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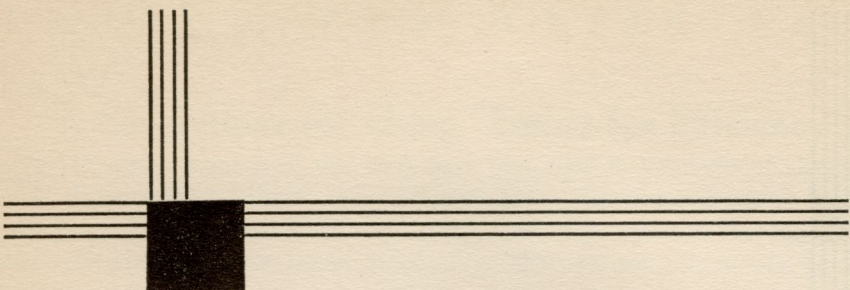
EATING
for
EFFICIENCY



Prudence Penny
Chicago Herald & Examiner

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EVAPORATED
MILK
ASSOCIATION





EATING FOR EFFICIENCY

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REVISED
■

EVAPORATED MILK
ASSOCIATION

203 NORTH WABASH AVENUE
CHICAGO • ILLINOIS





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I. Suggestions for Using "Eating for Efficiency"

THE earlier editions of this book have been used in hundreds of classrooms. It has filled a distinct need. Teachers, home demonstration agents, dietitians and nurses have obtained much help from it, and have expressed their appreciation by repeated requests for copies in quantity. This revised edition will be found even more helpful.

DIET PLANNING

The food values given at the end of each recipe and the tables in the back of the book supply sufficient information for the dietitian or student to work out entirely new diets, or to cal-

culate the value of any given diet. The teacher can give as problems to her classes the determination of their own diets, or for any hypothetical family consisting of children of various ages.

ADJUSTING THE MENUS FOR MEMBERS OF THE FAMILY OTHER THAN THOSE GIVEN

These diets have been planned and calculated for the *three and four year old child* and for the *adult doing sedentary work*. Here are some hints which will be helpful in adjusting these diets for others. For children up to and including six years, the children's diet is to be used as a basis for modification; after that age, use the sedentary man's diet as a basis.

1. A man doing active work needs approximately 2,700 to 5,000 calories.
2. A woman doing sedentary work needs approximately 2,000 to 2,200 calories.
3. A woman doing active work needs approximately 2,200 to 3,000 calories.
4. Adolescents need approximately

2,200 to 4,000 calories.

5. The 2 year old child needs approximately 900 to 1,200 calories.
6. The 5 and 6 year old child needs approximately 1,400 to 1,700 calories.
7. The 7 to 12 year old child needs approximately 1,700 to 2,000 calories.

In making these changes increase or decrease the high caloric foods such as potatoes, bread, cereals and desserts, remembering, however, that growing children need more mineral and protein foods in proportion to their weight—milk in general being the best source of these constituents—a full quart a day being usually recommended.

DIET EXHIBITS

An exhibit of adequate diets illustrating computed food values of recipes or of complete meals can be worked

out by the teacher, dietitian or public health nurse from the food-values table.

II. Evaporated Milk (Unsweetened)

A DEPENDABLE MILK SUPPLY

1. Evaporated Milk is pure, fresh milk that receives the most careful attention from the time it leaves the cow until it is sealed in cans.
2. In the process of evaporation more than half of the water is removed. Consequently, unsweetened Evaporated Milk contains more than twice the amount of milk solids (nutrients) as did the original market milk, and has twice the food value. This is why Evaporated Milk is described as "doubly concentrated" or "doubly rich" milk.
3. Recent researches show that it is an excellent source of calcium, phosphorus and nitrogen and that it is well supplied with the important milk vitamins.
4. It is safe because all harmful bacteria have been destroyed in sterilization.
5. It is more digestible than the milk from which it was prepared.
6. It is uniform in composition because it is standardized to meet government requirements.
7. It whips like cream and is actually more than twice as nutritious as cream. Evaporated Milk contains 18.31 per cent of the important milk constituents—proteins, minerals and sugar, while cream of 18 per cent fat contains only 7.6 per cent of these valuable components.
8. It has a creamy consistency because the fat globules have been broken up into such tiny ones that they become perfectly blended with the other constituents of the milk and remain evenly distributed in emulsified form. This smooth quality produces creaminess in sauces, soups and beverages, and fine texture in candies, icings and ice creams.
9. It is economical. In some cities it costs only half as much as bottled milk.
10. It is convenient—always available at the corner grocery, always ready on the pantry shelf. No refrigeration is necessary until the can is opened.
11. Because of its double concentration more milk can be put into the diet of those that are in special need of it.
12. Every day 4,000,000 pounds of unsweetened Evaporated Milk are used in the United States, an indication of its wide popularity. Each year more and more people are depending on it for all of their milk needs, because of its greater economy, convenience, and safety.

III. Fundamental Daily Food Requirements

NUTRITIONISTS are generally agreed that a day's balanced meals should contain the following items: menus in this book take into consideration these requirements.

PRE-SCHOOL PERIOD—TWO, THREE, FOUR AND FIVE YEARS

Cooked cereals, once a day, with emphasis on whole grained cereals	Egg or meat
All cereals should be served without sugar	One cooked vegetable
One fruit and one fruit juice	One raw vegetable
Dried fruits such as prunes and apricots may be used the year around to vary the fresh fruits	Potato
	Whole grain breads
	One quart milk served as a drink or cooked in foods
	Simple dessert

SCHOOL CHILDREN—SIX, SEVEN AND EIGHT YEARS

One cooked cereal served without sugar	Meat or other high protein food such as fish
Fruit twice every day	Simple dessert
Egg	Whole grain breads
One cooked vegetable	One quart milk served as a drink or cooked in foods
One raw vegetable	
Potato	

SCHOOL CHILDREN—NINE, TEN AND ELEVEN YEARS

One cooked cereal served with a little brown sugar or honey if desired	Meat or other high protein food such as fish
Two fruits	Simple dessert
One hot dish in school or home luncheon	Whole grain breads
One cooked vegetable	One quart milk served as a drink or cooked in foods
One raw vegetable	
Egg	

SCHOOL CHILDREN—TWELVE YEARS

One cooked cereal with small amount of sugar if desired	Potato or other starchy food such as rice, macaroni or noodles
Fruit twice	Meat or other high protein food such as fish, cheese, beans
Egg every day or almost every day	Whole grain breads
One hot dish in school or home luncheon	Simple dessert
One cooked vegetable	One quart milk served as a drink or cooked in foods
One raw vegetable	

ADOLESCENT GIRLS AND BOYS

One cooked cereal, preferably whole grained with sugar if desired	Potato or other starchy food such as rice, macaroni or noodles
Fruit twice	Meat or other high protein food such as fish, cheese, beans
Generous use of eggs	Dessert
One cooked vegetable	One quart milk served as a drink or cooked in foods
One raw vegetable (salad, with or without dressing)	

ADULTS

Whole grain cereal products daily with sugar if desired	Meat or other high protein food such as fish, cheese, beans
Fruit twice	Dessert
One cooked vegetable	Bread
One raw vegetable (salad)	From one pint to one quart of milk
Potato or other starchy food such as rice, macaroni or noodles	

NOTE: Leafy vegetables, such as spinach, cabbage, celery, lettuce, beet and turnip greens, and chard, should be served in every diet almost every day.

IV. Evaporated Milk is Just Milk

PURE FRESH MILK only goes into the preparation of Evaporated Milk. Brought to the plant which is located in the center of a dairying community, the milk is handled with a minimum of delay and immediately started on its way to the can. Once it is sealed in its container and sterilized, it can not change from its original fresh condition.

The first step of the process is to scald the milk. Then it passes into the "vacuum pan" where more than half the water is removed by boiling at about 130° F. Actually, 2,000 pounds of raw milk produces about 900 pounds of unsweetened Evaporated Milk.

The milk is next homogenized. This consists in pumping the fluid through a very fine passage. So small is the passage that it requires a pump working at 2,000-3,000 pounds pressure to force the milk through. So minute is the

opening that each fat globule is broken up into hundreds of smaller ones. The fat is now in particles of colloidal size—gravity having no effect. This is why the cream in Evaporated Milk does not rise to the surface. It also accounts for the fact that the fat of Evaporated Milk is more easily digested than the fat of the original milk.

Next the milk is sealed in cans and sterilized at about 240° F. for 15 minutes. Upon passing the inspection of the chemist and the bacteriologist the Evaporated Milk is ready for shipment. The consumer is thus supplied with a milk that is the equal of the original milk in nutritive value, and is better than the original milk in digestibility, safety and convenience.

From the economic viewpoint, the distribution of milk by the Evaporated Milk route is the best method. Per unit of food value more milk can be purchased by this means than any other.

A COMPARISON OF THE AVERAGE COMPOSITIONS OF STANDARD BOTTLED MILK, STANDARD 18 PER CENT CREAM, AND STANDARD EVAPORATED MILK

	Bottled Milk	Cream	Evaporated Milk
Fat	3.5%	18.0%	7.84%
Casein	9.0%	7.6%	18.31%
Albumin			
Milk Sugar			
Minerals			
Total Milk Solids.	12.5%	25.6%	26.15%

V. Suggested Laboratory Experiments

(USE AS REFERENCE, "THE STORY OF EVAPORATED MILK")

A NUMBER of cans of (unsweetened) Evaporated Milk are to be obtained from the local grocer. If possible, samples representing more than one manufacturer's brand should be procured. Observations are to be made by the student as follows:

1. Read the labels carefully. Note what they say about the method of preparation of the milk, its composition and uses, and the amount of Evaporated Milk in the can.

2. Notice the spot of solder at the center of the bottom of the can. Account for this.

3. Open a can and pour the contents into a tumbler or beaker. Note the "creamy" consistency of Evaporated Milk. Let stand until the next day. Does the cream come to the top? Explain.

4. Under a microscope observe the fat particles in a drop of Evaporated Milk diluted with three drops of water and compare with a drop of ordinary bottled milk diluted with one drop of water. A much higher magnifying power will be necessary to see the fat particles in Evaporated Milk; if possible, use an oil immersion lens. Ac-

count for the difference in size of the fat particles.

5. With a lactometer or hydrometer make readings of the following:

- (a) Evaporated Milk
- (b) Evaporated Milk diluted with an equal amount of water
- (c) Bottled milk

Compare particularly (b) and (c), and account for the resemblance.

6. Dilute some Evaporated Milk with an equal quantity of water and place in a bottle or flask. In another bottle put an equal amount of ordinary milk. Warm the bottles slightly, then add a little pepsin or rennet solution. (A solution prepared from a junket tablet will be satisfactory.) Shake, then let stand quietly. Note the difference in the curds produced.

7. Scald some Evaporated Milk in the top of a double boiler. Cool quickly by setting the container in cold water. (Do not discard the film or glaze that collects at the surface and on the sides and bottom of the pan.) Chill thoroughly in a bowl surrounded by chipped ice and coarse salt. Whip until stiff with a rotary egg beater.

VI. Hints on Using Evaporated Milk

A. OPENING THE CAN

PUNCH two holes opposite each other in the top of the can near the edge of the cap. These holes will allow the milk to flow freely. Pour out the desired amount. Leave the unused milk in the can. This is the best way to keep it because the inside of the tin is sterile. Other containers may be sterilized but it is next to impossible to keep them sterile until the milk can be poured in. Keep the opened can of milk in the refrigerator or other cold place.

B. DILUTING THE MILK

Pour the necessary amount of milk into a cup and add the amount of liquid desired.

Although water was removed in the evaporation process, the cook is not obliged to use water to dilute Evaporated Milk. Any liquid such as meat, poultry, or vegetable stock or fruit juices can be used for diluting and the result is one that can be obtained only when a concentrated milk is employed. For illustration, when one cup of Evaporated Milk is diluted with one cup chicken stock, the result is a full pint of milk so far as food value is concerned, plus the pleasing flavor and the additional nutrients of the chicken stock. Variations of simple foods by using different diluents offer endless possibilities to the cook.

Some foods taste better if undiluted Evaporated Milk is used. Others are more satisfactory if water is added. For general cooking use, the most suc-

cessful results will be obtained if these rules for diluting are followed:

1. For white sauces, soups, gravies, puddings and custards, salad dressings, pie fillings, use 1 part Evaporated Milk and 1 part water, meat or vegetable stock, or fruit juice.
2. For crystalline candy and cake icings use $1\frac{1}{2}$ parts Evaporated Milk to 1 part water. Undiluted Evaporated Milk produces excellent non-crystalline candies.
3. For ice creams, mousses, milk sherbets, pie toppings, mayonnaise and fruit whips use Evaporated Milk undiluted.
4. For baking quick breads and white cake, use 1 part Evaporated Milk and 2 parts water.
5. For other cakes use 1 part Evaporated Milk and 1 part water.

C. DIRECTIONS FOR WHIPPING

Pour the Evaporated Milk into the top of a double boiler and heat over boiling water to the scalding point. Do not discard the film or glaze that collects at the surface and on sides and bottom of the pan. It will blend smoothly with the rest during whipping and will aid in stiffening the milk. Cool the scalded milk quickly by setting the container in cold water. Chill thoroughly in a bowl surrounded by chipped ice and coarse salt. The milk should reach a temperature below 50° F. but should not be allowed to freeze. Whip until stiff with a rotary egg beater.

Whipped Evaporated Milk may be used in the preparation of bavarians, parfaits, mousses and fruit whips. Sweetened and flavored to harmonize with the dessert with which it is to be served, it makes an attractive garnish and a delicious sauce.

VII. Menus

MENUS FOR ADULTS, PAGES 10 TO 17 MENUS FOR CHILDREN, PAGES 18 TO 25

*N*OTE that the adult and children menus are designed to go together. For example, in the Adult Menu No. 1 and in the Children Menu No. 1 chicken, carrots, tapioca cream, strawberries and toast are included. Likewise all others are paired. This is to simplify the preparation of the family meals.

Foods in these menus have been chosen as far as possible according to season. While markets in different parts of the country may vary somewhat, modern methods of transportation make it possible to procure the same foods everywhere except in out of the way places.

The numbers in parentheses after food listed in the menus indicate the recipe to be used.

Figures used in calculating food values were taken for the most part from Rose, "Laboratory Handbook of Dietetics" and "Feeding the Family," and Sherman, "Chemistry of Food and Nutrition." The standards for calories are based on the allowance suggested by Doctor Rose in "Feeding the Family," on figures obtained from a number of actual feeding experiments, and on recommendations from more than a score of eminent nutritionists.

Menus for Spring

Man Doing Sedentary Work*

(2400-2700 CALORIES)

1

BREAKFAST

FOOD	PORTION
Strawberries	$\frac{2}{3}$ cup
Shredded wheat with.....	1 biscuit
Evaporated Milk.....	3 tbsp.
Banana	$\frac{1}{2}$ large
Toast	2 slices
Bacon	2 slices
Butter	2 tsp.
Jam	1 tbsp.
Coffee	1 cup
Evaporated Milk.....	1 tbsp.

LUNCHEON

Cream of carrot soup (100).....	1 serv.
Date-nut sandwich (92).....	$\frac{1}{2}$
Vanilla ice cream.....	1 serv.
Fudge brownies (27).....	2 squares
Hot tea.....	1 cup

DINNER

Chicken en casserole (60).....	1 serv.
Parsley carrots (112).....	$\frac{2}{3}$ cup
Riced potatoes.....	1 med.
Jellied pear salad (74).....	1 serv.
Tapioca cream (46).....	1 serv.
Roll	1
Butter	2 tsp.
Cold ovaltine (8).....	1 serv.

Caloric value and mineral composition of this diet:

Total	2658 calories
Protein	369 calories
Fat	1103 calories
Carbohydrate	1186 calories
Calcium	1.298 grams
Phosphorus	1.717 grams
Iron	0.01674 grams

Evaporated Milk in this diet— $1\frac{2}{5}$ cups—the equivalent of three-fourths quart of bottled milk.

2

BREAKFAST

FOOD	PORTION
Grape juice.....	$\frac{1}{2}$ cup
Egg poached in milk on toast (50).....	1 serv.
Toast	1 slice
Butter	2 tsp.
Strawberry jam.....	1 tbsp.
Coffee	1 cup
Evaporated Milk.....	1 tbsp.

LUNCHEON

Cream of asparagus soup (96).....	1 serv.
Chicken salad sandwich (67).....	1
Olives, stuffed.....	5
Chocolate malted milk (2).....	1 serv.

DINNER

Lamb chops.....	2 med.
Mint jelly.....	1 tbsp.
Mashed potato (118).....	1 serv.
Creamed cabbage (110).....	1 serv.
Fruit salad (70).....	$\frac{1}{2}$ serv.
Roll	1
Butter	2 tsp.
Boston cream pie (25).....	1 serv.
Tea	1 cup

Caloric value and mineral composition of this diet:

Total	2634 calories
Protein	336 calories
Fat	1089 calories
Carbohydrate	1209 calories
Calcium	1.220 grams
Phosphorus	1.488 grams
Iron	0.01389 grams

Evaporated Milk in this diet— $1\frac{1}{4}$ cups—the equivalent of about three-fourths of one quart of bottled milk.

*For adapting these diets to meet the needs of others see pages 3 and 5.

Menus for Spring
Man Doing Sedentary Work
(2400-2700 CALORIES)

3

BREAKFAST

FOOD	PORTION
Strawberries	$\frac{2}{3}$ cup
Waffles (19)	1
Butter	1 tbsp.
Honey	3 tbsp.
Bacon	2 slices
Coffee	1 cup
Evaporated Milk	1 tbsp.

LUNCHEON

Tomato stuft with	1 med.
Cottage cheese	4 tbsp.
Olives, chopped	4
French dressing	2 tbsp.
Toast	2 slices
Butter	2 tsp.
Hot cocoa (3)	1 serv.

DINNER

Pot roast with	1 serv.
Carrots	2
Onions	1 med.
Spaghetti with	$\frac{3}{4}$ cup
Tomato	$\frac{1}{2}$ cup
Bread, wholewheat	1 slice
Butter	1 tsp.
Prune-orange salad (78)	1 serv.
Creamy salad dressing (87)	1 serv.
Chocolate blanc mange (35)	1 serv.
Cafe au lait (1)	1 serv.

Caloric value and mineral composition of this diet:

Total	2733 calories
Protein	459 calories
Fat	1003 calories
Carbohydrate	1271 calories
Calcium	1.342 grams
Phosphorus	1.910 grams
Iron	0.01780 grams

Evaporated Milk in this diet— $1\frac{1}{2}$ cups—the equivalent of more than $\frac{3}{4}$ of one quart of bottled milk.

4

BREAKFAST

FOOD	PORTION
Stewed figs	3
Scrambled eggs (51)	1 serv.
Bacon	2 slices
Toast	2 slices
Butter	2 tsp.
Jelly	1 tbsp.
Coffee	1 cup
Evaporated Milk	1 tbsp.

LUNCHEON

Fruit salad (70)	1 serv.
Toast	2 slices
Butter	2 tsp.
Red Devil's food cake (24)	1 serv.
Iced cafe au lait (1)	1 serv.

DINNER

Meat loaf (56)	$\frac{1}{2}$ serv.
Buttered cauliflower	1 serv.
Creamed potatoes (116)	1 serv.
Sliced tomatoes or cooked	1 med.
Corn meal muffins (16)	2
Butter	1 tbsp.
Butterscotch bavarian (34)	1 serv.

Caloric value and mineral composition of this diet:

Total	2764 calories
Protein	309 calories
Fat	1125 calories
Carbohydrate	1330 calories
Calcium	1.186 grams
Phosphorus	1.537 grams
Iron	0.01375 grams

Evaporated Milk in this diet—1 cup—the equivalent of more than one pint of bottled milk.

Menus for Summer

Man Doing Sedentary Work

(2400-2700 CALORIES)

5

BREAKFAST

FOOD	PORTION
Sliced peaches.....	3 med.
Scrambled eggs (51).....	1 serv.
Bacon	2 slices
Toast	2 slices
Butter	2 tsp.
Jam	1 tbsp.
Coffee	1 cup
Evaporated Milk.....	1 tbsp.

LUNCHEON

Veal croquettes (58).....	1
Vegetable salad (82).....	1 serv.
Roll	1
Butter	2 tsp.
Tapioca cream (46).....	1 serv.
Postum au lait (12).....	1 serv.

DINNER

Fried fish (halibut).....	1 serv.
Tartar sauce (95).....	1 serv.
Baked potato.....	1
Butter	1 tbsp.
Creamed carrots (111).....	1 serv.
Shredded lettuce.....	1 serv.
Peach cobbler (40).....	1 serv.
Cocoa (3).....	1 serv.
Bread, wholewheat.....	2 slices
Butter	2 tsp.

Caloric value and mineral composition of this diet:

Total	2715 calories
Protein	440 calories
Fat	1169 calories
Carbohydrate	1106 calories
Calcium	1.463 grams
Phosphorus	2.040 grams
Iron	0.01599 grams

Evaporated Milk in this diet—1¾ cups—the equivalent of about one quart of bottled milk.

6

BREAKFAST

FOOD	PORTION
Chilled raspberries with.....	⅝ cup
Honey	1 tsp.
Shredded wheat with.....	1 biscuit
Evaporated Milk (29).....	3 tbsp.
Toast	1 slice
Butter	1 cup
Egg, soft-boiled.....	1
Coffee	1 cup
Evaporated Milk.....	1 tbsp.

LUNCHEON

Buttered asparagus.....	10 stalks
On Toast.....	1 slice
Butter	1 tbsp.
Blitz Torte (21).....	1 serv.
Chocolate milk shake (2)...	1 serv.

DINNER

Fricassee of chicken.....	1 serv.
Steamed brown rice.....	¾ cup
Buttered string beans.....	¾ cup
Peach salad (72).....	1 serv.
Blitz Torte (21).....	1 serv.
Rolls	2
Butter	1 tbsp.
Mocha (10).....	1 serv.

Caloric value and mineral composition of this diet:

Total	2576 calories
Protein	389 calories
Fat	1089 calories
Carbohydrate	1098 calories
Calcium	1.244 grams
Phosphorus	1.813 grams
Iron	0.01762 grams

Evaporated Milk in this diet—1½ cups—the equivalent of more than ¾ of one quart of bottled milk.

Menus for Summer

Man Doing Sedentary Work

(2400-2700 CALORIES)

7

BREAKFAST

FOOD	PORTION
Pears	3 halves
Milk toast (18)	1 serv.
Poached egg	1
Coffee diluted with	$\frac{3}{4}$ cup
Evaporated Milk	$\frac{1}{4}$ cup

LUNCHEON

Green beans with cheese	1 serv.
on toast (109)	1 slice
Plaza salad (76)	1 serv.
Cold ovaltine (8)	1 serv.
Oatmeal cookies (28)	2

DINNER

Breaded veal chops	1 serv.
Creamed potatoes (116)	1 serv.
Fresh tomatoes	$\frac{1}{2}$ cup
Butter	2 tsp.
Cole slaw (68)	1 serv.
Plain muffins (16)	2
Butter	1 tbsp.
Butterscotch bavarian (34)	1 serv.
Coffee	1 cup

Caloric value and mineral composition of this diet:

Total	2678 calories
Protein	403 calories
Fat	1189 calories
Carbohydrate	1086 calories
Calcium	1.875 grams
Phosphorus	2.094 grams
Iron	0.01687 grams

Evaporated Milk in this diet— $1\frac{1}{8}$ cups—the equivalent of one quart of bottled milk.

8

BREAKFAST

FOOD	PORTION
Chilled blackberries	$\frac{1}{2}$ cup
Wholewheat waffles (20)	1
Maple sirup	2 tbsp.
Butter	1 tbsp.
Coffee	1 cup
Evaporated Milk	1 tbsp.

LUNCHEON

Prune and orange salad (78)	1 serv.
Sandwich loaf (93)	1
Honey milk shake (7)	1 serv.

DINNER

Roast Beef, rib lean	2 slices
.....	$5 \times 2\frac{1}{2} \times 1\frac{1}{4}$
Gravy (54)	$\frac{1}{4}$ cup
Mashed potatoes (118)	1 serv.
Buttered summer squash	$\frac{1}{4}$ squash
Butter	2 tsp.
Blueberry biscuit (14)	2
Butter	1 tsp.
Shredded lettuce with	
French dressing	1 serv.
Chocolate mousse (32)	1 serv.

Caloric value and mineral composition of this diet:

Total	2741 calories
Protein	340 calories
Fat	1076 calories
Carbohydrate	1325 calories
Calcium	1.270 grams
Phosphorus	2.522 grams
Iron	0.02871 grams

Evaporated Milk in this diet— $1\frac{1}{4}$ cups—the equivalent of $\frac{2}{3}$ of one quart of bottled milk.

Menus for Autumn

Man Doing Sedentary Work

(2400-2700 CALORIES)

9

BREAKFAST

FOOD	PORTION
Grape juice.....	½ cup
Shredded wheat	1 biscuit
Banana	½ large
Evaporated Milk.....	¼ cup
Toast, wholewheat.....	1 slice
Butter	1 tsp.
Bacon	2 slices
Coffee	1 cup
Evaporated Milk.....	1 tbsp.

LUNCHEON

Creamed eggs (49).....	1 serv.
Toast	2 slices
Stewed tomatoes.....	½ cup
Apple dumpling (33).....	1 med.
Cocomalt (4).....	1 serv.

DINNER

Salmon croquettes (64).....	2
Creamed potatoes (116)....	1 serv.
Buttered spinach.....	½ cup
Cucumber and tomato salad (69).....	1 serv.
Cream French dressing (86) .	1 serv.
Wholewheat rolls.....	2
Butter	1 tbsp.
Lemon rice cream (38).....	1 serv.
Mocha (10).....	1 serv.

Caloric value and mineral composition of
this diet:

Total	2703 calories
Protein	363 calories
Fat	1065 calories
Carbohydrate	1275 calories
Calcium	1.534 grams
Phosphorus	1.906 grams
Iron	0.01582 grams

Evaporated Milk in this diet—1⅞ cups—
the equivalent of one quart of bottled milk.

10

BREAKFAST

FOOD	PORTION
Sliced peaches.....	2 med.
Bacon	2 slices
Omelet (52).....	1 serv.
Toast, wholewheat.....	2 slices
Butter	2 tsp.
Coffee	1 cup
Evaporated Milk.....	1 tbsp.

LUNCHEON

Macaroni and cheese (31)...	1 serv.
Carrot strips.....	1 carrot
Banana salad (66).....	1 serv.
Postum au lait (12).....	1 serv.
Oatmeal cooky (28).....	1

DINNER

Pork chops.....	2 med.
Gravy (54).....	¼ cup
Mashed potato (118).....	1 serv.
Buttered lima beans.....	½ cup
Butter	1 tsp.
Cole slaw (68).....	1 serv.
Roll	1
Butter	2 tsp.
Baked pear.....	1
Cafe au lait (1).....	1 serv.

Caloric value and mineral composition of
this diet:

Total	2658 calories
Protein	402 calories
Fat	1191 calories
Carbohydrate	1065 calories
Calcium	1.370 grams
Phosphorus	1.956 grams
Iron	0.01881 grams

Evaporated Milk in this diet—1½ cups—
the equivalent of more than ¾ of one quart
of bottled milk.

Menus for Autumn

Man Doing Sedentary Work

(2400-2700 CALORIES)

11

BREAKFAST

FOOD	PORTION
Tomato juice.....	$\frac{2}{3}$ cup
Scrambled eggs (51).....	1 serv.
Biscuits (14).....	2
Butter	2 tsp.
Grape jelly.....	1 tbasp.
Coffee	1 cup
Evaporated Milk.....	1 tbasp.

LUNCHEON

Cream of asparagus soup (96).....	1 serv.
Tomato stuff with cottage cheese (81).....	1 med.
Roll	1
Butter	2 tsp.
Baked pear.....	1
Spiced milk (13).....	1 serv.

DINNER

Veal loaf (59).....	1 serv.
Escalloped potatoes (117).....	1 serv.
Braised celery (113).....	1 serv.
Head lettuce, $\frac{1}{2}$ large head... 1 serv.	
Thousand Island dressing (88).....	1 serv.
Corn meal muffins (16).....	1
Butter	2 tsp.
Bananas molded in jello.....	1 serv.
Cafe au lait (1).....	1 serv.

Caloric value and mineral composition of this diet:

Total	2655 calories
Protein	409 calories
Fat	1277 calories
Carbohydrate	969 calories
Calcium	1.557 grams
Phosphorus	1.795 grams
Iron	0.01650 grams

Evaporated Milk in this diet— $1\frac{1}{2}$ cups—
the equivalent of about one quart of bot-
tled milk.

12

BREAKFAST

FOOD	PORTION
Baked pear.....	1
Potato cakes (119).....	1
Bacon	2 slices
Snickerdoodle (43).....	1 serv.
Coffee	1 cup
Evaporated Milk.....	1 tbasp.

LUNCHEON

Cream of lima bean soup (98).....	1 serv.
Crackers, soda.....	4
Butter	1 tsp.
Celery	1 stalk
Buttered beets.....	1 serv.
Pineapple-cheese salad (75).....	1 serv.
Tea	1 cup
Chocolate-nut cooky (26)...	1

DINNER

Olives	3
Celery	1 stalk
Broiled steak.....	1 serv.
Baked potato.....	1 med.
Creamed cucumbers (114)...	1 serv.
Banana salad (66).....	1 serv.
Rye bread.....	$1\frac{1}{3}$ slices
Butter	1 tsp.
Chocolate charlotte russe (36).....	1 serv.
Postum au lait (12).....	1 serv.

Caloric value and mineral composition of this diet:

Total	2783 calories
Protein	402 calories
Fat	1147 calories
Carbohydrate	1234 calories
Calcium	1.820 grams
Phosphorus	2.071 grams
Iron	0.01693 grams

Evaporated Milk in this diet— $1\frac{1}{2}$ cups—
the equivalent of about one quart of bot-
tled milk.

Menus for Winter

Man Doing Sedentary Work

(2400-2700 CALORIES)

13

BREAKFAST

FOOD	PORTION
Apricots, dried.....	½ cup
Milk toast (18).....	1 serv.
Bacon	2 slices
Egg, poached.....	1
Coffee	1 cup
Evaporated Milk.....	1 tbsp.

LUNCHEON

Cream of onion soup (103)...	1 serv.
Apple sauce.....	¾ cup
Chocolate-nut cooky (26)	2
Cocoa (3).....	1 serv.

DINNER

Pan-broiled liver.....	1 serv.
Hominy au gratin (115).....	1 serv.
Baked squash.....	1 cup
Roll	1
Butter	2 tsp.
Royal salad (79).....	1 serv.
Orange bavarian (39).....	1 serv.
Postum	¾ cup
Evaporated Milk.....	1 tbsp.

Caloric value and mineral composition of this diet:

Total	2621 calories
Protein	385 calories
Fat	1015 calories
Carbohydrate	1221 calories
Calcium	1.523 grams
Phosphorus	1.865 grams
Iron	0.02297 grams

Evaporated Milk in this diet—1¾ cups—the equivalent of about one quart of bottled milk.

14

BREAKFAST

FOOD	PORTION
Grapes (1 large bunch).....	1 serv.
French toast (17).....	1 serv.
Honey or sirup.....	3 tbsp.
Coffee	1 cup
Evaporated Milk.....	1 tbsp.

LUNCHEON

Cream of pea soup (104).....	1 serv.
Peach salad (72).....	1 serv.
Graham muffin (16).....	1
Butter	2 tsp.
Postum au lait (12).....	1 serv.

DINNER

Pork sausage.....	1 serv.
Gravy (54).....	¼ cup
Rice steamed.....	¾ cup
Buttered spinach.....	1 serv.
Waldorf salad (83).....	1 serv.
Roll	1
Butter	1 tsp.
Lemon cream pie (44).....	1 serv.
Spiced milk (13).....	1 serv.

Caloric value and mineral composition of this diet:

Total	2652 calories
Protein	331 calories
Fat	1198 calories
Carbohydrate	1123 calories
Calcium	1.720 grams
Phosphorus	2.199 grams
Iron	0.01975 grams

Evaporated Milk in this diet—1⅝ cups—the equivalent of more than ⅔ of one quart of bottled milk.

Menus for Winter

Man Doing Sedentary Work

(2400-2700 CALORIES)

15

BREAKFAST

FOOD	PORTION
Prunes with.....	4 prunes
Orange juice.....	1/3 cup
Coddled egg.....	1
Bacon	2 slices
Toast, wholewheat.....	2 slices
Butter	2 tsp.
Strawberry preserve.....	1 tbsp.
Coffee	1 cup
Evaporated Milk.....	1 tbsp.

LUNCHEON

Macaroni and cheese (31) ..	1 serv.
Vegetable salad (82).....	1 serv.
Jello and banana.....	1 serv.
Hot ovaltine (8).....	1 serv.

DINNER

Veal a la king (57).....	1 serv.
Baked potato.....	1 med.
Parsley carrots (112).....	2/3 cup
Stuft prune salad (77).....	1 serv.
Pumpkin pie (48).....	1 serv.
Mocha (10).....	1 serv.

Caloric value and mineral composition of this diet:

Total	2706 calories
Protein	355 calories
Fat	889 calories
Carbohydrate	1462 calories
Calcium	1.728 grams
Phosphorus	1.905 grams
Iron	0.01610 grams

Evaporated Milk in this diet—1½ cups—the equivalent of more than ¾ of one quart of bottled milk.

16

BREAKFAST

FOOD	PORTION
Orange juice.....	1/2 cup
Apple pan cakes (15).....	1 serv.
Maple sirup.....	2 tbsp.
Butter	1 tbsp.
Coffee	1 cup
Evaporated Milk.....	1 tbsp.

LUNCHEON

String bean soup (99).....	1 serv.
Stuft prune salad (77).....	1 serv.
Roll	1
Butter	2 tsp.
Cream puff (23).....	1
Tea	1 cup

DINNER

Hamburger	1 serv.
Escalloped potatoes (117)....	1 serv.
Buttered cabbage.....	1 serv.
Jellied tomato salad (80)....	1 serv.
Cooked mayonnaise (84)....	1 tbsp.
Rye bread.....	1 slice
Butter	1 tsp.
Banana cream pie (45).....	1 serv.
Postum au lait (12).....	1 serv.

Caloric value and mineral composition of this diet:

Total	2771 calories
Protein	319 calories
Fat	1199 calories
Carbohydrate	1253 calories
Calcium	2.574 grams
Phosphorus	1.652 grams
Iron	0.01448 grams

Evaporated Milk in this diet—1¾ cups—the equivalent of more than ¾ of one quart of bottled milk.

Menus for Spring

Children Three and Four Years Old

(1100-1500 CALORIES)

1

BREAKFAST

FOOD	PORTION
Rolled Oats.....	$\frac{3}{8}$ cup
Evaporated Milk.....	2 tbsp.
Strawberry juice.....	$\frac{1}{3}$ cup
Toast, wholewheat.....	$\frac{1}{2}$ slice
Butter	1 tsp.
Evaporated Milk.....	$\frac{1}{2}$ cup
diluted with water.....	$\frac{1}{2}$ cup

9:15

Orange or tomato juice..... $\frac{1}{3}$ cup

DINNER

Creamed chicken (61) on....	$\frac{1}{2}$ serv.
Toast	1 slice
Buttered peas.....	$\frac{1}{3}$ cup
Carrot strips.....	$\frac{1}{2}$ carrot
Bread and butter sandwich...	$\frac{1}{2}$
Tapioca cream (46).....	1 serv.
Cocoa (3).....	1 serv.

SUPPER

Milk toast (18).....	$\frac{1}{2}$ serv.
Mashed baked banana.....	1 large
Evaporated Milk.....	$\frac{1}{4}$ cup
diluted with water.....	$\frac{1}{4}$ cup

Caloric value and mineral composition of this diet:

Total	1351 calories
Protein	217 calories
Fat	523 calories
Carbohydrate	611 calories
Calcium	1.307 grams
Phosphorus	1.310 grams
Iron	0.00744 grams

Evaporated Milk in this diet— $1\frac{7}{8}$ cups—the equivalent of one quart of bottled milk.

2

BREAKFAST

FOOD	PORTION
Cream of wheat.....	$\frac{1}{2}$ cup
Evaporated Milk.....	3 tbsp.
Grape juice.....	$\frac{1}{3}$ cup
Toast, wholewheat.....	$\frac{1}{2}$ slice
Butter	1 tsp.
Ovaltine, warm (8).....	1 cup

9:15

Lemon nog (9).....1 serv.

DINNER

Lamb chop.....	1 small
Creamed asparagus (108)....	1 serv.
Mashed potatoes (118)....	$\frac{1}{2}$ serv.
Lettuce sandwich.....	$\frac{1}{2}$
Chocolate malted milk (2)...	$\frac{1}{2}$ serv.

SUPPER

Shredded wheat.....	1 biscuit
Evaporated Milk.....	$\frac{1}{4}$ cup
diluted with water.....	$\frac{1}{4}$ cup
Apple sauce.....	3 tbsp.
Sponge cake (25).....	$\frac{1}{2}$ slice
Evaporated Milk.....	$\frac{1}{3}$ cup
diluted with water.....	$\frac{1}{3}$ cup

Caloric value and mineral composition of this diet:

Total	1431 calories
Protein	203 calories
Fat	509 calories
Carbohydrate	719 calories
Calcium	1.289 grams
Phosphorus	1.276 grams
Iron	0.00770 grams

Evaporated Milk in this diet— $1\frac{3}{4}$ cups—the equivalent of about one quart of bottled milk.

*For adapting these diets to meet the need of the child of two, five and six years see pages 3 and 5.

Menus for Spring

Children Three and Four Years Old

(1100-1500 CALORIES)

3

BREAKFAST

FOOD	PORTION
Rolled oats.....	¾ cup
Evaporated Milk.....	3 tbsp.
Strawberries with.....	¾ cup
Honey	1 tsp.
Toast, wholewheat.....	½ slice
Butter	1 tsp.
Warmed spiced milk (13)....	1 serv.

9:15

Grape shake (6)½ serv.

DINNER

Meat ball.....	½
Spaghetti	¾ cup
White sauce (94).....	2 tbsp.
Stewed tomatoes.....	½ cup
Carrot sandwich (90).....	½
Chocolate blanc mange (35)...	½ serv.
Evaporated milk.....	¼ cup
diluted with water.....	¼ cup

SUPPER

Cream of tomato soup (107)...	1 serv.
Toast or stale bread.....	½ slice
Butter	1 tsp.
Cooked prunes.....	2
Prune juice.....	2 tbsp.
Evaporated Milk.....	⅓ cup
diluted with	
Postum	⅓ cup

Caloric value and mineral composition of this diet:

Total	1440 calories
Protein	217 calories
Fat	552 calories
Carbohydrate	671 calories
Calcium	1.285 grams
Phosphorus	1.170 grams
Iron	0.00793 grams

Evaporated Milk in this diet—1¾ cups—
the equivalent of about one quart of bottled
milk.

4

BREAKFAST

FOOD	PORTION
Wheatena	½ cup
Evaporated Milk.....	3 tbsp.
Stewed figs.....	1
Toast, wholewheat.....	½ slice
Butter	1 tsp.
Cocoa (3).....	1 serv.

9:15

Orange nog (11)½ serv.

DINNER

Meat loaf (56).....	¼ serv.
Buttered cauliflower.....	1 serv.
Butter	1 tsp.
Creamed potatoes (116).....	½ serv.
Bread and butter sandwich...	½
Sliced or cooked tomato.....	2 thick slices or ⅓ cup
Butterscotch bavarian (34)...	½ serv.
Evaporated Milk.....	¼ cup
diluted with	
Postum	¼ cup

SUPPER

Cream of cauliflower soup (101).....	1 serv.
Toast or stale bread.....	½ slice
Butter	1 tsp.
Stewed peaches.....	¼ cup
Egg nog (5).....	1 serv.

Caloric value and mineral composition of this diet:

Total	1539 calories
Protein	225 calories
Fat	644 calories
Carbohydrate	670 calories
Calcium	1.382 grams
Phosphorus	1.313 grams
Iron	0.00823 grams

Evaporated Milk in this diet—1¾ cups—
the equivalent of about one quart of bottled
milk.

Menus for Summer

Children Three and Four Years Old

(1100-1500 CALORIES)

5

BREAKFAST

FOOD	PORTION
Sliced peach	1 medium
Farina	$\frac{3}{8}$ cup
Evaporated Milk	3 tbsp.
Toast, wholewheat	$\frac{1}{2}$ slice
Butter	1 tsp.
Bacon	1 slice
Evaporated Milk	$\frac{1}{2}$ cup
diluted with	
Postum	$\frac{1}{2}$ cup

9:15

Raspberry juice..... $\frac{3}{8}$ cup

DINNER

Fish baked in milk (62)...	$\frac{1}{2}$ serv.
Baked potato.....	$\frac{1}{2}$ med.
Creamed carrots (111)...	$\frac{1}{2}$ serv.
Bread, wholewheat.....	$\frac{1}{2}$ slice
Butter	1 tsp.
Stewed peaches.....	$\frac{1}{4}$ cup
Tapioca cream (46).....	$\frac{1}{2}$ serv.
Evaporated Milk.....	$\frac{1}{4}$ cup
diluted with water.....	$\frac{1}{4}$ cup

SUPPER

Cream of carrot soup (100)...	1 serv.
Poached egg on.....	1
Toast, wholewheat.....	1 slice
Butter	1 tsp.
Cocoa (cold and whipped)	
(3).....	1 serv.

Caloric value and mineral composition of
this diet:

Total	1427 calories
Protein	243 calories
Fat	608 calories
Carbohydrate	576 calories
Calcium	1.349 grams
Phosphorus	1.364 grams
Iron	0.00790 grams

Evaporated Milk in this diet— $1\frac{3}{4}$ cups—
the equivalent of about one quart of bottled
milk.

6

BREAKFAST

FOOD	PORTION
Raspberry juice.....	$\frac{3}{8}$ cup
Wheatena	$\frac{1}{3}$ cup
Evaporated Milk	2 tbsp.
Toast	$\frac{1}{2}$ slice
Butter	1 tsp.
Honey	$\frac{1}{2}$ tbsp.
Cocoa (3).....	1 serv.

9:15

Cold ovaltine (8)..... $\frac{1}{2}$ serv.

DINNER

Chicken stew.....	$\frac{1}{2}$ serv.
Mashed potatoes (118).....	$\frac{1}{2}$ serv.
String beans.....	$\frac{3}{8}$ cup
Butter	1 tsp.
Vanilla ice cream.....	$\frac{1}{2}$ serv.
Egg nog (5).....	1 serv.

SUPPER

Steamed brown rice.....	$\frac{3}{8}$ cup
Evaporated Milk.....	$\frac{1}{4}$ cup
diluted with water.....	$\frac{1}{4}$ cup
Peaches molded in jello.....	$\frac{1}{2}$ serv.
Evaporated Milk.....	$\frac{1}{3}$ cup
diluted with water.....	$\frac{1}{3}$ cup
Oatmeal cooky (28).....	1

Caloric value and mineral composition of
this diet:

Total	1448 calories
Protein	211 calories
Fat	586 calories
Carbohydrate	651 calories
Calcium	1.273 grams
Phosphorus	1.298 grams
Iron	0.00830 grams

Evaporated Milk in this diet— $1\frac{3}{4}$ cups—
the equivalent of about one quart of bottled
milk.

Menus for Summer

Children Three and Four Years Old

(1100-1500 CALORIES)

7

BREAKFAST

FOOD	PORTION
Stewed pear.....	¼ cup
Milk toast with (18).....	½ serv.
Poached egg.....	1
Evaporated Milk.....	¼ cup
diluted with	
Postum	½ cup

9:15

Grape juice.....⅓ cup

DINNER

Lamb chop.....	1 small
Creamed potatoes (116).....	½ serv.
Buttered cabbage.....	1 serv.
Wholewheat bread.....	½ slice
Butter	1 tsp.
Chocolate milk shake (2).....	1 serv.

SUPPER

Corn flakes with.....	½ cup
Evaporated Milk.....	¼ cup
diluted with water.....	¼ cup
Butterscotch bavarian (34).....	½ serv.
Evaporated Milk.....	⅓ cup
diluted with water.....	⅓ cup

Caloric value and mineral composition of this diet:

Total	1435 calories
Protein	209 calories
Fat	624 calories
Carbohydrate	602 calories
Calcium	1.340 grams
Phosphorus	1.322 grams
Iron	0.00810 grams

Evaporated Milk in this diet—1⅞ cups—the equivalent of one quart of bottled milk.

8

BREAKFAST

FOOD	PORTION
Baked peach.....	1 med.
Cream of wheat.....	⅓ cup
Evaporated Milk.....	4 tbsp.
Coddled egg.....	1
Toast	½ slice
Butter	1 tbsp.
Hot ovaltine (8).....	½ serv.

9:15

Grape juice.....⅓ cup

DINNER

Creamed salmon (63).....	½ serv.
Toast, wholewheat.....	1 slice
Buttered fresh peas.....	⅓ cup
Cottage cheese sandwich (91).....	½
Apple sauce.....	3 tbsp.
Cocomalt (4).....	1 serv.

SUPPER

Cream of pea soup (104).....	1 serv.
Summer squash.....	1 serv.
Butter	1 tsp.
Toast	½ slice
Butter	1 tsp.
Evaporated Milk.....	½ cup
diluted with water.....	½ cup

Caloric value and mineral composition of this diet:

Total	1423 calories
Protein	238 calories
Fat	628 calories
Carbohydrate	557 calories
Calcium	1.402 grams
Phosphorus	1.348 grams
Iron	0.00773 grams

Evaporated Milk in this diet—1¾ cups—the equivalent of about one quart of bottled milk.

Menus for Autumn

Children Three and Four Years Old

(1100-1500 CALORIES)

9

BREAKFAST

FOOD	PORTION
Grape juice.....	1/3 cup
Malt breakfast food.....	1/3 cup
Evaporated Milk.....	3 tbsp.
Toast, wholewheat.....	1/2 slice
Butter	1 tsp.
Evaporated Milk.....	1/2 cup
diluted with	
Postum	1/2 cup

9:15

Grape juice..... 1/3 cup

DINNER

Coddled egg on.....	1
Toast	1/2 slice
Butter	1 tsp.
Creamed spinach (120)...	1/2 serv.
Buttered cauliflower.....	1 serv.
Bread, wholewheat.....	1/2 slice
Butter	1 tsp.
Rice pudding (42).....	1/2 serv.
Cocomalt (4).....	1 serv.

SUPPER

Cream of spinach soup (106).....	1 serv.
Croutons	7 1/2" cubes
Bananas molded in jello...	1/2 serv.
Evaporated Milk.....	1/4 cup
diluted with water.....	1/4 cup

Caloric value and mineral composition of this diet:

Total	1450 calories
Protein	215 calories
Fat	667 calories
Carbohydrate	568 calories
Calcium	1.567 grams
Phosphorus	1.392 grams
Iron	0.01122 grams

Evaporated Milk in this diet—2 cups—the equivalent of more than one quart of bottled milk.

10

BREAKFAST

FOOD	PORTION
Sliced peach.....	1
Cream of wheat.....	1/2 cup
Evaporated Milk.....	3 tbsp.
Omelet (52).....	1/4 serv.
Toast	1/2 slice
Butter	1 tsp.
Evaporated Milk.....	1/2 cup
diluted with	
Postum	1/2 cup

9:15

Grape juice..... 1/3 cup

DINNER

Macaroni with tomato.....	5 tbsp.
Buttered lima beans.....	1/4 cup
Toast	1 slice
Butter	2 tsp.
Carrot strips.....	1/2 carrot
Egg nog (5).....	1 serv.
Oatmeal cooky (28).....	1

SUPPER

Cream of lima bean soup (98)	1 serv.
Cabbage sandwich (89).....	1/4
Baked pear.....	1
Evaporated Milk.....	1/3 cup
diluted with water.....	1/3 cup

Caloric value and mineral composition of this diet:

Total	1479 calories
Protein	217 calories
Fat	591 calories
Carbohydrate	671 calories
Calcium	1.280 grams
Phosphorus	1.333 grams
Iron	0.00936 grams

Evaporated Milk in this diet—1 3/4 cups—the equivalent of about one quart of bottled milk.

Menus for Autumn

Children Three and Four Years Old

(1100-1500 CALORIES)

1 1

BREAKFAST

FOOD	PORTION
Tomato juice.....	½ cup
Pettijohn's.....	½ cup
Evaporated Milk.....	2 tbsp.
Scrambled egg (51).....	½ serv.
Toast, wholewheat.....	½ slice
Butter	1 tsp.
Warm spiced milk (13).....	½ serv.

9:15

Ovaltine (8).....½ serv.

DINNER

Creamed chipped beef (53)...	½ serv.
Mashed potatoes (118).....	1 serv.
Creamed asparagus (108)...	1 serv.
Shredded lettuce with milk dressing (71).....	½ serv.
Bread, wholewheat.....	½ slice
Butter	1 tsp.
Evaporated Milk.....	¼ cup
diluted with water.....	¼ cup

SUPPER

Cream of asparagus soup (96).....	1 serv.
Toast	1 slice
Butter	2 tsp.
Lemon jello with.....	¼ cup
Stewed pear.....	½
Evaporated Milk.....	¼ cup
diluted with water.....	¼ cup

Caloric value and mineral composition of this diet:

Total	1431 calories
Protein	223 calories
Fat	656 calories
Carbohydrate	552 calories
Calcium	1.348 grams
Phosphorus	1.346 grams
Iron	0.00988 grams

Evaporated Milk in this diet—1⅞ cups—
the equivalent of one quart of bottled milk.

1 2

BREAKFAST

FOOD	PORTION
Baked pear.....	1 med.
Rollod oats.....	¾ cup
Evaporated Milk.....	3 tbsp.
Crisp bacon.....	1 slice
Toast, wholewheat.....	½ slice
Butter	1 tsp.
Cocoa (3).....	1 serv.

9:15

Tomato juice.....½ cup

DINNER

Crisp bacon.....	2 slices
Baked potato.....	½ med.
Butter	1 tsp.
Buttered beets.....	⅓ cup
Bread, wholewheat.....	1 slice
Butter	2 tsp.
Tapioca cream (46).....	1 serv.
Cocoa (3).....	1 serv.

SUPPER

Cream of beet soup (97)....	1 serv.
Toast	½ slice
Butter	½ tsp.
Stewed banana or baked pear.....	½ med.
Farina	¾ cup
Evaporated Milk.....	⅓ cup
diluted with water.....	⅓ cup

Caloric value and mineral composition of this diet:

Total	1499 calories
Protein	196 calories
Fat	673 calories
Carbohydrate	630 calories
Calcium	1.285 grams
Phosphorus	1.276 grams
Iron	0.00707 grams

Evaporated Milk in this diet—1¾ cups—
the equivalent of about one quart of bottled milk.

Menus for Winter

Children Three and Four Years Old

(1100-1500 CALORIES)

13

BREAKFAST

FOOD	PORTION
Cream of wheat.....	½ cup
Evaporated Milk.....	2 tbsp.
Apricot pulp.....	2 tbsp.
Toast, wholewheat.....	1 slice
Butter	2 tsp.
Cocoa (3).....	1 serv.

9:15

Orange or tomato juice... ⅓ cup

DINNER

Liver loaf (55).....	½ serv.
Escalloped tomatoes (121)	½ serv.
Celery stalk.....	1
Lettuce sandwich.....	½
Canned or stewed pears..	1½ halves
	1 tbsp. juice
Evaporated Milk.....	½ cup
diluted with water....	½ cup

SUPPER

Cream of celery soup (102).....	1 serv.
Toast	½ slice
Butter	1 tsp.
Tapioca cream (46).....	1 serv.
Evaporated Milk.....	¼ cup
diluted with water....	¼ cup

Caloric value and mineral composition of this diet:

Total	1414 calories
Protein	221 calories
Fat	599 calories
Carbohydrate	594 calories
Calcium	1.361 grams
Phosphorus	1.312 grams
Iron	0.00945 grams

Evaporated Milk in this diet—1¾ cups—
the equivalent of about one quart of bottled
milk.

14

BREAKFAST

FOOD	PORTION
Wheatena	½ cup
Evaporated Milk.....	2 tbsp.
Canned peach.....	1 large half
	1½ tbsp. juice
Toast, wholewheat....	½ slice
Butter	1 tsp.
Evaporated Milk.....	⅓ cup
diluted with water....	⅓ cup

9:15

Orange or tomato juice.. ⅓ cup

DINNER

Baked egg on.....	1
Spinach	¼ cup
Creamed potatoes (116).	1 serv.
Lettuce sandwich.....	½
Seedless grapes.....	11
Evaporated Milk.....	½ cup
diluted with water....	½ cup

SUPPER

Cream of pea soup (canned) (105)	1 serv.
Toast, wholewheat.....	1 slice
Butter	2 tsp.
Rice pudding (42).....	½ serv.
Evaporated Milk.....	¼ cup
diluted with water....	¼ cup

Caloric value and mineral composition of this diet:

Total	1406 calories
Protein	214 calories
Fat	593 calories
Carbohydrate	599 calories
Calcium	1.360 grams
Phosphorus	1.317 grams
Iron	0.00958 grams

Evaporated Milk in this diet—1¾ cups—
the equivalent of about one quart of bottled
milk.

Menus for Winter

Children Three and Four Years Old

(1100-1500 CALORIES)

1 5

BREAKFAST

FOOD	PORTION
Rolled oats.....	¾ cup
Evaporated Milk.....	2 tbsp.
Prune pulp.....	2 tbsp.
Toast, wholewheat.....	1 slice
Butter	2 tsp.
Evaporated Milk.....	½ cup
diluted with water.....	½ cup

9:15

Orange or tomato juice..... ⅓ cup

DINNER

Cheese souffle (30).....	½ serv.
Baked potato.....	½ med.
Butter	1 tsp.
Cabbage sandwich (89).....	½
Prune whip (41).....	½ serv.
Evaporated Milk.....	½ cup
diluted with water.....	½ cup

SUPPER

Farina	½ cup
Evaporated Milk.....	2 tbsp.
Buttered string beans.....	3 tbsp.
Cocoa (3).....	1 serv.

Caloric value and mineral composition of this diet:

Total	1320 calories
Protein	181 calories
Fat	522 calories
Carbohydrate	617 calories
Calcium	1.269 grams
Phosphorus	1.184 grams
Iron	0.00696 grams

Evaporated Milk in this diet—1⅞ cups—the equivalent of one quart of bottled milk.

1 6

BREAKFAST

FOOD	PORTION
Pettijohn's.....	½ cup
Evaporated Milk.....	2 tbsp.
Apple Sauce.....	3 tbsp.
Toast, wholewheat.....	1 slice
Butter	2 tsp.
Evaporated Milk.....	⅓ cup
diluted with	
Postum	⅔ cup

9:15

Orange or tomato juice..... ⅓ cup

DINNER

Meat ball (hamburger).....	¼ serv.
Creamed cabbage (110).....	¼ serv.
Baked sweet potato.....	½ med.
Lettuce sandwich.....	½
Fruit cup (37).....	½ serv.
Evaporated Milk.....	½ cup
diluted with water.....	½ cup

SUPPER

Cream of tomato soup (107) ..	1 serv.
Toast	1 slice
Butter	2 tsp.
Baked banana.....	1 large
Evaporated Milk.....	⅓ cup
diluted with water.....	⅓ cup

Caloric value and mineral composition of this diet:

Total	1432 calories
Protein	195 calories
Fat	566 calories
Carbohydrate	671 calories
Calcium	1.209 grams
Phosphorus	1.093 grams
Iron	0.00755 grams

Evaporated Milk in this diet—1¾ cups—the equivalent of about one quart of bottled milk.

VIII. Recipes

THE recipes in this book must be exactly followed if the nutritional value given is to be obtained. The procedures follow the best methods of cooking to save vitamins and minerals, to preserve and develop good flavors, and to make the food attractive and most digestible.

BEVERAGES

1 CAFE AU LAIT

3 cups strong coffee
2 cups ice cold Evaporated Milk
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup chipped ice with water
to make 1 cup
2 tbsp. port flavoring

Put the ingredients in the order given into a mason jar or cocktail shaker and shake vigorously. Yield: 6 servings.

One serving: Total 186 Calories. Protein 23 Calories, Fat 60 Calories, Carbohydrate 103 Calories, Ca 0.216, P 0.167, Fe 0.00043 grams.

2 CHOCOLATE MILK SHAKE

1 cup chilled Evaporated Milk
1 cup ice water
3 tbsp. Cocoa Sirup
Cracked ice

Put all the ingredients into a mason fruit jar or a cocktail shaker and shake vigorously, or whisk with a Dover beater. Yield: 2 servings.

One serving: Total 273 Calories. Protein 37 Calories, Fat 109 Calories, Carbohydrate 127 Calories, Ca 0.329, P 0.272, Fe 0.00076 grams.

TO MAKE COCOA SIRUP: Mix $\frac{1}{2}$ cup cocoa and $\frac{1}{2}$ cup cold water to a smooth paste. Add another $\frac{1}{2}$ cup water and cook directly over flame, stirring until thickened and smooth. This will be at about the boiling point. Add $\frac{1}{8}$ tsp. salt and 2 cups sugar. Boil to 220° F., or about 3 minutes, stirring continuously. Cool slightly before adding 2 tsp. vanilla. Pour into a sterile jar and seal tightly. Yield: 1 pint. If there is less than this quantity add boiling water.

TO MAKE CHOCOLATE MALTED MILK: Add 4 tbsp. plain malted milk mixed to a paste with $1\frac{1}{2}$ tbsp. undiluted Evaporated Milk to a Chocolate Milk Shake, prepared as above. Shake vigorously.

3 COCOA (FOR CHILDREN)

2 tbsp. cocoa
2 tbsp. sugar
Few grains salt
 $\frac{1}{2}$ cup hot water
 $1\frac{1}{2}$ cups Evaporated Milk
diluted with
 $1\frac{1}{2}$ cups boiling water

Mix cocoa, sugar and salt and add hot water. Cook over a low flame 10 minutes, stirring occasionally to prevent burning. Add hot diluted milk and continue cooking over hot water 10 minutes. Whisk with a Dover egg beater before serving. Yield: 4 servings.

One serving: Total 174 Calories. Protein 29 Calories, Fat 76 Calories, Carbohydrate 69 Calories, Ca 0.248, P 0.213, Fe 0.00056 grams.

4 COCOMALT

1 cup Evaporated Milk
1 cup water
5 tbsp. cocomalt

Sift cocomalt on top of diluted Evaporated Milk. Shake with chipped ice. Yield: 2 servings.

One serving: Total 190 Calories. Protein 35 Calories, Fat 93 Calories, Carbohydrate 62 Calories, Ca 0.325, P 0.255, Fe 0.00066 grams.

5 EGG NOG

3 eggs, separated
Pinch salt
¼ cup sugar
¼ cup berry juice
2 cups cold Evaporated Milk
2½ cups ice water
Few grains nutmeg

Beat egg yolks until thick and lemon colored and whites until stiff. Add salt, sugar, and berry juice to yolks. Combine well and add milk and water. Fold in the egg whites, pour into glasses and sprinkle top with nutmeg. Yield: 6 servings.

One serving: Total 186 Calories. Protein 36 Calories, Fat 82 Calories, Carbohydrate 68 Calories, Ca 0.232, P 0.210, Fe 0.00115 grams.

6 GRAPE SHAKE

¾ cup chilled grape juice
¼ cup chilled evaporated milk
¼ cup chipped ice
¼ tsp. lemon juice

Choose a standard brand of grape juice. Pour juice into milk and shake vigorously. Add ice and lemon juice. A little sugar may be required if sour grape juice is used. Serve at once. Yield: 2 servings.

One serving: Total 119 Calories. Protein 14 Calories, Fat 26 Calories, Carbohydrate 79 Calories, Ca 0.084, P 0.071, Fe 0.00018 grams.

7 HONEY-EGG MILK SHAKE

2 eggs
1½ cups Evaporated Milk
1½ cups ice water
6 tbsp. honey
Chipped ice

Beat eggs and pour into mason jar or shaker. Add remaining ingredients and shake. Yield: 3 servings.

One serving: Total 420 Calories. Protein 53 Calories, Fat 119 Calories, Carbohydrate 248 Calories, Ca 0.350, P 0.320, Fe 0.00220 grams.

8 OVALTINE

1 cup Evaporated Milk
1 cup boiling water
2 tbsp. ovaltine
2 tsp. sugar

Add milk to boiling water and continue heating until very hot. Stir constantly to prevent any film forming on top of milk. Remove from fire and add ovaltine and sugar. Stir with a spoon or whisk with a Dover beater until ovaltine dissolves. More ovaltine may be desired. Serve immediately in warmed cups. Yield: 2 servings.

One serving: Total 190 Calories. Protein 35 Calories, Fat 93 Calories, Carbohydrate 62 Calories, Ca 0.325, P 0.255, Fe 0.00066 grams.

9 LEMON NOG

½ cup ice water
2 tbsp. sugar
2 tbsp. lemon juice
¼ cup chilled Evaporated Milk

Combine first three ingredients and pour into milk. Whisk thoroughly and serve cold. Yield: 1 serving for adults, 2 for children.

One serving: Total 102 Calories. Protein 9 Calories, Fat 23 Calories, Carbohydrate 70 Calories, Ca 0.081, P 0.063, Fe 0.00016 grams.

10 MOCHA

5 tbsp. cocoa
5 tbsp. sugar
⅛ tsp. salt
½ cup hot water
1 cup boiling water
1½ cups Evaporated Milk
1½ cups medium strength hot coffee

Blend cocoa, sugar and salt. Add hot water and stir until smooth. Cook slowly over a low flame two or three minutes, or until liquid is thick and creamy. Add boiling water, milk and coffee. Reheat to boiling point. Whisk with a Dover beater. Serve immediately. Yield: 5 servings.

One serving: Total 194 Calories. Protein 28 Calories, Fat 74 Calories, Carbohydrate 92 Calories, Ca 0.204, P 0.208, Fe 0.00060 grams.

11 ORANGE NOG

$\frac{2}{3}$ cup sugar
 2 cups orange juice
 1 $\frac{1}{3}$ cups chilled Evaporated Milk
 diluted with 1 $\frac{1}{4}$ cups ice water

Dissolve sugar in orange juice and chill. When ready to serve, pour orange juice slowly into diluted milk. Shake vigorously in a mason fruit jar. Serve immediately. Yield: 6 servings.

One serving: Total 187 Calories. Protein 15 Calories, Fat 40 Calories, Carbohydrate 132 Calories, Ca 0.155, P 0.118, Fe 0.00036 grams.

12 POSTUM AU LAIT

3 tbsp. instant postum
 $\frac{1}{2}$ cup boiling water
 3 cups ice cold Evaporated Milk
 3 cups ice water

Dissolve postum in boiling water and add milk, stirring well to blend. Pour over chipped ice. Yield: 6 servings.

One serving: Total 173 Calories. Protein 34 Calories, Fat 89 Calories, Carbohydrate 50 Calories, Ca 0.325, P 0.251, Fe 0.00064 grams.

13 SPICED MILK

Cinnamon or mace
 Few gratings nutmeg
 Sugar to taste
 $\frac{1}{2}$ cup Evaporated Milk diluted
 with $\frac{1}{2}$ cup water

Add spice and sugar to diluted milk. Stir vigorously to dissolve sugar. Serve warm. Yield: 1 serving.

One serving: Total 174 Calories. Protein 35 Calories, Fat 89 Calories, Carbohydrate 50 Calories, Ca 0.325, P 0.251, Fe 0.00064 grams.

BREADS

14 BISCUIT

2 cups family flour
 3 tsp. baking powder
 1 tsp. salt
 3 tbsp. fat
 3 tbsp. Evaporated Milk
 diluted with
 $\frac{1}{2}$ cup water

Sift flour, then measure. Resift with other dry ingredients into mixing bowl. Rub fat into the flour with fingers until appearance is like coarse corn meal. Add diluted milk and mix quickly with a fork. Stir until flour disappears and then add four or five extra stirs to smooth and slightly stiffen the dough. Turn immediately onto a thoroughly floured board. Pat dough out with hand, or roll to three-fourths inch thickness. Cut and place on oiled tin. Bake in a hot oven (425-450° F.). About 12

minutes are required for baking. Yield: 12 biscuits 2 $\frac{1}{4}$ inches in diameter.

One biscuit: Total 100 Calories. Protein 9 Calories, Fat 34 Calories, Carbohydrate 57 Calories, Ca 0.014, P 0.025, Fe 0.00017 grams.

TO MAKE BLUEBERRY BISCUIT: Stir 1 cup blueberries into flour-fat mixture before adding milk.

15 GRIDDLE CAKES

1 $\frac{1}{4}$ cups family flour or
 1 cup bread flour
 2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 2 tsp. sugar
 $\frac{1}{4}$ cup fat
 $\frac{1}{4}$ cup boiling water
 1 egg
 $\frac{3}{4}$ cup Evaporated Milk

Sift flour, then measure. Resift with other dry ingredients twice. Melt fat in boiling water and pour on beaten egg. Add Evaporated Milk and combine quickly with dry ingredients. Bake rather slowly on a hot, slightly greased iron griddle, or preferably on an ungreased aluminum griddle. Test griddle before baking cakes by sprinkling a little water on it. If water spins around rapidly in tiny droplets and quickly passes off into steam, the griddle is hot enough for cakes. Yield: 3 servings.

One serving: Total 440 Calories. Protein 46 Calories, Fat 223 Calories, Carbohydrate 171 Calories, Ca 0.183, P 0.197, Fe 0.00118 grams.

TO MAKE APPLE PAN CAKES: Increase the sugar to 4 tsp. and add one-half cup finely chopped apples to the recipe for plain Griddle Cakes.

16 MUFFINS

2 cups bread or
2½ cups pastry flour
4 tsp. baking powder
2 tbsp. sugar
½ tsp. salt
1 egg
⅓ cup Evaporated Milk
diluted with
¾ cup water
2 tbsp. melted butter

Sift flour, then measure. Resift with other dry ingredients into mixing bowl. Beat egg until light, add diluted milk and butter. Stir liquid quickly into dry ingredients in 18-20 seconds. If speed is used in this stirring, it will be possible to moisten all the flour and give four or five extra stirs in this time, and fine textured muffins will result. Time and speed of stirring are most important. Pour batter instantly into oiled muffin tins. Bake in a hot oven (425° F.). Batters made with alum baking powders (look on the can) should stand awhile before putting into oven. Depending on size of muffins, baking requires 15-25 minutes. Compact

and ill shaped muffins result from too much stirring. Yield: 12 medium sized muffins.

One Muffin: Total 109 Calories. Protein 13 Calories, Fat 28 Calories, Carbohydrate 68 Calories, Ca 0.025, P 0.039, Fe 0.00032 grams.

VARIATIONS

TO MAKE CORNMEAL MUFFINS: Substitute one-half cup of cornmeal and 1½ cups bread flour for the 2 cups of bread flour in Plain Muffins.

TO MAKE CURRANT MUFFINS: Increase the sugar to 3 tbsp. and add one-half cup currants to the recipe for Plain Muffins.

TO MAKE GRAHAM MUFFINS: Substitute 1 cup graham flour and 1 cup bread flour for 2 cups bread flour in recipe for Plain Muffins. One-half cup raisins or dates and 1 tbsp. more sugar may be added for variation.

TO MAKE RASPBERRY MUFFINS: Add three-fourths cup of red or black raspberries and one-fourth cup sugar to the recipe for Plain Muffins.

17 FRENCH TOAST

2 eggs
½ tsp. salt
2 tbsp. sugar
¾ cup Evaporated Milk
diluted with
¾ cup water
8 slices bread

Beat eggs, add salt, sugar and diluted milk. Soak bread in the mixture until quite soft. Brown on both sides on a hot, slightly greased griddle. An aluminum griddle will require little or no greasing, depending upon previous use. Yield: 4 servings.

One serving: Total 227 Calories. Protein 40 Calories, Fat 62 Calories, Carbohydrate 125 Calories, Ca 0.149, P 0.172, Fe 0.00131 grams.

18 MILK TOAST

½ cup Evaporated Milk
¾ cup water
2 tsp. butter
2 slices toast

Scald Evaporated Milk with water in top of double boiler. Add butter and pour over toast. A dash of pepper or celery salt may be added. Milk Toast served with crisp bacon or poached egg is a very satisfactory supper dish. Yield: 1 serving, if this constitutes the meal. Two servings if other food is added.

One serving: Total 346 Calories. Protein 51 Calories, Fat 164 Calories, Carbohydrate 131 Calories, Ca 0.346, P 0.323, Fe 0.00131 grams.

19 WAFFLES

1½ cups family flour
 2 tsp. baking powder
 ½ tsp. salt
 1 tbsp. sugar
 2 eggs separated
 ½ cup Evaporated Milk
 diluted with
 ½ cup water
 1 tbsp. melted butter

Sift flour, then measure. Resift with other dry ingredients. Beat egg yolks thoroughly and add diluted milk and butter. Stir liquid quickly into dry ingredients until flour just disappears. Fold in stiffly beaten egg whites until well blended. Pour enough batter into a hot waffle iron to cover. Bake to a golden brown. A thin waffle is more desirable than a thick one. The waffle iron may or may not need greasing, depending upon previous use. Serve as soon as baked. Yield: 6 waffles.

One serving: Total 178 Calories. Protein 27 Calories, Fat 50 Calories, Carbohydrate 101 Calories, Ca 0.087, P 0.139, Fe 0.00154 grams.

20 WHOLE WHEAT WAFFLES

2½ cups wholewheat flour
 2 tsp baking powder
 ½ tsp. salt
 1 tbsp. sugar
 2 eggs, separated
 1 cup Evaporated Milk
 diluted with
 1 cup water
 ¼ cup melted fat, half butter

Sift flour, then measure. Resift with other dry ingredients. Beat egg yolks, add diluted milk and fat. Stir liquid quickly into dry ingredients until flour disappears. Fold in the stiffly beaten egg whites until well blended. Pour enough batter into a hot waffle iron to cover. Bake to a golden brown. A thin waffle is more desirable than a thick one. The waffle iron may or may not need greasing, depending upon previous use. Yield: 6 waffles.

One serving: Total 374 Calories. Protein 51 Calories, Fat 129 Calories, Carbohydrate 194 Calories, Ca 0.144, P 0.332, Fe 0.00288 grams.

CAKES AND COOKIES

21 BLITZ TORTE

½ cup butter
 ½ cup sugar
 4 egg yolks
 1 cup pastry flour
 1 tsp. baking powder
 ⅛ tsp. salt
 1 tbsp. Evaporated Milk
 diluted with
 2 tbsp. water
 1 tsp. vanilla
 4 egg whites
 ¾ cup sugar
 ½ cup sliced blanched almonds
 ½ tsp. cinnamon mixed with
 1 tbsp. sugar

Cream butter until smooth and plastic. Add ½ cup sugar gradually and beat until creamy. Add egg yolks which have been beaten until thick and lemon colored and continue beating until well blended. Sift the flour with the baking powder and salt and add alternately with the diluted milk beginning and ending with flour. Add vanilla the last few stirs. Turn into two cake tins oiled and lined with paraffin paper. Whip the egg whites until stiff. Fold in the ¾ cup sugar, then spread over the top of the unbaked mixture. Sprinkle almonds over top, then the cinnamon-sugar mixture. Bake in a moderate oven (350° F.) and spread the following cream filling between the layers: Blend ¼ cup sugar and 1 tbsp. cornstarch; add this to 1 beaten egg yolk and stir until well blended. Have ½ cup Evaporated Milk and ½ cup water heated to scalding point. Pour on egg mixture, stirring vigorously to keep smooth. Cook over boiling water, stirring constantly, about ten minutes. Re-

move from fire, add ½ tsp. almond extract. Cool before using. Yield: 10 servings.

One serving: Total 295 Calories. Protein 19 Calories, Fat 129 Calories, Carbohydrate 147 Calories, Ca 0.032, P 0.071, Fe 0.00088 grams.

One serving with filling: Total 342 Calories. Protein 24 Calories, Fat 142 Calories, Carbohydrate 176 Calories, Ca 0.067, P 0.105, Fe 0.00108 grams.

22 CREAM FILLING

$\frac{2}{3}$ cup Evaporated Milk
 diluted with
 1 $\frac{1}{3}$ cups water
 $\frac{3}{4}$ cup sugar
 $\frac{1}{3}$ cup flour
 $\frac{1}{8}$ tsp. salt
 2 eggs
 1 tbsp. butter
 $\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ tsp. orange extract

Scald the diluted milk in a double boiler. Mix dry ingredients and add scalded milk, stirring to mix well. Return to double boiler and cook 20 minutes, stirring constantly until mixture thickens and afterwards occasionally. Pour hot mixture over well beaten eggs, stirring vigorously. Add butter and return to cook 2 minutes longer. Cool and add flavoring. Yield: Filling for 12 large-sized puffs.

Filling for 1: Total 106 Calories. Protein 10 Calories, Fat 27 Calories, Carbohydrate 69 Calories, Ca 0.042, P 0.046, Fe 0.00035 grams.

23 CREAM PUFFS

1 cup boiling water
 $\frac{1}{2}$ cup butter
 1 cup bread flour
 4 eggs

Put water and butter in saucepan. Bring to boil, add flour all at once and stir vigorously until paste leaves the sides of pan. Remove from fire and add eggs one at a time. Beat thoroughly after addition of each egg. Drop by spoonfuls into well oiled muffin tins. Bake 40 minutes in a hot oven (400°

F.) With a sharp knife make a cut in each puff large enough to admit cream filling. Yield: 12 large puffs.

One puff: Total 129 Calories. Protein 13 Calories, Fat 88 Calories, Carbohydrate 28 Calories, Ca 0.014, P 0.038, Fe 0.00058 grams.

24 RED DEVIL'S FOOD CAKE

$\frac{1}{2}$ cup undiluted Evaporated Milk
 1 tbsp. vinegar
 2 cups pastry flour
 $\frac{1}{2}$ cup cocoa
 $\frac{3}{4}$ cup fat (half butter)
 1 $\frac{1}{2}$ cups sugar
 2 eggs
 1 tsp. soda
 1 tsp. vanilla
 $\frac{1}{2}$ cup boiling water

Combine milk and vinegar. Sift flour, then measure. Resift with cocoa twice. Cream fat until plastic, then add sugar gradually, creaming thoroughly. Add well beaten eggs and beat hard one minute. Add flour-cocoa mixture alternately with the soured milk in which soda has been dissolved, beginning and ending with flour mixture. Add vanilla and beat vigorously one-half minute. Add boiling water (water must be boiling to make cake red). Stir until batter is smooth. Turn into layer or loaf pans that have been oiled and lined with paraffin paper. Bake in a moderate oven (350° F.) about 35 minutes. Yield: One loaf or 2 layers.

One serving: Total 246 Calories. Protein 15 Calories, Fat 101 Calories, Carbohydrate 130 Calories, Ca 0.032, P 0.067, Fe 0.00044 grams.

25 SPONGE CAKE

1 cup cake flour
 1 cup fine granulated sugar
 5 eggs
 $\frac{1}{4}$ tsp. salt
 $\frac{3}{4}$ tsp. cream of tartar
 3 tbsp. boiling water
 $\frac{1}{2}$ tsp. vanilla

Assemble the ingredients. Light the oven: set it at 300° F. Do not oil the baking pans. Sift flour, then measure. Resift with half the sugar. Separate eggs. Beat yolks with rotary beater about 2 minutes or until they are so stiff that the beater is difficult to turn. Add sugar in four portions. After each addition, beat until mixture thickens. When all the sugar has been added, the mixture should be so stiff that it will hold its shape. Add boiling water a tablespoon at a time, beating after each

addition. Let mixture cool. Sift salt and cream of tartar over surface of egg whites. Beat until stiff but not until they have lost their shiny appearance. Again beat yolk mixture until

very stiff. Add flour-sugar mixture in about five portions. Stir with a wooden spoon until dry ingredients are dampened, then beat a few seconds. Repeat until all flour and sugar are used. Fold the egg whites and vanilla into yolk mixture carefully. Turn batter into pan immediately. Bake for about 1 hour in two round tins. Turn upside down and cool in tins. To make Boston Cream Pie: Spread Cream Filling between layers. Yield: 12 servings.

One serving: Total 132 Calories. Protein 15 Calories, Fat 19 Calories, Carbohydrate 98 Calories, Ca 0.015, P 0.044, Fe 0.00068 grams.

26 CHOCOLATE-NUT COOKIES

3¾ cups light brown sugar
1 cup fat (half butter)
2 eggs
4 oz. bitter chocolate
1 lb. pastry flour
1 tsp. soda
1 tsp. salt
½ cup Evaporated Milk
diluted with
½ cup water
8 oz. chopped nuts
1 tsp. vanilla

Cream sugar and fat thoroughly; add eggs and continue creaming until smooth and fluffy. Stir in chocolate that has been melted over hot water. Sift the flour with the soda and salt twice and add alternately with the diluted milk to the creamed mixture until well blended. Add the nuts and vanilla the last few stirs. Drop by the spoonful onto oiled tins. Bake in a hot oven (375° F.). Yield: 6 dozen cookies.

Two cookies: Total 217 Calories. Protein 14 Calories, Fat 109 Calories, Carbohydrate 94 Calories, Ca 0.022, P 0.045, Fe 0.00042 grams.

27 FUDGE BROWNIES

2 tbsp. melted butter
1 cup fine granulated sugar
1 egg
2 squares bitter chocolate
⅓ cup Evaporated Milk
½ tsp. vanilla
1 cup flour
1 tsp. baking powder
½ cup chopped nuts

Cream butter and sugar. Add unbeaten egg and beat until light and fluffy. Add chocolate that has been melted over hot water, then milk and vanilla. Sift flour, then measure. Resift with baking powder into first mixture. Add nuts with last few stirs. Spread ¼ inch thick in square or rectangular cake pan lined with waxed paper. Bake in a slow oven (325° F.) ½ hour. Cut in squares while warm. Frost with Chocolate Fudge Frosting. Yield: 30 cookies, 2 inches square.

Two cookies: Total 154 Calories. Protein 12 Calories, Fat 56 Calories, Carbohydrate 86 Calories, Ca 0.024, P 0.046, Fe 0.00036 grams.

28 OATMEAL COOKIES

2 cups pastry flour
1 tsp. soda
1 tsp. baking powder
1 tsp. cinnamon
¼ cup butter
¼ cup crisco
1¼ cups brown sugar
2 eggs
½ cup Evaporated Milk
2 cups oatmeal
1 tsp. vanilla
1 cup raisins, washed and dried

Sift flour, then measure. Resift with soda, baking powder and cinnamon. Cream the fat, add sugar and continue creaming until smooth and fluffy. Add beaten eggs, then the flour mixture and milk alternately, beginning and ending with flour. Add oatmeal, vanilla and raisins and stir just enough to distribute. Drop from a spoon onto an oiled baking sheet. Bake in a hot oven (400° F.) about 15 minutes. Yield: 54 cookies.

One cooky: Total 69 Calories. Protein 5 Calories, Fat 22 Calories, Carbohydrate 42 Calories, Ca 0.012, P 0.025, Fe 0.00033 grams.

CEREAL

29 SHREDDED WHEAT

1 tbsp. butter
 $\frac{1}{8}$ tsp. salt
 $\frac{3}{4}$ cup Evaporated Milk
 diluted with
 $\frac{3}{4}$ cup water
 4 shredded wheat biscuits

Add butter and salt to the diluted milk which has been heated to the scalding point. Pour over shredded wheat biscuits which have been heated in the oven. Serve immediately. Bananas may be sliced over the top. Yield: 4 servings.

One serving: Total 193 Calories. Protein 26 Calories, Fat 66 Calories, Carbohydrate 101 Calories, Ca 0.133, P 0.183, Fe 0.00147 grams.

CHEESE DISHES

30 CHEESE SOUFFLE

3 tbsp. butter
 4 tbsp. flour
 $\frac{1}{2}$ tsp. salt
 Dash pepper
 $\frac{3}{8}$ cup Evaporated Milk
 diluted with
 $\frac{3}{8}$ cup water
 $\frac{3}{4}$ cup grated American cheese
 3 eggs, separated
 1 tsp. Worcestershire sauce
 (may be omitted)
 $\frac{1}{4}$ tsp. baking powder

Make a thick white sauce of butter, flour, salt, pepper and diluted milk. Add cheese and set over hot water until cheese blends well with white sauce. Cool, then add well beaten egg yolks. Fold in the stiffly beaten egg whites, Worcestershire sauce and baking powder. Turn into a well-oiled baking dish. Bake in a slow oven (300° F.) 40 minutes. Yield: 6 servings.

One serving: Total 161 Calories. Protein 27 Calories, Fat 112 Calories, Carbohydrate 22 Calories, Ca 0.126, P 0.130, Fe 0.00142 grams.

31 MACARONI AND CHEESE

$\frac{1}{2}$ lb. macaroni
 2 qts. boiling water
 2 tsp. salt
 1½ tbsp. butter
 2 tbsp. flour
 $\frac{1}{2}$ tsp. salt
 Dash pepper
 $\frac{3}{4}$ cup Evaporated Milk
 diluted with
 $\frac{3}{4}$ cup water
 1 cup grated cheese
 1 cup bread crumbs
 1 tbsp. melted butter

Break macaroni into 3-inch pieces and drop into boiling water to which salt has been added. Boil until tender, about 25 minutes. Drain and run cold water over it. In the meantime prepare a thin white sauce of the butter, flour, seasonings and diluted milk. Put a layer of macaroni in a buttered baking dish, then a layer of cheese and sauce. Repeat. Cover with bread crumbs that have been moistened with melted butter. Bake in a moderate oven (375° F.) until crumbs are brown. Yield: 6 servings.

One serving: Total 361 Calories. Protein 50 Calories, Fat 121 Calories, Carbohydrate 190 Calories, Ca 0.184, P 0.204, Fe 0.00104 grams.



DESSERTS

32 CHOCOLATE MOUSSE

1 sq. (1 oz.) bitter chocolate
 ¼ cup Evaporated Milk
 ¼ cup water
 7 tbsp. sugar
 2 egg yolks
 Pinch salt
 1 cup Evaporated Milk, prepared
 for whipping (see page 5)
 ½ tsp. vanilla

ing pan and place in refrigerator. Requires 3 to 8 hours to freeze. Yield: 6 servings.

One serving: Total 182 Calories. Protein 21 Calories, Fat 73 Calories, Carbohydrate 88 Calories, Ca 0.146, P 0.146, Fe 0.00078 grams.

33 APPLE DUMPLINGS

2 cups family flour
 3 tsp. baking powder
 1 tsp. salt
 5 tbsp. fat
 3 tbsp. Evaporated Milk
 diluted with
 ½ cup water
 6 apples, fine flavored
 ½ cup sugar
 2 tbsp. butter
 ¼ tsp. grated nutmeg

oven (375° F.) to finish baking. Baking requires about 40 minutes. Serve with Lemon Sauce. Yield: 6 servings.

One serving: Total 441 Calories. Protein 22 Calories, Fat 134 Calories, Carbohydrate 285 Calories, Ca 0.041, P 0.071, Fe 0.00084 grams.

34 BUTTERSCOTCH BAVARIAN

1 cup Evaporated Milk
 1 tbsp. granulated gelatin
 ¼ cup cold water
 2½ tbsp. butter
 ⅔ cup brown sugar
 ¾ cup Evaporated Milk
 diluted with
 ¾ cup boiling water
 2 eggs
 ¼ tsp. salt
 ½ tsp. vanilla
 1 doz. lady fingers

Heat 1 cup Evaporated Milk in top of double boiler to scalding point. Cool, then chill in a bowl surrounded by chipped ice and coarse salt. Soak gelatin in cold water. Melt butter, add sugar and cook together until well blended. Add diluted milk and heat over boiling water until sugar dissolves. Pour mixture over well beaten egg yolks, add salt and return to double boiler. Cook until coating forms on spoon, stirring continuously. Remove from fire and add softened gelatin. Stir until dissolved, then set in a pan of cold water. Beat egg whites and Evaporated Milk until stiff. Just as gelatin mixture begins to set, fold into whipped milk, then add the egg whites and vanilla and fold together until smooth. Pour into a mold rinsed in cold water and lined with lady fingers. Keep in refrigerator until ready to serve. Yield: 6 servings.

One serving: Total 294 Calories. Protein 38 Calories, Fat 119 Calories, Carbohydrate 137 Calories, Ca 0.208, P 0.198, Fe 0.00119 grams.

35 CHOCOLATE BLANC MANGE

1½ squares bitter chocolate
1 cup Evaporated Milk
diluted with
1 cup boiling water
2 tbsp. cornstarch
⅓ cup sugar
¼ tsp. salt
⅓ cup cold water
1 egg
1 tsp. vanilla

Melt chocolate over hot water. Add diluted milk and continue heating until mixture is smooth. Mix cornstarch, sugar and salt thoroughly, add cold water and stir to a smooth paste. Pour slowly into hot chocolate mixture, stirring constantly to prevent lumping. Cook 20 minutes, stirring occasionally to keep smooth. Beat egg thoroughly, add some of hot mixture, stirring vigorously, then add egg mixture to blanc mange and cook 2 minutes longer. (Beaten eggs should never be added to hot cooking mixture because the egg cooks in strings and does not blend well.) Remove from fire, add vanilla and pour into molds. Chill. Yield: 4 servings.

One serving: Total 256 Calories. Protein 29 Calories, Fat 102 Calories, Carbohydrate 125 Calories, Ca 0.180, P 0.196, Fe 0.00097 grams.

36 CHOCOLATE CHARLOTTE RUSSE

1 cup Evaporated Milk
2 tsp. granulated gelatin
2 tbsp. cold water
1 square bitter chocolate
¼ cup boiling water
6 tbsp. sugar
Pinch salt
¾ cup Evaporated Milk
½ tsp. vanilla
10 lady fingers

Heat the 1 cup of milk to scalding point in top of double boiler. Cool, then chill in a bowl surrounded by chipped ice and coarse salt. Soften the gelatin in cold water. Melt chocolate over hot water; add boiling water and cook directly over a low flame to a smooth thickened paste, stirring constantly. Add sugar, salt and ¾ cup Evaporated Milk and cook 2 or 3 minutes longer. Remove from fire and add gelatin, stirring to dissolve. Cool in a pan of cold water. Whip chilled milk with a Dover beater until stiff. Just as soon as chocolate mixture begins to set, whip quickly into the whipped milk until mixture is smooth. Turn into

a mold lined with lady fingers. Yield: 5 servings.

One serving: Total 325 Calories. Protein 42 Calories, Fat 100 Calories, Carbohydrate 183 Calories, Ca 0.243, P 0.219, Fe 0.00075 grams.

37 FRUIT CUP

1 slice pineapple
3 tbsp. pineapple juice
½ large banana (very ripe)
½ large orange
4 white cherries

Have all the fruit thoroughly chilled. Dice fruit and mix carefully so as to not to break or mash any of the pieces. Serve in chilled glass cups. Yield: 2 servings.

One serving: Total 105 Calories. Protein 3 Calories, Fat 5 Calories, Carbohydrate 97 Calories, Ca 0.046, P 0.051, Fe 0.00085 grams.

38 LEMON RICE CREAM

½ cup rice
1½ cups Evaporated Milk
diluted with
1½ cups water
¾ tsp. salt
⅝ cup sugar
½ tsp. grated lemon rind
2½ tbsp. lemon juice
2 eggs, separated
2 tbsp. powdered sugar
¼ tsp. lemon extract

Wash rice and soak in cold water 1 hour. Drain. Scald the diluted milk in a double boiler, add salt and rice and cook until tender. Add sugar, lemon rind and juice and slightly beaten egg yolks. Pour into a buttered baking dish. Cover with a meringue made of egg whites, powdered sugar and lemon extract. Brown in a slow oven (300° F.) to the preferred color. Yield: 8 servings.

One serving: Total 198 Calories. Protein 20 Calories, Fat 40 Calories, Carbohydrate 138 Calories, Ca 0.127, P 0.115, Fe 0.00052 grams.

39 ORANGE BAVARIAN

1½ tbsp. granulated gelatin
 ¼ cup cold water
 ⅝ cup sugar
 1¼ cups orange juice
 2 tbsp. lemon juice
 ⅛ tsp. salt
 1 cup Evaporated Milk,
 prepared for whipping

Soften gelatin in cold water. Add sugar and orange juice and heat over hot water until gelatin dissolves. Remove from heat and add lemon juice and salt. Cool in a pan of water, stirring occasionally until mixture begins to thicken. Thoroughly chill the Evaporated Milk, then whip with a Dover egg beater. Fold in the gelatin mixture just as it begins to set. Pour into molds rinsed in cold water. Chill. Yield: 6 servings.

One serving: Total 179 Calories. Protein 21 Calories, Fat 30 Calories, Carbohydrate 128 Calories, Ca 0.123, P 0.092, Fe 0.00031 grams.

40 PEACH COBBLER

2 cups pastry flour
 4 tsp. baking powder
 1 tsp. salt
 4 tbsp. fat
 ¼ cup Evaporated Milk
 diluted with
 ½ cup water
 8 large peaches, raw or canned
 1 cup sugar (if raw peaches
 are used)
 1 tbsp. butter
 1 tbsp. water

Sift flour, then measure. Resift with baking powder and salt twice. Rub fat into flour with fingers until appearance is like coarse cornmeal. Add diluted milk and mix quickly but thoroughly. Toss dough onto board dusted with bread flour. Pat or roll out to ½ inch thickness. Place peeled, sliced peaches in a deep buttered pan. Sprinkle with sugar. Add butter and water, then cover with dough, being sure to draw dough to sides of pan. Bake in a hot oven (400° F.) about 25 minutes. Yield: 8 servings.

One serving: Total 351 Calories. Protein 18 Calories, Fat 96 Calories, Carbohydrate 237 Calories, Ca 0.046, P 0.071, Fe 0.00064 grams.

41 PRUNE WHIP

2 cups raw prunes
 2 cups cold water
 ¾ cup orange juice
 2 tbsp. lemon juice
 2 tbsp. sugar
 1 cup Evaporated Milk
 prepared for whipping

Wash prunes quickly in cold water. Cover with 2 cups of water and soak several hours. Cook slowly for about 20 minutes in water in which prunes were soaked. Drain off juice. There should be ½ cup. If not, make up with water. Cool prunes and pit. Keep prunes whole. This will prevent the outside skin from coming through the ricer. Press only about ¼ the prunes at a time, using a potato ricer to press out pulp. There should be 1 cup of prune pulp. Add rest of ingredients and stir thor-

oughly to dissolve sugar. Chill about 20 minutes in refrigerator. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Fold prune mixture lightly but thoroughly into the whipped milk. Place in refrigerator to cool. Yield: 8 medium or 6 large servings.

One serving: Total 223 Calories. Protein 16 Calories, Fat 29 Calories, Carbohydrate 178 Calories, Ca 0.132, P 0.130, Fe 0.00155 grams.

42 RICE PUDDING

⅓ cup rice
 ⅓ cup sugar
 ½ tsp. salt
 ½ tsp. grated lemon rind
 2 cups Evaporated Milk
 diluted with
 2 cups water

Wash rice thoroughly and add all the other ingredients. Pour into a buttered baking dish. Set in a pan of hot water and bake in a slow oven (300° F.) 3 hours. Stir rice several times during the first hour to prevent settling. Yield: 8 servings.

One serving: Total 151 Calories. Protein 20 Calories, Fat 45 Calories, Carbohydrate 86 Calories, Ca 0.163, P 0.133, Fe 0.00039 grams.

43 SNICKER DOODLE

$\frac{1}{4}$ cup butter
 $\frac{1}{4}$ cup sugar (scant)
 1 egg
 3 tsp. baking powder
 2 cups flour
 Pinch salt
 $\frac{1}{2}$ cup Evaporated Milk
 diluted with
 $\frac{1}{2}$ cup water
 2 tart apples
 $\frac{1}{3}$ cup sugar, mixed with
 1 tsp. cinnamon
 1 tbsp. butter

Cream $\frac{1}{4}$ cup butter and $\frac{1}{4}$ cup sugar. Add well beaten egg. Mix and sift baking powder, flour and salt. Add alternately with milk. Stir just enough to thoroughly mix. Turn batter in a well greased tin. Press apples that have been pared, cored and cut into sixteenths into the surface of dough. Sprinkle sugar and cinnamon mixture that has been blended with butter, over top, and bake in a moderate oven (375° F.) 25 to 30 minutes. Yield: 6 servings.

One serving: Total 378 Calories. Protein 28 Calories, Fat 118 Calories, Carbohydrate 232 Calories, Ca 0.073, P 0.099, Fe 0.00084 grams.

44 LEMON CREAM PIE

$\frac{1}{4}$ cup flour
 $\frac{3}{4}$ cup sugar
 Few grains salt
 $\frac{2}{3}$ cup boiling water
 1 egg
 2 egg yolks
 $\frac{2}{3}$ cup Evaporated Milk
 1 tsp. grated lemon rind
 $\frac{1}{3}$ cup lemon juice
 Baked pie shell

Mix flour, sugar and salt in top of double boiler. Add boiling water and boil directly over fire 3 minutes, stirring continuously. Beat egg and egg yolks. Add Evaporated Milk and pour slowly into first mixture, stirring constantly. Cook over boiling water 10 minutes longer, stirring occasionally. Remove from fire, add lemon juice and rind. Cool slightly, then pour into cool baked pie shell. Cover with a meringue made of 2 egg whites, 2 tbsp. cold water, 4 tbsp. sugar, $\frac{1}{4}$ tsp. baking powder and $\frac{1}{4}$ tsp. lemon juice or extract or grated rind. Brown to the preferred color in a slow oven (300° F.). Yield: 1 pie.

One serving: Total 321 Calories. Protein 29 Calories, Fat 110 Calories, Carbohydrate 182 Calories, Ca 0.098, P 0.123, Fe 0.00105 grams.

45 BUTTERSCOTCH PIE

1 cup brown sugar
 2 tbsp. water
 1 cup cold water
 5 tbsp. flour
 2 egg yolks
 1 cup Evaporated Milk
 1 tbsp. butter (may be omitted)
 $\frac{1}{2}$ tsp. vanilla

Boil sugar with 2 tbsp. water to $\frac{2}{3}$ cup syrup (about 5 minutes). Make a smooth paste of cold water and flour. Add to syrup and boil 1 minute. Beat egg yolks, add Evaporated Milk and combine with sugar mixture. Cook over boiling water 10 minutes, then add butter and vanilla. Pour into a cooled baked pie shell. Cool, cover with meringue and brown to the preferred color in a slow oven (300° F.). Yield: 1 pie.

One serving: Total 346 Calories. Protein 25 Calories, Fat 131 Calories, Carbohydrate 190 Calories, Ca 0.127, P 0.134, Fe 0.00085 grams.

TO MAKE BANANA CREAM PIE: Slice very ripe bananas into baked pastry shell. Sprinkle with lemon juice and powdered sugar and pour over them a filling for Butterscotch Pie. Cover with meringue and brown in a slow oven (300° F.). Lemon Orange Topping may be used in place of the meringue, or the pastry shell may be filled with unfrozen Banana Mousse mixture. Yield: 1 pie.

One serving: Total 396 Calories. Protein 27 Calories, Fat 134 Calories, Carbohydrate 235 Calories, Ca 0.131, P 0.149, Fe 0.00115 grams.

46 TAPIOCA CREAM

1 cup Evaporated Milk
diluted with
1 cup water
1½ tbsp. minute tapioca
2 eggs
2½ tbsp. sugar
⅛ tsp. salt
1 tsp. vanilla

Heat diluted milk in double boiler. Add tapioca and cook until transparent, about 20 minutes. Beating constantly, pour tapioca gradually into egg yolks that have been combined with sugar and salt. Return to double boiler and cook 5 minutes longer. Remove from fire and fold in stiffly beaten egg whites and vanilla. Chill. Yield: 6 servings.

One serving: Total 115 Calories. Protein 19 Calories, Fat 45 Calories, Carbohydrate 51 Calories, Ca 0.119, P 0.115, Fe 0.00075 grams.

47 PLAIN PASTRY

4 cups pastry flour
2 tsp. salt
1 cup cold fat
⅓ cup Evaporated Milk
diluted with
⅓ cup water

Sift flour, then measure. Resift with salt. Work fat into flour with fingers until appearance is like dry, coarse cornmeal. Add liquid and blend well with a fork. Some flours absorb more liquid than others. Add only sufficient diluted milk to make dough soft enough to roll out. Yield: 5 single crusts or 2 double crust pies.

One shell: Total 722 Calories. Protein 44 Calories, Fat 403 Calories, Carbohydrate 275 Calories, Ca 0.062, P 0.117, Fe 0.00082 grams.

48 PUMPKIN PIE

1 tsp. ginger
1 tsp. cinnamon
¼ cup hot water
⅞ cup brown sugar
½ tsp. salt
2 eggs
1¼ cups strained cooked or
canned pumpkin
1 cup Evaporated Milk
2½ tbsp. orange juice
Baked unpricked pie shell

Make a smooth paste of the spices and water. Add spice paste with the sugar, salt and beaten eggs to the pumpkin. Stir to blend thoroughly, then add milk. Heat over hot water to the scalding point, add orange juice and pour into a hot baked unpricked pie shell. Bake in a hot oven (425° F.) 15 minutes, then reduce to a slow oven (300° F.) and bake until filling is just set. Baking requires about 25 minutes. Yield: 1 pie.

One serving: Total 309 Calories. Protein 28 Calories, Fat 112 Calories, Carbohydrate 169 Calories, Ca 0.144, P 0.166, Fe 0.00104 grams.

EGGS

49 CREAMED EGGS

6 hard cooked eggs
1¾ cups Medium White Sauce
(p. 49)

Peel eggs, slice and add to hot white sauce. Serve immediately. Yield: 6 servings.

One serving: Total 166 Calories. Protein 38 Calories, Fat 102 Calories, Carbohydrate 26 Calories, Ca 0.141, P 0.172, Fe 0.00169 grams.

50 EGGS POACHED IN MILK

1½ cups Evaporated Milk
1½ cups boiling water
6 eggs
Salt and pepper
6 slices buttered toast
3 tbsp. butter

Scald diluted milk in top of double boiler. Break eggs separately into a saucer and slip into buttered muffin tins or egg poachers. Pour hot milk over each egg. Add salt and pepper and a dot of butter. Cook in a slow oven (300° F.) until eggs are firm. Lift out carefully onto toast. Dot egg with butter and garnish with broiled bacon. Any milk left in tins or poachers may be poured around toast. Yield: 6 servings.

One serving: Total 279 Calories. Protein 49 Calories, Fat 165 Calories, Carbohydrate 65 Calories, Ca 0.201, P 0.229, Fe 0.00196 grams.

51 SCRAMBLED EGGS

5 eggs
 ½ tsp. salt
 Dash pepper
 1 cup Evaporated Milk
 2 tbsp. butter

Beat eggs until they are no longer stringy. Add salt, pepper and milk. Put butter into hot saucepan; when it bubbles, add egg mixture. Stirring constantly, cook over hot water until firm, but not hard. Two tablespoons grated cheese added to raw mixture gives a very desirable variation. Minced parsley, cress, pimiento or cooked mushrooms may also be stirred into scrambled eggs just as they are removed from fire. Yield: 5 servings.

One serving: Total 183 Calories. Protein 39 Calories, Fat 124 Calories, Carbohydrate 20 Calories, Ca 0.163, P 0.186, Fe 0.00170 grams.

52 OMELET

5 eggs
 2 tbsp. flour
 ½ tsp. salt
 Dash pepper
 ½ cup Evaporated Milk
 ½ cup water
 2 tbsp. butter
 1 tbsp. chopped parsley
 1¼ cups chopped cooked chicken

Separate eggs. Beat yolks until lemon colored and thick and whites until stiff but not too dry. Add flour, salt and pepper to yolks and mix until smooth, then add diluted milk. Fold yolk mixture with chopped chicken and parsley thoroughly into whites. Heat butter bubbling hot in large omelet or frying pan. Pour in egg mixture. Cover and cook over a very low flame until bottom is well browned, about 20 minutes. Uncover and set in moderate oven (350° F.) to brown top. With a spatula or pancake turner fold omelet and slide it onto a hot platter. Garnish with parsley. Serve immediately. Yield: 5 servings.

One serving: Total 162 Calories. Protein 34 Calories, Fat 107 Calories, Carbohydrate 21 Calories, Ca 0.099, P 0.139, Fe 0.00161 grams.

MEATS

53 CREAMED CHIPPED BEEF

1½ tbsp. butter
 4 oz. thinly sliced dried beef
 2 tbsp. flour
 1 cup boiling water
 1 cup Evaporated Milk

Melt butter in hot frying pan. Add beef and cook until edges curl. Remove beef and add flour to fat remaining in pan and blend until smooth. Add water and cook 5 minutes, then add Evaporated Milk and beef and cook over hot water 5 minutes longer. Yield: 4 servings.

One serving: Total 194 Calories. Protein 53 Calories, Fat 102 Calories, Carbohydrate 39 Calories, Ca 0.169, P 0.222, Fe 0.00165 grams.

54 GRAVY

For each cupful of gravy to be made, allow 1½ tbsp. of drippings from roasted meat or poultry, 1½ tbsp. flour and ½ cupful milk (½ cup Evaporated Milk diluted with 1 cup water is a good proportion). Add flour to hot drippings, mix to a smooth paste and cook until flour is browned. Add liquid, stirring to prevent lumping and cook from 8 to 10 minutes. Should too much liquid evaporate in this time, add boiling water until gravy has the proper consistency. Season with salt and pepper. Serve very hot. One cupful serves four.

One-fourth cup: Total 93 Calories. Protein 10 Calories, Fat 60 Calories, Carbohydrate 23 Calories, Ca 0.082, P 0.066, Fe 0.00019 grams.

55 LIVER LOAF

1½ lbs. beef liver
1 tbsp. parsley
1 tbsp. onion
½ green pepper
1½ cups bread crumbs
2 eggs
1 cup meat stock
½ cup Evaporated Milk
2 tbsp. fat pork or drippings
1½ tsp. salt
⅛ tsp. pepper
¼ tsp. dried celery

Wipe liver, cut into slices, then put through a food chopper together with parsley, onion and pepper. Add crumbs moistened in the beaten egg, stock, milk, fat and seasonings. If meat stock is not available, use a beef bouillon cube, dissolved in 1 cup boiling water. Mix well. Turn into well greased baking dish or mold and set in a pan of hot water. Bake 1½ hours in a slow oven (325° F.). Serve hot or cold with catsup, chili sauce or tomato sauce. Yield: 8 servings.

One serving: Total 222 Calories. Protein 88 Calories, Fat 86 Calories, Carbohydrate 48 Calories, Ca 0.064, P 0.262, Fe 0.00766 grams.

56 MEAT LOAF

½ lb. veal
½ lb. pork
1 lb. beef
½ small onion, finely minced
1½ tsp. salt
Few grains pepper
1 egg, slightly beaten
½ cup Evaporated Milk
1 cup dry bread crumbs
4 slices salt pork
Parsley
Tomato sauce

Put meat through a food chopper. Add seasonings, egg, milk and crumbs. Mix thoroughly and shape into a loaf. Place in an oiled baking pan and lay pork slices over the top. Bake in a hot oven (425° F.) 15 minutes, then reduce heat to slow oven (250° F.). Baste every 10 to 15 minutes with fat that collects in bottom of pan. If dry add ½ cup water. About 1¼ hours are required for cooking. Garnish with parsley and serve with tomato or parsley sauce. Yield: 6 servings.

One serving: Total 394 Calories. Protein 131 Calories, Fat 222 Calories, Carbohydrate 41 Calories, Ca 0.080, P 0.375, Fe 0.00474 grams.

57 VEAL A LA KING

½ green pepper, shredded
¼ pound mushrooms
3 tbsp. butter
6 tbsp. flour
2 cups Evaporated Milk
2 cups boiling water in which
have been dissolved two
bouillon cubes
Salt and pepper
3 cups cold roast veal, diced
½ pimiento, shredded

Cook pepper and mushrooms, if they are raw, slowly in butter 8 minutes. Cover while cooking. Remove mushrooms and pepper from fat, add flour, milk, water and seasonings. Cook 5 minutes over a low flame, stirring to keep smooth. Add veal, mushrooms, pimiento and pepper and reheat in double boiler to prevent curdling. Yield: 8 servings.

One serving: Total 216 Calories. Protein 70 Calories, Fat 99 Calories, Carbohydrate 47 Calories, Ca 0.172, P 0.275, Fe 0.00226 grams.

58 VEAL CROQUETTES

2 cups ground cooked veal
1 cup ground roast pork
½ tbsp. chopped green pepper
½ tbsp. minced onion
¼ cup Evaporated Milk
⅛ tsp. pepper
½ cup bread crumbs

Combine all the ingredients except the crumbs and mold into 6 even sized croquettes. Dip in fine bread crumbs, undiluted Evaporated Milk and again in crumbs. Fry in deep fat (390° F.) hot enough to turn a one-inch cube of soft bread golden brown in 40 seconds. Drain on unglazed paper to absorb excess fat. Serve on hot platter garnished with parsley. Yield: 6 servings.

One serving: Total 148 Calories. Protein 67 Calories, Fat 64 Calories, Carbohydrate 17 Calories, Ca 0.039, P 0.167, Fe 0.00258 grams.

59 VEAL LOAF

¾ lb. ground veal
 ¼ lb. ground pork
 ¼ cup dry bread crumbs
 ½ tbsp. chopped green pepper
 ½ tbsp. onion
 ¼ cup Evaporated Milk
 ¼ tsp. pepper
 Salt

Mix all ingredients thoroughly. Press into a small bread pan. Place in a hot oven (425° F.) for 10 minutes, then reduce heat to slow oven (325° F.) and bake 30 minutes longer. Cooked left over meat may be used in place of raw meat if one egg is added to above recipe. Yield: 3 servings.

One serving: Total 296 Calories. Protein 134 Calories, Fat 128 Calories, Carbohydrate 34 Calories, Ca 0.078, P 0.333, Fe 0.00515 grams.

60 CHICKEN CASSEROLE

1 four lb. chicken
 3 tsp. salt
 ¼ tsp. pepper
 ¼ cup flour
 ¼ cup fat
 1 tbsp. finely minced celery
 1 cup boiling water
 1 cup Evaporated Milk

Cut chicken into pieces suitable for serving. Sprinkle with salt and pepper and dredge with flour. Brown chicken in fat. Place pieces in buttered casserole and add celery and boiling water. Cover and cook in moderate oven (350° F.) until tender, 1½ to 3 hours. Watch carefully and add hot water as the liquid boils away. Thirty minutes before removing from oven, reduce heat to low oven (300° F.). Add milk and finish cooking. There should be almost two cups of gravy when cooking is finished. Serve garnished with parsley. Yield: 6 servings.

One serving: Total 324 Calories. Protein 144 Calories, Fat 144 Calories, Carbohydrate 36 Calories, Ca 0.129, P 0.449, Fe 0.00572 grams.

61 CREAMED CHICKEN

1 qt. diced chicken
 6 mushrooms
 2 tbsp. butter
 4 tbsp. butter
 8 tbsp. flour
 3 cups Evaporated Milk
 3 cups chicken stock
 ½ tsp. salt
 Pepper

Cut chicken into ½ inch dice. Wash, peel and slice mushrooms. Saute in 2 tbsp. butter about 6 minutes. Prepare a smooth white sauce of the 4 tbsp. butter, the flour, milk, stock, salt and pepper. More salt may be needed if chicken is not well salted. Add chicken and mushrooms and heat thoroughly in top of double boiler. Serve at once on toast. Yield: 12 servings.

One serving: Total 216 Calories. Protein 70 Calories, Fat 99 Calories, Carbohydrate 47 Calories, Ca 0.172, P 0.275, Fe 0.00226 grams.

FISH

62 FISH BAKED IN MILK

1 lb. halibut
 Salt
 ⅔ cup Evaporated Milk
 diluted with
 ⅔ cup water

Wipe fish with a wet cloth. Place in a pyrex dish or on a cloth in a pan. Sprinkle with salt. Add diluted milk to cover fish. Bake in a moderate oven (350° F.) until the flesh falls away from the bone. Season with butter. Yield: 4 servings.

One serving: Total 158 Calories. Protein 72 Calories, Fat 69 Calories, Carbohydrate 17 Calories, Ca 0.125, P 0.259, Fe 0.00105 grams.

63 CREAMED SALMON

1 lb. can salmon
 1 tsp. lemon juice
 2 tbsp. butter
 3 tbsp. flour
 $\frac{1}{2}$ tsp. salt
 Dash pepper
 1 cup Evaporated Milk diluted with
 liquid drained from salmon
 and enough water to make 2
 cups.

Remove skin and bone from canned salmon. Flake with a fork and add lemon juice. Prepare a white sauce of the remaining ingredients. Add salmon and heat thoroughly. Yield: 6 servings.

One serving: Total 225 Calories. Protein 66 Calories, Fat 131 Calories, Carbohydrate 28 Calories, Ca 0.124, P 0.241, Fe 0.00099 grams.

64 SALMON CROQUETTES

$\frac{1}{2}$ cup Evaporated Milk
 diluted with
 $\frac{1}{3}$ cup liquid drained from salmon
 2 tbsp. butter
 3 tbsp. flour
 1 tsp. salt
 Dash pepper
 1 lb. can salmon
 1 tbsp. lemon juice
 2 eggs, slightly beaten
 $1\frac{1}{2}$ cups fine bread crumbs
 Evaporated Milk
 Lemon slices and parsley

Prepare a white sauce of the first six ingredients. Remove bones and skin from salmon. Flake, add lemon juice, egg and white sauce. Shape mixture into croquettes. Dip in crumbs, undiluted Evaporated Milk and crumbs. Fry in deep fat (390° F.) hot enough to turn a one-inch cube of soft bread golden brown in 40 seconds. Drain on unglazed paper to absorb excess fat. Serve on hot platter garnished with lemon slices and parsley. Yield: 5 servings or 10 croquettes.

One serving: Total 251 Calories. Protein 87 Calories, Fat 115 Calories, Carbohydrate 49 Calories, Ca 0.113, P 0.290, Fe 0.00181 grams.

SALADS

65 ASPARAGUS AND BEET SALAD

20 stalks canned or fresh cooked
 asparagus
 $1\frac{1}{3}$ cups sliced beets
 Lettuce
 French Dressing

Arrange asparagus, then the beets on beds of lettuce. Serve with French Dressing at the table. Yield: 4 servings.

One serving: Total 204 Calories. Protein 15 Calories, Fat 139 Calories, Carbohydrate 50 Calories, Ca 0.024, P 0.036, Fe 0.00049 grams.

66 BANANA SALAD

3 very ripe bananas
 2 tbsp. lemon juice
 $\frac{1}{2}$ cup chopped nuts or grapenuts
 Creamy Salad Dressing
 Crisp lettuce

Peel, scrape and cut bananas in halves crosswise. Sprinkle with lemon juice and roll in chopped nuts or grapenuts. Dip into Creamy Salad Dressing and lay carefully on lettuce leaf. Use a few chopped nuts as garnish. Yield: 6 servings.

One serving: Total 229 Calories. Protein 24 Calories, Fat 75 Calories, Carbohydrate 130 Calories, Ca 0.129, P 0.161, Fe 0.00094 grams.

67 CHICKEN SALAD

1 cup diced chicken
 1 ¼ cups sliced celery
 ½ cup coarsely chopped nuts
 ½ cup Cooked or Mayonnaise
 Dressing

Combine ingredients in order given, mixing lightly. This may be served as a sandwich filling or on a lettuce leaf as a salad. Yield: 5 sandwiches, 4 salads.

One serving: Total 198 Calories. Protein 40 Calories, Fat 143 Calories, Carbohydrate 15 Calories, Ca 0.048, P 0.124, Fe 0.00164 grams.

68 COLE SLAW

¾ tsp. salt
 Dash pepper
 1 ½ tbsp. sugar
 3 cups finely cut cabbage
 3 tbsp. lemon juice or vinegar
 6 tbsp. Evaporated Milk

Add salt, pepper and sugar to cabbage. Combine lemon juice or vinegar with milk, then add to cabbage. Keep cold until ready to serve. Yield: 6 servings.

One serving: Total 47 Calories. Protein 6 Calories, Fat 12 Calories, Carbohydrate 29 Calories, Ca 0.056, P 0.040, Fe 0.00042 grams.

69 CUCUMBER AND TOMATO SALAD

1 large cucumber
 2 small round red tomatoes
 French dressing
 Crisp lettuce leaves

Peel cucumber and cut into 2½ inch sections. Cut crosswise into ⅛ inch slices, not cutting the slices completely off and leaving all slices joined together at the bottom. Cut tomatoes in ⅛ inch slices, and insert one piece in between each slice of cucumber. This causes the cucumber to spread

out in a fan shape. Place on a bed of lettuce leaves and serve with French or Creamy Salad Dressing. Yield: 4 servings.

One serving: Total 175 Calories. Protein 5 Calories, Fat 137 Calories, Carbohydrate 33 Calories, Ca 0.019, P 0.043, Fe 0.00043 grams.

70 FRUIT SALAD

1 grapefruit
 2 large seedless oranges
 4 slices pineapple
 1 bunch seedless white grapes
 6 Maraschino cherries
 ⅓ cup Cooked Mayonnaise
 Lettuce

Peel grapefruit and remove sections. Cut sections into even sized pieces. Peel oranges and cut into dice. Slice pineapple, grapes and cherries. Combine fruit and chill thoroughly. Some prefer the addition of a little sugar. When ready to serve, mix with mayonnaise. Arrange carefully on lettuce leaves. Yield: 4 servings.

One serving: Total 312 Calories. Protein 12 Calories, Fat 94 Calories, Carbohydrate 206 Calories, Ca 0.116, P 0.113, Fe 0.00162 grams.

71 SHREDDED LETTUCE WITH MILK DRESSING

¾ cup head lettuce, shredded
 ⅛ tsp. salt
 1 tsp. sugar
 1 tbsp. Evaporated Milk
 1 tbsp. lemon juice

Have all ingredients cold. Combine in order given. Yield: 1 serving.

Total 49 Calories. Protein 7 Calories, Fat 12 Calories, Carbohydrate 30 Calories, Ca 0.063, P 0.053, Fe 0.00087 grams.

72 PEACH SALAD

12 halves peaches, raw or canned
 1 tbsp. lemon juice
 Lettuce leaves
 ½ cup celery cut in thin strips
 ¼ cup shredded green pepper
 ½ cup cream cheese
 1 cup Creamy Salad Dressing
 2 tbsp. Evaporated Milk

If peaches are raw, sprinkle with lemon juice to prevent discoloration. For each serving arrange 2 halves on a bed of lettuce, chopped celery and pepper. Mash cheese and combine with 1 tbsp. salad dressing and the Evaporated Milk. Put mixture into a pastry bag and fill the hollows of the peaches, leaving a rose on top or fill carefully with a spoon. Serve with salad dressing. Yield: 6 servings.

One serving: Total 187 Calories. Protein 31 Calories, Fat 97 Calories, Carbohydrate 59 Calories, Ca 0.248, P 0.206, Fe 0.00063 grams.

73 PEACH-PEAR SALAD

2 well-ripened pears
 4 well-ripened peaches
 Lemon juice
 Lettuce
 French Dressing

Chill fruit thoroughly. Peel and cut into sections resembling sections of an orange. Sprinkle with lemon juice. Arrange by alternating sections of pear and peach on lettuce leaf. Serve with French Dressing at the table. Yield: 4 servings.

One serving: Total 204 Calories. Protein 3 Calories, Fat 135 Calories, Carbohydrate 66 Calories, Ca 0.018, P 0.029, Fe 0.00036 grams.

74 JELLIED PEAR SALAD

1 No. 2½ can pears
 Boiling water
 1 pkg. lemon jello
 Crisp lettuce leaves
 ½ cup Evaporated Milk
 1 cup Cooked Mayonnaise
 1 tbsp. sugar
 1 tbsp. juice from canned pears

Drain juice from canned pears and measure. Add enough boiling water to juice to make 1 pint. Reheat to boiling point and pour over the jello powder, stirring to dissolve. Cool slightly and pour into a square pan. Arrange halves of pears round side up in the jello. Place in refrigerator to stiffen. Cut into squares so that a half pear is in each serving. Serve on a bed of lettuce leaves. In the meantime have Evaporated Milk heated to scalding point in top of double boiler. Cool, then chill in a bowl surrounded by chipped ice and

salt. Whip with a Dover beater until stiff. Fold in the mayonnaise, sugar and juice. Serve 2 tbsp. dressing on each salad. Yield: 9 servings.

One serving: Total 225 Calories. Protein 13 Calories, Fat 122 Calories, Carbohydrate 90 Calories, Ca 0.069, P 0.065, Fe 0.00042 grams.

75 PINEAPPLE-CHEESE SALAD

¾ cup cream cheese
 ¼ cup chopped nuts
 1 tbsp. Evaporated Milk
 1 tbsp. pineapple juice
 1 tsp. sugar
 6 slices pineapple
 Green or red peppers
 Lettuce leaves
 ¾ cup Cooked Salad Dressing

Combine cheese, nuts, Evaporated Milk, pineapple juice and sugar and mix well. Cut pineapple slices in halves crosswise. Spread cheese mixture on a half slice and press another half on top as in making sandwiches. Cut diamonds and triangles from peppers and press into edge of cheese mixture between pineapple. Serve on crisp lettuce with salad dressing. Yield: 6 servings.

One serving: Total 266 Calories. Protein 39 Calories, Fat 149 Calories, Carbohydrates 78 Calories, Ca 0.314, P 0.263, Fe 0.00136 grams.

76 PLAZA SALAD

1 grape fruit
4 halves canned pears
4 servings French Dressing

Section out grapefruit and cut pears like grapefruit sections. Chill thoroughly. When ready to serve arrange on endive or lettuce. Alternate sections of grapefruit and pear. Serve with French Dressing. Yield: 4 servings.

One serving: Total 156 Calories. Protein 4 Calories, Fat 69 Calories, Carbohydrate 83 Calories, Ca 0.028, P 0.032, Fe 0.00045 grams.

77 STUFF PRUNE SALAD

20 large prunes
¾ cup cream cheese
3 tbsp. Evaporated Milk
2 tbsp. prune juice

Remove pits from prunes, preserving the shape as well as possible. Mash cheese, add milk and prune juice, and fill carefully into hollow of prunes. Lay five prunes on a crisp lettuce leaf. Serve with French Dressing. Yield: 4 servings.

One serving: Total 316 Calories. Protein 45 Calories, Fat 116 Calories, Carbohydrate 155 Calories, Ca 0.0376, P 0.259, Fe 0.00201 grams.

78 PRUNE AND ORANGE SALAD

20 medium prunes
1 large orange
¼ cup chopped nuts
¼ cup cream dressing

Soak prunes in cold water for several hours or until soft. Cut open lengthwise, slip out pits. Cut up orange in very fine pieces and add finely chopped nuts to this. Moisten with Cream Dressing. Fill prunes, and place five for each serving on crisp lettuce leaves. Pour Cream Dressing over prunes. Yield: 4 servings.

One serving: Total 212 Calories. Protein 12 Calories, Fat 44 Calories, Carbohydrate 156 Calories, Ca 0.069, P 0.077, Fe 0.00149 grams.

79 ROYAL SALAD

1 cup finely shredded cabbage
½ cup diced pineapple
½ cup marshmallows
cut in small pieces
¼ cup nut meats
¾ cup Creamy Salad Dressing
Crisp lettuce leaves

Place cabbage, pineapple, marshmallows and nuts in alternate layers in salad bowl. Combine carefully with salad dressing. Pile lightly on crisp lettuce leaves. Yield: 5 servings.

One serving: Total 238 Calories. Protein 12 Calories, Fat 149 Calories, Carbohydrate 77 Calories, Ca 0.071, P 0.073, Fe 0.00090 grams.

80 JELLIED TOMATO SALAD

2 tbsp. gelatin
½ cup cold water
½ tsp. onion juice
½ tsp. salt
1 clove
1 tbsp. minced celery
1 tbsp. minced parsley
2 tbsp. lemon juice
3 cups tomato juice
Cooked Mayonnaise

Soak gelatin in cold water. Mix the other ingredients with the tomato juice. Bring to boiling point. Strain. Add gelatin, stirring until dissolved. Pour into molds rinsed with cold water. Chill, remove from mold, garnish with hard cooked eggs, cucumber and lettuce. Serve with salad dressing. Yield: 6 servings.

One serving: Total 45 Calories. Protein 17 Calories, Fat 3 Calories, Carbohydrate 25 Calories, Ca 0.018, P 0.038, Fe 0.00060 grams.

81 TOMATO STUFF WITH COTTAGE CHEESE

4 medium sized tomatoes
 ½ cup cottage cheese
 4 tbsp. crushed pineapple
 ½ cup Cooked Mayonnaise
 2 tbsp. chopped nuts

Chill tomatoes thoroughly. Remove a slice from the stem end and cut tomatoes in six sections leaving sections joined at the bottom. Arrange on a leaf of crisp lettuce. Combine cheese, pineapple and mayonnaise and place a large spoonful of the mixture in the center of the tomato. Sprinkle the chopped nuts over the top. Serve with more mayonnaise or French Dressing if preferred. Yield: 4 servings.

One serving: Total 288 Calories. Protein 44 Calories, Fat 175 Calories, Carbohydrate 69 Calories, Ca 0.163, P 0.165, Fe 0.00137 grams.

82 VEGETABLE SALAD

1 No. 2 can string beans
 1 No. 1 can peas
 2 medium tomatoes, skinned and diced
 1 cup sliced celery
 1 good flavored apple, diced
 1¼ cups Cooked Salad Dressing
 Lettuce leaves

Place alternate layers of vegetables and apple in salad bowl. Add salad dressing. Toss lightly together with two forks. Serve on crisp lettuce leaves. Yield: 8 servings.

One serving: Total 138 Calories. Protein 17 Calories, Fat 54 Calories, Carbohydrate 67 Calories, Ca 0.085, P 0.104, Fe 0.00132 grams.

83 WALDORF SALAD

1 cup fine flavored apple, chopped
 1 tsp. lemon juice
 Few grains salt
 1 cup sliced crisp celery
 1 cup nut meats
 ¾ cup Cooked Salad Dressing
 Crisp lettuce leaves

Dice apples with stainless steel or silver knife. Sprinkle with lemon juice. Add salt, celery, nuts and salad dressing. Toss lightly together. Serve on crisp lettuce leaves. Garnish with a dash of paprika. If skins are bright red and free from blemishes the apples need not be pared. Yield: 4 servings.

One serving: Total 208 Calories. Protein 20 Calories, Fat 124 Calories, Carbohydrate 64 Calories, Ca 0.091, P 0.088, Fe 0.00096 grams.

SALAD DRESSINGS

84 COOKED MAYONNAISE DRESSING

2 tbsp. butter
 4 tbsp. flour
 ½ cup Evaporated Milk
 ½ cup water
 1½ tsp. salt
 1 cup salad oil
 2 egg yolks
 1 tbsp. sugar
 ½ tsp. dry mustard
 Dash cayenne
 ¼ tsp. paprika
 White pepper
 2 tbsp. lemon juice

Prepare a white sauce of the butter, flour, milk, water and salt. Put all other ingredients except lemon juice into a bowl. Add hot white sauce and beat with a Dover egg beater until thick and smooth. Add lemon juice and beat thoroughly. One whole egg may be used in place of 2 egg yolks, and vinegar may be substituted for part or all of the lemon juice. Yield: 2 cups.

Total 2279 Calories. Protein 69 Calories, Fat 2001 Calories, Carbohydrate 209 Calories, Ca 0.374, P 0.416, Fe 0.00348 grams.

85 COOKED SALAD DRESSING

1 tsp. salt
1 tsp. mustard
Dash cayenne
2 tbsps. flour
2 tbsps. sugar
2 egg yolks, beaten
2 tbsps. butter
 $\frac{1}{2}$ cup Evaporated Milk
diluted with
 $\frac{1}{2}$ cup boiling water
 $\frac{1}{4}$ cup vinegar

Mix dry ingredients in top of double boiler. Add egg yolks, then butter and diluted milk gradually, stirring constantly to keep smooth. Cook over hot water 15 minutes, stirring occasionally. Remove from fire, cool and add vinegar. Yield: $1\frac{1}{4}$ cups.

Total 676 Calories. Protein 65 Calories, Fat 399 Calories, Carbohydrate 212 Calories, Ca 0.373, P 0.402, Fe 0.00338 grams.

86 CREAM FRENCH DRESSING

$\frac{1}{4}$ cup Evaporated Milk
 $\frac{1}{4}$ tsp. salt
Pepper
 $\frac{1}{4}$ tsp. paprika
2 tbsps. vinegar
 $\frac{1}{4}$ cup salad oil

Scald Evaporated Milk in top part of double boiler. Add salt, pepper and paprika. Cool, then chill in a bowl surrounded by chipped ice and salt. Beat with a Dover beater until stiff. Add vinegar and oil alternately, folding in carefully. Keep cold until ready to serve. Yield: $\frac{3}{4}$ cup (4 servings).

Two-thirds cup: Total 487 Calories. Protein 17 Calories, Fat 445 Calories, Carbohydrate 25 Calories, Ca 0.162, P 0.126, Fe 0.00032 grams.

87 CREAMY SALAD DRESSING

$\frac{1}{2}$ cup Evaporated Milk, heated
to scalding point
1 cup Cooked Salad Dressing
1 tbsps. sugar
1 tbsps. fruit juice

Chill Evaporated Milk in a bowl surrounded by chipped ice and salt. Whip until stiff. Then whip salad dressing until smooth and fold into milk. Add sugar and fruit juice. Good for any fruit salad. Yield: 2 cups (6 servings).

2 cups: Total 768 Calories. Protein 87 Calories, Fat 408 Calories, Carbohydrate 273 Calories, Ca 0.623, P 0.573, Fe 0.00092 grams.

88 THOUSAND ISLAND DRESSING

1 tsp. minced green pepper
1 tsp. grated onion
2 tbsps. Chili Sauce
 $\frac{1}{4}$ cup minced pickle
1 hard cooked egg, chopped fine
 $\frac{3}{4}$ cup Cooked Mayonnaise

Combine first 5 ingredients and cut and fold into the mayonnaise. Keep chilled until ready to serve. Yield: Sufficient for 6 salads.

One serving: Total 830 Calories. Protein 47 Calories, Fat 713 Calories, Carbohydrate 70 Calories, Ca 0.158, P 0.224, Fe 0.00260 grams.

SANDWICHES

89 CABBAGE SANDWICHES

2 slices wholewheat bread
2 tsp. butter
2 tbsps. finely chopped cabbage
1 tsp. Cooked Mayonnaise

Use one-fourth inch slices of bread. Spread with creamed butter. Mix cabbage and mayonnaise and spread between slices. Yield: 1 sandwich.

Total 196 Calories. Protein 17 Calories, Fat 96 Calories, Carbohydrate 83 Calories, Ca 0.025, P 0.077, Fe 0.00071 grams.

90 CARROT SANDWICH

2 slices wholewheat bread
2 tsp. butter
1 tbsp. finely grated carrot
1 tsp. Cooked Mayonnaise

Cut the bread in one-fourth inch slices. Spread with creamed butter, then the carrot mixed with the mayonnaise. A lettuce leaf may also be added to give variety and add to the flavor. Yield: 1 sandwich.

Total 201 Calories. Protein 18 Calories, Fat 96 Calories, Carbohydrate 87 Calories, Ca 0.031, P 0.083, Fe 0.00077 grams.

91 COTTAGE CHEESE SANDWICH

2 slices wholewheat bread
2 tsp. butter
1 tbsp. cottage cheese
1 tbsp. Evaporated Milk
Salt

Cut slices of bread one-fourth inch thick. Spread with creamed butter. Blend cheese with Evaporated Milk and season with salt. Spread between bread. Yield: 1 sandwich.

Total 192 Calories. Protein 31 Calories, Fat 77 Calories, Carbohydrate 84 Calories, Ca 0.063, P 0.103, Fe 0.00073 grams.

92 DATE-NUT SANDWICHES

2 oz. dates
1 oz. raisins
1 tbsp. pecans
1 tsp. lemon juice
1 tbsp. orange juice
Bread and butter

Wash, stem and stone dates. Put dates, raisins and nuts through a food chopper. Add lemon and orange juice. Spread on buttered slices of bread cut $\frac{1}{4}$ inch thick. Yield: 4 sandwiches.

One sandwich: Total 336 Calories. Protein 18 Calories, Fat 145 Calories, Carbohydrate 173 Calories, Ca 0.035, P 0.075, Fe 0.00160 grams.

93 SANDWICH LOAF

1 loaf sandwich bread
 $\frac{1}{3}$ lb. butter, creamed
1 cup chicken salad sandwich mixture
1 cup olive nut sandwich mixture
1 cup date nut sandwich mixture
2 cups cream cheese
 $\frac{1}{4}$ cup mayonnaise
Evaporated Milk
Stuffed olives

Trim off crust until loaf has a perfect rectangular shape. Cut lengthwise into $\frac{1}{2}$ inch slices. Spread one side of three slices thinly with butter. On one piece of bread spread chicken or ham sandwich mixture. Place on this another slice of bread (with butter side up) as you would layer cake. Spread a second layer with olive nut mixture. Add a third layer of buttered bread and spread with a date nut mixture, or a tomato, bacon and lettuce mixture. Place on top a slice of unbuttered bread. Mix cream cheese and mayonnaise and add enough Evaporated Milk to make the right consistency to spread. Spread thickly on top and sides

as cake icing. Decorate with slices of stuffed olives in any fashion to suit the occasion. Slice as layer cake and serve on plate garnished with parsley, cress or celery tops. (The use of toothpicks helps to hold slices plumb and keeps the loaf in shape while it is being prepared.) (Many attractive variations of this sandwich loaf may be made by the ingenious cook.) One loaf yields: 24 sandwiches.

One sandwich: Total 280 Calories. Protein 34 Calories, Fat 153 Calories, Carbohydrate 93 Calories, Ca 0.156, P 0.153, Fe 0.00110 grams.

SAUCES

94 MEDIUM WHITE SAUCE

1½ tbsp. butter
1 tsp. salt
Dash pepper
2 tbsp. flour
1 cup boiling water
1 cup Evaporated Milk

Melt butter in top of double boiler. Add salt, pepper and flour and mix thoroughly. Do not let flour brown. Add boiling water, stirring to keep smooth. Cook directly over flame 2 minutes, stirring constantly. Add Evaporated Milk and continue cooking over hot water 5 minutes longer, stirring occasionally. Yield: 1¾ cups.

Total 577 Calories. Protein 77 Calories, Fat 344 Calories, Carbohydrate 156 Calories, Ca 0.656, P 0.522, Fe 0.00148 grams.

95 TARTAR SAUCE

½ cup hot medium white sauce
½ cup mayonnaise
½ tbsp. chopped chives
½ tbsp. chopped capers
½ tbsp. chopped olives
½ tbsp. chopped parsley

To white sauce add remaining ingredients. Stir constantly until thoroughly heated. Serve with fish. Yield: 6 servings.

One serving: Total 90 Calories. Protein 4 Calories, Fat 78 Calories, Carbohydrate 8 Calories, Ca 0.049, P 0.028, Fe 0.00015 grams.

SOUPS

96 CREAM OF ASPARAGUS SOUP

4 bunches fresh or
2 No. 1 cans asparagus
1 slice medium onion
1 tbsp. chopped parsley
2 tbsp. butter
4 tbsp. flour
2 tsp. salt
2¼ cups chicken or meat broth
1¾ cups Evaporated Milk

Remove scales and tough outside portions from lower end of stalks. Wash and cut off the tips about two inches long. Cook stalks, onion and parsley in enough water to cover until almost done. Add tips and finish cooking, about 10 minutes longer. Remove tips. Press stalks through a sieve. (If canned asparagus is used, press stalks through sieve and reserve tips.) There should be 2¾ cups pulp and liquid. If not, add water. In the meantime prepare a white sauce of the butter, flour, salt, broth and Evaporated Milk. Add pulp and reheat. When ready to serve add asparagus tips. Yield: 8 servings.

One serving: Total 145 Calories. Protein 25 Calories, Fat 69 Calories, Carbohydrate 51 Calories, Ca 0.174, P 0.159, Fe 0.00144 grams.

97 CREAM OF BEET SOUP

1 medium onion
1 tbsp. butter
1 cup water
1 cup chopped canned beets
½ cup meat stock
1 tsp. salt
Pepper
1 cup Evaporated Milk

Cut onion fine and cook slowly in butter until yellow. Add water, beets and meat stock and simmer until onions are tender. Add salt and pepper. Last add Evaporated Milk that is heated to scalding point. Serve at once. Yield: 3 cups.

One cup: Total 185 Calories. Protein 27 Calories, Fat 97 Calories, Carbohydrate 61 Calories, Ca 0.244, P 0.204, Fe 0.00095 grams.

98 CREAM OF LIMA BEAN SOUP

1 cup lima beans
 1½ qts. cold water
 4 slices medium carrot
 2 slices medium onion
 4 sprigs parsley
 1 tsp. peppercorns
 2 cups Evaporated Milk
 1 tbsp. Worcestershire Sauce
 Few drops Tabasco Sauce
 (if desired)
 2 tsp. salt

Wash beans, cover with water and soak several hours. Drain. Add water and cook slowly until tender, about 1 hour. After cooking ½ hour, add vegetables and peppercorns. When beans are tender, rub through a sieve. There should be 3 cups of pulp and liquid. If not, add water. In the meantime have Evaporated Milk heated to scalding point. Combine bean pulp and seasonings with milk just before serving. Yield: 6 servings.

One serving: Total 206 Calories. Protein 41 Calories, Fat 63 Calories, Carbohydrate 102 Calories, Ca 0.234, P 0.254, Fe 0.00223 grams.

99 STRING BEAN SOUP

2 cups cooked string beans
 1 cup boiling water
 2 tbsp. butter
 2 tbsp. flour
 ¾ cup scalded Evaporated Milk
 Pinch salt
 Pepper
 Paprika

Chop string beans into small pieces. Add boiling water and boil 5 minutes. Melt butter, add flour and blend well, then add scalded Evaporated Milk. Pour into first mixture and boil until soup thickens, stirring constantly. Season with salt, pepper and paprika. Yield: 4 servings.

One serving: Total 184 Calories. Protein 26 Calories, Fat 92 Calories, Carbohydrate 66 Calories, Ca 0.178, P 0.162, Fe 0.00161 grams.

100 CREAM OF CARROT SOUP

1 medium onion
 2 tbsp. butter
 ½ cup fine bread crumbs
 1 qt. chicken or meat broth
 1 tsp. salt
 Dash pepper
 1 tbsp. sugar
 2 cups strained cooked carrots
 1 cup Evaporated Milk

Cook chopped onion slowly in butter 5 minutes, without browning. Add crumbs, broth, salt, pepper and sugar. Simmer 20 minutes. Add carrots and Evaporated Milk. Reheat and serve at once. Yield: 6 servings.

One serving: Total 178 Calories. Protein 32 Calories, Fat 70 Calories, Carbohydrate 76 Calories, Ca 0.153, P 0.130, Fe 0.00079 grams.

101 CREAM OF CAULIFLOWER SOUP

1 small head cauliflower
 ¾ tsp. salt
 1 qt. boiling water
 1 bouillon cube
 2 tbsp. flour
 2 tbsp. cold water
 1 cup Evaporated Milk
 1 tbsp. butter
 Pepper

Wash cauliflower, trim and separate into flowerets. Cook flowerets and tender green leaves in an open kettle in boiling salted water until tender. Cooking requires from 5 to 7 minutes. Drain off liquid and to it add enough boiling water to make one pint. Add bouillon cube and heat slowly to dissolve. Blend flour and water to a smooth paste. Add to bouillon liquid stirring to keep smooth. Boil briskly 2 or 3 minutes. Add Evaporated Milk, butter and finely chopped cauliflower, of which there should be 1½ cups. Add dash pepper and more salt if desired. Reheat and serve at once. Yield: 3¾ cups or 4 servings.

One serving: Total 153 Calories. Protein 25 Calories, Fat 76 Calories, Carbohydrate 52 Calories, Ca 0.265, P 0.180, Fe 0.00086 grams.

102 CREAM OF CELERY SOUP

2 cups sliced celery
 1 slice onion
 2 cups water
 1 tbsp. butter
 1 tbsp. flour
 1 tsp. salt
 2 cups boiling water
 2 cups Evaporated Milk
 1 cup meat broth
 1/8 tsp. pepper
 1 egg

Cook celery and onion in 2 cups of water until soft. Drain celery. Put through a food chopper and return pulp to liquid. Prepare a white sauce of the butter, flour, salt, water, milk and meat broth in a double boiler. Add celery pulp, liquid and pepper. Continue cooking 10 minutes. Beat egg slightly and add to soup. Stir thoroughly and cook two minutes longer. Serve immediately. Yield: 6 servings.

One serving: Total 158 Calories. Protein 30 Calories, Fat 85 Calories, Carbohydrate 43 Calories, Ca 0.257, P 0.199, Fe 0.00091 grams.

103 CREAM OF ONION SOUP

2 bunches green onions or
 3 dry onions, chopped
 3 tbsp. butter
 3 cups beef broth
 2 1/4 cups Evaporated Milk
 Dash cayenne
 Salt and pepper
 3 stale rolls, cut in halves
 1 cup grated cheese

Saute onions in butter for a few minutes, being careful not to brown them. Add broth, and simmer until onions are tender, then add milk and seasonings. Pour into a baking dish over rolls. Sprinkle rolls with cheese and set under broiling flame to toast the cheese. Yield: 6 servings.

One serving: Total 293 Calories. Protein 45 Calories, Fat 157 Calories, Carbohydrate 91 Calories, Ca 0.350, P 0.287, Fe 0.00096 grams.

104 CREAM OF PEA SOUP

1 No. 2 can peas (2 1/4 cups)
 Cold water
 1 slice medium onion
 1 1/2 tsp. sugar
 1 tsp. salt
 1 tbsp. flour
 1 tbsp. butter
 1/2 tsp. salt
 Dash pepper
 1 cup boiling water or meat broth
 1 cup Evaporated Milk

Drain liquid from peas. Add water to liquid to make 1 pint and return to peas. Add onion, sugar and salt, and simmer 5 minutes. Rub through a coarse sieve. There should be 2 1/2 cups of pulp and liquid. If not, add water. In the meantime, prepare a white sauce of the remaining ingredients. Add pea puree to hot white sauce. Yield: 6 servings.

One serving: Total 116 Calories. Protein 20 Calories, Fat 49 Calories, Carbohydrate 47 Calories, Ca 0.187, P 0.121, Fe 0.00073 grams.

105 CREAM OF PEA SOUP (CANNED)

1 1/4 cups boiling water
 1 can pea soup (1 1/4 cups)
 1 cup Evaporated Milk
 2 slices medium onion
 1 tbsp. sugar
 1/2 tsp. salt

Add boiling water to soup. Scald the Evaporated Milk with the onion in the top part of a double boiler. Remove onion from milk. Add the soup, sugar and salt, stirring thoroughly. Serve immediately. Yield: 4 servings.

One serving: Total 166 Calories. Protein 32 Calories, Fat 56 Calories, Carbohydrate 78 Calories, Ca 0.221, P 0.152, Fe 0.00032 grams.

106 CREAM OF SPINACH SOUP

1 large onion, sliced
 2 $\frac{3}{4}$ tbsp. butter
 3 cups meat broth
 $\frac{3}{4}$ cup bread crumbs
 $\frac{3}{4}$ tsp. salt
 Dash pepper
 1 $\frac{1}{2}$ tbsp. flour
 3 tbsp. cold water
 2 $\frac{1}{4}$ cups sifted spinach
 1 $\frac{1}{2}$ cups Evaporated Milk

Cook onion slowly in butter, 5 minutes without browning. Add broth, bread crumbs, salt and pepper and simmer 20 minutes. Mix flour and cold water to a paste, add to soup and cook 10 minutes longer. Add spinach and Evaporated Milk. Reheat and serve at once. Yield: 6 servings (5 cups).

One serving: Total 229 Calories. Protein 38 Calories, Fat 112 Calories, Carbohydrate 79 Calories, Ca 0.248, P 0.218, Fe 0.00323 grams.

107 CREAM OF TOMATO SOUP

2 $\frac{1}{3}$ cups tomatoes
 2 sprigs parsley
 2 slices onion
 1 stalk celery
 $\frac{1}{4}$ tsp. thyme
 Bit bay leaf
 $\frac{1}{2}$ tsp. peppercorns
 4 cloves
 1 $\frac{1}{2}$ tsp. sugar
 1 tsp. salt
 1 tbsp. butter
 1 tbsp. flour
 Dash pepper
 1 cup boiling water
 1 cup Evaporated Milk

Boil tomatoes with seasonings 5 minutes, then rub through a sieve. There should be 2 cups of liquid and pulp. If not, add water. In the meantime, prepare a white sauce of the remaining ingredients. When ready to serve, pour tomato mixture slowly into hot white sauce, stirring to blend well. Yield: 4 servings.

One serving: Total 162 Calories. Protein 25 Calories, Fat 75 Calories, Carbohydrate 62 Calories, Ca 0.179, P 0.028, Fe 0.00092 grams.

VEGETABLES

108 CREAMED ASPARAGUS

1 tbsp. butter
 1 tsp. salt
 Dash pepper
 1 tbsp. flour
 1 cup boiling water
 1 cup Evaporated Milk
 2 bunches asparagus

Prepare a white sauce of the butter, salt, pepper, flour and diluted milk. Clean asparagus, tie in bunch and cook with tips up in boiling salted water until tender. Drain and add to white sauce. Yield: 6 servings.

One serving: Total 98 Calories. Protein 18 Calories, Fat 49 Calories, Carbohydrate 31 Calories, Ca 0.129, P 0.115, Fe 0.00109 grams.

109 GREEN BEANS WITH CHEESE

1 $\frac{1}{2}$ qts. tender green beans
 1 tbsp. butter
 $\frac{1}{2}$ lb. American cheese
 1 cup Evaporated Milk
 Paprika

String and wash beans and cook in boiling salted water until tender. (If canned beans are used cook 5 minutes in their own liquid.) Drain. Melt butter in saucepan. Add cheese cut fine and heat slowly until melted, then add Evaporated Milk and continue heating until well blended. Pour over hot beans and sprinkle with paprika. Yield: 6 servings.

One serving: Total 292 Calories. Protein 66 Calories, Fat 173 Calories, Carbohydrate 53 Calories, Ca 0.517, P 0.407, Fe 0.00204 grams.

110 CREAMED CABBAGE

1 small head of cabbage
Boiling water
1 tsp. salt
1¾ cups Thin White Sauce (p. 49)

Select green, crisp cabbage. Trim and chop coarsely. Wash quickly in cold water. Cook rapidly in an uncovered kettle in boiling water to which salt has been added. Cook until tender—6 to 10 minutes. Drain cabbage. In the meantime, prepare white sauce. Add sauce to cabbage while hot. Yield: 6 servings.

One serving: Total 118 Calories. Protein 16 Calories, Fat 63 Calories, Carbohydrate 39 Calories, Ca 0.135, P 0.102, Fe 0.00078 grams.

111 CREAMED CARROTS

1 bunch carrots
1 tbsp. sugar
1 tsp. salt
1 tbsp. butter
2 tbsp. flour
1 cup Evaporated Milk
1 cup water or meat stock
Pepper

Wash, scrape and cut the carrots lengthwise. Cook in boiling water to which the sugar and salt have been added. Make a white sauce of the butter, flour, Evaporated Milk and stock. Add the drained carrots and season with pepper. Yield: 5 servings.

One serving: Total 153 Calories. Protein 19 Calories, Fat 60 Calories, Carbohydrate 74 Calories, Ca 0.181, P 0.145, Fe 0.00083 grams.

112 PARSLEY CARROTS

1 bunch new carrots
½ tsp. salt
1 tsp. sugar
2 tbsp. butter
1 tbsp. chopped parsley

Wash carrots and scrape off outer skin. Slice crosswise or lengthwise. Cover with boiling water, add salt and sugar and cook in a covered kettle until tender. Cooking requires about 15 or 20 minutes, depending upon the age of carrots and the thickness of the slices. The cooking water should be evaporated rather than drained off.

increasing the heat. Watch this process practically dry, add the butter, then the parsley. Turn into a warm dish and serve immediately. Yield: 5 servings.

One serving: Total 86 Calories. Protein 4 Calories, Fat 40 Calories, Carbohydrate 42 Calories, Ca 0.063, P 0.051, Fe 0.00067 grams.

113 BRAISED CELERY

3 cups celery
4 tbsp. butter or ham fat
½ tsp. salt
½ cup water
1 bouillon cube

Cut celery in pieces from 1 to 2 inches long. Melt butter or fat in sauce pan. Add celery and salt. Cover closely and cook over a low flame three or four minutes, stirring often. Add water and bouillon cube. Finish cooking with cover removed. Tender celery will require only 5 or 6 minutes of cooking. This is a good way to use outside stalks of celery. A very delicious vegetable when carefully prepared. Yield: 4 servings.

One serving: Total 128 Calories. Protein 4 Calories, Fat 110 Calories, Carbohydrate 14 Calories, Ca 0.086, P 0.042, Fe 0.00057 grams.

114 CREAMED CUCUMBERS

2 medium sized cucumbers
 ½ tsp. salt
 1 pt. boiling water
 1 cup Evaporated Milk
 diluted with
 1 cup chicken stock
 2 tbsp. flour
 2 tbsp. butter
 ½ tsp. salt
 Dash pepper

Pare, then cut cucumbers in ½ inch dice. Cook in boiling water to which salt has been added. About 5 minutes are required for cooking. Drain, and add white sauce prepared of diluted milk, flour, butter, salt and pepper. Serve very hot. Yield: 6 servings.

One serving: Total 122 Calories. Protein 16 Calories, Fat 68 Calories, Carbohydrate 38 Calories, Ca 0.125, P 0.119, Fe 0.00044 grams.

115 HOMINY AU GRATIN

1 No. 2 can hominy
 Salt
 Pepper
 ½ cup Evaporated Milk
 ½ cup buttered bread crumbs
 1 tbsp. butter
 ½ cup grated cheese

Empty the contents of the can of hominy into a sauce pan. Boil until the water is mostly evaporated. Season with salt and pepper. Add Evaporated Milk and put into buttered casserole. Sprinkle with buttered crumbs and cheese and bake one hour in a slow oven (325° F.). Yield: 6 servings.

One serving: Total 146 Calories. Protein 20 Calories, Fat 50 Calories, Carbohydrate 76 Calories, Ca 0.095, P 0.093, Fe 0.00041 grams.

116 CREAMED POTATOES

6 medium potatoes
 1½ qts. boiling water
 2 tsp. salt
 2 tbsp. butter
 2 tbsp. flour
 ½ tsp. salt
 Dash pepper
 1 cup water drained from potatoes
 1 cup Evaporated Milk
 Finely minced parsley

Pare potatoes and cook until tender in boiling water to which salt is added. Drain. Prepare a white sauce of butter, flour, salt, pepper, water and milk. Dice or slice potatoes, add white sauce and reheat. When ready to serve, add parsley. Cold boiled potatoes may be used, if they are added to the white sauce after it has first thickened and the cooking is continued over hot water 15 minutes. Yield: 6 servings.

One serving: Total 205 Calories Protein 24 Calories, Fat 67 Calories, Carbohydrate 114 Calories, Ca 0.126, P 0.156, Fe 0.00181 grams.

117 ESCALLOPED POTATOES

6 medium potatoes
 2 tsp. salt
 Pepper
 1 cup boiling water
 ¾ cup cheese
 1 cup Evaporated Milk

Pare and slice potatoes. Arrange in a buttered baking dish in layers, sprinkling each with salt and pepper. Add water and bake in a hot oven (425° F.) 20 minutes, then add cheese and milk and finish baking in a slow oven (250° F.). Yield: 6 servings.

One serving: Total 189 Calories. Protein 30 Calories, Fat 54 Calories, Carbohydrate 105 Calories, Ca 0.191, P 0.202, Fe 0.00187 grams.

118 MASHED POTATOES

6 medium sized potatoes
 1½ quarts boiling water
 2 tsp. salt
 Dash pepper
 2 tbsp. butter
 ½ cup Evaporated Milk
 diluted with
 ½ cup boiling water, drained
 from potatoes

Pare potatoes and cook until tender in boiling water to which salt is added, about 20 minutes. Drain and force through a potato ricer. Add pepper, butter and hot diluted milk. Beat until white and fluffy. More diluted milk may be added. Pile lightly on a hot dish. Many like minced parsley, cress or grated onion added to mashed potato. Yield: 5 servings (4 cups).

One serving: Total 216 Calories. Protein 24 Calories, Fat 72 Calories, Carbohydrate 120 Calories, Ca 0.118, P 0.179, Fe 0.00212 grams.

119 POTATO CAKES

2 cups mashed potato
 1 egg, beaten
 ½ cup Evaporated Milk
 Salt and pepper

Potatoes should be rather dry. If soft, less liquid will be required. Combine ingredients in order given. Form into 8 even sized cakes. Saute in hot fat until a golden brown on both sides. Serve immediately. Yield: 4 servings.

One serving: Total 246 Calories. Protein 37 Calories, Fat 96 Calories, Carbohydrate 113 Calories, Ca 0.197, P 0.241, Fe 0.00232 grams.

120 CREAMED SPINACH

½ pk. spinach
 1½ tbsp. butter
 2 tbsp. flour
 ½ tsp. salt
 Dash pepper
 1 cup boiling water
 1 cup Evaporated Milk
 1 tsp. salt
 Pepper

Wash spinach carefully to remove all grit. Cook in an uncovered kettle without the addition of water 10 minutes. In the meantime prepare a white sauce of the butter, flour, salt, pepper, water and milk. Drain spinach. Add salt and pepper. Turn into a hot serving dish and cover with white sauce. Yield: 6 servings.

One serving: Total 116 Calories. Protein 20 Calories, Fat 60 Calories, Carbohydrate 36 Calories, Ca 0.180, P 0.158, Fe 0.00401 grams.

121 ESCALLOPED TOMATOES

2 tbsp. butter
 Few slices onion or green pepper
 2 cups tomatoes, fresh or canned
 1 tsp. sugar
 Dash celery salt
 ½ tsp. salt
 Pepper
 ⅔ cup soft bread crumbs

Melt the butter in a frying pan. Add onion or pepper. Cook until tender but not brown. Add tomatoes, sugar, celery salt, salt and pepper and heat to the boiling point. Put alternate layers of tomatoes and bread crumbs into an oiled baking dish (one holding from 1½ to 2 pints). Bake in a hot oven (400° F.) about ten minutes. Serve very hot. Yield: 3 servings.

One serving: Total 149 Calories. Protein 13 Calories, Fat 77 Calories, Carbohydrate 59 Calories, Ca 0.022, P 0.051, Fe 0.00072 grams.



IX. Caloric and Mineral Values of Some Common Measures of Food

FOOD	AMOUNT		CALORIES				MINERALS		
	Portion	Oz.	Total	Prot.	Fat	Carbo.	Calc.	Phos.	Iron
CEREALS									
Bread crumbs, stale.....	1 cup	3.0	236	34	11	191	.025	.080	.00080
Bread, rye.....	2½ slices								
	3½x4x¼	1.4	100	13	2	85	.011	.035	.00035
Bread, rye.....	Slice								
	3½x4x¼	0.6	38	5	1	32	.033	.019	.00013
Bread, white.....	4 slices								
	3x3½x¼	1.4	100	14	6	80	.011	.035	.00035
Bread, wholewheat, raisin.....	Slice								
	3½x3½x½	1.3	100	11	10	79	.020	.071	.00065
Cornstarch.....	1 tbsp.	0.3	34			34			
Cornstarch.....	1 cup	4.5	459			459	.005	.053	.00030
Cracker crumbs.....	1 tbsp.	0.3	29	3	4	22	.002	.008	.00012
Crackers, graham.....	2½ crackers								
	2½x2½x¼	0.8	100	9	20	71			
Crackers, soda.....	4 crackers								
	2½x2½	0.9	100	10	20	70	.006	.025	.00036
CROUTONS (toasted).....	27 croutons								
	½" cubes	1.4	100	14	4	82	.011	.035	.00035
Farina, cooked.....	¾ cup	6.0	100	12	4	84	.006	.035	.00022
Farina, uncooked.....	1 tbsp.	0.3	34	4	1	29	.002	.012	.00007
Flour, buckwheat.....	1 tbsp.	0.4	40	3	1	36	.005	.032	.00017
Flour, graham.....	1 cup	5.0	508	75	28	405	.055	.505	.00500
Flour, rye.....	1 cup	5.0	496	38	12	446	.025	.410	.00175
Flour, wheat, whitesifted	1 tbsp.	0.3	25	3	1	21	.001	.006	.00005
Flour, wheat, whitesifted	4 tbsp.	1.0	100	12	3	85	.006	.026	.00023
Flour, wheat, white, unsifted.....	1 tbsp.	0.3	33	4	1	28	.002	.009	.00008
Flour, wheat, white, unsifted.....	1 cup	4.5	451	57	11	383	.027	.117	.00103
Flour, wholewheat, sifted	4½ tbsp.	1.0	100	15	5	80	.009	.066	.00070
Flour, wholewheat, sifted	1 cup	3.9	400	60	20	320	.036	.264	.00280
Grapenuts.....	¼ cup	1.0	100	12	2	86			
Hominy grits, cooked....	⅔ cup	6.8	100	9	1	90	.002	.027	.00025
Hominy grits, cooked....	1 cup	9.0	141	13	2	126	.003	.040	.00037
Hominy grits, uncooked..	1 cup	5.5	553	52	8	493	.011	.148	.00137
Lady fingers.....	2-4 fingers	1.0	100	10	13	77			
Macaroni, cooked.....	¾ cup	5.8	100	15	2	83	.006	.040	.00033
Macaroni, uncooked....	¾ cup								
	1" pieces	1.0	100	15	2	83	.006	.040	.00033
Macaroons.....	2	0.8	100	6	33	61			
Nabisco wafers.....	5 nabiscoes								
	2½x1x¼	0.7	100	?	?	?			
Oats, rolled, uncooked..	¼ cup	0.9	100	17	16	67	.017	.099	.00096
Oats, rolled, cooked....	½-¾ cup	4.8	100	17	16	67	.017	.099	.00096
Popcorn, popped.....	1½ cups	0.9	100	11	11	78	.006	.102	.00079
Popcorn, unpopped.....	½ cup	0.9	100	11	11	78	.006	.102	.00079
Pretzels.....	5 pretzels	1.0	100	14	6	80			
Rice, steamed.....	¾ cup	4.0	100	9	1	90	.001	.027	.00026
Rice, uncooked.....	2 tbsp.	1.0	100	9	1	90	.001	.027	.00026
Rice, uncooked.....	1 cup	7.0	696	63	6	627	.007	.189	.00182

E A T I N G · F O R · E F F I C I E N C Y

FOOD	AMOUNT		CALORIES				MINERALS		
	Portion	Oz.	Total	Prot.	Fat	Carbo.	Calc.	Phos.	Iron
CEREALS (Cont.)									
Rolls, French.....	1 roll	1.3	100	12	8	80
Tapioca.....	2 tbsps.	1.0	100	100	.004	.025	.00045
Tapioca.....	1 cup	6.5	653	3	2	648	.026	.162	.00292
Wheat, flaked, cooked...	$\frac{3}{4}$ cup	6.0	100	13	5	82	.013	.118	.00140
Wheat, flaked, uncooked	$\frac{1}{4}$ cup	1.0	100	13	5	82	.013	.118	.00140
Wheat, flaked, uncooked	1 cup	3.0	309	46	10	253	.039	.354	.00420
Wheat, puffed.....	2 cups	1.0	100	13	5	82	.013	.118	.00140
Wheat, shredded.....	1 biscuit	1.0	100	13	5	82	.013	.118	.00140
Zwieback.....	3 pieces
	$3\frac{1}{4} \times 1\frac{1}{4} \times \frac{1}{2}$	0.8	100	9	21	70
CHEESE									
Cheese, American.....	$1\frac{1}{2}$ " cube	0.8	100	26	74212	.156	.00030
Cheese, cottage.....	5 tbsps.	3.2	100	76	9	15	.212	.156	.00030
Cheese, full cream.....	Piece
	$2 \times 1 \times \frac{3}{8}$	0.9	100	25	72	3	.212	.156	.00030
EGGS									
Eggs, in shell.....	1 egg	1.9	70	25	45032	.085	.00144
Eggs, whites.....	1 white	1.0	14	13	1003	.003	.00003
Eggs, yolks.....	1 yolk	0.6	56	11	45020	.066	.00128
FISH									
Clams.....	12 clams or
	$\frac{3}{4}$ cup	7.6	100	56	8	36	.229	.100	.00970
Cod steak, uncooked....	Piece
	$3\frac{3}{4} \times 2\frac{1}{2} \times 1$	4.9	100	94	6026	.276	.00132
Crab meat, canned.....	$\frac{3}{4}$ cup	4.4	100	79	17	4	.022	.230	.00110
Flounder, fresh, entrails removed.....	1 fish 8" long without head and tail	12.5	100	91	9025	.264	.00127
Halibut steak, cooked...	Piece
	$3 \times 1\frac{1}{4} \times 1$	3.0	100	61	39016	.172	.00083
Lobster, canned.....	$\frac{3}{4}$ cup	4.2	100	86	12	2	.024	.253	.00121
Mackerel, Spanish, fresh, entrails removed.....	Cross section $2\frac{1}{2}$ " on back	4.5	100	60	40016	.172	.00083
Oysters.....	$\frac{3}{8}$ cup solids or 6-15	7.2	100	49	24	27	.106	.306	.00893
Salmon, canned.....	$\frac{1}{2}$ cup	1.8	100	45	55012	.126	.00061
Sardines, canned.....	4 sardines 3" long	1.3	100	34	66010	.103	.00050
Shrimp, canned, without oil.....	20 shrimps $\frac{3}{8}$ cup	3.2	100	91	8	1	.025	.264	.00127
Smelts, whole.....	2 fish 6" long	7.1	100	82	18023	.241	.00116
Tuna fish, canned.....	$\frac{1}{2}$ cup	2.8	100	70	30020	.207	.00110
FRUITS									
Apple, fresh, whole....	1 large	7.5	100	3	5	92	.012	.020	.00048
Apple sauce.....	$\frac{3}{4}$ cup	3.5	100	1	3	96	.012	.020	.00048
Apricots, canned.....	3 large halves and 2 tbsps. juice	4.8	100	5	95	.023	.044	.00052
Apricots, dried.....	9 halves	1.3	100	7	3	90	.023	.044	.00052
Avocado (alligator pear)	1 medium	8.2	205	10	153	42

E A T I N G · F O R · E F F I C I E N C Y

FOOD	AMOUNT		CALORIES				MINERALS		
	Portion	Oz.	Total	Prot.	Fat	Carbo.	Calc.	Phos.	Iron
FRUITS (Cont.)									
Bananas in skins.....	1 medium	5.5	100	5	6	89	.009	.031	.00061
Blackberries, fresh.....	½ cup (50 berries)	6.1	100	9	16	75	.029	.058	.00104
Cantaloupe.....	1 melon 4½" diam.	18.0	100	6	94	.044	.038	.00071
Cherries, candied.....	10 medium cherries	1.0	100	1	99	.025	.039	.00051
Cherries, stoned, fresh..	1 cup	4.5	100	5	9	86	.025	.039	.00051
Cherries, sweet, fresh...	20 cherries ¾" diam.	4.7	100	5	9	86	.025	.039	.00051
Citron, dried.....	Piece 1¼x1x1	1.1	100	100	.037	.010	.00099
Cranberries, fresh.....	2 cups	7.6	100	3	12	85	.039	.027	.00129
Currants, dried.....	1 cup	5.5	502	15	24	463	.130	.306	.00426
Currants, dried.....	⅛ cup	1.1	100	3	5	92	.026	.061	.00087
Dates, unstoned.....	3-4 dates	1.1	100	2	7	91	.019	.016	.00086
Figs, dried.....	1½ large	1.1	100	5	1	94	.051	.037	.00095
Figs, fresh, A.P.....	3 small 1½" diam.	4.3	100	5	1	94	.051	.037	.00095
Grapefruit, in skin.....	½ large	10.0	100	7	4	89	.040	.036	.00058
Grape juice.....	½ cup	3.5	100	100	.011	.011	.00030
Grapes, Concord.....	1 lgc. bunch	4.9	100	5	15	80	.019	.032	.00031
Grapes, Malaga.....	20-25 grapes	3.7	100	5	15	80	.019	.032	.00031
Huckleberries, fresh...	1 cup	4.7	100	3	7	90	.027	.011	.00120
Lemons, whole.....	3 large	11.4	100	9	15	76	.081	.049	.00135
Lemons, whole.....	1 medium	3.4	30	3	4	23	.027	.016	.00045
Lemon juice.....	1 tbsp.	0.5	5	5	.003
Lemon juice.....	1½ cups	9.0	100	100	.060
Loganberry juice.....	¾ cup	2.3	100	100
Olives, green, unstoned..	6-8 olives	1.6	100	1	83	16	.041	.004	.00097
Olives, ripe, unstoned...	6-8 olives	1.7	100	3	90	7	.041	.004	.00097
Orange juice.....	1 tbsp.	0.5	6	6	.003	.001	.00002
Orange juice.....	1 cup	8.2	100	100	.067	.037	.00046
Oranges, whole.....	1 large	9.5	100	7	2	91	.088	.040	.00039
Oranges, whole.....	1 medium	7.6	80	6	1	73	.070	.032	.00031
Peaches, canned.....	2 lgc. halves 3 tbsp. juice	7.5	100	6	2	92	.038	.057	.00073
Peaches, fresh, whole...	3 medium	10.5	100	6	3	91	.038	.057	.00073
Pears, canned.....	3 halves 3 tbsp. juice	4.7	100	2	4	94	.024	.041	.00047
Pears, fresh, whole.....	2 medium	6.3	100	4	6	90	.024	.041	.00047
Pineapple, canned.....	1 slice 3 tbsp. juice or ¼ cup shredded	2.3	100	1	4	95	.041	.064	.00116
Pineapple, canned, shredded.....	1 cup	8.5	369	4	15	350	.147	.230	.00417
Pineapple, fresh.....	2 slices 1" thick	8.2	100	4	6	90	.041	.064	.00116
Plums, fresh, whole....	3-4 large	4.4	100	5	95	.024	.038	.00059
Prune Pulp.....	1 tbsp.	0.5	20	1	19	.004	.007	.00020
Prune Pulp.....	4¾ tbsp.	2.8	100	3	97	.018	.035	.00100
Prunes, dried.....	4 medium	1.4	100	3	97	.018	.035	.00100
Prunes, stewed, sweetened.....	2 prunes 2 tbsp. juice	2.8	100	2	98	.018	.035	.00100
Pumpkin, cooked.....	1 cup	6.5	70	7	4	59	.062	.160	.00091

E A T I N G · F O R · E F F I C I E N C Y

FOOD	AMOUNT		CALORIES				MINERALS		
	Portion	Oz.	Total	Prot.	Fat	Carbo.	Calc.	Phos.	Iron
FRUITS (Cont.)									
Pumpkin, cooked	1½ cups	9.3	100	10	6	84	.089	.229	.00130
Raisins	¼ cup seeded or 2 tbsp. seedless	1.0	100	3	9	88	.019	.038	.00139
Raisins, seeded	1 cup	5.0	489	15	42	432	.095	.190	.00695
Raspberries, fresh	1½ cups	5.3	100	10	14	76	.074	.078	.00091
Squash, Hubbard, cooked	1 cup (scant)	7.7	100	12	10	78	.040	.061	.00130
Squash, summer	½ squash 5" diam.	15.6	100	12	8	80	.039	.035	.00130
Strawberries	1½ cups	9.0	100	10	14	76	.104	.072	.00205
Tomatoes, canned	2 cups (scant)	15.6	100	21	8	71	.050	.113	.00175
Tomatoes, fresh, whole	2-3 medium	15.5	100	16	16	68	.050	.113	.00175
Watermelon	¾" slice 6" diam.	11.7	100	5	6	89	.038	.010	.00099
MEATS									
Bacon, cooked	4-5 small slices	0.5	100	13	87001	.032	.00045
Beef, dried	4 thin slices 4"x5"	2.0	100	67	33012	.215	.00300
Beef, lean meat, uncooked	Slice 2¾x1½x1¾	2.3	100	55	45008	.151	.00210
Beef liver, raw	Slice 4x3x½	2.7	100	63	32	5	.009	.172	.00240
Beef, round, lean	Slice 2¾x1½x¾	2.3	100	55	45008	.151	.00210
Beef, sirloin steak, lean, broiled	Slice 2x1½x¾	2.0	100	47	53007	.129	.00180
Bologna sausage	Slice 2½" dia. ½" thick	1.5	100	32	67	1	.005	.086	.00120
Gelatin, granulated	1 tbsp. Slice	0.3	29	29
Ham, boiled	Slice 4¾x4x¾	1.3	100	29	71004	.075	.00105
Lamb chops, broiled	Lean meat of 1 chop 2x1½x¾	1.6	100	40	60006	.108	.00150
Lamb, leg, roast	Slice 3½x4½x¾	1.8	100	41	59006	.108	.00150
Pork chops, broiled	1 chop (lean meat only)	2.4	200	64	136009	.172	.00240
Sweetbreads	1 pair med. size	8.0	400	152	248022	.409	.00570
Veal cutlets, breaded	2/3 serving Slice	2.0	100	30	52	18	.005	.086	.00120
Veal leg, roast	Slice 2x2¾x¾	2.3	100	71	29010	.194	.00270
Veal liver, uncooked	Slice 3½x2½x¾	2.9	100	62	38009	.172	.00240
MILK & CREAM									
Buttermilk	1 cup	8.5	88	29	12	47	.297	.235	.00061
Cream, thick (40% fat)	1½ tbsp.	0.9	100	2	95	3	.020	.020	.00005
Cream, thin (18.5% fat)	1 tbsp.	0.6	30	1	26	3	.016	.014	.00003
Milk, condensed, sweet- ened	1½ tbsp.	1.1	100	11	23	66	.096	.072	.00020
Milk, condensed, sweet- ened	1 cup	10.0	915	99	209	607	.864	.648	.00180

FOOD	AMOUNT		CALORIES				MINERALS		
	Portion	Oz.	Total	Prot.	Fat	Carbo.	Calc.	Phos.	Iron
MILK & CREAM (Cont.)									
Milk, condensed, unsweetened or evaporated.....	5 tbsp.	2.1	106	20	56	30	.206	.156	.00040
Milk, condensed, unsweetened or evaporated milk.....	1 cup	9.4	347	69	178	100	.649	.502	.00128
Milk, malted.....	3 tbsp.	0.9	100	14	7	79
Milk, whole.....	$\frac{3}{4}$ cup	5.1	100	19	52	29	.174	.134	.00035
Milk, whole.....	1 cup	8.5	170	34	88	48	.296	.228	.00060
NUTS									
Almonds, chopped.....	1 cup	3.0	550	71	420	59	.203	.396	.00330
Brazil nuts, shelled.....	2 nuts	0.5	100	10	86	4
Butternuts.....	4-5 nuts	0.5	100	17	81	2
Filberts.....	8-10 nuts	0.5	100	9	84	7	.041	.050	.00057
Hickory nuts, in shell.....	12-15 nuts	0.5	100	9	85	6
Peanuts, chopped.....	1 tbsp.	0.3	50	9	32	9	.016	.036	.00018
Peanuts, shelled.....	20-24 single nuts	0.6	100	19	63	18	.013	.073	.00036
Pecans, shelled.....	12 meats	0.5	100	5	87	8	.012	.045	.00035
Pecans, shelled.....	1 cup	5.5	1145	60	990	95	.136	.513	.00399
Walnuts, English.....	8-16 meats or $\frac{1}{4}$ tbsp. chopped	0.5	100	11	82	7	.013	.015	.00030
Walnuts, English.....	1 cup chopped	3.0	600	63	493	44	.078	.090	.00180
OILS									
Bacon, fat.....	1 tbsp.	0.4	100	100
Butter.....	1 tbsp.	0.5	100	100002	.002	.00003
Butter.....	1 tsp.	36	36001	.001	.00001
Butter.....	1 square $1\frac{1}{4} \times 1\frac{1}{4} \times 1\frac{1}{4}$	0.3	50	50001	.001	.00001
Butter.....	1 cup	8.0	1744	8	1736034	.034	.00051
Crisco.....	1 tbsp.	0.4	100	100
Crisco.....	1 cup	6.3	1602	1602
Lard.....	1 tbsp. (scant)	0.4	100	100
Lard.....	1 cup	8.0	2042	2042
Oleomargarine.....	1 tbsp.	0.5	100	1	99
Oleomargarine.....	1 cup	7.0	1492	10	1482
Olive oil.....	1 tbsp.	0.4	100	100
Olive oil.....	1 cup	7.3	1881	1881
Suet.....	1 cup	3.5	749	19	730
POULTRY									
Chicken, canned, boned.....	$\frac{1}{4}$ cup	1.5	100	49	51007	.135	.00190
Turkey, dark meat, cooked.....	1 slice $4 \times 2\frac{1}{2} \times \frac{1}{4}$	1.8	100	80	20011	.215	.00300
Turkey, light meat, cooked.....	1 slice $4 \times 2\frac{1}{2} \times \frac{1}{4}$	1.9	100	75	25011	.205	.00285
SWEETS									
Corn syrup.....	$1\frac{3}{4}$ tbsp.	1.0	100	100
Corn syrup.....	1 tbsp.	0.6	56	56

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FOOD	AMOUNT		CALORIES				MINERALS		
	Portion	Oz.	Total	Prot.	Fat	Carbo.	Calc.	Phos.	Iron
SWEETS (Cont.)									
Honey.....	1 tbsp.	1.1	100	1	99	.002	.006	.00030
Maple sugar.....	Piece								
	1¼x1¼x½	1.1	100	100	.037	.003	.00100
Maple syrup.....	1½ tbsp.	1.2	100	100	.037	.003	.00100
Molasses.....	1½ tbsp.	1.2	100	3	97	.074	.015	.00255
Molasses.....	1 tbsp.	0.8	65	2	63	.051	.010	.00178
Sugar, granulated.....	2 tbsp.								
	(scant)	0.9	100	100
Sugar, granulated.....	1 cup	7.4	840	840
Sugar, loaf.....	4 pieces								
	1½x¾x¾	0.9	100	100
Sugar, powdered.....	2¾ tbsp.	0.9	100	100
Sugar, powdered.....	1 cup	6.0	680	680
VEGETABLES									
Asparagus, canned tips, drained.....	1 cup	6.0	50	18	7	25	.061	.088	.00225
Asparagus, fresh.....	20 stalks								
	8" long	15.9	100	32	8	60	.122	.177	.00451
Beans, lima, dried.....	1½ cup	1.0	100	21	4	75	.020	.096	.00200
Beans, lima, dried.....	1 cup	5.5	546	115	22	409	.108	.518	.01080
Beans, navy, dried.....	¾ cup								
	(scant)	1.0	100	26	5	69	.047	.137	.00203
Beans, navy, dried.....	1 cup	7.0	684	179	32	473	.319	.931	.01380
Beans, string.....	2½ cups								
	of 1" pieces	8.5	100	22	7	71	.110	.126	.00265
Beets, fresh.....	4 beets 2" diam. or (1½ cups sliced)	7.7	100	14	2	84	.064	.084	.00130
Brussels sprouts.....	1 qt. box	16.7	100	29	6	65	.086	.380	.00349
Cabbage.....	3½ cups chopped, 4-5 cups shredded	11.2	100	20	9	71	.143	.092	.00349
Carrots, fresh.....	1½ cups of ½" cubes (4-5 young carrots)								
	3-4" long	7.8	100	10	8	82	.124	.101	.00133
Carrots, fresh.....	1 tbsp. grated	0.4	5	1	4	.006	.005	.00007
Cauliflower.....	1 small head 4¼" diam.	11.5	100	23	15	62	.403	.200	.00197
Celery.....	4 cups ¼" pieces	19.1	100	24	5	71	.421	.201	.00270
Corn, canned.....	¾ cup	3.6	100	11	11	78	.006	.102	.00079
Corn, fresh, cut from cob	¾ cup	3.5	100	12	10	78	.006	.102	.00079
Corn, fresh, on cob.....	2 ears, 6" long	9.0	100	12	9	79	.006	.102	.00079
Cucumbers.....	2, 9" long	20.3	100	19	12	69	.090	.191	.00115
Kale, cooked.....	1 cup	3.0	37	10	4	23
Kohl-rabi.....	¾ lb.	100	26	3	71	.249	.186	.00194
Lettuce.....	2 large heads	18.5	100	25	14	61	.224	.224	.00785

FOOD	AMOUNT		CALORIES				MINERALS		
	Portion	Oz.	Total	Prot.	Fat	Carbo.	Calc.	Phos.	Iron
VEGETABLES (Cont.)									
Lettuce.....	2 large leaves	1.2	6	1	5	.011	.011	.00040
Mushrooms, fresh.....	20-25 mushrooms 1" diam.	7.9	100	31	8	61
Okra.....	5-6 pods	2.0	20	3	1	16
Onions.....	3-4 med.	7.2	100	13	6	81	.069	.093	.00100
Parsnips, whole.....	1, 7" long 2" diam.	6.8	100	10	7	83	.091	.117	.00090
Peas, canned, drained...	¾ cup	7.5	100	26	3	71	.026	.120	.00165
Peas, dried, split.....	1 tbsp.	0.5	46	13	1	32	.013	.060	.00082
Peas, dried, split.....	1 cup	7.5	675	187	17	471	.174	.804	.01105
Peas, green, shelled.....	¾ cup	3.5	100	28	4	68	.026	.120	.00165
Peppers, green.....	5, 3½" long	13.6	100	25	5	70	.034	.145	.00222
Potatoes, sweet, in skins	½ medium	3.6	100	6	5	89	.016	.037	.00041
Potatoes, sweet, baked...	½ medium	3.0	100	6	5	89	.016	.037	.00041
Potatoes, white, whole...	1 medium	5.3	100	11	1	88	.016	.069	.00156
Potatoes, white.....	¾ cup of ½" cubes	4.2	100	11	1	88	.016	.069	.00156
Radishes.....	3 doz. red button	12.0	100	18	3	79	.073	.098	.00205
Rhubarb, fresh.....	4 cups of 1" pieces	15.3	100	10	27	63	.189	.134	.00433
Rutabagas, uncooked...	1½ cups of ½" cubes	8.5	100	13	4	83	.185	.140
Rutabagas, whole.....	1 large 7½" long 4½" diam.	34.8	288	36	9	243	.518	.392
Sauerkraut.....	2½ cups packed	13.0	100	25	17	58	.143	.092	.00349
Spinach, cooked and chopped.....	2½ cups	18.7	100	12	8	80	.281	.285	.01506
Spinach, cooked and chopped.....	1 cup	8.5	43	15	5	23	.120	.122	.00647
Turnip greens, cooked...	2½ cups	15.4	100	36	7	57
Turnip greens, boiled...	1 cup	6.1	40	14	3	23
Turnips.....	2 cups of ½" cubes	9.0	100	13	5	82	.161	.117	.00127
Watercress.....	5 bunches 3" long 3" diam.	15.9	100	13	20	67
MISCELLANEOUS									
Chocolate, sweet milk...	Piece 2¼x1x½	0.7	100	7	58	35
Chocolate, unsweetened.	1 tbsp. grated	0.2	29	2	21	6	.005	.025	.00014
Chocolate, unsweetened.	1 square	173	15	124	34	.025	.127	.00074
Cocoa, powder.....	2½ tbsp.	0.7	100	18	52	30	.023	.143	.00054
Cocoa, powder.....	1 tbsp.	0.3	40	7	21	12	.009	.057	.00021
Jello.....	1 box	3.3	362	40	322
Soda water, plain.....	1 large glass	200	200
Yeast, compressed.....	1 cake	0.5	18	6	12
Yeast, compressed.....	6 cakes	3.0	100	32	68

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