

Weekly Menu Suggestions for One or Two

This publication contains suggested menus for four weeks using economical, nutritious foods. It shows how you can have good meals for less money. The menus are planned for a small household, one or two adults who are at home for the noon meal. The noon meal is planned as the heaviest meal. If you prefer your heavy meal in the evening, you can make this adjustment.

You'll find the recipes for many of the easy, money-saving dishes used in the menus. Most of the recipes serve two to four people. Recipes for large amounts are followed by suggestions for storing the extra food. The leftovers are incorporated into later meals.

After using these ideas, you'll see how helpful a week's menu and a shopping list can be. Planning your meals ahead allows you to eat better for less money. Planning helps you take advantage of specials, turn leftovers into plannedovers, and make out a complete shopping list which eliminates many extra and costly visits to the market. It is also possible to see at a glance the entire week's foods and to better manage your time.

You can continue using this menu plan beyond four weeks, using the first week's menu for week five and so on. Or, take these ideas and make your own cycle of menus. But be sure to keep your meals nutritionally balanced. Use the menus in this packet as a pattern; each day is planned to include:

Milk, enough for two servings, including cheese and milk used in recipes as well as the milk beverages. Milk and cheese supply calcium needed for strong bones and other important body functions.

Vegetables and Fruits that will provide four or more servings a day. If the menus are followed, there will be adequate vitamin A and vitamin C. These vitamin needs are met with one good source of vitamin C per day and three to four servings of foods rich in vitamin A per week.

Meat, Poultry, Eggs, Dry Beans, Dry Peas, and Peanut Butter are planned to provide two servings each day from this group. The plant protein is complemented with animal protein. Cheese is also included for protein.

Breads and Cereals, enough for four or more servings a day.

Fats and Sweets in limited amounts.

Save Energy

These menus were designed to help you use your energy more efficiently. Most of the food can be prepared on your surface units, which require less energy than your oven. Some meals contain foods cooked in the oven; however, they are cooked at the same temperature so they can be cooked together. A recipe for skillet corn bread is given so you can have corn bread without heating your oven.

If you own a microwave oven, you can cook many of these recipes in it. Find similar microwave recipes or consult your oven directions for guidelines on converting these recipes.

To Make the Most of Your Food

STORE IT PROPERLY

After shopping for your food, try to go directly home. Perishable foods should be stored as soon as possible.

Chicken

One chicken is divided in these menus to make three or four main dishes. Read through the menus and recipes for each week to know how to divide and package your chicken. Select your favorite pieces to fry or cook whole. The remaining pieces are stewed and the meat and broth used in a variety of dishes.

If you do not plan to use a package of chicken within two days, freeze it.

Ground Beef

Each week's menu uses one pound of ground beef. It is suggested that you use this for three meals. Put half of the ground beef in one package for a recipe that uses ½ pound of beef. Read through the recipes and menus to know how to divide the remaining meat. The meat in these dishes will be extended with other protein foods such as eggs, cheese, milk, dry beans or peas, rice, or pasta.

Packages of ground beef that will not be used within two days should be frozen.

Weiners

One week a package of weiners is used. When you open a package of weiners, be sure to wrap the remaining pieces or place them in a plastic bag to help retain freshness.

SHORT TIME EMERGENCY PACKAGING FOR THE FREEZER

1. Wrap each package of chicken or ground beef in plastic wrap or wax paper.
2. Put each package in a plastic bag or a clean bread bag.
3. Twist the top of the bag, starting at the top of the meat; twist all the way to the end.
4. Bend the top over and fasten with a twister or rubber band.
5. Label the package with name of food and date.
6. Other foods to be frozen may be packaged the same way.

STORE ALL MEATS IN THE COLDEST PART OF REFRIGERATOR

Milk

Nonfat dry milk is less than half the cost of fresh fluid milk. When reconstituted and served very cold, this milk has the same quality and nutritional value as fluid milk.

To make fluid milk last longer as a beverage, mix half fluid milk and half reconstituted nonfat dry milk. Keep it cold.

Use reconstituted nonfat dry milk in all recipes calling for milk. Make cocoa mix from nonfat dry milk crystals for hot cocoa and chocolate milk.

Directions are included for making buttermilk from nonfat dry milk.

Cheese and Eggs

Keep cheese and eggs refrigerated. When cheese is opened, wrap it well and put it in a clean plastic bag.

Bread

Day-old breads will be best if stored in the freezer or refrigerator.

Potatoes, Onions

Examine potatoes and onions when you get home from the market. Throw out any bad ones. Store others in a cool, dry place.

Scrub potatoes well and cook them in the skin to conserve nutrients, unless there are green spots. Always remove green spots before cooking.

Apples, Oranges, and Fresh Vegetables

Open bags and examine fresh fruits. Remove any bad ones. Store fresh fruits and vegetables in the refrigerator to prevent spoiling. Use any bruised ones first.

CHECK THE SHOPPING LIST

A list of all foods needed to prepare the suggested menus is included. Check the items that you have at home to know which ones you need to purchase.

If you have foods that are not included in the menus, substitute them for similar foods, such as one vegetable for another or noodles for macaroni. Buy fresh vegetables when they cost less, such as when they are in season.

When checking your shopping list, read the menu and recipes to look for ways to use similar foods that are on sale. For example, if a recipe calls for ½ pound ground beef and one cup (¼ pound) grated cheese, it may be cheaper to use one pound of ground beef and no cheese when the beef is on sale.

Shop Carefully:

- Always use a shopping list.
- Check the food specials for the week.
- Shop alone.
- Take time to compare prices.
- Shop as few times as possible.
- Don't shop when you are hungry. Everything looks good then, which leads to impulse buying.
- Learn the prices of items you buy and compare prices at different stores.
- Compare brands; store brands and generic brands usually cost less than name brands.

- Use unit pricing tags on the grocery shelves to find the cost per unit, such as cost per ounce. This helps you compare different size packages and different brands to determine the best buy. It may be helpful to carry a small magnifying glass to read some shelf tags.

- Don't be misled by false bargains in meats. It takes a pound of meat with a lot of bone and fat, such as spareribs, soup bones, or chicken wings and backs, to make a single 3-ounce serving of lean meat. You can get two servings from a pound of meat with some bones and three to five servings from boneless cuts and ground meats. Weiners and luncheon meats are convenient but may not be as good a buy as ground beef because their protein content may not be as high.

If Yours Is A Two-Person Household

You can adjust the menus and recipes for two people instead of one. Read through the recipes and menus for each week. You may need to double some recipes; in others, you can use the extra servings that were to be frozen. Then, when these servings appear on later menus, you will need to prepare the food again or select a new dish. There are additional recipes provided for you to choose from. Adjust your shopping list to include the foods needed for these dishes.

To have enough milk and meat needed for two people, buy ½ gallon of milk and 1¼ pounds of ground meat instead of the amounts listed on the shopping lists. To have enough chicken, buy two chickens the first week, one chicken the second, and two the third week. You will also have to buy extra canned fruits and vegetables, and egg purchases will need to be increased.

TO HELP YOU MORE

Read through the menus and recipes for each week. This gives you an overview of the foods you will be preparing. Look for ways to personalize your meals. Substitute a food you like for one you dislike. Be sure it is a similar food so that the meal will still provide adequate nutrition.

When you open a can of vegetables, check the menus to see when it will be used again. If it will not be used within 4 to 5 days, freeze the leftover servings in single serving amounts.

Cook ahead to save time and energy. Most of these recipes freeze well. If you have the extra ingredients on hand or money to buy them, double the recipes and freeze half. This does not take much more time or energy than preparing a single recipe.

Chili and casseroles are good examples of this time-saving technique. Bake enough bread for several meals and warm or toast it when needed. Cook all the rice you will need for the week at one time and store it in the refrigerator. Warm it when needed.

Start a soup pot to save even more money. Place a large plastic container in your freezer or a large glass jar in your refrigerator.

Put all your liquids left from canned and cooked vegetables in this container as well as bones and trimmings from meat and those little dabs of leftovers you don't feel like storing for a later meal. Don't throw away any edible food; mix it together in this container. When you have enough for soup, simmer and add what's needed: a bouillon cube for flavor, tomatoes if you need liquid, or rice, macaroni, or potatoes for bulk. If you cook your soup at least once a week, you can store the container—your soup pot—in your refrigerator; otherwise, keep it in your freezer.

Prepare food from scratch when you have time. It saves money and gives you personal satisfaction. Very few convenience foods have been used in these menus. Directions are given for making white sauce rather than buying creamed soups, which cost more and may be high in sodium.

Use herbs and spices to make low cost meals more interesting. A minimum number have been used in these recipes; you may want to add others that are your favorites.

Check the amount spent on beverages. Milk and milk drinks are the only beverages included in the shopping list. You may need to add coffee and tea (and sugar for these beverages) if you drink them. Water is still the least expensive beverage for meals and is necessary for life.

If you do not drink tea and coffee, remember that carbonated drinks are the most expensive beverage. Canned fruit drinks and juices are more nutritious. Large cans of juice are usually a better buy than small cans and you can freeze the juice that you can't drink in a week. Cold nonfat dry milk makes an excellent, nutritious, inexpensive, between-meal beverage.

CALL YOUR COUNTY EXTENSION OFFICE

They have more information on making it through hard times.

Suggested Menus for First Week

First Day	<p>Breakfast Orange Juice Cheese Grits* Toast/Jelly Coffee</p>	<p>Dinner Fried Chicken Rice English Peas Bread Tea Chocolate Pudding*</p>	<p>Supper Hot Dog and Potato Soup* Carrot Sticks Crackers/Cheese Hot Cocoa*</p>
Second Day	<p>Breakfast Orange Juice Bran Flakes with Milk Egg Toast Coffee</p>	<p>Dinner Broiled Beef Patty* Mashed Potatoes Greens Skillet Corn Bread* Milk Chocolate Pudding*</p>	<p>Supper Vegetable Soup* Skillet Corn Bread* Hot Cocoa* Orange</p>
Third Day	<p>Breakfast Orange Juice Oatmeal with Raisins Cheese Toast Coffee</p>	<p>Dinner Weiner-Mac Dinner* Green Beans Carrot Raisin-Salad* Tea Rice Pudding*</p>	<p>Supper Hot Dog and Potato Soup* Carrot-Raisin Salad* Skillet Corn Bread* Milk</p>
Fourth Day	<p>Breakfast Orange Juice Eggs Grits Toast Hot Cocoa*</p>	<p>Dinner Chicken and Rice* Stewed Tomatoes* Greens Skillet Corn Bread* Tea Chocolate Pudding*</p>	<p>Supper French Cheese Sandwich* Stewed Tomatoes* Hot Cocoa*</p>
Fifth Day	<p>Breakfast Orange Juice Oatmeal with Milk Eggs Toast Coffee</p>	<p>Dinner Beef Vegetable Skillet* Refrigerator Slaw* Bread Tea Orange Sections</p>	<p>Supper Chicken and Rice* Refrigerator Slaw* Hot Cocoa* Apple Wedges</p>
Saturday	<p>Breakfast Orange Juice Cheese Grits* Toast/Jelly Coffee</p>	<p>Dinner Chicken Pot Pie* Corn Refrigerator Slaw* Tea Rice Pudding*</p>	<p>Supper Vegetable Soup* Crackers/Cheese Milk Apple Wedges</p>
Sunday	<p>Breakfast Orange Juice Bran Flakes with Milk Egg Toast Coffee</p>	<p>Dinner Skillet Meat Loaf* Mashed Potatoes Green Beans Apple-Raisin Salad* Tea Rice Pudding*</p>	<p>Supper Meat Loaf Sandwich Apple-Raisin Salad* Hot Cocoa*</p>

Snacks may include apple wedges with peanut butter, oranges, peanut butter and crackers, Chocolate Pudding*, apples, crackers, Chocolate Milk*, Hot Cocoa*, and milk.

*Recipes are included.

Shopping List for First Week's Menus

To prepare the menus for the first week, you will need the following foods in the approximate amounts listed:

Fresh Produce

Apples 1 5-pound bag
Oranges 1 5-pound bag
Potatoes 1 5-pound bag
Onions 3 pounds
Cabbage 2 medium heads
Carrots 1 pound
Celery 1 bunch

Breads and Cereals

Loaf bread 1 16-ounce loaf
Bran flakes 11.5 ounces
Self-rising cornmeal 2 pounds
Self-rising flour 5 pounds
Grits 2 pounds
Oatmeal 12 ounces
Saltine crackers 1 pound
Rice 1 pound
Macaroni and cheese dinner 1 7¼-ounce box

Canned Fruits and Vegetables

Orange juice 1 46-ounce can
English peas 1 16-ounce can
Greens 1 16-ounce can
Corn 1 16-ounce can
Tomatoes 2 16-ounce cans
Green beans 1 16-ounce can

Protein Foods

Ground beef 1 pound
Chicken, whole 1
Weiners 1 package
or 1 6½-ounce can tuna
Eggs 1 dozen
Peanut butter 18 ounces

Dairy Foods

Cheese (cheddar, American) 1 pound
Nonfat dry milk 1 12-quart package
Fluid milk 1 quart

Miscellaneous

Butter or margarine 1 pound
Shortening 3 pounds
Cocoa 8 ounces
Sugar 5 pounds
Chicken bouillon cubes 1 small jar
Raisins 1 pound
Cinnamon 1 can
Mayonnaise 1 pint
Jelly 2 pounds
Vinegar 1 quart
Worcestershire sauce 5 ounces

Optional

Salt pork
Soup bones
Poultry seasoning
Catsup
Macaroni
Buttermilk

Suggested Menus for Second Week

First Day	<p style="text-align: center;">Breakfast</p> <p>Orange Sections Bean Sausage* Grits Biscuits*/ Butter Milk</p>	<p style="text-align: center;">Dinner</p> <p>Broiled Beef Patty* Gravy Mashed Potatoes Greens Carrot-Raisin Salad* Biscuits* Coffee</p>	<p style="text-align: center;">Supper</p> <p>Vegetable Soup** Carrot-Raisin Salad* Crackers/Cheese Milk</p>
Second Day	<p style="text-align: center;">Breakfast</p> <p>Orange Juice Oatmeal with Milk Egg Toasted Biscuits/Jelly Hot Cocoa*</p>	<p style="text-align: center;">Dinner</p> <p>Cream Chicken* Seasoned Rice* Stewed Tomatoes* Skillet Corn Bread* Tea Apple Wedges</p>	<p style="text-align: center;">Supper</p> <p>Cream Chicken Soup* Skillet Corn Bread* Milk Oatmeal Cookies*</p>
Third Day	<p style="text-align: center;">Breakfast</p> <p>Orange Sections Bran Flakes with Milk Egg Toast/Jelly Coffee</p>	<p style="text-align: center;">Dinner</p> <p>Beef Macaroni Dinner* Sweet Potatoes Refrigerator Slaw* Bread Tea Apple Crisp*</p>	<p style="text-align: center;">Supper</p> <p>Vegetable Soup** Apple & Peanut Butter Salad* Skillet Corn Bread* Milk Oatmeal Cookies*</p>
Fourth Day	<p style="text-align: center;">Breakfast</p> <p>Tomato Juice Bean Sausage* Egg Biscuits/Jelly Hot Cocoa*</p>	<p style="text-align: center;">Dinner</p> <p>Smothered Chicken* Boiled Potatoes English Peas Biscuits* Tea Orange Sections</p>	<p style="text-align: center;">Supper</p> <p>Hot Dog & Potato Soup** Apple-Raisin Salad* Toasted Biscuits/Jelly Milk</p>
Fifth Day	<p style="text-align: center;">Breakfast</p> <p>Orange Sections Cheese Grits* Toast/Jelly Milk</p>	<p style="text-align: center;">Dinner</p> <p>Beef & Potato Burgers* Sweet Potatoes Greens Skillet Corn Bread* Tea</p>	<p style="text-align: center;">Supper</p> <p>Vegetable Soup** Crackers/Cheese Hot Cocoa* Apple Wedges</p>
Saturday	<p style="text-align: center;">Breakfast</p> <p>Tomato Juice Oatmeal with Milk Peanut Butter Toast Hot Cocoa*</p>	<p style="text-align: center;">Dinner</p> <p>Beef Macaroni Dinner* Stewed Tomatoes* Refrigerator Slaw* Bread Tea Oatmeal Cookies*</p>	<p style="text-align: center;">Supper</p> <p>Bean Sausage* Sweet Potatoes Bread Milk</p>
Sunday	<p style="text-align: center;">Breakfast</p> <p>Tomato Juice Bran Flakes with Milk Cheese Toast Hot Cocoa*</p>	<p style="text-align: center;">Dinner</p> <p>Chicken & Dressing* Sweet Potatoes English Peas Carrot-Raisin Salad* Tea Apple Crisp*</p>	<p style="text-align: center;">Supper</p> <p>Chicken & Dressing* Carrot-Raisin Salad* Milk Apple Crisp*</p>

Snacks may include Oatmeal Cookies*, apple wedges with peanut butter, cheese and crackers, peanut butter and crackers, carrot sticks, oranges, apples, tomato juice, and Hot Cocoa*

*Recipes are included.

**Food prepared earlier and stored in freezer. Shopping List for Second Week's Menus

Shopping List for Second Week's Menus

To prepare the menus for the second week, you will need the following foods in the approximate amounts listed. Foods that are probably left over from the first week are indicated as being on hand.

Fresh Produce

Carrots 1 pound
Onions 4 medium
Potatoes on hand
Celery on hand
Oranges on hand
Apples on hand

Breads and Cereals

Loaf bread 1 16-ounce loaf
Bran flakes on hand
Self-rising cornmeal on hand
Self-rising flour on hand
Grits on hand
Oatmeal on hand
Rice on hand
Macaroni 1 pound
Saltine crackers on hand

Canned Fruits and Vegetables

Orange juice on hand
Tomato juice 1 46-ounce can
English peas 1 16-ounce can
Greens 1 16-ounce can
Sweet potatoes 1 16-ounce can
Tomatoes 1 16-ounce can

Dairy Foods

Cheese (cheddar, American) ½ pound
Nonfat dry milk on hand
Fluid milk 1 quart

Protein Foods

Ground beef 1 pound
Chicken, whole 1
Eggs 1 dozen
Peanut butter on hand
Dry beans (kidney, pinto, navy) 1 pound

Miscellaneous

Butter or margarine on hand
Shortening on hand
Cocoa on hand
Sugar on hand
Raisins on hand
Vinegar on hand
Cinnamon on hand
Sage or poultry seasoning 1 can
Chicken bouillon cubes on hand
Mayonnaise on hand
Vanilla 1 bottle
Worcestershire sauce on hand

Optional

Celery seed
Nutmeg
Cream of celery soup
Brown sugar
Lemons

Suggested Menus for Third Week

First Day	<p>Breakfast Orange Bean Sausage* Eggs Biscuits* Hot Cocoa*</p>	<p>Dinner Cream Beef Topping* on Rice Greens Refrigerator Slaw* Milk Apple Crisp*</p>	<p>Supper Beef and Potato Burgers* Green Beans Bread Tea</p>
Second Day	<p>Breakfast Orange Sections Cheese Grits* Toast/Jelly Coffee</p>	<p>Dinner Weiner-Mac Dinner** Panned Cabbage* Carrot Sticks Tea Oatmeal Cookies*</p>	<p>Supper Tuna Salad Crackers Milk Sliced Peaches</p>
Third Day	<p>Breakfast Tomato Juice Bran Flakes with Milk Eggs Toast Hot Cocoa*</p>	<p>Dinner Stir-Fry Tuna* Stewed Tomatoes* Bread Tea Sliced Peaches</p>	<p>Supper Hearty Bean Soup* Skillet Corn Bread* Orange Milk</p>
Fourth Day	<p>Breakfast Tomato Juice Bean Sausage* Grits Toast/Jelly Coffee</p>	<p>Dinner Beef Stew* Rice Refrigerator Slaw* Milk Apple Crisp*</p>	<p>Supper French Cheese Sandwich* Green Beans Hot Cocoa*</p>
Fifth Day	<p>Breakfast Orange Bean Sausage* Eggs Toast Coffee</p>	<p>Dinner Chicken Pot Pie** Green Beans Apple-Raisin Salad* Milk</p>	<p>Supper Cream Chicken Soup** English Peas Crackers Tea</p>
Saturday	<p>Breakfast Oatmeal with Raisins Milk Toasted Biscuits/Jelly Hot Cocoa*</p>	<p>Dinner Stir-Fry Tuna* Refrigerator Slaw* Bread Tea</p>	<p>Supper Beef Stew* Stewed Tomatoes* Bread Orange Sections Milk</p>
Sunday	<p>Breakfast Tomato Juice Eggs Grits Toast Milk</p>	<p>Dinner Broiled Beef Patty* Sweet Potatoes Green Beans Biscuits* Tea Sliced Peaches</p>	<p>Supper Hearty Bean Soup* Skillet Corn Bread* Apple Wedges Milk</p>

Snacks may include Oatmeal Cookies*, cheese and crackers, peanut butter and crackers, oranges, apples, tomato juice, and Chocolate Milk*.

*Recipes are included.

**Food prepared earlier and stored in freezer. Shopping List for Second Week's Menus

Shopping List for Third Week's Menus

To prepare the menus for the third week, you will need the following foods in the approximate amounts listed. Foods that are probably left over from the first and second weeks are indicated as being on hand.

Fresh Produce

Apples 1 3- or 5-pound bag
Oranges 1 3- or 5-pound bag
Potatoes 3 medium
Onions 5 medium
Cabbage 1 medium head
Carrots on hand
Celery 1 bunch

Breads and Cereals

Loaf bread on hand
Bran flakes on hand
Self-rising cornmeal on hand
Self-rising flour on hand
Grits on hand
Oatmeal on hand
Saltine crackers 1 pound
Rice 1 pound

Canned Fruits and Vegetables

Tomato juice on hand
English peas on hand
Greens on hand
Tomatoes 2 16-ounce cans
Sweet potatoes on hand
Green beans 1 16-ounce can
Peaches, sliced 1 16-ounce can

Protein Foods

Ground beef 1 pound
Eggs on hand
Beans (kidney, pinto, navy) on hand
Peanut butter on hand
Tuna 1 6½-ounce can
Ham shanks ½ pound

Dairy Foods

Cheese (cheddar, American) on hand
Nonfat dry milk 1 12-quart package
Fluid milk 1 quart

Miscellaneous

Butter or margarine 1 pound
Shortening on hand
Sugar on hand
Chicken bouillon cubes on hand
Raisins on hand
Cinnamon on hand
Mayonnaise on hand
Jelly on hand
Vinegar on hand
Worcestershire sauce on hand
Paprika 1 small can

Optional

Dry roasted peanuts
Soy sauce

Suggested Menus for Fourth Week

First Day	<p>Breakfast Grapefruit Juice Bran Flakes with Milk Egg Toast Coffee</p>	<p>Dinner Cream Chicken** Mashed Potatoes Stewed Tomatoes* Skillet Corn Bread** Tea</p>	<p>Supper Hot Dog and Potato Soup** Carrot Sticks Cheese/Crackers Tea Apple Sauce</p>
Second Day	<p>Breakfast Grapefruit Juice Oatmeal with Milk Cinnamon Toast Milk</p>	<p>Dinner Beef and Potato Burger** Green Beans Carrot-Raisin Salad* Biscuits* Tea</p>	<p>Supper Vegetable Soup** Skillet Corn Bread* Hot Cocoa* Apple Sauce</p>
Third Day	<p>Breakfast Grapefruit Juice Egg Grits Biscuits* Hot Cocoa*</p>	<p>Dinner Hearty Bean Soup** English Peas Carrot Sticks Skillet Corn Bread* Milk Apple Sauce</p>	<p>Supper French Cheese Sandwiches* English Peas Carrot Sticks Hot Cocoa* Orange Sections</p>
Fourth Day	<p>Breakfast Grapefruit Juice Bran Flakes with Milk Egg Toast Coffee</p>	<p>Dinner Weiner-Mac Dinner** Green Beans Buttered Carrots Tea Rice Pudding*</p>	<p>Supper Cinnamon Oatmeal with Raisins Toasted Biscuits/Cheese Hot Cocoa* Apple Wedges</p>
Fifth Day	<p>Breakfast Grapefruit Juice Cheese Grits Toast/Jelly Coffee</p>	<p>Dinner Beef Vegetable Skillet** Refrigerator Slaw* Bread Tea</p>	<p>Supper Hearty Bean Soup** Skillet Corn Bread* Apple Sauce Milk</p>
Saturday	<p>Breakfast Grapefruit Juice Oatmeal with Milk Toasted Biscuits/Jelly Milk</p>	<p>Dinner Chicken Pot Pie** Stewed Tomatoes* Apple Salad* Milk Rice Pudding*</p>	<p>Supper Hot Dog and Potato Soup** English Peas Crackers Tea Orange Sections</p>
Sunday	<p>Breakfast Grapefruit Juice Egg Grits Biscuits*/Jelly Hot Cocoa*</p>	<p>Dinner Skillet Meat Loaf** Mashed Potatoes Green Beans Apple-Raisin Salad* Tea Rice Pudding*</p>	<p>Supper Hearty Bean Soup** Refrigerator Slaw* Crackers Milk Oatmeal Cookies*</p>

Snacks may include apple wedges, orange sections, peanut butter and crackers, Chocolate Milk*, Hot Cocoa*, crackers, and milk.

*Recipes are included.

**Food prepared earlier and stored in freezer. Shopping List for Second Week's Menus

Shopping List for Fourth Week's Menus

To prepare the menus for the fourth week, you will need the following foods in the approximate amounts listed. Foods that are probably left over from the first three weeks are indicated as being on hand.

Fresh Produce

Apples on hand
Oranges on hand
Potatoes 2 medium
Onions 1 small
Carrots 1 pound
Celery on hand

Breads and Cereals

Loaf bread 1 16-ounce loaf
Bran flakes on hand
Self-rising cornmeal on hand
Self-rising flour on hand
Grits on hand
Oatmeal on hand
Saltine crackers on hand
Rice on hand

Canned Fruits and Vegetables

Grapefruit juice 1 46-ounce can
English peas 1 16-ounce can
Green beans 1 16-ounce can
Apple sauce 1 15-ounce can

Protein Foods

Eggs 1 dozen

Dairy Foods

Cheese (cheddar, American) ½ pound
Nonfat dry milk on hand
Fluid milk 1 quart

Miscellaneous

Butter or margarine on hand
Shortening on hand
Sugar on hand
Chicken bouillon cubes on hand
Raisins 1 pound
Cinnamon on hand
Mayonnaise on hand
Jelly on hand
Vinegar on hand
Worcestershire sauce on hand
Paprika on hand

Optional

Dry roasted peanuts
Soy sauce

If you live alone and follow this suggested 4-week plan, you should have the following foods left over to use in future menus.

Cupboard

Crackers	½ pound
Flour	1 pound
Grits	½ pound
Oatmeal	2 servings
Shortening	½ pound
Sugar	1 pound
Cocoa	¾ cup
Chicken bouillon	6 cubes
Nonfat dry milk	10 cups
Bran flakes	3 to 4 servings

Mixes

Quick Mix	1 to 2 cups
Cocoa Mix	7 to 8 servings

Refrigerator

Oranges	10 to 12
Apples	5 to 6
Cheese	¼ pound
Celery	2 to 3 stalks

Freezer

Hot Dog and Potato Soup	1 serving
Weiner-Mac Dinner	1 serving
Chicken Pot Pie	1 serving
Hearty Bean Soup	1 serving
Beef Stew	2 servings

Recipes

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Hot Dog and Potato Soup	17
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Smothered Chicken	15
Stir-Fry Tuna	14
Terrific Tuna	17
Top-of-Stove Macaroni and Cheese	17
Vegetable Soup	15
Weiner-Mac Dinner	17
Fruits and Vegetables	
Apple & Peanut Butter Salad	17
Apple-Raisin Salad	17
Carrot-Raisin Salad	18
Panned Cabbage	18
Refrigerator Slaw	18
Stewed Tomatoes	18
Beverages	
Buttermilk	18
Chocolate Milk	18
Cocoa Mix	18
Hot Cocoa	18
Breads and Cereals	
Biscuits	19
Cheese Grits	18
Quick Mix	19
Seasoned Rice	19
Skillet Corn Bread	18
Desserts	
Apple Crisp	19
Banana Pudding	20
Basic Pudding Mix	20
Chocolate Pudding	19
Oatmeal Cookies	20
Orange Pudding	20
Rice Pudding	19
Vanilla Pudding	20

Main Dishes

Beef Macaroni Dinner

¼ teaspoon salt
¼ teaspoon melted shortening
2 cups water
¾ cup uncooked elbow macaroni
2 tablespoons butter or margarine
½ small onion, chopped
¼ pound ground beef
¾ cup Celery Sauce* (below)
½ cup water
⅛ teaspoon salt
¼ cup grated cheese
3 tablespoons dry bread crumbs

Add salt and melted shortening to 2 cups water in a large saucepan. Bring water to a boil. Add macaroni gradually to boiling water so that boiling does not stop. Leave the pan uncovered. Stir occasionally to keep from sticking. Cook until just tender. While macaroni cooks, prepare rest of recipe.

Melt butter in a skillet. Add onions and cook over medium heat until tender but not brown. Add ground beef and cook until brown, stirring as it cooks. Add Celery Sauce, ½ cup water, and ½ teaspoon salt. Stir well and remove from heat. Drain macaroni, add it to skillet, and stir. Cover. Turn heat to low and cook for 10 to 15 minutes, stirring occasionally. Mix cheese with bread crumbs and sprinkle over top. Cover and continue cooking until cheese melts and forms a topping. *Makes 2 servings.*

CELERY SAUCE

1½ tablespoons butter or margarine
3 tablespoons celery, finely chopped
1½ tablespoons flour
¾ cup milk

Melt butter in saucepan. Add chopped celery and cook over medium heat until tender but not brown, stirring occasionally. Add flour and stir until a smooth mixture is formed. Add milk gradually, stirring as you add. Cook until thickened, stirring constantly.

Makes ¾ cup.

STORING LEFTOVERS: Refrigerate remaining casserole for a later meal.

*You can use ½ of a 10¾-ounce can of cream of celery soup in place of sauce. Use the remaining soup in Chicken and Dressing.

Chicken and Dressing

3 cups bread crumbs (corn bread, biscuits, or loaf bread)
½ cup chopped celery
1 small onion, chopped
½ teaspoon poultry seasoning or sage
½ teaspoon salt
Dash of pepper
¾ cup chicken broth*
¾ cup cooked chicken, chopped*
¾ cups Chicken Sauce** (below)
½ cup milk

Put bread crumbs, celery, onion, poultry seasoning, salt, and pepper in a bowl. Mix well. Add chicken broth and stir. Pour into greased baking pan. Spread chicken over top. Mix Chicken Sauce with milk and pour over chicken. Bake at 375°F. for 20 to 25 minutes. *Makes 2 servings.*

CHICKEN SAUCE

1 tablespoon butter or margarine
3 tablespoons celery, finely chopped
1 tablespoon flour
1 chicken bouillon cube
¾ cup hot water

Melt butter in saucepan. Add celery and cook over medium heat until tender but not brown, stirring occasionally. Add flour and stir. Dissolve bouillon cube in hot water. Add bouillon gradually to flour mixture, stirring as you add. Cook until thickened, stirring constantly. *Makes ¾ cup.*

STORING LEFTOVERS: Package and freeze remaining serving for another meal.

*See Stewed Chicken, page 15.

**You can use ½ of a 10¾-ounce can of cream of celery soup in place of sauce. Use the remaining soup with Beef Macaroni Dinner.

Skillet Meat Loaf

½ pound ground beef
¼ cup uncooked rolled oats
¼ cup nonfat dry milk crystals
1 egg, beaten
½ onion, chopped
2 tablespoons catsup (optional)
½ teaspoon salt
Dash of pepper
¼ cup water

Combine ground beef, rolled oats, dry milk, egg, onion, catsup, salt, and pepper. Mix together well. Shape into three small loaves. Wrap and freeze one loaf for later. Place two loaves in a heavy skillet. Pour ¼ cup water in skillet, cover, and cook on low heat for 30 minutes. Turn loaves over, cover, and cook another 30 minutes or until done. *Makes 3 loaves.*

STORING LEFTOVERS: Refrigerate leftovers to make meat loaf sandwich for supper.

Beef and Potato Burgers

1 small potato
½ onion, chopped
½ pound ground beef
½ teaspoon salt
1 tablespoon shortening
1 cup tomatoes
1 tablespoon flour
1 tablespoon cold water
Salt and pepper to taste

Wash and peel potato and grate it on coarse side of grater. Combine potato, onion, and ground beef in bowl. Add salt and mix well. Shape into patties. Melt shortening in a skillet and heat. Turn heat to medium and add patties. Brown, turn, and brown other side. Add tomatoes. Cover, turn heat to low, and cook 15 to 20 minutes. Remove patties from skillet; cover and keep them hot. Mix flour and cold water to make a smooth paste. Add to hot tomato mixture, stirring as you add. Cook until thick, stirring as it cooks. Season to taste. Pour tomato gravy over burgers or serve separately. *Makes 3 servings.*

STORING LEFTOVERS: Wrap remaining burgers and freeze for later meal.

Broiled Beef Patty

Shape ¼ pound ground beef into one large or two small patties. Heat a heavy skillet over medium heat until warm. Place meat in skillet, brown on one side, turn, and continue cooking until done. Spoon off excess grease as it collects in skillet. Do not add oil unless meat is extra lean. Season and serve hot.

Makes 1 serving.

Cream Beef Topping

1 tablespoon fat
½ onion, chopped
¼ cup chopped celery (optional)
¼ pound ground beef
¼ cup nonfat dry milk crystals
1½ tablespoons flour
¾ cup hot water
½ teaspoon worcestershire sauce (optional)
Salt and pepper to taste

Melt fat in skillet. Add onions and celery and cook over medium heat until tender but not brown, stirring occasionally. Add ground beef and cook over medium heat until brown, stirring as it cooks. Combine dry milk crystals and flour and add to meat mixture. Stir until evenly blended. Add hot water, worcestershire sauce, and pepper; stir well. Turn heat to low and cook until mixture thickens, stirring as it cooks. Serve over rice, baked potatoes, or noodles. *Makes 2 servings.*

STORING LEFTOVERS: Refrigerate leftover serving for use later in the week.

Stir-Fry Tuna

Half of a 6½-ounce can of tuna*
2 tablespoons vegetable oil or melted fat
¼ cup thinly sliced onion
¼ cup diced celery (optional)
1 cup leftover cooked vegetables (combine peas, carrots, corn, lima beans, or green beans)
1½ cups cooked rice
2 tablespoons dry roasted salted peanuts (optional)
Soy sauce or worcestershire sauce

Drain and flake tuna. Put oil in wok or skillet and heat until bubbly but not smoking. Add onions and stir-fry 1 minute. Push onions up on the sides. Add celery and stir-fry 1 minute. Push aside. Add mixed vegetables. Stir and toss for 2 minutes. Push this aside. Add rice and stir-fry 5 minutes. Add tuna and peanuts. Stir all food together and stir-fry for 3 to 4 minutes or until hot. Serve in warm serving dish with soy sauce. *Makes 2 or 3 servings.*

STORING LEFTOVERS: Refrigerate leftovers for another meal.

*1 cup cooked chicken, pork, or ham may be used or half of a 6½-ounce can of crab meat. If using crab, drain and flake meat.

Cream Chicken

2 tablespoons butter or margarine
¼ cup chopped celery
½ onion, chopped
2 tablespoons flour
1 cup chicken broth*
½ cup (or more) chopped cooked chicken**
½ cup English peas, drained
½ cup sliced cooked carrots, drained
Salt and pepper to taste
1 hard-cooked egg, chopped (optional)

Melt butter in a skillet or saucepan. Add celery and onion. Cook over medium heat until tender, stirring occasionally. Add flour and stir to make a smooth mixture. Gradually add broth, stirring as you add. Cook until thickened, stirring constantly. Add chicken, peas, and carrots and stir. Season to taste. Turn heat to low and cook 10 minutes, stirring occasionally. Serve over Seasoned Rice (p. 19). Garnish with egg. *Makes 3 to 4 servings.*

STORING LEFTOVERS: Use 1 cup for dinner. Refrigerate ¾ cup for soup for supper. Divide remainder and freeze for later meals.

*If you do not have 1 full cup of broth, add enough milk or liquid from peas to make 1 cup.

**See Stewed Chicken, page 15.

Cream Chicken Soup

½ cup milk
¾ cup Cream Chicken (above)

Combine milk and cream chicken in a saucepan stirring until well blended. Cook over medium heat until hot, stirring occasionally. Add more milk if soup is too thick. *Makes 1 serving.*

Directions for Stewing Chicken

3 pounds chicken, cut into pieces (take out any pieces you need for other recipes.)

Salt to taste

½ teaspoon poultry seasoning (optional)

1 onion, chopped

Place all ingredients in a deep pot. Add enough water to almost cover the chicken pieces. Bring to a boil, cover pot, and cook over low heat until the chicken is tender, 30 to 45 minutes.

Remove chicken from broth and allow to cool enough to handle. Skin chicken, remove meat from bones, and chop. Divide chicken into packages according to the main dish recipes you will be using it for. Store in covered containers. Divide broth equally in two containers. Cover and refrigerate.

Smothered Chicken

¼ cup flour

½ teaspoon salt

2 pieces chicken

2 tablespoons fat

½ cup water

½ cup nonfat dry milk crystals

Combine flour and salt in a small dish. Roll chicken in flour. Melt fat in skillet. Add chicken to hot fat. Turn heat to medium. Brown chicken, turning to brown all sides. Remove skillet from heat. Take chicken out. Add water and milk and stir until well mixed. Return chicken to skillet. Cover and cook on low heat for about 30 minutes or until tender. Add more water if necessary. *Makes 1 serving.*

Bean Sausage

1 cup cooked dry beans, drained and mashed

¾ cup soft bread crumbs

1 egg, beaten

¼ cup milk

½ teaspoon salt

½ teaspoon pepper

¾ teaspoon powdered sage*

Flour

1 tablespoon shortening

Combine mashed beans with bread crumbs and mix thoroughly. Combine beaten egg and milk and add to bean mixture. Stir until well mixed. Add salt, pepper, and powdered sage. Stir until thoroughly mixed. Shape mixture into patties. Roll in flour for a light coating; dust off extra. Melt shortening in skillet. Turn heat to medium and add patties. Cook until brown; turn and brown other side. Drain on absorbent paper. *Makes 3 medium or 6 small patties.*

STORING LEFTOVERS: Wrap and refrigerate remaining patties for two later meals.

*Poultry seasoning may be used.

Hearty Bean Soup

½ pound dried beans (lima, navy, pinto)

½ pound meaty ham shanks

1½ cups chicken broth (or 2 chicken bouillon cubes in 1½ cups hot water)

1 16-ounce can tomatoes

⅓ teaspoon pepper

⅓ teaspoon paprika

½ cup chopped onion

1 cup water

Sort beans and wash; cover with water, bring to a boil, and boil 2 minutes. Cover pan and let stand for 1 hour or overnight if more convenient. Drain. Place ham shanks, chicken broth, tomatoes, pepper, paprika, onion, and water in a large pot. Add beans and bring to a boil. Turn heat to low; cover and simmer 1½ hours. Remove ham shanks from soup and cut lean meat in small pieces. Discard fatty portion and return lean meat to soup. *Makes 6 cups.*

STORING LEFTOVERS: Divide remaining soup into individual portions and freeze for later use.

Vegetable Soup

4 chopped onions

1 16-ounce can tomatoes

1 medium cabbage, chopped

1 cup green beans

½ cup English peas

1 chicken bouillon cube, dissolved in ¼ cup water

Salt and pepper to taste

Place all ingredients in a heavy pot (4 quart). Cook on high heat for 5 minutes. Reduce heat to medium. Simmer until done. Serve hot. *Makes 6 servings.*

OPTIONS: Leftover vegetables, 2 chopped potatoes, chopped green peppers, celery, corn.

STORING LEFTOVERS: Refrigerate enough soup for supper on two nights. Divide remaining soup into servings and freeze to use later.

French Cheese Sandwich

1 egg, slightly beaten

¼ cup milk

Dash of salt

1 slice cheese

2 slices bread

Margarine for frying

Beat egg, milk, and salt together. Put cheese slice between two pieces of bread as for a cheese sandwich. Place 1 tablespoon of fat in a hot fry pan; turn heat to low. Dip cheese sandwich in egg mixture, covering completely. Fry each sandwich in hot fat, browning both sides. *Makes 1 sandwich.*

Beef Stew

½ pound ground beef
1½ cups water
1 teaspoon salt
3 potatoes, cut into chunks
1 onion, chopped
2 carrots, sliced

Shape ground beef into one large pattie in a pot. Brown for 2 to 3 minutes on one side. Break into large chunks and continue cooking and stirring until meat is brown. Turn heat to low, add water, salt, potatoes, onion, and carrots. Simmer covered for 25 minutes or until vegetables are tender. *Makes 4 servings.*

STORING LEFTOVERS: Use one serving today and refrigerate one for later in the week. Freeze the other servings in individual portions for use later.

Beef Vegetable Skillet

¼ pound ground beef
½ teaspoon salt
Pepper to taste
1 medium onion, chopped
1 cup tomatoes
1 cup creamed corn
1 tablespoon worcestershire sauce (optional)
2 medium potatoes, cooked and sliced
(you want firm slices, so don't overcook potatoes)
½ cup shredded cheese (optional)

In large skillet, brown meat; season with salt and pepper. Add onions; cook until tender, about 5 minutes. Add tomatoes, corn, and worcestershire sauce; bring to a boil. Turn heat to low, add potatoes, mix well, and simmer 10 minutes. Sprinkle cheese on top. Cover and hold for 5 minutes or until cheese melts. *Makes 2 servings.*

STORING LEFTOVERS: Enjoy one serving today. Freeze remainder for a later meal.

Chili

2 tablespoons fat
3 small onions, chopped
½ pound ground beef
1 teaspoon salt
1½ teaspoons chili powder
Dash of pepper
1 16-ounce can tomatoes
3 cups cooked dry beans (red, kidney, pinto), drained

Heat fat and onions in skillet. Add beef. Cook until meat is brown, stirring as it cooks. Drain excess fat. Add salt, chili powder, and pepper. Stir. Add tomatoes and beans. Stir well. Turn heat to low. Cover. Cook 20 to 30 minutes, stirring occasionally. *Makes 4 servings.*

STORING LEFTOVERS: Package remainder in single servings and freeze for later use.

Chicken Pot Pie

FILLING:

3 tablespoons chicken fat, butter, or margarine
¼ cup flour
1¼ cups chicken broth*
1 cup milk
½ teaspoon salt
⅓ teaspoon pepper
¼ teaspoon poultry seasoning, if desired
1½ cups cooked chicken, diced*
2 cups cooked peas and carrots
Biscuits for top crust (below)

Melt fat for the filling in a saucepan; blend in flour. Add broth, milk, and seasonings. Cook, stirring constantly until thickened. Add chicken and vegetables; heat thoroughly.

Pour filling into an 8-inch square pan or a casserole dish at least 3 inches deep; spoon batter for drop biscuits on top. Bake at 400°F. for 30 minutes or until browned. *Makes 4 servings.*

Drop Biscuits for Top Crust

2 cups Quick Mix**
⅔ cup water

Add water to Quick Mix. Mix until flour is moistened; beat 30 seconds. Spoon batter onto hot filling. Bake as directed.

STORING LEFTOVERS: Enjoy one serving today. Divide remainder into three servings. Freeze separately for later meals.

*See Stewed Chicken, page 15.

**Recipe on page 19. Any drop biscuit recipe may be used.

Single Pot Pies

If you have single serving casserole dishes or small foil pans, you may wish to divide the pot pie filling before baking. Top one with single topping (below). Cook 20 minutes at 375°F. Freeze remaining three servings. When ready to serve, thaw in refrigerator. Top with biscuits and bake 20 minutes at 375°F. Or, bake from frozen state for 20 minutes at 375°F. Spoon biscuits on top and bake an additional 12 minutes.

SINGLE BISCUIT TOPPING

½ cup Quick Mix (page 19)
1½ tablespoons water

Mix until flour is moistened; beat 30 seconds. Use as directed.

Chicken and Rice

Chicken broth*
¾ cup uncooked rice
½ to ¾ cup chopped cooked chicken*
Salt to taste

Measure broth and pour into a pot; add enough water to the broth to make 1½ cups of liquid. Bring to a boil; add rice slowly while stirring. Turn heat to low, cover, and cook 20 minutes. Add chicken. Cook mixture on low heat until chicken is heated through, 5 to 10 minutes. Add salt if necessary.

Makes 2 servings.

STORING LEFTOVERS: Package and freeze for later use.

*See Stewed Chicken, page 15.

Terrific Tuna

¼ cup butter or margarine
¼ cup chopped onion
¼ cup flour
⅔ cup nonfat dry milk crystals
1¼ cups water
8 ounces macaroni or noodles, cooked
1 16-ounce can English peas, undrained
1 6½-ounce can tuna
½ cup mayonnaise
1 cup grated cheese
Salt and pepper to taste

Melt butter in skillet, add onions, and cook over medium heat until tender, stirring occasionally. Remove from heat. Add flour and dry milk and stir until evenly blended. Add water and stir until the mixture is smooth. Return to heat and cook until thick, stirring constantly. Add cooked noodles, peas with liquid, and tuna. Stir until evenly mixed. Turn heat to low; cover and cook 10 minutes, stirring occasionally. Add mayonnaise and grated cheese and stir. Season to taste with salt and pepper. Continue cooking for 5 minutes, stirring occasionally. *Makes 4 servings.*

STORING LEFTOVERS: Package leftovers in single servings and freeze for later use.

Top-of-Stove Macaroni and Cheese

3 cups water
1 teaspoon salt
1½ cups uncooked macaroni
⅓ cup dry milk crystals
2 tablespoons flour
1 cup grated cheese

Put water and salt in a saucepan and bring to a boil. Add macaroni a little at a time so water does not stop boiling. Return water to rolling boil; turn heat to medium and boil gently for 10 minutes. Turn heat to low. Mix dry milk and flour. Stir into hot mixture. Add cheese. Cover and cook 10 minutes.

Makes 4 servings.

Hot Dog* and Potato Soup

3 medium potatoes
1 large onion, chopped
1 teaspoon salt
2 cups water
⅔ cup nonfat dry milk crystals
2 cups water
3 weiners, cut into thin slices

Scrub potatoes thoroughly and dice. Place potatoes, onion, salt, and two cups of water in a large pot. Cover, cook until potatoes are soft, stirring occasionally. Remove pot from stove; partially mash potatoes in cooking water. Add dry milk crystals and two cups water to potatoes, stirring as you add. Add chopped weiners to mixture. Stir and heat thoroughly. Do not boil. Serve hot. Season with black pepper if desired. *Makes 6 servings.*

STORING LEFTOVERS: Refrigerate enough soup for supper one night later in the week. Divide remaining soup into two or three servings; package, label, and freeze for later use.

*Omit weiners if you wish. Make potato soup and serve ½ can of tuna as a side dish.

Weiner-Mac Dinner

1 7¼-ounce package boxed macaroni and cheese dinner*
5 to 7 weiners, cut into 8 pieces each**
3 hard-cooked eggs, chopped

Prepare dinner as directed on package. Stir in weiners and eggs. Heat thoroughly, stirring occasionally. Garnish with hard-cooked egg slices if desired.

Makes 4 servings.

STORING LEFTOVERS: Divide dinner into four servings. Enjoy one and freeze remaining three in separate containers for later meals. It would be better to remove the egg whites from the servings to be frozen because they become tough after freezing.

*If packaged dinner is not available, use Top-of-Stove Macaroni and Cheese, left column.

**Or use half of a 6½-ounce can of tuna.

Fruits and Vegetables

Apple-Raisin Salad

Combine cubed apples, raisins, chopped celery, and enough mayonnaise to moisten. Chopped peanuts or sliced bananas may be used in place of raisins.

Apple and Peanut Butter Salad

Wash and core an apple. Cut it in 4 or 5 slices. Spread each slice with peanut butter. Cut each slice in 4 pieces. Serve as a salad with or without lettuce.

Refrigerator Slaw

1 small or $\frac{3}{4}$ medium cabbage, shredded
1 tablespoon salt
1 stalk celery, chopped (optional)
1 large onion, chopped
1 $\frac{3}{4}$ cups sugar
 $\frac{3}{4}$ cup water
 $\frac{3}{4}$ cup vinegar
1 teaspoon celery seed (optional)

Mix together cabbage and salt and let stand 1 hour. Add celery and onion; stir well and let stand 20 minutes. Drain well. Mix sugar, water, vinegar, and celery seed in a saucepan. Bring to a boil and pour over cabbage mixture. Toss well. Cool. Cover and refrigerate several hours before serving. *Makes 4 to 5 servings.*

STORING LEFTOVERS: Will keep for 2 weeks in refrigerator.

Stewed Tomatoes

1 cup tomatoes
 $\frac{1}{4}$ teaspoon salt
Dash of pepper
1 tablespoon sugar
 $\frac{1}{4}$ onion, chopped
 $\frac{1}{2}$ cup soft bread crumbs
1 tablespoon butter or margarine

Combine all ingredients in a saucepan. Cook over medium heat for 15 to 20 minutes. Stir occasionally. *Makes 2 servings.*

STORING LEFTOVERS: Refrigerate remainder for later use.

Panned Cabbage

$\frac{1}{4}$ medium head cabbage
2 teaspoons butter, margarine, or drippings
Salt to taste.

Wash and finely shred cabbage. Heat butter in a skillet. Add cabbage and sprinkle with salt. Cover, turn heat to low, and cook 4 to 8 minutes, stirring occasionally to prevent sticking. *Makes 1 serving.*

Carrot-Raisin Salad

Combine grated raw carrots, raisins, and mayonnaise. Serve with or without lettuce. Chopped celery or crushed pineapple may be added.

Beverages

Cocoa Mix

5 cups nonfat dry milk
1 cup cocoa
1 $\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ teaspoon salt, if desired

Combine all ingredients in a large container. Mix well. Store in a clean container with a tight-fitting lid. *Makes 7 $\frac{1}{2}$ cups of mix.*

Hot Cocoa

Mix $\frac{1}{4}$ cup of Cocoa Mix (left column) with $\frac{1}{4}$ cup of tap water. Stir until well mixed. Finish filling cup with boiling water. Mix well. *Makes 1 cup.*

Chocolate Milk

Mix $\frac{1}{4}$ cup of Cocoa Mix (left column) with $\frac{1}{4}$ cup tap water. Stir until all lumps are gone. Finish filling glass with cold water. Mix well. *Makes 1 glass.*

Buttermilk

$\frac{1}{2}$ cup buttermilk*
3 cups water
1 $\frac{1}{2}$ cups nonfat dry milk

Combine ingredients in a large clean jar or large bowl and stir until well blended. Or put lid on jar and shake. Cover and let milk stand in a warm room until it clabbers. This takes about 10 hours in winter and 5 hours in summer. Keep buttermilk in refrigerator. Save $\frac{1}{2}$ cup and use to make more buttermilk.

Makes 1 quart.

*Buy buttermilk to use the first time. You may use the buttermilk you make for making more buttermilk for 10 to 15 times.

Breads and Cereals

Skillet Corn Bread

$\frac{1}{2}$ cup self-rising flour*
3 tablespoons sugar (optional)
1 $\frac{1}{2}$ cups self-rising cornmeal*
1 egg, beaten
 $\frac{1}{4}$ cups milk
 $\frac{1}{4}$ cup melted fat or oil

Combine dry ingredients in a bowl. Mix egg, milk, and melted fat together; add to dry ingredients. Mix quickly and turn into a well greased heavy cast iron skillet. Cover well and cook over low heat for 25 to 30 minutes until top springs back when you touch it. Turn out on a platter and cut into pie-shaped wedges. *Makes 6 servings.*

For variety, you can add a little chopped onion, $\frac{1}{4}$ to $\frac{1}{2}$ cup browned sausage, or $\frac{1}{4}$ cup shredded cheese.

STORING LEFTOVERS: Wrap leftover corn bread and refrigerate for later meals.

*If using all-purpose or plain flour and plain cornmeal, add 3 teaspoons baking powder and 1 teaspoon salt.

Cheese Grits

Prepare a serving of grits according to directions on package. Stir in $\frac{1}{4}$ cup shredded cheese. Serve. *Makes 1 serving.*

Quick Mix

8 cups self-rising flour
1½ cups nonfat dry milk
1½ cups shortening

Mix flour and dry milk together in a large bowl. Cut shortening into flour mixture with two knives or a pastry blender until mixture resembles small peas. Store the Quick Mix at room temperature in clean dry jars or plastic containers with well fitting lids. Keep tightly covered.
Makes 12 to 14 cups.

Biscuits

2 cups Quick Mix (above)
½ cup water

Carefully stir water into mix to form a stiff dough that can be removed from mixing bowl in a single lump. Place dough on lightly floured surface and knead briefly, using extra flour to keep dough from sticking to fingers or board. Pat or roll dough to ½ inch thickness. Cut with biscuit cutter or glass dipped in flour. Place biscuits on ungreased cookie sheet. Bake at 425° F. until light brown, 10 to 12 minutes.

Makes 12 biscuits.

NOTE: Recipe can be halved, using 1 cup Quick Mix and 2 to 2½ tablespoons water.

STORING LEFTOVERS: Wrap leftover biscuits. Warm or toast for later meals.

Seasoned Rice

1 cup water
1 chicken bouillon cube
½ cup uncooked rice
½ teaspoon melted butter or shortening

Combine water and bouillon in a saucepan. Bring water to a boil. Gradually add rice to rapidly boiling water. Add butter. Bring rice back to boil. Lower heat until water is just bubbling. Cover and cook 20 minutes. Do not stir. Remove from heat and let stand covered 5 to 10 minutes to finish cooking. Fluff rice with a fork.

Makes 2 servings.

STORING LEFTOVERS: Refrigerate remaining rice for a later meal or add to vegetable soup.

Desserts

Chocolate Pudding

½ cup sugar
3 tablespoons flour
Dash of salt
1 cup nonfat dry milk crystals
3 tablespoons cocoa
1 egg, beaten
2 cups water
2 tablespoons margarine

Combine sugar, flour, salt, dry milk, and cocoa in saucepan. Stir until well blended. Combine beaten egg and water. Add egg mixture gradually to dry ingredients, stirring as you add. Continue stirring until thoroughly mixed. Cook over medium heat until thick, stirring constantly. Add margarine and stir until melted. Cover to prevent a tough surface from forming. Chill.

Makes 4 servings.

STORING LEFTOVERS: Will keep 2 to 3 days in the refrigerator.

Rice Pudding

(Top-of-Stove)

2 cups cooked rice
½ cup warm water
1 egg, beaten
1 cup nonfat dry milk crystals
½ cup sugar
½ cup raisins
½ teaspoon cinnamon (optional)

Combine rice, water, and beaten egg in a saucepan. Stir well. Add dry milk crystals and sugar. Stir. Cook over medium heat until hot, stirring occasionally to prevent sticking. Add raisins and cinnamon. Stir. Serve hot or cold.

Makes 3 to 4 servings.

STORING LEFTOVERS: Will keep 2 to 3 days in refrigerator.

Apple Crisp

3 apples
½ teaspoon cinnamon
½ teaspoon nutmeg (optional)
1 teaspoon lemon juice (optional)
½ cup sugar
2 tablespoons flour
2 tablespoons butter or margarine

Wash and peel apples. Slice and place in layers in a buttered 8-inch baking pan or pie pan. Sprinkle spices and lemon juice over apples. Mix together sugar, flour, and butter until it forms a crumbly mixture. Sprinkle evenly over top. Bake uncovered at 375°F. for 30 to 35 minutes or until apples are tender. If mixture becomes dry, add a small amount of hot water. Serve warm or chilled.

Makes 3 servings.

STORING LEFTOVERS: Refrigerate remainder for later meals.

Oatmeal Cookies

2½ cups Quick Mix (page 19)
⅔ cup sugar*
¼ cup water
2 tablespoons melted butter or margarine
1 egg, beaten
1 teaspoon vanilla (optional)
½ cup oatmeal
½ cup raisins (optional)

Stir together Quick Mix and sugar. Blend water, butter, egg, and vanilla. Add liquid to dry ingredients and beat until smooth. Add oatmeal and raisins. Drop by rounded teaspoonfuls onto greased baking sheet.

Bake in preheated 375°F. oven 12 to 14 minutes or until brown. Remove from baking sheet and cool on a wire rack. *Makes 2½ to 3 dozen.*

STORING LEFTOVERS: After cookies cool, store in a clean airtight container.

*Brown sugar may be used.

Orange Pudding

2 oranges
1 cup Basic Pudding Mix (below)
2 cups warm water
1 tablespoon butter or margarine
1 egg, beaten

Wash and peel oranges with a knife. Cut oranges in pieces and drain; put aside. Save juice. Put mix into saucepan. Measure juice drained from oranges. Add enough warm water to make 2 cups. Gradually add juice and water, stirring as you add. Continue stirring until mixture is smooth and free of lumps. Cook over low heat until thick, stirring constantly. Add butter and stir until melted. Remove from heat. Add a little of the hot mixture to the beaten egg and stir. Then add egg to pudding and mix. Return to heat and cook 5 minutes longer, stirring constantly. Remove from heat. Add drained orange pieces and stir. Chill.

Makes 4 servings.

STORING LEFTOVERS: Will keep 2 to 3 days in the refrigerator.

Basic Pudding Mix

1½ cups sugar
3½ cups nonfat dry milk crystals
1¼ cups flour
1 teaspoon salt

Combine all ingredients, stirring until thoroughly blended. Store in a clean, dry, and airtight container in a cool place. *Makes 6 cups.*

Banana Pudding

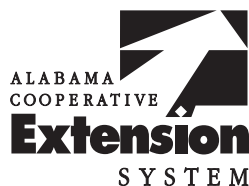
1 cup Basic Pudding Mix (left column)
2 cups warm water
2 tablespoons butter or margarine
1 egg, beaten
1 teaspoon vanilla (optional)
2 dozen vanilla wafers or graham crackers
2 or 3 bananas

Put mix into saucepan. Gradually add water, stirring as you add. Continue stirring until the mixture is smooth and free of lumps. Cook over low heat until thick, stirring constantly. Add butter and stir until melted. Remove from heat. Add a little of the hot mixture to the beaten egg and stir. Then add egg and vanilla to hot mixture and stir. Return to low heat and cook 5 minutes longer, stirring constantly. Put layer of wafers in bottom of pan or baking dish. Top with sliced bananas and follow with some pudding. Repeat until all ingredients are used. Chill before serving. *Makes 4 servings.*

OLD FASHIONED BANANA PUDDING. Double the recipe. Separate eggs. Put egg yolks in pudding. Beat egg whites to make meringue. Spread meringue on top of pudding and bake at 350°F. for 10 minutes or until brown. This will make enough for two meals. *Makes 8 servings.*

VANILLA PUDDING. Make pudding as directed in Banana Pudding, above. Omit the vanilla wafers and bananas. Spoon cooked pudding into a serving bowl or four individual dessert cups. Cover with waxed paper. Refrigerate until serving time. *Serves 4.*

STORING LEFTOVERS: Will keep 2 to 3 days in the refrigerator.



Your Experts for Life

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