EVERYBODY SAVING
2 cents on each meal every day for a year would save to America a sum equal to the first Liberty Loan issue—more than two billion dollars.

EVERYBODY SAVING
a single pound of bread weekly would increase America’s wheat exports 100,000,000 bushels for a year.

Compiled by

JOHN WANAMAKER
NEW YORK    PHILADELPHIA
THE women of the nation are already earnestly seeking to do their part in this our greatest struggle for the maintenance of our national ideals, and in no direction can they so greatly assist as by enlisting in the service of food administration and cheerfully accepting its direction and advice. By so doing, they will increase the surplus of food available for our own army and for export to the Allies. To provide adequate supplies for the coming year is of absolutely vital importance to the conduct of the war, and without a very conscientious elimination of waste and very strict economy in our food situation we cannot hope to fulfill this primary duty.

WOODROW WILSON.

WAR-TIME RECIPES

A Cookery Book to Help
Make the World Free
for Democracy

Compiled by
JOHN WANAMAKER
NEW YORK          PHILADELPHIA
Soldiers of the Home
American Women Can Do Their Part By Protecting the Food Supply

“We must enter a period of sacrifice for our country and for democracy,” appeals Herbert C. Hoover to all American women. “Many must go into battle, but many can only remain at home. The world’s food supply is short and many must suffer. We have the major burden of feeding the whole world. Food must be managed and transported in our own country and to our Allies in such a way as to get the most out of it. Those who remain at home can also help and can ‘fight by helping the fighter fight’ and can ‘serve by saving.’

“Since food will decide the war, each American woman can do a real national service by protecting the food supply of the nation. Ninety per cent of American food consumption passes through the hands of our women. In no other field do small things, when multiplied by our 100,000,000 people, count for so much. A single pound of bread saved weekly for each person will increase our yearly export of wheat 100,000,000 bushels, and an average saving of two cents on each meal every day for each person will save to the nation for war purposes $2,000,000,000 per annum.

“The proper assurance of the food to our allies will not only encourage them but it will maintain them in war. Without a larger margin from our abundant food supply, only to be secured by individual effort and volunteer sacrifice, the war will be prolonged and thousands of lives, not only of men but also of women and children, needlessly lost. The guiding hand of women in the home can alone control in this matter.”
SIX SAVING PRINCIPLES

By Food Commissioner Herbert C. Hoover

1.—Save the wheat. One wheatless meal a day. Use corn, oatmeal, rye or barley bread and non-wheat breakfast foods. Order bread twenty-four hours in advance, so your baker will not bake beyond his needs. Cut the loaf on the table and only as required. Use stale bread for cooking, toast, etc. Eat less cake and pastry.

2.—Save the meat. Beef, mutton or pork not more than once daily. Use freely vegetables and fish. At the meat meal serve smaller portions and stew instead of steaks. Make made dishes of all left-overs. Do this, and there will be meat enough for every one at a reasonable price.

3.—Save the milk. The children must have milk. Use every drop. Use buttermilk and sour milk for cooking and making cottage cheese. Use less cream.

4.—Save the fats. We are the world’s greatest fat wasters. Fat is food. Butter is essential for the growth and health of children. Use butter on the table as usual, but not in cooking. Other fats are as good. Reduce use of fried foods. Soap contains fats. Do not waste it. Make your own washing soap at home out of the saved fats.

5.—Save the sugar. Sugar is scarcer. We use to-day three times as much per person as our allies. So there may be enough for all at reasonable prices, use less candy and sweet drinks. Do not stint sugar in putting up fruit and jams. They will save butter.

6.—Save the fuel. Coal comes from a distance and our railways are overburdened hauling war material. Help relieve them by burning fewer fires. Use wood when you can get it.

Use the perishable foods. Fruits and vegetables we have in abundance. At a nation we eat too little green stuffs. Double their use and improve your health. Store potatoes and other roots properly and they will keep. Begin now to can or dry all surplus garden products.

Use local supplies. Patronize your local producer. Distance means money. Buy perishable food from the neighborhood nearest you and thus save transportation.

General Rules. Buy less; serve smaller portions.
Preach the “Gospel of the Clean Plate.”
Don’t eat a fourth meal.
Don’t limit the plain food to growing children.
Watch out for the wastes in the community.

Full garbage pails in America mean empty dinner pails in America and Europe.

Save Wheat Flour

BOSTON BROWN BREAD

¾ pint flour, 1 tablespoonful brown sugar,
1 pint Indian cornmeal, 4 teaspoonfuls baking powder,
½ pint rye flour, 1 teaspoonful salt,
2 potatoes, ½ pint water.

Sift dry ingredients. Boil potatoes and rub through sieve, diluting with water. When cold add to dry ingredients. Pour in well greased mold having a cover. Place in same pan half full of boiling water and simmer one hour. Take off cover and bake in fairly hot oven 30 minutes.

CORNMEAL AND HOMINY BREAD

1 cup cooked hominy, 1 cup white cornmeal,
1 cup milk, 2 eggs,
1 tablespoonful fat, 1 ½ teaspoonfuls salt.
Mix and bake 30 minutes in a moderate oven. Number served—6.
Size pan—7 in. x 3 in.

CORNMEAL AND GLUTEN BREAD

2 ¼ cups yellow or white cornmeal, haste is an object) dis-
¾ cup gluten, rye or white flour (preference being in 2 tablespoonfuls butter,
order named), lard, or a mixture of the two,
1 ½ cups boiling water, 1 tablespoonful sugar,
½ teaspoonful salt.
½ yeast cake (or 1 cake, if

Pour the cornmeal into a dish of boiling water. It is not sufficient merely to pour the boiling water over the meal in a cold dish. If yellow meal is used, heat it a little in addition to pouring it into the boiling water, or mix meal and water and heat in a double boiler. When cool mix with the other ingredients and knead thoroughly. Place in a baking tin, and bake when risen sufficiently.
WAR-TIME RECIPES

CORNMEAL SPOON BREAD

2 cups milk, 2 eggs,
1 tablespoonful butter, 2 teaspoonfuls baking powder,
1 cup cornmeal, 
Salt, 

Scald 1 cup of milk, add butter and cornmeal to it; then add the cold milk, salt, and well beaten eggs. Add baking powder last. Stir well and bake in quick oven. Serves about 6 people.

CORNMEAL AND WHEAT BREAD

Use Standard Wheat Bread Recipe as basis. Make a mush with 2 cups cornmeal (thin mush). Seven cups of flour and cornmeal make three loaves. Make and raise same as regular wheat bread.

RICE SPOON BREAD

1 cup cold boiled rice, 2 eggs,
1 cup white cornmeal 2 teaspoonfuls baking powder,
1 tablespoonful butter, 
About ½ cup boiling water, ⅛ teaspoonful salt,
1 cup milk, 

Mix together the meal, shortening and rice, pour on boiling water to make a stiff batter and thin with the milk. Beat in the eggs, baking powder and salt and bake in a hot oven in individual earthen custard cups.
Serves 8 persons.

CORN-MEAL PANCAKES

2 cups flour, One-third cup sugar,
½ cup corn meal, 1 ½ cups boiling water,
⅛ teaspoonfuls baking 1 ½ cups milk, powder,
1 ¼ teaspoonfuls salt.

Add meal to boiling water and boil 5 minutes; turn into bowl, add milk and remaining dry ingredients mixed and sifted, then the egg well beaten, and butter. Cook on a greased griddle.

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CORN-MEAL MUSH

1 cup corn meal, 4 cups milk or milk and
1 teaspoonful salt, water.
3 ½ cups water or
Put all the ingredients into a double boiler and cook for 4 hours.

FRIED CORN-MEAL MUSH

The custom of packing hasty pudding in granite pans, cutting it into slices, and frying it, is too common to call for special mention. A less common method in this country is that employed in Italy where polenta is usually spread out in thin layers on a board and cut into small blocks. These blocks are egged and crumbed, and fried in deep fat. Another method is to mix cornmeal in three times its volume of water and to cook it in water only long enough to form a mush, and to complete the cooking by frying the meal in fat. This is not so stiff as ordinary fried cornmeal mush, and has the advantage of requiring a shorter time for its preparation, as the temperature of fat suitable for frying is far greater than that of boiling water.

BAKED CORNMEAL MUSH

When cornmeal mush is partly done pour into shallow pan making a layer not more than two inches thick and cook in the oven until it is well browned. The product is similar to the original “Johnny Cake,” which seems to have been simply cornmeal mush cooked in the oven or in some localities fried.

ROAST PORK OR FRIED CHICKEN WITH CORN-MEAL MUSH

Blocks of fried cornmeal mush are sometimes served with roast pork, and are a common accompaniment of fried chicken, particularly in the Southern States. The mush is made by the usual method, is cooled and cut into slices, and fried a delicate brown either in a greased pan or in deep fat.

FLAKED CORNMEAL PORRIDGE (For three people)

Three heaped tablespoonfuls One tablespoonful of sugar of flaked cornmeal, or syrup.
One pint of milk,
WAR-TIME RECIPES

Bring the milk to the boil with the sugar. Scatter in the cornmeal by degrees, stirring carefully. Let the porridge simmer for twenty minutes. Serve in the usual way.

**CORNMEAL GRIDDLE CAKES**

2 cups cornmeal, 1 cup flour,
½ teaspoonful salt, 2 teaspoonfuls baking powder,
1 tablespoonful molasses, Milk or water.

Mix dry ingredients adding enough milk or water and milk to make a thin batter. Bake on a hot griddle. Serves 4.

**CORN BREAD**

1 pint Indian cornmeal, 1 teaspoonful salt,
1 pint milk, 2 teaspoonfuls baking powder,
2 eggs, 1 tablespoonful melted butter,

Sift baking powder and salt with cornmeal, mix milk, melted butter and beaten eggs together, stir into the meal and beat hard for 2 minutes; pour into a greased pan, bake about 30 minutes, in hot oven.

**CORNMEAL AND RICE WAFFLES**

½ cup cornmeal, 2 eggs, well beaten,
½ cup flour, ½ teaspoonful soda,
1 cup boiled rice, 1 cup sour milk,
1 tablespoonful melted butter, 1 teaspoonful salt.

Sift together the flour, soda and salt. Add the other ingredients and beat thoroughly.

**CORNMEAL AND CHEESE**

2 cups yellow cornmeal, 1 tablespoonful salt,
1 cup grated cheese, 2 quarts of water.

Put the water in top of a double boiler. When boiling add the cornmeal slowly, boil until thick. Set the top of the boiler into the bottom and boil for one hour; remove from fire, add salt and cheese and stir until cheese is melted. Pour into a square pan, which has been brushed with oil or drippings.

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smooth the top and brush with oil; when cold cut in half inch slices and brown on hot greased griddle.

**POLENTA**

1 cup yellow cornmeal, 3½ cups boiling water,
1 teaspoonful salt, ½ teaspoonful pepper,
1 cup grated cheese (American), ¼ teaspoonful mustard. (about 6 oz.),

Boil meal in the water with the salt for 2 hours (better over night in double boiler or simmer burner; or in a fireless cooker). Add pepper, mustard and ¼ cup cheese.

Cook one minute, turn on greased, square tin, and bake. Cut in square pieces; put rest of cheese on top. Bake 15 minutes.

Number served 6.

Size pan. Mold in bread pan 3 x 9 in., cut in 12 pieces.

**EGGLESS CORN MUFFINS**

1 cup cornmeal, 2 teaspoonfuls baking powder,
½ cup pastry flour, 1 cup milk,
¾ cup sugar, 1 teaspoonful salt,
1 egg, 1 teaspoonful sugar,
2 teaspoonfuls melted butter 2 tablespoonfuls.

Bacon fat or melted butter 2 tablespoonfuls.

Mix dry ingredients and add milk and butter. Put in greased muffin pan and bake 30 minutes in a moderate oven.

Size muffin pans 2½ in. diameter, 1½ in. deep.

**FRENCH MUFFINS**

½ cup Wesson oil, ½ cup cornmeal,
½ cup sugar, 1 teaspoonful salt,
1 egg, 3 level teaspoonfuls baking powder,
¾ cup milk, 3 cups flour,

Put together sugar, eggs and oil, then add the rest of the ingredients keeping the baking powder till last. Mix thoroughly and bake 25 minutes in muffin pans in a moderate oven.

**SOUR CREAM CORNMEAL MUFFINS**

1½ cups pastry flour, ½ cup sugar,
3/4 cup cornmeal, 1 egg, beaten light,
3 teaspoonfuls baking powder, 1 cup sour cream.
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3/4 teaspoonful salt,  1/2 teaspoonful soda.
2 tablespoonfuls melted butter if sour milk is used instead of cream.
Sift dry ingredients, crush soda and beat into cream; add to the egg and stir into the dry ingredients. Bake in muffin pans about 25 minutes.

VIRGINIA WAFFLES

Cook 1/2 cup white cornmeal in 11/2 cups boiling water 30 minutes, adding 11/2 teaspoonfuls salt.
ADD—
1 1/2 cups milk,  2 cups flour,
2 tablespoonfuls sugar,  4 teaspoonfuls baking powder,
2 tablespoonfuls melted butter, 2 eggs beaten separately.
Cook on hot, well-greased waffle iron.
Serves 8 waffles, 8 inches in diameter.

CORNMEAL FISH BALLS

2 cups cold white cornmeal (dried codfish is best)
mush,  1 egg,
1 cup shredded codfish  1 tablespoonful butter.
Soak the codfish to remove the salt, shred. Combine the ingredients and drop by tablespoonfuls into hot fat. Drain on porous paper. These codfish balls compare very favorably in taste with those made with potato and are very easily prepared.
These may also be sautéed in a small amount of fat in a frying-pan. The cornmeal should stand over night to get firm.

INDIAN LOAF CAKE

1 1/2 cups cornmeal,  2 oz. raisins,
4 tablespoonfuls Crisco 2 teaspoonfuls baking powder,
1 1/2 cups milk,  1 egg,
1/2 cup sugar,  2 oz. currants,
Cut up Crisco into cornmeal and baking powder. Add boiling milk and stir. Beat eggs lightly. When batter is cool add

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raisins, currants, slightly floured and sugar. Bake one hour in
a moderate oven.
Makes one loaf 4x8 inches. Serves 10 to 12 people.

SOUTHERN HOE CAKE

1 egg,  1 cup water,
1 1/2 cups cornmeal,  1 1/2 teaspoonful salt,
4 teaspoonfuls baking powder,  1 teaspoonful sugar.
Beat the egg and add the water. Stir in the well mixed dry
ingredients. Place carefully in tablespoonfuls on a griddle well cov-
ered with lightly browned cornmeal. Do not disturb the coating
of meal so that the wet mixture touches the bare griddle. Cook
slowly 15 minutes, turn and cook 15 minutes longer. Serve hot
with butter. (White cornmeal.)

CORNMEAL DODGERS

1 egg,  1 tablespoonful flour,
1 teaspoonful sugar,  4 teaspoonfuls baking powder,
1 teaspoonful salt,  1 pint sweet milk or water,
1/2 cup raisins,  White cornmeal enough to make a fairly stiff batter. Add the
dry ingredients to the cornmeal, scald the milk and stir in the
dry ingredients and the beaten egg. Drop by tablespoonfuls in
hot pot and fry like doughnuts. Serve hot with meal or they
may be eaten with syrup.

FRUIT GEMS

1 cup cornmeal,  1/2 cup Zante currants,
1 cup milk,  1/2 cup cream,
1 teaspoonful salt,  1 teaspoonful baking powder,
1/2 cup raisins,
Cook the meal and salt in the milk for a few minutes. When
cold add the baking powder and beat thoroughly. Add the
fruit and cream and bake in well-greased muffin tins.

INDIAN-MEAL DOUGHNUTS

3/4 cup milk,  3/4 cup sugar,
1 1/2 cups very fine white 2 eggs well beaten,
cornmeal,  1 teaspoonful cinnamon,
1 1/2 cups wheat flour,  2 teaspoonfuls baking powder,
1/4 cup butter,  1 level teaspoonful salt.

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Put milk and meal into a double boiler and heat together for about 10 minutes. Add the butter and sugar to the meal. Sift together the wheat flour, baking powder, cinnamon, and salt. Add these and the eggs to the meal. Roll out on a well-floured board; cut into the desired shapes; fry in deep fat; drain and roll in powdered sugar.

MOLASSES CORN CAKE

2 cups yellow corn meal, 1 cup sour milk,
½ cup molasses, 1 cup sweet milk,
½ cup sugar, 1 cup wheat flour,
2 tablespoonsfuls butter, 1½ teaspoonfuls soda,
1 teaspoonful salt. 1 egg.

Mix the first seven ingredients in a double boiler and cook over hot water. Cook for about 10 minutes after the mixture has become hot. After it has cooled add the wheat flour and soda, thoroughly sifted together, and the egg well beaten. Bake in a shallow tin.

INDIAN PUDDING

5 cups milk, ½ cup molasses,
One-third cup corn meal, 1 teaspoon salt,
1 teaspoon ginger.

Cook milk and meal in a double boiler 20 minutes; add molasses, salt, and ginger; pour into buttered pudding dish and bake 2 hours in slow oven; serve with cream.

CORNMEAL AND FIG PUDDING

1 cup cornmeal, 1 cup finely chopped figs.
1 cup molasses, 2 eggs,
6 cups milk (or 4 of milk and 2 of cream), 1 teaspoonful salt.

Cook the corn meal with 4 cups of the milk, add the figs and salt. When the mixture is cool, add the eggs well beaten. Pour into a greased pudding dish and bake in a moderate oven for 3 hours or more. When partly cooked add the remainder of the milk without stirring the pudding.

BOILED CORNMEAL AND APPLE DUMPLING

6 tart apples, medium-sized, 2 cups cornmeal,
1 teaspoon salt, Boiling water.

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Pour boiling water over the cornmeal, to which the salt has been added, using enough water to make a thick paste; stir thoroughly; with the hands flatten out the paste until it is about 1 inch thick and wrap it around the apples, which have been pared, cored, and quartered. Inclose in a pudding cloth and cook in boiling salted water. If preferred, the pudding may be put in a bowl, covered with a plate and steamed.

This is an old-fashioned dish which was commonly served as an accompaniment to roast pork. This pudding may be used as a dessert by cutting it open before serving, scattering sugar and bits of butter over it and then a little cinnamon or grated nutmeg. Cream or any of the usual pudding sauces may be served with it if desired.

CORN CAKES WITH OR WITHOUT PUMPKIN

1 pint sour milk and ¼ cup 1 teaspoonful soda,
½ cup stewed pumpkin water, (about)
2 cups cornmeal, ½ cup wheat flour,
⅔ cup molasses, 1½ teaspoonfuls salt,
These are drop cakes and very nice with sausage.
They are made on a griddle or in frying pan (with bacon fat).
Makes 15 cakes.

DELICATE INDIAN PUDDING

1 quart milk, 2 tablespoonfuls butter,
6 tablespoonfuls yellow 4 tablespoonfuls sugar,
cornmeal, 2 eggs,
1 teaspoonful ginger 1 tablespoonful salt.

Bring milk to boil in double boiler; sprinkle meal into it, stirring constantly and cook 12 minutes, stirring often. Add the butter and pour mixture over the rest of the ingredients (which have been beaten together). Bake slowly 1 hour. Serves four persons (¼ cup each).

FLAKED CORN PUDDING (For four people)

Four heaped tablespoonfuls One egg.
of flaked corn, One and a half pints of
Two tablespoonfuls sugar, milk.
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Add the sugar to the milk, and bring this to the boil. Sprinkle in the flaked corn, and stir over the fire till it thickens. Move to one side, and when it is quite off the boild, stir in the egg, well beaten. Put the mixture into a greased pie-dish and bake for ten to fifteen minutes in a moderate oven.

WHEN MAKING PORRIDGE, REMEMBER:

That the oatmeal should be cleaned first in cold water.
(1) That the water must be boiling fast before the cereal goes in.
(2) That the cereal must literally be sprinkled in, a very little at a time.
(3) That if you don’t use a double saucepan, the porridge must be stirred continuously.
(4) That under-cooked porridge causes indigestion, and is therefore wholly wasted.
(5) That it must be served hot.
(6) That oatmeal or rolled oats must be quite fresh; they do not keep well, and stale oats have a rancid flavor.
(7) That porridge made from oats or oatmeal can be cooked the night before, and re-heated in the morning.

SCOTCH PORRIDGE (For four people)

One cup of coarse oatmeal, water.
Bring the water to the boiling point, and put into a double sauce-pan, adding the salt. As soon as it boils again, sprinkle in the oatmeal very gradually, stirring all the time. Unless the meal is sprinkled in gradually, lumps will form, and the porridge will be very unappetizing. If you find lumps coming, draw the pan to one side immediately, and crush them out with the spoon. Go on stirring till the mixture boils, then cover closely and simmer for two hours. Add more water if needed.
Rolled oats, such as avena, H-O, or Quaker Oats, are much more quickly prepared, and one or other should be given every now and then to provide variety in the breakfast cereal. Directions for making porridge with them are printed clearly on the packets.

ROLLED OATS PORRIDGE (For four people)

One cup of rolled oats, pinch of salt.
Two cups of boiling water,

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When the water is boiling, put in the salt, then sprinkle in the oats, stirring well. Boil for about twenty minutes, adding more water if the porridge appears to be getting too thick.

RICE AND BARLEY PORRIDGE (For four people)

Half a cupful of rice, Half a cup of barley,
Three-and-a-half cupfuls of water.

Boil the salted water and stir in the rice and barley mixed together. Cook very slowly in a double saucepan until the grains are soft, for about three hours. Next morning add a little cold milk and re-heat.

BREAD AND CAKES

Every woman who has an oven should nowadays make her own bread. In the first place, home-made bread, if well made, is far more appetizing than baker’s bread and it also enables you to use some other flour than that made of wheat. In the second place, bread made at home is much more nourishing and goes further than bread from the shop. You know, too, that it is free from adulteration. Thirdly, it has the advantage of not growing stale so quickly, so that it is possible to bake your week’s bread in one batch. This, however, should not be attempted at first, not indeed until you have become something of an expert. Besides, the fresher the bread the nicer it is. It is only in the home that the real saving of wheat flour can be made by mixing it with the fullest amounts of substitute flours.

In making bread, bear in mind that bread made with yeast, though it is more troublesome to make, is infinitely superior to bread made with baking powder.

OATCAKE

Two cups of oatmeal, or drippings,
Two tablespoonfuls of butter, pinch of salt.

Put the oatmeal in a basin, melt down the fat, and pour it into the oatmeal. Add the pinch of salt. Work into a dough, adding a little hot water, if needed. Roll out on a pastry-board, using oatmeal flour for dusting the board, cut into rounds with a tumbler, and bake on a tin in a very quick oven, or on a griddle over the fire.
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OATCAKE (Without Butter)
A little warm water, A pinch of salt.
One cup of oatmeal,
Mix the oatmeal, warm water and salt together into a firm dough. Don’t roll out, but pat it with your hand into a thin, flat cake. Then sprinkle the top with oatmeal flour and toast in front of the fire.

PARKIN
Two cupfuls of coarse oatmeal,
Six tablespoonfuls of butter or drippings,
One teaspoonful of ground ginger,
A saltspoonful of salt,
Mix all the dry ingredients together. Rub in the fat. Melt the molasses in a little hot milk and stir in. Work to a firm paste. Roll out and cut into biscuits. Bake in a slow oven.

PORRIDGE FRITTERS
Any cold porridge may be worked to a paste with a little maiz or oat flour, cut into cakes and fried in deep bacon fat, butter, lard or margarine.
If the cakes are made rather thin, they can be baked on a griddle or a very lightly greased frying-pan, in which case they can be served instead of bread. Do not give porridge at the same meal.

OATMEAL SOUP
3/4 cup rolled oats, 3/4 cup strained tomatoes, 1 cup soup stock.
1 1/2 cups tomato, 1 teaspoonful chopped onions, 1 teaspoonful salt. Cook all together one hour, add whole clove and pepper corns. Strain or not as desired. Dilute to taste, 3 or 4 teaspoonfuls onions. Number of servings 6.

OATMEAL VEGETABLE
1/2 cup rolled oats, 3 tablespoonfuls butter, 1 cup soup stock.
3/4 cup strained tomatoes, 1 teaspoonful salt. Heat soup stock and tomatoes to boiling, stir in the oatmeal, cook slowly without cover until quite dry. Add butter, serve hot. May be served as a vegetable. Serves 5.

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BAKED APPLES WITH ROLLED OATS
1 apple, 1 cup rolled oats,
2 tablespoonfuls cooked oatmeal, 2 tablespoonsful sugar.
Pare apples, remove core, simmer in water until tender, fill center with 2 tablespoonfuls cooked rolled oats, cover with syrup made while boiling apples. Put into moderate oven and bake until brown. Serve with cream as a dessert or plain for breakfast dish.

OATMEAL MUFFINS
1 cup rolled oats, 1 1/4 cup hot milk,
2 tablespoonfuls bacon fat, 1 1/2 teaspoonfuls salt,
3 tablespoonfuls sugar, 3/4 cup whole wheat flour,
4 teaspoonfuls baking powder, 3/4 cup pastry flour (sifted).

Add oats and butter to the milk, boil 1 minute. Add salt and sugar. Sift baking powder with white flour, mix with entire wheat flour. Stir mixtures together, mixture should drop heavily from spoon. Moderate oven—25 minutes.

OATMEAL HURRY-UPS
1 cup flour, 3/4 cup milk,
2 cups oats, 1/2 teaspoonful salt,
2 tablespoonfuls Crisco, 4 teaspoonfuls baking powder.


ROLLED OATS PUDDING (For four people)
Two tablespoonfuls of rolled oats, One heaped tablespoonful of stoned raisins,
One half tablespoonful of butter, One and one half cupfuls of milk,
Half a tablespoonful of sugar, Grating of nutmeg, or a pinch of cinnamon.
Bring the milk to the boil and add a good half cupful of boiling water. Sprinkle in the oats gradually; then add the raisins and sugar, and let the mixture simmer gently for forty minutes. Put into a greased pie-dish and stir in the fat. Grate a little nutmeg over the top and bake in a very gentle oven for two hours.
WAR-TIME RECIPES

Save Bread by Eating More Vegetables

The very best way of cooking vegetables is to steam them, or cook them in so little water that when the vegetables are ready all the water is absorbed. When vegetables are boiled in the usual way, the most valuable salts go into the water and are thrown away. Even if the liquor is saved for stock, and the salts utilized in that way, it does not alter the fact that the vegetables have lost a great deal of their value.

Green vegetables can be steamed in an ordinary colander, placed over boiling water, provided that the colander is tightly covered so that no steam escapes.

Now that flour of every kind is so scarce, make as much use as possible of vegetables of every kind. In themselves vegetables do not make a complete meal, but need the addition of something containing protein and fat. A sauce made with butter, milk and flour (not wheat flour), nicely seasoned, is excellent with them, and supplies what is necessary.

If you serve a vegetable dish as the main part of a meal, do not give bread with it, but something crispier, such as oatcake. Bread is too soft, and does not promote mastication as the crisper addition will.

Vegetables served au gratin, or scalloped or as rissoles, may be served not only for dinner or supper, but as breakfast dishes.

Have fresh salad in your menu as often as possible. If you have no garden, remember that you can keep your family supplied with greens by growing lettuce or mustard and cress in window boxes.

TO BOIL CABBAGE OR OTHER GREENS

Wash the cabbage thoroughly, and place it in a pint of boiling water. Cover the pan and boil the cabbage for one minute. Strain away the water and pour in a half cupful of fresh boiling water salted with half a teaspoonful of salt. Cover the pan, and cook until tender, which will take from thirty to thirty-five minutes.

Another way is to put an ounce of butter into the pan instead of the second water, cover the pan closely, and let the vegetable stew until tender.

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VEGETABLE CHOWDER

1/2 pound dried lima beans, 1 tablespoonful flour
1 pound carrots, (may be omitted),
a little fat,
1/2 onion, 1/2 cup milk,
Pepper and salt.

Soak beans over night, cook slowly until tender. Brown the sliced onion in the fat, add this and diced carrots to the beans and cook slowly, 20 to 30 minutes. The flour blended with the milk may be added the last 10 minutes.

VEGETABLE PIE

Two potatoes. Two sticks of celery.
Three artichokes. One pint of milk.
Three tomatoes. Half tablespoonful of drippings or butter.
Half tablespoonful of cornmeal or barley flour. Seasoning to taste.

Bring the milk to the boil and thicken it with the flour. Cut up all the vegetables into small pieces, mix them, season, and put them into a well-greased pie-dish.

Pour the thickened milk over them, dot the fat over the top in small pieces.

Bake for half an hour or more, keeping the dish closely covered, except for the last five or six minutes to give the top a chance to get brown.

Test the vegetables to see if they are tender before serving up, as sometimes they take longer than the half-hour to cook, depending on their age and the heat of the oven.

You can use any vegetables you like for this pie, and in any proportions.

STUFFED ONIONS

Two tablespoonfuls of cold meat, chopped.
Four large onions.
One tablespoonful of butter or dripping.
Two tablespoonfuls of grated cheese
Seasoning.

Half cook the onions, drain them, and take out the centres.
Mash or cut up finely what you have removed from the onions with the meat, cheese, and seasoning to taste.

Fill the onions with this mixture, put a quarter of the fat on the top of each.

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Place in a baking-tin with some hot dripping, and bake till the onions are quite soft. Breadcrumb, or boiled rice, moistened with a little stock, may be used instead of meat.

CAULIFLOWER AU GRATIN

One cauliflower. One and a half ounces of
Half a pint of good white grated cheese.
sauce. Cayenne, salt.

Boil the cauliflower till tender but unbroken. Stand it stump downwards on a dish. Make a good white sauce and to it add most of the cheese and seasonings.

Coat thickly over the cauliflower. Sprinkle with remainder of the cheese.
Place in a moderate oven for a few minutes.

CURRIED CAULIFLOWER

One good cauliflower One small onion.
Half pint of stock, Half tablespoonful of corn-flour.
One small apple. Pinch of ginger.
Two ounces of butter or Pinch of curry powder.
dripping. Half a teaspoonful of sugar.
One teaspoonful of curry powder. Salt and pepper to taste.

Make a rich sauce by frying the onion and apple, chopped finely, in the fat. Stir in the curry powder and the corn flour, moistened with a little cold water. Cook these for a minute or two, stir in the ginger, sugar and seasonings, and pour in the stock.

Bring to boiling-point, and simmer for about five minutes, stirring well. Taste the sauce to make sure that the seasoning is right, adding salt or pepper if necessary, then pour it over the cauliflower, previously cooked in boiling salted water, then put in a very hot dish.

VEGETARIAN KEDGEREE (For four people)

Half cupful of rice. Two tablespoonfuls of butter or dripping.
Two tablespoonfuls of grated cheese, Pepper, salt and cayenne to taste.
One pint of stock or water, One onion (chopped finely)

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Put the rice into a pan with the stock or water, brought to the boil. Boil for twenty minutes, or until soft without being pulpy. Add more water if required. Strain (saving any liquor for stock). Melt the fat in another pan, and fry the onion in it till it is a light brown. Add the rice, seasonings, and one spoonful of cheese. Stir together in the pan for a few minutes. Place on a hot dish, and scatter the rest of the cheese over. No bread is needed with this dish.

STUFFED TOMATOES (For four people)

One pound of tomatoes, Three tablespoonfuls of
A few crumbs of dry boiled grated cheese,
rice, Salt and pepper.

Slice the tops from the tomatoes and carefully scoop out the centres. Chop these finely and mix with them the cheese and seasonings. Add sufficient rice or crumbs to make the mixture rather stiff. Fill the tomatoes with this, and bake in a moderate oven for about fifteen minutes.

CORN CHOWDER

1 can corn, 2 cups milk,
1 cup salt pork cut in cubes, 1 tablespoonful butter or 1 cup potatoes,
1 cup drippings, ½ cup onion, 1 tablespoonful flour,
Salt and pepper, ½ cup cracker crumbs,
3 cups water,
Cook salt pork in frying-pan five minutes; add onion and cook until yellow. Parboil potatoes five minutes; add to onion with corn and water; cook twenty minutes. Thicken milk with butter or drippings and flour cooked together. Combine mixtures; add cracker crumbs and seasonings, and serve. Succotash may be substituted for corn.

CORN FRITTERS

1 cup canned or fresh ½ cup of milk, grated corn, ½ cup of flour,
1 egg, ½ teaspoon baking-powder, 2 dashes of salt,
1 teaspoon baking-powder, 2 dashes of black pepper.

To the corn add the milk, the yolk of the egg, salt, pepper
and flour; beat well. Beat the white of the egg to a stiff
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froth, and stir it and the baking-powder carefully into the mixture. Put lard or drippings into a saucepan; when hot, drop the mixture by spoonfuls into the deep fat. When brown on one side, turn and brown the other. Take out with a skimmer (do not pierce them with a fork, as it makes them heavy), drain on brown paper, and serve very hot.

YOUNG ONIONS IN SAUCE

Wash the onions or leeks very thoroughly and cut off most of the green. Boil in salted water for an hour, or until tender, then drain, and place in a greased pie-dish. Cover them with a good white sauce, and bake for ten minutes.

To make the sauce you will need:
Half tablespoonful of corn flour.
One tablespoonful of butter or dripping.
One cupful of milk.
Grating of nutmeg.

Melt the fat and mix the corn flour smoothly with it. Add the milk, and bring all to the boil, stirring constantly. Let it simmer well for five minutes, then add the seasoning. A little cream added at the last minute makes a deliciously rich sauce.

CARROT MOULD

Two large carrots.
One tablespoonful of butter or dripping.
One egg.

Boil the carrots and mash very thoroughly, add the fat, melted, the egg well beaten, and the seasoning. Beat them all together very well and put into a greased mould. Bake until hot right through, then turn out and sprinkle with the parsley. This is nice served with melted butter or white sauce.

CARROT RISSOLES

Two carrots.
One tablespoonful of butter or dripping.
One egg.
Two onions.

Herbs and seasoning to taste.
Two tablespoonfuls of dry boiled rice.
One gill of milk.

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Boil the carrots and mash them thoroughly. Chop the onions, and fry till brown in the fat. Mix these prepared vegetables with the rice, beaten egg, milk, herbs, and seasoning, put the mixture into a basin and stand in a pan of very hot water until it is set.

Put it out on a shallow dish, and when cool make it into rissoles. Fry in deep fat, and serve very hot.

SCALLOPED PARSNIPS

One pound of boiled parsnips. Parmesan cheese.
Two tablespoonfuls of butter or dripping. Pepper, salt and a dash of cayenne.
One teaspoonful of grated Breadcrumbs.

Mash the parsnips to a purée, and mix in the fat, seasoning and cheese. Add sufficient milk to make the mixture of a creamy consistency. Pour this into greased scallop shells or small saucers, sprinkle a few crumbs over each, and bake for eight to ten minutes.

Any cold cooked vegetables, such as potatoes, carrots or turnips, may be scalloped in the same way.

LEFT-OVER VEGETABLE RECIPES

Any left-over vegetables may be used for flavoring soup; also for making creamed soups, scalloped dishes, and hash. A number of vegetables may be mixed together and used for a salad.

Peas, tomatoes, or beans may be put in an omelet. Vegetables are not hurt by reheating. The coarse stalks and roots of celery make a good vegetable dish when cut in pieces and boiled and served with a cream sauce. They also make a good cream of celery soup.

The leaves of celery are valuable in the soup for flavoring. Any left-over celery leaves can be dried out in a lukewarm oven, put into a glass jar and kept for flavoring soups, sauces, etc.
Any left-over parsley can be dried out in the same manner and used for the same purpose.
Limp lettuce leaves may be shredded with a scissors and used in any kind of salad.
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STUFFED POTATOES
Baked potatoes that are left over must be made into stuffed potatoes before they are heavy and cold. At the close of the meal at which they were first served, cut the potatoes directly into halves, scoop out the inside portion, put it through an ordinary vegetable press, or mash it fine; add a little butter, salt, pepper and sufficient milk to make a light mixture; stand this over hot water and beat until light and smooth. Put it back into the shells, and stand them aside in a cold place. When ready to serve, brush the top with beaten egg and run them into a quick oven until hot and golden brown.

POTATO CROQUETTES
Cold mashed potatoes may be made into croquettes by adding to each pint four tablespoonfuls of heated milk, the yolks of two eggs, a tablespoonful of chopped parsley, a teaspoonful of grated onion, a quarter of a teaspoonful of pepper; stir over the fire until the mixture is thoroughly heated; form into cylinder-shaped croquettes, dip in egg and rolled bread crumbs and fry in smoking hot deep fat.

CURRIED VEGETABLES
Have previously prepared one cup boiled potato, cut in dice, one cup boiled carrots, cut in dice, one-half cup boiled turnips, cut in dice, and one-half cup left-over peas. Cook two slices onion in three tablespoonfuls drippings five minutes. Remove onion, and add three tablespoonfuls flour, one teaspoonful curry-powder, one teaspoonful salt, one-fourth teaspoonful celery salt, one-fourth teaspoonful pepper, and one and one-half cups milk. Stir until smooth, then reheat vegetables in sauce.

LEFT-OVER TOMATOES
A half cup of stewed tomatoes or canned tomato pulp may be used with stock for brown tomato sauce, or for making a small dish of scalloped tomatoes, helping out at lunch when perhaps the family is less in number.

SPINACH WITH BAKED EGGS
Form any cold, well-seasoned spinach into a neat border on buttered toast. A full tablespoonful will answer for each piece.

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CARROT CROQUETTES
1 cup cooked carrots, 1 egg,
1 cup cooked peas, Salt and pepper.
1 cup white sauce,
Press carrots and peas through a sieve. Add seasoning, unbeaten egg, white sauce; set away to chill. Form into croquettes, roll in crumbs and egg, and fry in smoking hot deep fat.

BEETS PRINCESS
1 tablespoon butter, ½ cup water.
2 tablespoons vinegar,
Combine these in the order given and bring to a boil. Then add one teaspoon cornstarch moistened with cold water. Cook until clear. This makes a transparent sauce for warmed-over beets.

CREAMED BEETS
Any left-over beets that have been served with butter and no vinegar may be creamed. Chop them coarse and to each cup of beets allow one cup of white sauce.

PARSNIP CAKES
Use left-over boiled, buttered parsnips for making these cakes. Mash, and season with salt and pepper, make into flat, round cakes, dip in flour, and fry in hot melted drippings or butter.

CELERY TOAST
Take the outer and less tender stalks of celery that are often thrown away, cut them into one-half inch pieces and cook in slightly salted water until tender. Drain and use one-half cup of this water and one-half cup of milk to make a white sauce. Add the celery to the sauce and pour over slices of nicely browned and buttered toast. Serve very hot.
WAR-TIME RECIPES

Save Meat by Eating Fish
EVERY DAY IS FISH DAY

Vary your diet as much as you can. You will be more healthy if you do.
Don’t use meat so much. Use fish more.
Fish is just as nourishing as lean meat, and if eaten with bread, potatoes, etc., will supply all the needs of the body.
When you buy fish, see that you get the trimmings.
Halibut costs from 25 cents to 30 cents a pound. Market cod, tile fish, hake and pollock cost about 15 cents less a pound and can be cooked in the same way as halibut. They can be cut up into steaks; they can be boiled; the tail can be split and broiled in the same way that you would broil mackerel or bluefish, and they cost about 15 cents less a pound than either mackerel or bluefish.
Sword can be obtained the year around at about 10 cents a pound. (Sword is a young cod, split down the back and the backbone removed except a small portion near the tail.) Haddock costs about 10 cents less a pound than halibut and can be cooked in the same way. Cod, tile fish and haddock are in season all the year and, if properly cooked, are extremely appetizing.
When you buy bluefish, get a large-size fish. If you buy a large one you will have enough left over for another meal. Any fish left over can be used to make fish cakes, or it can be creamed and put in a dish and baked.
Many people go to a fish store and buy the filets of a fish instead of buying the whole fish. A filet of fish is nothing more nor less than the meat of the fish stripped from the skeleton and it costs about 15 cents more a pound as a filet than if you bought the entire fish and asked your fish dealer to strip the fish off for you and give you the trimmings.

BOILED FISH

Small fish, such as small cod and haddock, should be cooked whole in enough boiling water to cover, to which is added salt, lemon juice or vinegar. Sew the fish in a piece of muslin to keep it from breaking to pieces. Large fish should be cut in thick pieces.

BROILED FISH

Small cod, haddock and mackerel should be split down the back and broiled whole. Salmon and halibut should be cut in slices for broiling. Smelts and other small fish should be broiled whole without splitting.

FRIED FISH

Wipe the fish dry, sprinkle with salt, then dip in flour or crumbs, then dip in egg, and again in flour or crumbs, and fry in deep fat.

PANRED FISH

This method of cooking is suitable for any small fish or such as can be cut in slices. Have the fish well cleaned, seasoned with pepper and salt and dried with a little flour, or, better still, very fine bread crumbs. Have a large frying-pan smoking hot with as little grease in it as will keep the fish from sticking. Drippings from good sweet salt pork are the best, but any sweet dripping will do. When the fat begins to smoke blue, lay in the fish and brown quickly on both sides, then cover closely and set back to cook more slowly, from ten to twenty minutes, according to the size of the fish. Bass in all its varieties is suitable to cook in this way; so are butterfish, cisco (lake herring), herring, perch, porgies, trout, weakfish, etc.

SAUTE FISH

Prepare your fish as for frying and cook in frying-pan with small amount of fat. Cod steaks and smelts should be cooked in this way.

SALT FISH

Very salt fish should be soaked several hours in three or four changes of warm water. Place the skin side up, so that salt crystals may fall away from the under or meat side. Wipe carefully and clean, then soak for an hour in very cold water.

FISH SAUSAGES (For four people)

Two teacupfuls of cooked fish, herbs,
Two tablespoonfuls of cooked rice (more, if liked), Salt and pepper to taste.
Half a teaspoonful of dried One small egg, or a table-
Pour the fish smoothly, having spoonful of the water spoonful of the rice, then took out all bone and skin. Add the rice, herbs, seasoning, and egg or stock. Add stock as
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required to moisten; this depends on the consistency of the cooked rice. Mix thoroughly, form into small sausages, roll in dried breadcrumbs, corn flour, or oatmeal, and fry in hot fat.

FISH OMELET (For four people)

Two heaped tablespoonfuls of cooked fish,
One tablespoonful of grated cheese,
Pinch of cayenne and salt.

Beat the yolks of the eggs, and add the cheese and seasoning. Fold in the whites of the eggs, whipped to a stiff froth, and put the mixture quickly into a frying-pan or omelet-pan, in which the butter has been melted.

When the eggs begin to set, stir in the fish, and cook until the omelet is done. Serve immediately.

BAKED FISH (For four people)

Two whiting, one fresh haddock, or filleted fish of any kind,
½ cupful of milk,
½ tablespoonful of chopped onion.

One heaped teaspoonful of parsley, salt, and nutmeg.

Well grease a pie-dish, and at the bottom sprinkle the onion, parsley, salt and nutmeg. Put in the fish, and pour over the milk and half the fat, melted. Bake in a moderate oven for twenty to thirty minutes, keeping the dish well covered. When cooked, pour off the milk, and bring it to the boil with the pepper and remainder of the fat.

If liked, this liquor can be thickened with a little cornmeal or oat flour. Pour the sauce over the fish, and serve very hot.

STUFFED FISH (For four people)

One small haddock,
Yolk of a hard-boiled egg,
Half tablespoonful of butter or drippings,
One full tablespoonful of dried crumbs or cooked rice or barley.

One teaspoonful of chopped parsley,
Seasoning and lemon-juice to taste.

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Any fish that is apt to taste insipid when cooked in the ordinary way will be delicious when stuffed with savory filling like this.

Mix together the crumbs or rice, parsley, and seasoning. Pound the yolk of egg to a paste with the fat, and add to the other ingredients. Put in a few drops of lemon-juice to taste. Fill the well-washed fish with this, tie it up carefully, put into boiling water, and simmer for about thirty minutes.

Serve with sauce made by thickening the liquor in which the fish was cooked (or part of it) with corn or pea flour, and stir in a small nut of butter.

FISH CUTLETS

Cooked fish of any kind, An equal quantity of cooked rice or barley,
Salt and pepper to taste, A little anchovy essence, if liked.

Pound the fish as smoothly as possible, and mix with the rice or barley, rubbed to a paste. Add the seasoning and the fat. If possible, mix the fish and cereal while they are both warm; this makes it much easier to blend them.

When the mixture is cold, shape into cutlets, dip into omelet, and fry quickly in deep fat.

DEVILLED COD

A thick slice of cod, made mustard and one tablespoonful of butter
or drippings, chopped chutney,
Seasoning to taste, half a teaspoonful of anchovy essence,
One teaspoonful each of fish sauce, if convenient.

Wash and dry the fish, and tie it in a neat round. Melt the fat slightly, and brush it over the cut sides of the fish. Put the piece of cod into a well-greased pie-dish, and spread on top of it the seasonings, well mixed, with a half tablespoonful of stock or fish sauce.

Cover with a greased paper, and bake for about twenty-five minutes.

Hake, haddock or any filleted fish can be devilled in the same way.
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FISH CHOWDER (For four people)
One pound of any fresh fish, One slice of bacon or half tablespoonful of bacon fat,
One small onion, chopped, Half-tablespoonful of barley
One cupful of milk, or pea flour,
Three potatoes or one table- Salt and pepper to taste.
spoonful of rice,
Cut up the bacon and fry gently (or melt the bacon fat), and fry the onion with it until golden brown. Remove all skin and bones from the fish (saving for stock), and flake the fish. Put it in a dish, sprinkle well with seasoning, and put the fried onion over it, leaving the dripping in the pan. To this fat add the flour, working it in smoothly, and by degrees add half the milk, stirring over the fire, and bring to boiling point.
Boil the potatoes (cut up small) or the rice in slightly salted water for ten or twelve minutes. Then add to them the fish, onion, and the rest of the milk (don't drain the potatoes or rice first), and simmer well for fifteen minutes. Add the sauce, boil up again to thicken the gravy, season to taste, and serve hot.

FISH PIE (For four people)
One pound of fish, Chopped parsley,
One tablespoonful of dripp- Four heaped tablespoonfuls
ing, of cooked rice,
Two hard-boiled eggs, One cupful of fish stock,
One tablespoonful of maize, Seasoning to taste,
barley, or pea flour,
Boil the fish until it comes away from the bones, then flake it up neatly, removing all skin and bones. Save the liquor it was boiled in for the stock.
Melt the fat, stir the flour smoothly into it, and add the warm stock. Boil for ten minutes. Grease a pie-dish, and put a layer of fish at the bottom. Cover with rice, and sprinkle with seasoning and a little chopped parsley. Put some thin slices of hard-boiled egg on this, then more fish, rice, and so on, until the ingredients are used up. Moisten each layer with the fish sauce, and garnish the top of the pie with egg. Put tiny pieces of butter over the top.
If liked, a teaspoonful of anchovy essence may be added to the sauce.

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STEWED FISH (For four people)
One pound of fish (haddock, Half tablespoonful of drip- 
hake, cod, or any fresh fish),
Half an onion (chopped), Half tablespoonful of flour
One small potato, (maize or pea),
One small carrot, A bit of bay leaf,
Chopped parsley, Seasoning.
Slice the potato and carrot thinly, and put into a saucepan with nearly a pint of water. Add the onion, bay leaf, and seasoning, and bring to the boil. Put in the fish, cover the pan closely, and simmer steadily for twenty-five minutes.
Melt the fat in a small saucepan, work the flour into it smoothly, and add by degrees enough liquor from the fish-pan to make a thin cream. Pour it into the fish-pan, sprinkle in as much parsley as is liked, and simmer fast for three or four minutes.

FISH KEDGEREE
One and a half cupfuls of One egg,
flaked cooked fish, Four tablespoonsfuls of rice, Salt and pepper to taste,
One teaspoonful of chopped Two tablespoonfuls of but-
onion (if liked), ter or dripping.
Put the rice into fast-boiling water, with a teaspoonful of salt, and boil fast until tender (about twenty minutes). Drain well, and dry in a colander. Boil the egg hard, cool it in cold water, and chop it up coarsely. Melt the fat in a saucepan, stir in the cooked rice, add the fish and seasoning. Make very hot, then add the chopped egg, and serve at once.
If onion is liked, fry it lightly in the fat before putting in the rice.

Economical Meat Suggestions
The cross rib makes an excellent pot roast and there is no waste. Try it.
Shin of beef makes a good “beef à la mode.” Cut it up the same as for stew; brown the pieces in hot fat; then add water; cook in a pot the same as pot roast and serve with the gravy.
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By browning the meat in hot fat you retain its juices and this adds greatly to the flavor of the dish.

Shin of beef makes a most nourishing soup and the meat can be taken from the pot afterwards and served with horseradish sauce.

In broiling or roasting the less tender cuts, if you are afraid that they will not be as tender as you would like, they can be made tender if treated in the following simple manner: Mix two tablespoonfuls of oil; one tablespoonful of vinegar; brush this over the meat and let the meat stand for half an hour before cooking it.

If you buy a rib roast of beef have your butcher cut the rib end off so that you can use it for making soup. If it is left on and roasted with the rest of the meat, it is largely wasted.

In corned beef, the flank piece, the navel piece, the plate piece and the brisket piece cost the least. These cuts are much more juicy and palatable than the rump piece and the left-over portions can be used to make a splendid hash.

BRAISED BEEF

Braising is a savoury way of cooking meat, especially of a cheaper cut of meat. All the flavor and gravy are preserved as well as the blood-purifying juices of the vegetable.

A joint of beef weighing 4 to 6 lbs.,
One carrot,
One onion,
One turnip,
Six peppercorns,
A rashers of bacon,
Water or stock as needed,

Cut up the vegetables, and fry them to a light golden color in the fat, previously melted in a large stewpan.

Put the joint in on top of the vegetables, and over it lay the rashers of bacon. Add the peppercorns and herbs, then pour in enough water or stock barely to come to the top of the vegetables.

Cover the pan closely, bring the liquor to the boil for three or four minutes, then simmer very gently for not less than three hours, or more if the joint is a large or thick one.

More or less vegetables may be used as convenient, and if

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liked more stock can be added. This liquor makes a delicious foundation for soup.

Take great care that the liquor never gets to boiling point again after the first few minutes.

Mutton can be cooked in the same way, but will not take so long to do.

Not only joints, but smaller cuts, such as steaks or chops, can be braised.

BOILED LEG OF MUTTON—STUFFED

Small leg of mutton (boned),
One tablespoonful of crumbs,
Three tablespoonfuls of boiled rice,
One teaspoonful of chopped onion,
Half a teaspoonful of chopped parsley,
Stock or milk,
One tablespoonful of ham or bacon (finely chopped),
One and a half tablespoonfuls of chopped suet,
Pinch of dried herbs,
Seasoning to taste.

Mix well together all the stuffing ingredients, adding enough milk or stock to bind them. Press this mixture into the cavity from which the bone has been taken, and tie up the joint to keep its shape. Put the joint into boiling water, boil for ten minutes, and then simmer gently, allowing from twenty to twenty-five minutes for each pound of meat.

If a small carrot and onion and a few peppercorns are put in with the meat, they give a very nice flavor.

Stuffed breast of mutton is delicious cooked in the same way.

Remember that, in spite of its name, boiled mutton (or any other meat) must never boil, except for the first few minutes.

It should simmer steadily and evenly.

The liquor from the boiled meat should be used for soup.

MEAT STEWS

Stews are not only economical, but they are exceedingly nourishing and healthy, because the whole of the nutriment from the meat is preserved, and all the blood-purifying juices of the vegetables.
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Remember
1. That they must never boil after the first minute or two.
2. They are always more tasty if the meat or the vegetables are first fried lightly.
3. They must be brought very gradually to boiling point, then simmered.
4. The casserole or stewpan must be kept closely covered. Remember that a casserole must be heated slowly at first, or it will crack.

IRISH STEW IN CASSEROLE (For five people)

One and a half pounds of neck of mutton,
Two onions,
Four carrots,
Half a pound of potatoes,
Two tablespoonsful of barley
Salt and pepper to taste.

Cut the meat into chops, and put these in the casserole.
Cover with cold water, and bring to boiling point. Skin well, and leave overnight (or for several hours). Take off any fat that has formed on top, then add the vegetables, cut up, the barley and seasoning. Bring gradually to simmering point, and simmer gently but steadily for two and a half hours or more. Add water or vegetable stock if required. Shake the casserole gently occasionally, to prevent the barley from sticking to the bottom.

BRAISED STEWING BEEF (For four people)

One and a half pounds of stewing beef,
Two slices of bacon,
Two onions,
One tablespoonful of dripping, bacon fat or butter,
A pinch of dried herbs.

Melt the fat in the casserole, and in it fry the vegetables, cut up. Put in one piece of bacon, then the beef. Sprinkle the herbs over (omit if not likely), and the other slice of bacon. Cover the casserole, and cook in the oven or on top of the stove for fifteen minutes. Turn the meat over and cook for another fifteen minutes. Then pour in the stock, warmed, and simmer gently for an hour and a half.

SURREY STEW (For four people)

One pound of stewing or any lean beef,
Two carrots,
A small bunch of herbs,
Seasoning to taste,
Flour to thicken,
Season a tablespoonful of flour—corn meal, pea, rice, rye, or any other flour, except wheat—with plenty of pepper and salt.
Cut the vegetables into dice.
Melt the fat in a casserole, and when hot put in the meat, cut into convenient pieces, and dipped in the seasoned flour. When the meat is a golden brown, take it out and put in the onion. Fry this lightly, and stir in with it any flour left over from coating the meat. Now replace the meat and add the rest of the vegetables. Add the herbs and cloves, if these are liked.
Pour in a cupful and a half of warm water (more if liked), cover the casserole closely, and put it in a moderate oven for two and a half to three hours. The stew can be simmered over the fire, if care is taken to prevent burning.
Add seasoning to taste before serving, and take out the herbs.

BEEF A LA MODE (For four people)

One and a quarter pounds of beef steak,
Two or three slices of fat bacon,
One tablespoonful of flour,
Two carrots,
Two onions,
One tablespoonful of dripping.

One turnip,
Small bunch of herbs,
Vinegar,
Seasoning.

Baste the steak with a little vinegar and leave it to soak in it. Cut the bacon into fairly small pieces, and put them at the bottom of a stewpan or casserole. Put in the meat, and add the vegetables, cut small, the vinegar, and herbs and seasoning. Pour in enough water nearly to cover. Put on the lid, and let the contents of the pan simmer gently for two to two and a half hours. Then press the vegetables through a sieve, and return to the pan.
Melt the fat in a small saucepan, and stir in the flour (maize, pea, oat, or barley flour), and add liquor from the stewpan to make a sauce of the consistency you want. Season to taste.
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Serve the meat with the sauce poured round. Grated horseradish makes a good garnish.

ROUND OF BEEF IN CASEROLE

Melt a tablespoonful of fresh dripping, in the casserole, and add a little pepper and salt. When the fat is hot, put in the meat, and cover. Let the underside brown in the fat for five to ten minutes, then turn the joint. Cover again and put the casserole in a hot oven. Bake for two and a half to three hours. The meat can be transferred to a baking-tin for the last fifteen minutes, if liked, to brown it. Baste with the gravy in the casserole.

Allow longer for cooking in casserole than for roasting. By this method the juices of the meat are kept in, and all its flavor retained.

Any small joint of beef or mutton, or chicken, can be cooked in a casserole in this way.

SCRAPPLE

Boil hogs-head and other lean pieces of meat such as shanks and liver. Cook very tender. Take out bones, grind whole, put in the water in which it was cooked and when boiling hot stir in gently 1-3 as much cornmeal as meat. Season to taste; cook 2 hours. Pour into mould and serve fried.

MEAT POLENTA

3/4 pound lean raw beef 1 tablespoonful minced parsley
1 egg, 1/2 cup uncooked cornmeal,
1 small onion, 1/3 teaspoonful pepper.
2 tablespoons salt, 1 teaspoonful salt.
2 cups tomato sauce.

Chop the meat finely. Add all the other ingredients, blending well. Form into balls somewhat smaller than an egg. Drop balls into tomato sauce and simmer gently for one hour. Before serving, thicken the tomato sauce with about 1 tablespoonful flour.

CHICKEN IN CASEROLE

Truss a fowl for boiling, in the usual way, then put it into a deep casserole, breast downwards. Put in with it the giblets.

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a carrot and onion (sliced), a blade of mace, and salt and pepper. Add two cupfuls of cold water, and then cover the casserole closely. Bring to simmering point either in the oven or on the stove, and simmer steadily until the fowl is tender. This should take about two hours.

Take the fowl out of the casserole and cut into neat joints. Strain the liquor, and put the fowl and liquor back in the casserole. Make thoroughly hot and just before serving sprinkle in a tablespoonful of capers.

SAVORY CHICKEN

One chicken, One tablespoonful of cornmeal, pea, rice, or barley flour.
Two tablespoonfuls butter, Three ounces of bacon.
Stock or water as required. Seasoning to taste.
One shallot.

Melt half the fat in a casserole, and put in the bacon. Let this fry for a minute or two, then put in the chicken, divided into joints. Add the chopped shallot, put on the lid, and let all cook gently in the fat. Turn the meat so that both sides are nicely browned, then add enough warmed stock nearly to cover, with seasoning to taste. Work the flour to a smooth paste with the rest of the fat, add enough liquor from the chicken to form a thin cream, and add it to the casserole about a quarter of an hour before serving.

BACON

Can be fried, grilled or baked. It is not extravagant because the bacon fat is most valuable in all types of cooking. Cold boiled bacon is satisfying and nourishing. But don't just dump it into a pan of water and boil till it is soft! Try this way.

Cut off any "rusty" bits, and put the piece of bacon into a large pan. Cover it with cold water, and stand it at one side of the fire, where it can get hot very gradually. When it comes to the boil, which should take about half an hour, strain off the water, and cover the bacon with fresh hot water.

Add a small dessertspoonful each of sugar or syrup and vinegar, together with half a small onion, and a small carrot cut in quarters.

Now bring it to the boil again, then simmer gently until done, allowing from thirty to thirty-five minutes to each pound of
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meat. When the bacon is cooked, you will be able to peel the skin back quite easily.
When the bacon is done, leave it in the liquor till nearly cold.
The liquor makes splendid soup stock, or is capital soup in itself, with the addition of a few fresh vegetables and a handful of sago or tapioca.

COLD BACON AND EGGS
An economical way of using bacon and eggs that have been left from a previous meal is to put them in a wooden bowl and chop them quite fine, adding a little mashed or cold chopped potato, and a little bacon, if any is left. Mix and mould into little balls, roll in raw egg and cracker or breadcrumbs, and fry in a frying-pan; fry a light brown on both sides. Serve hot. This makes a very appetizing dish.

Cheese Dishes Which Save Meat
Meat is wholesome and relished by most persons, yet it is not essential to a well-balanced meal and there are many housekeepers who for patriotic reasons are interested in lessening the amount of meat which they provide or in substituting some other foods for it.
Foods which are to be served in place of meat should be rich in protein and fat and should also be savory. Cheese naturally suggests itself as a substitute for meat, since it is rich in the same kinds of nutrients which meat supplies, it is a staple food with which everyone is familiar, and is one which can be used in a great variety of ways. In substituting cheese for meat, special pains should be taken to serve dishes which are relished by the members of the family.

CHEESE SAUCE
1 cupful of milk, 1 cupful of grated cheese, 1 ounce of cheese (¼ cup-
2 tablespoonfuls of flour, Salt and pepper.

Thicken the milk with the flour and just before serving add the cheese, stirring until it is melted.
This sauce is suitable to use in preparing creamed eggs, or to pour over toast, making a dish corresponding to ordinary milk toast, except for the presence of cheese. It may be seasoned with a little curry powder and poured over hard-boiled eggs.

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RICE FONDUE
1 cupful of boiled rice, ½ teaspoonful of salt,
2 cupsfuls of milk, 1 teaspoonful of some commercial meat sauce, or
4 eggs, similar flavoring.
1 cupful of grated cheese,

Heat the rice in the milk, add the other ingredients, and cook slowly until the cheese is melted. Serve on crackers or toast.
The food value is not far from that of a pound of beef of average composition.

CORN AND CHEESE SOUFFLE
1 tablespoonful of butter, 1 cupful of chopped corn,
1 tablespoonful of chopped 1 cupful of grated cheese,
green pepper, 3 eggs,
¾ cupful of flour, ½ teaspoonful of salt,
2 cups of milk,

Melt the butter and cook the pepper thoroughly in it. Make a sauce out of the flour, milk, and cheese, add the corn, cheese, yolks, and seasoning; cut and fold in the whites beaten stiffly; turn into a buttered baking dish and bake in a moderate oven 30 minutes.
Made with skimmed milk and without butter, this dish has a food value slightly in excess of a pound of beef and a pound of potatoes.

BAKED RICE AND CHEESE
1 cupful of uncooked rice 1 cupful of milk, and
2 tablespoonfuls of flour,
4 cupsfuls of milk; ½ pound of cheese,
or, ½ teaspoonful of salt,
3 cupsfuls of cooked rice and

If uncooked rice is used, it should be cooked in 3 cupsfuls of milk. Make a sauce with one cupful of milk, add the flour, cheese, and salt. Into a buttered baking dish put alternate layers of the cooked rice and the sauce. Cover with buttered crumbs and bake until the crumbs are brown. The proteids in this dish, made with rice cooked in milk, are equal to those of nearly 1¼ pounds of average beef.

CHEESE ROLLS
A large variety of rolls may be made by combining legumes, either beans of various kinds, cowpeas, lentils, or peas, with
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cheese of various kinds, and adding bread crumbs to make the mixture thick enough to form into a roll. Beans are usually mashed, but peas or small Lima beans may be combined whole with bread crumbs and grated cheese, and enough of the liquor in which the vegetables have been cooked may be added to get the right consistency. Or, instead of beans or peas, chopped spinach, beet tops, or head lettuce may be used. Homemade cottage cheese, and the soft cream cheese of commerce, standard cheese, or English dairy may be used.

BOSTON ROAST

1-pound can of kidney beans or equivalent quantity of cooked beans,
½ pound of grated cheese, Salt.
Bread crumbs.

Mash the beans or put them through a meat grinder. Add the cheese and sufficient bread crumbs to make the mixture stiff enough to be formed into a roll. Bake in a moderate oven, basting occasionally with butter and water. Serve with tomato sauce. This dish may be flavored with onions, chopped and cooked in butter and water.

PIMENTO AND CHEESE ROAST

2 cupfuls of cooked Lima commercial or homemade, beans.
3 canned pimientos chopped, Bread crumbs.

Put the first three ingredients through a meat chopper. Mix thoroughly and add bread crumbs until it is stiff enough to form into a roll. Brown in the oven, basting occasionally with butter and water.

NUT AND CHEESE ROAST

1 cupful of grated cheese, 1 tablespoonful of butter, 1 cupful of chopped English walnuts,
2 tablespoonful of chopped onion, Juice of half a lemon,
Salt and pepper.

Cook the onion in the butter and a little water until it is tender. Mix the other ingredients and moisten with water, using the water in which the onion has been cooked. Pour into a shallow baking dish and brown in the oven.

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WELSH RABBIT

1 tablespoonful of butter, small pieces,
1 teaspoonful of cornstarch, ¼ teaspoonful each of salt
½ cupful of milk, and mustard,
½ pound of cheese, cut into A speck of cayenne pepper.
Cook the cornstarch in the butter; then add the milk gradually and cook two minutes; add the cheese and stir until it is melted. Season and serve on crackers or bread toasted on one side, the rabbit being poured over the untoasted side. Food value is that of about three-fourths of a pound of beef.

TOMATO RABBIT

2 tablespoonfuls of butter, ¼ teaspoonful of soda,
2 tablespoonfuls of flour, 1 pound of cheese,
¾ cupful of milk,
¾ cupful of stewed and strained tomatoes,
Salt, mustard, cayenne pepper.

Cook the butter and the flour together, add the milk, and as soon as the mixture thickens add tomatoes and soda. Then add cheese, eggs, and seasoning. Serve on toasted whole wheat or Graham bread.

GREEN CORN, TOMATO, AND CHEESE

1 tablespoonful of butter, 2 egg yolks,
2 cups of grated cheese, 1 teaspoonful of salt,
¾ cup of canned or grated ½ teaspoonful of paprika,
fresh corn, 1 clove of garlic,
1 ripe pimento, 4 slices of bread,
½ cup of tomato purée, 

Into the melted butter stir the cheese until it, too, is melted. Then add the corn and pimento, stir for a moment and add the egg yolks beaten and mixed with the tomato juice and the salt and paprika. Have ready the bread toasted on one side and very lightly rubbed on its untoasted side with the garlic cut in two. Pour the mixture over the untoasted side of the bread and serve at once. A poached egg is sometimes placed on top of each portion, making a very nutritious combination.

MACARONI AND CHEESE NO. 1

1 cupful of macaroni, broken into small pieces, 2 quarts of boiling salted water,

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1 cupful of milk, ½ teaspoonful of salt.
2 tablespoonfuls of flour, Speck of cayenne pepper.
¾ to ½ pound of cheese.

Cook the macaroni in the boiling salted water, drain in a
strainer, and pour cold water over it to prevent the pieces from
adhering to each other. Make a sauce out of the flour, milk,
and cheese. Put the sauce and macaroni in alternate layers
in a buttered baking dish, cover with buttered crumbs, and
heat in oven until crumbs are brown.

MACARONI WITH CHEESE AND TOMATO SAUCE

Boiled macaroni may be heated in tomato sauce and sprinkled
with grated cheese just before serving.

ITALIAN MACARONI AND CHEESE

1 cupful of macaroni broken into small pieces,
2 cloves,
2 quarts of boiling salted water,
⅔ onion,
Cook the macaroni in the boiling salted water with the onion
and cloves. Drain, remove the onion and cloves, reheat in to-
mato sauce, and serve with grated cheese.

CREAMED CHEESE AND EGGS

3 hard-boiled eggs, Speck of cayenne,
1 tablespoonful of flour, ¼ cupful or 1 ounce grated
1 cupful of milk, cheese,
¾ teaspoonful of salt, 4 slices of toast.
Make a thin white sauce with the flour and milk and season-
ings. Add the cheese and stir until melted. Chop the whites
and add them to the sauce. Pour the sauce over the toast.
Force the yolks through a potato ricer or strainer, sprinkle over
the toast.

BAKED EGGS WITH CHEESE

4 eggs, bread crumbs,
1 cupful, or 4 ounces, of ½ teaspoonful salt.
1 tablespoonful of flour, A few grains of cayenne
1 cupful of fine, soft, stale pepper.

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Break the eggs into a buttered baking dish or into ramekins
and cook them in a hot oven until they begin to turn white
around the edge. Cover with the mixture of crumbs, cheese,
and seasonings. Brown in a very hot oven. In preparing this
dish it is essential that the oven be very hot or the egg will be
too much cooked by the time the cheese is brown. To avoid this,
some cooks cover the eggs with white sauce before adding
creams.
The food value of the dish is very close to that of a pound of
beef.

For those who are particularly fond of cheese the amount of
cheese in this recipe may be very much increased, thus making
a much more nourishing dish.

SCRAMBLED EGGS WITH CHEESE

¾ pound of cheese grated or parsley,
cut into small pieces, A pinch of nutmeg.
8 eggs, ½ teaspoonful of salt.
1 tablespoonful of chopped

Beat the eggs slightly, mix them with the other ingredients,
and cook over a very slow fire, stirring constantly, so that the
cheese may be melted by the time the eggs are cooked. In food
value the dish is equal to nearly 2 pounds of average beef.

SWISS EGGS

4 eggs, Salt and pepper,
½ cupful of cream, ¼ cupful of grated cheese.
1 tablespoonful of butter,

Heat the butter and cream together, break in the eggs whole,
sprinkle with salt and pepper. When nearly done, add the
cheese. Serve on buttered toast. Strain the cream over the
toast.

CHEESE OMELET

Cheese may be introduced into omelets in several ways. An
ordinary omelet may be served with thin cheese sauce made in
the following proportions:

1½ tablespoonfuls of flour. 1 cupful of milk.
⅛ cupful of grated cheese.

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This sauce may also be added to omelets in which boiled rice, minced meat, or some other nutritious material has been included.

OATMEAL WITH CHEESE

2 cupfuls of oatmeal, 1 tablespoonful of butter,
1 cupful of grated cheese, 1 level teaspoonful of salt.

Cook the oatmeal as usual. Shortly before serving, stir in the butter and add the cheese, and stir until the cheese is melted and thoroughly blended with the cereal.

The cheese should be mild in flavor and soft in texture. The proportion of cheese used may be increased if a more pronounced cheese flavor is desired.

CHEESE WITH MUSH

Cheese may be added to cornmeal mush or to mush made from any of the corn or wheat preparations now on the market. The addition of cheese to cornmeal mush is particularly desirable when the mush is to be fried.

ROMAN GNOCCHI

\[
\begin{align*}
\frac{1}{4} \text{ cupful of butter}, & \quad 2 \text{ egg yolks}, \\
\frac{1}{2} \text{ cupful of flour}, & \quad \frac{1}{4} \text{ cupful of grated cheese}, \\
\frac{1}{2} \text{ cupful of cornstarch}, & \quad \text{Salt.} \\
2 \text{ cupfuls of milk,} & \quad \\
\end{align*}
\]

Melt the butter; cook the cornstarch thoroughly, and then the flour in the butter; add the milk gradually; cook three minutes, stirring constantly; add the yolks and one-half cupful of the cheese. Pour into a buttered shallow pan and cool. Cut into squares; place them on a platter a little distance apart; sprinkle with remaining cheese, and brown in the oven.

The protein value is that of three-fourths of a pound of average beef, the fuel value that of 1¾ pounds.

CHEESE SOUFFLÉ

\[
\begin{align*}
2 \text{ tablespoonfuls of butter,} & \quad \text{A speck of cayenne}, \\
3 \text{ tablespoonfuls of flour,} & \quad \frac{1}{4} \text{ cupful of grated cheese}, \\
\frac{1}{2} \text{ cupful of milk (scalded),} & \quad 3 \text{ eggs,} \\
\frac{1}{2} \text{ teaspoonful of salt.} & \quad \\
\end{align*}
\]

Melt the butter; add the flour and, when well mixed, add gradually the scalded milk. Then add salt, cayenne, and cheese.

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Remove from the fire and add the yolks of the eggs, beaten until lemon colored. Cook the mixture and fold into it the whites of the eggs, beaten until stiff. Pour into a buttered baking dish and cook 20 minutes in a slow oven. Serve at once. The protein of this recipe is equal to that of half a pound of beef.

CHEESE CROQUETTES

\[
\begin{align*}
3 \text{ tablespoonfuls of butter,} & \quad 1 \text{ cupful of cheese cut in very} \\
\frac{1}{2} \text{ cupful of flour,} & \quad \frac{1}{2} \text{ cupful of cheese,} \\
2/3 \text{ cupful of milk,} & \quad \text{Salt and pepper.} \\
\text{Yolks of 2 eggs,} & \quad \\
\end{align*}
\]

Make with a white sauce, using the butter, flour, and the milk. Add the unbeaten yolks and stir until well mixed, then add the grated cheese. As soon as the cheese melts, remove from the fire, fold in the pieces of cheese, and add the seasoning. Spread in a shallow pan and cool. Cut into squares or strips, cover with an egg and crumb mixture, and fry in deep fat.

FRIED CHEESE BALLS

\[
\begin{align*}
1\frac{1}{4} \text{ cupfuls of grated cheese,} & \quad \text{The whites of 3 eggs,} \\
1 \text{ tablespoonful of flour,} & \quad \text{Salt, pepper, cracker dust.} \\
\end{align*}
\]

Beat the whites of the eggs; add the other ingredients; make into balls and roll in cracker dust. If the amount of flour is double, the mixture may be dropped from a spoon and fried without being rolled in crumbs.

CHEESE SOUPS AND VEGETABLES COOKED WITH CHEESE

In these dishes the cheese is used not only to add nutritive value, but also to give its characteristic flavor either to materials otherwise rather mild in taste (as in potatoes with cheese) or to combine its flavor with that of some more highly flavored vegetables (as in cheese and vegetable soup). The ingenious housekeeper whose family is fond of cheese can doubtless think of many desirable ways of making such combinations besides those given in the following recipes:

MILK WITH CHEESE SOUP

\[
\begin{align*}
3 \text{ cupfuls of milk, or part} & \quad 1 \text{ cupful of grated cheese,} \\
\text{milk and part stock,} & \quad \text{Salt and paprika.} \\
1\frac{1}{2} \text{ tablespoonfuls of flour,} & \quad \\
\end{align*}
\]
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Thicken the milk with the flour, cooking thoroughly. This is best done in a double boiler, with frequent stirrings. When ready to serve, add the cheese and the seasoning.

The proteins in this soup are equal in amount to those in five-sixths of a pound of beef of average composition; its fuel value is higher than that of a pound of beef.

CHEESE AND VEGETABLE SOUP

2 cupfuls of stock, 2 tablespoonfuls of butter,
2 tablespoonfuls of finely 2 tablespoonfuls of flour,
chopped carrots, 1 1/2 teaspoonful of salt,
1 tablespoonful of chopped 1 cupful of scalded milk,
onion, 1/4 cupful of grated cheese.
A very little mace,
Cook the vegetables a short time in one-half of the butter, add the stock and the mace, boiling 15 or 20 minutes. Strain and add the milk. Thicken with flour cooked in the remaining butter. Just before serving, stir in the cheese and cook until it is melted.

SCALLOPED POTATOES WITH CHEESE

Put into a buttered baking dish alternate layers of white sauce and cold boiled potatoes, either sliced or cut into dice. Put over the top a layer of grated cheese and then a layer of buttered bread crumbs. Brown in the oven.

CHEESE WITH POTATO PUFFS

1 cupful of mashed potatoes, 1/2 teaspoonful of salt,
1/4 cupful of milk, 1/4 cupful of grated cheese,
1 egg.
Beat the potatoes and milk together until thoroughly mixed. Add the egg and the salt and beat thoroughly. Finally add the cheese. Bake in muffin tins in a slow oven 10 or 15 minutes.

A similar dish may be made by scooping out the inside of a baked potato and mixing it with cheese as above. Fill the potato-skin shell with the mixture, return to the oven, and bake until light brown.

CHEESE CHARLOTTE (For four people)

Half a pound of stale bread. One egg.
Half tablespoonful of butter or dripping.

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Four tablespoonfuls of grated cheese (more or less as liked). Pepper and salt to taste.

Soak the bread in cold water for an hour or two, squeeze very dry, then mash with a fork to a smooth pulp. Mix the cheese into this, saving a little to sprinkle over the top. Add plenty of seasoning and the egg, slightly beaten. Grease a pie-dish with half the fat, put in the mixture, and press it firmly into the dish. Divide the remainder of the fat into tiny pieces, and place them round the edge of the dish. Put into a rather brisk oven, and bake until the charlotte is a nice golden-brown color. Turn out to serve, sprinkling the rest of the grated cheese over as a garnish.

No puddings should be made with wheat flour; the ordinary boiled or steamed puddings of flour and suet must be left out of the war-time menu. But excellent substantial puddings can be made by using one-third of wheat flour, one-third of cornmeal flour, and one-third of cooked whole rice. This mixture can be used for bread, cakes, and baked puddings. For boiled puddings use one-third wheat flour, one-third maize flour, and one-third uncooked ground rice.

CHEESE AND MACARONI LOAF

3/4 cupful of macaroni broken into small pieces, 1 teaspoonful of salt
1 cupful of milk, 1 cupful of soft bread crumbs
chopped onion and parsley, 3 eggs,
1 tablespoonful of butter, 1 tablespoonful of salt,
1 tablespoonful of chopped

Cook the macaroni in boiling salted water until tender and rinse in cold water. Cook the parsley, onion, and pepper in a little water with the butter. Pour off the water or allow it to boil away. Beat the egg white and yolks separately. Mix all the ingredients, cutting and folding in the stiffly beaten whites at the last. Line a quart baking dish with buttered paper; turn the mixture into it; set the baking dish in a pan of hot water, and bake in a moderate oven from one-half to three-fourths of an hour. Serve with tomato sauce.

HOMINY CHEESE FRITTERS

2 1/2 cups hominy mush, 1/2 cup milk,
3/4 cup stale bread crumbs, 1 teaspoonful salt,
WAR-TIME RECIPES

½ cup grated cheese, 2 eggs.
Sauté in frying pan.
Mix mush and crumbs.
Add beaten eggs and milk gradually to form a stiff paste.
Stir in the grated cheese and salt. Drop by spoonfuls into hot fat. Fry till golden brown.
Makes 4½ cups.
Serves 5 or 6.

War-Time Soups

It is unnecessary to use meat stock for a vegetable soup. It is almost a crime to use fresh meat to make stock. Make stock from scraps. In every family of six persons which has meat once a day there is material for excellent soup.
Water in which rice or macaroni or barley has been boiled should always be saved for stock.
Fish trimmings and bones should never be thrown away.
If you have your fish filleted at the fishmonger's, ask for the bones and trimmings. Boiled in enough water to cover them thoroughly, they provide good stock for fish soup or for making fish sauce.
When you have chops, or a joint which can be boned, take out the bones before cooking, and boil them for stock. The cavity in the meat can be filled with stuffing.
When cooking bones for stock, break them with a hammer, and let them boil rather fast, keeping the pan well covered.
A good vegetable or cereal soup is an excellent substitute for meat.
It is best to fry the vegetables a little first; this adds fat to the soup, and makes the soup much tastier.
To make a thick vegetable soup still more nourishing for the children, put a well-beaten egg into the tureen, and pour the very hot soup over it. Stir well. Or the egg can be added to the soup in the saucepan at the very last moment, but the soup must be off the boil, and must not boil after the egg is added, or this will curdle.
Rice, sago, and pearl barley are valuable additions to meat soups; they should be used in the proportion of ½ cupful to three quarts of soup. Wash thoroughly, and soak before cooking.

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The following recipes should give enough for four people.
Where flour is mentioned for the thickening in these recipes, fine oatmeal or any kind of flour except wheat flour may be used.

BARLEY BROTH
Two tablespoonfuls of pearl barley,
One tablespoonful of butter or dripping,
One teaspoonful of salt (or to taste),
Pepper to taste,
Three pints of bone or vegetable stock,
Half tablespoonful of flour,
One egg.
Melt the fat in a saucepan, stir in the flour smoothly, add the barley, first soaked in cold water for five or six hours, and cook together over a moderate fire for a minute, stirring all the time. Add the stock (previously slightly warmed) by degrees, still stirring, and bring gradually to the boil. Simmer for fifty minutes, then add seasoning to taste. Beat up the egg, put it into a warmed tureen, pour in the soup, and stir well.

VEGETABLE SCOTCH BROTH
One potato,
One large onion,
One turnip,
One tablespoonful butter,
Half cup of Scotch barley,
One small carrot,
Two sticks of celery (when in season),
Seasoning to taste.
Soak the barley in cold water for about twelve hours, then put it into three pints of boiling water, and let it simmer well for an hour. Melt the fat in a frying-pan, and when quite hot put in the onion (chopped), and fry till it is a rich golden brown. Do not let it be the least bit burnt. Cut the other vegetables into small pieces, and add them to the barley, with the fried onion. Season well, and simmer steadily, keeping the pan or casserole tightly covered, until the vegetables and barley are quite soft. A little more water or vegetable stock may be added to bring the soup to the consistency you prefer.

SAVORY SOUP
Four large onions,
Three tablespoonfuls of butter or dripping,
Seasoning to taste,
WAR-TIME RECIPES

One tablespoonful of flour, cheese.
One tablespoonful of grated cheese.
One pint of milk.

Melt half the fat in a saucepan or casserole, and in it fry the onions cut into thin slices. Let them cook till soft, but not colored brown. Then add a pint of warm water, and simmer till the onions are soft enough to rub through a sieve. Put the sieved onions back into the water they were boiled in, and add the milk, with seasoning to taste.

Melt the rest of the fat in a small saucepan, stir in the flour smoothly, and add gradually enough water to make a cream. Add this to the soup, stir well, and bring to the boil again. Simmer for four or five minutes to cook the flour, and add more water if necessary. Add the cheese just before serving.

SOUP MAIGRE

Four large potatoes,
One turnip,
Two sticks of celery (when in season),
Three carrots.

Peel the onions, carrots, turnip, and one of the potatoes, wash them thoroughly, together with the celery, and cut them into small dice. Peel the remaining three potatoes, and boil them until sufficiently soft to mash.

Remove the potatoes, and put into the potato water the diced vegetables, and boil them until they are quite tender. Then add the other potatoes, which have been mashed smoothly with the fat. If necessary, add a little more water, and put in salt and pepper to taste. Milk added is an improvement and is good for children.

TURNIP PUREE

Four medium-sized turnips,
One teaspoonful of brown sugar,
One and a half pints of milk.

Peel the turnips and cut them into dice. Boil them for twenty minutes in a pint of water to which have been added the fat, sugar, pepper and salt. Mix the flour with the milk and add to

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the other ingredients. Bring to the boil, stirring all the time. Simmer very gently for five minutes.

ONION SOUP

One pound of onions,
One and a half tablespoonfuls of maize, pea, barley, or oat flour,
One and a half pints of vegetable or rice stock.

Melt the fat in a large saucepan, and in it fry the onions, sliced thinly. Mix the salt and pepper with the flour, and work to a thin cream with a little stock. Put this into the rest of the stock, and pour into the saucepan with the fried onion. Bring gradually to the boil, stirring to prevent lumps forming. This can be seasoned, if liked, with ketchup or any tasty sauce. Simmer steadily for at least half an hour.

Good Desserts That Save Butter

RHUBARB BETTY

2 cups bread crumbs, 1 cup brown sugar,
2 cups raw rhubarb, ½ teaspoonful cinnamon.
Cook rhubarb 5 minutes in one cup boiling water.
Make alternate layers of rhubarb, crumbs, sugar and cinnamon in a baking dish. Begin and end with layer of crumbs.
Dots of butter on each layer of rhubarb improve the flavor.
Pour over all water in which rhubarb was cooked.
Bake until top is light brown.

APPLE SAUCE CAKE

1 cup sugar, 1 teaspoonful soda added to
½ cup drippings, the apple sauce.
1 cup unsweetened apple sauce,
½ teaspoonsful salt,
1½ cups flour, ½ teaspoonsful cloves,
1 cup raisins, 1 teaspoonful cinnamon,
Sift salt, cloves, and cinnamon with the flour. Cream butter and sugar, add apple sauce, flour and raisins. Bake in moderate oven.
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APRICOT AND PINEAPPLE JAM

1 pound fresh pineapple  
3/4 pound dried apricots,  
9 ounces sugar,  
3/4 ounce salt.

Soak apricots over night. Cut pineapple into wedge shaped  
pieces. Cook the fruit until tender (about 1 hour) and add the  
sugar and salt. Boil gently for 1 hour. Seal, like jelly, hot.  
Canned sliced pineapple 1/2 can for 1/2 pound dried apricots.

COLD WATER CAKE

1 1/2 cups sugar,  
2 tablespoonfuls chicken fat,  
2 eggs,  
2 1/2 cups flour (sifted to-
gether with 2 teaspoonfuls baking powder,  
1 cup cold water,  
teaspoonful any extract.  
Cream chicken fat and sugar. Add well beaten eggs. Add  
flour and cold water alternately. Bake in moderate oven.

BAKED BREAD PUDDING (For four people)

Six ounces of stale bread.  
Three tablespoonfuls of  
stoned raisins.  
One tablespoonful currants.  
One and a half tablespoonfuls of suet (chopped),  
One egg  
Nutmeg or spice to taste.  
Milk as required.

The pieces should be broken up and soaked in cold water  
(just enough to cover) until quite soft. Drain away the water.  
and squeeze the bread as dry as possible. Beat until quite  
smooth—any lumps left will spoil the pudding—and mix into it  
the fruit, sugar, suet, beaten egg, spice, and a little milk. The  
mixture should be slack enough to drop easily from a spoon.  
Put into a well-greased dish, and bake in a gentle oven for a  
little over an hour.

The dried fruit may be varied as liked. Chopped dates or  
figs can be used instead of raisins, in which case use less sugar.  
Peel, finely shredded, can be added, or sultanas.

The same mixture may be put into a greased mould or basin.  
Covered with greased paper, and steamed for two and a half  
hours.

Stale bread can also be made into a delicious savory dish.

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FRUIT CAKES

One pound of dates,  
Half a pound of mixed nuts,  
One tablespoonful of ground rice.

Stone and chop the dates. Put the nuts through the mincer.  
Mix nuts and fruit. Grate in the yellow rind of one lemon.  
Mix the juice of two lemons, and with a wooden spoon shape  
into a small roll. Finish the shaping with your hands, dipped  
in the ground rice. Put on a plate till the next morning, when it  
will be firm enough to cut in slices.

GRAHAM PUDDING

1/2 cup molasses,  
1/2 cup sour milk,  
1/2 cup chopped raisins  
(florid),

Mix in order given, steam 3 hours.  
Serve with hard sauce, whipped cream or any sauce desired.

EGGLESS—BUTTERLESS—MILKLESS CAKE

2 cups sugar,  
1 cup raisins,  
3 cups flour,  
2 teaspoonfuls fat (drippings),  
2 teaspoonfuls soda,  
2 tablespoonfuls cinnamon,

Mix sugar, water, raisins, cinnamon, salt and droppings and  
boil five minutes. When cold, add the flour and soda. Bake in  
a moderate oven 3/4 hour.

MANCHESTER PUDDING (with cornmeal)

(For four people)

One half cupful of corn-  
meal,  
Two eggs.  
One half tablespoonful of  
flour,  
Two cups of milk.  
Sugar or syrup to taste.  
Jam or marmalade.

Bring the milk to the boil, sprinkle in the meal very grad-
ually, stirring all the time, and cook over the fire till the mixture  
thickens. Let it simmer for about half an hour. Beat the yolks

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and whites of the eggs separately. Take the cooked cornmeal from the fire; then stir in the fat, the yolks of eggs, and enough sugar to sweeten slightly. Put in a moderate oven, in a greased pie-dish and bake for fifteen to twenty minutes. Spread the jam over the top of the pudding and cover with stiffly whipped white of egg. Replace in the oven till the egg is faintly tinged with brown.

CORNMEAL PIE CRUST (For Pumpkin Pie)

Grease a pie plate well, then cover it with raw cornmeal, giving the plate a rotating motion, so that an even layer of the meal will stick to the plate. 1/16 in. to 1/8 in. in thickness is best. Fill plate with pumpkin pie mixture and bake.

SUGARLESS PUDDING

Flaked rice, dates and milk as required.

Grease a pie-dish, and put in a thick layer of flaked rice. Then put in a layer of coarsely chopped dates, and cover with more rice. Continue alternate layers till the dish is nearly three-quarters full. Fill up the dish with cold milk and bake in a moderate oven for three hours.

MILK PUDDINGS MUST BE COOKED SLOWLY

If allowed to cook fast the outside of the cereal will boil away to pulp while the inside is still hard. Furthermore, valuable milk evaporates in the rapid cooking. Flavor, too, is lost. Four hours is none too long for a milk pudding to bake. Allow about two tablespoonfuls of rice and half a tablespoonful of sugar to a pint of milk. If baked slowly the milk pudding will be of a rich, creamy consistency, with every grain soft right through. Honey or syrup can be used to sweeten instead of sugar. A couple of tablespoonfuls of stoned and halved raisins or coarsely chopped dates cooked in the pudding make it more attractive to children who have a distaste for milk puddings which are most wholesome. Use less sugar when fruit is added. Barley pudding can be made in the same way.

Fruit a Necessary Accessory

Fruit is a necessary addition to the diet. The best time to eat fresh fruit is at the beginning of breakfast. Dried figs, dates and prunes are also uncommonly valuable; and stewed or in puddings are best eaten at the midday meal, be it dinner or lunch. Dried figs contain about 5 per cent. of sugar and 3.5 per cent. of protein. Weight for weight, they are more nourishing than bread, and a pint of milk and six ounces of dried figs makes a good meal.

CEREAL WITH BANANA

Turn any left-over breakfast cereal, while still hot, into cups rinsed in cold water, half filling the cups. When cold, scoop out the centers and fill the open space with sliced bananas; turn from the cups on to a buttered agate pan, fruit downward, and set into a hot oven to become very hot. Remove with a broad bladed knife to cereal dishes. Serve at once with sugar and milk.

BAKED BANANAS

Arrange bananas in a shallow pan, cover and bake until skins become very dark in color. Remove from skins, and serve hot sprinkled with sugar.

BANANA FRITTERS

Remove skins from four bananas. Cut each one in four equal parts. Sprinkle with four tablespoons sugar, four tablespoons lemon juice, and let stand one hour. Dip in batter; fry in deep fat; drain on brown paper. Serve.

BANANAS FRIED IN CRUMBS

Remove skin from six bananas, cut in halves lengthwise and crosswise. Sprinkle with salt and pepper and lemon juice, dip in flour, egg and crumbs, and fry in deep fat; drain on brown paper. Serve with or without lemon sauce.

BANANA SANDWICH

Slice the bananas and lay between slices of buttered bread. Salt lightly.

BANANA AND NUT SALAD

Cut bananas in half lengthwise; sprinkle with finely chopped nuts and serve on lettuce with mayonnaise dressing.
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JAM
You can make jam by adding to every four pounds of fruit a teaspoonful of salt; then only half a pound of sugar is needed to every one pound of fruit. The salt helps to preserve the fruit, and many people think it improves the flavor of the jam. Add a pinch of bicarbonate of soda to the jam when it is boiling. This helps to neutralize the acid in it, and less sugar is needed for sweetening.

Blend fruits carefully—sweet with sour—in order to mellow the latter with the former, and obtain variety and a good flavor. Dates or figs added to the fruit sweeten it, and less sugar is required.

STEWED FRUIT

"Don't let good fruit go to waste because it takes so much sugar," but remember that:

A good pinch of salt added to the fruit lessens its acidity, and makes less sugar necessary.

Honey or golden syrup are even better than sugar for sweetening fruit. Use rather less than you would of sugar. Honey gives a delicious flavor. If you live in the country, keep a beehive.

The fruit should be made as sweet as required before it is served out. There is bound to be waste if each person helps himself to sugar at the table.

If stewed fruit is served with a plain milk pudding or blancmange any sharpness in taste is less noticed.

If rhubarb or gooseberries are cooked with an equal quantity of chopped dates or figs, no sugar will be needed. Less dates can be used according to taste.

Save Butter by Using Drippings

Fats are one of the principal sources of energy. We buy fat in the form of butter and spread it on our bread. We use lard as shortening in bread and pastry and as a medium in which to fry other foods. The grease which melts out of ham and bacon is sometimes made into gravies; but more often it is thrown away, because the housewife does not realize its value as a food. Beef fat is less appreciated as a food even than lard, and yet pound for pound it is as valuable as butter or lard or any other animal fat.

If housewives would use beef fat instead of butter in every process of cooking in which they could possibly introduce it, their families would get the fat they need at one-third the cost of butter.

DRIPPINGS

As a substitute for butter in cooking certain foods, and also in seasoning vegetables, there is nothing better than sweet, savory drippings from fried sausages, ham, bacon and pork and from roast pork, veal and chicken.

HOW TO PREPARE FAT FOR FRYING

Fats are "fried out" or rendered, to free them from connective tissue, then clarified to remove water and impurities. Suet and scraps must first be tried out, and then clarified; soup fat and drippings need only to be clarified.

TO TRY OUT FAT

Cut the fat into bits, put it into a frying-pan, or better, a double boiler, and let it cook slowly for several hours. When the fat is melted and nearly free from water, strain it, pressing to obtain all the fat.

TO CLARIFY FAT

Melt drippings or tried-out fat, add to it a few slices of raw potato, and heat slowly in the oven until it ceases to bubble. The potato absorbs some of the impurities; most of the rest settle to the bottom. Strain the fat through cheese-cloth and let it stand undisturbed till solid. If stirred, it absorbs moisture from the air. Since it keeps longer if left unbroken, it is well to strain it into cups or any small jars you may have on hand, so that a portion may be used without disturbing the rest.

When rendering the trimmings of fat meat, add a small onion (do not cut it), a teaspoon of salt, and a little pepper. This seasoning is enough for half a pint of fat.

Keep the drippings covered and in a cool, dry place.
Housekeeping Economies

THE MISTRESS

The mistress is the quartermaster of the home, and to be a good quartermaster and ration it efficiently, you should know how to buy food, and where to buy the best food for your money. That you can best learn by going about and studying the provisions on sale in the shops. When you have got your food, know how to have it cooked. When you have cooked it, or had it cooked for you, know how to have it eaten. All the while take the greatest care that there is no waste in the buying, the cooking, or the eating. All the while reinforce knowledge by watchfulness; and never for a moment forget that by saving food you are saving your country.

HOW TO BUY FOOD

Buy it yourself. The quartermaster of the home should buy everything herself, and see it before she buys it. Stop sending orders by the butcher's and the grocer's boys; go round to the shops yourself. In the first place, you will get better quality for your money. You will be surprised by the quickness with which you will learn to distinguish, by its mere look, good meat from inferior. Moreover, you will be able to reject the joint that is too fat, the withered cabbage, and the wrinkled beans. In the second place, you will get the right quantity, the right piece, and the right cut of the bacon, meat, or fish you see. Thirdly, you will get the choice of the things that are plentiful on any given day, and the cheaper and better for being plentiful. The boy who comes for orders will not tell you that. Fourthly, you will see things you had not thought of, and get a greater variety of appetizing dishes. Shopping takes time. But make time, and get the cream of the market. It is well worth your while. Never buy food in large quantities. It spoils or is wasted.

YOUR CHILDREN

Get your children on your side in the food battle. The children can help to win the war. Children as well as grown-ups waste food; they can help to save bread. Make it clear to them that they too are now in the fighting-line, and they will help to fight. It will help you immensely to have one spirit in the home, each member of the family stimulating the others. It will lighten your task immensely to be surrounded by eager helpers.
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be done by putting them in a colander set over water in a saucepan. The next best way is to stew them with meat, then they lose none of their blood-purifying juices. If you do boil them, boil them in as little water as possible, and use that water for making soup.

START A STOCK-POT

if you have not one going already. It is the beginning of saving meat and vegetables, and it gives you the basis for your soups and gravies. Start soups, if you have not already started them. A thick soup, served really hot, is not only one of the cheapest, but also one of the most nourishing of foods. It is not difficult to make excellent soup; and once made properly there is no fear of its not being thoroughly appreciated by your family.

WASTE IN COOKING

The golden rule is—every particle of nourishment should be extracted from every particle of food. Only good cooking makes this possible. The food from which every particle of nourishment can be extracted by the man, woman, or child who eats it, must, before all things, be appetizing. Only well-cooked food is appetizing. If food comes to table unappetizing, half its nourishing power is wasted; half of that food is wasted. Again, every particle of nourishment can only be extracted from food which is digestible. Food which produces indigestion is wholly waste. Only well-cooked food is digestible. Badly cooked food loses more than half its nourishing power; less of it is assimilated, and that with double the strain on the digestive organs. You do not need to be a genius to be a good cook; you only need to give great care and attention to what you are cooking. It is not easy to give great care and attention to anything unless you are used to doing so. But it can be done. If you are a cook, be a cook; while you are cooking, at any rate, do not be anything else. Concentrate on your cooking. Again, do not try to do too many things at once. Too many cooks spoil the broth; but also too many broths, at the same time spoil the cook. Attention and care should be your watchwords.

PLAN MEALS WELL AHEAD

It is best to plan your meals roughly for the week ahead, to write out your plan, and pin it with thumb tacks to the door of the kitchen so that you can refer to it. This saves you the trouble of beginning afresh every morning to think out the meals of the day. Also it enables you to fit in one day's cooking with another. It saves you gas or coal; you are not continually heating your oven. Hastily arranged meals waste money, and you are apt to lose the right combination of foods which gives them their full nourishing, appetizing value. You need not keep exactly to your plan, the fact that other foods are more plentiful on a given day, or that there is food left over from the day before, will naturally modify it. But have your plan there, it will help you greatly.
Only if American Housewives Save can America be a Land of Inexhaustible Plenty

Today the American people confront a diminishing supply of food reserves. The time may yet come when Americans will have to do their marketing with meat cards and bread cards. This is not an idle warning; it is based upon the observations of trained experts. The President of the Lackawanna Railroad wrote recently, in urging a plan to increase food production:

It is an economic necessity that we put every effort of brain and body to produce every pound and bushel of food products that the ground will yield under the most intensive system that science and practical experience can devise.

“The war will be a food war,” says Herbert Quick, of the Federal Farm Loan Board. “Unless we can raise the biggest crops ever, we will face the same critical situation that is confronting the other nations at war.” David Lubin, this country’s representative to the international institute of agriculture, sends from Rome a warning that “we must profit by Europe’s experience before meal tickets become necessary.” And now J. Ogden Armour declares that “if immediate and radical steps are not taken to increase and conserve the food supply, the United States will find itself next fall and winter in as bad a state as any of the warring nations of Europe.”

The whole world is short of food. War, of course, has reduced the harvests in the belligerent countries of Europe; but there are alarming deficiencies in neutral lands as well. The yields of 1916 in the United States were far below normal, and the reserves have been depleted by enormous exports to feed the hungry peoples abroad.

Some figures will show how serious is the shortage. Of last year’s corn crop only 30 per cent was carried over to this year, while the amount carried from 1915 to 1916 was

37 per cent. The percentage of wheat carried over was 16 instead of 24; of oats, 31 instead of 40; of barley, 18 instead of 25. The planting of winter wheat—which constitutes two-thirds of the total supply—was the largest on record, but the losses through winter killing and drought cause “grave concern,” it is officially announced. In Nebraska the condition of the crop is only 35 per cent of normal; in Kansas, 45 per cent. Taking the country as a whole, the promised yield is 25 per cent lower than the average for the last ten years. The government report indicates a 50,000,000-bushel loss from last year, and 240,000,000 bushels less than 1915.

In 1915 the country produced 670,000 tons of cabbage, last year the yield was 247,000 tons. The potato crop fell from 360,000,000 bushels to 285,000,000. The supply of potatoes still unconsumed is only 44 per cent of what it was a year ago, and only 54 per cent of the average amount in reserve at this date during the last five years.

Under any circumstances these conditions would be serious. But with the nation entering upon a tremendous war, in which one of its imperative duties will be the supplying of food to countries with which it must co-operate, the problem assumes alarming proportions. France, for example, in 1913 consumed 57,000,000 bushels of American wheat; this year she must have 130,000,000 bushels.

That it is just as important for the United States to feed the peoples of those nations as it is to keep Americans supplied should need no argument. This country is at war; its first line of defense is now, and for months must be, the fleets and armies of Great Britain and France and their allies; and it is a requirement vital to national safety, as well as in line with common justice, that we should support those who are actually fighting our battles.
Save the High Cost of Eggs by Preserving Them When They are Inexpensive

As the shells of eggs are porous, air and germs can get into the eggs through the shell and make them unfit to eat. No eggs are perfectly clean when bought; therefore it is best to wipe them with a clean, damp cloth as soon as you get them home. Clean eggs, kept cool, remain for a week or more practically as good as when laid. As hens lay best in spring and early summer, it is necessary to preserve the eggs that are needed for winter use. Dealers use the cold-storage method, but housewives can preserve eggs at home by using any of the following methods:

1. BY COATING THEM WITH WATER GLASS. Water glass does not cost much. You can buy it at almost any drug or large store.

   Directions: Mix water glass with water, using 9 parts of water to 1 part water glass. Put eggs in a stone jar and pour water glass over them, being careful to see that they are well covered. Keep the jar of eggs in a cool place. If you want to boil eggs that have been preserved in water glass it will be necessary to make a tiny pin-hole in the small end of each egg before putting them into the boiling water; otherwise they will explode.

2. BY GREASING THEM. They can be greased with butter or any butter substitute, lard or in fact any clean fat.

   Directions: The grease must be soft enough to be applied with a brush. Be careful to see that the entire egg is greased. Then pack the eggs, small end down, in any wooden box, putting a strip of cardboard between each egg, so that the eggs do not touch each other. Keep the box of eggs in a cool place.

3. BY PACKING THEM IN SAWDUST.

   Directions: Pack eggs in sawdust, small end down. Be sure that each egg is entirely covered with the sawdust. You can use any wooden box to pack them in. Keep the box of eggs in a cool place.

Save Bread and Win the War

Save all the food, but, above all, save bread.

If everyone eats one pound less bread a week we can defy the U-boats.

The woman who wastes a crust wastes a cartridge.

There are many ways of saving bread.

1. Never have bread brought to table in slices. Have the loaf on the table, and let each person cut as much as he wants at the moment, and no more. The slice that is left so often is thrown away.

2. Use substitutes for bread at breakfast—porridge, and cakes and scones made from oatmeal and cornmeal—as much as you possibly can.

3. At lunch and dinner very little bread is needed. Have no bread on the table at these meals. If it is there, it will be eaten. If it is not there, it will, after a day or two, not be missed. Eat more meat and more vegetables in the place of the bread you used to eat, if you need them.

4. Of the crusts and slices of bread which are left over, not a crumb should be wasted. Those crusts and slices will make breadcrumbs for cooking and bread puddings.
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