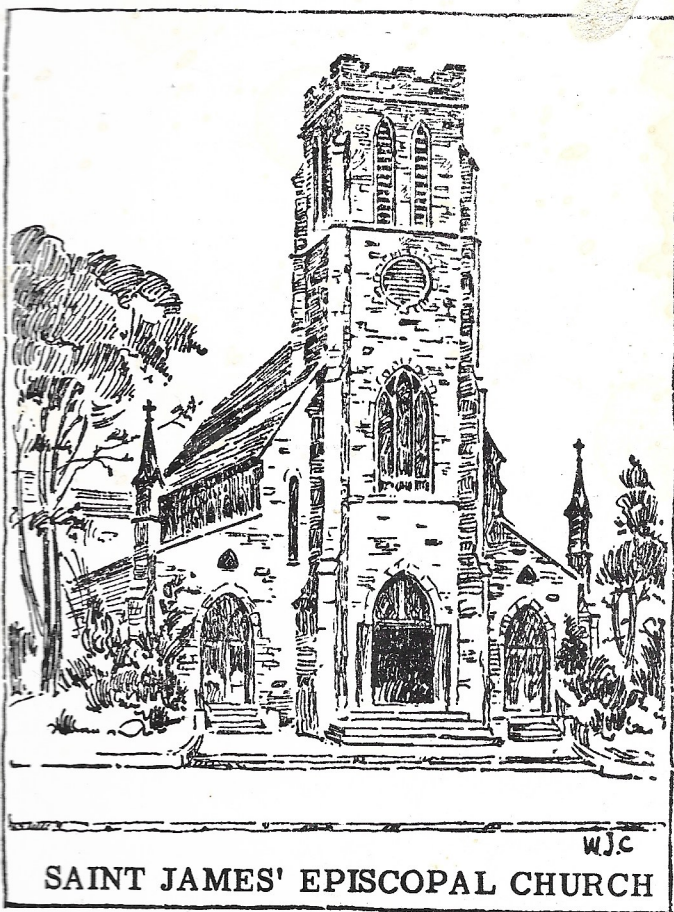


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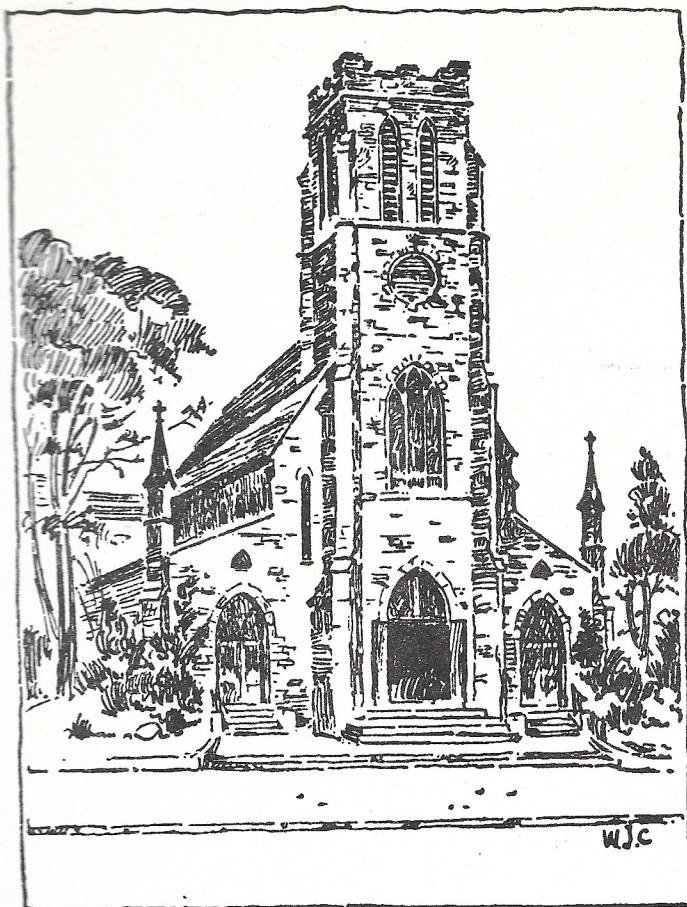


## ACKNOWLEDGMENT

We wish to acknowledge the fine spirit of co-operation by the organization members and the community at large including the merchants and business firms, without which this cook book could not have been possible.

To the women of the community who contributed their recipes we say many thanks.

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Grate and pare the yellow rind from 1 large or 2 small oranges; trim off and discard white inner membrane. Cut up pulp and remove seeds.

Put 1 lb. cranberries, orange rind and pulp through the food chopper. Add 1 1/2 c. sugar. Allow to stand a day or two in the refrigerator to mellow the flavor.

1 c. drained crushed pineapple and 1 tsp. lemon juice may be used in place of the orange. Sugar to taste.

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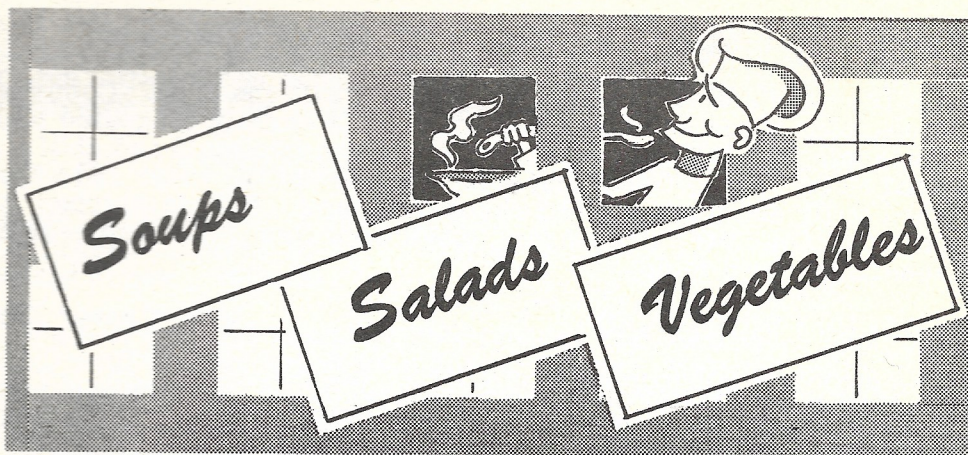


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### BEET SALAD

Christine Hyatt  
Brookfield Center, Conn.

- 1 pkg. lemon Jell-O
- 1 c. hot water
- 1/2 c. beet juice
- 1/2 c. celery, diced into small pieces
- 1 c. diced beets

- 1 Tbsp. horseradish, heaping
- 3 Tbsp. vinegar
- 1 tsp. grated onion, heaping
- 1/2 tsp. salt

Dissolve Jell-O in water, add other ingredients; when set serve on lettuce - mayonnaise optional.

### CRANBERRY SOUFFLE SALAD

Grace M. Bates

- 2 c. fresh cranberries
- 1 c. water
- 3/4 c. sugar
- 1 pkg. apple or lemon-flavored gelatin
- 1 c. hot water
- 1/2 c. mayonnaise

- 1 1/2 oz. cream cheese
- 1 Tbsp. lemon juice
- 1/4 tsp. salt
- 2 tart apples, pared and diced
- 1/4 c. chopped walnuts
- 1/2 c. diced celery

Combine cranberries, water, and sugar and cook until berries pop, about 10 minutes. Drain and reserve juice. Dissolve gelatin in hot water. Stir in 1/2 c. juice drained from the cooked cranberries. Blend mayonnaise, cream cheese, lemon juice and salt; stir into gelatin. Turn mixture into freezing tray of refrigerator and chill until firm 1 inch from edge, but still soft in center, 20 to 25 minutes. Turn into a bowl and whip until fluffy. Fold in well drained cranberries, apple, walnuts and celery. Spoon into a 1-qt. mold or 6 individual molds. Chill in refrigerator until firm. Yield: 6 servings.

### LAYERED CREAM CHEESE and PINEAPPLE SALAD

Mrs. W. L. Waterhouse

- 1 pkg. lemon Jell-O
- 1 pt. warm water
- 1 tsp. salt

- 1 tsp. sugar
- 1 cream cheese

CAULIFLOWER with SHRIMP SAUCE (Continued)

Cook cauliflower in very small amount boiling salted water 10 to 15 minutes; drain. Heat soup, add cream, season to taste. Add almonds, pour over hot cauliflower.

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BAKED EGGS - Luncheon or Supper Dish      Mrs. Fred B. Foote

5 eggs	2 slices Kraft's sharp cheese
1/4 to 1/2 c. heavy cream	1/2 c. milk

Place in round greased glass baking dish. Break eggs in dish (don't break yolks) then add slices of cheese broken and placed over eggs; then add heavy cream and milk; should fill dish about half way. Bake in 375 degree oven until set and browned. This may be doubled.

CHEESE SOUFFLE      Mrs. Rena Deakin

6 slices bread	1/2 tsp. mustard
2 eggs	1/4 tsp. salt
2 c. milk	1 lb. cheese

Soak bread in water and squeeze out. Add other ingredients. Cheese to be cut in small pieces. Bake 1 hour at 350 degrees.

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## BROWN BREAD

Mrs. Fred Brown

1 pkg. dates, cut in half  
1 Tbsp. butter  
3/4 tsp. soda  
Pour 3/4 c. boiling water  
and let cool.

Add: 3/4 c. sugar  
1 3/4 c. sifted flour  
3/4 tsp. baking powder  
1 tsp. vanilla  
Salt  
Nuts, if desired

Bake at 300 degrees 45 to 50 minutes.

## SOUTHERN SPOON BREAD

Rowena Vaught

1 c. boiling water  
1/2 c. corn meal  
1/2 c. sweet milk  
1/2 tsp. salt

1/2 tsp. baking powder  
1 Tbsp. butter (melted), melt in  
baking dish  
2 eggs

Combine all ingredients together. Pour into buttered pan or dish. Bake at 400 degrees for 20 to 25 minutes.

## HOT CHEESE PUFFS

Jeanne Paxton

1/4 c. margarine, softened      1/2 c. sifted flour  
One 3-oz. pkg. snappy cheese, softened

Blend all ingredients well and shape into small balls. Place on ungreased baking sheet, flatten and chill at least 1/2 hour. Bake at 400 degrees for 7 to 10 minutes and serve immediately.

## BUTTERMILK DOUGHNUTS

Mrs. Dorothy Higson  
Brookfield, Conn.

2 c. flour  
1/4 c. sugar  
1 tsp. baking powder  
1/2 tsp. soda  
1 tsp. nutmeg or mace

1 tsp. salt  
3/4 c. buttermilk  
1/4 c. salad oil  
1 egg

Mix all ingredients well and fry in deep fat by teaspoonfuls.

## CHINESE CHEWS

Mrs. George Baldanf

2 eggs  
1 c. sugar  
1/2 c. melted butter  
1 tsp. vanilla  
1 c. flour

1/2 tsp. baking powder  
1/2 tsp. salt  
3/4 c. coarsely chopped nuts  
3/4 c. chopped dates

Beat eggs until thick and lemon colored, adding sugar gradually. Add melted butter and vanilla. Add flour, salt and baking powder which have been sifted together. Add nuts and dates. Spread in well greased pan, about 7x11 inches. Bake in 350 degree oven 25 minutes. Cool and cut in squares.

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## BLOND BROWNIES

Mrs. Gerald Hoyt

1 c. sifted flour  
1/2 tsp. baking powder  
1/8 tsp. soda  
1/2 tsp. salt  
1/2 c. chopped nuts

1/3 c. butter  
1 c. brown sugar, firmly packed  
1 egg, slightly beaten  
1 tsp. vanilla  
1/2 pkg. chocolate chips

To sifted flour add baking powder, soda, salt. Add nuts. Melt butter in saucepan, remove from heat. Mix in sugar. Stir in egg and vanilla. Add flour mixture gradually, mix well. Spread in greased 9x9x2-inch pan. Sprinkle chocolate chips over top. Bake in 350 degree F. 20 to 25 minutes. NO LONGER.

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## LEMON PUDDING CHEESE CAKE

Claire C. Knox

One 8-oz. pkg. cream cheese  
2 c. milk

1 pkg. lemon Jell-O Instant pudding  
One 8-inch graham cracker crust

Soften cream cheese, blend with  $1/2$  c. milk. Add  $1\ 1/2$  c. milk and the pudding mix. Beat slowly with egg beater just until well mixed, do not overbeat. Pour at once into graham cracker crust. Sprinkle graham cracker crumbs lightly over top. Chill about 1 hour. 8 servings.

## SOUR CREAM COFFEE CAKE

Mrs. Benjamin Ouzk

$1/4$  lb. butter or oleo  
1 c. sugar  
2 eggs  
1 c. sour cream  
2 c. flour  
1 tsp. baking powder

1 tsp. baking soda  
 $1/4$  tsp. salt  
1 tsp. vanilla  
 $1/2$  c. chopped nuts  
 $1/4$  c. sugar  
1 tsp. cinnamon

Cream butter and sugar, add eggs and sour cream and mix well. Sift dry ingredients and add to creamed mixture. Spread  $1/2$  of dough in greased pan, sprinkle with  $1/2$  of sugar and nut mixture on top. Bake 45 minutes in oven at 350 degrees in 9x9-inch square pan.

## CHOCOLATE ICEBOX CAKE

Mrs. Harold H. Meeker

$1/2$  pt. heavy cream  
1 egg

1 small can Hershey's chocolate syrup  
2 sponge cake layers

Beat egg, syrup and cream together. Split sponge layers. Spread mixture on layers and the top and sides. Put in refrigerator for several hours.

## ORANGE ICEBOX CAKE

Mrs. Monica Bates McIntyre

2 layers of any sponge cake  
3 eggs  
 $1/2$  c. sugar  
1 Tbsp. corn starch

1 c. orange juice  
Juice  $1/2$  lemon  
 $1/2$  pt. cream, whipped  
Pinch salt

Cook all ingredients except egg whites until creamy. Beat egg whites till stiff and add to above. Split sponge layers and add mixture while warm. Then cover top and sides with whipped cream. Chill in refrigerator 6 hours or overnight.

## ORANGE NUT CAKE

Mrs. Wallace Smith

$3/4$  c. shortening  
 $1\ 1/2$  c. sugar  
2 eggs  
1 c. flour  
1 tsp. soda  
 $1/2$  tsp. salt

$1/2$  tsp. vanilla  
1 c. sour cream  
 $1/2$  c. nuts  
 $1/2$  c. orange juice and  
 $1/2$  c. sugar



## ORANGE NUT CAKE (Continued)

Cream shortening, add sugar and eggs. Sift dry ingredients and stir in. Add vanilla, sour cream and nuts. Bake 1 hour at 375 degrees. Stir together orange juice and 1/2 c. sugar and pour over hot cake.

### POUND CAKE

Mrs. Adele Hosford

1/2 lb. butter	1 1/2 c. sugar
1 1/2 c. flour	Vanilla to suit
4 eggs	Salt

Beat together the butter and flour. Beat together the eggs and sugar. Combine both in electric beater. Add salt and vanilla. Beat thoroughly and bake 1 1/2 hours at 325 degrees.

### BUTTER CAKE

Mrs. Paul Kaffler

1/2 lb. sweet butter	2 1/2 tsp. baking powder
1 c. sugar	1 tsp. vanilla extract
4 eggs	1/2 tsp. almond extract
1 1/2 c. flour	Grated rind 1 lemon

Beat butter, add sugar, then 4 egg yolks (blend separately) flour, baking powder and salt, sift and add to butter above. Add extracts and lemon rind. Fold in beaten egg whites. Put in small angel food pan, medium heat, 350 degrees, for about 3/4 hour. Cover with icing or just powdered sugar.

### POUND CAKE

Dorthey Hulbert  
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2 c. sugar	3 eggs
1 c. Crisco	3 c. sifted flour
1/4 tsp. baking powder	1/4 tsp. baking soda
1/2 tsp. mace	1/2 tsp. salt
1 c. milk (buttermilk)	1 tsp. vinegar
2 tsp. vanilla	

Put all the ingredients in one bowl and beat well. Bake in greased and floured large tube pan at 350 degrees for 1 hour and 20 minutes.

### HOT MILK SPONGE CAKE

Mrs. Dorothy Young

2 eggs	1 c. sugar
1 c. flour	1 tsp. baking powder
1/2 c. hot milk	1 tsp. vanilla

Beat eggs and sugar together until well blended. Add flour and baking powder and mix well. Then add hot milk and the vanilla and blend again. Pour into a square cake pan, 8 1/2x8 1/2 inches, and bake about 30 minutes at 400 degree oven. This makes a very good uniced cake with just a sprinkling of confectioners' sugar over the top. Very good with ice cream for dessert.



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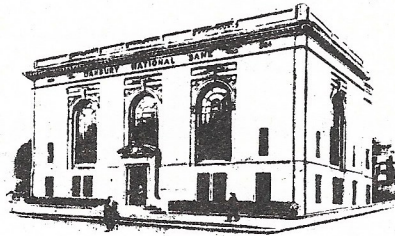
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## ORANGE ICE PIE

Mrs. Muriel Jenks

4 egg yolks  
1 whole egg  
3/4 c. sugar  
1 qt. whipping cream

5 Tbsp. orange juice  
1 grated orange rind  
1/2 tsp. lemon juice  
12 lady fingers

Put white of 1 egg and yolks of 5 eggs in top of double boiler with the sugar. Cook over hot water and beat with rotary beater while they cook gently 10 minutes. Beat cream stiff and slowly beat in the orange juice, lemon juice and rind. Set aside about 3/4 c. of this mixture. Mix rest flavored cream with the egg mixture. Line mold with lady fingers. Pour mixture over top. Put reserved whipped cream over then chill several hours or overnight.

## PECAN PIE

Margaret B. Hobson

1 c. granulated sugar  
2 Tbsp. melted butter  
1 c. Blue Label Karo syrup

Salt  
3 eggs, slightly beaten  
1 c. broken pecan meats

Mix and pour into uncovered pie shell. Bake 10 minutes at 400 degrees, turn to 350 degrees for 35 minutes. Serve with or without whipped cream.

## RITZ CRACKER PIE

Irene Rathmell

3 egg whites, beaten stiff  
20 Ritz crackers, rolled smooth  
1/2 c. nut meats

1 c. sugar  
1 tsp. baking powder  
1 tsp. vanilla

Fold last 5 ingredients into beaten egg whites. Bake in greased pie plate 20 minutes, 350 degree oven. Top with whipped cream when cooled.

## STRAWBERRY PIE

Barbara Orlando

1 qt. strawberries  
1 c. sugar

3 Tbsp. corn starch  
1 baked pie shell

Place 1/2 of the strawberries in the pie shell. Cook 1/2 of the strawberries with the sugar and corn starch until clear and thick. Cool. Pour the cooked strawberries over the uncooked berries in the pie shell. Let set. Serve with whipped cream.

## BLACK BOTTOM PIE

Mrs. Evelyn M. Hyatt

14 graham crackers  
5 Tbsp. melted butter  
1 Tbsp. gelatine  
4 Tbsp. cold water  
2 c. milk  
1 c. sugar  
1 1/4 Tbsp. corn starch

4 eggs  
1 1/2 sq. melted chocolate  
2 tsp. vanilla  
1/4 tsp. cream of tartar  
1 c. heavy cream  
3 Tbsp. confectioners' sugar



## BLACK BOTTOM PIE (Continued)

1. Roll graham crackers fine. Add melted butter, mix well and pat out evenly in a deep pie dish and bake 10 minutes in a slow oven, 300 degrees F. 2. Soak 1 Tbsp. gelatine in the cold water. 3. Scald milk in double boiler. Combine 1/2 c. sugar and corn starch and add to beaten egg yolks. Add to milk and cook for 20 minutes or until custard coats spoon stirring often. 4. Remove from heat and take out 1 c. of custard, to this add melted chocolate and beat well. When cool beat in 1 tsp. vanilla. Pour in cooled crust. Put in refrigerator. 5. While remaining custard is still hot blend in gelatine and cool but do not allow to stiffen. 6. Beat egg whites, when frothy add cream of tartar and beat till stiff then gradually beat in 1/2 c. sugar. Beat till very stiff. 7. While the custard mixture is still smooth and soft fold in egg whites and 1 tsp. vanilla. As soon as chocolate has begun to set, cover with fluffy custard and chill until firm. 8. When ready to serve spread with cream whipped, adding confectioners' sugar. 9. Sprinkle with chocolate shot.

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## LEMON WHIP (Continued)

Separate eggs. Mix yolks with sugar and beat. Add lemon juice and grated peel. Beat egg whites stiff, add to yolk mixture. Whip cream and gently fold all together. Line oblong cake pan with foil. Sprinkle crushed graham crackers on bottom. Turn out mixture on top of this carefully. Put into freezer and freeze.

To serve: Remove from freezer and allow to SLIGHTLY defrost, cut into serving portions.

## FROZEN LEMON TART

Dorothy Hawley

3 eggs, separated	1 tsp. grated lemon rind
1/4 c. fresh lemon juice	1 tsp. vanilla
2/3 c. sugar	1 c. heavy cream, whipped
1/4 tsp. salt	1/2 c. fine vanilla wafer crumbs

In double boiler, combine well beaten egg yolks, lemon juice, sugar and salt. Cook over hot water until custard coats metal spoon. Chill. Stir in rind and vanilla. Beat egg whites stiff. Fold into custard. Fold in whipped cream. Sprinkle bottom of 8x8-inch pan with half of the crumbs, pour in lemon mixture. Sprinkle remaining crumbs on top. Freeze until firm.

## NUT TORTE

Mary Miller Williams

2 Tbsp. butter	2 eggs
1/2 c. sugar	1 c. flour, scant
4 Tbsp. milk	1 tsp. baking powder
	1 tsp. vanilla

Cream butter and sugar, add other ingredients. Spread in 2 small cake tins. Make meringue with egg whites and scant c. sugar. Spread over cake batter and sprinkle with chopped nuts. Bake in 370 degree oven. Put layers together with whipped cream.

## ENGLISH PLUM PUDDING

Mrs. Lillian B. Ellis  
Bethel, Conn.

2 c. sifted flour	1 lb. beef suet
1 tsp. baking powder	1/4 lb. citron peel
1 tsp. salt	1/4 lb. orange peel
1 lb. bread crumbs	1/4 lb. lemon peel
1 lb. currants	6 eggs, beaten
1 lb. raisins	6 Tbsp. brandy
1 lb. sugar	Milk

Put raisins, citron, orange and lemon peel and beef suet through food chopper. Mix all dry ingredients (flour, baking powder, salt, bread crumbs and sugar) with the chopped mixture. Add beaten eggs and brandy. Then add milk to moisten enough to pack into bowls or 1 lb. cans. Fill to about 1 1/2 inch from top of containers. Cover tops of bowls with cloth and tie down. Boil 9 hours in large kettles, adding water in kettle as needed. Will make 3 puddings. Serve steaming hot with Brandy Sauce:



## ENGLISH PLUM PUDDING (Continued)

1 $\frac{3}{4}$ c. granulated sugar	1/8 c. lemon juice
1/4 c. flour	2 c. boiling water
1 pinch salt	6 Tbsp. brandy
1/4 c. butter	

Mix sugar, flour and salt together, rub in butter. Mix well with lemon juice and add boiling water. Put on stove and boil for 3 minutes. Take off fire and add brandy. This will serve 10.

For festive air, bring to table dressed with sprig of holly. Then pour a few tablespoons of brandy over top of pudding and ignite.

## GRAPE-NUTS PUDDING

Mary Miller Williams

3 c. Grape-Nuts	1/4 tsp. each nutmeg, cinnamon
1 c. boiling water	and cloves
2 egg yolks, beaten	1/2 c. raisins
1/2 c. sugar, scant	

Soak Grape-Nuts in water. Leave until cool. Add to other ingredients and fold in beaten whites of 2 eggs. Bake 20-30 minutes at 375 degrees.

## MACAROON PUDDING

Sara Friend

12 almond macaroons	4 egg yolks
3 Tbsp. whiskey	4 egg whites
1 pt. milk, scalded	1 env. gelatin
3 Tbsp. sugar	

Line a bowl with the macaroons, sprinkle on whiskey, let stand. Make custard of milk, beaten yolks of eggs and sugar. Add gelatin which has been dissolved in a little water. Turn off heat and add stiffly beaten egg whites. Chill thoroughly. Serve with whipped cream.

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## HINTS ON COOKING FROZEN FOODS

### VEGETABLES

In cooking any frozen vegetable it is necessary to bring to the boiling point as quickly as possible to preserve flavor, color and vitamins. Do not thaw before cooking. The one exception is corn on the cob, which should always be thawed.

### FRUITS

Do not remove frozen fruits from the package before you are ready to use them. Otherwise they will discolor and lose the fresh flavor. Most fruits are best when thawed just enough to melt the ice crystals. Fruits that are to be cooked should not be thawed. Instead, follow the same procedure as for vegetables.

### MEATS

With the exception of large cuts, which may not cook evenly, meats may be cooked when solidly frozen. Cooking must be done at a low temperature and the time lengthened. If thawing is preferred, thaw as slowly as possible, as less moisture and flavor will be lost.

### MENUS FOR QUICK MEALS FROM THE FREEZER (Based on commercially frozen foods)

#### LUNCHEON

Corn chowder  
Tossed green salad  
Toast sticks  
Pineapple  
Cookies

Broiled cod in  
summersauce  
Mixed vegetables  
Peach shortcake

Corn and ham broil  
Green beans, French  
style  
Rhubarb with dumplings

#### DINNER

1. Perch float  
Asparagus spears - cole slaw  
Frosty fruit cup  
Applesauce  
Mint sherbet

2. Fish Florentine  
French fried potatoes  
Vegetable relish sticks  
Dolly Madison cake

3. Ocean perch piquant  
French fried potatoes  
Baked corn  
Orange sherbet



## QUICK MEALS FROM THE FREEZER (Continued)

4.

Oyster stew  
Bermuda salad bowl -  
Cauliflower frozen  
Crusty rolls  
Apple pie

Skillet-fried fish  
Epicurean Brussels sprouts  
Cottage potatoes  
Rolls  
Ice cream puffs

## RECOMMENDED VARIETIES OF VEGETABLES FOR HOME FREEZING

### ASPARAGUS

Martha Washington  
Mary Washington

### CORN

Golden Bantam  
Country Gentleman  
Crosby Hybrid

### BEANS - GREEN

Blue Lake  
Kentucky Wonder

### EGGPLANT

Black Beauty

### BEANS - GREEN SHELL

French Horticultural  
Lowe's Champion

### PARSNIPS

Hollow Crown

### BEETS

Crosby  
Detroit Dark Red

### PEAS

Alderman  
Shasta  
Thomas Laxton

### BROCCOLI

Italian Green Sprouting

### SPINACH

Broadleaf  
Hollandia  
King of Denmark

### BRUSSELS SPROUTS

Half Dwarf Improved  
Long Island Improved

### SQUASH

Summer Crookneck

### CARROTS

Amsterdam Coreless  
Nantes Coreless  
Red Cored Chantenay

### SWISS CHARD

Fordhook  
Lucullus

### CAULIFLOWER

Early Snowball  
Forbes  
Perfection

### TURNIPS

White Glove  
Purple Top Strapleaf  
Purple Top Rutabagas



## LOW COST DIET MENUS

1.

2.

### BREAKFAST

Oatmeal with sliced  
banana  
Toast  
Coffee  
Milk for children

Sliced oranges  
Breadcrumb pancakes with  
corn syrup  
Coffee  
Milk for children

### LUNCH

Cream of potato soup  
Peanut scrapple  
Dried fruit Brown Betty  
Tea

Baked hominy and cheese  
Wilted lettuce with bacon  
Oatmeal muffins  
Canned peaches

### DINNER

Cabbage stuffed with  
chopped beef  
Baked potatoes  
Canned tomatoes  
Gingerbread - sour milk  
Applesauce - Milk

Dried green-peas soup  
Scalloped carrots and onions  
Cornbread  
Steamed molasses pudding  
with lemon sauce  
Tea

## SAMPLE REDUCING DIET MENUS

1.

2.

### BREAKFAST

Orange juice  
Whole-wheat toast, 1 slice  
Jam, 1 Tbsp.  
Coffee - no sugar or cream

1 egg, boiled or poached  
Melba toast, 2 slices  
Coffee

### LUNCH

Banquet salad with  
mineral oil mayonnaise  
Cornmeal crisps -  
salad wafers  
Canned pears  
Skim milk or buttermilk,  
1 glass

Tomato juice  
Celery root and stringbean  
salad  
Ryerisp with cottage cheese  
Coffee jelly



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Coffee  
Milk for children

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Breadcrumb pancakes with  
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Coffee  
Milk for children

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salad wafers  
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1 glass

Tomato juice  
Celery root and stringbean  
salad  
Ryerisp with cottage cheese  
Coffee jelly

## SAMPLE REDUCING DIET MENUS (Continued)

### DINNER

Broiled fish - nonfatty  
Spinach  
Tomato and cucumber  
salad, French dressing  
Rycrisp  
Pineapple sherbet  
Oatmeal macaroons, 2  
Demitasse

Beef bouillon  
1 lamb chop  
Green peas, small serving  
Fresh fruit salad with French  
or mineral oil dressing  
One-egg cupcake - 1, not  
iced

### MENUS FOR GAINING WEIGHT

#### BREAKFAST

1.

2.

Baked apple  
Malt breakfast cereal  
with cream  
Griddle cakes and syrup  
Coffee

Yellow cornmeal mush with  
stewed raisins and thin  
cream  
Graham muffins - Jam  
Coffee or milk

#### LUNCH

Minute rarebit on toast  
Asparagus, buttered  
Peanut butter biscuits  
Stuffed prune and orange  
salad  
Milk

Casserole of dried Lima  
beans  
Scalloped cauliflower and  
tomatoes  
Mixed greens - Roquefort  
cheese dressing  
Milk

#### DINNER

Cream of carrot soup  
Ameriean goulash  
Apple sweet potatoes  
Canned corn  
Apricot and banana  
salad  
Graham date bread  
Tea

Pineapple juice  
Smothered pork chop  
Baked potato  
Scalloped cabbage  
Danish apple pudding with  
whipped cream  
Demitasse



## SAMPLE MENUS FOR VITAMIN-RICH DIETS

1.

Orange juice  
Corn Flakes with top  
milk  
Wheat-germ muffins  
Strawberry jam  
Coffee or milk

2.

### BREAKFAST

Fresh berries  
Puffed Wheat with top milk  
Boiled egg  
Toast - whole-wheat or  
enriched bread  
Coffee or milk

### LUNCH

Vegetable meat broth  
Cheese fondue  
Celery - Creole style  
Canned loganberries  
Honey-Bran cookies  
Milk

Tomatoes stuffed with liver  
Swiss salad  
Whole-wheat or enriched  
bread  
Cantaloupe  
Milk

### DINNER

Apricot Nectar  
Braised beef heart  
Green Lima beans  
Kohlrabe  
Jellied tomato salad  
Whole-wheat or enriched  
bread  
Carrot custard pie

Cream of onion soup  
Savory meat loaf  
Baked potato  
Baked winter squash  
Lettuce salad - French dressing  
Whole-wheat or enriched  
bread  
Upside-down cherry puffs

## SAMPLE MENUS FOR MINERAL-RICH DIETS

1.

Stewed dried figs on  
Triscuit - thin cream  
Poached egg on toast  
Coffee or milk

2.

### BREAKFAST

Orange juice  
Oatmeal with thin cream  
Toast - whole-wheat or  
enriched bread  
Coffee or milk

### LUNCH

Casserole of tomato, corn  
and cottage cheese  
Mustard greens  
Canned pineapple

Beef broth  
Liver loaf  
Broccoli with tomato salad  
Graham crackers

# SAMPLE MENUS FOR MINERAL-RICH DIETS (Continued)

Soybean muffins  
Milk

Maple cornstarch pudding  
Tea

## DINNER

Steak and kidney pie  
Baked potatoes  
Cauliflower with cream  
sauce  
Romaine with Roquefort  
cheese dressing  
Walnut-apricot steamed  
pudding with orange  
hard sauce  
Demitasse

Fricassee of chicken, with  
giblets in gravy  
Scalloped potatoes with  
cheese  
Beets, cooked with tops  
Eden salad  
Chocolate chip oatmeal  
cookies  
Milk

## AMOUNTS TO SERVE 25

Tea.....	1/2 c. tea, 1 1/2 gal. water
Coffee.....	3/4 lb. coffee, 1 1/2 gal. water
Cream.....	3 cups
Raised rolls.....	2 lbs. (8-9 c.) flour, 3/4 oz. compressed yeast
Butter or margarine.....	3/4 lb.
Salads - potato, chicken, etc. ....	4-5 qts.
Cabbage - salad.....	4 lbs.
buttered.....	7 lbs.
Potatoes, mashed.....	1/2 peck
Baked beans.....	3 qts. or lbs. dry beans
Chicken pie.....	2 1/4 qts. cooked, diced chicken or 3 chickens, approximately 5 lbs. each, dressed
Baked ham.....	10 lbs.
Oyster stew.....	1 1/2 gal. milk, 2 qts. oysters
Meat loaf.....	5 lbs. ground meat
Frozen peas.....	4 - 4 1/2 lbs.
Frozen Lima beans.....	4 - 4 1/2 lbs.
Frozen asparagus.....	4 - 4 1/2 lbs.
Frozen broccoli.....	4 1/2 - 5 lbs.
Frozen cauliflower.....	4 1/2 - 5 lbs.
Frozen spinach.....	4 1/2 - 5 lbs.
Frozen snap beans.....	4 lbs.
Frozen corn.....	4 lbs.



## BIRTHDAYS TO REMEMBER

Name \_\_\_\_\_

Address

Birthdate

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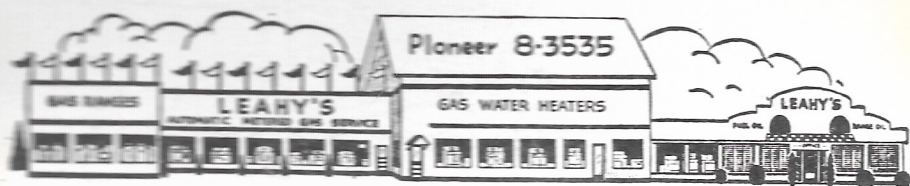
## CHRISTMAS CARD LIST

Name

## Address

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