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Gladys E. Knight, Home Economics
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Camp Feeding

QUANTITY FOOD SERVICE



MENUS

for

3 and 7 Day
Periods

•

RECIPES

for

25-50-75-100
Servings

•

MARKET LISTS

GLADYS E. KNIGHT, Tourist and Resort Program

MICHIGAN STATE UNIVERSITY

Agricultural Experiment Station • Cooperative Extension Service

EAST LANSING

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FOREWORD*

THIS CIRCULAR was prepared for the assistance of our county staff in operating their 4-H camps. Its use has been far greater than that.

In this revision, few changes have been made in the original menus-recipes-market lists section for a 3- and 7-day period. Additions include menu planning guides and suggestions, instructions on the use of dried milk, a section on outdoor cookery, and a reference list.

It is hoped that these additions will give the camp director, manager, and cooks further help in adequately feeding their campers.

*Appreciation is expressed to the many who have assisted in assembling data for this publication, in testing the recipes, in checking the quantities, and in reviewing the final draft. Special mention is due Gertrude Mueller for her loyal assistance.

KITCHEN MANAGEMENT GUIDES

1. Set up standardized recipe card file.
2. Check refrigerators daily to eliminate food losses.
3. In planning menu, consider equipment and help available.
4. Have supplies for meal preparation assembled.
5. Post menu on bulletin board.
6. Post work schedule.
7. Advise leader or post notice at serving counter when "seconds" are available.

CAMP FEEDING: MENUS-RECIPES-MARKET LISTS

BY GLADYS E. KNIGHT¹

I. MENU PLANNING GUIDES

Campers—active, growing girls and boys—need adequate, good, nutritious food. Ample amounts of wholesome food are essential since children attending camp are growing and are unusually active.

To help you prepare your menus, a menu pattern has been included.

Breakfast

- Fruits: Raw (occasionally citrus) and stewed: tomato or fruit juices.
- Cereals: Cooked or prepared cereal served with whole milk.
- Breadstuff: Bread, toast, rolls or muffins.
- Butter
- Egg or Bacon: Suggested if budget permits.
- Beverage: Milk, cocoa or any other beverage made with milk.

Luncheon or supper

1. Soup—cream, vegetable or chowder. Salad—vegetable or fruit. Meat, or meat substitute, or a combination. Bread and butter; cake or cookies; milk or fruit beverage.
2. Sandwiches of whole-grain or enriched bread to include vegetables, eggs, cheese or meat. Or a fruit, or vegetable salad. A milk dessert, or ice cream and cookies; hot milk beverage.
3. A meat, a meat-extender dish, fish; or a meat alternate of cheese, dried beans, or eggs. One

vegetable; raw, cooked or combined with the main dish or salad. Bread and butter. Fruit; raw, stewed, or canned. A milk beverage.

4. A vegetable plate composed of a starchy, a succulent and a root vegetable (a salad may take the place of one vegetable); bread and butter; a milk dessert; a milk or fruit beverage.

Dinner

- Main item: Meat; a meat extender dish; fish; or a meat-alternate of cheese, eggs, or dried beans.
- Vegetables: Potatoes and one other vegetable, raw or cooked. (Rice, spaghetti, and macaroni should not be included with potato.)
- Bread and butter
- Dessert: A simple pudding, fruit or ice cream.
- Milk or fruit beverage

In the planning of daily meals, a proper balance of essential foods is important.

Table 1, prepared by the Human Nutrition Research Branch, U. S. Department of Agriculture, shows the kinds and amounts of food needed weekly by growing, active children and adolescents from 7 to 20 years old. From it you can determine the amounts of milk, vegetables, fruits, eggs, meat, etc., each camper needs weekly for an adequate diet. This is an excellent guide with which to check your menus for adequate amounts of these various types of foods.

¹Assistant professor (Research-Extension), Michigan State University, East Lansing.

Table 1—Market list for moderate-cost meals
(Foods and quantities for a week)
Human Nutrition Research Branch, U. S. Department of Agriculture

Kinds of food	For children 1 to 6 years	For children 7 to 12 years	For girls 13 to 20 years	For boys 13 to 20 years
Leafy, green, and yellow vegetables	2-2½ lb.	2½-3 lb.	3½ lb.	3½-4 lb.
Citrus fruits, tomatoes	2-2½ lb.	2½-3 lb.	3 lb.	3-3½ lb.
Potatoes, sweet potatoes	½-1 lb.	1½-2 lb.	2½ lb.	3½-4½ lb.
Other vegetables and fruits	2 lb.	2½ lb.	3½ lb.	3½ lb.
Milk, cheese, ice cream (milk equivalent)*	6 qt.	7 qt.	6-7 qt. †	7 qt.
Meat, poultry, fish ‡	1-1¼ lb.	2 lb.	2½-3 lb.	3 lb.
Eggs	6-7 eggs	7 eggs	7 eggs	7 eggs
Dry beans and peas, nuts	1 oz.	2 oz.	2 oz.	4-6 oz.
Baked goods, flour, cereals (flour equivalent)§ Whole-grain, enriched, or restored	1-1½ lb.	2-3 lb.	2½-3 lb. †	4-5 lb.
Fats, oils	¼ lb.	½-1 lb.	¾ lb.	1-1½ lb.
Sugar, sirups, preserves	¼-½ lb.	¾ lb.	1 lb.	1-1½ lb.

*Children through teen age: 3½ to 4 cups milk daily.

†Larger quantities are for the younger girls.

‡To meet the iron allowance needed by children 1 to 6 years old and girls 13 to 20 years old, include weekly one large or two small servings of liver or other organ meats.

§Bread and other baked goods average two-thirds flour by weight. Therefore, count 1½ pounds of bread and other baked goods as 1 pound of flour.

Another aid in planning a day's menu is the Basic 7 Chart. Check your menus daily to see

that they contain the recommended food items in Fig. 1.

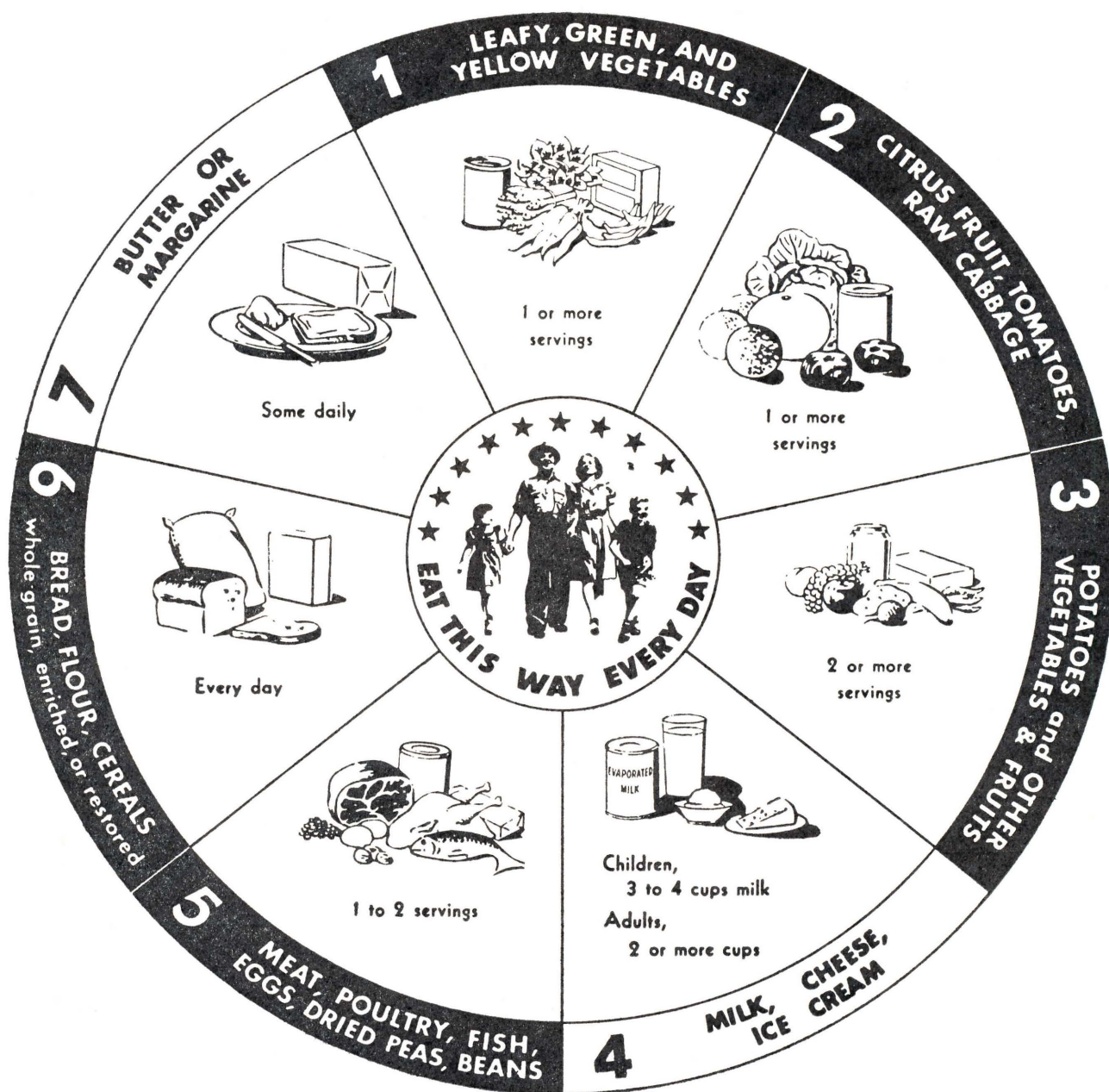


Fig. 1. The Basic 7 Food Groups.

(Reproduced through courtesy of Human Nutrition Research Branch, U. S. Department of Agriculture)

Many find it hard not only to plan menus for camps but to figure the great quantities needed. This circular has been prepared to aid groups in their menu planning, food purchasing and meal preparation.

Food preparation and service in the majority of camps offers many problems. Most camps do not have enough range and oven space, little or no refrigeration, and inadequate small equipment and utensils.

With these problems in mind, an attempt has been made to make the work of the food service unit easier. This circular is divided into the following parts or sections:

1. Tables of measurements; scoop sizes; equivalent measures and weights; canned goods sizes, and equivalents.
2. Menus for 3- and 7-day periods.
3. Recipes for 25, 50, 75, and 100 servings.
4. Market lists for 25, 50, 75, and 100 for 3-day period and 7-day period.

The table of equivalents (Table 3) is set up to aid cooks in changing ounces to pounds; teaspoons and tablespoons to cups, pints, and quarts; and weights for dry measure. Table 4 lists scoops or dishers, giving size number, number of scoops per quart, and portion of cup size. Scoops or dishers are necessary for measuring standard portions as recipes indicate.

Table 5 gives the average number of cups as well as the weight of standard cans. If the gallon size or No. 10 can is not available, Table 6 shows its equivalent in the other can sizes.

Weights and equivalent measures for all foods used in recipes are included in Table 7.

The menus are set up for a 3-day period and a week period. The 3-day menu provides for the evening meal of the day that the campers arrive and continues for 2 complete days. The last day provides for breakfast and lunch only, since the campers would be leaving in the afternoon of the last day.

The week's menu is a continuation of the 3-day menu. It begins with the one meal on the first day and has breakfast and lunch on the last day just as the 3-day set does.

The menus have been kept very simple because

of limited equipment and help in the camp. Realizing there will probably be some leftover foods, menu items have been planned for their use. These menu items are marked by a dagger (†).

The recipe section contains numbered recipes in order of the food items appearing on the menus. These standardized recipes are for 25, 50, 75, and 100 servings. For a group of 125 campers, combine the amounts in the recipe for the 25 and 100 portion sizes. Preceding each food item on the menu is a number enclosed in parentheses. This number corresponds to the number of the recipe in the recipe section.

Nonfat Dry Milk

The use of nonfat dry milk is recommended in food preparation for camps. Dried milk is not a substitute for fresh fluid separated milk; it is a supplement to it. The advantages of using nonfat dry milk powder are many. Besides not needing refrigeration, it takes up very little storage space. It is more economical, an important factor when you are working on a limited budget.

Whenever possible, mix nonfat dry milk powder with the dry ingredients in cooking. Use vegetable liquor and/or meat stock whenever possible for the liquid; otherwise use water. This method is much easier, offers use of the vegetable liquor or meat stock in food preparation, and does not require the time and effort for reconstituting the dried nonfat milk powder. Use it in preparing creamed dishes, meat or fish loaves, mashed potatoes, muffins, cakes, puddings, cocoa, etc.

Where necessary to reconstitute nonfat dry milk powder, consult Table 2 for recommended amounts to use and also the recommended method for preparing.

Table 2—Table for reconstituting dry milk
into fluid milk*
(recommended for use in cooking)

Amount dry milk	Amount water	Yield reconstituted milk
1 c.	1 qt.	1 qt.
1 lb.	1 gal.	1 gal.
5 lb.	5 gal.	5 gal.

*Information from American Dry Milk Institute, Chicago, Ill.

Method of preparation²

1. Place one-fourth the amount of water to be used in jar or container.
2. Add the dry milk slowly, and beat with beater or whip just enough to suspend the dry particles. Beat slowly to avoid excessive amount of foaming.
3. Add remaining amount of water; shake or mix, depending upon size of container or amount being mixed.
4. *Refrigerate.*

Some additional suggestions:

For ground meat mixtures, use $\frac{1}{2}$ cup of dry milk solids to each pound of meat, regardless of the amount of liquid used. In quantity, this is about 1 pound to each 10 pounds of meat.

For whipping, use equal portions of water and dry milk solids; whip very stiff. This may be used to fold into ice cream, sherbets, fruit whips, bavarians, chiffon pies and salad dressings.

One-third of a cup of each will make about the same volume as $\frac{1}{2}$ pint of whipping cream.

If oleomargarine is used, there are regulations from the Michigan Department of Agriculture concerning its use. When colored oleomargarine is used in cooking or on the table, a notice stating it is being used must be plainly displayed. Colored oleomargarine served for table use must be triangular in shape. If uncolored margarine is used, no sign need be posted.

Set up a card file of these standardized recipes for use of the cook. Copy these recipes on a 4- by 6- or 5- by 8-inch card. Use this circular as a reference book, not as a daily kitchen tool.

Copy the menu and post it on the bulletin board in the kitchen. The cook needs this information to select her recipes. This information is also needed by those assigned to assist in the food preparation and service.

Family style or cafeteria type service will probably be used for serving the meal. The size of portion or serving listed on each recipe has been

estimated for active, growing girls and boys. If a portion larger than that listed is served, the food will not serve the number given. For larger portions, prepare a larger quantity recipe.

If, for some reason, the estimated size of serving is not used, "seconds" might be available. Whatever type of service is used, some kind of notice or means of informing the leader or leaders should be planned to advise when "seconds" are available. This would eliminate leftovers from this source.

Evening snacks for the campers or the staff have not been included in the market lists. If evening snacks are desired, these additional quantities will have to be added to the market list.

The market list section is set up to provide all grocery items needed in preparing the meals for the campers. There are eight market lists included. These are:

1. A 3-day market list for 25 persons.
2. A 1-week market list for 25 persons.
3. A 3-day market list for 50 persons.
4. A 1-week market list for 50 persons.
5. A 3-day market list for 75 persons.
6. A 1-week market list for 75 persons.
7. A 3-day market list for 100 persons.
8. A 1-week market list for 100 persons.

The market list used would depend upon the length of time to be spent in camp and the number of persons attending. The first page of each market list consists of two columns of general supplies to be purchased for the opening of camp. The second page is a continuation of this general market list for the opening of camp. This list includes the additional perishables needed for respective days. These are listed to the right of the general supply list. Buy these perishables in the amount indicated on the market list for use on the specified day.

If a picnic is desired during the camping period, a number of the menus can easily be adapted to an outdoor meal. A recipe for lemonade (recipe No. 56) has been included at the end of the recipe section.

Many camps feature hikes which include outdoor cooking. Menu suggestions with a few recipes for serving 1, 10 and 25 persons are given.

²Method of preparation and suggestions for use given below are from The American Dry Milk Institute, Chicago, Ill.

II

MEASUREMENTS

Table 3—Equivalents

3 teaspoons	equivalent to	1 tablespoon
16 tablespoons	equivalent to	1 cup
2 cups	equivalent to	1 pint
2 pints	equivalent to	1 quart
4 quarts	equivalent to	1 gallon
8 quarts	equivalent to	1 peck
4 pecks	equivalent to	1 bushel
16 ounces	equivalent to	1 pound or 1 pint

Table 4—Scoops or dishers

Size	No. to quart	Part of cup	No. of tablespoons
No. 6	6	$\frac{2}{3}$	$10\frac{2}{3}$
8	8	$\frac{1}{2}$	8
10	10	$\frac{2}{5}$	$6\frac{2}{5}$
12	12	$\frac{1}{3}$	$5\frac{1}{3}$
16	16	$\frac{1}{4}$	4
20	20	$\frac{1}{5}$	$3\frac{1}{5}$
24	24	$\frac{1}{6}$	$2\frac{2}{3}$
30	30		$2\frac{1}{7}$
40	40		$1\frac{3}{5}$

Table 5—Canned goods

No.	Size of cans	No. of cans to a case	Average net weight	Average no. cups to a can
1	tall	24 or 48	1 lb.	2
2		12 or 24	1 lb. 4 oz.	$2\frac{1}{4}$
$2\frac{1}{2}$		12 or 24	1 lb. 13 oz.	$3\frac{1}{4}$
3	cylinder	12		$5\frac{3}{4}$
5		12	3 lb. 9 oz.	6
10		6	6 lb. 10 oz.	12-13

Note: About 25 servings per No. 10 can.
About 6 servings per No. $2\frac{1}{2}$ can.

Table 6—Substituting one can size for another

- 1 No. 10 can equals 7 No. 1 tall cans
- 1 No. 10 can equals 5 No. 2 cans
- 1 No. 10 can equals 4 No. $2\frac{1}{2}$ cans
- 1 No. 10 can equals 3 No. 3 cylinders
- 1 No. 10 can equals 2 No. 5 cans

Table 7—Table of equivalent measures and weights

FOOD ITEM	A.P.—As Purchased		E.P.—Edible Portion	
	UNIT		EQUIVALENT	
Apples, A.P.	1 lb.		2-3 medium	
	1 lb.		3 cups diced or sliced	
	1 bushel		48 lb.	
Bananas, A.P.	1 lb.		3 medium	
Bread	1 lb. loaf		16 slices—thin	
	2 lb. (sandwich)		30 medium slices	
	$1\frac{1}{2}$ lb. loaf		24 slices—thin (used in market list)	
Butter	1 lb.		2 cups	
	1 lb.		48-64 squares ($\frac{1}{4}$ lb.- 12-16 squares)	
Cabbage, A.P.	1 head, av.		$2\frac{1}{2}$ -3 lb.	
	1 lb.		$1\frac{1}{2}$ -2 quart shredded	
	1 bag		40-50 lb.	
Carrots, A.P.	1 lb.		3-4 average	
	1 bunch		4-6 medium	
	1 bushel		50 lb.	
Celery	1 stalk		$1\frac{3}{4}$ lb. approximately	
	1 lb.		3 cups chopped	
Cheese, American	1 lb.		1 quart grated	
Cinnamon	$2\frac{1}{2}$ tbsp.		1 oz.	
Cocoa	$\frac{1}{2}$ lb.		2 cups	
Coconut	1 lb.		6 cups	
Cookies	1 lb.		2-2 $\frac{1}{4}$ dozen	
Cornstarch	1 lb.		$3\frac{1}{8}$ cups	
Eggs	30 dozen		1 crate	
Flour—all purpose	1 lb.		4 cups	
Green pepper, A.P.	1 lb.		6 medium	
	2 medium		1 cup chopped-4 oz.	
Lettuce—iceberg, A.P.	1 head		9 oz.—1 lb.	
	1 head		10-12 leaves	
	1 lb.		2 quarts shredded	
Mustard, dry	5 tbsp.		1 oz.	
Onions	1 lb.		4-5 medium	
	1 bushel		54 lb.	
Paprika	$3\frac{3}{4}$ tbsp.		1 oz.	
Potato, white, A.P.	1 bushel		60 lb.	
	1 lb.		2-4 average	
Prunes, A.P.	1 lb.		$2\frac{1}{2}$ cups	
Raisins	1 lb.		1 pkg.	
	1 lb.		3 cups seedless	
	1 lb.		$2\frac{1}{2}$ cups seeded	
Rice, A.P.	1 lb.		$2\frac{1}{8}$ cups	
Radishes, A.P.	1 bunch		6-12	
Salt	$2\frac{1}{8}$ tbsp.		1 oz.	
Shortening	1 lb.		2 cups	
Sugar, brown	1 lb.		3 cups	
Sugar, granulated	1 lb.		2 cups	
Sugar, powdered	1 lb.		$3\frac{1}{2}$ cups	
Tomatoes, A.P.	1 lb.		3-4 medium	

SUGGESTED MENUS FOR 3-DAY PERIOD

		1st day	2nd day	3rd day	4th day
[8]	BREAKFAST		Orange juice (4 oz. serving) Corn flakes (4/5 c. serving) (9) French toast Syrup—butter (10) Cocoa	Tomato juice (4 oz. serving) (18) Oatmeal Toast—2 slices Jam—butter Cocoa	Orange halves Wheaties (2/3 c. serving) (27) Pancakes Syrup—butter Cocoa
	LUNCH		(11) Spanish rice (12) Carrot raisin Bread—2 slices Butter—1 pat (13) Applesauce Cookies—2 Milk— $\frac{1}{2}$ pint	(19) Baked beans with pork (20) Cole slaw Bread—2 slices Butter—1 pat (21) Banana cream pudding Milk— $\frac{1}{2}$ pint	(28) Noodles, scalloped with cheese, tomatoes and bacon (29) Relish plate—radishes— onions—carrot sticks— celery sticks Bread—2 slices Butter—1 pat Canned prune plums Milk— $\frac{1}{2}$ pint
	DINNER	(1) *Baked ham with (2) Raisin sauce (3) Mashed potatoes (4) Buttered carrots (5) Combination Bread—2 slices Butter—1 pat Ice cream Milk— $\frac{1}{2}$ pint	(14) Meat loaf (15) Parsley potatoes (16) Buttered whole kernel corn (17) Egg lettuce Bread—2 slices Butter—1 pat Canned peaches Cookies—2 Milk— $\frac{1}{2}$ pint	(22) Beef stew † (23) Buttered beets (24) Fruit † Bread—2 slices Butter—1 pat (25) Chocolate cake— (26) Powdered sugar icing Milk— $\frac{1}{2}$ pint	

* Numbers refer to recipes.

† Dishes for use of planned-overs.

SUGGESTED MENUS FOR 7-DAY PERIOD

[6]

		4th day	5th day	6th day	7th day	8th day
BREAKFAST	FRUIT		Stewed prunes (4 per serving)	Orange juice (4 oz. serving)	Orange halves	Tomato juice (4 oz. serving)
	CEREAL		Grapenut flakes (2/3 c. per serv.)	(41) Whole wheat cereal (1 cup serving)	Puffed rice (1 cup serving)	Corn flakes (4/5 c. serving)
	BREAD BUTTER		Toast—2 slices Butter—jam	Toast—2 slices Butter—jam	(46) Cinnamon toast	French toast Syrup—butter
	BEVERAGE		Cocoa	Cocoa	Cocoa	Cocoa
LUNCH	ENTREE		(35) Chili†	(42) Italian spaghetti	(47) Macaroni and cheese	(54) Minced ham sandwiches†
	SALAD		(36) Cabbage with cream dressing	(43) Tossed vegetable	(48) Waldorf	(43) Tossed vegetable†
	BREAD BUTTER DESSERT		Bread—2 slices Butter—1 pat (37) Brown Betty	Bread—2 slices Butter—1 pat Canned pears Cookies—2	Bread—2 slices Butter—1 pat (49) Cottage pudding with (50) Lemon sauce Milk—1/2 pint	Bread—2 slices Butter—1 pat (55) Fruit cup† Cookies—2
			Milk—1/2 pint	Milk—1/2 pint		Milk—1/2 pint
DINNER	ENTREE	(30) Hamburger patties	(38) Hash* with fried eggs	Cold cuts	(51) Baked salmon loaf	
	VEGETABLE	(31) Baked potatoes	(39) Buttered peas	(44) Potato salad	(15) Parsley potatoes	
	SALAD	(32) Stewed tomatoes		(29) Relish plate	(52) Creamed peas	
	BREAD	(33) Molded veg. Bread—2 slices	(40) Head lettuce Bread—2 slices	Bread—2 slices	(53) Deviled egg Bread—2 slices	
	BUTTER	Butter—1 pat	Butter—1 pat	Butter—1 pat	Butter—1 pat	
	DESSERT	(34) Coconut cream pudding	Canned Royal Ann cherries	(45) Fruited gelatine†	Canned peaches	
	BEVERAGE	Milk—1/2 pint	Cookies—2 Milk—1/2 pint	Cookies—2 Milk—1/2 pint	Cookies—2 Milk—1/2 pint	

† Dishes for use of planned-overs.

RECIPES

1—BAKED HAM

Serving: about 2 oz.

For	25	50	75	100	Price
-----	----	----	----	-----	-------

Ingredients

Ham, cured.....	9 lb.	18 lb.	27 lb.	36 lb.
Sugar, brown.....	2 oz. or	4 oz. or	6 oz. or	8 oz. or
	6 tbsp.	$\frac{3}{4}$ c.	$1\frac{1}{8}$ c.	$1\frac{1}{2}$ c.
Cloves, whole.....	1 tbsp.	2 tbsp.	3 tbsp.	4 tbsp.

Method

1. Rub sugar into ham; dot with cloves.
2. Lay ham fat side up on open roasting pan.
3. Bake about 28 minutes per pound at 350° F.
4. Serve with raisin sauce (recipe No. 2) if desired.

Note: Allow $2\frac{1}{2}$ servings per raw pound for adults—3 oz. serving cooked.

Total cost of recipe..... Cost per portion.....

2—RAISIN SAUCE

Serving: about 2 oz. or $\frac{1}{4}$ cup

For	25	50	75	100	Price
-----	----	----	----	-----	-------

Ingredients

Sugar, brown.....	$1\frac{1}{4}$ c.	$2\frac{1}{2}$ c.	$3\frac{3}{4}$ c.	5 c.
Mustard, dry.....	$1\frac{1}{2}$ tbsp.	3 tbsp.	$4\frac{1}{2}$ tbsp.	6 tbsp.
Flour, sifted.....	9 tbsp.	$1\frac{1}{8}$ c.	$1\frac{3}{4}$ c.	36 tbsp. or
				$2\frac{1}{4}$ c.
Vinegar.....	9 tbsp.	$1\frac{1}{8}$ c.	$1\frac{3}{4}$ c.	36 tbsp. or
				$2\frac{1}{4}$ c.
Water.....	$4\frac{3}{4}$ c.	$9\frac{1}{2}$ c.	$14\frac{1}{4}$ c.	19 c. or
				$4\frac{3}{4}$ qt.
Raisins.....	$1\frac{1}{2}$ c.	3 c.	$4\frac{1}{2}$ c.	6 c.
Salt.....	$\frac{1}{2}$ tsp.	1 tsp.	$1\frac{1}{2}$ tsp.	2 tsp.

Method

1. Mix brown sugar, mustard and flour together.
2. Add vinegar, water and raisins. Cook for 10 minutes.
3. Remove from heat and add salt.

Note: Raisin sauce might not be desired. Other fruit sauce with pineapple, cherries, etc., can be used.

Total cost of recipe..... Cost per portion.....

3—MASHED POTATOES

Serving: about 5 oz. or No. 8 scoop

For	25	50	75	100	Price
-----	----	----	----	-----	-------

Ingredients

Potatoes.....	8 $\frac{1}{4}$ lb.	16 $\frac{1}{2}$ lb.	25 lb.	33 lb.
Milk*.....	1 qt.	$\frac{1}{2}$ gal.	3 qt.	1 gal.
Butter.....	1 oz. or 2 tbsp.	2 oz. or $\frac{1}{4}$ cup	3 oz. or 6 tbsp.	4 oz. or $\frac{1}{2}$ cup
Salt.....	1 tbsp.	1 oz. or 2 tbsp.	1 $\frac{1}{2}$ oz. or 3 tbsp.	2 oz. or 4 tbsp.

Method

1. Wash and peel potatoes.
2. Cook until tender (45 minutes to 1 hour). Drain.
3. Mash until there are no lumps.
4. Slowly add hot milk blended with butter and salt.
5. Whip until light and creamy.

Total cost of recipe.....

Cost per portion.....

*To substitute nonfat dry milk for fluid milk, use 1 c. milk powder for each quart of milk. Mix milk powder with mashed potatoes, and use potato water as liquid.

4—BUTTERED CARROTS

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
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Ingredients

Carrots, diced.....	5 lb.	10 lb.	15 lb.	20 lb.
Water.....	2 qt.	1 gal.	1 $\frac{1}{2}$ gal.	2 gal.
Salt.....	1 $\frac{1}{2}$ oz. or 3 tbsp.	3 oz. 6 tbsp.	4 $\frac{1}{2}$ oz. or 9 tbsp.	6 oz. or $\frac{3}{4}$ c.
Butter.....	$\frac{1}{2}$ c.	1 c.	1 $\frac{1}{2}$ c.	2 c.

Method

1. Wash and scrape or pare carrots.
2. Dice and cook in boiling salt water until tender (20 to 30 minutes).
3. Drain and add melted butter.
4. Add pepper as desired.

Total cost of recipe.....

Cost per portion.....

5—COMBINATION VEGETABLE SALAD

Serving: about ½ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Cabbage, shredded fine.....	1½ lb.	3 lb.	4½ lb.	6 lb.	
Celery, chopped.....	1½ lb.	3 lb.	4½ lb.	6 lb.	
Green pepper, chopped.....	6 oz. or 1½ c.	12 oz. or 3 c.	18 oz. or 4½ c.	1½ lb. or 6 c.	
Tomatoes, cubed.....	1½ lb.	3 lb.	4½ lb.	6 lb.	
Lettuce, shredded coarse.....	1 lb.	2 lb.	3 lb.	4 lb.	
French dressing (recipe No. 6)	½ qt.	1 qt.	1½ qt.	2 qt.	
Salt.....	½ tbsp.	1 tbsp.	1½ tbsp.	2 tbsp.	

Method

1. Mix cabbage, celery, green pepper, tomato and lettuce together.
2. Just before serving, add salt and French dressing desired. Toss lightly together.

Total cost of recipe.....

Cost per portion.....

6—FRENCH DRESSING

Serving: about 2 teaspoons

For	50	100	400	Price
Approximate yield	1½ qt.	3 qt.	3 gal.	

Ingredients

Salt.....	1 oz. or 2 tbsp.	2 oz. or 4 tbsp.	1 c.
Mustard, dry.....	1 tbsp.	2 tbsp.	½ c.
Paprika.....	1 tbsp.	2 tbsp.	½ c.
Pepper.....	½ tbsp.	1 tbsp.	¼ c.
Oil.....	1 qt.	2 qt.	2 gal.
Vinegar.....	½ qt.	1 qt.	1 gal.
Onion juice.....	2 tsp.	4 tsp.	5 tbsp.

Method

1. Mix salt, dry mustard, paprika and pepper.
2. Add oil, vinegar and onion juice.
3. Place in jar. Shake vigorously before using.

Total cost of recipe.....

Cost per portion.....

7—MAYONNAISE

Serving: about 2 teaspoons

For	50	100	400	Price
Approximate yield	1½ qt.	3 qt.	3 gal.	

Ingredients

Egg yolks.....	3 or 2 whole	6 or 3 whole	24 or 12 whole
Salt.....	1½ tbsp.	3 tbsp.	6 oz.
Paprika.....	¾ tsp.	¾ tsp.	3 tsp.
Cayenne.....	few grains	few grains	¾ tsp.
Mustard, dry.....	¾ tbsp.	1½ tbsp.	6 tbsp.
Vinegar.....	¾ c. or 3 tbsp.	¾ c. or 6 tbsp.	1½ c.
Salad oil.....	1½ qt.	3 qt.	12 qt. or 3 gal.

Method

1. Mixed egg yolks, salt, paprika, cayenne and dry mustard.
2. Add one-half of vinegar.
3. Add one-half of salad oil very slowly, beating steadily until emulsion is formed.
4. Add remainder of vinegar, beat well.
5. Add remainder of salad oil, beating steadily until it is emulsified.

Total cost of recipe.....

Cost per portion.....

8—COOKED SALAD DRESSING

Serving: about 2 teaspoons

For	50	100	400	Price
Approximate yield	1½ qt.	3 qt.	3 gal.	

Ingredients

Sugar.....	¾ c.	1½ c.	3 lb.
Flour.....	⅞ c.	1¾ c.	1½ lb.
Salt.....	1⅔ tbsp.	3¼ tbsp.	6 oz.
Mustard, dry.....	2½ tbsp.	5 tbsp.	4 oz.
Water, cold.....	½ c.	1 c.	1 qt.
Milk, hot*.....	2 c.	1 qt.	4 qt.
Water, hot.....	1 c.	2 c.	2 qt.
Butter.....	¼ c.	½ c.	1 lb.
Vinegar, hot.....	1½ c.	3 c.	3 qt.
Egg yolks, beaten.....	6 or 3 whole	12 or 6 whole	50 or 25 whole

Method

1. Sift together sugar, flour, salt and dry mustard.
2. Add the water gradually to make a smooth paste.
3. Add hot milk, water, stirring constantly. Cook 20 minutes over hot water.
4. Add hot vinegar and butter mixed.
5. Add hot mixture very slowly to beaten egg yolk, stirring briskly while adding.
6. Return to container over water; cook 7 minutes. *Cool.*

Total cost of recipe.....

Cost per portion.....

*To substitute nonfat dry milk for fluid milk, use ¼ c. milk powder for each cup of milk. Mix milk powder with dry ingredients.

9—FRENCH TOAST

Serving: 2 slices per person

For	25	50	75	100	Price
<i>Ingredients</i>					
Bread slices.....	50	100	150	200	
Eggs.....	1 doz.	2 doz.	3 doz.	4 doz.	
Salt.....	2 tsp.	4 tsp.	2 tbsp.	2 $\frac{2}{3}$ tbsp.	
Milk*.....	1 $\frac{1}{2}$ qt.	3 qt.	4 $\frac{1}{2}$ qt.	1 $\frac{1}{2}$ gal.	

Method

1. Beat eggs.
2. Add milk and salt.
3. Dip slices of bread into mixture and saute in a little hot fat until a delicate brown on both sides. Serve hot.

Total cost of recipe.....

Cost per portion.....

*To substitute nonfat dry milk for fluid milk, use reconstituted milk as directed on pages 5 and 6.

10—COCOA

Serving: about 1 cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Sugar, granulated.....	$\frac{3}{4}$ lb. or 1 $\frac{1}{2}$ c.	1 $\frac{1}{2}$ lb. or 3 c.	2 $\frac{1}{4}$ lb. or 4 $\frac{1}{2}$ c.	3 lb. or 6 c.	
Cocoa.....	$\frac{1}{4}$ lb. or 1 $\frac{1}{8}$ c.	$\frac{1}{2}$ lb. or 2 $\frac{1}{4}$ c.	$\frac{3}{4}$ lb. or 3 $\frac{3}{8}$ c.	1 lb. or 4 $\frac{1}{2}$ c.	
Salt.....	$\frac{1}{4}$ tsp.	$\frac{1}{2}$ tsp.	$\frac{3}{4}$ tsp.	1 tsp.	
Water, lukewarm.....	1 c.	2 c.	3 c.	1 qt.	
Water, boiling.....	1 $\frac{1}{2}$ qt.	3 qt.	4 $\frac{1}{2}$ qt.	1 $\frac{1}{2}$ gal.	
Milk, hot*.....	3 $\frac{1}{4}$ qt.	6 $\frac{1}{2}$ qt.	9 $\frac{3}{4}$ qt.	3 $\frac{1}{4}$ gal.	

Method

1. Mix sugar, cocoa and salt.
2. Add lukewarm water and mix until smooth.
3. Add boiling water and boil mixture for 10 minutes.
4. Add to hot milk.

Total cost of recipe.....

Cost per portion.....

*To substitute nonfat dry milk for fluid milk, use 1 c. milk powder for each quart of milk. Mix milk powder with dry ingredients.

11—SPANISH RICE

Serving: about 1 cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Rice.....	2¼ lb. or 4½ c.	4½ lb. or 9 c.	6¾ lb. or 13½ c.	9 lb. or 18 c.	
Salt pork or bacon.....	1 lb.	2 lb.	3 lb.	4 lb.	
Green pepper, chopped.....	½ lb.	1 lb.	1½ lb.	2 lb.	
Onion, minced.....	½ lb.	1 lb.	1½ lb.	2 lb.	
Tomatoes, canned.....	3¼ qt.	6½ qt.	9¾ qt.	13 qt.	
Bay leaf.....	2	4	6	8	
Sugar, granulated.....	2 tbsp.	4 tbsp.	6 tbsp.	8 tbsp.	
Cloves, ground.....	1 tsp.	2 tsp.	3 tsp.	4 tsp.	

Method

1. Wash rice, and cook in boiling salted water until tender. Allow 2 quarts of boiling water for each cup of washed rice.
2. Rinse rice with cold water.
3. Cook bacon or salt pork until delicately brown. Drain.
4. Saute onions and green peppers in drained fat.
5. Heat tomatoes with bay leaves, sugar and other seasoning.
6. Combine all ingredients and bake for ½ hour at 350° F.

Total cost of recipe.....

Cost per portion.....

12—CARROT RAISIN SALAD

Serving: about ½ cup or 3 ounces

For	25	50	75	100	Price
<i>Ingredients</i>					
Carrots, coarsely ground.....	3¼ lb.	6½ lb.	9¾ lb.	13 lb.	
Raisins.....	¼ lb. or ½ c.	½ lb. or 1 c.	¾ lb. or 1½ c.	1 lb. or 2 c.	
Salt.....	½ tbsp.	1 tbsp.	1½ tbsp.	2 tbsp.	
Mayonnaise (recipe No. 7)...	1 pt.	1 qt.	1½ qt.	2 qt.	

Method

Mix carrots, raisins, salt and mayonnaise. Serve.

Total cost of recipe.....

Cost per portion.....

13—APPLESAUCE

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
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Ingredients

Apples.....	8 lb.	16 lb.	24 lb.	32 lb.	
Sugar, granulated.....	1½ lb.	3 lb.	4½ lb.	6 lb.	
Water.....	1 qt.	2 qt.	3 qt.	4 qt.	
Salt.....	½ tsp.	1 tsp.	1½ tsp.	2 tsp.	

Method

1. Wash, pare and core apples.
2. Add water and cook until soft.
3. May be sieved, if desired.
4. Add salt and sugar. Serve either hot or cold.

Total cost of recipe.....

Cost per portion.....

14—MEAT LOAF

Serving: about 4 ounces

For	25	50	75	100	Price
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Ingredients

Beef, ground.....	5 lb.	10 lb.	15 lb.	20 lb.	
Bread, stale, soaked.....	$\frac{3}{4}$ lb.	1¼ lb.	2 lb.	2½ lb.	
Pork, ground.....	½ lb.	1 lb.	1½ lb.	2 lb.	
Onions, chopped.....	½ c.	1 c.	1½ c.	2 c.	
Milk, evaporated.....	1 pt.	1 qt.	1½ qt.	2 qt.	
Eggs, beaten slightly.....	3	6	9	12	
Salt.....	2 tbsp.	4 tbsp.	6 tbsp.	½ c.	
Pepper.....	½ tsp.	1 tsp.	1½ tsp.	2 tsp.	

Method

1. Soak bread in water; squeeze out excess moisture and discard water.
2. Combine meat, bread, onions, milk, eggs, salt and pepper.
3. Shape into loaves and place close in greased roasting pan or meat loaf pans.
4. Bake at 325° F. about 1½ hours.

Note: This may be served with gravy.

Total cost of recipe.....

Cost per portion.....

15—PARSLEY POTATOES

Serving: about 4 ounces or 1 potato

For	25	50	75	100	Price
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Ingredients

Potatoes.....	11 lb.	22 lb.	33 lb.	44 lb.
Butter.....	$\frac{1}{4}$ lb.	$\frac{1}{2}$ lb.	$\frac{3}{4}$ lb.	1 lb.
Salt.....	$\frac{1}{2}$ tbsp.	1 tbsp.	$1\frac{1}{2}$ tbsp.	2 tbsp.
Parsley, chopped.....	1 oz.	2 oz.	3 oz.	4 oz.

Method

1. Wash and peel potatoes.
2. Cook until tender in boiling salted water (45 minutes or until tender).
3. Pour melted butter over.
4. Sprinkle with salt and garnish with parsley.

Total cost of recipe.....

Cost per portion.....

16—BUTTERED WHOLE KERNEL CORN

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
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Ingredients

Corn, canned, whole kernel...	1 No. 10 can or 5 No. 2 cans	2 No. 10 cans or 10 No. 2 cans	3 No. 10 cans or 15 No. 2 cans	4 No. 10 cans or 20 No. 2 cans
Butter.....	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$\frac{3}{4}$ c.	1 c.
Salt.....	1 tbsp.	2 tbsp.	3 tbsp.	4 tbsp.
Pepper.....	$\frac{1}{2}$ tsp.	1 tsp.	$1\frac{1}{2}$ tsp.	2 tsp.

Method

1. Heat corn to boiling point.
2. Add butter, salt, and pepper.
3. Serve at once.

Total cost of recipe.....

Cost per portion.....

17—EGG-LETTUCE SALAD

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
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Ingredients

Eggs, hard cooked.....	25	50	75	100
Lettuce.....	2 $\frac{1}{4}$ lb. or 3-4 heads	4 $\frac{1}{2}$ lb. or 8-9 heads	6 $\frac{3}{4}$ lb. or 12-13 heads	9 lb. or 17-18 heads
Mayonnaise (recipe No. 7)...	2 $\frac{1}{3}$ c.	4 $\frac{2}{3}$ c.	7 c.	9 $\frac{1}{3}$ c.

Method

1. Shred lettuce coarse.
2. Slice eggs into rounds.
3. Mix together: eggs, lettuce and mayonnaise desired, when ready to serve.
4. Salt and pepper to taste. Serve.

Total cost of recipe.....

Cost per portion.....

18—OATMEAL

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
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Ingredients

Oatmeal, quick.....	1 $\frac{1}{4}$ lb.	2 $\frac{1}{2}$ lb.	3 $\frac{3}{4}$ lb.	5 lb.
Water*.....	4 qt. or 1 gal.	8 qt. or 2 gal.	12 qt. or 3 gal.	16 qt. or 4 gal.
Salt.....	1 $\frac{1}{2}$ tbsp.	3 tbsp.	4 $\frac{1}{2}$ tbsp.	6 tbsp.

Method

1. Pour required amount of water into the upper part of the double boiler. Add salt.
2. Bring salted water to boil over flame and stir in oatmeal.
3. Stir directly over the fire until cereal begins to thicken.
4. Place it over boiling water and cook until thoroughly done.

Total cost of recipe.....

Cost per portion.....

*The amount of water and the cooking time will vary with the method of cooking.

19—BAKED BEANS

Serving: about 1 cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Beans, dried navy.....	6 lb. or 15 c.	12 lb. or 30 c.	18 lb. or 45 c.	24 lb. or 60 c.	
Salt pork, cubed.....	3 lb.	6 lb.	9 lb.	12 lb.	
Onions, chopped.....	12 oz.	1½ lb.	2¼ lb.	3 lb.	
Salt.....	2 oz. or ¼ c.	4 oz. or ½ c.	6 oz. or ¾ c.	8 oz. or 1 c.	
Mustard, dry.....	2 tbsp.	4 tbsp.	6 tbsp.	½ c.	
Sugar, brown.....	1 c.	2 c.	3 c.	4 c.	
Tomato, puree.....	2 qt.	1 gal.	1½ gal.	2 gal.	
Water, boiling.....	2½ qt.	5 qt.	7½ qt.	2½ gal.	
Molasses.....	½ c.	1 c.	1½ c.	2 c.	

Method

1. Pick over beans. Cover with cold water and soak overnight.
2. Drain. Add fresh water to cover beans and cook slowly at simmering point until beans are tender or skins wrinkle when exposed to air (about 1½ hours). Add more water as needed.
3. Add cubed pork, onions, salt, mustard, sugar, tomato puree, boiling water and molasses to beans.
4. Bake at 300° F. for 4 hours. Add water if beans become dry while cooking.

Total cost of recipe.....

Cost per portion.....

20—COLE SLAW

Serving: about ½ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Cabbage, chopped fine.....	4 lb.	8 lb.	12 lb.	16 lb.	
Vinegar.....	1 pt.	1 qt.	1½ qt.	2 qt.	
Salt.....	1½ oz. or 3 tbsp.	3 oz. or 6 tbsp.	4½ oz. or 9 tbsp.	6 oz. or ¾ c.	
Sugar, brown.....	¾ lb. or 2¼ c.	1½ lb. or 4½ c.	2¼ lb. or 6¾ c.	3 lb. or 9 c.	
Mayonnaise (recipe No. 7)...	¾ c.	1½ c.	2¼ c.	3 c.	

Method

1. Mix together: vinegar, salt, brown sugar and mayonnaise desired.
2. Add mixture to cabbage just before serving. Toss gently to mix.

Variation: Mayonnaise can be omitted.

Total cost of recipe.....

Cost per portion.....

21—BANANA CREAM PUDDING

Serving: about ½ cup

For	25	50	75	100	Price
Ingredients					
Milk*.....	2¼ qt.	4½ qt.	6¾ qt.	9 qt.	
Cornstarch.....	4 oz. or ¾ c.	8 oz. or 1½ c.	12 oz. or 2¼ c.	16 oz. or 3 c.	
Sugar, granulated.....	1 c.	2 c.	3 c.	4 c.	
Salt.....	¾ tsp.	1½ tsp.	2¼ tsp.	3 tsp.	
Eggs.....	7	14	21	28	
Vanilla.....	1 tbsp.	2 tbsp.	3 tbsp.	4 tbsp.	
Graham crackers.....	½ lb.	1 lb.	1½ lb.	2 lb.	
Bananas.....	2 lb.	4 lb.	6 lb.	8 lb.	

Method

1. Mix cornstarch with 1 cup cold milk; scald remainder of milk.
2. Add cornstarch mixture slowly to scalded milk; cook over water until thick.
3. Beat eggs slightly; add sugar and salt.
4. Add some hot pudding to egg mixture, then add this slowly to hot pudding and cook 5 minutes.
5. Cool. Add vanilla.
6. Roll crackers.
7. Place in pans alternate layers of crumbs, pudding and sliced bananas.
8. Serve plain or with whipped cream.

Total cost of recipe.....

Cost per portion.....

*To substitute nonfat milk powder for fluid milk, use reconstituted milk as directed on pages 5 and 6.

22—BEEF STEW

Serving: about 1 cup

For	25	50	75	100	Price
Ingredients					
Beef (stew meat).....	7 lb.	14 lb.	21 lb.	28 lb.	
Flour.....	¾ lb. or 3 c.	1½ lb. or 6 c.	2¼ lb. or 9 c.	3 lb. or 12 c.	
Salt.....	2 oz. or 4 tbsp.	¼ lb. or ½ c.	6 oz. or ¾ c.	½ lb. or 1 c.	
Pepper.....	½ tsp.	1 tsp.	1½ tsp.	2 tsp.	
Paprika.....	½ oz. or 1¾ tbsp.	1 oz. or 3½ tbsp.	1½ oz. or 5¼ tbsp.	2 oz. or 7 tbsp.	
Onions, sliced.....	¼ lb. or 1 med.	½ lb. or 2 med.	¾ lb. or 3 med.	1 lb. or 4 med.	
Water.....	3 qt.	6 qt.	9 qt.	3 gal.	
Carrots, diced.....	2 lb.	4 lb.	6 lb.	8 lb.	
Potatoes, cubed.....	2 lb.	4 lb.	6 lb.	8 lb.	
Peas, canned.....	1 No. 2 can	2 No. 2 cans	3 No. 2 cans	4 No. 2 cans	

Method

1. Cut fat from meat and fry out.
2. Cut meat in desired sized pieces and dredge in one-third of flour and seasonings. Sear meat in fat.
3. Add onions; cook until the onions are a delicate brown.
4. Cover with boiling water; cook slowly for about 2 hours, until the meat is tender.
5. Add carrots and potatoes; cook until tender.
6. Mix remaining flour with water enough to pour easily and add to stew, stirring constantly.
7. Drain peas and add just before serving.

Total cost of recipe.....

Cost per portion.....

23—BUTTERED BEETS

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
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Ingredients

Beets, canned whole or sliced.	1 No. 10 can or 5 No. 2 cans	2 No. 10 cans or 10 No. 2 cans	3 No. 10 cans or 15 No. 2 cans	4 No. 10 cans or 20 No. 2 cans
Butter.....	$\frac{1}{4}$ lb. or $\frac{1}{2}$ c.	$\frac{1}{2}$ lb. or 1 c.	$\frac{3}{4}$ lb. or $1\frac{1}{2}$ c.	1 lb. or 2 c.
Salt.....	$\frac{1}{2}$ oz. or 1 tbsp.	1 oz. or 2 tbsp.	$1\frac{1}{2}$ oz. or 3 tbsp.	2 oz. or 4 tbsp.
Pepper.....	$\frac{1}{4}$ tsp.	$\frac{1}{2}$ tsp.	$\frac{3}{4}$ tsp.	1 tsp.

Method

1. Cut beets into quarters if whole. Heat in juice.
2. Drain if desired and add butter, salt, and pepper. Serve.

Total cost of recipe.....

Cost per portion.....

24—FRUIT SALAD

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
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Ingredients

Fruit cocktail, canned....	$\frac{1}{2}$ No. 10 can	1 No. 10 can	$1\frac{1}{2}$ No. 10 cans	2 No. 10 cans
Apples, cubed.....	$4\frac{1}{2}$ c.	9 c.	$13\frac{1}{2}$ c.	18 c.
Peaches, canned, sliced..	$\frac{1}{4}$ No. 10 can or 1 No. $2\frac{1}{2}$ cans	$\frac{1}{2}$ No. 10 can or 2 No. $2\frac{1}{2}$ cans	$\frac{3}{4}$ No. 10 can or 3 No. $2\frac{1}{2}$ cans	1 No. 10 can or 4 No. $2\frac{1}{2}$ cans
Pears, canned, cubed....	$\frac{1}{4}$ No. 10 can or 1 No. $2\frac{1}{2}$ can	$\frac{1}{2}$ No. 10 can or 2 No. $2\frac{1}{2}$ cans	$\frac{3}{4}$ No. 10 can or 3 No. $2\frac{1}{2}$ cans	1 No. 10 can or 4 No. $2\frac{1}{2}$ cans
Cream, whipping.....	$\frac{1}{2}$ c.	1 c.	$1\frac{1}{2}$ c.	1 pt.
Mayonnaise (recipe No. 7)	$\frac{1}{2}$ c.	1 c.	$1\frac{1}{2}$ c.	1 pt.

Method

1. Drain all fruit well.
2. Combine with as few motions as possible.
3. Whip cream and fold in mayonnaise if desired.
4. Just before serving, fold whipped cream and mayonnaise into fruit.

Total cost of recipe.....

Cost per portion.....

25—CHOCOLATE CAKE

Serving: about 3-oz. piece

For	25	50	75	100	Price
<i>Ingredients</i>					
Shortening.....	1 c., 2 tbsp.	2 $\frac{1}{4}$ c.	3 $\frac{3}{8}$ c.	4 $\frac{1}{2}$ c.	
Sugar, granulated.....	3 $\frac{1}{2}$ c.	7 c.	10 $\frac{1}{2}$ c.	14 c.	
Cocoa.....	1 $\frac{1}{4}$ c.	2 $\frac{1}{2}$ c.	3 $\frac{3}{4}$ c.	5 c.	
Eggs, beaten.....	7	15	22	29	
Flour, sifted.....	5 c.	10 c.	15 c.	20 c.	
Soda.....	1 tbsp.	2 tbsp.	3 tbsp.	4 tbsp.	
Baking powder.....	1 tbsp.	2 tbsp.	3 tbsp.	4 tbsp.	
Salt.....	1 tbsp.	2 tbsp.	3 tbsp.	4 tbsp.	
Milk*.....	2 $\frac{3}{4}$ c.	5 $\frac{1}{2}$ c.	8 $\frac{1}{4}$ c.	11 c.	
Vanilla.....	$\frac{1}{2}$ tbsp.	1 tbsp.	1 $\frac{1}{2}$ tbsp.	2 tbsp.	

Method

1. Sift together flour, soda, baking powder, and salt.
2. Cream shortening and sugar.
3. Add cocoa to creamed shortening and sugar. Cream.
4. Add eggs beaten until thick. Mix together thoroughly.
5. Add flour and milk alternately. Start with flour and end with milk.
6. Add vanilla and put into greased pans.
7. Bake at 375° F. 25 to 30 minutes.

Total cost of recipe.....

Cost per portion.....

*To substitute nonfat dry milk for fluid milk, use $\frac{1}{4}$ c. milk powder for each cup of milk. Mix milk powder with dry ingredients.

26—POWDERED SUGAR ICING

For	25	50	75	100	Price
<i>Ingredients</i>					
Sugar, powdered, sifted.....	1 lb.	2 lb.	3 lb.	4 lb.	
Butter.....	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$\frac{3}{4}$ c.	1 c.	
Water or milk.....	2-4 tbsp.	$\frac{1}{4}$ - $\frac{1}{2}$ c.	$\frac{1}{2}$ - $\frac{3}{4}$ c.	$\frac{3}{4}$ -1 c.	
Vanilla.....	1 tsp.	2 tsp.	3 tsp.	4 tsp.	

Method

1. Cream the sifted sugar and fat thoroughly.
2. Gradually add the water.
3. Stir vigorously, adding just enough liquid to make it spread easily.
4. Add the vanilla; stir it in thoroughly.

Total cost of recipe.....

Cost per portion.....

27—PANCAKES

Serving: 2 cakes = $\frac{1}{4}$ c. of batter cake

For	25	50	75	100	Price
Ingredients					
Flour, sifted.....	2 $\frac{1}{4}$ lb. or 9 c.	4 $\frac{1}{2}$ lb. or 18 c.	6 $\frac{3}{4}$ lb. or 27 c.	9 lb. or 36 c.	
Baking powder.....	2 oz. or $\frac{1}{3}$ c.	4 oz. or $\frac{2}{3}$ c.	6 oz. or 1 c.	8 oz. or 1 $\frac{1}{3}$ c.	
Salt.....	1 tbsp.	2 tbsp.	3 tbsp.	4 tbsp.	
Sugar, granulated.....	6 oz. or $\frac{3}{4}$ c.	$\frac{3}{4}$ lb. or 1 $\frac{1}{2}$ c.	18 oz. or 2 $\frac{1}{4}$ c.	1 $\frac{1}{2}$ lb. or 3 c.	
Eggs, beaten.....	6	12	18	24	
Milk*.....	1 $\frac{1}{2}$ qt.	3 qt.	4 $\frac{1}{2}$ qt.	6 qt.	
Fat, melted.....	6 oz. or $\frac{3}{4}$ c.	$\frac{3}{4}$ lb. or 1 $\frac{1}{2}$ c.	18 oz. or 2 $\frac{1}{4}$ c.	1 $\frac{1}{2}$ lb. or 3 c.	

Method

1. Sift together flour, baking powder, salt and sugar.
2. Combine eggs, milk and fat. Add to the dry ingredients and mix thoroughly.
3. Heat griddle, grease, and pour batter on it. Cook cake on one side until edges are firm and cake is full of bubbles. Turn and finish baking.

Total cost of recipe.....

Cost per portion.....

*To substitute nonfat dry milk for fluid milk, use 1 c. milk powder for each quart of milk. Mix milk powder with dry ingredients.

28—NOODLES WITH CHEESE, TOMATOES AND BACON

Serving: about 1 cup

For	25	50	75	100	Price
Ingredients					
Noodles.....	2 lb.	4 lb.	6 lb.	8 lb.	
Salt.....	$\frac{3}{4}$ oz. or 1 $\frac{1}{2}$ tbsp.	1 $\frac{1}{2}$ oz. or 3 tbsp.	2 $\frac{1}{4}$ oz. or 4 $\frac{1}{2}$ tbsp.	3 oz. or 6 tbsp.	
Tomatoes, canned.....	$\frac{1}{2}$ gal.	1 gal.	1 $\frac{1}{2}$ gal.	2 gal.	
Cheese, cheddar, grated.....	$\frac{3}{4}$ lb.	1 $\frac{1}{2}$ lb.	2 $\frac{1}{4}$ lb.	3 lb.	
Bacon.....	$\frac{1}{2}$ lb.	1 lb.	1 $\frac{1}{2}$ lb.	2 lb.	

Method

1. Cook noodles in boiling salted water; 2 gallons per 2 pounds of noodles.
2. Drain and rinse in cold water.
3. Heat tomatoes.
4. Arrange alternate layers of noodles, tomatoes, and cheese in baking dish.
5. Top with bacon slices. Bake at 350° F. for 20 minutes or until bacon is ^mcrisp.

Total cost of recipe.....

Cost per portion.....

29—RELISHES

Radishes, onions, carrot sticks and celery sticks

For	25	50	75	100	Price
<i>Ingredients</i>					
Celery.....	1 medium stalk	2 medium stalks	3 medium stalks	4 medium stalks	
Carrots.....	2 bunches	4 bunches	6 bunches	8 bunches	
Radishes.....	2½ bunches	5 bunches	7½ bunches	10 bunches	
Onions.....	2 bunches	4 bunches	6 bunches	8 bunches	

Method

1. Clean vegetables.
2. Cut celery into 2½-inch pieces and carrots in 2½-inch strips.
3. Crisp vegetables in refrigerator or ice water for a short time before serving.

Total cost of recipe.....

Cost per portion.....

30—HAMBURG PATTIES

Serving: about 3 oz. cooked meat

For	25	50	75	100	Price
<i>Ingredients</i>					
Beef, ground.....	5½ lb.	11 lb.	16½ lb.	22 lb.	
Salt.....	2 tbsp.	4 tbsp.	6 tbsp.	½ c.	
Pepper.....	1 tsp.	2 tsp.	3 tsp.	4 tsp.	
Onion, minced.....	6 tbsp.	¾ c.	1⅛ c.	1½ c.	
Milk.....	1½ c.	3 c.	4½ c.	6 c.	
Breadcrumbs, fine.....	1½ c.	3 c.	4½ c.	6 c.	

Method

1. Mix all ingredients and blend lightly.
2. Shape into flat, thin patties. Fry quickly in small amount of butter or other fat; turn when brown.

Total cost of recipe.....

Cost per portion.....

31—BAKED POTATOES

Serving: 1 potato

For	25	50	75	100	Price
<i>Ingredients</i>					
Potatoes.....	11 lb. or 25 medium sized	22 lb. or 50 medium sized	33 lb. or 75 medium sized	44 lb. or 100 medium sized	

Method

1. Select potatoes of even shape and size. Scrub until thoroughly clean.
2. Bake on shallow baking pans in hot oven 400° F. about 1 to 1½ hours or until done.
3. Remove from oven and prick with fork to allow steam to escape.
4. Serve immediately.

Total cost of recipe.....

Cost per portion.....

32—STEWED TOMATOES

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
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Ingredients

Tomatoes, canned.....	3 $\frac{1}{4}$ qt.	6 $\frac{1}{2}$ qt.	9 $\frac{3}{4}$ qt.	13 qt.
Sugar, granulated.....	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$\frac{3}{4}$ c.	1 c.
Salt.....	$\frac{1}{2}$ tbsp.	1 tbsp.	1 $\frac{1}{2}$ tbsp.	2 tbsp.
Pepper.....	$\frac{1}{6}$ tsp.	$\frac{1}{3}$ tsp.	$\frac{1}{2}$ tsp.	$\frac{2}{3}$ tsp.
Butter.....	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$\frac{3}{4}$ c.	1 c.

Method

1. Heat tomatoes.
2. Add melted butter and seasoning.

Total cost of recipe.....

Cost per portion.....

33—MOLDED VEGETABLE SALAD

Serving: about 3 ounces

For	25	50	75	100	Price
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Ingredients

Gelatine, plain.....	$\frac{1}{4}$ c. or 1 oz.	$\frac{1}{2}$ c. or 2 oz.	$\frac{3}{4}$ c. or 3 oz.	1 c. or 4 oz.
Water, cold.....	1 c.	2 c.	3 c.	4 c.
Water, hot.....	1 qt.	2 qt.	3 qt.	4 qt.
Sugar, granulated.....	1 c.	2 c.	3 c.	4 c.
Vinegar, mild.....	1 c.	2 c.	3 c.	4 c.
Lemon juice.....	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$\frac{3}{4}$ c.	1 c.
Salt.....	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Cabbage, shredded.....	1 qt.	2 qt.	3 qt.	4 qt.
Celery, chopped.....	1 pt.	1 qt.	1 $\frac{1}{2}$ qt.	2 qt.
Green pepper, chopped.....	1 medium	2 medium	3 medium	4 medium
Pimento, chopped.....	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$\frac{3}{4}$ c.	1 c.

Method

1. Soften gelatin in cold water.
2. Add hot water, sugar, vinegar, lemon juice and salt to softened gelatine.
3. Cool mixture. When it begins to thicken, add cabbage, celery, green pepper, and pimento.
4. Turn into large flat pans which have been rinsed in cold water. Let set.

Total cost of recipe.....

Cost per portion.....

34—COCONUT CREAM PUDDING

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Sugar, granulated.....	1½ c.	3 c.	4½ c.	6 c.	
Flour, sifted.....	1½ c.	3 c.	4½ c.	6 c.	
Salt.....	$\frac{3}{4}$ tsp.	1½ tsp.	2¼ tsp.	1 tbsp.	
Milk*.....	3 qt.	6 qt.	9 qt.	12 qt.	
Eggs, beaten slightly.....	6	12	18	24	
Vanilla.....	2 tbsp.	4 tbsp.	6 tbsp.	8 tbsp.	
Coconut.....	2 c. or 1⅓ lb.	4 c. or 2⅓ lb.	6 c. or 1 lb.	8 c. or 1⅓ lb.	

Method

1. Mix sugar, flour, salt, with a small amount of milk.
2. Scald remaining milk.
3. Add flour mixture; cook in double boiler for 25 minutes, stirring constantly.
4. Beat eggs slightly.
5. Add small amount of the cream mixture to eggs, stirring constantly.
6. Combine all ingredients; cook for 5 minutes.
7. Add vanilla and coconut when cool.

Total cost of recipe.....

Cost per portion.....

*To substitute nonfat dry milk for fluid milk, use reconstituted milk as directed on pages 5 and 6.

35—CHILI

Serving: about 1 cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Beans, dried kidney.....	1 lb., 2 oz. or 3 c.	2 lb., 4 oz. or 6 c.	3 lb., 6 oz. or 9 c.	4½ lb. or 12 c.	
Beef, ground.....	6 lb.	12 lb.	18 lb.	24 lb.	
Onions, chopped.....	1 medium	2 medium	3 medium	4 medium	
Tomatoes, canned.....	2 qt.	1 gal.	1½ gal.	2 gal.	
Salt.....	4 tsp.	2½ tbsp.	4 tbsp.	5 tbsp.	
Chili powder.....	1 tbsp.	2⅓ tbsp.	3⅓ tbsp.	4⅔ tbsp.	

Method

1. Wash and cook kidney beans.
2. Brown meat and onions, mixing to a smooth, even consistency.
3. Add beans, tomatoes, salt and chili powder; simmer 20 to 25 minutes.

Total cost of recipe.....

Cost per portion.....

36—CABBAGE SALAD WITH CREAM DRESSING

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
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Ingredients

Cabbage, shredded.....	4 qt. or 3 lb.	8 qt. or 6 lb.	12 qt. or 9 lb.	16 qt. or 12 lb.	
Cooked salad dressing (recipe No. 8).....	$1\frac{1}{4}$ c.	$2\frac{1}{2}$ c.	$3\frac{3}{4}$ c.	5 c.	
Cream, coffee.....	$1\frac{1}{4}$ c.	$2\frac{1}{2}$ c.	$3\frac{3}{4}$ c.	5 c.	
Sugar, granulated.....	3 tbsp.	6 tbsp.	9 tbsp.	12 tbsp.	
Salt.....	1 tsp.	2 tsp.	3 tsp.	4 tsp.	

Method

1. Crisp cabbage in cold water. Drain well.
2. Mix salad dressing, cream, sugar and salt together for cream dressing.
3. Mix cabbage and cream dressing together just before serving. Toss together lightly.

Total cost of recipe.....

Cost per portion.....

37—BROWN BETTY

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
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Ingredients

Apples, sliced.....	3 qt.	6 qt.	9 qt.	12 qt.	
Breadcrumbs.....	1 qt.	2 qt.	3 qt.	4 qt.	
Butter.....	1 c.	2 c.	3 c.	4 c.	
Sugar, brown.....	1 c.	2 c.	3 c.	4 c.	
Cinnamon, ground.....	$\frac{1}{2}$ tsp.	1 tsp.	$1\frac{1}{2}$ tsp.	2 tsp.	
Nutmeg, ground.....	$\frac{1}{2}$ tsp.	1 tsp.	$1\frac{1}{2}$ tsp.	2 tsp.	
Lemon juice.....	$\frac{1}{3}$ c.	$\frac{2}{3}$ c.	1 c.	$1\frac{1}{3}$ c.	

Method

1. Melt butter; stir in crumbs.
2. Cover bottom of baking dish with layer of crumbs.
3. Spread sugar and seasonings over half the apples.
4. Repeat layers, covering with a light layer of crumbs.
5. Bake covered in a moderate oven 350° F. for 30 to 40 minutes or until tender. Uncover during the last 10 minutes of baking.
6. Serve with plain thin cream or milk.

Total cost of recipe.....

Cost per portion.....

38—HASH WITH FRIED EGG

Serving: about $\frac{3}{4}$ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Beef, ground, cooked.....	3 lb.	6 lb.	9 lb.	12 lb.	
Onions, chopped fine.....	$\frac{1}{2}$ c.	1 c.	$1\frac{1}{2}$ c.	2 c.	
Potatoes, cooked and diced...	3 qt. or $3\frac{3}{4}$ lb.	6 qt. or $7\frac{1}{2}$ lb.	9 qt. or $11\frac{1}{4}$ lb.	12 qt. or 15 lb.	
Salt.....	2 tsp.	4 tsp.	6 tsp.	8 tsp.	
Milk.....	$2\frac{1}{2}$ c.	5 c.	$7\frac{1}{2}$ c.	$2\frac{1}{2}$ qt.	
Bacon fat.....	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$\frac{3}{4}$ c.	1 c.	
Eggs.....	25	50	75	100	
Fat.....	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$\frac{3}{4}$ c.	1 c.	

Method

1. Mix first five ingredients.
2. Melt bacon fat in baking pan.
3. Add hash; bake at 350° F. Stir occasionally at first.
4. Spread evenly in pan. Bake until brown.
5. Fry eggs in fat, and serve with hash.

Total cost of recipe.....

Cost per portion.....

39—BUTTERED PEAS

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Peas, canned.....	1 No. 10 can or 5 No. 2 cans	2 No. 10 cans or 10 No. 2 cans	3 No. 10 cans or 15 No. 2 cans	4 No. 10 cans or 20 No. 2 cans	
Butter.....	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$\frac{3}{4}$ c.	1 c.	
Salt.....	$\frac{1}{2}$ tbsp.	1 tbsp.	$1\frac{1}{2}$ tbsp.	2 tbsp.	
Pepper.....	$\frac{1}{3}$ tsp.	$\frac{2}{3}$ tsp.	1 tsp.	$1\frac{1}{3}$ tsp.	

Method

1. Heat peas to boiling point.
2. Drain. Add butter, salt and pepper.
3. Serve at once.

Total cost of recipe.....

Cost per portion.....

40—HEAD LETTUCE SALAD

Serving: about $\frac{3}{4}$ cup

For	25	50	75	100	Price
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Ingredients

Lettuce, coarsely cut.....	$3\frac{3}{4}$ lb. or 5-6 heads	$7\frac{1}{2}$ lb. or 10-11 heads	$11\frac{1}{4}$ lb. or 15-16 heads	15 lb. or 20-21 heads
French dressing (recipe No. 6)	$1\frac{1}{2}$ c.	3 c.	$4\frac{1}{2}$ c.	$1\frac{1}{2}$ qt.

Method

1. Mix together lettuce and dressing desired. Toss lightly to mix. Serve at once.

Total cost of recipe.....

Cost per portion.....

41—WHOLE WHEAT CEREAL

Serving: about 1 cup

For	25	50	75	100	Price
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Ingredients

Whole wheat cereal.....	1 lb.	2 lb.	3 lb.	4 lb.
Water*.....	4 qt.	8 qt.	12 qt.	16 qt.
Salt.....	1 tbsp.	$2\frac{1}{4}$ tbsp.	$3\frac{1}{4}$ tbsp.	$4\frac{1}{2}$ tbsp.

Method

1. Pour required amount of water into the upper part of double boiler. Add salt.
2. Bring water and salt to boil over flame. Stir in whole wheat cereal.
3. Stir directly over flame until cereal begins to thicken.
4. Place over boiling water; cook until thoroughly done.

Total cost of recipe.....

Cost per portion.....

*The amount of water and the cooking time will vary with the method of cooking.

42—ITALIAN SPAGHETTI

Serving: about 1 cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Onions, chopped.....	1¼ c. or ½ lb.	2½ c. or 1 lb.	3¾ c. or 1½ lb.	5 c. or 2 lb.	
Garlic clove, minced.....	½	1	1½	2	
Tomato, canned, chopped.....	1 qt.	2 qt.	3 qt.	4 qt.	
Green pepper, chopped.....	1 c. or 2 medium	2 c. or 4 medium	3 c. or 6 medium	4 c. or 8 medium	
Celery, diced.....	1 c.	2 c.	3 c.	4 c.	
Sugar, brown.....	2 tbsp.	4 tbsp.	6 tbsp.	8 tbsp.	
Mustard, dry.....	½ tbsp.	1 tbsp.	1½ tbsp.	2 tbsp.	
Stock or water.....	1 pt.	1 qt.	1½ qt.	2 qt.	
Catsup.....	1½ c.	3 c.	4½ c.	6 c.	
Tomato paste.....	1 can	2 cans	3 cans	4 cans	
Salt.....	1 tsp.	2 tsp.	3 tsp.	4 tsp.	
Pepper.....	½ tsp.	1 tsp.	1½ tsp.	2 tsp.	
Beef, ground.....	2 lb.	4 lb.	6 lb.	8 lb.	
Fat, salad oil.....	2 tbsp.	4 tbsp.	6 tbsp.	½ c.	
Spaghetti.....	1½ lb.	3 lb.	4½ lb.	6 lb.	
Water, boiling.....	1½ gal.	3 gal.	4½ gal.	6 gal.	
Salt.....	2 tbsp.	4 tbsp.	6 tbsp.	½ c.	

Method

1. Fry onions and garlic in salad oil.
2. Add tomatoes, peppers, celery, brown sugar, mustard, stock, catsup, salt, pepper, and tomato paste. Simmer slowly for about 45 minutes.
3. Brown meat in fat.
4. Add meat to sauce.
5. Cook spaghetti in boiling salted water 10 minutes.
6. Drain spaghetti and distribute in greased baking pans.
7. Add sauce in even amounts to pans.
8. Bake at 325° F. about 30 minutes.

Note: When serving, grated cheese may be sprinkled over top, if desired.

If 1 cup is not enough for a serving, increase recipe accordingly.

Total cost of recipe.....

Cost per portion.....

43—TOSSED SALAD

Serving: about $\frac{3}{4}$ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Cabbage, shredded.....	1 $\frac{1}{8}$ lb. or 3 c.	2 $\frac{1}{4}$ lb. or 1 $\frac{1}{2}$ qt.	3 $\frac{3}{8}$ lb. or 2 $\frac{1}{4}$ qt.	4 $\frac{1}{2}$ lb. or 3 qt.	
Carrots, shredded.....	$\frac{1}{2}$ lb. or 1 $\frac{3}{4}$ c.	1 lb. or 3 $\frac{1}{2}$ c.	1 $\frac{1}{2}$ lb. or 1 $\frac{1}{3}$ qt.	2 lb. or 1 $\frac{3}{4}$ qt.	
Celery, chopped.....	$\frac{3}{4}$ lb. or 3 c.	1 $\frac{1}{2}$ lb. or 1 $\frac{1}{2}$ qt.	2 $\frac{1}{4}$ lb. or 2 $\frac{1}{4}$ qt.	3 lb. or 3 qt.	
Green pepper, chopped.....	1 medium	2 medium	3 medium	4 medium	
Tomatoes, cubed.....	$\frac{1}{2}$ lb.	1 lb.	1 $\frac{1}{2}$ lb.	2 lb.	
French dressing (recipe No. 6)	2 c.	1 qt.	1 $\frac{1}{2}$ qt.	2 qt.	
Onions, minced.....	1 tbsp.	2 tbsp.	3 tbsp.	4 tbsp.	
Lettuce, shredded coarse.....	2 heads	4 heads	6 heads	8 heads	
Salt.....	$\frac{1}{2}$ tsp.	1 tsp.	1 $\frac{1}{2}$ tsp.	2 tsp.	

Method

1. Toss cabbage, carrots, celery and green peppers together. Refrigerate.
2. Combine with French dressing desired, tomatoes, onion, lettuce and salt just before serving.

Total cost of recipe.....

Cost per portion.....

44—POTATO SALAD

Serving: about $\frac{3}{4}$ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Potatoes, boiled and cubed...	5 qt. or 6 lb.	9 $\frac{1}{2}$ qt. or 12 lb.	14 qt. or 18 lb.	19 qt. or 24 lb.	
Celery, chopped.....	1 qt. or 1 lb.	2 qt. or 2 lb.	3 qt. or 3 lb.	4 qt. or 4 lb.	
Eggs, hard cooked.....	12	24	36	48	
Green peppers, chopped.....	1 medium	2 medium	3 medium	4 medium	
Salt.....	1 tbsp.	2 tbsp.	3 tbsp.	4 tbsp.	
Vinegar, regular.....	$\frac{1}{4}$ c.	$\frac{1}{2}$ c.	$\frac{3}{4}$ c.	1 c.	
Mayonnaise (recipe No. 7)...	1 c.	2 c.	3 c.	4 c.	
Cooked salad dressing (recipe No. 8).....	1 c.	2 c.	3 c.	4 c.	
Onion, chopped.....	1 c.	2 c.	3 c.	4 c.	

Method

1. Cut potatoes and eggs in $\frac{1}{2}$ -inch cubes.
2. Cut peppers, celery and onions in $\frac{1}{4}$ -inch cubes.
3. Combine potatoes, celery, eggs, green peppers, salt and onion.
4. Add vinegar to dressing and mayonnaise.
5. Combine the two mixtures, avoiding overstirring.

Note: This salad improves on standing, so prepare early.
Do not mix in tin, or potatoes will darken.

Total cost of recipe.....

Cost per portion.....

45—FRUITED GELATINE

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
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Ingredients

Fruit gelatine powder	13 oz. or 2 c. and $\frac{1}{2}$ tbsp.	26 oz. or 4 c. and 1 tbsp.	2 lb. 7 oz. or 6 c. and $1\frac{1}{2}$ tbsp.	3 lb. 4 oz. or 8 c. and 2 tbsp.
Water, boiling	2 qt.	4 qt.	6 qt.	8 qt.
Apples, chopped	4 c.	8 c.	12 c.	16 c.
Peaches, canned, sliced	$\frac{1}{2}$ No. 10* can	1 No. 10* can	$1\frac{1}{2}$ No. 10* cans	2 No. 10* cans
Bananas	$\frac{1}{2}$ doz.	1 doz.	$1\frac{1}{2}$ doz.	2 doz.

Method

1. Drain peaches well.
2. Distribute peaches, apples and bananas evenly in bottom of pan.
3. Dissolve gelatine in boiling water. (Fruit juice may be substituted for part of water.)
4. Cool the gelatine; pour it over fruit in pan.

Total cost of recipe.....

Cost per portion.....

*One No. 10 can is equal to approximately four No. 2 $\frac{1}{2}$ cans.

46—CINNAMON TOAST

Serving: 2 slices per person

For	25	50	75	100	Price
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Ingredients

Cinnamon	3 tbsp.	6 tbsp.	9 tbsp.	$\frac{3}{4}$ c.
Sugar, granulated	1 c.	2 c.	3 c.	4 c.
Toast, buttered	50 slices	100 slices	150 slices	200 slices

Method

1. Mix cinnamon and sugar.
2. Spread over toast.
3. Set in hot oven for 2 minutes and serve.

Total cost of recipe.....

Cost per portion.....

47—MACARONI AND CHEESE

Serving: about $\frac{3}{4}$ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Macaroni.....	1 lb., 10 oz.	3 $\frac{1}{4}$ lb.	4 lb., 14 oz.	6 $\frac{1}{2}$ lb.	
Cheese, cheddar, strong, grated	1 lb.	2 lb.	3 lb.	4 lb.	
Butter.....	$\frac{1}{2}$ lb.	1 lb.	1 $\frac{1}{2}$ lb.	2 lb.	
Milk*.....	2 qt.	1 gal.	1 $\frac{1}{2}$ gal.	2 gal.	
Flour, sifted.....	$\frac{1}{4}$ lb. or 1 c.	$\frac{1}{2}$ lb. or 2 c.	$\frac{3}{4}$ lb. or 3 c.	1 lb. or 4 c.	
Salt.....	2 tsp.	4 tsp.	6 tsp.	8 tsp.	
Paprika.....	2 tsp.	4 tsp.	6 tsp.	8 tsp.	
Mustard, dry.....	2 tsp.	4 tsp.	6 tsp.	8 tsp.	

Method

1. Cook macaroni in boiling salted water (1 gal. of water per lb. of macaroni), for about 20 minutes. Drain and rinse in cold water.
2. Grate cheese; mix it with paprika and mustard.
3. Make white sauce of butter, milk, flour, and salt.
4. Blend cheese, paprika, and mustard into white sauce.
5. Mix macaroni and white sauce mixture; bake at 350° F. for 20 to 25 minutes.

Total cost of recipe.....

Cost per portion.....

*To substitute nonfat dry milk for fluid milk, use reconstituted milk as directed on pages 5 and 6.

48—WALDORF SALAD

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Apples.....	1 $\frac{3}{4}$ lb. or 1 $\frac{3}{4}$ qt.	3 $\frac{1}{2}$ lb. or 3 $\frac{1}{2}$ qt.	5 $\frac{1}{4}$ lb. or 5 $\frac{1}{4}$ qt.	7 lb. or 7 qt.	
Celery, diced.....	1 lb. or 1 qt.	2 lb. or 2 qt.	3 lb. or 3 qt.	4 lb. or 4 qt.	
Lettuce, coarsely cut.....	8 oz. or 1 qt.	1 lb. or 2 qt.	1 $\frac{1}{2}$ lb. or 3 qt.	2 lb. or 4 qt.	
Salt.....	$\frac{3}{4}$ tsp.	1 $\frac{1}{2}$ tsp.	2 $\frac{1}{4}$ tsp.	3 tsp.	
Mayonnaise (recipe No. 7)...	$\frac{1}{2}$ c.	1 c.	1 $\frac{1}{2}$ c.	2 c.	

Method

1. Wash apples. Do not peel. Cut into quarters. Remove core. Dice.
2. Add celery and crisp lettuce to apples. Sprinkle with salt.
3. Add mayonnaise desired. Toss lightly and serve immediately.

Total cost of recipe.....

Cost per portion.....

49—COTTAGE PUDDING

Serving: 1 piece per person

For	25	50	75	100	Price
<i>Ingredients</i>					
Sugar, granulated.....	2½ c.	5 c.	7½ c.	10 c.	
Shortening.....	⅓ c.	⅔ c.	1 c.	1⅓ c.	
Eggs.....	3	5	8	10	
Milk*.....	1⅔ c.	3⅓ c.	5 c.	6⅔ c.	
Flour, sifted.....	4½ c.	9 c.	13½ c.	18 c.	
Salt.....	1 tsp.	2 tsp.	3 tsp.	4 tsp.	
Baking powder.....	2 tbsp.	4 tbsp.	6 tbsp.	8 tbsp.	
Vanilla.....	½ tbsp.	1 tbsp.	1½ tbsp.	2 tbsp.	

Method

1. Sift together flour, salt, and baking powder.
2. Cream shortening and sugar thoroughly.
3. Beat in eggs.
4. Add dry ingredients to shortening, sugar, and egg mixture alternately with milk, beginning and ending with dry ingredients.
5. Add vanilla.
6. Pour in greased pans; bake in moderate oven 350° F. about 30 to 35 minutes.

Total cost of recipe.....

Cost per portion.....

*To substitute nonfat dry milk for fluid milk, use ¼ c. milk powder for each cup of milk. Mix milk powder with dry ingredients.

50—LEMON SAUCE

Serving: about ¼ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Sugar, granulated.....	1 lb., 14 oz. or 3¾ c.	3 lb., 12 oz. or 7½ c.	5 lb., 10 oz. or 11¼ c.	7½ lb. or 15 c.	
Cornstarch.....	½ c.	1 c.	1½ c.	2 c.	
Salt.....	¾ tsp.	1½ tsp.	2¼ tsp.	3 tsp.	
Water.....	5¼ c.	10½ c.	15¾ c.	21 c.	
Butter.....	¼ lb.	½ lb.	¾ lb.	1 lb.	
Lemon juice.....	½ c. or 2½ lemons	1 c. or 5 lemons	1½ c. or 7½ lemons	2 c. or 10 lemons	
Lemon rind, grated.....	3 tbsp.	6 tbsp.	9 tbsp.	12 tbsp.	

Method

1. Mix sugar, cornstarch, and salt. Add to boiling water; stir constantly.
2. Cook until cornstarch is clear, then remove from heat.
3. Add butter, lemon juice and rind.

Total cost of recipe.....

Cost per portion.....

51—BAKED SALMON LOAF

Serving: about 3½ oz.

For	25	50	75	100	Price
<i>Ingredients</i>					
Salmon.....	4 No. 1* tall cans	8 No. 1* tall cans	12 No. 1* tall cans	16 No. 1* tall cans	
Celery, diced.....	½ lb. or 1 pt.	1 lb. or 1 qt.	1½ lb. or 1½ qt.	2 lb. or 2 qt.	
Crumbs, soft.....	¾ lb.	1½ lb.	2¼ lb.	3 lb.	
Milk† (or milk and salmon liquor).....	3 c.	1½ qt.	2¼ qt.	3 qt.	
Eggs, slightly beaten.....	5	10	15	20	
Paprika.....	¼ tsp.	½ tsp.	¾ tsp.	1 tsp.	
Salt.....	½ tbsp.	1 tbsp.	1½ tbsp.	2 tbsp.	
Pickle relish.....	½ c.	1 c.	1½ c.	2 c.	

Method

1. Drain salmon. Remove skin and bone and pick fine.
2. Mix salmon, celery, and remaining ingredients.
3. Bake in greased pans, placed in a pan of water at 350°-375° F., for 1¾ hours or until firm.

Total cost of recipe.....

Cost per portion.....

*No. 1 can yields 2 cups.

†To substitute nonfat dry milk for fluid milk, use 1 c. milk powder for each quart of milk. Mix milk powder with dry ingredients.

52—CREAMED PEAS

Serving: about ½ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Peas, canned.....	¾ No. 10 can or 4 No. 2 cans	1½ No. 10 cans or 8 No. 2 cans	2¼ No. 10 cans or 12 No. 2 cans	3 No. 10 cans or 16 No. 2 cans	
Butter.....	3 oz. or ½ c.	6 oz. or ¾ c.	9 oz. or 1 c.	12 oz. or 1½ c.	
Flour.....	2 oz. or ½ c.	3 oz. or ¾ c.	5 oz. or 1¼ c.	6 oz. or 1½ c.	
Pepper.....	¼ tsp.	½ tsp.	¾ tsp.	1 tsp.	
Milk*.....	1 pt.	1 qt.	1½ qt.	2 qt.	
Pea liquor.....	1 pt.	1 qt.	1½ qt.	2 qt.	

Method

1. Make a white sauce of butter, flour, salt, pepper, milk, and pea liquor.
2. Heat peas to boiling point. Drain and add to white sauce.

Total cost of recipe.....

Cost per portion.....

*To substitute nonfat dry milk for fluid milk, use reconstituted milk as directed on pages 5 and 6.

53—DEVILED EGG SALAD

Serving: 1½ eggs per portion

For	25	50	75	100	Price
<i>Ingredients</i>					
Eggs, hard cooked.....	38	75	113	150	
Mustard, dry.....	2 tsp.	1½ tbsp.	2 tbsp.	2½ tbsp.	
Salt.....	1 tbsp.	2 tbsp.	3 tbsp.	4 tbsp.	
Mayonnaise (recipe No. 7)...	2½ c.	5 c.	7½ c.	10 c.	
Lettuce.....	2 large heads	4 large heads	6 large heads	8 large heads	

Method

1. Cut eggs lengthwise.
2. Remove yolks; mash.
3. Add mustard, salt, and mayonnaise to the yolks.
4. Fill whites with yolk mixture; arrange on lettuce leaves or shredded lettuce.

Total cost of recipe.....

Cost per portion.....

54—MINCED HAM SANDWICHES

Serving: 1 double-faced sandwich per person

For	25	50	75	100	Price
<i>Ingredients</i>					
Minced ham, or cold sliced meat	2 lb.	4 lb.	6 lb.	8 lb.	
Butter	¾ c.	1½ c.	2¼ c.	3 c.	
Milk, or mayonnaise (recipe No. 7)	3 tbsp.	6 tbsp.	9 tbsp.	¾ c.	
Lettuce	1 head	2 heads	3 heads	4 heads	
Bread slices	50	100	150	200	

Method

1. Slice ham (13 to 16 slices per pound).
2. Cream butter and milk or mayonnaise together. Beat until well blended.
3. Spread butter on one slice of bread. Place ham and lettuce on the other. Put together.
4. Cut diagonally, if desired.

Total cost of recipe.....

Cost per portion.....

55—FRUIT CUP

Serving: about $\frac{1}{2}$ cup

For	25	50	75	100	Price
<i>Ingredients</i>					
Pear halves, canned, diced . . .	1 No. 2 $\frac{1}{2}$ can	2 No. 2 $\frac{1}{2}$ cans	3 No. 2 $\frac{1}{2}$ cans	4 No. 2 $\frac{1}{2}$ cans	
Peaches, canned, sliced	1 No. 2 $\frac{1}{2}$ can	2 No. 2 $\frac{1}{2}$ cans	3 No. 2 $\frac{1}{2}$ cans	4 No. 2 $\frac{1}{2}$ cans	
Oranges, medium sized, sectioned	$\frac{1}{2}$ doz.	1 doz.	1 $\frac{1}{2}$ doz.	2 doz.	
Apples, medium sized, diced . .	3 or 1 lb.	$\frac{1}{2}$ doz. or 2 lb.	$\frac{3}{4}$ doz. or 3 lb.	1 doz. or 4 lb.	
Bananas, sliced thin	1 lb. or 3	2 lb. or 6	3 lb. or 9	4 lb. or 12	
Fruit juice	1 $\frac{1}{2}$ c.	3 c.	4 $\frac{1}{2}$ c.	6 c.	

Method

1. Drain fruit, mix together, add juice and chill.

Total cost of recipe.....

Cost per portion.....

56—LEMONADE*

*Ingredients not included in market list.

Serving: about 1 cup

For	25	50	75	100	Price
Approximate yield	1 $\frac{1}{4}$ gal.	2 $\frac{1}{2}$ gal.	3 $\frac{3}{4}$ gal.	5 gal.	

Ingredients

Lemon juice	$\frac{5}{8}$ qt. or 15 lemons	1 $\frac{1}{4}$ qt. or 30 lemons	2 qt. or 45 lemons	2 $\frac{1}{2}$ qt. or 60 lemons	
Sugar, granulated	1 $\frac{1}{4}$ lb.	2 $\frac{1}{2}$ lb.	3 $\frac{3}{4}$ lb.	5 lb.	
Water, cold	1 $\frac{1}{4}$ gal.	2 $\frac{1}{2}$ gal.	3 $\frac{3}{4}$ gal.	5 gal.	

Method

1. Mix sugar with lemon juice.
2. Add cold water just before serving. Taste.

Note: Allow 2 cups per serving for a picnic. Double the above quantities.

Total cost of recipe.....

Cost per portion.....

MARKET LISTS

MARKET LIST FOR 25

3-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
FRUITS	
Apples.....	9½ lb.
Bananas.....	2 lb. or ½ doz.
Oranges.....	2½ doz.
Fruit cocktail, canned....	2/No. 2½ cans
Orange juice, canned.....	3/No. 3 cans
Peaches, canned, halves..	1/No. 10 can or 4/No. 2½ cans
Peaches, canned, sliced ..	1/No. 2½ can
Pears, canned.....	1/No. 2½ can
Prune plums, canned.....	1/No. 10 can or 4/No. 2½ cans
VEGETABLES	
Cabbage.....	5½ lb.
Carrots.....	14 lb. or 14 bunches
Celery.....	3½ lb. or 2 med. stalks
Green pepper.....	1¼ lb.
Lettuce.....	3¼ lb. or 5 heads
Onions.....	1½ lb.
Onions, spring.....	2 bunches
Parsley.....	1 oz.
Potatoes, white.....	22 lb.
Radishes.....	3 bunches
Tomatoes, fresh.....	1½ lb.
Beets, canned, whole....	1/No. 10 can or 5/No. 2 cans
Corn, canned, whole kernel	1/No. 10 can or 5/No. 2 cans
Peas, canned.....	1/No. 2 can
Tomatoes, canned.....	2/No. 10 cans and 2/No. 2½ cans or 10/No. 2½ cans
Tomato juice.....	1/No. 10 can or 3/No. 3 cans
Tomato, puree.....	3/No. 2½ cans

(Continued top next column)

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
STAPLES	
Shortening.....	1½ lb.
Salad oil.....	2½ qt.
Corn Flakes, 13 oz. pkg. .	2 pkgs.
Oatmeal, quick.....	1¼ lb.
Wheaties, 8 oz. pkg.....	3 pkgs.
Graham crackers.....	½ lb.
Baking powder.....	1/6-oz. can
Baking soda.....	1/1-lb. box
Flour, white.....	1/5-lb. bag
Sugar, brown.....	1¾ lb.
Sugar, granulated.....	11½ lb.
Sugar, powdered.....	1 lb.
Bay leaf.....	1/½-oz. box
Cloves, ground.....	1/1-oz. box
Cloves, whole.....	1/1-oz. box
Mustard, dry.....	1/1½-oz. box
Salt.....	1/1 lb. 10-oz. box
Paprika.....	1/1-oz. box
Pepper, black.....	¼ lb.*
Pepper, cayenne.....	1/1-oz. box
Vinegar.....	1½ qt.
Cocoa.....	1½ lb.
Raisins.....	1 lb.
Rice.....	2¼ lb.
Noodles.....	2 lb.
Beans, navy.....	6 lb.
Cornstarch.....	1/1-lb. box
Vanilla.....	1 oz.
Molasses.....	1 qt.
Syrup.....	2 qt.
Jam.....	1 lb. or 1 pt.

*½ ounce of pepper is for food preparation; remainder is estimated for table use.

(Continued next page)

MARKET LIST FOR 25 (Continued)

3-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES	ADDITIONAL PERISHABLES REQUIRED DURING PERIOD			
		1st day	2nd day	3rd day	4th day
BAKERY GOODS					
Bread.....		3 loaves*	7 loaves*	7 loaves*	3 loaves
Cookies.....	4 lb. or 9 doz.				
DAIRY PRODUCTS					
Milk, whole†.....		8 qt.*	21 qt.*	22 qt.*	14 qt.
Milk, evaporated†.....	1/14½-oz. can				
Butter.....	6 lb.				
Cream, whipping.....				¼ pt.	
Cheese, cheddar.....	¾ lb.				
Ice cream.....		1 gal.			
MEAT AND EGGS					
Eggs†.....	5½ doz.				
Bacon.....	½ lb.				
Beef, ground.....			5 lb.		
Beef, stew meat.....				7 lb.	
Ham, cured.....	9 lb.				
Pork, ground.....			½ lb.		
Pork, salt.....	4 lb.				

*Quantities do not include those needed for breakfast the following morning.

†Dried milk and egg can be substituted in all prepared recipes.

Notes or changes:

MARKET LIST FOR 50

3-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
FRUITS	
Apples.....	18½ lb.
Bananas.....	4 lb. or 1 doz.
Oranges.....	4½ doz.
Fruit cocktail, canned....	1/No. 10 can or 4/No. 2½ cans
Orange juice, canned.....	5/No. 3 cans
Peaches, canned, halves..	2/No. 10 cans or 8/No. 2½ cans
Peaches, canned, sliced...	2/No. 2½ cans
Pears, canned.....	2/No. 2½ cans
Prune plums, canned.....	2/No. 10 cans or 8/No. 2½ cans
VEGETABLES	
Cabbage.....	11 lb.
Carrots.....	27 lb. or 27 bunches
Celery.....	6½ lb. or 4 stalks
Green pepper.....	2½ lb.
Lettuce.....	6½ lb. or 9 heads
Onions.....	3½ lb.
Onions, spring.....	4 bunches
Parsley.....	2 oz.
Potatoes, white.....	44 lb.
Radishes.....	5 bunches
Tomatoes, fresh.....	3 lb.
Beets, canned, whole....	2/No. 10 cans or 10/No. 2 cans
Corn, canned, whole kernel	2/No. 10 cans or 10/No. 2 cans
Peas, canned.....	2/No. 2 cans
Tomatoes, canned.....	5/No. 10 cans or 20/No. 2½ cans
Tomato juice.....	2/No. 10 cans or 6/No. 3 cans
Tomato, puree.....	5/No. 2½ cans

(Continued top next column)

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
STAPLES	
Shortening.....	2¾ lb.
Salad oil.....	5½ qt.
Corn Flakes, 13 oz. pkg. .	3 pkgs.
Oatmeal, quick.....	2½ lb.
Wheaties, 8 oz. pkg.....	5 pkgs.
Graham crackers.....	1 lb.
Baking powder.....	1/6-oz. can
Baking soda.....	1/1-lb. box
Flour, white.....	10-lb. bag
Sugar, brown.....	3½ lb.
Sugar, granulated.....	22½ lb.
Sugar, powdered.....	2 lb.
Bay leaf.....	1/½-oz. box
Cloves, ground.....	1/1-oz. box
Cloves, whole.....	1/1-oz. box
Mustard, dry.....	2/1½-oz. boxes
Salt.....	2/1 lb. 10-oz. boxes
Paprika.....	2/1-oz. boxes
Pepper, black.....	¼ lb.* and 1 oz.
Pepper, cayenne.....	1/1-oz. box
Vinegar.....	2 qt.
Cocoa.....	2/1-lb. boxes and 1/8-oz. box
Raisins.....	2 lb.
Rice.....	4½ lb.
Noodles.....	4 lb.
Beans, navy.....	12 lb.
Cornstarch.....	1/1-lb. box
Vanilla.....	2 oz.
Molasses.....	1 qt.
Syrup.....	4 qt.
Jam.....	2 lb. or 1 qt.

*¼ pound of pepper estimated for table use.

(Continued next page)

MARKET LIST FOR 50 (Continued)

3-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES	ADDITIONAL PERISHABLES REQUIRED DURING PERIOD			
		1st day	2nd day	3rd day	4th day
BAKERY GOODS					
Bread.....		5 loaves*	14 loaves*	13 loaves*	5 loaves
Cookies.....	8 lb. or 17 doz.				
DAIRY PRODUCTS					
Milk, whole†.....		16 qt.*	41 qt.*	44 qt.*	28 qt.
Milk, evaporated†.....	2/14½-oz. cans				
Butter.....	11½ lb.				
Cream, whipping.....				½ pt.	
Cheese, cheddar.....	1½ lbs.				
Ice cream.....		2 gal.			
MEAT AND EGGS					
Eggs†.....	10½ doz.				
Bacon.....	1 lb.				
Beef, ground.....			10 lb.		
Beef, stew meat.....				14 lb.	
Ham, cured.....	18 lb.				
Pork, ground.....			1 lb.		
Pork, salt.....	8 lb.				

*Quantities do not include those needed for breakfast the following morning.

†Dried milk and egg can be substituted in all prepared recipes.

Notes or changes:

MARKET LIST FOR 75

3-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
FRUITS	
Apples.....	27½ lb.
Bananas.....	6 lb. or 1½ doz.
Oranges.....	6½ doz.
Fruit cocktail, canned....	1/No. 10 can and 2/No. 2½ cans or 6/No. 2½ cans
Orange juice, canned.....	7/No. 3 cans
Peaches, canned, halves .	3/No. 10 cans or 12/No. 2½ cans
Peaches, canned, sliced ..	3/No. 2½ cans
Pears, canned.....	3/No. 2½ cans
Prune plums, canned.....	3/No. 10 cans or 12/No. 2½ cans
VEGETABLES	
Cabbage.....	16½ lb.
Carrots.....	41 lb. or 41 bunches
Celery.....	10½ lb. or 6 med. stalks
Green pepper.....	3¾ lb.
Lettuce.....	9¾ lb. or 13 heads
Onions.....	4½ lb.
Onions, spring.....	6 bunches
Parsley.....	3 oz.
Potatoes, white.....	66 lb.
Radishes.....	8 bunches
Tomatoes, fresh.....	4½ lb.
Beets, canned, whole....	3/No. 10 cans or 15/No. 2 cans
Corn, canned, whole kernel	3/No. 10 cans or 15/No. 2 cans
Peas, canned.....	3/No. 2 cans
Tomatoes, canned.....	7/No. 10 cans or 30/No. 2½ cans
Tomato juice.....	3/No. 10 cans or 9/No. 3 cans

(Continued top next column)

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
Tomato, puree.....	1/No. 10 can and 3/No. 2½ cans or 7/No. 2½ cans
STAPLES	
Shortening.....	4½ lb.
Salad oil.....	7½ qt.
Corn Flakes, 13 oz. pkg..	5 pkgs.
Oatmeal, quick.....	3¾ lb.
Wheaties, 8 oz. pkg.....	8 pkgs.
Graham crackers.....	1½ lb.
Baking powder.....	1/8-oz. can
Baking soda.....	1/1-lb. box
Flour, white.....	15 lb.
Sugar, brown.....	6 lb.
Sugar, granulated.....	34 lb.
Sugar, powdered.....	3 lb.
Bay leaf.....	1½-oz. box
Cloves, ground.....	1/1-oz. box
Cloves, whole.....	1/1-oz. box
Mustard, dry.....	2/1½-oz. boxes
Salt.....	2/1 lb. 10-oz. boxes
Paprika.....	2/1-oz. boxes
Pepper, black.....	¼ lb.* and 1 oz.
Pepper, cayenne.....	1/1-oz. box
Vinegar.....	3 qt.
Cocoa.....	3½ lb.
Raisins.....	2½ lb.
Rice.....	7 lb.
Noodles.....	6 lb.
Beans, navy.....	18 lb.
Cornstarch.....	1/1-lb. box
Vanilla.....	3 oz.
Molasses.....	1 qt.
Syrup.....	6 qt.
Jam.....	3 lb. or 3 pt.

*¼ pound of pepper estimated for table use.

(Continued next page)

MARKET LIST FOR 75 (Continued)

3-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES	ADDITIONAL PERISHABLES REQUIRED DURING PERIOD			
		1st day	2nd day	3rd day	4th day
<i>BAKERY GOODS</i>					
Bread.....		7 loaves*	21 loaves*	19 loaves*	7 loaves
Cookies.....	12 lb. or 25 doz.				
<i>DAIRY PRODUCTS</i>					
Milk, whole†.....		22 qt.*	61 qt.*	66 qt.*	42 qt.
Milk, evaporated†.....	3/14½-oz. cans				
Butter.....	17 lb.				
Cream, whipping.....				1 pt.	
Cheese, cheddar.....	2¼ lb.				
Ice cream.....		3 gal.			
<i>MEAT AND EGGS</i>					
Eggs**.....	16 doz.				
Bacon.....	1½ lb.				
Beef, ground.....			15 lb.		
Beef, stew meat.....				21 lb.	
Ham, cured.....	27 lb.				
Pork, ground.....			11½ lb.		
Pork, salt.....	14 lb.				

*Quantities do not include those needed for breakfast the following morning.

†Dried milk and egg can be substituted in all prepared recipes.

Notes or changes:

MARKET LIST FOR 100

3-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
FRUITS	
Apples.....	37 lb.
Bananas.....	8 lb. or 2 doz.
Oranges.....	8½ doz.
Fruit cocktail, canned....	2/No. 10 cans or 8/No. 2½ cans
Orange juice, canned.....	9/No. 3 cans
Peaches, canned, halves .	4/No. 10 cans or 16/No. 2½ cans
Peaches, canned, sliced..	1/No. 10 can or 4/No. 2½ cans
Pears, canned.....	1/No. 10 can or 4/No. 2½ cans
Prune plums, canned.....	4/No. 10 cans or 16/No. 2½ cans
VEGETABLES	
Cabbage.....	22 lb.
Carrots.....	54 lb. or 54 bunches
Celery.....	13 lb. or 8 med. stalks
Green pepper.....	5 lb.
Lettuce.....	13 lb. or 17 heads
Onions.....	6 lb.
Onions, spring.....	8 bunches
Parsley.....	4 oz.
Potatoes, white.....	88 lb.
Radishes.....	10 bunches
Tomatoes, fresh.....	6 lb.
Beets, canned, whole....	4/No. 10 cans or 20/No. 2 cans
Corn, canned, whole kernel	4/No. 10 cans or 20/No. 2 cans
Peas, canned.....	4/No. 2 cans
Tomatoes, canned.....	10/No. 10 cans or 40/No. 2½ cans
Tomato juice.....	4/No. 10 cans or 12/No. 3 cans

(Continued top next column)

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
Tomato, puree.....	2/No. 10 cans and 1/No. 2½ can or 9/No. 2½ cans
STAPLES	
Shortening.....	5½ lb.
Salad oil.....	2¾ gal.
Corn Flakes, 13 oz. pkg. .	6 pkgs.
Oatmeal, quick.....	5 lb.
Wheaties, 8 oz. pkg.....	10 pkgs.
Graham crackers.....	2 lb.
Baking powder.....	1/1-lb. can
Baking soda.....	1/1-lb. box
Flour, white.....	18 lb.
Sugar, brown.....	7 lb.
Sugar, granulated.....	45 lb.
Sugar, powdered.....	4 lb.
Bay leaf.....	1/½-oz. box.
Cloves, ground.....	1/1-oz. box
Cloves, whole.....	1/1-oz. box
Mustard, dry.....	1/4-oz. box
Salt.....	3/1 lb. 10-oz. boxes
Paprika.....	3/1-oz. boxes
Pepper, black.....	¼ lb.* and 1 oz.
Pepper, cayenne.....	1/1-oz. box
Vinegar.....	1 gal.
Cocoa.....	4½ lb.
Raisins.....	3 lb.
Rice.....	9 lb.
Noodles.....	8 lb.
Beans, navy.....	24 lb.
Cornstarch.....	2 lb.
Vanilla.....	4 oz.
Molasses.....	1 qt.
Syrup.....	8 qt.
Jam.....	4 lb. or 2 qt.

*¼ pound of pepper estimated for table use.

(Continued next page)

MARKET LIST FOR 100 (Continued)

3-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES	ADDITIONAL PERISHABLES REQUIRED DURING PERIOD			
		1st day	2nd day	3rd day	4th day
<i>BAKERY GOODS</i>					
Bread.....		9 loaves*	27 loaves*	25 loaves*	9 loaves
Cookies.....	16 lb. or 34 doz.				
<i>DAIRY PRODUCTS</i>					
Milk, whole†.....		29 qt.*	81 qt.*	87 qt.*	56 qt.
Milk, evaporated†.....	4/14-oz. cans				
Butter.....	23 lb.				
Cream, whipping.....				1 pt.	
Cheese, cheddar.....	3 lb.				
Ice cream.....		4 gal.			
<i>MEAT AND EGGS</i>					
Eggs†.....	21 doz.				
Bacon.....	2 lb.				
Beef, ground.....			20 lb.		
Beef, stew meat.....				28 lb.	
Ham, cured.....	36 lb.				
Pork, ground.....			2 lb.		
Pork, salt.....	16 lb.				

*Quantities do not include those needed for breakfast the following morning.

†Dried milk and egg can be substituted in all prepared recipes.

Notes or changes:

MARKET LIST FOR 25

7-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
FRUITS	
Apples.....	16 lb.
Bananas.....	5 lb. or 1 1/4 doz.
Lemons.....	1/2 doz.
Oranges.....	4 1/2 doz.
Fruit, cocktail, canned ...	2/No. 2 1/2 cans
Orange juice, canned.....	5/No. 3 cans
Peaches, canned, halves .	2/No. 10 cans or 8/No. 2 1/2 cans
Peaches, canned, sliced ..	2/No. 10 cans or 8/No. 2 1/2 cans
Pears, canned.....	1/No. 10 can and 2/No. 2 1/2 cans or 6/No. 2 1/2 cans
Prune plums, canned.....	1/No. 10 can or 4/No. 2 1/2 cans
Prunes, dried.....	3 lb.
Royal Anne Cherries, canned.....	1/No. 10 can or 4/No. 2 1/2 cans
VEGETABLES	
Cabbage.....	14 lb.
Carrots.....	17 lb. or 17 bunches
Celery.....	9 1/2 lb. or 6 med. stalks
Garlic.....	1 clove
Green pepper.....	2 lb.
Lettuce.....	14 1/4 lb. or 19 heads
Onions.....	5 1/2 lb.
Onions, spring.....	4 bunches
Parsley.....	2 oz.
Potatoes, white.....	64 lb.
Radishes.....	6 bunches
Tomatoes, fresh.....	2 1/2 lb.
Beets, canned, whole....	1/No. 10 can or 5/No. 2 cans
Catsup.....	1/12 oz. bottle
Corn, canned, whole kernel	1/No. 10 can or 5/No. 2 cans
Peas, canned.....	2/No. 10 cans or 10/No. 2 cans
Pickle relish.....	4 oz.
Pimento.....	2 oz.
Tomatoes, canned.....	4/No. 10 cans and 1/No. 2 1/2 can or 17/No. 2 1/2 cans
Tomato juice.....	2/No. 10 cans or 5/No. 3 cans
Tomato, puree.....	3/No. 2 1/2 cans

(Continued top next column)

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
STAPLES	
Shortening.....	2 1/2 lb.
Salad oil.....	5 1/2 qt.
Corn Flakes, 13 oz. pkg. .	3 pkgs.
Grapenut Flakes, 8 oz. pkg.	3 pkgs.
Oatmeal, quick.....	1 1/4 lb.
Puffed Rice, 4 oz. pkg....	3 pkgs.
Wheaties, 8 oz. pkg.....	3 pkgs.
Whole wheat cereal.....	1 lb.
Gelatin, fruited, 3 oz. pkg.	5 pkgs.
Gelatin, plain, 1 oz. pkg. .	1 pkg.
Graham crackers.....	1/2 lb.
Baking powder.....	1/6-oz. pkg.
Baking soda.....	1/1-lb. box
Flour, white.....	10 lb.
Sugar, brown.....	2 1/4 lb.
Sugar, granulated.....	26 lb.
Sugar, powdered.....	1 lb.
Bay leaf.....	1/1/2-oz. box
Chili powder.....	1/1 1/2-oz. box
Cinnamon.....	1/1-oz. box
Cloves, ground.....	1/1-oz. box
Cloves, whole.....	1/1-oz. box
Mustard, dry.....	2/1 1/2-oz. boxes
Nutmeg, ground.....	1/1-oz. box
Salt.....	2/1 lb. 10-oz. boxes
Paprika.....	2/1-oz. boxes
Pepper, black.....	1/4 lb.* and 1 oz.
Pepper, cayenne.....	1/1-oz. box
Vinegar.....	3 qt. and 1 pt.
Cocoa.....	2 1/2 lb.
Raisins.....	1 lb.
Macaroni.....	1 lb. and 10 oz.
Noodles.....	2 lb.
Rice.....	2 1/4 lb.
Spaghetti.....	1 1/2 lb.
Beans, navy.....	6 lb.
Beans, dried kidney.....	1 lb. and 2 oz.
Cornstarch.....	1/1-lb. box
Vanilla.....	3 oz.
Coconut.....	1/2 lb.
Molasses.....	1 qt.
Syrup.....	3 qt.
Jam.....	3 lb. or 3 pt.

*1/4 pound pepper estimated for table use.

(Continued next page)

MARKET LIST FOR 25 (Continued)

7-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES	ADDITIONAL PERISHABLES REQUIRED DURING PERIOD							
		1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	8th day
BAKERY GOODS									
Bread.....		3* lbs.	7* lbs.	7* lbs.	5* lbs.	7* lbs.	7* lbs.	7* lbs.	7 lbs.
Cookies.....	14 lb. or 30 doz.								
DAIRY PRODUCTS									
Milk, whole†.....		8* qt.	21* qt.	22* qt.	24* qt.	20* qt.	19* qt.	23* qt.	14 qt.
Milk, evaporated†.....	1/14½-oz. can								
Butter.....	16 lb.								
Cream, coffee.....						2 qt. ½ pt.			
Cream, whipping.....				¼ pt.					
Cheese, cheddar.....	1¾ lb.								
Ice cream.....		1 gal.							
MEAT AND EGGS									
Eggs†.....	15 doz.								
Bacon.....	½ lb.								
Beef, ground.....			5 lb.		5½ lb.	10 lb.	2 lb.		
Beef, stew meat.....				7 lb.					
Cold cuts—meat.....							4 lb.		2 lb.
Ham, cured.....	9 lb.								
Pork, ground.....			½ lb.						
Pork, salt.....	4 lb.								
Salmon, canned.....	4/No. 1 cans								

*Quantities do not include those needed for breakfast the following morning.

†Dried milk and egg can be substituted in all prepared recipes.

Notes or changes:

MARKET LIST FOR 50

7-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
FRUITS	
Apples.....	32 lb.
Bananas.....	10 lb. or 2½ doz.
Lemons.....	1 doz.
Oranges.....	9 doz.
Fruit cocktail, canned....	1/No. 10 can or 4/No. 2½ cans
Orange juice, canned.....	10/No. 3 cans
Peaches, canned, halves .	4/No. 10 cans or 16/No. 2½ cans
Peaches, canned, sliced ..	2/No. 10 cans or 8/No. 2½ cans
Pears, canned.....	3/No. 10 cans or 12/No. 2½ cans
Prune plums, canned.....	2/No. 10 cans or 8/No. 2½ cans
Prunes, dried.....	6 lb.
Royal Anne Cherries, canned.....	2/No. 10 cans or 8/No. 2½ cans
VEGETABLES	
Cabbage.....	27 lb.
Carrots.....	34 lb. or 34 bunches
Celery.....	20 lb. or 12 med. stalks
Garlic.....	1 clove
Green pepper.....	4 lb.
Lettuce.....	28 lb. or 37 heads
Onions.....	7 lb.
Onions, spring.....	8 bunches
Parsley.....	4 oz.
Potatoes, white.....	128 lb.
Radishes.....	10 bunches
Tomatoes, fresh.....	5 lb.
Beets, canned, whole....	2/No. 10 cans or 10/No. 2 cans
Catsup.....	2/12-oz. bottles
Corn, canned, whole kernel	2/No. 10 cans or 10/No. 2 cans
Peas, canned.....	4/No. 10 cans or 20/No. 2 cans
Pickle relish.....	8 oz.
Pimento.....	4 oz.
Tomatoes, canned.....	8/No. 10 cans and 2/No. 2½ cans or 34/No. 2½ cans
Tomato juice.....	4/No. 10 cans or 9/No. 3 cans

(Continued top next column)

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
Tomato, puree.....	1/No. 10 can and 2/No. 2½ can or 6/No. 2½ cans
STAPLES	
Shortening.....	4½ lb.
Salad oil.....	11 qt.
Corn Flakes, 13 oz. pkg. .	6 pkgs.
Grapenut Flakes, 8 oz. pkg.	5 pkgs.
Oatmeal, quick.....	2½ lb.
Puffed Rice, 4 oz. pkg....	6 pkgs.
Wheaties, 8 oz. pkg.....	5 pkgs.
Whole wheat cereal.....	2 lb.
Gelatin, fruited, 3 oz. pkg.	9 pkgs.
Gelatin, plain, 1 oz. pkg. .	2 pkgs.
Graham crackers.....	1 lb.
Baking powder.....	1/8-oz. pkg.
Baking soda.....	1/1-lb. box
Flour, white.....	15 lb.
Sugar, brown.....	4½ lb.
Sugar, granulated.....	51 lb.
Sugar, powdered.....	2 lb.
Bay leaf.....	1/½-oz. box
Chili powder.....	1/1½-oz. box
Cinnamon.....	2/1-oz. boxes
Cloves, ground.....	1/1-oz. box
Cloves, whole.....	1/1-oz. box
Mustard, dry.....	2/1½-oz. boxes
Nutmeg, ground.....	1/1-oz. box
Salt.....	3/1 lb. 10-oz. boxes
Paprika.....	3/1-oz. boxes
Pepper, black.....	¼ lb.* and 1 oz.
Pepper, cayenne.....	1/1-oz. box
Vinegar.....	4½ qt.
Cocoa.....	4½ lb.
Raisins.....	2 lb.
Macaroni.....	3¼ lb.
Noodles.....	4 lb.
Rice.....	4½ lb.
Spaghetti.....	3 lb.
Beans, navy.....	12 lb.
Beans, dried kidney.....	2¼ lb.
Cornstarch.....	1/1-lb. box
Vanilla.....	5 oz.
Coconut.....	⅔ lb.
Molasses.....	1 qt.
Syrup.....	6 qt.
Jam.....	6 lb. or 3 qt.

*¼ pound of pepper estimated for table use.

(Continued next page)

MARKET LIST FOR 50 (Continued)

7-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES	ADDITIONAL PERISHABLES REQUIRED DURING PERIOD							
		1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	8th day
<i>BAKERY GOODS</i>									
Bread.....		5* lvs.	14* lvs.	13* lvs.	9* lvs.	14* lvs.	13* lvs.	14* lvs.	13 lvs.
Cookies.....	28 lb. or 59 doz.								
<i>DAIRY PRODUCTS</i>									
Milk, whole†.....		15* qt.	41* qt.	44* qt.	48* qt.	39* qt.	38* qt.	45* qt.	28 qt.
Milk, evaporated†.....	2/14½-oz. cans								
Butter.....	30 lb.								
Cream, coffee.....						3 qt. ½ pt.			
Cream, whipping.....				½ pt.					
Cheese, cheddar.....	3½ lb.								
Ice cream.....		2 gal.							
<i>MEAT AND EGGS</i>									
Eggs†.....	28½ doz.								
Bacon.....	1 lb.								
Beef, ground.....			10 lb.		11 lb.	20 lb.	4 lb.		
Beef, stew meat.....				14 lb.					
Cold cuts—meat.....							8 lb.		4 lb.
Ham, cured.....	18 lb.								
Pork, ground.....			1 lb.						
Pork, salt.....	8 lb.								
Salmon, canned.....	8/No. 1 cans								

*Quantities do not include those needed for breakfast the following morning.

†Dried milk and egg can be substituted in all prepared recipes.

Notes or changes:

MARKET LIST FOR 75

7-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
FRUITS	
Apples.....	48 lb.
Bananas.....	15 lb. or 3¾ doz.
Lemons.....	1½ doz.
Oranges.....	14 doz.
Fruit cocktail, canned....	1/No. 10 can and 2/No. 2½ cans or 6/No. 2½ cans
Orange juice, canned.....	15/No. 3 cans
Peaches, canned, halves .	6/No. 10 cans or 24/No. 2½ cans
Peaches, canned, sliced ..	3/No. 10 cans or 12/No. 2½ cans
Pears, canned.....	4/No. 10 cans and 2/No. 2½ cans or 18/No. 2½ cans
Prune plums, canned.....	3/No. 10 cans or 12/No. 2½ cans
Prunes, dried.....	9 lb.
Royal Anne Cherries, canned.....	3/No. 10 cans or 12/No. 2½ cans
VEGETABLES	
Cabbage.....	40 lb.
Carrots.....	51 lb. or 51 bunches
Celery.....	30 lb. or 18 med. stalks
Garlic.....	2 cloves
Green pepper.....	6 lb.
Lettuce.....	41½ lb. or 54 heads
Onions.....	12½ lb.
Onions, spring.....	12 bunches
Parsley.....	6 oz.
Potatoes, white.....	192 lb.
Radishes.....	16 bunches
Tomatoes, fresh.....	7½ lb.
Beets, canned, whole....	3/No. 10 cans or 15/No. 2 cans
Catsup.....	3/12-oz. bottles
Corn, canned, whole kernel	3/No. 10 cans or 15/No. 2 cans
Peas, canned.....	6/No. 10 cans or 30/No. 2 cans
Pickle relish.....	12 oz.
Pimento.....	6 oz.
Tomatoes, canned.....	12/No. 10 cans and 3/No. 2½ cans or 51/No. 2½ cans
Tomato juice.....	6/No. 10 cans or 14/No. 3 cans

(Continued top next column)

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
Tomato, puree.....	2/No. 10 cans and 1/No. 2½ can or 9/No. 2½ cans
STAPLES	
Shortening.....	6½ lb.
Salad oil.....	4 gal. and 1 pt.
Corn Flakes, 13 oz. pkg. .	9 pkgs.
Grapenut Flakes, 8 oz. pkg.	8 pkgs.
Oatmeal, quick.....	3¾ lb.
Puffed Rice, 4 oz. pkg....	9 pkgs.
Wheaties, 8 oz. pkg.....	8 pkgs.
Whole wheat cereal.....	3 lb.
Gelatin, fruited, 3 oz. pkg.	13 pkgs.
Gelatin, plain, 1 oz. pkg. .	3 pkgs.
Graham crackers.....	1½ lb.
Baking powder.....	1/1-lb. pkg.
Baking soda.....	1/1-lb. box
Flour, white.....	25 lb.
Sugar, brown.....	7 lb.
Sugar, granulated.....	77 lb.
Sugar, powdered.....	3 lb.
Bay leaf.....	1/½-oz. box
Chili powder.....	1/1½-oz. box
Cinnamon.....	3/1-oz. boxes
Cloves, ground.....	1/1-oz. box
Cloves, whole.....	1/1-oz. box
Mustard, dry.....	3/1½-oz. boxes
Nutmeg, ground.....	1/1-oz. box
Salt.....	4/1 lb. 10-oz. boxes
Paprika.....	4/1-oz. boxes
Pepper, black.....	¼ lb.* and 2 oz.
Pepper, cayenne.....	1/1-oz. box
Vinegar.....	6 qt.
Cocoa.....	6½ lb.
Raisins.....	2½ lb.
Macaroni.....	5 lb.
Noodles.....	6 lb.
Rice.....	7 lb.
Spaghetti.....	4½ lb.
Beans, navy.....	18 lb.
Beans, dried kidney.....	3½ lb.
Cornstarch.....	2/1-lb. boxes
Vanilla.....	7 oz.
Coconut.....	1 lb.
Molasses.....	1 qt.
Syrup.....	9 qt.
Jam.....	9 lb. or 9 pt.

*¼ pound of pepper estimated for table use.

(Continued next page)

MARKET LIST FOR 75 (Continued)

7-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES	ADDITIONAL PERISHABLES REQUIRED DURING PERIOD							
		1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	8th day
<i>BAKERY GOODS</i>									
Bread.....		7* lvs.	21* lvs.	19* lvs.	14* lvs.	21* lvs.	19* lvs.	21* lvs.	19 lvs.
Cookies.....	42 lb. or 88 doz.								
<i>DAIRY PRODUCTS</i>									
Milk, whole†.....		23* qt.	61* qt.	66* qt.	71* qt.	59* qt.	57* qt.	68* qt.	42 qt.
Milk, evaporated†.....	3/14½ oz. cans								
Butter.....	46 lb.								
Cream, coffee.....						5 qt.			
Cream, whipping.....				1 pt.					
Cheese, cheddar.....	5¼ lb.								
Ice cream.....		3 gal.							
<i>MEAT AND EGGS</i>									
Eggs†.....	43 doz.								
Bacon.....	1½ lb.								
Beef, ground.....			15 lb.		16½ lb.	30 lb.	6 lb.		
Beef, stew meat.....				21 lb.					
Cold cuts—meat.....							12 lb.		6 lb.
Ham, cured.....	27 lb.								
Pork, ground.....			1½ lb.						
Pork, salt.....	14 lb.								
Salmon, canned.....	12/No. 1 cans								

*Quantities do not include those required for breakfast the following morning.

†Dried milk and egg can be substituted in all prepared recipes.

Notes or changes:

MARKET LIST FOR 100

7-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
FRUITS	
Apples.....	64 lb.
Bananas.....	20 lb. or 5 doz.
Lemons.....	2 doz.
Oranges.....	18 doz.
Fruit cocktail, canned....	2/No. 10 cans or 8/No. 2½ cans
Orange juice, canned.....	20/No. 3 cans
Peaches, canned, halves .	8/No. 10 cans or 32/No. 2½ cans
Peaches, canned, sliced ..	4/No. 10 cans or 16/No. 2½ cans
Pears, canned.....	6/No. 10 cans or 24/No. 2½ cans
Prune plums, canned.....	4/No. 10 cans or 16/No. 2½ cans
Prunes, dried.....	12 lb.
Royal Anne Cherries, canned.....	4/No. 10 cans or 16/No. 2½ cans
VEGETABLES	
Cabbage.....	52 lb.
Carrots.....	67 lb. or 67 bunches
Celery.....	40 lb. or 24 med. stalks
Garlic.....	2 cloves
Green pepper.....	8 lb.
Lettuce.....	54 lb. or 71 heads
Onions.....	15 lb.
Onions, spring.....	16 bunches
Parsley.....	8 oz.
Potatoes, white.....	256 lb.
Radishes.....	20 bunches
Tomatoes, fresh.....	10 lb.
Beets, canned, whole....	4/No. 10 cans or 20/No. 2 cans
Catsup.....	4/12-oz. bottles
Corn, canned, whole kernel	4/No. 10 cans or 20/No. 2 cans
Peas, canned.....	8/No. 10 cans and 4/No. 2 cans or 40/No. 2 cans
Pickle relish.....	16 oz.
Pimento.....	8 oz.
Tomatoes, canned.....	16/No. 10 cans and 4/No. 2½ cans or 68/No. 2½ cans
Tomato juice.....	8/No. 10 cans or 18/No. 3 cans
Tomato, puree.....	12/No. 2½ cans

(Continued top next column)

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES
STAPLES	
Shortening.....	8 lb.
Salad oil.....	5½ gal.
Corn Flakes, 13 oz. pkg. .	12 pkgs.
Grapenut Flakes, 8 oz. pkg.	10 pkgs.
Oatmeal, quick.....	5 lb.
Puffed Rice, 4 oz. pkg....	12 pkgs.
Wheaties, 8 oz. pkg.....	10 pkgs.
Whole wheat cereal.....	4 lb.
Gelatin, fruited, 3 oz. pkg.	18 pkgs.
Gelatin, plain, 1 oz. pkg. .	4 pkgs.
Graham crackers.....	2 lb.
Baking powder.....	1/1-lb. pkg.
Baking soda.....	1/1-lb. box
Flour, white.....	26 lb.
Sugar, brown.....	9 lb.
Sugar, granulated.....	101 lb.
Sugar, powdered.....	4 lb.
Bay leaf.....	1/½-oz. box
Chili powder.....	1/1½-oz. box
Cinnamon.....	4/1-oz. boxes
Cloves, ground.....	1/1-oz. box
Cloves, whole.....	1/1-oz. box
Mustard, dry.....	½ lb.
Nutmeg, ground.....	1/1-oz. box
Salt.....	5/1 lb. 10-oz. boxes
Paprika.....	6/1-oz. boxes
Pepper, black.....	¼ lb.* and 3 oz.
Pepper, cayenne.....	1/1-oz. box
Vinegar.....	9 qt.
Cocoa.....	8½ lb.
Raisins.....	3 lb.
Macaroni.....	6½ lb.
Noodles.....	8 lb.
Rice.....	9 lb.
Spaghetti.....	6 lb.
Beans, navy.....	24 lb.
Beans, dried kidney.....	4½ lb.
Cornstarch.....	2/1-lb. boxes
Vanilla.....	9 oz.
Coconut.....	1½ lb.
Molasses.....	1 qt.
Syrup.....	12 qt.
Jam.....	12 lb. or 6 qt.

*¼ pound of pepper estimated for table use.

(Continued next page)

MARKET LIST FOR 100 (Continued)

7-Day

FOOD ITEM	GENERAL MARKET LIST OF SUPPLIES	ADDITIONAL PERISHABLES REQUIRED DURING PERIOD							
		1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	8th day
<i>BAKERY GOODS</i>									
Bread.....		10*	27*	25*	17*	28*	25*	27*	25
		lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
Cookies.....	56 lb. or 117 doz.								
<i>DAIRY PRODUCTS</i>									
Milk, whole†.....		30*	81*	87*	95*	78*	75*	94*	56
		qt.	qt.	qt.	qt.	qt.	qt.	qt.	qt.
Milk, evaporated†.....	4/14½-oz. cans								
Butter.....	59 lb.								
Cream, coffee.....						6¼ qt.			
Cream, whipping.....				1 pt.					
Cheese, cheddar.....	7 lb.								
Ice cream.....		4 gal.							
<i>MEAT AND EGGS</i>									
Eggs†.....	56 doz.								
Bacon.....	2 lb.								
Beef, ground.....			20 lb.		22 lb.	36 lb.	8 lb.		
Beef, stew meat.....				28 lb.					
Cold cuts—meat.....							16 lb.		8 lb.
Ham, cured.....	36 lb.								
Pork, ground.....			2 lb.						
Pork, salt.....	16 lb.								
Salmon, canned.....	16/No. 1 cans								

*Quantities do not include those needed for breakfast the following morning.

†Dried milk and egg can be substituted in all prepared recipes.

Notes or changes:

III

OUTDOOR COOKERY

Many camps feature hikes and outdoor cooking. Plans might call for each camper to cook his own meal, or for food to be cooked in large enough quantities to serve the entire group. When food is prepared individually, each camper gains experience or practice in preparing his own meal. Menus, with food adaptable to the type of outdoor cooking planned, are needed.

A few menus have been included for these outdoor noon or evening meals. A couple of recipes have been included for 1 and 25 individually prepared meals. A recipe for stew and chili con carne, serving 10 and 25, has been included for group preparation.

SUGGESTED MENUS

- A. Main dish—choice of any of the following:
1. Kabobs*
 2. Hamburgers or meatburgers*
 - a. Cooked in frying pan
 - b. Cooked on roasting stick
 3. Pancakes and eggs
 4. Eggs and bacon or ham
 5. Frankfurters and baked beans (canned)
 6. Campfire stew*
 7. Chili con carne*
 8. Dried beef with peas*
- B. Buttered bread or rolls
- C. Assorted fresh vegetables
- D. Fruit, fresh or canned
- E. Cookies or cake
- F. Beverage—cocoa* or milk

*Recipe included.

RECIPES

KABOBS

For	1	25
<i>Ingredients</i>		
Meat, lean, tender, cut in 1-inch cubes .	$\frac{1}{4}$ lb.	6 to 7 lb.
Onion.....	$\frac{1}{2}$	3 to 4 lb. (13)
Bacon slices.....	1 slice	25 sl. (1 lb.)

Method

1. Place toasting stick through one end of bacon slice.
2. Place piece of meat, onion, and bacon strip alternately on stick; cover with the other end of the bacon.
3. Broil over coals until done.
For well-done meat, separate pieces; for rare meat, pack closely together.

Note: If desired, pieces of apple or partly cooked carrots can also be used.

CAMPFIRE STEW

For	10	25
<i>Ingredients</i>		
Beef, ground...	2 lb.	5 lb.
Onions, chopped	2	5
Flour.....	$\frac{1}{4}$ c.	1 to $1\frac{1}{2}$ c.
Fat.....	$\frac{1}{4}$ c.	$\frac{3}{4}$ c.
Vegetables, mixed, canned	3 No. 2 cans	$1\frac{1}{2}$ No. 10 cans or 7 No. 2 cans

Method

1. Brown onion slightly in fat. Do not burn.
2. Add ground beef to onions; mix well.
3. Cook ground beef until browned, stirring to prevent burning and overcooking.
4. When meat is done, add vegetables, and mix gently.
5. Add enough water to just cover ingredients.
6. Add enough water to flour to make a paste.
7. Add flour paste to mixture; cook until thick and clear.

Note: This can be served in paper cups.

MEATBURGERS (broiled or on stick)

For	1	25
<i>Ingredients</i>		
Meat, chopped (veal, beef or lamb)....	4 to 5 oz.	6 to 8 lb.
Onion, small.....	½ onion	13 (3 to 4 lb.)
Salt.....	to taste	to taste
Pepper.....	to taste	to taste

Method

1. Mix all ingredients.
2. Shape into flat patties.
3. Broil or cook in frying pan.

Note: If desired, corn flakes can be added to meat and meat rolled around toasting stick and cooked over fire. (Allow ⅓-cup flakes for each individual serving.)

COCOA

For	10	25
<i>Ingredients</i>		
Cocoa.....	½ c.	1½ c.
Sugar.....	⅓ c.	1 c.
Salt.....	pinch	⅛ tsp.
Milk*.....	3½ qt.	2¼ gal.
Vanilla, optional.....	1 tbsp.	2½ tbsp.

Method

1. Mix cocoa, sugar and salt.
2. Add enough water to make a smooth, thin paste.
3. Boil for a few minutes.
4. Add milk and bring to a boil, stirring to prevent burning.
5. Add vanilla, if desired.
6. Serve hot.

*To substitute evaporated milk for fresh milk, use half evaporated milk and half water. To substitute nonfat dry milk for fresh milk, see Table 2. Mix dry milk with cocoa and sugar, then add water.

CHILE CON CARNE

For	10	25
<i>Ingredients</i>		
Bacon, cubed ..	½ lb.	1½ lb.
Onions.....	6 to 8	4½ lb.
Beef, ground...	2 lb.	5 lb.
Tomato soup, canned.....	2 to 3 cans	1 No. 10 cans
Kidney beans, canned.....	3 No. 2 cans	1½ No. 10 cans

Method

1. Fry out the bacon fat and remove bacon. Add onions; brown lightly. Do not burn.
2. Add ground beef to onions.
3. Add tomato soup; heat.
4. When well heated, add kidney beans and bacon fryings.
5. Season to taste.

Note: Chili powder can be added. Do not make too hot.

DRIED BEEF AND PEAS

For	10	25
<i>Ingredients</i>		
Dried beef.....	½ lb.	1½ lb.
Milk*.....	1 qt.	2½ qt.
Butter or fat....	⅓ lb.	¾ lb.
Flour.....	1 c.	2½ c.
Peas, canned....	2 No. 2 cans	1 No. 10 can

Method

1. Shred beef.
2. Heat liquid milk or water and evaporated milk.
3. Melt fat. Add flour; mix to a smooth paste. Add to hot milk or water and evaporated milk, and stir until smooth.
4. Cook until thick, stirring constantly. Be careful not to burn.
5. Add dried beef and drained peas.

Note: The liquor from the peas can be used in place of some of the milk.

*To substitute evaporated milk for fresh milk, use half evaporated milk and half water, including vegetable liquor. To substitute nonfat dry milk powder for fresh milk, see Table 2. Mix nonfat dry milk powder with flour and salt to prepare cream sauce. Use vegetable liquor as part of water.

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For other institution administration publications, Tourist and Resort Series, or for further information, consult your County Cooperative Extension Agent, or write to the Tourist and Resort Program, Michigan State University, East Lansing, Michigan.

