1952

The Body Building Dishes for Children Cook Book

Ruth Berolzheimer [Editor]
Culinary Arts Institute

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A well-nourished child is a happy child
Vitamins are their spark plugs

Menus • Cereals • Soups • Chowders
Main Dishes • Vegetables • Salads
Breads • Sandwiches • Beverages
Cookies • Desserts • Candies

EDITED BY Ruth Berolzheimer
Director, Culinary Arts Institute

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Henrietta Dunlop • Louise Willey • Ethel J. Gans

Published by
Consolidated Book Publishers
153 N. Michigan Avenue, Chicago, Ill.
Printed in U. S. A.
1952
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Modern illustrations are of the greatest value to those who take pride in learning new methods of preparing food. Even more than the printed word, pictures show clearly and accurately modern procedure and the finished product. For the beautiful and instructive photographs in this book we are deeply grateful to:
The child's chief business is TO GROW—physically, mentally, emotionally and spiritually. Parents must see to it that, within their powers, nothing interferes with this orderly and vigorous growth.

Physical growth depends on plenty of fresh air, sunshine and sleep, on correct clothing and an adequate home, but above all it depends on the right foods. Children who live beyond the semitropics, do not have enough exposure to sunshine to prevent rickets. For this reason fish-liver oil supplying the necessary Vitamin D with Vitamin A must supplement every child's diet, no matter how good it is.

A High Vitamin Diet for Children Contains Daily:

One quart of milk
Two servings of fresh fruit, tomato or the citrus juices
One or more servings of fresh or cooked green, orange, yellow or red vegetables
One serving of a vitamin-carrying starchy vegetable such as potato, sweetpotato, brown or wild rice
At least one egg
One serving of fresh meat or fish, including liver, tripe or kidney, at least twice a week
Whole-grain cereal and whole-grain or enriched bread with butter twice

Provided with plenty of body-building food the child will make good use of it only if he has good eating habits. These habits depend almost entirely upon the behavior and attitudes of the grown-ups around him. His whole being is of sponge-like quality absorbing every whim and opinion to which he is exposed. If Daddy says "Liver was never intended to be eaten" and Aunt Minnie "can't digest spinach" and both tell the world about it, Junior thinks their opinions are important. Liver and spinach are henceforth off his menu. If adults have bad dining habits they should be kept a deep, dark secret from children. If parents agree that food will not be discussed at the table children will grow up to regard everything served as something they like and guests will usually respond to the same idea.

The little child should have a period of quiet before coming to the table. A child over-tired or over-excited will not eat as he should even though very hungry. Sometimes a dreamy or imaginative child will become so abstracted that he will not eat. A fairy story that points up his good food while he is casually fed a few forkfuls will usually bring his thoughts back to the table.

Attractive table settings and servings of food are really vital for all children but especially for the sensitive child.

Color is particularly important and should not be abandoned when the high chair days are past. Many times the charming mug and bowl of babyhood are replaced by the ugliest of cracked cast-offs for the growing child. No mistake could be more deadly. This period especially needs the stimulation of color and charm.

Many parents find themselves confronted one day with a three year old whose behavior is topsy-turvy. Instead of the good-natured finishing of the last mouthful, spoons are tossed across the room and the bowl of cereal is turned upside down. This is the period identified by psychologists as "the peak of resistance to his environment." The meek little girl says "I won't" to everybody and Junior is "mamma's little demon."

DON'T PUNISH. At 36 months this attack of malbehavior evaporates as suddenly as it has appeared. There will be no scars except when parents punish and fix some traits with smoldering resentments. Insist on feedings, but gently. Good humor is the only weapon to command and that usually works.

A little number after a recipe in a menu means that the recipe will be found in the booklet of that number.
## VITAMINS ARE THEIR SPARK PLUGS

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<th>Vitamin A</th>
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</tr>
<tr>
<td>Liver</td>
<td>AAA</td>
<td>BBB</td>
<td>C</td>
<td>GCOG</td>
</tr>
<tr>
<td>Milk, whole &quot;scalded&quot;</td>
<td>A</td>
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<td>C</td>
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<tr>
<td>Milk, evaporated</td>
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</tr>
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<td>Milk, skim, dried or fresh</td>
<td>—</td>
<td>BB</td>
<td>—</td>
<td>—</td>
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<tr>
<td>Mustard greens</td>
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<td>B</td>
<td>—</td>
<td>—</td>
</tr>
<tr>
<td>Oatmeal (dry)</td>
<td>— to A</td>
<td>BBB</td>
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<td>Okra</td>
<td>A</td>
<td>B</td>
<td>C</td>
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</tr>
<tr>
<td>Onions, uncooked</td>
<td>—</td>
<td>B</td>
<td>C</td>
<td>GG</td>
</tr>
<tr>
<td>Orange (or juice)</td>
<td>A</td>
<td>B</td>
<td>CC</td>
<td>G</td>
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<td>Parsnips</td>
<td>—</td>
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<td>C</td>
<td>—</td>
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<td>A to AA</td>
<td>B</td>
<td>C</td>
<td>G</td>
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<tr>
<td>Peanuts, Peanut butter</td>
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<td>BBB</td>
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<tr>
<td>Pears</td>
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<td>B</td>
<td>C</td>
<td>—</td>
</tr>
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<td>Peas, green</td>
<td>AA</td>
<td>BBB</td>
<td>C</td>
<td>—</td>
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<td>Pineapple, raw, canned</td>
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<tr>
<td>Pork</td>
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<td>BBB</td>
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<td>—</td>
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<td>Potatoes, white</td>
<td>A</td>
<td>B</td>
<td>C</td>
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<tr>
<td>Prunes</td>
<td>A to AA</td>
<td>BB</td>
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<td>B</td>
<td>C</td>
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<tr>
<td>Rice, brown</td>
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<td>C</td>
<td>—</td>
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<td>Roe, fish</td>
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<td>BB</td>
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<td>Rutabaga</td>
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<td>C</td>
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<td>B</td>
<td>-</td>
<td>GG</td>
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<td>CC</td>
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<td>CC</td>
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<td>C</td>
<td>—</td>
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<tr>
<td>Tomatoes, raw or canned</td>
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<td>B</td>
<td>C</td>
<td>—</td>
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<tr>
<td>Turnips</td>
<td>— to A</td>
<td>B</td>
<td>C</td>
<td>G</td>
</tr>
<tr>
<td>Turnip greens</td>
<td>AAAA</td>
<td>B</td>
<td>CC</td>
<td>GCOG</td>
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<tr>
<td>Walnuts</td>
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<td>Watermelon</td>
<td>—</td>
<td>BB</td>
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<td>—</td>
</tr>
<tr>
<td>Wheat bran or whole</td>
<td>—</td>
<td>BBB</td>
<td>—</td>
<td>C</td>
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<tr>
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<tr>
<td>Yeast</td>
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<td>—</td>
<td>—</td>
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<tr>
<td>Yeast bouillon</td>
<td>—</td>
<td>BBB</td>
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Calculated on per 100 grams of edible portion
MENUS
FOR THE PRESCHOOL CHILD

BREAKFASTS

Sliced Ripe Banana  
Oatmeal with Raisins  Milk  
Toasted Roll  
Orange Nog

Baked Pears  
Whole-Grain Cereal  Milk  
Zwieback  
Chocolate Milk

Orange Juice  
Farina  Milk  
Toast Sticks  
Crisp Bacon  Milk

Pineapple Juice  
Corn-Meal Mush  Milk  
Melba Toast  Milk

Orange Sections  
Scrambled Egg, 10  Milk

Strawberries  
Rolled Oats and Rice  Milk  
Zwieback  Milk

Prune Juice  
Shirred Egg  Toast  Milk

DINNERS

Monday  
Cream of Salmon Soup  
Baked Stuffed Onions  
with Lemon Butter  
Watercress and Lemon Butter  
Stewed Apricots  Milk

Tuesday  
Liver and Potato Pie  
Peas Cooked in Lettuce  
Minced Uncooked Cabbage  
with Lemon Juice  
Baked Custard  Milk

Wednesday  
Boned Halibut Baked in Milk  
Baked Potato  
Parsley Carrots  
Shredded Lettuce Sandwich  
Banana Royal  Milk

Thursday  
Creamed Egg and Asparagus  
Sandwich  
Carrot and Raisin Salad  
Sliced Peaches  
Old-fashioned Sugar Cookie  Milk

Friday  
Back Bay Fish Chowder  
Sliced Ripe Tomatoes  
Fresh Escarole Sandwich  
Brown Rice Pudding  
Apricot Shake

Saturday  
Broiled Beef Patties  
Cabbage Cooked in Milk  
Carrot Sticks  
Bread and Butter  
Prune Whip  Milk

Sunday  
Roast Chicken, 4  
Mashed Potato, 13  
Chopped Spinach  
Whole-Wheat Bread  Butter  
Jellied Fruit Salad  Orange Sherbet  Milk

SUPPERS

Monday  
Goldenrod Eggs on Toast  
Toasted Butter  
Jellied Tomato Juice  
Baked Apple  Milk

Tuesday  
Cream of Tomato Soup  
Egg and Uncooked Spinach  
Sandwich on Whole-wheat Spinach  
Sliced Orange and  
Ripe Banana

Wednesday  
Soft-cooked Egg on Toast, 10  
Buttered Spinach  
Bread and Butter  
Fruit Gelatin  Milk

Thursday  
Potato Soufflé  
Bread and Butter  
Prune and Cottage Cheese Salad  
Apricot Fluff  Custard Sauce  Milk

Friday  
Spaghetti with Tomato Sauce  
Buttered Kale  
Apple Salad  
Figs Stuffed with Prunes,  
Raisins and Nuts  Milk

Saturday  
Cream of Potato Soup,  
Buttered Beets  
Shredded Lettuce and Parsley  
Sponge Drops  Egg nog

Sunday  
Macaroni and Cheese  
Shredded Uncooked Cabbage  
Sandwich on Whole-wheat Bread  
Baked Banana  
Grape Juice Shake
FOR THE SCHOOL CHILD

BREAKFASTS

Orange Juice
Poached Egg
Toast Crisp Bacon
Hot Chocolate
Stewed Apricots
Buckwheat Grits Toast
Banana Milk Shake
Half Grapefruit
Whole-wheat Muffins Jam
Crisp Bacon Milk
Tomato Juice Scrambled Egg, 10 Toast Milk
Baked Apple, Milk Corn-meal Mush Molasses Milk
Prune Juice Shirred Egg Toast Chocolate Milk
Sliced Orange Waffles Brown Sugar Milk

LUNCHES

Monday
Liver Vegetable Soup Pineapple and Banana Salad Toast Animals Butterscotch Pudding
Tuesday
Peppers Stuffed with Macaroni Creamed Onions and String Beans Bread and Butter Baked Apple Milk
Wednesday
Farina Vegetable Ring Bread and Butter Watercress and Egg Salad Dainty Tarts Milk
Thursday
Lima Bean Chowder Quick Nut Bread Sandwiches Bananas with Custard Sauce Milk
Friday
Eggs in Tomato Cases Cottage Cheese and Watercress Sandwiches Peaches and Cream Milk
Saturday
Spring Fruit Salad Bowl Bran Muffins, 2 Floating Island Fig Cookies Milk
Sunday
Chicken Broth Treasure Sandwich Chest Clown Salad Milk

DINNERS

Mock Duck Potatoes on the Half Shell Beans, O'Brien Shredded Lettuce Salad Strawberries, Cream Milk
Pot Roast of Beef with Vegetables, 8 Mashed Sweetpotatoes Cabbage Salad Lemon Soufflé Milk
Bouillon Broiled Lamb Kidneys Creamed Potatoes Buttered Beets and Celery Honey Cookies Frosted Apricot Milk
Baked Liver Carrot Ring Mixed Vegetable Salad Bowl Toasty Prune Betty Milk
Creamed Salmon, Hominy Grit Ring Buttered Broccoli Orange Prune Mold Peanut-Butter Cupcakes Milk
Pan-broiled Liver Baked Potatoes Stuffed Zucchini Sliced Tomatoes Nutmeg Almond Float
Grapefruit Juice Chicken and Brown Rice Tomatoes Stuffed with Spinach Green Salad Bowl New York Ice Cream

Interesting little potteries in every corner of the country will provide the children with amusing pieces for the table.
From the beginning of time cereals—grains used as human food—have played a most important part in the nutrition of the child. With each year's crop of grains there come new processes, new combinations, new packaging ideas and new methods of cooking so that now one may have a change of cereal practically every day of the year.

They are eaten chiefly for their energy value but their vitamin and mineral content is also very important. Some of the new processes include the addition of Vitamins A and B, as well as calcium and iron, while others retain more of the natural vitamin and mineral content.

**HOW MUCH TO BUY**—Overstocking of cereals should be avoided at all times but particularly in warm weather. This does not mean that one should have only 1 kind of cereal on the pantry shelf at a time. There are so many uses for cereals of different kinds in breads, waffles and pancakes, even in piecrust, desserts and candies that several kinds may be used within a week.

**COOKING OF CEREALS**—The chief purpose of cooking cereals is to soften the cellulose and the starch. Whole-grain cereals from which little or no cellulose has been removed require soaking in order to shorten the cooking period. After soaking they may be cooked from 1 to 4 hours. Most cereals are more highly refined and require less cooking time. Some of the methods of processing cereals include steaming which shortens the cooking time in the home considerably, yet retains the food value. A cooking period beyond that required for cooking the starch may improve the flavor but does not increase the digestibility.

Heat water with salt in the top of double boiler and add the cereal, a small amount at a time, sprinkling it into the hot water. Continue cooking over direct heat, stirring constantly, until thickened and until mixture has boiled 5 minutes. Place over hot water, cover and continue cooking—15 minutes for fine cereals; longer for coarser cereals. Milk may be used for water.

While cereal is of daily importance in children's diet regime, its preparation and serving need never be monotonous. Chopped dates, figs, dried prunes or apricots cooked with cereal are always welcome in winter and supply rich minerals and vitamins as well. An egg beaten into each serving of cooked cereal adds nutrition and sweetenings such as brown or maple sugar, honey or maple syrup offer pleasing variety. In summer fresh fruit or berries add zest to cooked or uncooked cereals. Cereal flakes sprinkled over cantaloupe will delight any child. A rich supply of vitamin B is now available in the uncooked wheat germ, which can be sprinkled over the cereal.

Young children react better to small servings so the clever mother will serve the cereal in two or three small helpings. She knows, too, that variety attracts and will serve the porridge or cereal in bright bowls, mother goose porringeres or funny dishes.

**Fruits add minerals and vitamins as well as color and flavor to cereals.**
CEREALS

CEREAL

WHOLE-GRAIN—

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Amount Uncooked Cups</th>
<th>Water Cups</th>
<th>Salt Teaspoons</th>
<th>Cooking Time Hours</th>
<th>Amount When Cooked Cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat</td>
<td>¾</td>
<td>5</td>
<td>1</td>
<td>3 to 4*</td>
<td>3</td>
</tr>
<tr>
<td>Scotch oatmeal</td>
<td>¾</td>
<td>4</td>
<td>1</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Wild rice</td>
<td>1</td>
<td>5</td>
<td>3</td>
<td>½ to ¾</td>
<td>3</td>
</tr>
<tr>
<td>Brown rice</td>
<td>1</td>
<td>8</td>
<td>3</td>
<td>¾ to 1</td>
<td>3</td>
</tr>
<tr>
<td>Rice (steamed in double boiler)</td>
<td>1</td>
<td>2</td>
<td>1</td>
<td>¾ to 1</td>
<td>2</td>
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<tr>
<td>Barley (pearl)</td>
<td>1</td>
<td>3</td>
<td>1</td>
<td>3 to 4*</td>
<td>3</td>
</tr>
<tr>
<td>Samp (pearl hominy)</td>
<td>1</td>
<td>5</td>
<td>1½</td>
<td>3 to 4*</td>
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</table>

COARSE—rolled, cracked

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<thead>
<tr>
<th>Cereal</th>
<th>Amount Uncooked Cups</th>
<th>Water Cups</th>
<th>Salt Teaspoons</th>
<th>Cooking Time Hours</th>
<th>Amount When Cooked Cups</th>
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</thead>
<tbody>
<tr>
<td>Wheat</td>
<td>1</td>
<td>4</td>
<td>1½</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Hominy or buckwheat grits</td>
<td>1</td>
<td>4</td>
<td>1½</td>
<td>1 to 3</td>
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FLAKED—

<table>
<thead>
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<th>Cereal</th>
<th>Amount Uncooked Cups</th>
<th>Water Cups</th>
<th>Salt Teaspoons</th>
<th>Cooking Time Hours</th>
<th>Amount When Cooked Cups</th>
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</thead>
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<tr>
<td>Wheat, flaked; Oats, rolled...</td>
<td>1</td>
<td>3</td>
<td>1½</td>
<td>¾ to ½</td>
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<tr>
<td>Quick rolled oats</td>
<td>1</td>
<td>3</td>
<td>1½</td>
<td>½</td>
<td>3</td>
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<tr>
<td>Mixed cereals</td>
<td>1</td>
<td>3</td>
<td>1½</td>
<td>¾ at most</td>
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FINE—ground

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<th>Cereal</th>
<th>Amount Uncooked Cups</th>
<th>Water Cups</th>
<th>Salt Teaspoons</th>
<th>Cooking Time Hours</th>
<th>Amount When Cooked Cups</th>
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</thead>
<tbody>
<tr>
<td>Wheat, whole; Farina; Rye...</td>
<td>¾</td>
<td>3</td>
<td>1½</td>
<td>¾ at most</td>
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<tr>
<td>Corn meal, Barley meal, Rice..</td>
<td>¾</td>
<td>3</td>
<td>1½</td>
<td>¾ at most</td>
<td>3</td>
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<tr>
<td>Mixtures or 1 cereal with malt</td>
<td>¾</td>
<td>3</td>
<td>1½</td>
<td>¾ at most</td>
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<tr>
<td>Buckwheat meal or flour</td>
<td>¾</td>
<td>3</td>
<td>1½</td>
<td>¾ at most</td>
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*After soaking in water overnight

CORN-MEAL MUSH

2 cups corn meal
2 cups cold water
2½ to 3 cups boiling water
3 teaspoons salt

Mix corn meal and cold water. Add boiling water and salt and cook, covered, over hot water about 35 minutes. Serve with stewed fruit. Serves 6 to 8.

ROLLED OATS AND RICE

¼ cup brown rice
½ cup rolled oats
1 cup cold water
2½ cups boiling water
1½ teaspoons salt

Wash rice and combine with rolled oats and cold water in top of double boiler. Add boiling water, stirring constantly. Add salt and cook over direct heat 5 minutes, then place over hot water, cover and cook 25 minutes longer. Serves 4.

Use finely ground whole-wheat cereal instead of rolled oats.

Soft-eyed bunny dishes will tempt the most finicky child to eat
A pottery casserole all his own for baked cereal is quite apt to coax the young man to eat.

Here is a substantial luncheon dish for healthy, husky appetites...

CEREALS

BOILED WILD RICE

- ½ cup wild rice
- 2 teaspoons salt
- 3 cups boiling water
- 3 tablespoons butter

Wash rice thoroughly and drain. Cook in boiling, salted water 35 minutes or until tender and water is entirely absorbed. Shake kettle to prevent rice from sticking. Do not stir. Add butter and keep hot. Serves 6.

CEREAL SOUFFLÉ

- 2 cups milk
- ½ cup yellow corn meal
- 3 tablespoons butter
- ¾ cup grated cheese
- ¾ teaspoon salt, 2 eggs

SOUPS AND CHOWDERS

STANDARD CREAM SOUP
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
4 cups milk or milk and stock
2 cups vegetable pulp
Melt butter and blend in flour and salt. Add milk gradually, stirring constantly, and cook until mixture begins to boil. Add hot vegetable pulp and serve immediately. Add celery salt, onion juice, thyme, or other seasonings if desired. Serves 6.

CREAM OF SPINACH SOUP
1 pound spinach
4 cups veal or chicken stock
2 tablespoons fat
2 tablespoons flour
1/2 teaspoon salt
2 cups hot milk
Pimiento, diced
Wash spinach thoroughly. Place in a kettle and cook until tender. It is not necessary to add any water. Rub cooked spinach through a sieve and combine with spinach water and stock. Melt fat, blend in flour and salt, add milk gradually and cook 1 minute. Add spinach mixture and heat to boiling. Serve hot garnished with diced pimiento. Serves 6.

CREAM OF CORN SOUP
1 recipe Standard Cream Soup, using canned or fresh corn
2 tablespoons minced pimiento
Prepare as directed for standard cream soup and add pimiento just before serving. Garnish with popped corn. Serves 6.

BOUILLON
2 pounds beef and soupbone
1 1/4 quarts cold water
4 peppercorns
1 bay leaf
1 blade mace
1 teaspoon sweet herbs
1/2 cup cooked tomato
1 tablespoon diced carrot
1 tablespoon diced onion
1 tablespoon diced celery
1 tablespoon diced turnip
Sprig parsley
1 teaspoon salt
Cut meat into small pieces. Combine with other ingredients in a kettle. Heat slowly to boiling and simmer 3 to 4 hours. Strain stock through several thicknesses of cheesecloth and cool quickly. When cold remove fat from top. Reheat and serve hot. Makes 1 quart stock. If darker colored stock is desired, brown meat in 2 tablespoons shortening before adding other ingredients.

VEGETABLE SOUP—Add 1 cup diced vegetables, uncooked or cooked. If uncooked vegetables are used, simmer in bouillon until tender. It may be necessary to add more salt.

Garnish the cream soup with fluffy kernels of popped corn.
OYSTER STEW
1 quart oysters
1 quart rich milk
2 tablespoons butter
1 tablespoon minced parsley
Dash onion salt or juice
Salt
Strain oyster liquor into saucepan; heat but do not boil. Heat milk in double boiler and stir in hot oyster liquor. Add butter, seasonings and oysters. When oysters puff and are crinkled at edge, serve at once. Serves 6.

FISH STEW
1 to 1 1/2 pounds fish
1 onion, sliced
2 carrots, sliced
2 potatoes, halved
1 stalk celery, chopped, or 1/2 teaspoon dried celery
1/2 teaspoon salt
1 pint boiling water
Dash pepper
Clean fish, cut into slices and remove bones. Cook vegetables in boiling salted water 15 minutes. Add fish and pepper. Cook slowly until fish is tender, about 15 minutes. Serves 2.

NEW ENGLAND CLAM CHOWDER
1/4 pound salt pork, cubed
2 small onions, minced
1 quart shucked clams
6 to 8 medium potatoes, diced
3 cups water
Salt, if needed
3 cups milk
8 common crackers, split
Cold milk
Brown salt pork in deep kettle. Add onions and cook together 2 to 3 minutes. Remove stomach from clams, chop hard parts and leave soft parts whole or chop them, as preferred. Combine potatoes and hard parts of clams, add to onions, cover with cold water, heat to boiling and simmer until potatoes are tender. Add soft parts of clams, salt and milk. Heat to boiling and add crackers which have been soaked in cold milk. Heat thoroughly, but do not let boil. Serves 8.

When prospecting for minerals, consider the oyster, rich in iodine, iron and copper

BACK BAY FISH CHOWDER
1/4 pound fat salt pork, sliced
2 cups diced fish
6 small potatoes, sliced
2 onions, chopped fine
3 cups boiling water
2 cups milk
1/2 teaspoon salt
3 pilot biscuits
Fry salt pork in a deep kettle. When crisp remove pieces of pork and add fish, potatoes and onions. Cover with boiling water. Simmer 1/2 hour or until potatoes are tender. Add milk and cook 5 minutes longer. Season with salt. Before serving, add pilot biscuits and crisp pork. Serves 6.

SOUP FROM CHICKEN OR TURKEY BONES
Break the cooked bones of chicken or turkey and cover with cold water. Add celery, carrots, onion and a little salt; cover and simmer for 2 hours. Strain and add 1 cup diced cooked chicken or turkey meat for every quart of stock.
SOUPS AND CHOWDERS

Slice of carrot, beet or radish may pinch hit for Vienna sausage in Lima bean soup

LIMA BEAN CHOWDER
2 slices bacon
2 small onions, minced
4 potatoes, pared and diced
3 carrots, diced
2 cups cooked Lima beans
1 teaspoon salt
2 cups medium white sauce
Dice bacon and cook until crisp; drain. Cook onions in bacon fat until lightly browned. Add bacon, potatoes, carrots, Lima beans and salt and cover with boiling water. Cook until vegetables are tender. Add white sauce, heat and serve. Serves 6.

LIVER VEGETABLE SOUP
2 pounds shin of beef with meat
1/2 pound beef liver, diced
2 quarts cold water
2 teaspoons salt
1/2 cup shredded cabbage
1/2 cup diced carrots
1/2 cup diced celery root
2 tablespoons green pepper
1 small onion, diced
2 sprigs parsley, chopped
1/2 cup peas
1/2 cup diced potatoes
1/2 cup spinach, chopped
1 cup tomatoes
1/2 cup diced turnip
Wash meat in running water and cut into small pieces. Add liver and water, heat to boiling and simmer 3 hours or until meat is tender. Add remaining ingredients and cook 1 hour longer or until vegetables are tender. Remove bone. Cool and remove fat. Reheat. Serves 6.

LIVER SOUP
1/2 pound beef liver
1 cup chopped mushrooms
2 teaspoons minced parsley
3 tablespoons fat
1 teaspoon salt
4 cups brown stock or bouillon
1 tablespoon flour
1 cup cream or evaporated milk
Cut liver into small pieces. Sauté liver, mushrooms and parsley in 2 tablespoons fat 5 minutes. Add salt and brown stock and simmer, covered, 1/2 hour or until liver is tender. Combine remaining fat with flour and brown, add liver mixture gradually and cook 5 minutes. Add cream. Serves 6.

TURNIP SOUP
2 cups hot mashed turnips
1 cup hot mashed potatoes
4 cups scalded milk
4 tablespoons butter
2 tablespoons flour
2 teaspoons salt
1 tablespoon minced onion
Watercress

Serving soups and chowders in fish tail bowls is an excellent way of adding milk to the diet.
PUFFED OMELET

6 eggs, separated
6 tablespoons hot water
\(\frac{3}{4}\) teaspoon salt
Dash pepper
1\(\frac{1}{2}\) tablespoons butter or other fat

Beat egg whites until stiff. Beat yolks until thick and lemon colored, beat hot water into them and add salt and pepper. Fold yolks and stiffly beaten whites together. Melt butter in omelet pan, grease bottom and sides of pan. Turn egg mixture into pan, cover and cook over low heat until puffy and light brown underneath, then place in moderate oven (350°F.) 10 to 15 minutes or until top is dry. Touch top of omelet lightly with finger and if egg does not stick to finger omelet is done. Do not overcook it or it will shrink and be tough. Loosen edges of omelet, cut through center, slip a spatula or flexible knife under side next to handle of pan, fold \(\frac{1}{2}\) over other and press slightly to make it stay in place; slip onto hot plate and serve at once. Serves 6.

Serve cooked vegetable in center.

Eggs are consumed with enthusiasm when you cultivate the art of making perfect omelets.

EGGS IN TOMATO CASES

6 small tomatoes
2 tablespoons butter
Salt, 6 eggs

Cut tops from ripe tomatoes. In center of each make a hollow large enough to hold an egg. Add 1 teaspoon butter, season with salt and break an egg into each. Bake in moderate oven (350°F.) until eggs are firm. Serves 6.

GOLDENROD EGGS

4 hard-cooked eggs
1\(\frac{1}{2}\) cups medium white sauce

Toast

Separate whites and yolks of eggs. Chop whites and add to hot white sauce. Press egg yolks through a ricer. Pour sauce over hot toast and garnish with yolks. Serve at once. Serves 4.

SHIRRED EGGS

6 or 12 eggs
Salt

Melt 1 teaspoon butter in each custard cup. Break 1 or 2 eggs into each cup. Sprinkle with salt and dot with butter. Bake in moderate oven (350°F.) until eggs are firm but not hard, about 15 minutes. Serve in the cups. Serves 6.

Serve cooked vegetable in center.

POACHED EGG

2 cups water, \(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) tablespoon vinegar
1 egg, Hot buttered toast

Heat water to simmering in a shallow pan; add salt and vinegar. Break egg into a cup and slip it carefully into water. Make a whirlpool around egg with spoon or fork. Let egg cook below boiling point about 5 minutes or until white is firm and a film has formed over yolk. Remove egg with skimmer, drain and serve on toast or rusk.

NOTE—Water should cover egg. Vary quantity of water according to number of eggs used and size of pan.

TO SERVE POACHED EGGS— ASPARAGUS—Spread a buttered piece of toast with puree of asparagus. Cover with poached egg and garnish with cooked asparagus tips. A cream or cheese sauce may be poured over all.

CHEESE—Garnish eggs with shredded cheese.

CROUSTADE—Pour cheese sauce into toasted bread croustades and place a poached egg in center of each one. Garnish with parsley.

Poached eggs in croustades on the holiday table make even the snowman bounce with glee.
CHICKEN AND RICE

3½-pound chicken
Salt
1 cup diced celery
3 quarts boiling water
1 cup uncooked brown rice

Clean chicken and cut into serving portions. Season with salt and let stand several hours. Place chicken and celery in kettle, add boiling water and cook slowly 1½ hours or until almost tender. Add rice and cook 30 minutes longer, until tender. Serves 6.

POTATO SALMON CASSEROLE

2 cups mashed potatoes
2 cups salmon, skinned, boned and flaked
½ teaspoon salt
¾ cup grated American cheese

Mix potatoes, salmon and salt together. Transfer to greased casserole, sprinkle cheese over top and bake in moderate oven (350°F.) 30 minutes or until heated through and browned. Serves 6. Use flaked cooked perch, whitefish or other fish instead of salmon. Add minced parsley.

HUNGARIAN CHICKEN

6 onions, sliced
2 tablespoons fat
1 tablespoon paprika

4- to 5-pound chicken, cut into serving portions

Salt
3 tomatoes
3 green peppers, sliced

Brown onions in fat, add paprika and chicken. Season, add a small amount of water and simmer about 1 hour. Add tomatoes and sliced peppers, cover and cook until chicken is tender, about 1 more hour. Serves 4.

MAIN DISHES

The older children will enjoy a pastry crust on chicken and vegetable casserole.

CASSEROLE OF CHICKEN AND VEGETABLES

4- to 5-pound stewing chicken
Salt and pepper
Flour
Fat for frying
3 carrots, diced
1 cup diced celery
1 medium onion, diced
1 green pepper, diced
1 cup hot water
2 tablespoons fat
1½ tablespoons flour
½ teaspoon salt
1 cup milk

Cut chicken into serving portions. Season with salt and pepper, dredge with flour and brown in fat. Place in casserole. Add vegetables and hot water. Cover and cook in slow oven (275°F.) until tender, about 3 hours. Add more water if necessary. Melt fat, blend in flour and salt, add milk and cook until thickened, stirring constantly. Add vegetables to sauce and serve with chicken. Serves 8 to 10.
MAIN DISHES

MOCK DUCK
1 shoulder lamb
4 slices salt pork or bacon
Salt and pepper
Have the butcher prepare a mock duck from the shoulder of lamb. Wrap the duck's head in salt pork or bacon. Sprinkle with salt and pepper and place on rack in open roasting pan. Roast in slow oven (300°F.) about 45 minutes per pound or until a meat thermometer registers 180°F.

PAN-BROILED LIVER
2 pounds liver (beef, calf or pork)
Bacon fat
Water
Cut liver into ¼- to ½-inch slices. Remove outside membrane and any veins or bloodclots. Heat skillet, lightly greased with bacon fat and sear liver on both sides, then cook slowly until tender. A little water may be added during the last of cooking. Serves 8. Pan-fry or broil 16 slices bacon and keep hot to serve with liver.

LIVER AND TOMATO PIE
2 potatoes, cooked and mashed
1 egg
3 tablespoons fat
1/2 pound beef liver
1/2 tablespoon salt
Dash pepper
1 small onion
1/2 cup liver water or soup stock
1 tablespoon butter
Mix potatoes with egg and fat. Cook liver in boiling salted water about 20 minutes. Drain, saving water. Chop liver with seasonings and onion. Place in greased casserole; add liquid. Cover lightly with potato mixture, dot with butter and bake in moderate oven (350°F.) 40 to 50 minutes or until top is browned. Serves 2.

BAKED HAM AND RICE
1 slice ham, 1 1/2 inches thick (about 2 1/4 pounds)
2 1/2 cups rice, 1 quart milk
Trim off part of ham fat, cut ham into 6 pieces and brown lightly in a hot frying pan. Place 1/2 of rice in baking dish, cover with ham and sprinkle remaining rice over top. Pour a little of the milk into pan in which ham was browned. Stir well and pour into baking dish. Add remaining milk. Bake in (350°F.) oven 1 hour. Serves 6.

MACARONI AND CHEESE
2 cups broken whole-wheat macaroni
8 cups boiling water
2 teaspoons salt
2 cups grated aged cheese
1/4 teaspoon salt
Dash pepper
1/4 cups scalded milk
Cook macaroni in boiling salted water 15 minutes. Drain and rinse in hot water. Place in layers in buttered baking dish sprinkling each layer with cheese, salt and pepper. Pour milk around edge and cook in a moderate oven (350°F.) 30 minutes. Serves 6.

For a really hilarious dinner nothing equals this schoolmate of Donald Duck
For an afternoon of serious roller skating or cycling, fill up tummies with this hot planked fish and vegetable dinner.

CREAMED SALMON HOMINY GRIT RING
1 cup hominy grits
1 teaspoon salt
3 cups boiling water
1 tablespoon minced onion
3 tablespoons butter
Oil from can of salmon
3 tablespoons flour
1½ cups milk
1 (1-pound) can salmon
1 tablespoon lemon juice
1 tablespoon minced parsley
6 sweet pickles, chopped


FISH BAKED IN MILK
2 tablespoons butter
1½ pounds fish (halibut, haddock, whitefish, etc.)
1 teaspoon salt
3/4 cup water
3/4 cup evaporated milk

Melt butter in baking pan. Place fish in pan, sprinkle with salt. Add water and milk and bake in moderate oven (350°F.) until fish is tender, about 45 minutes. Serves 6.

SHRIMP—Use 2 pounds cooked shrimp instead of oysters.

SCALLOPED OYSTERS
1 quart oysters
1 teaspoon salt
1 cup fine cracker or toasted bread crumbs
4 tablespoons butter
1 cup milk

Drain liquor from oysters and reserve. Be sure oysters are free from shell and sand. Place 1 layer of oysters in large baking dish, sprinkle with salt and cover with layer of crumbs. Repeat with another layer of oysters, salt and crumbs. Dot with butter. Pour on reserved oyster liquor and add milk just to the top layer of oysters. Bake in moderate oven (350°F.) until edges of oysters curl and top is browned. Serve hot. Serves 6.

FISH FILLETS FLORENTINE
3 pounds spinach
1/4 cup butter
11/2 tablespoons flour
1/2 teaspoon salt
11/2 cups milk
1/2 cup grated cheese
2 pounds fish fillets

Wash spinach in several waters and cook covered, without adding water. When spinach is barely tender, drain and chop coarsely. Place in baking dish. Melt butter and blend in flour and salt. Add milk and cook until thickened, stirring constantly. Add cheese and continue heating until cheese has melted. Pour sauce over spinach, place fillets on top and bake in moderate oven (375°F.) 30 minutes. Serves 6 to 8.
BAKED LIVER
2 pounds beef or pork liver
(1 thick piece)
4 slices bacon; 1 onion, sliced
2 teaspoons Worcestershire sauce
2 tablespoons catchup
1 tablespoon chopped green pepper
Salt and pepper, Hot water
Place liver in greased baking dish
and cover with bacon slices. Add
remaining ingredients, using
enough hot water to nearly cover
liver. Cover and cook in slow
oven (300°F.) about 1 1/2 hours.
Remove cover for last 15 minutes
to brown bacon slices. Serves 6.

STEWED KIDNEYS
3 lamb or pork kidneys
Salt
1 sprig parsley, chopped
1/4 teaspoon thyme
1 bay leaf, chopped
1 1/2 tablespoons drippings
1 cup water or consommé
1 teaspoon vinegar
Wash kidneys, slice very thin and
season with salt. Cook with
herbs in drippings until tender.
Add water and vinegar, heat to
boiling and serve. Serves 3.

STUFFED HEARTS
1 beef or 2 veal hearts
Prune or sage stuffing
2 tablespoons flour
2 tablespoons fat
Salt
1/2 cups water
Wash heart, trim and fill with
stuffing. Tie firmly with string.
Dredge with flour, brown in fat
and season with salt. Add water,
cover closely and simmer about
2 hours or until tender. Thicken
liquid with additional flour.
Serves 6.

BROILED LAMB
KIDNEYS
6 lamb kidneys
1/2 cups French dressing
12 slices bacon
Clean kidneys and cut into halves.
Marinate in French dressing 12
hours. Drain kidneys and wrap
each half in slice of bacon. Place
4 inches below moderate broiler
heat and broil 12 to 15 minutes
or until bacon is crisp and kid-
neys are tender. Serve on toast
triangles. Serves 6.

LIVER Patties
1/2 pounds liver (calf, pork or
lamb)
Boiling water
1/2 cup bread crumbs
1/4 cup bacon fat
1/2 cup tomato purée
1 egg, well beaten
1/4 teaspoons salt
1 teaspoon onion juice
8 slices bacon
Cover liver with boiling water and
let stand 2 minutes; dry and
force through meat grinder. Com-
bine liver with remaining in-
gredients, except bacon, mix well
and shape into patties about 1
inch thick and 2 1/2 inches in di-
ameter. Wrap slice of bacon
around each patty, fasten with
toothpick, place in oiled pan and
bake in slow oven (300°F.) 1
hour. Serves 8.

Liver is your most valuable
source of vitamin A and
for once-a-week appearance,
bake it often and serve with
high-vitamin vegetables
With the present emphasis on vitamins, vegetables play an important part in children's food. Uncooked vegetables assure a sufficient quantity of vitamins A, B and C together with much needed minerals, and their roughage adds to their value. In addition uncooked vegetables have a crunchiness that is appealing. Children are attracted to vegetables served in unusual shapes. Carrots cut into fingers are eaten readily, as are beets rounded to form marbles, tomatoes arranged in baskets or celery served as boats. A little imagination on the part of mothers will pay well.

**BOILED ARTICHOKES**

Wash and remove choke in center and loose outside leaves. Cook in boiling salted water to cover, 25 to 35 minutes. Serve with butter or cheese sauce.

*Remove the "choke" carefully before filling artichokes with cheese sauce for children.*

**ASPARAGUS TIPS**

- **2 pounds asparagus**
- **1 quart water**
- **1 teaspoon salt**

Wash asparagus thoroughly. Remove lower leaf sheaths and toughest ends. In a long loaf pan heat cold water to boiling, add salt, then asparagus, ends together. Allow only the ends to boil over the heat. Cook 20 minutes or until stems are tender. To serve season with pepper and butter. Serves 6.

**BUTTERED BEETS**

Cut off all but 2 inches of tops. Wash. Boil until tender, 30 to 60 minutes for young beets. Drain, rub off tops, skins and roots. Slice, cube or serve whole. Serve with butter.

**BUTTERED BROCCOLI**

Wash broccoli and cook in boiling salted water until tender, 15 to 20 minutes. Drain and season with pepper and butter.

**BEANS, O'BRIEN**

- **6 tablespoons chopped pimientos**
- **6 tablespoons chopped onion**
- **¼ cup butter, ¼ teaspoon salt**
- **4 cups cooked wax beans**
- **¼ cup water**

Cook pimientos and onion in butter 2 to 3 minutes. Add salt and beans and cook 5 minutes longer, stirring frequently. Add water and heat to boiling. Serves 6 to 8.

**BUTTERED BEETS AND CELERY**

- **3 tablespoons minced onion**
- **3 tablespoons butter**
- **2 cups cooked beets**
- **2 cups cooked celery**
- **½ teaspoon salt**
- **1½ tablespoons vinegar**

Cook onion in butter until tender, add remaining ingredients and heat thoroughly. Serves 6 to 8.

**BRUSSELS SPROUTS AND CELERY**

- **1½ cups chopped celery**
- **4 tablespoons butter**
- **3 tablespoons flour**
- **1½ cups scalded milk**
- **½ pounds Brussels sprouts, cooked**
- **1½ teaspoons salt**
- **½ cup dry bread crumbs**

Cook celery in 3 tablespoons butter for 2 minutes. Blend in flour, add milk gradually and heat to boiling. Add sprouts and salt. Pour into greased baking dish, cover with bread crumbs, dot with remaining butter and bake in hot oven (400°F.) about 20 minutes. Serves 6.

**CABBAGE COOKED IN MILK**

- **2 cups rich milk**
- **5 cups shredded cabbage**
- **¾ teaspoon salt**

Scald milk in double boiler, add cabbage and stir thoroughly. Cover and cook 15 minutes, stirring occasionally. Season. For 8.
VEGETABLES

CARROT RING
2 cups diced cooked carrots
1/2 teaspoon minced onion
1 teaspoon salt
1/8 teaspoon pepper
3 eggs, well beaten
1 cup milk
Combine ingredients. Pour into a buttered ring mold and bake in a moderate oven (350°F) 40 minutes. Unmold and fill with seasoned cooked peas. Serves 6. Garnish with parsley.

CARROT AND CELERY SOUFFLÉ
1 cup dry bread crumbs
Milk
1 1/4 cups cooked carrots, mashed
1/2 cup chopped celery
2 tablespoons minced onion
2 eggs, separated
1/2 teaspoon salt
Soak bread crumbs in enough milk to moisten and add carrots, celery, onion and beaten egg yolks. Beat egg whites until stiff and fold into mixture; season with salt. Pour into greased baking dish and bake in moderate oven (350°F) 30 to 40 minutes. Serves 6 to 8.

MASHED CARROTS
4 cups cooked carrots
3 tablespoons butter, melted
1/4 cup hot cream
Mash carrots and add butter. Place over boiling water or low heat and beat until carrots are light and smooth. Add cream. Serves 6 to 8.

PARSLEY CARROTS
4 cups cooked carrots
2 tablespoons butter, melted
1/4 cup chopped parsley
Season carrots with butter. Add parsley and toss carrots until well coated with parsley. Serves 6 to 8.

CAULIFLOWER WITH BROWNED CRUMBS
3/4 cup bread crumbs
6 tablespoons butter
1/2 teaspoon paprika
4 1/2 cups cooked cauliflowerets
Brown crumbs in butter, add paprika and sprinkle mixture over hot cauliflower. Serves 6 to 8.

The valuable but less popular vegetables will be welcomed lustily if baked in a ring mold.

Or mix cauliflower with 1 1/2 cups medium white sauce and 3 tablespoons diced pimiento.

These broccoli buds will blossom into bright rosy cheeks.
VEGETABLES

Fresh asparagus with creamed eggs on top will be irresistible

BUTTERED CELERIAC

1 pound celeriac
1/2 to 1 cup boiling water
3/4 teaspoon salt
3 tablespoons butter

Pare celeriac and cut into cubes. Add water and salt, cover and heat to boiling. Reduce heat and simmer about 20 minutes or until tender. Season with salt and butter. Serves 4.

BAKED EGGPLANT

2-pound eggplant
3/4 teaspoon salt
3 tablespoons flour
1 egg, beaten
1/2 cup dry bread crumbs
1/4 cup butter

Pare eggplant and cut into 1/4-inch slices. Sprinkle with salt, dredge with flour, dip in egg, then in crumbs. Place in casserole, dot with butter and bake in slow oven (325°F) about 1 hour. Serves 6 to 8.

COOKED CHICORY, COLLARDS OR KALE

Wash greens thoroughly in several waters to remove all sand. Cover with boiling salted water and cook until tender, 15 to 25 minutes for chicory or collards, 25 to 35 minutes for kale. Drain. Season with salt and butter.

CREAMED ONIONS AND STRING BEANS

4 small cooked onions
2 cups cooked green beans
1 cup white sauce, Paprika

A NEW ENGLAND BOILED DINNER GETS A WARM WELCOME ON COLD DAYS
DRESS UP A BEEF STEW BY SERVING IT IN CRISP CABBAGE CUPS.
VEGETABLES

Bake several vegetables together or make one into a ring mold and fill it with a second or with creamed fish.

BAKED STUFFED ONIONS

6 large onions
\( \frac{1}{2} \) cup grated cheese
1 cup white sauce
\( \frac{1}{2} \) cup fine bread crumbs
1 tablespoon melted butter

Peel onions, place in large amount of boiling salted water and boil uncovered 15 minutes. Remove and rinse in cold water. Remove centers, leaving shell of 2 or 3 layers of onion. Chop centers and mix with grated cheese and sauce. Refill onions, top with crumbs and dot with butter. Bake in moderate oven (350°F) 20 to 25 minutes. Serves 6.

PEPPERS STUFFED WITH MACARONI

6 green peppers
1 cup cooked elbow macaroni
1 pound American cheese, grated
1 cup cooked tomatoes
1 cup soft bread crumbs
\( \frac{1}{4} \) teaspoon Worcestershire sauce
\( \frac{1}{4} \) teaspoon salt

Cut slice from top of each pepper and cook in boiling salted water 5 minutes. Drain. Mix remaining ingredients, saving \( \frac{1}{3} \) of cheese for top. Fill peppers and sprinkle remaining cheese on top. Bake in moderate oven (350°F.) 30 minutes. Serves 6.

POTATO SOUFFLÉ

2 cups hot mashed potatoes
2 tablespoons butter
2 eggs, separated
1 cup milk, Salt

Combine mashed potatoes, butter, well-beaten egg yolks, milk and salt. Beat until light and fluffy. Fold in stiffly beaten egg whites. Bake in greased baking dish in (350°F.) oven 10 minutes. For 4.
PEAS COOKED IN LETTUCE

2 pounds peas
1 head lettuce
Salt
Butter

Shell peas. Wash outside leaves of lettuce and place several layers in bottom of kettle. Place peas on top and cover with more washed lettuce leaves. Cover kettle closely and cook over low heat 20 minutes. Serve peas with salt, butter and liquid. Serves 4. Use leaf lettuce instead of head lettuce if desired.

Kale, turnip greens or chard may take their places as a bed for eggs Florentine

POTATOES ON THE HALF SHELL

6 medium potatoes
2 tablespoons butter
1 teaspoon salt
½ cup hot milk

Bake potatoes, cut lengthwise into halves and scoop out inside, being careful not to break shell. Mash thoroughly, add butter, salt and hot milk; beat until fluffy. Pile mixture lightly into shells; do not smooth down top. Return to hot oven (425°F.) and brown lightly on top. Serves 6 or 12. Small bits of pimiento, stuffed olives or grated cheese may be sprinkled over top or added to potato mixture. Add 1 cup chopped cooked meat or salmon to potato mixture.

EGGS FLORENTINE

3 cups cooked spinach
4 tablespoons butter, melted
½ teaspoon pepper
1 teaspoon salt
6 eggs
½ cup shredded cheese

Combine first 4 ingredients. Spread in greased shallow baking dish. Make six hollows at equal distances and place one egg in each; sprinkle with cheese. Bake in moderate oven (350°F.) until eggs are cooked. Serves 6.

BAKED POTATOES

Scrub potatoes and dry thoroughly. Rub well with fat if a soft skin is desired. Bake in hot oven (425°F.) about 45 minutes or until potatoes are soft when pressed with the fingers. Remove from oven and make 2 gashes in center of potatoes, in form of a cross; press potato with fingers. Insert a large piece of butter, season with salt and serve piping hot. Allow 1 potato per person.

CREAMED IN SHELLS—Remove skin from top of each potato, cut center into cubes, mix with hot white sauce and refill shells with mixture.

BAKED POTATOES AND CARROTS

2 medium potatoes
2 carrots
½ cup chopped cooked ham
1 tablespoon minced green pepper
1 teaspoon minced onion
2 cups thin white sauce
½ cup grated cheese

Scrape potatoes and carrots and cut into small cubes. Mix with remaining ingredients except cheese and place in greased casserole. Cover with cheese and bake in moderate oven (350°F.) 1 ¼ hours, adding more milk if necessary. Serves 4.
VEGETABLES

MASHED SWEET-POTATOES
6 medium boiled sweetpotatoes
3 tablespoons butter
1/4 cup hot milk
Combine ingredients and beat until light and fluffy. Serves 6.

SALSIFY CASSEROLE
3 1/2 cups cooked salsify
7 4 cup chopped celery
2 cups medium white sauce
1/2 cup dry bread crumbs
3 tablespoons butter
Place alternate layers of salsify and celery in buttered baking dish. Add white sauce, cover with bread crumbs and dot with butter. Bake in moderate oven (375°F.) about 25 minutes. Serves 6 to 8.

CHOPPED SPINACH
3 cups cooked spinach
1/2 teaspoon salt
1/4 teaspoon nutmeg
2 tablespoons butter
1 tablespoon flour, 1/2 cup milk
2 hard-cooked eggs, sliced
Chop spinach very fine and sprinkle with salt and nutmeg. Melt butter, stir in flour and cook until smooth. Add spinach and simmer 5 minutes; add milk and cook 3 minutes, stirring constantly. Garnish with egg slices. Serves 6 to 8.

SPINACH RING — Combine 3 cups cooked spinach, 1 cup white sauce and 3 eggs, beaten. Season. Bake in greased ring mold in 375°F. oven 30 to 40 minutes.

TOMATOES STUFFED WITH SPINACH
6 firm tomatoes
2 cups cooked spinach
1 tablespoon melted butter
1/2 teaspoon salt
1/2 onion, minced
Wash tomatoes, cut off tops and scoop out centers. Combine spinach, butter, salt and onion and pack into tomato shells. Place in greased casserole and bake in moderate oven (375°F.) about 20 minutes. Serve with egg sauce. Serves 6.

The daily potato may be mashed and dropped in fluffy balls on the meat or fish casserole.
BROILED TOMATOES
6 tomatoes
Salt
¼ cup butter, melted
Cut firm, round tomatoes into halves and sprinkle with salt. Broil under medium heat 10 minutes or until tender. Pour butter over tomatoes and garnish with parsley. Serves 6.

BAKED SUMMER SQUASH WITH TOMATOES
2 pounds summer squash
3 tomatoes, sliced
2 medium onions, sliced
1 teaspoon salt
2 tablespoons butter
Wash squash, cut into halves, remove seeds and place in greased baking dish. Cover with tomato and onion slices, sprinkle with salt and dot with butter. Cover and bake in moderate oven (350°F.) about 45 minutes. Serves 6 to 8.

STEWED TOMATOES AND CELERY
1 pound tomatoes
1 cup chopped celery
½ teaspoon salt
1 tablespoon butter
Peel tomatoes and cook with remaining ingredients, 15 minutes. Serves 4.

STUFFED VEGETABLE MARROW
1 large vegetable marrow
1½ cups chopped cooked meat
½ cup bread crumbs
1 tablespoon minced onion
2 tablespoons tomato catchup
½ teaspoon salt, Dash cayenne
Cut marrow crosswise into halves. Remove seeds from each half. Mix remaining ingredients together and pack into marrow halves. Place halves together and fasten with picks or place in pan to hold halves together. Bake in moderate oven (350°F.) 30 minutes. Serve in slices. Serves 6.

GLAZED HUBBARD SQUASH
4 cups pared cubed squash
1/4 cup butter, melted
1½ tablespoons brown sugar
2 tablespoons lemon juice
½ cup brown sugar
Combine squash, butter, salt, brown sugar and lemon juice. Bake in shallow covered pan in hot oven (400°F.) 30 minutes. Remove cover and cook 15 minutes longer. Serves 8.

STUFFED ZUCCHINI
3 zucchini
2 tablespoons minced onion
3 tablespoons butter
1 cup soft bread crumbs
½ cup cooked tomatoes
Salt

STUFFED ZUCCHINI
2 pounds zucchini
3 tablespoons chopped onion
3 tablespoons fat
2 cups cooked tomatoes
½ teaspoon salt
¼ cup grated cheese
Wash zucchini and cut into ¼-inch pieces. Cook onion in fat, add zucchini and cook slowly 5 minutes, stirring frequently. Add tomatoes and salt. Cover and cook 5 minutes longer. Turn into greased baking dish, sprinkle cheese over top and bake in moderate oven (375°F.) about 20 minutes. Serves 6 to 8.

VEGETABLES

Zucchini boats with a cargo of buttered crumbs and tomatoes will tempt even the sleepiest.

GLAZED HUBBARD SQUASH
4 cups pared cubed squash
¼ cup butter, melted
1½ tablespoons brown sugar
2 tablespoons lemon juice
½ cup brown sugar
Combine squash, butter, salt, brown sugar and lemon juice. Bake in shallow covered pan in hot oven (400°F.) 30 minutes. Remove cover and cook 15 minutes longer. Serves 8.

STUFFED ZUCCHINI
3 zucchini
2 tablespoons minced onion
3 tablespoons butter
1 cup soft bread crumbs
½ cup cooked tomatoes
Salt

ZUCCHINI AND TOMATOES AU GRATIN
2 pounds zucchini
3 tablespoons chopped onion
3 tablespoons fat
2 cups cooked tomatoes
½ teaspoon salt
¼ cup grated cheese
Wash zucchini and cut into ¼-inch pieces. Cook onion in fat, add zucchini and cook slowly 5 minutes, stirring frequently. Add tomatoes and salt. Cover and cook 5 minutes longer. Turn into greased baking dish, sprinkle cheese over top and bake in moderate oven (375°F.) about 20 minutes. Serves 6 to 8.
**CLOWN SALAD**

6 canned peach halves  
2 cups Waldorf salad  
Lettuce  
12 cloves  
12 strips pimiento  

Stuff peach halves with Waldorf salad and arrange each on lettuce, rounded side up. Use 2 cloves for eyes and strips of pimiento for nose and mouth. Serves 6.

**DUCK SALAD**

1 small head lettuce, shredded  
6 large peach halves  
1 cup cottage cheese  
6 yellow marshmallows  
12 currants  
1/2 cup toasted almonds  

Arrange shredded lettuce on large glass platter or chop plate, fluffing it up with a fork to resemble waves. Stuff each peach half with cottage cheese and invert on lettuce, rounded side up. For each duck’s head use a marshmallow, with currants for eyes and a toasted almond, split, for each bill. For each tail use 3 or 4 almonds. Serve with mayonnaise. Serves 6.

**JACK-O'-LANTERN SALAD**

6 small oranges  
3 cups fruit salad  
1 head lettuce, shredded  

Cut off tops of oranges, remove pulp and cut eyes, nose, and mouth in skin. Fill with fruit salad, replace tops and serve on lettuce with mayonnaise. For 6.

**POINSETTIA SALAD**

1 No. 2 1/2 can pears  
1/2 cup red cinnamon drops  
3 tablespoons vinegar  
1 bunch watercress  
4 teaspoons grated sharp cheese  
French dressing  

Combine sirup from pears with cinnamon drops and vinegar and heat to boiling. Cut each pear half into 4 lengthwise slices to represent petals and simmer in sirup 20 minutes or until colored. Chill. Arrange watercress on 4 salad plates. On each arrange 8 petals, clockwise, each curving toward the center to represent a flower. Sprinkle 1 teaspoon grated cheese in center of each flower and serve with dressing. Serves 4.

**BUNNY SALAD**

1 package lime gelatin  
2 cups hot water, 6 pear halves  
1/4 cup cottage cheese  
Mayonnaise  
1 tablespoon chopped blanched almonds  
Lettuce  
24 almonds, blanched  
Paprika  
Soft pimiento cheese, Parsley  

Dissolve gelatin in hot water. Pour into (8x8x2 inch) pan and chill until firm. For each salad fill pear half with cottage cheese mixed with mayonnaise and chopped almonds. Invert on lettuce leaves on bed of shredded gelatin made by forcing firm lime gelatin through a ricer. Make bunny’s ears, mouth and tail of almonds. Make eyes by dipping pointed end of a knife into paprika. Shape small carrots from cheese, use sprig of parsley for top and place 1 or 2 by each bunny. Serve with mayonnaise. Makes 6.

You need not wait until Easter to transform pear halves to impish bunnies for the children’s delight.
Crisp apple or tomato cut into points and filled with pineapple and cottage cheese

Salmon Salad
1 (1-pound) can salmon
½ cup chopped sweet pickles
½ cup diced celery
2 hard-cooked eggs, diced
2 teaspoons lemon juice
Mayonnaise


Tuna—Use tuna instead of salmon.

Vegetable and Egg Salad
6 hard-cooked eggs, diced
¼ cup chopped pimiento
2 cups diced cucumbers
1 cup diced celery
2 tablespoons chopped onion
½ teaspoon salt
¾ cup salad dressing

Combine ingredients. Serves 6.

Stuffed Tomato Salad
Remove skins from tomatoes, scoop out hollow at stem end of each, add ¼ teaspoon salt, invert and chill. Drain. Serve on lettuce, watercress or other salad greens; stuff with any of the following fillings:

Cottage or cream cheese with crushed pineapple
Cabbage salad
Chicken salad
Sea food salad: shrimp, lobster or crab-meat
Mixed vegetable salad
Potato salad, Egg salad
Fish salad; tuna or salmon

Springs Fruit Salad Bowl
2 bananas, cut lengthwise
4 slices avocado
Lemon juice
1 head chicory, shredded
4 long strips cantaloupe
4 half-slices fresh pineapple
8 orange segments
12 black cherries
12 honeydew melon balls
12 watermelon balls
Fruit French dressing

Dip bananas and avocado in lemon juice. Line a salad bowl with chicory and on this arrange bananas and cantaloupe. Alternate pineapple, avocado and oranges in bowl. Make a nest of cherries and garnish with melon balls. Serve with dressing. Serves 6.

Pineapple and Banana Salad
1½ cups pineapple cubes
3 ounces cream cheese
2 tablespoons lemon juice
¼ cup pineapple juice
4 bananas
Chicory or lettuce
Lemon French dressing


Brush bananas with honey and dip into chopped toasted almonds.
JELLED FRUIT SALAD
1 package lemon gelatin
1 1/4 cups hot water
1/2 cup canned pineapple juice
4 tablespoons lemon juice
Dash salt
1 1/2 cups canned pineapple cubes, drained
1 cup diced celery
1 small head chicory
French dressing
Dissolve gelatin in hot water. Add pineapple juice, lemon juice and salt. Chill. As it begins to thicken stir in pineapple and celery. Pour into 6 individual molds and chill until firm. Unmold on chicory and serve with dressing. Serves 6.

For half the pineapple use equal parts:
Sliced oranges and peeled grapes
Red raspberries and sliced bananas.
Diced pears and apricots
Chopped apple and cranberries

MIXED VEGETABLE SALAD BOWL
3 tomatoes, cut into wedges
1 green pepper, cut into rings
6 green onions, sliced
6 radishes, sliced
1 head lettuce, shredded
French dressing

ORANGE PRUNE MOLD
1 package orange gelatin
1 cup boiling water
1 cup orange juice
10 cooked prunes
Grated American cheese
Dissolve gelatin in boiling water. Cool and add orange juice. Remove pits from prunes and fill cavities with grated cheese. Place in bottom of individual molds or custard cups, cut side down. Add cooled gelatin mixture and chill until firm. Serves 10.

DRUM MAJOR SALAD
1/2 pound cream cheese
Mayonnaise
3 tablespoons chopped walnuts
3 tablespoons chopped olives
1/2 teaspoon salt
3 tomatoes, sliced
1 green pepper, cut into strips
Salad greens
12 pitted olives
12 celery sticks
Beat cheese with mayonnaise until smooth and add nuts, olives and salt. Spread thickly between 2 tomato slices. Arrange pepper diagonally across filling. Place on nests of greens. Place an olive on end of each celery stick and cross 2 on each salad. Serve with mayonnaise. Serves 6.
Use cottage cheese instead of cream cheese if desired.

From cream cheese, sliced tomatoes, celery and olives, this drum major salad emerges to please the young recruit.
BREADS AND SANDWICHES

FIG BREAD
1 cup dried figs
3 1/2 cups sifted flour
9/4 cup sugar
1 teaspoon salt
4 teaspoons baking powder
3 tablespoons shortening
1 teaspoon grated orange rind
1 egg, beaten
1 cup milk
Pour boiling water over figs, cover and let stand 10 minutes. Drain and dry on a towel. Clip stems and cut into thin slices. Sift flour, sugar, salt and baking powder together. Cut shortening into flour mixture with pastry blender. Combine orange rind, egg and milk; add to dry ingredients and beat. Add figs and mix well. Pour into paper-lined loaf pans and brush tops with melted shortening. Bake in moderate oven (375° F.) about 1 1/2 hours. Makes 2 (6x3 inch) loaves.

QUICK NUT BREAD
1 cup chopped pecans, walnuts or hickory nuts
2 cups sifted flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup brown sugar
1 egg, beaten
2 tablespoons melted shortening
Place chopped nuts in boiling water a few minutes and drain. Sift dry ingredients together. Combine milk, egg, shortening and nuts. Add to dry ingredients, mix and pour into greased loaf pan. Bake in moderate oven (350° F.) about 1 hour or until lightly browned. Makes 1 loaf.

PEANUT-BUTTER BREAD
2 1/4 cups sifted cake flour
3 teaspoons baking powder
1 teaspoon salt
1/2 cup sugar
1 egg
1 cup milk
2 eggs
1 cup peanut butter
Sift dry ingredients together. Beat milk, eggs and peanut butter together; add to dry ingredients and beat until blended. Pour into greased loaf pan and bake in moderate oven (350° F.) about 1 hour. Makes 1 (8x4 inch) loaf.

PRUNE BREAD
1 1/2 cups sifted flour
1 cup sugar
1 1/2 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
1 cup graham flour
3/4 cup broken nut meats
1 egg, beaten
1 cup sour milk
1/2 cup prune juice
2 tablespoons melted shortening
3/4 cup chopped cooked prunes
Sift flour, sugar, salt, baking powder and soda together. Stir in graham flour and nuts. Combine remaining ingredients, add to dry ingredients and mix well. Pour into greased loaf pan and bake in moderate oven (350° F.) about 1 hour. Makes 1 loaf.

All the breads in your repertory are sometimes necessary to coax a dreamy little boy.
Young pirates will love a treasure chest of hearty sandwiches

TOAST ANIMALS
Slice bread 1/2 inch thick. Cut into animal shapes, using various shaped cookie cutters. Toast. Use with salads and soups.

TREASURE SANDWICH CHEST
Cut rounded top (about 1/4 of loaf) from loaf of bread. Turn loaf upside down on cut edge, and working on bottom of loaf with a sharp, pointed knife cut along each edge leaving 1/2-inch margin all around. Cut through to top side so that entire center may be pushed through crust-shell in one piece. Cut bread from center into slices, spread with butter and sandwich spread or filling and cut off bottom crusts. Place sandwiches on a double fold of waxed paper just the width of the sandwiches, lower all at one time into the "chest" and pull paper out as sandwiches are slipped into place. Use top crust for the cover to the "chest."

CHICKEN CELERY SANDWICHES
1 cup minced cooked chicken
1 cup chopped celery
1 tablespoon minced green pepper
1/4 teaspoon salt
1/2 cup mayonnaise
12 slices bread, buttered
Lettuce

Combine chicken, celery, green pepper, salt and mayonnaise. Spread on bread, cover with lettuce and second slice of bread. Makes 6 sandwiches.

SALMON SANDWICHES
12 slices whole-wheat bread
Softened butter
1 cup shredded boned salmon
2 tablespoons piccalilli
Mayonnaise
2 hard-cooked eggs, sliced
8 slices broiled bacon
Lettuce

Butter 4 slices whole-wheat bread, spread generously with salmon and dot with piccalilli. Cover with mayonnaise and another slice of bread. Spread top with butter and cover with egg slices and 2 slices of bacon. Top with lettuce and remaining bread. Cut diagonally. Serves 4.

SALMON NUT—Combine 1 cup flaked cooked salmon, 3 tablespoons each chopped nuts and celery, and 1/2 cup mayonnaise.
Cream cheese, cottage cheese or plain butter are ideal fillings for nourishing fruit and nut breads.

LIVER SANDWICHES

1/2 cup ground cooked liver
1/4 cup diced celery
Salad dressing or mayonnaise
12 slices buttered bread

Lettuce

Combine liver and celery; add enough salad dressing to hold ingredients together. Spread on bread, place lettuce leaf on top of filling and cover with bread. Cut into triangles. Serves 6.

CREAMED EGG AND ASPARAGUS SANDWICHES

1/4 cup butter, 1/4 cup flour
1 teaspoon salt
1/2 teaspoon pepper
4 cups milk
6 hard-cooked eggs, diced
16 slices buttered toast
48 cooked asparagus tips

Melt butter and blend in flour and seasonings. Add milk gradually, stirring constantly, and cook until thickened. Add diced eggs. Cover 8 slices of toast with sauce, place 3 asparagus tips on sauce, cover with another slice of toast, add more sauce and top with 3 asparagus tips. Makes 8.

LIVER SAUSAGE SANDWICHES

8 slices whole-wheat bread
Softened butter
4 thick slices liver sausage
8 thin slices tomato
Salt and pepper
Lettuce

Spread bread with butter. Cover 4 slices with liver sausage, spreading it to the edges. Cover sausage with slices of tomato, sprinkle with salt and pepper, then cover with leaf of lettuce. Cover with remaining bread and cut into halves. Serves 4.

CHEESE APRICOT SANDWICH FILLING

1/2 cup dried apricots
1 cup water
2 tablespoons sugar
3 ounces cream cheese
Dash salt

Wash apricots, cut into pieces and add water. Cover and simmer 10 minutes. Add sugar, then cool. Cream the cheese with apricot sauce and salt. Makes 1 1/2 cups.

LEMON BUTTER

6 tablespoons butter
2 tablespoons lemon juice

Cream butter and add lemon juice gradually. Serves 4.

FILLINGS

COTTAGE CHEESE AND JELLY
1/2 cup cottage cheese
1/2 cup grape jelly
Spread each separately

COTTAGE CHEESE AND WATERCRESS
1/2 cup cottage cheese
1/2 cup chopped watercress

SALMON AND OLIVE
1 cup flaked cooked salmon
2 tablespoons chopped olives
3 tablespoons mayonnaise

TUNA SALAD
1 cup flaked tuna
2 tablespoons mayonnaise
1 teaspoon lemon juice
1/4 teaspoon paprika
1/4 cup chopped celery

Egg Salad
1 tablespoon chopped onion
4 hard-cooked eggs, chopped
1/4 cup chopped green pepper
1/4 cup mayonnaise
1/4 teaspoon salt

MINTED LAMB
1 1/4 cups chopped cooked lamb
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 tablespoon minced onion
1 teaspoon minced mint leaves
1 tablespoon lemon juice

PEANUT-BUTTER AND BANANA
1/2 cup peanut butter
1/2 cup mashed ripe banana
1/4 cup mayonnaise

PEANUT-BUTTER AND JAM
1/2 cup peanut butter
1/2 cup raspberry jam

Spread each separately.

CARROT AND RAISIN
2 carrots, grated
1/2 cup chopped raisins
1/2 cup peanut butter
Mayonnaise to moisten
HONEY COOKIES
5 cups sifted cake flour
1 teaspoon baking soda
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon salt
3/4 cup shortening
1/2 cup sugar
1 cup strained honey
1 egg
1/2 cup sour milk or cream


OLD-FASHIONED SUGAR COOKIES
5 cups sifted cake flour
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon baking soda
1 cup shortening
1 cup sugar
2 eggs, beaten
1 teaspoon vanilla
1 cup sour cream


FIG COOKIES
2 1/4 cups sifted cake flour
3 teaspoons baking powder
1 teaspoon salt
1 teaspoon cinnamon
1 egg, beaten
1/4 cup milk
3/4 cup brown sugar
1 cup ground figs
1 cup chopped nuts

Sift dry ingredients together. Add egg to milk. Cream butter and sugar and add dry ingredients alternately with milk. Add figs and nuts and form into 2 rolls. Wrap in waxed paper and chill until firm. Slice about 1/4 inch thick and bake in moderate oven (375°F) about 20 minutes. Makes 4 to 6 dozen.

BROWN SUGAR CRISPS
1 1/2 cups (15-ounce can) sweetened condensed milk
1/4 cup brown sugar
3 cups corn flakes

Blend sweetened condensed milk and brown sugar thoroughly in double boiler. Cook over boiling water 10 minutes or until mixture thickens. Remove from heat and add corn flakes, mixing thoroughly. Drop from teaspoon about 1 inch apart onto greased baking sheet. Bake in moderate oven (350°F) 10 minutes or until brown. Remove from pan at once. Makes 24.

ROLLED OAT ROCKS
2 cups sifted flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 cup brown sugar
2 eggs, beaten
1/2 cup sour milk
1/2 cups rolled oats
1 cup raisins or chopped dates
1 cup chopped nuts

Sift flour, salt, soda, baking powder and spices together. Cream shortening and brown sugar thoroughly. Add beaten eggs and mix well. Add sifted dry ingredients alternately with sour milk. Add rolled oats, raisins and nuts. Drop from teaspoon about 2 1/2 inches apart on greased baking sheet and bake in moderate oven (350°F) about 20 minutes. Makes 48 cookies.

Turkey on the march from the cookie jar to the hand of a hungry child.
COOKIES

SOFT MOLASSES COOKIES
2 1/2 cups sifted cake flour
1/2 teaspoon salt
1/4 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon ginger
1/2 teaspoon cloves
1/2 cup shortening
1/2 cup sugar, granulated or brown
1/2 cup hot water or sour milk
1 tablespoon vinegar
1/2 cup molasses
1 egg, beaten
Sift flour, salt, soda, baking powder and spices together. Cream shortening with sugar. Add egg and beat. Sift dry ingredients together and add alternately with the milk and vanilla to creamed mixture, beating until blended. Chill. Roll chilled dough about 1/2 inch thick on a floured, cloth-covered board and cut as desired. Bake in moderate oven (350°F) about 15 minutes. Makes 3 dozen.

SPONGE DROPS
3 cups sifted cake flour
3 teaspoons baking powder
1/2 teaspoon salt
3 eggs
3/4 cup sugar
1/2 teaspoon lemon extract
1/2 cup milk
Sift flour, baking powder and salt together. Beat eggs, then beat in sugar gradually and continue beating until thick. Add lemon extract. Fold in sifted dry ingredients and milk alternately in small amounts. Drop on buttered baking sheets and bake in moderate oven (350°F) 10 to 15 minutes. Makes 6 dozen.

APRICOT FILLED COOKIES
1/2 cup shortening
1 cup sugar; 1 egg, beaten
3/2 cups sifted cake flour
3 teaspoons baking powder
1/2 teaspoon salt, 1/2 cup milk
1 teaspoon vanilla
Cream shortening with sugar. Add egg and beat. Sift dry ingredients together and add alternately with the milk and vanilla to creamed mixture, beating until blended. Chill. Roll chilled dough about 1/2 inch thick on a floured, cloth-covered board and cut with round cookie cutter about 2 inches in diameter. Put a teaspoon of apricot filling in center of one cookie and cover with another. Press edges together and, if desired, brush top with egg or milk and sprinkle with granulated sugar. Bake in moderate oven (375°F) about 20 minutes. Makes about 3 dozen cookies.

APRICOT FILLING
1 pound apricots
1/2 cup orange juice
1/2 cup water, 1 cup sugar
2 tablespoons flour
1 teaspoon grated orange rind
1/2 teaspoon salt
Chop apricots fine and steam until soft. Combine with other ingredients and cook until thickened, stirring constantly.

DATE WHEAT BARS
1 1/2 cups brown sugar
3 eggs, well beaten
1/2 teaspoon salt
1/2 teaspoon vanilla
1 cup whole-wheat flour
1 cup nuts, chopped
1/2 cup cut stoned dates
Add sugar gradually to eggs, beating well after each addition. Add salt, vanilla, flour, nuts and dates. Pour into 2 (7x11 inch) greased pans and bake in slow oven (325°F) about 25 minutes. Makes 44 bars.

Should one eat the arms first or the legs, or bite off the head at once—remember?

You may need cardboard patterns for the wolf and the three little pigs.
APPLE DUMPLINGS
8 medium apples
1/4 cups brown sugar
1/2 cup butter
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon grated lemon rind
Baking powder biscuit dough

Pare and core apples. Mix brown sugar, butter, salt, cinnamon and lemon rind together and fill each apple cavity with part of mixture. Roll baking powder biscuit dough to 1/2-inch thickness; cut into squares large enough to cover apple. Place apple on each square and bring corners together at top; moisten edges and pinch together to hold apple in place. Place on baking sheet and bake in moderate oven (350°F) 30 minutes or until apples are tender. Serve with a plain lemon sauce. Makes 8 dumplings.

DESSERTS

CARROT PUDDING
1/2 cup sugar
1 teaspoon salt
1/2 teaspoon nutmeg
2 cups steamed and pureed carrots
2 cups milk
2 eggs, slightly beaten

Mix sugar, salt, nutmeg and carrots together. Add milk and eggs. Pour into buttered individual baking dishes and set in a pan of hot water. Bake in moderate oven (350°F) 30 minutes or until a knife comes out clean when inserted in center. Cool before serving. Serves 6.

Use pumpkin instead of carrots.

CARAMEL CEREAL-FLAKE RING
1 1/3 cups brown sugar
1/2 cup butter
6 cups cereal flakes

Stir sugar and butter together, over low heat, until mixture begins to bubble. Add cereal flakes and continue to heat, stirring carefully, until all flakes are covered with sugar mixture. Pack mixture into buttered individual ring molds. When cold unmold and fill center with ice cream or Bavarian cream.

TOASTY PRUNE BETTY
4 cups toasted bread cubes
1 1/2 cups cooked prunes, sliced
1 1/2 cups chopped cooking apples
1 cup prune liquid
3/4 cup water
3/4 cup sugar
1/2 teaspoon salt
1/2 teaspoon cinnamon
2 tablespoons butter

Place half of toasted bread cubes in buttered casserole or pan (about 1 1/2 quart size), cover with prunes and a layer of apples, then remaining bread cubes. Combine liquids, sugar, salt, cinnamon and butter and boil 2 to 3 minutes. Pour over bread cubes. Bake covered in moderate oven (375°F) about 1 hour. Serves 6.
DESSERTS

CRUMB PIE SHELL

1½ cups fine crumbs
¼ cup sugar
½ cup butter, melted

Mix crumbs and sugar together; stir in butter. Line pie pan with mixture by pressing firmly into place. Chill 20 minutes or bake in moderate oven (350°F) 10 minutes. Cool. Makes 1 (9-inch) shell.

CINNAMON—Add ½ teaspoon cinnamon to bread or graham cracker crumbs.

Use crumbs of the following:
Cereal Flakes
Chocolate Cookies
Gingersnaps
Graham Crackers
Toasted Bread
Vanilla Wafers
Zwieback

TART SHELLS—Omit sugar. Combine crumbs and butter very thoroughly and pat mixture into buttered tart pans. Press shell firmly to pan; leave no uncovered spots. Chill thoroughly, about 3 hours. To remove, run a thin knife blade around under the shell and lift out. Fill with chilled fruit mixture or other chilled pie filling just before serving. Makes 4 tarts.

DAINTY TARTS

1 cup sweetened rhubarb sauce
½ cup diced pineapple
½ cup sliced strawberries
8 small Tart Shells
Whipped cream
Pineapple wedges and strawberries

Combine first 3 ingredients. Pile into tart shells, cover with whipped cream and garnish with pineapple wedges and whole strawberries. Makes 8 tarts. Use pears for pineapple.

Food for the youngest must not be chilled but the others feel very grown up with prunes and cream nestled in cracked ice

BUTTERSCOTCH CREAM

2 eggs, separated
4 cups milk
¼ cup quick-cooking tapioca
¼ teaspoon salt
¼ cup butter
¾ cup brown sugar, firmly packed

Mix egg yolks, milk, tapioca and salt. Cook over boiling water until tapioca is clear and transparent, 10 to 12 minutes, stirring frequently. Melt butter in saucepan, add sugar and cook until sugar is completely melted and mixture bubbles. Add to tapioca and mix well. Beat egg whites until stiff and fold in hot tapioca mixture gradually. Chill. Garnish with chopped nuts and serve with cream. Serves 8.

Rest a cookie cutter lightly on the pie and stencil in a chicken with whipped cream
RICE PUDDING
½ cup brown rice, 1 quart milk
½ teaspoon cinnamon or nutmeg
½ cup sugar (white or brown)
½ teaspoon salt
Wash rice, add remaining ingredients and pour into greased baking dish. Bake in slow oven (275°F.) 3 hours. Stir frequently during first hour. Serves 6.

LEMON SOUFFLÉ
1½ cups water
½ cup quick-cooking tapioca
36 cup sugar
½ teaspoon salt
2 tablespoons butter
½ cup lemon juice
1 teaspoon lemon rind
3 eggs, separated
Combine water, tapioca, sugar and salt and mix well. Heat to boiling, stirring constantly. Remove from heat at once. Add butter, lemon juice and rind. Cool slightly. Beat egg yolks until thick and lemon colored and add to tapioca. Fold in egg whites. Turn into greased baking dish, place in pan of hot water and bake in moderate oven (350°F.) 50 to 60 minutes or until soufflé is firm. Serves 8.

BUTTERSCOTCH PUDDING
1 tablespoon butter
1 cup brown sugar
1¾ cups scalded milk
3 tablespoons cornstarch
½ teaspoon salt
1 teaspoon vanilla
2 egg whites, stiffly beaten
Melt butter, add brown sugar and cook, stirring frequently until sugar melts. Add hot milk slowly and heat until smooth, stirring constantly. Mix cornstarch and salt, dilute with cold milk and add to hot mixture, stirring constantly until mixture thickens. Cook 5 minutes longer. Cool slightly, fold in flavoring and egg whites, turn into individual serving dishes, chill and serve with cream. Serves 6.

APRICOT FLUFF
2 tablespoons unflavored gelatin
2 cups cold water
1 cup boiling water
1 cup sugar. Dash salt
½ teaspoon grated lemon rind
1 cup apricot purée
2 egg whites, stiffly beaten
Soften gelatin in ¼ cup cold water 5 minutes, add hot water and stir until dissolved. Stir in sugar, salt, lemon rind, apricot purée and remaining water; chill until mixture begins to thicken. Beat until fluffy and fold in egg whites. Chill until firm. Serve with custard sauce. Serves 6 to 8.

PRUNE WHIP
Dash salt, 1 egg white
2 tablespoons sugar
1 teaspoon lemon juice
½ teaspoon lemon rind
½ cup cooked prune pulp
Add salt to egg white and beat until frothy. Add sugar gradually and continue beating until stiff. Fold in lemon juice, rind and prune pulp. Pour into sherbet glasses. Chill. Serves 2.

FLOATING ISLAND PUDDING
5 eggs
½ cup sugar
¾ teaspoon salt
1 quart milk, scalded
1¾ teaspoons vanilla
Beat 3 egg yolks and 2 whole eggs slightly. Add sugar and salt, mix well and add hot milk gradually, stirring constantly. Cook in double boiler until it coats the spoon, stirring constantly. Add 1 teaspoon vanilla. Pour into large pan. Beat remaining egg whites until foamy; beat in additional 6 tablespoons sugar gradually. Add remaining vanilla. Drop meringue, using large spoon, onto hot custard, cover pan closely until mixture is cool, then chill. Serves 8.
GLAZED CARAMEL CUSTARD

3/4 cup sugar
3 eggs, slightly beaten
1/6 teaspoon salt
1 teaspoon vanilla
1 1/2 cups milk
1/4 cup cream

Caramelize 1/2 cup sugar in heavy skillet and glaze bottom and sides of custard cups with it. Combine remaining 1/4 cup sugar with other ingredients and pour into cups. Place cups in pan of hot water and bake in moderate oven (350°F.) until firm, 30 to 35 minutes, or until knife inserted in center of custard comes out clean. Cool. Serves 6.

BANANA ROYAL

4 pieces spongecake (leftover may be used)
1 package orange rennet powder
2 cups milk
1 banana, sliced

Cut pieces of cake into 2-inch squares and place in bottom of dessert dishes. Make rennet-custard according to directions on package and pour immediately over pieces of cake. Let set until firm, about 10 minutes. Chill. When ready to serve, top each rennet-custard with slices of banana. Serves 4.

BLUEBERRY RENNET-CUSTARD

1 1/2 cups fresh blueberries
1 package vanilla rennet powder
2 cups milk


A snip of the scissors, a stroke of the brush and marshmallow bunnies look at you with chocolate eyes while waving chocolate whiskers

BOILED CUSTARD (Custard Sauce)

2 eggs, slightly beaten
1/6 teaspoon salt
1/4 cup sugar
2 cups milk, scalded
1/2 teaspoon vanilla

Combine eggs, salt and sugar; add milk slowly and cook in double boiler until mixture coats a spoon. Add vanilla, turn into individual serving dishes and chill. Serves 4.

ALMOND — Use almond extract instead of vanilla; when ready to serve garnish with shaved toasted almonds.

CARAMEL — Use brown sugar instead of granulated.

CHOCOLATE — Add 1 ounce (square) chocolate to milk. Heat until melted.

FRUIT — Pour custard over fresh or canned fruit. Chill.

BAKED CUSTARD

3 eggs, slightly beaten
1/6 teaspoon salt
1/4 cup sugar
3 cups scalded milk
1/2 teaspoon vanilla
Nutmeg

Combine eggs, salt and sugar. Add milk slowly, stirring constantly. Add vanilla. Pour into custard cups. Sprinkle with nutmeg, place in pan of hot water and bake in moderate oven (350°F.) 30 to 35 minutes or until a knife inserted in center of custard comes out clean. Serves 4. Pour into large mold and bake as above 45 to 50 minutes.

CARAMEL — Add 3 tablespoons caramelized sugar sirup to milk.

CHOCOLATE — Add 1 1/2 ounces (squares) chocolate to milk; heat until melted.

COCONUT — Add 1/2 cup shredded coconut to mixture.

DATE — Add 1/2 cup chopped dates to custard before baking.

HONEY — Use 1/2 cup honey instead of sugar.
DESSERTS

PEANUT-BUTTER CUPCAKES

2 cups sifted cake flour
2 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup shortening
1 1/2 cups brown sugar
1 teaspoon vanilla
1/2 cup peanut butter
2 eggs, well beaten
3/4 cup milk

Sift flour, baking powder and salt together. Cream shortening with 1 cup brown sugar and vanilla until fluffy. Add peanut butter and mix thoroughly. Beat eggs until light and beat in remaining sugar. Add to creamed mixture and blend well. Add sifted dry ingredients and milk alternately in small amounts, beating thoroughly after each addition. Pour into greased cupcake pans and bake in moderate oven (350°F.) 25 to 30 minutes. Makes 18.

ORANGE SHERBET

1 1/2 cups sugar
1 cup water
Few grains salt
2 egg whites, stiffly beaten
2 cups orange juice
3 tablespoons lemon juice

Boil sugar, water and salt together 5 minutes. Pour in thin stream over beaten egg whites, beating constantly. Add fruit juice, pour into freezing tray of refrigerator and freeze. When half frozen beat until smooth but not melted and freeze until firm. Serves 6.

GRAPEFRUIT — Use grapefruit juice instead of orange juice.

GRAPEFRUIT AND ORANGE — Use 1 1/4 cups grapefruit juice and 3/4 cup orange juice instead of 2 cups orange juice.

Use the simplest cakes for children’s parties but decorate them daintily.
DESSERTS

NEW YORK
ICE CREAM

2 cups milk
1 tablespoon cornstarch
2 tablespoons cold milk
2 eggs, separated; ½ cup sugar
½ cup corn sirup
¼ teaspoon salt
1 tablespoon vanilla
1 ¼ cups heavy cream

Scald milk in double boiler. Make paste of cornstarch and 2 tablespoons milk, add to scalded milk and cook until thickened, stirring constantly. Beat egg yolks and add sugar, corn sirup and salt. Mix well. Add hot milk gradually to egg mixture, return to double boiler and cook 2 minutes. Add vanilla. Chill mixture in freezing tray of refrigerator until ice crystals form around sides of pan, then beat until light. Fold stiffly beaten egg whites into custard. Whip cream until stiff enough to hold a soft peak, fold into mixture, return to freezing tray and freeze, stirring twice. Serves 6 to 8.

ORANGE GELATIN

1 tablespoon unflavored gelatin
¾ cup cold water
1 cup boiling water
½ cup sugar, ¼ teaspoon salt
½ cup orange juice
1 tablespoon lemon juice

Soften gelatin in cold water 5 minutes. Add boiling water, sugar and salt and stir until dissolved. Cool. Add orange and lemon juices, mix thoroughly, pour into individual molds and chill. When firm unmold. Serves 6.

FRUIT — Add ½ cup broken orange segments and ¼ cup canned pineapple when juice is added.

Make no mistake, the party is the ice cream and cake; even the lamb and teddy bear agree on that.
**STUFFED DRIED FRUITS**

16 dates  
16 nuts  
Brown sugar, coconut or nuts

Remove stones from moist, plump dates. Then place 1 nut in each date. Roll in sugar, coconut or chopped nuts. Makes 16.

Stuff dates or steamed figs, prunes, dried peaches, pears or apricots with nuts, peanut butter or cheese.

Mix enough confectioners' sugar with ¼ cup peanut butter to make a stiff paste. Use as stuffing for dates or pruned prunes.

Chop ½ cup raisins, ½ cup figs and ½ cup nuts and mix thoroughly. Stuff dates or prunes.

Chop ½ cup prunes, ½ cup raisins and ½ cup nuts; mix thoroughly and use as stuffing for steamed figs or apricots.

Provide plenty of fruit and nut candies at home and less will be eaten elsewhere.

**COCONUT BALLS**

¼ cup sweetened condensed milk  
2 teaspoons orange juice  
2 teaspoons grated orange rind  
2½ cups sifted confectioners' sugar  
1 cup shredded coconut

Mix milk, orange juice and orange rind. Add confectioners' sugar gradually, mixing well. Drop from teaspoon into shredded coconut and roll into small balls. Chill several hours. Makes 24.

**FRUIT SLICES**

1 cup prunes  
1 cup dried figs  
1 cup seeded raisins  
½ cup nut meats  
Toasted coconut or chopped nuts

Cover prunes with water and boil 10 minutes. Drain, cool and remove pits. Rinse figs and raisins, drain and dry thoroughly. Grind fruits and nuts fine. Blend thoroughly, divide and shape into rolls about 1½ inches in diameter. Roll in coconut or nuts. Chill before slicing. Makes about 50 pieces.

**UNCOOKED FUDGE**

2 ounces (squares) chocolate  
¼ cup butter  
3 tablespoons cream  
2½ cups confectioners' sugar  
1 egg, beaten  
1 teaspoon vanilla  
¼ cup chopped nuts  
4 dates, chopped (optional)

Melt chocolate with butter. Add remaining ingredients and beat thoroughly. Pour into buttered pan and chill 6 hours. Cut into squares. Makes 64 pieces.

**EASTER EGGS**

½ cup sweetened condensed milk  
¼ cup brown sugar  
½ teaspoon vanilla  
1 cup sifted confectioners' sugar

Blend milk and brown sugar thoroughly. Cook over boiling water 4 minutes or until mixture thickens. Remove from heat and add vanilla and confectioners' sugar gradually. Blend thoroughly. Form into eggs and decorate with tiny candies and fruits. Makes 2.
CANDIED PINEAPPLE

2 (14-ounce) cans pineapple chunks
1 1/2 cups sugar
2 cups water
3/4 cup light corn sirup

Drain pineapple thoroughly. Mix sugar, water and 1/4 cup sirup in saucepan. Heat, stir until sugar is dissolved and boil 2 minutes. Add fruit; boil 5 minutes longer. Cool; cover and let stand 24 hours. Drain fruit 30 minutes. Boil sirup 6 minutes; add fruit, boil 5 minutes longer. Cool, cover and let stand 24 hours. Drain fruit and repeat boiling process, adding remaining 1/2 cup sirup to that drained from the fruit. After 24 hours, reheat in sirup and boil 15 minutes. Drain for 1 1/2-2 hours; place fruit on waxed paper, let stand overnight. Dip in sugar and let dry on waxed paper for several days. Turn frequently. Makes about 50.

GOLDEN TURKISH PASTE

1 cup drained, cooked dried apricots
4 tablespoons unflavored gelatin
1/2 cup cold apricot juice
2 cups sugar
1/2 cup hot apricot juice
1/4 cup orange juice
2 teaspoons grated orange rind

Mash apricots to a pulp while hot. Soften gelatin in cold apricot juice. Add sugar to hot juice, heat to boiling, add gelatin, orange juice and rind and boil 20 minutes. Remove from heat, add apricot pulp and mix well. Pour into waxed paper-lined pan and cool until firm. Cut into desired shapes and roll in confectioners' sugar. Makes 24 pieces.

Use dried peaches in the same proportion as apricots, using peach juice as well as the drained cooked peaches.

Use thick applesauce and apple juice instead of apricots.

CANDIED GRAPEFRUIT PEEL

1 large grapefruit
Cold water
Sugar

Wash grapefruit, peel and cut the rind into pieces 1/2 inch wide. Cover with cold water. Heat to boiling and boil 5 minutes; repeat 3 times. Boil rind in a fourth water until tender, then drain and place in a fifth water, adding 1 cup of sugar to each cup of rind. Boil until the liquid becomes a thick sirup. Drain and roll in sugar.

The sirup may be flavored with a few drops almond extract.

CANDIED ORANGE PEEL — Use 4 large navel oranges instead of grapefruit rind and boil in 3 waters instead of 5.
What's more fun when the weather's bad than to make taffy apples for next week's after-school treat

**TAFFY APPLES**

2 cups sugar, ½ cup water
½ teaspoon cream of tartar
½ cup butter
1 teaspoon vinegar
½ cup cream
6 to 8 apples

Heat sugar and water until sugar is dissolved. Add cream of tartar, butter, vinegar and cream. Cook, stirring constantly, to 290°F. or to soft-crack stage. Remove from heat. Dip each apple, held by a skewer, into boiled sirup and carefully place on buttered plate to harden. Makes 6 to 8.

**FIG SWEETS**

2 cups ground dried figs
1½ cups ground walnut meats
½ cup ground pecans
¾ cup ground preserved orange peel
¾ cup ground citron
1 teaspoon cinnamon
3 tablespoons honey
1 egg white
Coconut, Granulated sugar
Dipping chocolate

Rinse figs in hot water, drain and dry on a towel. Clip stems off before grinding. Mix first 7 ingredients together and knead (as bread) until thoroughly blended. Shape pieces in semblance of figs, strips, squares and other forms. For coconut or granulated sugar coating, brush pieces with slightly beaten egg white, then roll in finely chopped shredded coconut or sugar. For chocolate coating, dip pieces in melted dipping chocolate. Makes 2 pounds.

**APRICOT CANDY**

½ pound dried apricots
½ cup water
1 cup sugar
¼ cup chopped nuts
Granulated or confectioners' sugar

Wash apricots, add water and let stand 1 hour. Cook in same water until water is evaporated. Mash. Add sugar and cook 35 minutes, stirring constantly, until mixture leaves sides of pan. Pour on moistened platter. Place pecans or other nuts on top and mark into squares. Chill 24 hours. Cut into squares and roll in sugar. Makes 20 pieces.
**BEVERAGES**

**ORANGE NOG**
2 cups milk  
1 tablespoon sugar  
1 cup orange juice  
2 teaspoons grated orange rind  
Place milk and sugar in shaker or fruit jar. Shake well with ice. Add orange juice and rind and shake vigorously. If orange juice is tart add more sugar. Serves 4.

The young lady who reams the orange juice will more likely see that there are no slackers.

**BANANA MILK SHAKE**
1 ripe banana  
1 cup cold milk  
Slice banana into a bowl and beat with rotary beater until creamy, or press banana through coarse sieve. Add milk, mix thoroughly and serve at once. Serves 2. Add 1 tablespoon ice cream.

**APRICOT SHAKE**
3 tablespoons sugar  
¼ teaspoon salt  
1 cup apricot juice  
1 teaspoon lemon juice  
2 cups cold milk  
Dissolve sugar and salt in fruit juices. Chill. Before serving add to cold milk and mix well. Serves 2.

**BANANA CHOCOLATE MALT-ED MILK**—Add 4 teaspoons chocolate malted milk and ¼ teaspoon vanilla.

**FROSTED APRICOT MILK**
1 cup cooked apricots and juice  
3 cups milk  
½ pint vanilla ice cream  

**PRUNE FLIP**—Use prune pulp instead of apricot and beat well. Top with lemon sherbet instead of ice cream.

**NUTMEG ALMOND FLOAT**
½ cup sugar  
¼ teaspoon nutmeg  
Dash salt  
1 teaspoon almond extract  
½ teaspoon vanilla  
1 quart cold milk  
1 pint vanilla ice cream  
Add sugar, nutmeg, salt and flavorings to milk and stir until sugar is dissolved. Pour into chilled glasses and top with ice cream. Serves 6.
GRAPE JUICE SHAKE
1 cup grape juice
1/2 teaspoon lemon juice
1/4 cup sugar
2 cups milk
1/4 teaspoon salt
Combine ingredients and beat with rotary beater. Serve at once. Serves 2.

GRAPEFRUIT BANANA SMASH
1 banana
1 cup grapefruit juice
Sugar, Dash salt
Mash banana and beat into grapefruit juice. Sweeten to taste, add salt and chill. Serves 1.

CHOCOLATE MALTED MILK
1 tablespoon chocolate sirup
1 tablespoon malted milk powder
1 cup cold milk
Mix chocolate sirup and malted milk powder together. Add milk and beat with a rotary beater or shake until frothy. Serves 1.

CHOCOLATE MILK
1 ounce (square) chocolate
1/2 cup boiling water
1/2 cup sugar
8 cups cold milk, Dash salt
1/4 teaspoon vanilla
Melt chocolate over hot water. Add boiling water and cook about 2 minutes or until thickened, stirring constantly. Add sugar and cook 3 to 4 minutes longer, stirring occasionally. Chill. Add remaining ingredients and beat thoroughly. Serves 8.

EGGNOG
1 egg, beaten
1 tablespoon sugar or honey
Dash salt
3/4 cup cold milk
1/4 teaspoon vanilla, Dash nutmeg
Combine egg with sugar and salt; add milk and vanilla. Serve cold in tall glasses and sprinkle with nutmeg. For fluffy eggnog separate egg, beat yolk as above, then fold in stiffly beaten white. Serves 1. For hot eggnog use scalding milk.

FRUIT JUICE—Use only egg yolk and pineapple or orange juice instead of milk. Omit vanilla and nutmeg.

HONOLULU—Use half pineapple juice and half cream. Omit vanilla.

One more gold star for the extra pound this eggnog produces