



MENTONE UNITED METHODIST CHURCH
REV. LESTER L. TAYLOR, PASTOR

Sunday Worship	9:30 A. M.
Early Bird Sunday School	8:00 A. M.
Church School	10:45 A. M.
Youth Fellowship, Sunday	6:00 P. M.
U. M. C. Wednesday	3:45 P. M.
U. M. W. 4th Wednesday	7:00 P. M.

Basic Kitchen Information



THUMB INDEX



Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Flour Institute.

Standard Kitchen Cover Scene If Used - Kitchens by Kleweno

EQUIVALENTS,
WEIGHTS and MEASURES,
SUBSTITUTE INGREDIENTS

EVERYDAY HERB GUIDE

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FOR DINNER?

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AND MENUS

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and MAXIMUM HOME STORAGE
FOR FROZEN FOOD

METRIC SYSTEM
INFORMATION

STAIN CHART, FIRST AID and
MISCELLANEOUS INFORMATION

EQUIVALENTS

3	tsps.	-----	1	tblsp.
4	tblsp.	-----	$\frac{1}{4}$	cup
$5\frac{1}{3}$	tblsp.	-----	$\frac{1}{3}$	cup
8	tblsp.	-----	$\frac{1}{2}$	cup
$10\frac{2}{3}$	tblsp.	-----	$\frac{2}{3}$	cup
12	tblsp.	-----	$\frac{3}{4}$	cup
16	tblsp.	-----	1	cup
$\frac{1}{2}$	cup	-----	1	gill
2	cups	-----	1	pt.
4	cups	-----	1	qt.
4	qts.	-----	1	gal.
8	qts.	-----	1	peck
4	pecks	-----	1	bu.
16	ozs.	-----	1	lb.
32	ozs.	-----	1	qt.
8	ozs. liquid	-----	1	cup
1	oz. liquid	-----	2	tblsp.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder

1 cup = $5\frac{1}{2}$ ozs.

Cheese, American

1 lb. = $2\frac{2}{3}$ cups cubed

Cocoa

1 lb = 4 cups ground

Coffee

1 lb. = 5 cups ground

Corn meal

1 lb. = 3 cups

Cornstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup

15 graham crackers = 1 cup

Eggs

1 egg = 4 tblsp. liquid

4 to 5 whole = 1 cup

7 to 9 whites = 1 cup

12 to 14 yolks = 1 cup

Flour

1 lb. all-purpose = 4 cups

1 lb. cake = $4\frac{1}{2}$ cups

1 lb. graham = $3\frac{1}{2}$ cups

Lemons, juice

1 medium = 2 to 3 tblsp.

5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 tblsp. grated

Oranges, juice

1 medium = 2 to 3 tblsp.

3 to 4 medium = 1 cup

Oranges, rind

1 = 2 tblsp. grated

Gelatin

$3\frac{1}{4}$ oz. pkg. flavored = $\frac{1}{2}$ cup

$\frac{1}{4}$ oz. pkg. unflavored = 1 tblsp.

Shortening or Butter

1 lb. = 2 cups

Sugar

1 lb. brown = $2\frac{1}{2}$ cups

1 lb. cube = 96 to 160 cubes

1 lb. granulated = 2 cups

1 lb. powdered = $3\frac{1}{2}$ cups

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Meats*

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH *Chicken*

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

EVERYDAY HERB GUIDE



Basil

FOUND IN India, Western Europe, United States
IT IS member of mint family with leaves 1½" long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.
AVAILABLE whole; ground.



Bay Leaf

FOUND IN Turkey, Yugoslavia, Portugal, Greece.

IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.
AVAILABLE as whole leaf.



Chervil

FOUND IN France, United States.

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.
AVAILABLE whole; ground.



Oregano

FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.
AVAILABLE whole; ground.



Mint

FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.
AVAILABLE whole (dried); flaked; as fresh sprigs.



Rosemary

FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.
AVAILABLE whole; ground.



Marjoram

FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.
AVAILABLE whole; ground.

EVERYDAY HERB GUIDE



FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.



FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups; fish dishes; sauces; sweet pickles; bread and rolls.

AVAILABLE whole; ground.



FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

AVAILABLE whole; ground.



FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

AVAILABLE whole; powdered.



FOUND IN United States, Europe.

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.



FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.



FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

AVAILABLE whole; ground.

One ingredient for another

For these

You may use these

1 whole egg, for thickening or baking	2 egg yolks. Or 2 tablespoons dried whole egg plus $2\frac{1}{2}$ tablespoons water.
1 cup butter or margarine for shortening	$\frac{7}{8}$ cup lard, or rendered fat, with $\frac{1}{2}$ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with $\frac{1}{2}$ teaspoon salt.
1 square (ounce) chocolate	3 or 4 tablespoons cocoa plus $\frac{1}{2}$ tablespoon fat.
1 teaspoon double-acting baking powder	$1\frac{1}{2}$ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.
Sweet milk and baking powder, for baking	Equal amount of sour milk plus $\frac{1}{2}$ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)
1 cup sour milk, for baking	1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or $1\frac{1}{4}$ teaspoons cream of tartar.
1 cup whole milk	$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.
1 cup skim milk	4 tablespoons nonfat dry milk plus 1 cup water.
1 tablespoon flour, for thickening	$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.
1 cup cake flour, for baking	$\frac{7}{8}$ cup all-purpose flour.
1 cup all-purpose flour, for baking breads	Up to $\frac{1}{2}$ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Fish*

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT-UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.
Geese—Same as turkey of similar weight.				
Duck—Same as heavy chicken of similar weight.				

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin					
Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder					
Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

Stewing

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	¾ lbs.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total



SEA FOOD COOKERY



	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL - OCT.
BUTTERFISH	2	3		1	APRIL - DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. - NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPE		1			NOV. - APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. - JUNE
LAKE TROUT	3	1		2	APRIL - NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE - OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. - MAY
SHAD	2	1		3	DEC. - JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. - MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV. - APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL - JAN.
SUNFISH	2			1	APRIL - OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL - NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL - NOV.
WHITING			1		MAY - DEC.
WHITEFISH	2	1		3	APRIL - DEC.

HOW TO COOK — 1 EXCELLENT 2 GOOD 3 FAIR

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Cooked snap beans, lima beans, corn, peas, carrots, in

- Meat and vegetable pie
- Soup
- Stew
- Stuffed peppers
- Stuffed tomatoes
- Vegetables in cheese sauce

Cooked leafy vegetables, chopped, in

- Creamed vegetables
- Soup
- Meat loaf
- Meat patties
- Omelet
- Souffle

Cooked or canned fruits, in

- Fruit cup
- Fruit sauces
- Jellied fruit
- Quick breads
- Shortcake
- Upside-down cake
- Yeast breads

Cooked meats, poultry, fish, in

- Casserole dishes
- Hash
- Meat patties
- Meat pies
- Salads
- Sandwiches
- Stuffed vegetables

Cooked wheat, oat, or corn cereals, in

- Fried cereal
- Meat loaf or patties
- Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, in

- Casseroles
- Meat or cheese loaf
- Timbales

Bread

- Slices, for
 - French toast
- Dry crumbs, in
 - Brown betty
 - Croquettes
 - Fried chops
- Soft crumbs, in
 - Meat loaf
 - Stuffings

Cake or cookies, in

- Brown betty
- Ice-box cake
- Toasted, with sweet topping, for dessert

Egg yolks, in

- Cakes
- Cornstarch pudding
- Custard or sauce
- Pie filling
- Salad dressing
- Scrambled eggs

Egg whites, in

- Custard
- Fruit whip
- Meringue
- Souffles

Hard-cooked egg or yolk, in

- Casserole dishes
- Garnish
- Salads
- Sandwiches

Sour cream, in

- Cakes, cookies
- Dessert sauce
- Meat stews
- Pie filling
- Salad dressing
- Sauce for vegetables

Sour milk, in

- Cakes, cookies
- Quick breads

Cooked potatoes, in

- Croquettes
- Fried or creamed potatoes
- Meat-pie crust
- Potatoes in cheese sauce
- Stew or chowder





Quantities to Serve 100 People



COFFEE	- 3 LBS.
LOAF SUGAR	- 3 LBS.
CREAM	- 3 QUARTS
WHIPPING CREAM	- 4 PTS.
MILK	- 6 GALLONS
FRUIT COCKTAIL	- 2 1/2 GALLONS
FRUIT JUICE	- 4 NO. 10 CANS (26 LBS.)
TOMATO JUICE	- 4 NO. 10 CANS (26 LBS.)
SOUP	- 5 GALLONS
OYSTERS	- 18 QUARTS
WEINERS	- 25 LBS.
MEAT LOAF	- 24 LBS.
HAM	- 40 LBS.
BEEF	- 40 LBS.
ROAST PORK	- 40 LBS.
HAMBURGER	- 30-36 LBS.
CHICKEN FOR CHICKEN PIE	- 40 LBS.
POTATOES	- 35 LBS.
SCALLOPED POTATOES	- 5 GALLON
VEGETABLES	- 4 NO. 10 CANS (26 LBS.)
VEGETABLES	- 4 NO. 10 CANS (26 LBS.)
BAKED BEANS	- 5 GALLON
BEETS	- 30 LBS.
CAULIFLOWER	- 18 LBS.
CABBAGE FOR SLAW	- 20 LBS.
CARROTS	- 33 LBS.
BREAD	- 10 LOAVES
ROLLS	- 200
BUTTER	- 3 LBS.
POTATO SALAD	- 12 QUARTS
FRUIT SALAD	- 20 QUARTS
VEGETABLE SALAD	- 20 QUARTS
LETTUCE	- 20 HEADS
SALAD DRESSING	- 3 QUARTS
PIES	- 18
CAKES	- 8
ICE CREAM	- 4 GALLONS
CHEESE	- 3 LBS.
OLIVES	- 1 3/4 LBS.
PICKLES	- 2 QUARTS
NUTS	- 3 LBS. SORTED



To serve 50 people, divide by 2
To serve 25 people, divide by 4





how to make
26
new fillings

QUANTITY
AND
FAMILY SIZE
RECIPES

fillings

make the
sandwich



for lunch boxes

for outdoor eating



HAWAIIAN HAM SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Ground ham	1 cup	1 quart
	Drained crushed pineapple	1/2 cup	2 cups (No. 2 can)
	Brown sugar	1 tablespoon	1/4 cup
	Cloves	1/8 teaspoon	1/2 teaspoon

O'HARA'S SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Corned beef, chopped	1 cup	1 quart
	Chopped onion	1/4 cup	1 cup
	Chopped Kosher pickle	1/4 cup	1 cup
	Tomato juice	1/4 cup	1 cup

TANGY TONGUE SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Sliced tongue	3/4 pound	3 pounds
	Cream cheese, softened	3 oz. package	3/4 pound
	Horseradish	1 tablespoon	1/4 cup

CHEESE PIMIENTO SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Shredded nippy cheese	1 cup	1 quart (1 pound)
	Chopped pimiento	2 tablespoons	1/2 cup
	Salad dressing	2 tablespoons	1/2 cup

EAST COAST SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Frankfurters, thinly sliced	3	12 (1 1/2 lbs.)
	Baked beans	1/2 cup	2 cups (1 lb. can)
	Chopped onion	2 tablespoons	1/2 cup
	Chili sauce	1 tablespoon	1/4 cup

ALL AMERICAN FAVORITE		6 SERVINGS	24 SERVINGS
	Sliced roast beef	3/4 pound	3 pounds
	Sliced sweet onion	1 onion	4 onions

STUDDIED PEANUT BUTTER SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Peanut butter	3/4 cup	3 cups
	Diced crisp bacon	1/4 cup (8 slices)	1 cup (about 1 1/2 lbs.)

for quick 'n' easy snacks

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

		6 SERVINGS	24 SERVINGS			6 SERVINGS	24 SERVINGS
Mix Well	LIVER SAUSAGE SALAD SANDWICH			Mix Well	CREAM CHEESE CRUNCH		
	Liver sausage	1/2 pound	2 pounds		Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
	Chopped celery	1/4 cup	1 cup		Diced crisp bacon	1/4 cup (8 slices)	1 cup
	Chopped sweet pickle	1/4 cup	1 cup		Sliced stuffed olives	1/2 cup	2 cups
	Chopped onion	1 tablespoon	1/4 cup				
	Hard cooked egg, chopped	1	4		CANADIAN DOUBLE DECKER		
	Salad dressing	3 tablespoons	3/4 cup		<i>First Layer—</i>		
					Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)
	TASTY TREAT HAMBURGER				Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1 1/2 pounds)		<i>Second Layer—</i>		
	Ground beef	3/4 pound	3 pounds		Fried Canadian bacon	6 slices	24 slices (1 1/2 pounds)
	Chopped onion	1/4 cup	1 cup				
	Chili sauce	2 tablespoons	1/2 cup				
	Worcestershire sauce	1/2 teaspoon	2 teaspoons		CHAMPION TWO STORY		
	Salt and pepper to taste				<i>First Layer—</i>		
					Sliced cooked chicken	1/2 pound	2 pounds
	SPICY HAM SANDWICH				<i>Second Layer—</i>		
	Sliced boiled ham, simmered 15 minutes with:	3/4 pound	3 pounds		Hard cooked eggs, chopped	4	16
	Tomato sauce	1 cup (8-oz. can)	1 quart		Chopped celery	2 tablespoons	1/2 cup
	Cloves	1/8 teaspoon	1/2 teaspoon		Chopped olives	2 tablespoons	1/2 cup
					Chopped sweet pickle	1 tablespoon	1/4 cup
					Salad dressing	2 tablespoons	1/2 cup
					Prepared mustard	2 teaspoons	3 tablespoons



FOR SMALL FRY

		6 SERVINGS	24 SERVINGS			6 SERVINGS	24 SERVINGS
Mix Well	BANANA PEANUT BUTTER WINNER			Mix Well	CHICKEN WALDORF SANDWICH		
	Peanut butter	3/4 cup	3 cups		Cooked, diced chicken	1 cup	1 quart
	Banana, sliced	3 medium	12 medium		Chopped celery	1/2 cup	2 cups
	SUNSHINE SPECIAL				Chopped apple	1/2 cup	2 cups
	Chopped dates	1 cup	1 quart		Chopped nuts	1/4 cup	1 cup
	Shredded carrots	1 cup	1 quart		Salad dressing	3 tablespoons	3/4 cup
	Chopped nuts	1/2 cup	2 cups				
	Salad dressing	1/2 cup	2 cups				
	CALIFORNIA DELIGHT						
	Peanut butter	3/4 cup	3 cups				
	Orange juice	1/2 cup	2 cups				
	Shredded orange rind	1 tablespoon	1/4 cup				
	Shredded coconut	1/2 cup	2 cups				
	APPLE CHEESE TOASTY						
	Apple sauce, topped with:	1/2 cup	2 cups				
	American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)				



for hearty lunching

OPEN FACE

Arrange ingredients on buttered bread in order listed. Place under broiler about 10 minutes or until toasted.

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

ROYAL LIVER SAUSAGE SANDWICH	6 SERVINGS	24 SERVINGS
Liver sausage	1/2 pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (1/4 pound)	1 pound (24 slices)
FRANKFURTER CHEESE GRILL		
Frankfurters, sliced lengthwise	6 (about 3/4 pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

SEAFOOD SUPREME	6 SERVINGS	24 SERVINGS
Crabmeat salad:		
Flaked crabmeat	1 cup	1 quart
Chopped green pepper	1/4 cup	1 cup
Salad dressing	3 tablespoons	3/4 cup
Lemon juice	1 tablespoon	1/4 cup
Tomato, sliced	1 medium (6 slices)	4 medium
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

CHEF'S CHICKEN SANDWICH	6 SERVINGS	24 SERVINGS
Sliced cooked chicken	1/2 pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1 1/2 cups	1 1/2 quarts

ROCKY MOUNTAIN SANDWICH	6 SERVINGS	24 SERVINGS
Eggs, scrambled	6	2 dozen
Sausage meat, browned	1/4 pound	1 pound
Chopped onion	1/4 cup	1 cup
Chopped green pepper	1/4 cup	1 cup
Salt and pepper to taste		

BAKED SANDWICHES

HEAVENLY HAMBURGER BAKE	4 Servings	24 Servings
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	1/4 cup
Ground beef	1/2 pound	3 pounds
Chopped onion	1/4 cup	1 1/2 cups
Chopped celery	2 tablespoons	3/4 cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1 1/2 quarts

Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2 1/2 in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350°F.) about 45 minutes.



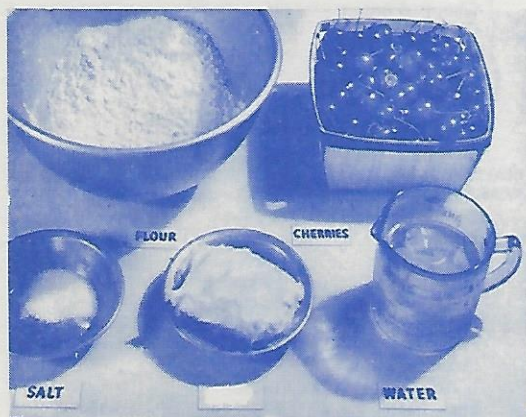
TUNA SOUFFLE SANDWICH	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can)	6 cups (3 13-ounce cans)
Chopped celery	1/4 cup	1 1/2 cups
Chopped green pepper	1/4 cup	1 1/2 cups
Shredded American cheese	1/2 cup	3 cups (3/4 pound)
Eggs, beaten	3	1 1/2 dozen
Milk	1 1/2 cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	1/8 teaspoon	3/4 teaspoon

Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2 1/2 in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.



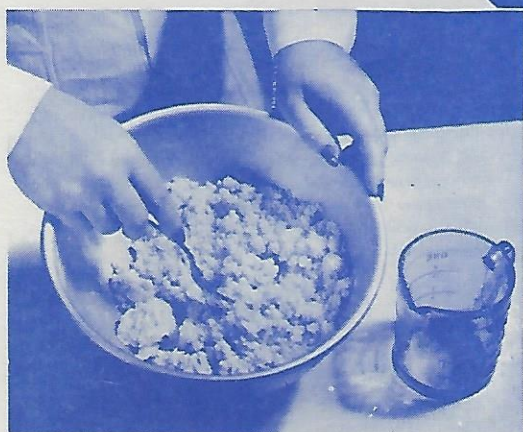
6 Easy Steps

TO THE



1 The ingredients for the perfect pie crust: 1 teaspoon salt, $\frac{2}{3}$ cup vegetable shortening. 2 cups flour, and cold water.

2 Cut shortening into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds together.

Perfect Pie

4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.

6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.



YOU can Reduce --- with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

YOUR DIET

If your Ideal Weight is 105 to 125 pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	½ ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	3 ounces
Vegetable (cooked or salad)	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	7 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—

CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is 125 to 145 pounds:

BREAKFAST

Fruit	3½ ounces
Eggs (boiled or poached)	1
Bacon (Canadian-style, broiled)	1 ounce
Toast	2/3 ounce
Butter	1/6 ounce
Coffee	as desired

LUNCH

Meat (lean)	4 ounces
Vegetable (cooked or salad)	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER

Clear broth	Optional
Meat (lean)	7 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

YOUR DIET

If your Ideal Weight is 145 to 165 pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	2
<i>Bacon (Canadian-style, broiled)</i>	1 ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	5 ounces
<i>Vegetable (cooked)</i>	2 ounces
<i>Salad</i>	3 ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	<i>Optional</i>
<i>Meat (lean)</i>	9 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

HELPFUL INFORMATION

www

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

YOUR DIET

If your Ideal Weight is 165 to 185 pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	2
<i>Bacon (Canadian-style, broiled)</i>	2 ounces
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	6 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	<i>Optional</i>
<i>Meat (lean)</i>	9 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

Age

Height

Weight

Desired Weight

WEIGHT RECORD

Date	Weight	Date	Weight

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.



Suggested Menus For Your Diet



MONDAY

Breakfast
Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple
Milk Tea

Dinner
Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches
Milk Coffee

TUESDAY

Breakfast
Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums
Milk Tea

Dinner
Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears
Milk Coffee



Breakfast
Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee



WEDNESDAY

Breakfast
Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch
Broiled luncheon meats
Seven minute cabbage
Endive Salad
Bread Butter
Grapes
Milk Tea

Dinner
Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple
Milk Coffee



THURSDAY

Breakfast
Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Green peppers stuffed with ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner
Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches
Milk Coffee

SUNDAY

Luncheon or Supper
Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries
Milk Tea

FRIDAY *

Breakfast
Grapefruit juice
Egg in nest on Canadian-style bacon
Toast Butter
Coffee

Lunch
Tongue and spinach
Pickled beet salad
Pumpkinickel Butter
Raspberries
Milk Tea

Dinner
Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon
Milk Coffee

SATURDAY

Breakfast
Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner
Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Apricots
Milk Coffee



Dinner
Consommé
Roast beef
Asparagus tips
Beet and onion salad
Bread Butter
Cherries
Milk Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.



Suggested Menus For Your Diet



MONDAY

Breakfast
Orange juice
Poached egg
Toast
Frizzled dried beef
Coffee

Lunch
Cold roast veal
Stewed tomatoes
Endive salad
Bread
Milk
Grapes
Butter
Tea

Dinner
Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread
Milk
Butter
Broiled grapefruit
Coffee

TUESDAY

Breakfast
Honeydew melon
Soft boiled egg
Broiled Canadian-style bacon
Toast
Coffee

Lunch
Broiled sweetbreads
Broiled tomatoes
Pineapple and cottage cheese
Bread
Milk
Butter
Tea

Dinner
Roast leg of lamb
Brussels sprouts
Bread
Milk
Blueberries
Butter
Coffee



Breakfast
Cantaloupe
Shirred eggs with diced ham
Whole wheat toast
Butter
Coffee



WEDNESDAY

Breakfast
Grapefruit juice
Coddled egg
Toast
Broiled ham slice
Coffee

Lunch
Cold roast lamb
String beans
Bread
Milk
Carrot sticks
Butter
Steamed apple
Tea

Dinner
Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread
Milk
Butter
Sliced peaches
Coffee

THURSDAY

Breakfast
Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch
Assorted cold meats
Pickled beets
Artichoke hearts
Bread
Milk
Pineapple
Butter
Tea

Dinner
Beef pot roast
Whole carrots
Assorted relishes
Bread
Milk
Raspberries
Butter
Coffee

SUNDAY

Luncheon or supper
Broiled frankfurters
Beets
Cole slaw
Bread
Milk
Plums
Butter
Tea

FRIDAY *

Breakfast
Orange juice
Baked egg in Canadian-style bacon cup
Toast
Coffee
Butter

Lunch
Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread
Milk
Grapes
Butter
Tea

Dinner
Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread
Milk
Butter
Watermelon
Coffee

SATURDAY

Breakfast
Tomato juice
Soft boiled eggs
Broiled Canadian-style bacon
Whole wheat toast
Coffee

Lunch
Broiled kidney
Diced carrots
Mixed vegetable salad
Bread
Milk
Cherries
Butter
Tea

Dinner
Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread
Milk
grapefruit
Butter
Coffee



Dinner
Clear vegetable soup
Rolled shoulder of veal
Baked eggplant
Celery curls
Bread
Milk
Radish roses
Strawberries
Butter
Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories	Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
MEAT					FISH				
Beef					Bass	4	1 sm. fish	27.3	113
Corned	4	2 sl. 7" x 2" x 1/4"	19.0	346	Clams	3 1/2	5 med.	12.3	77
Pot Roasts					Cod	3 1/2	Pc. 4" x 2 1/4" x 3/4"	16.5	70
Chuck	4	Pc. 2 1/2" x 2" x 1 1/4"	22.3	262	Crab, canned	3	3/4 c.	16.1	94
Round	4	Pc. 3 1/2" x 2 1/2" x 1 1/4"	23.2	233	Finnan haddie	3 1/2	3/4 c.	23.2	96
Shank	4	Pc. 3 1/4" x 2 1/2" x 1 1/4"	24.4	194	Flounder	3 1/2	Pc. 4" x 3" x 3/4"	19.0	79
Roasts					Haddock	3 1/2	Pc. 3 1/2" x 3" x 3/4"	17.2	72
Chuck	4	Sl. 4" x 3 1/2" x 1 1/4"	22.3	262	Halibut	4	Pc. 4" x 3" x 1 1/2"	20.4	133
Loin	4	Sl. 5 1/2" x 3" x 1 1/2"	20.3	352	Herring, fresh	4	1 fish 7" lg.	22.8	163
Rib	4	Sl. 5 1/2" x 3" x 1 1/2"	20.9	332	Lobster				
Round	4	Sl. 5" x 3 1/2" x 1 1/4"	23.2	233	Canned	3	1/2 c.	15.6	74
Steaks					Fresh	2 1/2	1 av.	12.2	63
Club, T-bone,					Mackerel	2 1/2	1/4 fish 7" lg.	14.3	119
porterhouse,					Oysters	3 1/2	5 med.	6.0	50
sirloin	4	Pc. 4 1/4" x 2" x 1"	20.3	352	Perch	4	2 fish 4 1/2" lg.	23.4	102
Flank	4	Pc. 3" x 2 3/4" x 3/4"	23.9	181	Salmon				
Rib	4	Pc. 5" x 3 1/2" x 1 1/2"	20.9	332	Canned	3 1/2	2/3 c.	24.7	203
Round	4	Pc. 3" x 3" x 1 1/4"	23.2	233	Fresh	3	Pc. 2 1/2" x 2 1/2" x 7/8"	15.7	196
Stews					Shrimps, can'd	2	3/8 c. or 12 pc. 1" dia.	10.7	49
Chuck	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	22.3	262	Trout	3	Pc. 6" lg.	16.1	80
Shank	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	24.4	194	White fish	4	Pc. 3 1/4" x 3" x 1 1/2"	25.2	165
Stew meat					MILK AND DAIRY PRODUCTS				
(av.)	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	19.0	400	Butter	1 1/2		.1	73
Lamb					Cheese, cottage	2	1/4 c.	9.6	51
Chops					Cream, coffee	1 1/2	1 T.	.4	29
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421					
Shoulder	4	Pc. 4" x 3" x 5/8"	18.7	348					
Roasts									
Leg	4	Sl. 4" x 3" x 1 1/2"	21.6	276					
Shoulder	4	Sl. 5" x 3" x 1 1/2"	18.7	348					
Pork, fresh									
Chops and steaks									
Leg (ham)	4	Pc. 3 1/4" x 3" x 1 1/2"	18.2	408					
Loin	4	Chop 3/4" th.	19.7	349					
Shoulder	4	Pc. 4 1/2" x 3 1/2" x 3/4"	16.1	464					
Roasts									
Boston butt	4	Sl. 4 1/2" x 3 1/2" x 3/8"	19.9	327					
Loin	4	Sl. 3 1/4" th.	19.7	349					
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172					
Pork, cured									
Bacon, Cana-									
dian style	1	Sl. 2 1/4" dia. x 3/16" th.	6.6	68					
Ham (boiled)	2	Sl. 4 1/4" x 4" x 1/8"	10.6	147					
Veal									
Chops									
Loin	4	Chop 5/8" th.	23.0	211					
Rib	4	Chop 3/4" th.	22.6	241					
Roasts									
Leg	4	Sl. 4" x 2 1/2" x 1 1/2"	22.9	223					
Loin	4	Sl. 4" x 2 1/2" x 1 1/2"	23.0	211					
Rib	4	Sl. 4" x 2 1/2" x 1 1/2"	22.6	241					
Shoulder	4	Sl. 5" x 3" x 1 1/2"	23.3	202					
Steaks									
Cutlet (round)	4	Pc. 4" x 2 1/4" x 1 1/2"	23.4	191					
Shoulder	4	Pc. 5" x 3" x 1 1/2"	23.3	202					
Sirloin	4	Pc. 4" x 2 1/2" x 1 1/2"	23.0	211					
Stew (breast)	4	4 pc. 2 1/2" x 1" x 1"	22.0	271					
Variety Meats									
Brains (beef)	4	2 pc. 2 1/2" x 1 1/2" x 1"	12.6	152					
Heart (av.)	4	1/2 ht. 3" dia. x 3 1/2" lg.	19.7	157					
Kidney (av.)	4	3 sl. 3 1/4" x 2 1/2" x 1 1/4"	20.0	164					
Liver									
Beef	3	2 sl. 3" x 2 1/2" x 3/8"	17.7	119					
Lamb	3	2 sl. 3 1/2" x 2" x 3/8"	18.9	118					
Pork	3	2 sl. 3 1/2" x 2" x 3/8"	17.7	116					
Veal	3	2 sl. 3" x 2 1/2" x 3/8"	17.1	122					
Sweetbread	4	Pc. 4" x 3" x 3/4"	18.2	216					
Tongue	3	3 sl. 3" x 2" x 1/4"	15.7	194					
Sausages and Cooked Specialties									
Bologna	1	Sl. 4 1/2" dia. x 1 1/8" th.	4.4	65					
Frankfurter	2	2 5/8" lg. x 3/4" dia.	9.1	121					
Liver sausage	1	Sl. 3" dia. x 1/4" th.	5.0	77					
Luncheon meat	1	Sl. 4" x 3 1/2" x 1/8"	4.6	81					
Vienna sausage	1	2 pc. 2" lg. x 3/4" dia.	5.8	76					
POULTRY									
Chicken									
Liver	3	4 av.	19.9	122					
Roast									
Breast	3	1/2 breast	21.0	110					
Leg	2 1/2	1 av.	14.7	88					
Thigh	2 1/2	1 av.	15.8	95					
Wing	1	1 av.	7.0	37					
Stewed									
Dark meat	3 1/2	1/2 c. (diced)	23.1	139					
Light meat	3	1/2 c. (diced)	20.3	106					
Turkey									
Roast									
Dark meat	3 1/2	Sl. 4" x 3" x 1 1/2"	23.2	177					
Light meat	3 1/2	Sl. 4" x 3" x 1 1/2"	24.5	139					

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults
(Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

Height		Weight	
Ft.	In.	15-19	20-24
4	11	111	117
5	0	113	119
5	1	115	121
5	2	118	124
5	3	121	127
5	4	124	131
5	5	128	135
5	6	132	139
5	7	136	142
5	8	140	146
5	9	144	150
5	10	148	154
5	11	153	158
6	0	158	163
6	1	163	168
6	2	168	173
6	3	173	178

Height		Weight	
Ft.	In.	15-19	20-24
4	11	110	113
5	0	112	115
5	1	114	117
5	2	117	120
5	3	120	123
5	4	123	126
5	5	126	129
5	6	130	133
5	7	134	137
5	8	138	141
5	9	141	145
5	10	145	149
5	11	150	153
6	0	155	157