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# Make Your Meals to Measure



MICHIGAN STATE COLLEGE :: EXTENSION SERVICE

EAST LANSING

Cooperative Extension Work in Agriculture and Home Economics, Extension Service, Michigan State College and the U. S. Department of Agriculture Cooperating.

# Good Nurture Means Good Nature

The health of the nation depends in large part upon the meals served by American homemakers. The right food will help every member of the family to feel more cheerful, to think more clearly, and to work more efficiently. Proper meals aid greatly in prolonging the active years of life but, best of all, they add much to the enjoyment of everyday living.

The menus in this leaflet supply the food values recommended by the Committee on Foods and Nutrition of the National Research Council.



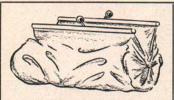
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In cooperation with

MICHIGAN NUTRITION DEFENSE COMMITTEE

# MAKE YOUR MEALS TO MEASURE





MODERATE PURSE* 4 cups daily (children) 3 cups daily (adults)	MILK	3-4 cups daily (children) 2-3 cups daily (adults)		
Potatoes—once or twice a day.  Dry beans, peas, nuts—three times a week.  Tomatoes, citrus fruit, cabbage—5 to 6 servings a week. (Tomato or citrus fruit juice daily for every child under four.)  Leafy, green, and yellow vegetables—1 to 2 servings daily.  Other vegetables and fruits—about 2 servings a day.	VEGETABLES AND_FRUITS	Potatoes—twice a day.  Dry beans, peas, nuts—four times a week.  Tomatoes, citrus fruit, cabbage—5 servings a week. (Tomato or citrus fruit juice daily for every child under four.)  Leafy, green, and yellow vegetables—6 servings a week.  Other vegetables and fruits—6 servings a week.		
Eggs: 5 eggs a week for each person.  Lean meat, fish, and poultry—7 to 8 serv- ings a week.	EGGS AND MEAT	Eggs: 3 or 4 a week for each person.  Lean meat, fish, and poultry: 5 to 6 small servings a week.		
Unrefined cereal daily. Whole grain or enriched bread at every meal. Dessert—once a day sometimes twice.	OTHER FOODS	Unrefined cereal—once a day, sometimes twice. Whole grain or enriched bread—at every meal. Dessert—about once a day.		

<sup>\*</sup>Farm families may enjoy more eggs, meat, fruits and vegetables and still keep food bills moderate.

BREAKFAST	DINNER	SUPPER
SUNDAY		
Tomato Juice Baked Eggs Bacon Breakfast Bread Coffee—Milk	*Savory Flank Steak with Potatoes and Carrots Enriched Bread—Butter Canned Fruit Compote	Cheese Rarebit on Toast Apple-Cabbage-Nut Salad Oatmeal Cookies Milk
Monday		PRINTER TO PERSON
Prunes Oatmeal Coffee—Milk	*Meat Turnovers Escalloped Potatoes and Peas Baked Apples	*Liver Balls with Spaghett and Tomatoes Five-Minute Cabbage Cocoa
Tuesday		
Oranges Cooked Whole Wheat Cereal with Raisins Coffee—Milk	Bean Soup with Ham Butt Hot Potato Salad with Sliced Egg Whole Wheat Toast— Butter Chocolate Pudding	Boiled Potatoes Creamed Ham and String Beans Apple Sauce <sup>a</sup> Chiffon Gingerbread
WEDNESDAY		
Tomato Juice Fried Whole Wheat Cereal with Chopped Ham Coffee—Milk	Baked Beans Brown Bread—Butter Carrot Strips Spiced Pears	Potato-Onion Soup *Liver Paste Sandwiches Sliced Bananas Top Milk *Whole Wheat Apple Sauce Cake
THURSDAY		
Stewed Apricots Scrambled Eggs Whole Wheat Toast— Butter Coffee—Milk	"Frankfurter Ring with Potato Dressing Cole Slaw Peach Shortcake Milk	Potatoes in Tomato Sauce Carrot-Raisin Salad Enriched Bread—Butter Molasses Cookies
FRIDAY		TO VIOLENCE TO I
Canned Grapefruit Ready-to-eat Whole Grain Cereal Coffee—Milk	Salmon-Corn Casserole Beet Greens Rye Bread and Butter 'o'Carrot Pudding with Raisin Sauce Milk	"Potato Puff with Cheese Lima Beans Prune Muffins Canned Cherries
SATURDAY		
Apple Sauce Oatmeal Coffee—Milk	Escalloped Potatoes and Onions Baked Squash with Sausage Cabbage Wedges Cornbread and Butter Homemade Jam Milk	Cream of Pea Soup Rye Toast Circles Deviled Egg Salad Plum Sauce Peanut Butter Cookies

# MODERATE COST MENUS

BREAKFAST	DINNER	SUPPER
SUNDAY Orange Juice Jelly Omelet Enriched Coffee Cake— Butter Coffee—Milk	Roast Beef Riced Potatoes—Gravy Lettuce Salad— French Dressing "Party-Turnips Enriched Bread—Butter "Baked Cherry Dumplings Coffee	Toasted Cheese Sandwiches Mixed Fruit Salad Chocolate Cocoanut Macaroons Tea—Cocoa
MONDAY Stewed Prunes Prepared Enriched Cereal Cinnamon Toast—Butter Coffee—Milk	Tomato Juice Lima Beans and Bacon Carrot Strips Toasted Bread Sticks Cottage Cheese—Jam Tea	"Roast Beef and Potato Leftover DeLuxe Asparagus Salad Toast Sticks Hot Gingerbread with "Apricot Glaze
TUESDAY  Apple Sauce  Whole Grain Cereal  with Raisins  Toast—Butter  Coffee—Milk	Stuffed Peppers  *Potatoes Anna Broiled Tomatoes Apricot and Prune Upside Down Cake Coffee	Lamb Stew with Carrots, Peas, and Onions Enriched Bread—Butter Peach and Banana Cup Tea—Milk
WEDNESDAY Tomato Juice Prepared Enriched Cereal Hot Muffins with Dates Coffee—Milk	"Stuffed Spiced Cabbage Leaves Mashed Potato— Peanut Patties Whole Wheat Bread— Butter Baked Custard with Raspberries	Omelet  **Spanish Sauce Whole Kernel Corn and Lima Beans Fruit Compote (Pears and Rhubarb) Spice Cake
THURSDAY  Grapefruit Cooked Whole Wheat Cereal Sausages Toast—Butter Coffee—Milk	<sup>39</sup> French Fried Liver Creamed Potatoes <sup>39</sup> Beet Salad Ring Enriched Bread—Butter Apricot Whip Milk	Diced Carrots, Stringbeans and Mushrooms Waldorf Salad Whole Wheat Rolls— Butter Butterscotch Pudding
FRIDAY  Canned Rhubarb Oatmeal Scrambled Eggs Whole Wheat Toast Coffee—Milk	Vegetable-Cheese Medley Hot Enriched Biscuits— Honey Deep Dish Plum Pie Milk	Frozen Fish Fillets Potatoes Lyonnaise Stewed Tomatoes and Celery Rye Bread—Butter Canned Berries Tea
SATURDAY Grape Juice Enriched Ready-to-serve Cereal Crisp Bacon French Toast Maple Syrup Coffee—Milk	Baked Ham Broiled Peach Halves Escalloped Potatoes Apple Saute Betty Coffee—Milk	Cream of Tomato Soup Croutons Peas and Small White Onions Whole Wheat Bread— Butter Banana-Peanut Butter Salad Jelly Roll

Note: Numbers preceding name of food (1) refer to recipes in this bulletin.

## RECIPES

#### (1) BACON BREAKFAST BREAD

1 egg 1 tablespoon sugar ½ cup whole wheat flour 1 cup yellow cornmeal 1 cup milk 1 cup enriched flour ½ teaspoon salt 1½ teaspoons baking powder 3 slices bacon

Beat egg, add sugar, whole wheat flour, cornmeal and milk. Sift flour, salt and baking powder. Combine with other ingredients. Pour into greased pan, 8 x 8 x 2. Dice bacon and scatter over batter. Bake at 400° 20 minutes. Place under broiler to brown if necessary. Serve immediately.

#### (2) SAVORY FLANK STEAK

1 flank steak (1¼ to 1½ pounds) Salt, pepper, flour 2 medium-sized onions Pinch thyme Pinch cloves

1½ cups water 1 tablespoon vinegar 2 tablespoons catsup Potatoes Carrots

Cut the steak across the grain into strips about an inch wide. Sprinkle with salt and pepper and dredge with flour. Brown the meat in a little fat, add the onions which have been sliced, and continue cooking until the onions are lightly browned. Add the other ingredients and season to taste with salt and pepper. Cover and simmer for about 2 hours or until the meat is tender. Add the potatoes and carrots the last half hour of cooking.

## (3) MEAT TURN-OVERS

Season chopped cooked or canned meat with onion and celery or parsley, moisten slightly with gravy, or broth, or tomatoes, or chili sauce, and add salt and pepper to taste. Make a rich dough, using the biscuit recipe below. Roll the dough out in rounds, on each round place some of the seasoned meat filling, and fold the edges of the dough together to make turn-overs. Bake in a hot oven (about 425° F.).

#### BISCUIT DOUGH FOR MEAT TURN-OVERS

4 cups enriched flour 6 teaspoons baking powder 1½ teaspoons salt 3/4 cup fat
Milk or water to make a soft
mixture

#### (4) LIVER BALLS AND SPAGHETTI

1½ pounds liver 2 cups cracker crumbs ¼ grated onion 4 tablespoons lard 1/8 teaspoon marjoram 1 teaspoon salt 1/4 teaspoon pepper

Parboil liver and put through meat chopper. Mix thoroughly with other ingredients, adding enough liquid in which liver was cooked to moisten. Shape into balls. Place on top of spaghetti in a casserole.

3 tablespoons lard 1 small onion 1 cup tomatoes 1 package spaghetti

Brown onion in hot lard. Add tomatoes and simmer 20 minutes. Cook spaghetti in boiling, salted water until tender. Mix with tomato sauce and place in greased casserole. Place liver balls on top and brown in a hot oven.

#### (5) CHIFFON GINGERBREAD

½ cup shortening ½ cup sugar 1 egg, beaten 1 cup molasses 2½ cups enriched flour 1 teaspoon soda 1 teaspoon ginger 1 teaspoon cinnamon ½ teaspoon cloves 1 cup hot water

Cream shortening and sugar. Add egg and molasses and mix well. Add dry ingredients which have been sifted together. Add hot water and beat until smooth. Pour into greased and floured 9- by 13-inch cake pan, and bake in moderate oven (350°) 40 to 50 minutes. When cool, cut in squares.

#### (6) LIVER PASTE FOR SANDWICHES

Broil slices of liver or simmer the whole piece in water until tender. Mash or grind the cooked liver, and mix with fat and seasonings in the proportions of 2 tablespoonfuls each of chili sauce or catsup, chopped celery, and butter or other fat to 1 cup of ground liver, and add salt, pepper, and minced onion to taste.

#### (7) WHOLE WHEAT APPLE SAUCE CAKE

½ cup fat 1 cup sugar—brown or white 1½ cups thick, unsweetened apple sauce 1 cup seedless raisins 2½ cups whole wheat flour 1½ teaspoons soda
½ teaspoon salt
2 eggs, beaten
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon cloves

Cream the fat and sugar together. Add the apple sauce, then the beaten eggs. Mix the raisins with one-half cup of the flour. Mix the rest of the flour with the soda, salt, and spices. Then add all the dry ingredients to the liquid mixture. Beat well, pour into a greased pan, and bake in a very moderate oven (300° to 325° F.) for about 1 hour.

#### (8) FRANKFURTER CROWN—POTATO DRESSING

11/2 pounds frankfurters

Potato dressing

3 slices bacon

Thread frankfurters through center on a string, tie ends of string and stand frankfurters on end in shape of a crown on a rack in a roasting pan. Fill center with potato dressing (see below). Place slices of bacon on top of dressing. Place in moderate oven (350° F.) until bacon browns. Add ½ cup of water, cover and let cook 20 minutes.

#### POTATO DRESSING

4 slices bacon

1 tablespoon chopped onion
1 tablespoon chopped parsley
1 tablespoon salt water
2 cups mashed potatoes

Dice bacon, brown. Add onion and cook slowly until tender. Add seasonings. Combine with cubed bread. Add slightly beaten egg and mashed potatoes. Toss together until evenly combined. Add water for desired consistency.

#### (9) POTATOES IN TOMATO SAUCE

1 quart potatoes, sliced 3 1 onion, sliced 2

4 tablespoons butter or other fat

3 cups strained tomatoes

2 teaspoons salt Pepper

Cook the potatoes and the onion in the fat for 20 minutes. Add the strained tomatoes and seasonings. Cover and cook until the potatoes are tender. The potato thickens the tomato juice so that no other thickening is necessary.

#### (10) STEAMED CARROT PUDDING

½ cup shortening
1 cup brown sugar
1 cup grated raw carrots
2 apples
1 cup seeded raisins
1½ cups enriched flour

1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
2 teaspoons baking powder

Cream shortening and add sugar. Add carrots, apples, and raisins. Mix well. Stir in sifted dry ingredients. Grease a large mold or individual molds, and fill ½3 full with pudding. Steam 3 hours in large mold or 1½ hours if in small molds or steam 1 hour and bake 1 hour at 350° F. Serve with raisin sauce.

#### RAISIN SAUCE

½ cup raisins 1 cup boiling water 34 cup sugar 1 teaspoon cornstarch

Simmer the raisins in water until the raisins are tender (about 1 hour). Sift the sugar and cornstarch together and add to the raisin mixture. Mix well and continue cooking for 10 minutes.

## (11) POTATO PUFF WITH CHEESE

3 cups mashed potatoes 1½ cups milk 1 cup cheese, grated 2 eggs 2 tablespoons butter

Add the butter, beaten egg yolks, cheese and milk to mashed potatoes. Stir until well blended and then fold in the stiffly beaten egg whites. Mix lightly and pile in a well-greased baking dish. Bake in a moderate oven 10 minutes. Serve at once.

## (12) PARTY TURNIPS

6 medium-sized turnips, cubed (3 cups) 1 cup peas 1 cup cubed carrots 2 tablespoons butter Salt and pepper

Cook turnips in boiling, salted water until tender, about 15 minutes. Cook peas and carrots covered in small amount of boiling, salted water about 8 minutes. Drain vegetables and combine. Add butter and season. (Serves 6.)

#### (13) BAKED CHERRY DUMPLINGS

#### DUMPLINGS

3 cups enriched flour
4½ teaspoons baking powder
1 teaspoon salt
¾ cup fat
¾ to 1 cup milk
1½ cups drained canned cherries
2 tablespoons butter

#### SAUCE

1½ cups sugar ½ teaspoon cinnamon ½ teaspoon nutmeg 2 tablespoons melted butter 1 cup water

Sift the flour, baking powder and salt. Cut in the fat until the mixture resembles cornmeal. Add the milk and stir. Turn out on a floured board; knead lightly. Roll to ¼ inch thickness, keeping a rectangular shape. Cut into 5-inch squares. Arrange a spoonful of cherries in the center of each square. Bring the corners of dough together.

Mix the ingredients for the sauce in the order given. Place dumplings in a greased pan (about 9 x 12 inches); cover with sauce. Bake in a hot oven (450°) for 15 minutes; reduce heat to moderate (375°)

for about 30 minutes.

# (14) DELUXE ROAST BEEF AND POTATO LEFTOVER

1 medium onion, grated 3 cups hot mashed potatoes

1 teaspoon salt 1 tablespoon prepared horse-radish 1 egg ½ cup milk 1 cup cubed roast beef Butter

Combine potatoes, onions, salt and horseradish. Add beaten egg to milk and stir into potato mixture. Fold in cubed beef. Pile in casserole. Dot with butter. Bake in hot oven (400° F.) 25 minutes. (Serves 4.)

## (15) APRICOT GLAZE FOR GINGERBREAD

2½ cups cooked apricots 1 cup sugar

Rub apricots through sieve, add sugar and water, cook until smooth and thick. Cool, and serve on gingerbread.

## (16) POTATOES ANNA

8 cooked potatoes, cold 2 tablespoons bread crumbs 2 tablespoons grated cheese 1 tablespoon butter Paprika, if desired

Cut cold potatoes into thin slices. Place in baking dish, sprinkle with grated cheese and bread crumbs. Spread the butter well over them. Brown in the oven for 10 minutes or until golden brown. (Serves 6.)

#### (17) STUFFED SPICED CABBAGE LEAVES

1 pound chopped beef Salt and pepper 1 egg ½ teaspoon thyme ½ cup water ½ teaspoon sage 2 cups bread crumbs 8 large cabbage leaves ½ cup chopped onion 2 slices bacon

Mix together beef, egg, water, crumbs, seasonings. Pour boiling water over cabbage; let stand 5 minutes; drain. Put 2 to 3 tablespoons meat mixture on each leaf; roll, fold in ends; secure with toothpicks. Place rolls in tightly covered kettle; top with bacon strips. Simmer 1 hour.

## (18) SPANISH SAUCE

1 tablespoon chopped celery 2 tablespoons fat or green pepper 2 tablespoons flour 1 tablespoon chopped carrot 1 tablespoon chopped onion 2 tablespoon minced left-over ham 2 teaspoon salt or bacon 2 teaspoon salt 2 teaspoon pepper 2 teaspoon pepper 3 teaspoon peppe

Melt the fat. Add the vegetables and meat and brown. Stir in the flour and gradually add the liquid. Cook until thick. Serve hot.

## (19) FRENCH FRIED LIVER

1 pound pork or beef liver Salt
Flour Pepper

Have liver sliced thin. Wash with cold water and dry thoroughly. Cut into lengths about three-eighths inch wide using the kitchen shears. Roll in flour seasoned with salt and pepper. Drop into a kettle of deep hot lard at a temperature of 375° F. Cook until brown. Serve at once.

#### (20) BEET SALAD RING

1 tablespoon (1 envelope) unflavored gelatin
4 cup cold water
4 cup hot water
4 cup beet liquor
3 tablespoons vinegar

2 teaspoons grated onion 1 tablespoon horse-radish ½ teaspoon salt
1 cup diced, cooked beets
1 cup diced celery Mayonnaise

Soften gelatin in cold water; dissolve in hot water. Add remaining ingredients, except beets and celery. Chill until partially set; add beets and celery. Pour into 6 individual ring molds oiled with salad oil. Chill until firm. Unmold on crisp lettuce and center with mayonnaise. Serves 6.

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