut butter cookies with raisins and milk-based drinks, fruit juices and fruit drinks with vitamins added are good examples of wholesome snacks.
- As you plan menus, check newspaper ads for weekly specials and sales, and for menu ideas. You can save money at sales if the store is nearby, if the food is of a good quality for your needs, if you have enough good places to keep it and if you can use all the food. Remember, you waste, not save money when you buy a sale item your family won't eat! Check local newspapers to find out which days grocery ads appear. Handbills and circulars handed out at the store also tell sale items.
- Make a shopping list; write down items as you think of them through the week. Group the items by the order you find them in your store to save time and steps in the store. Take a pencil along and check off items as selected. Usually stick to your list, but if you find 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. Always check what's on hand before shopping.
- Remember, non-food items are *not* part of your food bill. You might buy laundry supplies, cosmetics, hose or magazines in the supermarket, but you should keep these things separate from your food budget. Also remember that food stamps can not be used to purchase non-food items.
- Buy staples such as flour, sugar and corn meal only once or twice a month if possible. Most grocery products cost less per serving when you buy larger packages.
- Become familiar with brand names so you can recognize price changes. A price increase in one brand might tell you to compare brands and perhaps switch to a lower-priced brand. (On the other hand, a price increase may indicate an increase in quality.) If the price goes down you might consider buying more if you have enough places to keep the food and if you can use all of it.
- 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 if you want to buy foods already prepared by the manufacturer, like a frozen pizza, remember you will usually have to pay more than if you prepared the food yourself because the manufacturer has done much of the work for you.
- Prices of fresh fruits and vegetables change with the seasons. Buy seasonal fresh foods when most plentiful in your area.

- Read labels to learn quality, size and weight of food products. You do not need to buy fancy grades of canned fruits and vegetables, especially for stews, soups, fruit cobblers or pies. Lower grades are just as nutritious, the flavor is often just as good and the price usually lower. What is different about lower grade foods? It may be color (as in tomatoes or peas), size and uniformity of pieces, broken pieces (as in peach slices) or tenderness.
- When possible buy by weight rather than volume, package size or number for better comparison of values. For example, buy fresh produce by the pound and compare weights of loaves of bread, not sizes or volumes of loaves.
- When buying meats, cost per serving — not cost per pound — is the best measure of value. For example, a boneless pot roast gives more servings than a bone-in pot roast, and the cost per serving may be less even though the cost per pound is higher.
- For cooking and baking use dry milk or evaporated milk mixed with water. If your family doesn't like to drink this milk, try mixing it half-and-half with fresh milk from the store. Reconstituted dry milk or diluted evaporated milk can be used in any recipe that calls for milk in this book.
- When recipes call for butter or margarine you may want to use government donated butter or margarine if available. If neither is on the donated foods list, use the more economical margarine. Butter and margarine contain the same calories and nutritional values, and will give the same baking results in these recipes.
- Shop for foods that are good sources of the important nutrients listed on p. 12-13. Buy as many of these as your budget allows, in the greatest variety possible. Variety in foods and meals is the best way to make sure your diet is nutritionally well balanced.
- If possible eat before you go shopping. If you go to the store hungry you may buy things you don't need and spend more money than you planned.



STORAGE TIPS

Spoiled food means wasted dollars, so put food away properly as soon as you get home from the store. This is very important for refrigerator and frozen foods. Read on for more information about each type of food.

Meats

Cover fresh meat, poultry and fish loosely and refrigerate; use in a few days. Loosely wrap fresh ground meat, liver, kidneys; refrigerate and use in 1 or 2 days. Keep ham, bacon, wieners, cold cuts and smoked sausage in original wrapping in refrigerator. Refrigerate canned meat after opening.

Cool leftover meats, gravies or broth, cover and refrigerate right away. Remove any leftover stuffing from chicken or turkey, cool quickly and refrigerate separately from the bird. Keep eggs in the refrigerator. Keep dried egg in refrigerator; after opening, keep in tightly covered container.

Milk and Dairy

Keep fresh milk in refrigerator. Keep nonfat dry milk tightly covered in a dry place at room temperature. After dry milk is mixed with water, refrigerate. Refrigerate evaporated and condensed milk after opening. Refrigerate all cheeses.

Breads and Cereals

Keep bread in wrapper at room temperature; in hot, humid weather keep in refrigerator. Keep cereals, crackers and other crisp foods in a cool, dry place. After opening, fold down the inner lining of cereal packages before closing the box top to keep cereal fresh and crisp.

Keep flour, sugar, corn meal, oatmeal, rice, spices and similar dry foods in tightly covered containers in a dry place, at room temperature. Always use the oldest first; for example, empty the flour can completely before filling with new supply. Save jars and cans with lids (from coffee or shortening), wash thoroughly and use to keep foods tightly covered.

Fruits and Vegetables

Refrigerate most fresh fruits and vegetables if possible. Keep bananas, hard apples, citrus fruits and melons at cool room temperature. After canned fruits and vegetables are open, cover and keep in refrigerator. It is safe to keep these in their original cans. Keep potatoes, sweet potatoes, hard-rind squash and dry onions in a cool, dark place where air can circulate around them. Do not keep under the sink because it is too warm and damp there.

Other Foods

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. If possible, keep coffee in refrigerator, tightly covered.

Keep fat drippings, lard, margarine and butter tightly wrapped in refrigerator. Keep vegetable shortening covered at room temperature. Keep homemade salad dressings in refrigerator. Mayonnaise and other salad dressings from the store should be refrigerated after opening. Also keep foods mixed with mayonnaise or salad dressing in the refrigerator. Egg salad, potato salad and coleslaw are examples.

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 ¾ cup soft crumbs
cabbage	1 pound	4 cups shredded
cheese	¼ 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	2½ cups cooked
all-purpose flour	1 pound	4 cups sifted
macaroni and spaghetti	½ pound uncooked (2 cups)	4 cups cooked
noodles	½ pound uncooked (4 cups)	4 cups cooked
onion	1 medium	½ cup chopped
rice	1 cup	3½ cups cooked
quick or old fashioned oats	2 cups	4 cups oatmeal
shortening	1 pound	2 cups
brown sugar	1 pound	2¼ cups firmly packed
confectioners sugar	1 pound	3½ cups sifted
granulated sugar	1 pound	2¼ cups
regular butter or margarine	1 pound	4 sticks 2 cups
whipped butter or margarine	1 pound	6 sticks Two 8-oz. containers 3 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
flour	1 cup sifted	1 cup unsifted minus 2 tablespoons
honey	1 cup	1¼ cups sugar plus ¼ cup liquid*
corn syrup	1 cup	1 cup sugar plus ¼ cup liquid*
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

*Use the same liquid called for in the recipe.

WEIGHTS & MEASURES

3
teaspoons  =  1
tablespoon

4
tablespoons  =  $\frac{1}{4}$ cup = 2 fluid ounces

5-1/3 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

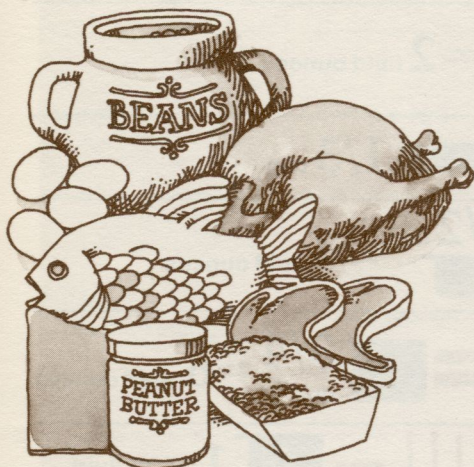
350 and 375...moderate oven

400 and 425...hot oven

450 and 475...very hot oven

500 and 525...extremely hot oven

FOUR FOOD GROUPS & DAILY FOOD GUIDE

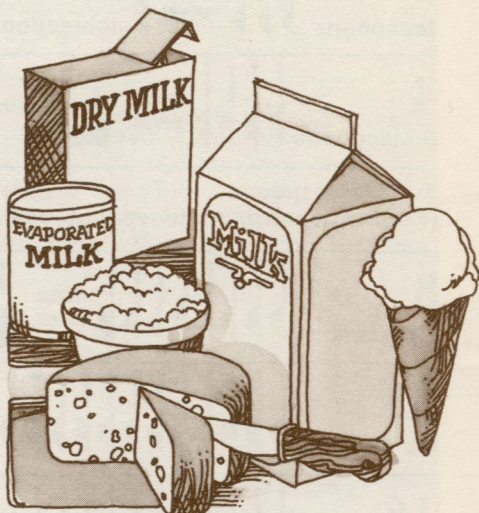


MEAT GROUP

Includes beef, pork, lamb and veal; also variety meats such as liver, heart, kidney. Poultry such as chicken and turkey, eggs and giblets. Fish, both fresh and canned (tuna, mackerel, salmon), and shellfish.

Also included are dry beans and peas, lentils, nuts, peanuts and peanut butter because they are good sources of protein. These may occasionally be served in place of meat, fish or poultry.

Have two (or more) servings from this group every day. A serving is 2-3 ounces (not counting bones) of cooked, lean meat, poultry or fish; or 2 eggs; or 1 cup cooked dry beans, peas or lentils; or 4 tablespoons peanut butter.

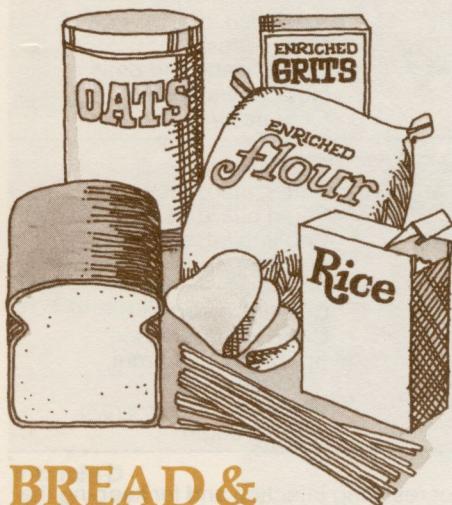


MILK GROUP

Includes milk—fluid whole or skim, evaporated, dry and buttermilk. Buy milk fortified with vitamin D if possible. Cheese, including natural and process; hard cheeses and cottage cheese. Ice cream and ice milk.

Some milk is needed by everyone every day. Adults should have 2 or more 8-ounce cups of milk every day; children should have 2-3 cups or more; teen-agers should have 4 or more cups. Pregnant women need 3 or more cups and nursing mothers need 4 or more cups.

It is not necessary to drink this much fluid milk every day if foods containing milk are eaten. A 1-ounce slice of American cheese equals $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup cottage cheese equals $\frac{1}{3}$ cup milk, $\frac{1}{2}$ cup ice cream equals $\frac{1}{4}$ cup milk. Also, foods such as puddings, custards and cream soups can be counted toward the daily milk quota.



BREAD & CEREAL GROUP

Includes breads and cereal products that are whole grain, enriched or restored. Whole grain products such as quick or old fashioned oats and whole wheat flour retain the specific nutrients of the whole, unprocessed grain. An enriched bread or cereal is one to which B vitamins and iron have been added according to government standards. Enriched bread, flour, corn meal, grits, farina, macaroni and noodles are examples. Check labels to be sure these products are enriched. Also rice, bulgur, corn and flour tortillas, and crackers, quick breads (biscuits, muffins) if made with whole grain or enriched flour.

Have 4 or more servings from this group each day. A serving is one slice of bread, 1 ounce (about $\frac{3}{4}$ to 1 cup) ready-to-eat cereal or $\frac{1}{2}$ to $\frac{3}{4}$ cup cooked cereal, grits, macaroni, rice, noodles or spaghetti, or 2 tortillas.



VEGETABLE & FRUIT GROUP

Includes all fruits and vegetables.

Have one serving of a good vitamin C source (see page 13) every day, or more of fair sources if less expensive. Have one serving of a vitamin A source (see page 12) at least every other day. Eat other fruits and vegetables to total at least 4 servings every day. A serving is $\frac{1}{2}$ cup of fresh, cooked, canned or frozen fruits or vegetables, or a normally served portion such as 1 apple, banana, orange or potato.

NUTRIENTS

NUTRIENTS:	WHAT THEY DO:	WHERE THEY ARE FOUND:
PROTEIN	Builds and repairs all tissues Helps form antibodies to fight infection	Meat, fish, poultry, egg Milk, cheese Dried beans and peas Nuts, peanut butter Cereals, breads
FAT	Supplies a large amount of energy in small amount of food Supplies essential fatty acids	Fat in meat Butter, margarine Salad oils, dressings Cooking fat, salt pork, bacon drippings
CARBOHYDRATE	Supplies energy Helps the body use other nutrients	Cereals, breads Corn, grits, oats, rice Spaghetti, macaroni, noodles Molasses, honey, syrup, jams, sugar

VITAMINS are essential for body growth, for resisting infection and for keeping the body functioning properly. All vitamins needed for good health can be found in food.

Vitamin A	Helps keep skin clear and smooth Helps eyes adjust to dim light Helps keep lining of mouth, nose, throat and digestive tract healthy and resistant to infection	Liver, egg yolk Dark green leafy and yellow vegetables Deep yellow fruits Whole milk Butter and fortified margarine
Thiamin or Vitamin B₁	Promotes good appetite and digestion Helps keep nerves in healthy condition Helps change substances in food into energy for work	Enriched and whole grain cereals and breads Milk, cheese Lean meat and variety meat like liver, heart, kidney
Riboflavin or Vitamin B₂	Helps cells use oxygen Helps keep vision clear Helps keep skin around mouth and nose smooth	Enriched and whole grain cereals and breads Milk, cheese Lean meat and variety meat like liver, heart, kidney

NUTRIENTS:	WHAT THEY DO:	WHERE THEY ARE FOUND:
Niacin	Helps keep nervous system healthy Helps body cells use oxygen to produce energy Helps to maintain the health of the skin, tongue and digestive system	Enriched and whole grain cereals and breads Peanuts, peanut butter Lean meat, poultry, fish Peas, beans
Ascorbic Acid or Vitamin C	Helps maintain intercell structure Strengthens walls of blood vessels Helps in healing wounds Helps resist infection	Oranges, grapefruits, limes, lemons Strawberries, cantaloupes Collards, mustard greens, cabbage, green peppers Potatoes
Vitamin D	Helps the body absorb calcium Helps build strong bones	Vitamin D fortified milk Cod or halibut liver oil Salt water fish, mackerel, canned salmon

MINERALS help build the body structure and help regulate many processes in the body.

Calcium	Helps build bones and teeth Helps blood clot Helps muscles and nerves react normally	Milk, ice cream Cheese Mustard and turnip greens Collards, kale Canned salmon and mackerel
Phosphorus	Helps build bones and teeth Helps control the rate at which energy is released	Milk Meat, fish, poultry, eggs Cereals
Iron	Combines with protein to make hemoglobin, the red substance in the blood that carries oxygen to the cells	Liver, other meats and eggs Dried beans and peas Enriched and whole grain cereals and breads Dark green leafy vegetables Molasses

WATER is also essential, even though many people do not think of it as food. Water helps in carrying the nutrients to cells and waste products away, in building tissues, regulating body temperature, aiding digestion and replacing daily water loss.



MEAT LOAF

Makes 8 servings

- | | |
|---|------------------------------|
| 1-1/2 lb. ground beef | 1 cup tomato juice |
| 3/4 cup Quaker Oats (quick
or old fashioned, uncooked) | 1/4 cup chopped onion |
| 1 egg, beaten | 1-1/2 teaspoons salt |
| | 1/4 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 *1/2 pound ground pork or veal* for 1/2 pound of ground beef.

Filled: Lightly brown *1/2 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.

MENU Meat Loaf, Rice, Cooked Carrots, Coleslaw,
Oatmeal Drop Cookies (p. 25)

HAMBURGERS

1. COMBINE all ingredients from the above recipe 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 (p. 19), pickles or cheese*.

MEATBALLS AND SPAGHETTI

Makes 6 servings

MEATBALLS:

- 1-1/2 lb. ground beef
- 3/4 cup Quaker Oats
(quick or old fashioned, uncooked)
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 egg
- 1/3 cup milk

SAUCE:

- 1/2 cup chopped onion
- 1 clove garlic, crushed
- One 1-lb. can tomatoes
- One 6-oz. can tomato paste
- 3/4 cup water
- 1-1/2 teaspoons oregano
- 1 teaspoon salt
- 1/8 teaspoon pepper

1. FOR meatballs, combine all ingredients thoroughly.
2. SHAPE to form 24 meatballs and brown in small amount of *shortening*; remove from pan.
3. FOR sauce, lightly brown onion and garlic in drippings from meatballs. Add tomatoes, tomato paste, water, spices and meatballs.
4. COVER; simmer 40 minutes.
5. SERVE hot over *spaghetti* cooked according to package directions.

MENU

Meatballs and Spaghetti, Lettuce Wedges, Garlic Bread, Fresh Fruit in Season

PIZZA

Makes 6 servings

DOUGH:

- 1/2 pkg. dry or 1/2 cake
compressed yeast
- 2 tablespoons lukewarm water
- 1 cup hot water
- 2 tablespoons sugar
- 2 tablespoons shortening
- 2 teaspoons salt
- 1/2 cup Quaker or Aunt Jemima
Enriched Corn Meal
- 2-1/2 cups sifted all-purpose flour

TOPPING:

- Vegetable oil or melted
shortening
- Two 8-oz. cans tomato
sauce
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups grated cheese (about 8-oz.)
- One 12-oz. can luncheon meat,
cubed
- 1/2 teaspoon oregano

1. FOR dough, stir yeast into lukewarm water.
2. POUR hot water over sugar, shortening and salt, stirring to melt shortening.
3. STIR in corn meal, flour and softened yeast.
4. KNEAD on lightly floured surface until smooth, about 10 minutes.
5. ROUND dough into ball; place in greased bowl; brush lightly with *melted shortening*.
6. COVER and let rise in warm place until double in size, about 1 hour.
7. PUNCH dough down; divide in half.
8. ROLL or pat out each piece of dough on lightly greased 11-inch circle of aluminum foil or pizza pan, which has been sprinkled with *corn meal*. (If foil is used, turn up edge about 1/4-inch to form rim.)
9. FOR topping, brush each pizza with oil.
10. COMBINE tomato sauce, salt and pepper; spoon 1/2 of mixture over each pizza.
11. SPRINKLE cheese, meat and oregano over tomato sauce.
12. BAKE in preheated hot oven (400°F.) 20 to 25 minutes. Cut in wedges and serve hot.

MENU

Pizza, Tossed Green Salad, Canned Peaches

POLENTA

Makes 8 servings

CORN MEAL MUSH:

1 cup cold water

1 cup Quaker or Aunt Jemima

Enriched Corn Meal

1 teaspoon salt

2-1/2 cups boiling water

MEAT SAUCE:

1 lb. ground beef

1/3 cup chopped onion

2 cloves garlic, crushed

One 6-oz. can tomato
paste

One 1-lb. can tomatoes

1 teaspoon sugar

3/4 teaspoon salt

1/2 teaspoon oregano

Dash pepper

1 cup grated cheese

1. FOR mush, combine the 1 cup cold water, corn meal and salt. Pour into boiling water, stirring quickly.
2. RETURN to boil, stirring constantly; reduce heat, cover and cook 5 minutes, stirring occasionally.
3. POUR into an 8-inch square pan; cover and refrigerate several hours or until firm.
4. FOR sauce, brown ground beef in large skillet; drain off fat.
5. ADD onion, garlic, tomato paste, tomatoes, sugar, salt, oregano and pepper.
6. BRING to boil; cover. Reduce heat; simmer about 30 minutes, stirring occasionally.
7. CUT mush in 16 pieces. Arrange in greased shallow 2-qt. baking dish.
8. POUR sauce over mush. Sprinkle with cheese.
9. BAKE in preheated slow oven (325°F.) about 20 minutes.

MENU

Polenta, Celery and Carrot Strips, Apples, Peanut Butter Cookies (p. 26)

CHILI OVER CORN BREAD SQUARES

Makes 6 servings

1. MAKE meat sauce from the above recipe, substituting 1 *tablespoon chili powder* for the oregano.
2. SERVE over slices of corn bread made from one of the recipes on page 21 or 22.

TACOS

Makes 6 servings

1. SPOON chili made from the above recipe into taco shells made from the Taco Shell recipe on page 23.
2. TOP with *grated cheese* and *chopped onion*.

TAMALE PIE

Makes 6 servings

1. POUR hot corn meal mush made from the Polenta recipe on this page into bottom of ungreased casserole.
2. TOP with chili made from the above recipe. Sprinkle with *grated cheese*.
3. SERVE immediately.

CHICKEN PIE

Makes 6 servings

CHICKEN BASE:

- 2-1/2 cups chicken stock or water
- 1 cup sliced carrots
- 1 small onion, chopped
- 1 cup chopped celery
- 3 tablespoons shortening
- 1-1/4 teaspoons salt
- 1/4 teaspoon pepper
- 1/3 cup cornstarch
- 2-1/2 cups cut-up cooked chicken

TOPPING:

- 1/2 cup sifted all-purpose flour*
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup Quaker Oats (quick or old fashioned, uncooked)
- 1 egg, beaten
- 1 tablespoon vegetable oil or melted shortening
- 1/2 cup milk

1. FOR chicken base, bring chicken stock, carrots, onion, celery, shortening, salt and pepper to boil; cover and simmer 5 minutes.
2. COMBINE cornstarch and 1/2 cup cold water, beating to remove lumps.
3. SLOWLY add cornstarch mixture to hot chicken stock, stirring constantly until thickened. Add chicken.
4. FOR topping, sift together flour, baking powder and salt. Add oats, egg, oil and milk.
5. BRING chicken base to boil; pour into deep 2-1/2-quart casserole. Spoon topping over hot base.
6. BAKE in preheated hot oven (425°F.) 20 to 25 minutes.

VARIATION:

Beef Pie: Substitute 2-1/2 cups cut-up cooked beef for the chicken and 2-1/2 cups beef stock for the chicken stock.

The chicken base may also be served over corn bread squares.

*If self-rising flour is used, leave out the baking powder and salt.

MENU

Chicken Pie, Green Peas, Fruit Gelatin with Pineapple

CORN BREAD DRESSING

For one 10 to 12-lb. turkey

- 6 cups coarsely crumbled corn bread*
- 5 cups bread cubes
- 1-1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1 teaspoon sage

- 1 cup chopped celery
- 1 cup chopped onion
- 1/2 cup shortening, melted
- 2 eggs, beaten
- 1-1/4 cups water

1. COMBINE crumbled corn bread, bread cubes, salt, pepper and sage.
2. LIGHTLY brown celery and onion in shortening; add to bread mixture.
3. ADD eggs and water, tossing lightly to combine. (Use an additional 1/2 cup water for more moist dressing.)
4. STUFF lightly into neck region and body cavity of turkey.
5. ROAST according to standard roasting directions.
6. BAKE any remaining dressing in an uncovered casserole during last 30 minutes of roasting time.

VARIATION:

Stuffed Chicken: Substitute two 2-1/2 lb. whole chickens for turkey.

*Prepare white or yellow corn bread according to recipes on page 21 or 22. Crumble enough to make 6 cups. Eat remaining corn bread hot or toast and serve with butter and honey.

MENU

Turkey, Corn Bread Dressing, Sweet Potatoes, Green Beans, Chocolate Oatmeal Cake (p. 27)

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 lb. 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 |

MENU

Fried Fish, Corn Bread (p. 21 or 22), Cooked Greens,
Peach Crisp (p. 26)

CORN DOGS

Makes 8 to 10 wieners

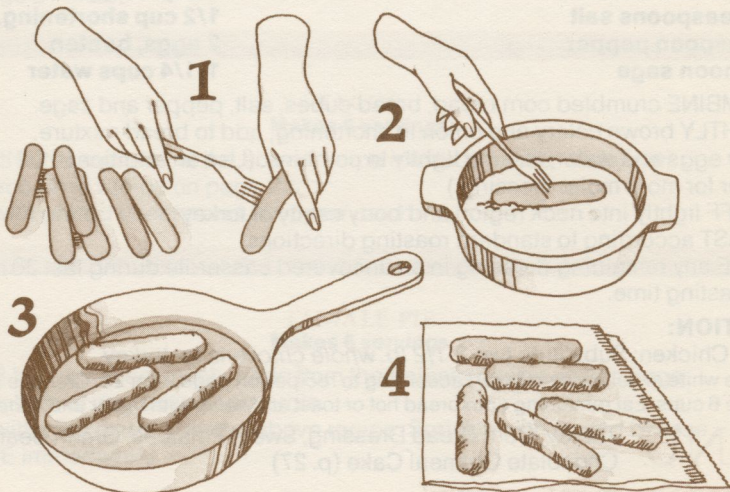
2/3 cup Quaker or Aunt Jemima Enriched Corn Meal
1/3 cup all-purpose flour
1 teaspoon salt

1 egg, beaten
2 tablespoons vegetable oil or melted shortening
1/2 cup milk
One 1-lb. pkg. wieners

1. COMBINE corn meal, flour and salt.
2. ADD egg, oil and milk.
3. COAT each wiener with *flour* and insert onto tines of cooking fork or wooden skewer. Dip into corn meal mixture, coating all sides.
4. FRY a few at a time in hot deep fat (375°F.) until golden brown.
5. SERVE with *mustard*, *catsup* or *chili sauce*.

MENU

Corn Dogs, Carrot-Raisin Salad, Potato Chips, Saucepan Brownies (p. 26)



FRIED ONION RINGS

Makes 6 servings

1. PEEL 2 large onions; cut into 1/4-inch slices.
2. SEPARATE into rings; place in bowl, cover with water and let stand 15 minutes.
3. DRAIN water off onion rings; coat with flour.
4. DIP in batter made from the Corn Dog recipe (p. 18).
5. FRY in hot deep fat (375°F.) until golden brown.

CELERY SALMON LOAF

Makes one 1-lb. loaf

One 1-lb. can (2 cups)
salmon, drained
2/3 cup chopped celery
2 tablespoons vinegar
3/4 teaspoon salt
1/4 teaspoon pepper

1 egg
2/3 cup Quaker Oats (quick
or old fashioned, uncooked)
3/4 cup milk

1. MIX all ingredients thoroughly and pack into greased loaf pan.
2. BAKE in preheated moderate oven (350°F.) about 1 hour.
3. LET stand 5 minutes before removing from pan.

MENU

Celery Salmon Loaf, Stewed Tomatoes, Lima Beans, Corn Meal Molasses Bread (p. 24), Sherbet

TUNA GRITS BAKE

Makes 6 servings

5 cups water
1 teaspoon salt
1 cup Quaker or Aunt
Jemima Enriched Hominy
Grits
One 7-oz. can tuna, drained

1/4 lb. sharp cheese,
thinly sliced
1/2 cup milk
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 2-1/2 to 5 minutes.)
4. MAKE layers of cooked grits, tuna and cheese in greased 5-cup baking dish.
5. POUR milk over top; sprinkle with bread crumbs.
6. BAKE in preheated slow oven (325°F.) about 20 minutes.

VARIATIONS:

Topping: Substitute 1/2 cup crushed potato chips or ready-to-eat cereal for bread crumbs.

Meat or Vegetable: Substitute chopped cooked ham, cooked mixed vegetables or chopped cooked broccoli for tuna.

MENU

Tuna Grits Bake, Lettuce-Tomato Salad, Spinach, Oatmeal Pie (p. 28)

CABBAGE ROLLS

Makes 6 servings

CABBAGE ROLLS:

1 medium-sized head cabbage
1-1/2 lb. ground beef
2/3 cup chopped onion
3/4 cup Quaker Oats (quick
or old fashioned, uncooked)
1 egg
2 teaspoons salt

1 teaspoon pepper

1/2 cup milk

SAUCE:

Two 8-oz. cans tomato
sauce

1 clove garlic, crushed

1/4 cup sugar

2 tablespoons vinegar

1/2 cup water

1. FOR cabbage rolls, wash cabbage and separate 12 large leaves.* Drop leaves into *boiling salted water*; cover and cook 3 minutes. Drain and dry well.
2. COMBINE beef, onion, oats, egg, salt, pepper and milk. Divide into 12 parts and place on centers of cabbage leaves.
3. ROLL leaf around meat and fasten with toothpicks. Place in baking pan.
4. FOR sauce, combine all ingredients and pour over rolls. Bake covered in preheated slow oven (300°F.) 1-1/2 hours.
5. REMOVE rolls. Take out toothpicks. Combine 2 *tablespoons cornstarch* and 1/4 cup cold water; slowly stir into sauce. Bring to boil and cook until thickened. Pour over rolls.

*Make coleslaw from any remaining cabbage.

MENU

Cabbage Rolls, Potatoes Boiled in Their Jackets, Banana Loaf
(p. 23), Applesauce

CHICKEN GUMBO SOUP

Makes 8 servings

One 2-1/2 to 3-lb. chicken, cut up

8 cups water

2-1/2 teaspoons salt

1/4 teaspoon pepper

Celery tops

1/2 cup regular barley*

3/4 cup chopped onion

1 lb. okra, cut in pieces

One 1-lb. can tomatoes

1/4 cup chopped celery

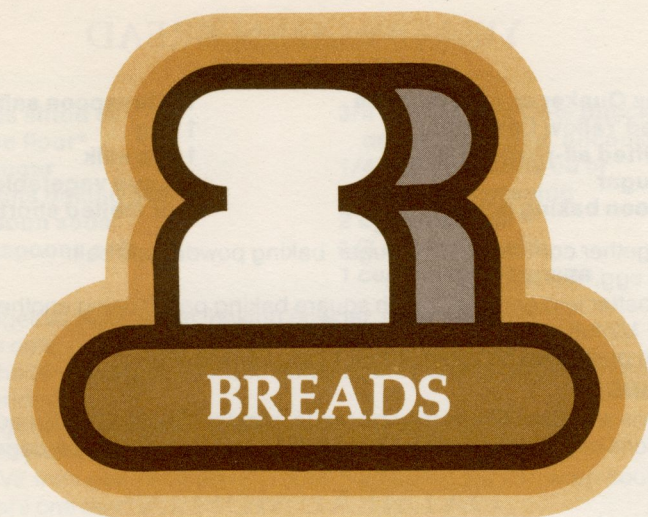
1. PLACE chicken, water, salt, pepper and celery tops in a large kettle. Cover and cook until chicken is tender, about 45 minutes. Remove chicken.
2. ADD barley and cook 1 hour longer.
3. REMOVE chicken meat from bones and add with vegetables to broth; cook an additional 30 minutes.

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

*If using quick barley, add barley, cut-up chicken and vegetables to broth all at one time and cook only 30 minutes.

MENU

Chicken Gumbo Soup, Corn Meal Biscuits (p. 22),
Vanilla Pudding, Raisin Cookies (p. 25)



WHITE CORN BREAD

Makes 8 servings

**1-1/2 cups Quaker or Aunt Jemima
Enriched White Corn Meal***
3 tablespoons all-purpose flour
1-1/2 teaspoons baking powder

1 teaspoon salt
1-1/2 cups milk
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.

VARIATION:

Buttermilk: Substitute *1-1/2 cups buttermilk* and *3/4 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 3/4 full.
3. BAKE in preheated very hot oven (450°F.) 15 to 20 minutes.

VARIATIONS:

Add one of the following to the dry ingredients:

1. 1/2 cup crumbled cooked bacon
2. 1/2 cup cooked sausage
3. 1/2 cup grated cheese
4. 1/2 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 1/2 full.
3. BAKE in preheated very hot oven (450°F.) 15 to 20 minutes.

*If self-rising corn meal is used, leave out baking powder and salt.

YELLOW CORN BREAD

Makes 8 servings

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.

VARIATIONS:

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 21.

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; stir in oats.
2. MIX in oil, egg and milk.
3. FILL greased muffin tins 2/3 full.
4. BAKE in preheated hot oven (425°F.) about 15 minutes.

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.

*If self-rising flour is used, leave out baking powder and salt.

CORN MEAL BISCUITS

Makes 12 to 14 biscuits

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

1-1/2 cups sifted all-purpose flour

3/4 teaspoon salt

**1 tablespoon baking
powder**

1/3 cup shortening

3/4 cup milk

1. SIFT together corn meal, flour, salt and baking powder.
2. CUT in shortening until mixture resembles coarse crumbs.
3. STIR in milk gradually.
4. KNEAD dough 10 times on lightly floured surface.
5. PAT out to 1/2-inch thickness.
6. CUT with floured 2-1/2-inch round cutter.
7. BAKE on ungreased cookie sheet in preheated hot oven (425°F.) 12 to 15 minutes.

VARIATION: Oatmeal Biscuits: Substitute *1/2 cup Quaker Oats (quick or old fashioned, uncooked)* for the corn meal.

BANANA LOAF

Makes 1 loaf

1-1/2 cups sifted all-purpose flour*
2/3 cup sugar
2 teaspoons baking powder
1/4 teaspoon soda
1-1/4 teaspoons salt

3/4 cup Quaker Oats (quick or old fashioned, uncooked)
1/4 cup vegetable oil or melted shortening
2 eggs, beaten
1/3 cup buttermilk
1 cup mashed banana

1. SIFT together flour, sugar, baking powder, soda and salt.
2. STIR in oats.
3. ADD shortening, eggs, milk and banana, stirring only until dry ingredients are blended.
4. FILL a greased loaf pan 1/2 full.
5. BAKE in preheated moderate oven (350°F.) 50 to 60 minutes.
6. REMOVE from pan immediately; cool. For ease in slicing, wrap cooled bread and store one day.

*If self-rising flour is used leave out baking powder and salt.

CORN MEAL TORTILLAS

Makes 12 tortillas

3/4 cup Quaker or Aunt Jemima Enriched Corn Meal
1-1/4 cups sifted all-purpose flour

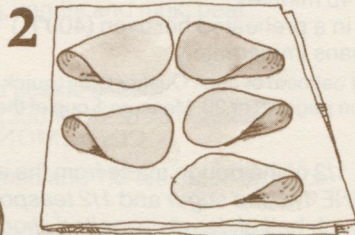
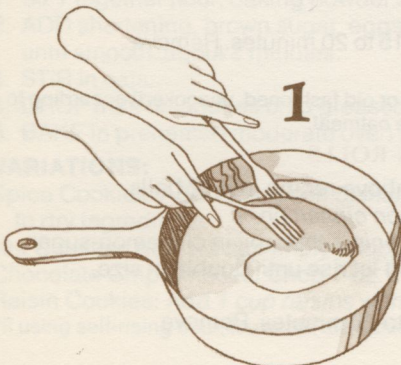
1 teaspoon salt
2 tablespoons shortening
1 cup boiling water

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.

TACO SHELLS

Makes 12 shells

1. TO make taco shell, place a cooked tortilla made from the above recipe in hot oil about 1 inch deep and fold over with 2 forks or a pancake turner.
2. FRY until crisp. Drain.
3. FILL with chili made according to Taco recipe on page 16.



CORN MEAL MOLASSES BREAD

Makes 2 loaves

**3/4 cup Quaker or Aunt
Jemima Enriched Corn Meal**
2 cups water
2 teaspoons salt
1/2 cup molasses
3 tablespoons butter or margarine

**1 cake compressed or
1 pkg. dry yeast**
1/4 cup lukewarm water
**5-1/2 to 6 cups sifted
all-purpose flour**

1. COMBINE corn meal, water and salt; bring to a boil, stirring constantly.
2. REMOVE from heat; add molasses and butter. Cool.
3. STIR yeast into lukewarm water.
4. ADD one cup flour to cooked corn meal mixture.
5. STIR in softened yeast and enough more flour to make a soft dough.
6. KNEAD dough on lightly floured surface until satiny, about 5 minutes and round into ball.
7. PLACE in greased bowl; brush lightly with *melted shortening*. Cover and let rise until double in size, about 1-1/2 hours.
8. PUNCH dough down; divide in half; shape each half to form a round loaf.
9. PLACE in two greased 8 or 9-inch round pans; brush with *melted shortening*, cover and let rise until nearly double in size, about 1 hour.
10. BAKE in preheated moderate oven (375°F.) 50 to 60 minutes.

OATMEAL YEAST ROLLS

Makes 3 dozen rolls

**1 pkg. dry or 1 cake
compressed yeast**
1/2 cup lukewarm water
1 cup scalded milk
1/4 cup shortening

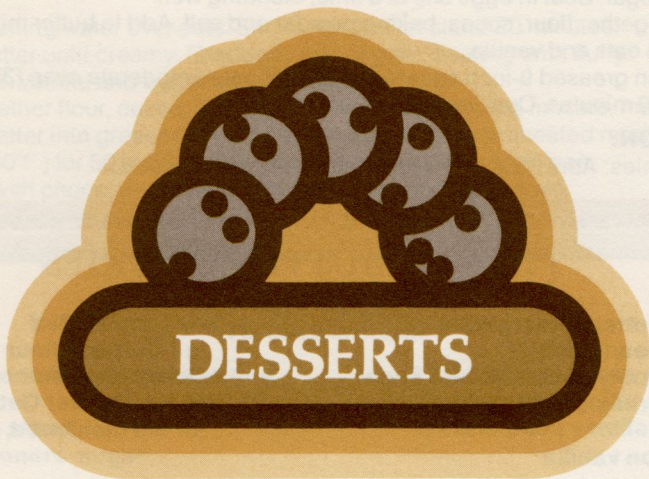
1/4 cup sugar
2 teaspoons salt
1 cup cooked oatmeal*
**4-1/2 to 5 cups sifted
all-purpose flour**

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.

*Use leftover oatmeal or cook Quaker Oats (quick or old fashioned, uncooked) according to directions on page 29 or 30. Measure 1 cup of the oatmeal.

CINNAMON ROLLS

1. SHAPE 1/3 of the dough made from the above recipe into 12 balls.
2. COMBINE 1/3 cup sugar and 1/2 teaspoon cinnamon.
3. ROLL each ball of dough in *melted shortening*; then roll in cinnamon-sugar.
4. PLACE in greased baking pan. Cover and let rise until double in size, about 45 minutes.
5. BAKE in preheated hot oven (400°F.) 15 to 20 minutes. Remove from pan immediately.



OATMEAL DROP COOKIES

Makes 4-1/2 dozen cookies

1 cup sifted all-purpose flour*
1 teaspoon baking powder
1/2 teaspoon salt
3/4 cup shortening, soft
1 cup firmly packed brown sugar

2 eggs
1 teaspoon vanilla
1/3 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.

VARIATIONS:

Spice Cookies: Add *1 teaspoon cinnamon* and *1/2 teaspoon allspice* to dry ingredients.

Nut Cookies: Add *1/3 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.

*If using self-rising flour, leave out the baking powder and salt.

SAUCEPAN BROWNIES

Makes 16 brownies

2/3 cup butter or margarine
1-1/3 cups sugar
2 eggs
1/2 cup sifted all-purpose flour
1/2 cup cocoa powder

3/4 teaspoon baking powder
1/2 teaspoon salt
3/4 cup Quaker Oats (quick or old fashioned, uncooked)
1 teaspoon vanilla

1. MELT butter in large pan.
2. ADD sugar. Beat in eggs one at a time, blending well.
3. SIFT together flour, cocoa, baking powder and salt. Add to butter mixture.
4. STIR in oats and vanilla.
5. BAKE in greased 9-inch square pan in preheated moderate oven (350°F.) 25 to 30 minutes. Cool; cut while warm.

VARIATION:

Nut Brownies: Add *1/3 cup chopped nutmeats* with the oats.

PEANUT BUTTER COOKIES

Makes 3-1/2 dozen cookies

1/2 cup butter or margarine
1/2 cup peanut butter
3/4 cup firmly packed brown sugar
1/2 cup granulated sugar
1 egg
1 teaspoon vanilla

1-1/4 cups sifted all-purpose flour
1/2 teaspoon salt
3/4 cup Quaker Oats (quick or old fashioned, uncooked)

1. BEAT together butter, peanut butter, sugars, egg and vanilla until creamy.
2. SIFT together flour and salt; add with oats to creamed mixture.
3. SHAPE to form 1-inch balls. Place on ungreased cookie sheets. Flatten, using a fork.
4. BAKE in preheated moderate oven (350°F.) 12 to 15 minutes.

VARIATION:

Raisin Cookies: Add *1/2 cup raisins* with the oats.

PEACH CRISP

Makes 6 servings

6 cups sweetened fresh or canned peach slices, drained
1/3 cup sifted all-purpose flour
1 cup Quaker Oats (quick or old fashioned, uncooked)

1/2 cup firmly packed brown sugar
1/2 teaspoon salt
1 teaspoon cinnamon
1/3 cup melted butter or margarine

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

VARIATION:

Apple Crisp: Substitute *6 cups sliced cooking apples* for peaches.

CHOCOLATE OATMEAL CAKE

Makes 12 servings

1-1/3 cups boiling water
1 cup Quaker Oats (quick
or old fashioned, uncooked)
1/2 cup butter or margarine, soft
1 cup granulated sugar
1 cup firmly packed brown sugar
1 teaspoon vanilla

2 eggs
1-1/2 cups sifted
all-purpose flour
3 tablespoons cocoa
powder
1 teaspoon soda
1/2 teaspoon salt

1. POUR boiling water over oats. Stir; cover and let stand 20 minutes.
2. BEAT butter until creamy. Gradually add sugars, beating until fluffy.
3. BLEND in vanilla and eggs; add oats mixture.
4. SIFT together flour, cocoa, soda and salt. Add to creamed mixture, mixing well.
5. POUR batter into greased 9-inch square pan. Bake in preheated moderate oven (350°F.) for 50 to 55 minutes. *Do not remove cake from pan.*
6. FROST with chocolate frosting or broiled frosting (see below).

CHOCOLATE FROSTING

For one 9-inch cake

2 tablespoons butter or margarine
Dash salt
2-1/4 cups sifted
confectioners sugar

1 tablespoon cocoa powder
3 tablespoons milk
1/2 teaspoon vanilla

1. BEAT together margarine, salt, sugar, cocoa, milk and vanilla, beating until frosting is smooth and of spreading consistency.
2. SPREAD over top of cake.

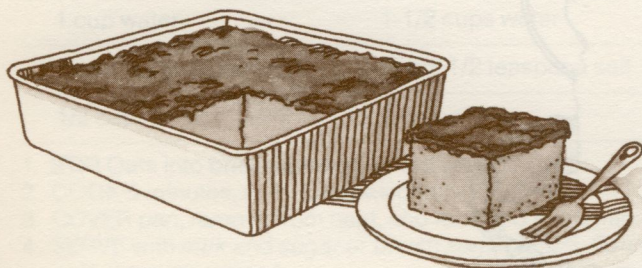
BROILED FROSTING

For one 9-inch cake

1/4 cup butter or
margarine, melted
1/2 cup firmly packed
brown sugar

3 tablespoons milk
1/2 cup chopped nutmeats
3/4 cup coconut

1. COMBINE ingredients, spread over cake and broil until bubbly.



SPICY CORN MEAL PUDDING

Makes 6 servings

1/2 cup cold milk
1/2 cup Quaker or Aunt Jemima
Enriched Corn Meal
2-1/2 cups scalded milk
1 tablespoon butter or margarine

1/2 cup molasses
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon allspice

1. COMBINE the 1/2 cup cold milk and corn meal. Add to scalded milk, stirring quickly.
2. BRING to boil; reduce heat, cover and cook 10 minutes, stirring occasionally.
3. STIR in butter, molasses, salt and spices.
4. POUR into greased 1-1/2-qt. baking dish. Pour *1 cup cold milk* over the pudding; cover.
5. SET in a baking pan. Pour boiling water around dish to within 1 inch of top.
6. BAKE in preheated slow oven (300°F.) about 2 hours. Uncover; continue baking 1 hour longer. Serve warm or cold with *milk* or *ice cream*.

OATMEAL PIE

Makes 8 servings

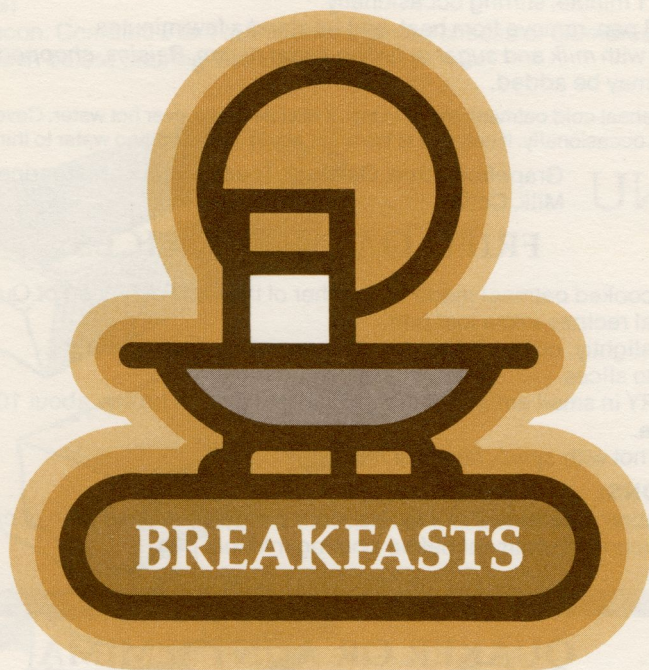
2 eggs
3/4 cup sugar
3/4 cup dark corn syrup
2 tablespoons all-
purpose flour
1/4 cup butter or
margarine

1 teaspoon vanilla
3/4 cup Quaker Oats (quick
or old fashioned, uncooked)
1/3 cup flaked or shredded
coconut

One 9-inch unbaked pie shell

1. BEAT eggs until foamy.
2. GRADUALLY add sugar; beat until thick.
3. STIR in remaining ingredients; blend well.
4. POUR into pie shell. Bake in preheated moderate oven (350°F.) about 45 minutes or until center of pie is firm. Cool.





OLD FASHIONED QUAKER OATMEAL

1 SERVING	2 SERVINGS	6 SERVINGS
1 cup water	1-1/2 cups water	4 cups water
Scant 1/4 teaspoon salt	Scant 1/2 teaspoon salt	1 teaspoon salt
1/3 cup Oats	2/3 cup Oats	2 cups Oats

1. STIR Oats into briskly boiling salted water.
2. COOK 5 minutes, stirring occasionally.
3. COVER pan, remove from heat, and let stand a few minutes.
4. SERVE with *milk* and *sugar* or *brown sugar* or *jam*. *Raisins*, *chopped dried fruit* or *fruit* may be added.

QUICK QUAKER OATMEAL

1 SERVING	2 SERVINGS	6 SERVINGS
3/4 cup water	1-1/2 cups water	4 cups water
Scant 1/4 teaspoon salt	Scant 1/2 teaspoon salt	1 teaspoon salt
1/3 cup Oats	2/3 cup Oats	2 cups Oats

1. STIR Oats into briskly boiling salted water.
2. COOK 1 minute, stirring occasionally.
3. COVER pan, remove from heat, and let stand a few minutes.
4. SERVE with *milk* and *sugar* or *brown sugar* or *jam*. *Raisins, chopped dried fruits* 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.

MENU Grapefruit Juice, Oatmeal, Toast, Butter or Margarine, Milk, Coffee

FRIED OATMEAL SLICES

1. POUR cooked oatmeal made from either of the Old Fashioned or Quick Quaker Oatmeal recipes into a loaf pan.
2. COOL slightly; cover and refrigerate several hours or overnight.
3. CUT into 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.

QUAKER OR AUNT JEMIMA ENRICHED CORN MEAL MUSH

1 SERVING	2 SERVINGS	6 SERVINGS
3 tablespoons Corn Meal	1/3 cup Corn Meal	1 cup Corn Meal
Dash salt	1/4 teaspoon salt	1 teaspoon salt
1/4 cup cold water	1/3 cup cold water	1 cup cold water
1/2 cup boiling water	1 cup boiling water	3 cups boiling water

1. COMBINE corn meal, salt and cold water; pour into boiling water, stirring quickly.
2. RETURN to boil, stirring constantly.
3. LOWER heat, cover and cook 10 minutes, stirring occasionally.
4. SERVE with *milk* and *sugar*.

MENU Tomato Juice, Corn Meal Mush, Fried Meat Slices, Milk, Coffee

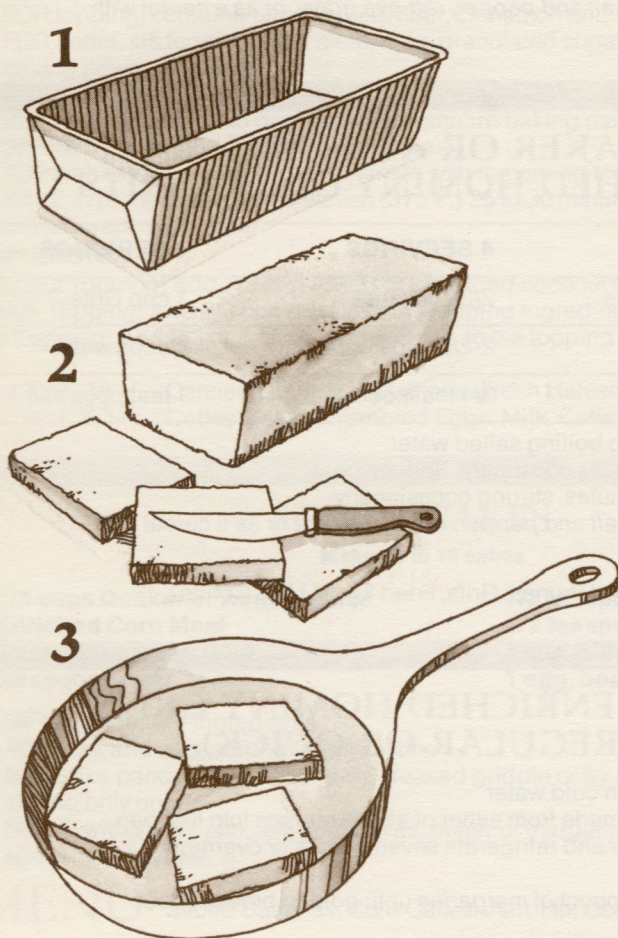
FRIED MUSH

Makes 6 servings

1. RINSE a loaf pan with cold water.
2. POUR cooked mush made from the Corn Meal Mush recipe (p. 30) into loaf pan.
3. COOL slightly; cover and refrigerate several hours or overnight.
4. CUT into 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.



QUAKER OR AUNT JEMIMA ENRICHED HOMINY GRITS

1 SERVING	4 SERVINGS	6 SERVINGS
3 tablespoons Grits	2/3 cup Grits	1 cup Grits
1 cup water	3-1/3 cups water	5 cups water
Dash salt	3/4 teaspoon salt	1 teaspoon salt

1. STIR grits slowly into boiling salted water.
2. RETURN to boil, stirring constantly. Reduce heat.
3. COVER and cook slowly for 25 to 30 minutes, stirring occasionally.
4. SERVE with *butter, salt and pepper, red-eye gravy*, or as a cereal with *milk and sugar*.

QUAKER OR AUNT JEMIMA ENRICHED HOMINY QUICK GRITS

1 SERVING	4 SERVINGS	6 SERVINGS
3 tablespoons Grits	2/3 cup Grits	1 cup Grits
3/4 cup water	2-2/3 cups water	4 cups water
Dash salt	3/4 teaspoon salt	1 teaspoon salt

1. STIR grits slowly into boiling salted water.
2. RETURN to boil, stirring constantly. Reduce heat.
3. COOK 2-1/2 to 5 minutes, stirring occasionally.
4. SERVE with *butter, salt and pepper, red-eye gravy*, or as a cereal with *milk and sugar*.

MENU Stewed Prunes, Grits, Fried Eggs, Milk, Coffee

FRIED ENRICHED HOMINY GRITS (REGULAR OR QUICK)

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 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.

QUICK COFFEE CAKE

Makes 8 servings

CINNAMON TOPPING:

2/3 cup firmly packed
brown sugar
3 tablespoons all-pur-
pose flour
1 teaspoon cinnamon
3 tablespoons butter or
margarine, melted

1 cup sifted all-purpose flour*
1/2 cup granulated sugar
1 tablespoon baking powder
1/2 teaspoon salt
1 cup milk
1/4 cup vegetable oil or
melted shortening
1 egg, beaten

BATTER:

1 cup Quaker or Aunt
Jemima Enriched Corn Meal

1. FOR topping, combine brown sugar, flour, cinnamon and butter; set aside.
2. FOR batter, sift together corn meal, flour, granulated sugar, baking powder and salt.
3. ADD milk, oil and egg; stir only until dry ingredients are moistened.
4. POUR 1/2 of batter into greased 8-inch square baking pan.
5. SPRINKLE with 1/2 of cinnamon topping.
6. TOP with remaining batter and sprinkle with remaining topping.
7. BAKE in preheated moderate oven (375°F.) 25 to 30 minutes.
8. SERVE warm with *butter*.

VARIATIONS:

Coconut Topping: Add 2/3 cup flaked or shredded coconut to topping ingredients.

Raisin Topping: Add 2/3 cup raisins to the topping ingredients.

Nut Topping: Add 2/3 cup chopped nutmeats to the topping ingredients.

MENU

Canned Grapefruit Sections (Fresh Halves in Season), Quick Coffee Cake, Scrambled Eggs, Milk, Coffee

CORN CAKES

Makes 8 to 10 cakes

1-1/4 cups Quaker or Aunt Jemima
Enriched Corn Meal

1/4 cup all-purpose flour

1 teaspoon sugar

1/2 teaspoon salt

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 like pancakes on hot, lightly greased griddle or fry pan until golden brown, turning only once.
4. SERVE with *syrup, jam, jelly, preserves, butter or margarine* or sprinkle with *sugar*.

MENU

Sliced Bananas, Corn Cakes, Jam, Hot Cocoa

OATMEAL PANCAKES

Makes 10 to 12 pancakes

2 cups milk

1-1/2 cups Quaker Oats
(quick or old fashioned,
uncooked)

1 cup sifted all-purpose flour

2-1/2 teaspoons baking powder

1 teaspoon salt

2 tablespoons sugar

2 eggs, beaten

**1/3 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*.

VARIATIONS:

Sprinkle one of the following on Corn Cakes (p. 33) or Oatmeal 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.

MENU

Orange-Grapefruit Juice, Oatmeal Pancakes, Syrup,
Milk, Coffee

BAKED EGGS AND GRITS

Makes 6 servings

**6 hot cooked servings of Quaker
or Aunt Jemima Quick or
Regular Enriched Hominy
Grits (p. 32)**

**2 tablespoons butter
or margarine**

6 eggs

6 tablespoons milk

1. POUR grits into ungreased shallow baking dish.
2. USING the back of a spoon, make six "wells" in top of grits.
3. PLACE one teaspoon butter in each well.
4. CRACK each egg and place one in each well.
5. POUR milk over grits. Sprinkle with *pepper*.
6. BAKE uncovered in preheated moderate oven (350° F.) 20 to 25 minutes or until eggs are done.

VARIATIONS:

After baking, sprinkle one of these over the eggs:

1. Cooked drained crumbled bacon
2. Grated cheese
3. Cooked ham or sausage

KITCHEN SAFETY

Without proper care and caution, your kitchen can be dangerous. Accidents cause injuries, and foods not properly prepared and stored can cause illness.

One area of food safety — the way food is stored — is discussed on p. 6. Remember to keep hot foods really hot until served, and to keep cold foods cold (refrigerator or freezing temperatures).

Cleanliness is also very important in keeping food safe to eat. Always wash hands with soap and water before working with food. Make sure dishes, utensils and work areas are clean at all times. Chlorine laundry bleach used according to package directions will destroy bacteria.

Household insects such as flies and cockroaches can carry bacteria. Garbage should be disposed of quickly and openings around drain pipes and radiator pipes should be sealed to keep out insects. If you use an insecticide read the label and follow directions exactly. Keep insecticides away from children.

Look at foods closely when shopping to be sure they are not spoiled before you buy them. Do not buy cans that are badly dented, leaking or bulging at the ends. Do not select pre-sealed packages on which the seal has been broken.

Kitchen injuries can range from burns or cuts to falls. To prevent accidents, follow these tips:

Label all household cleaning products and keep them out of reach of children. Never mix two or more cleaning agents unless recommended by the manufacturer on the label.

Do not allow pot handles to extend over the edge of the cooking stove where they might be knocked off. Turn handles in, but not over lighted burners. Use a pot holder or several thicknesses of dry cloth when moving hot pots and pans.

Keep flammable materials including pot holders, towels, hair, curtains, etc., away from cooking flames or hot electric coils.

Carelessness with knives causes many cuts. When using a knife, slice foods in a direction away from you, and chop foods on a clean cutting board or other hard surface. Keep knives away from small children, and do not keep them in a crowded place where sharp edges can be hidden. Never leave sharp knives in dish water where they can't be seen.

Cracked or chipped dishes and glasses can cause cuts, and bacteria can hide in cracks that are hard to wash clean.

Be careful when walking on freshly waxed floors, and keep electrical cords off the floor to avoid tripping.



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