

# PLANNING MEALS AHEAD

Time, Worry, Food and Money Can Be Saved By a Little Forethought

## THE WEEK'S MENUS IN ADVANCE

### My Creed

I believe in the Allied cause. I believe that, as a woman in my own home, I may "Serve Gloriously" the same cause that our men are serving.

I believe in the rights of others, in loving my neighbor, in sharing with him the necessities of this life.

I believe in the Conservation of Food, the Gospel of the Clean Plate, the Starvation of the Garbage Can, the Total Abolition of Waste.

I believe in the liberal use of cereals other than wheat and the substitution of suitable dishes for meat, in order to free for overseas shipment those most needed and usable food products.

I believe in co-operation with, rather than in criticism of, all that is being done. I believe in the first direction of my time and energies toward the consideration and accomplishment of my own part in the great work of winning the war.

I believe in so putting my best thought on the supplying of my table that there shall be no deprivation felt under the new order of things but rather that economy shall be hidden by palatability, substitutions by deliciousness.

And I believe in myself, in the sincerity of my desire to help and in the woman's wit which I shall bring to my aid.

### Boston Brown Bread.

Quantity for 5 one-pound baking powder tins.

1 pint corn meal (10 ozs.) 1,020 calories  
1 pint graham flour 1,020 "  
1 pint sour milk 320 "  
1 cup molasses 300 "  
1 teaspoon soda.  
1 teaspoon salt.

Total calories 2,660 "  
Calories in slice 3 x 3 x 1. 100 "  
Mix meal and flour. Mash soda and salt smooth before measuring, sift and mix thoroughly with flour. Add milk and molasses and beat well. If not moist enough, add a little warm water to make dough consistency of drop batter.

Pour into well-greased mold, filling only two-thirds full. Cover tightly with greased cover and steam three hours or boil mold three hours in kettle of boiling water, replenishing, as it boils away, with boiling water.

### Boston Roast.

Quantity for 8 persons.

2 cups dried kidney beans 750 calories  
1 cup bread crumbs 100 "  
2 cups grated cheese 900 "  
3 teaspoons salt.  
1 tablespoon chopped onion 4  
1/2 cup water or stock.  
Total calories 1,754 "  
Calories per person 219 "

Soak beans over night, cook until tender and water is nearly all evaporated. Put through food chopper, add other ingredients, shape into a loaf and bake one hour.

### Rice Muffins.

Quantity for 12 muffins.

2 1/4 cups flour (9 ozs.) 909 calories  
3/4 cup hot cooked rice 204 "  
2 tablespoons melted butter  
or bacon dripping 200 "  
2 tablespoons sugar 100 "  
1 cup milk 160 "  
1/2 teaspoon salt.  
5 teaspoons baking powder.  
Total calories 1,573 "  
Calories per muffin 131 "

### Cream of Celery Soup.

Quantity for 8 persons

1 quart stock (value varies with strength) 500 calories  
1/2 onion 12 "  
1 head celery 100 "  
1 pint milk 320 "  
Salt and pepper.  
Bay Leaf.  
Total calories 932 "  
Calories per person 116 "

In one quart of stock (water if you have no soup stock on hand) place 1/2 onion, cut in large pieces, and 2 heads celery, cut small. When celery is tender, almost a pulp, put all through a wire sieve. Bring one pint of milk (with the bay leaf in it) to the boil and add this to the celery stock.

### Cereal Pudding.

Quantity for 4 persons.

3 1/2 cups of left over cereal 350 calories  
1 tablespoon sugar 50 "  
1/2 cup apple sauce or  
1 tablespoon butter and 1  
Apple 100 "  
2 tablespoons bread crumbs 20 "  
Total calories 520 "  
Calories per person 130

Put a layer of cooked cereal in bottom of a well-buttered baking-dish, then a layer of apple sauce or chopped apple sprinkled with sugar; then add another layer of cereal. Cover with buttered crumbs and bake thirty minutes if made with apple sauce, and one hour if raw apples are used.

### Welsh Rarebit.

Quantity for 4 persons.

1 teaspoon butter 25 calories  
1 teaspoon salt.  
1 teaspoon mustard.  
2 cups grated or finely cut  
cheese 900 "  
1 cup rich milk 160 "  
Total calories 1,085 "  
Calories per person 271 "

Melt butter, add seasonings and cheese (a moist, yellow cheese is best). When melted, stir vigorously until very smooth and pour over slices of rye bread.

### Beef Olives.

Quantity for 8 persons.

8 thin slices cold roast beef 400 calories  
2 cups brown bread crumbs 200 "  
1 tablespoon shortening 100 "  
Pepper, salt, chopped parsley.  
1/2 small onion chopped fine 12 "  
1 egg 100 "  
Total calories 812 "  
Calories per person 101

Cut thin, even slices of roast beef. Put bread crumbs in a bowl, rub in shortening with finger tips, add a little chopped parsley, pepper and salt and the finely cut onion. Bind all together with an egg.

Mold stuffing to the size of an egg and wrap in a slice of cold beef. Fasten with a toothpick and string, place in a baking dish with a little water, put a bit of fat on each one and keep well basted. Bake about twenty minutes in a moderate oven.

### French Toast.

Quantity for 4 persons.

1 egg 100 calories  
1 cup milk 160 "  
2 tablespoons sugar 100 "  
Flavoring.  
4 slices bread 400 "  
Total calories 760  
Calories per person 190

Beat egg until light and add other ingredients. Cut bread in half slices, about one half inch thick, dip in sweetened and flavored mixture and fry to a light golden color. Have pan fairly hot and lightly greased.

### Virginia Corn Bread.

Quantity for 6 persons.

1/2 cup corn meal 255 calories  
1/2 cup boiling water  
1/2 cup bread flour 204 "  
1 egg 100 "  
1 teaspoon baking powder.  
1/4 teaspoon salt.  
1/3 cup grated cheese 150 "  
Total calories 709  
Calories per person 118

Stir boiling water into the corn meal. Add beaten egg and stir in flour, salt and baking powder, sifted together. Lastly, stir in grated cheese. Mix quickly and sauté by teaspoonfuls in a hot frying pan, in bacon fat.

### Green Pea Loaf.

Quantity for 6 persons.

1 1/2 cups cooked peas 420 calories  
1 egg, slightly beaten 100 "  
1 1/2 cups bread crumbs 150 "  
1 1/2 cups milk 240 "  
1 slice chopped onion 5 "  
Salt and pepper.  
Total calories 915  
Calories per person 152

### Spanish Rice.

Quantity for 4 persons.

1/2 cup rice 408 calories  
2 cups tomato pulp and  
juice 50 "  
1/2 green pepper chopped  
fine 10 "  
2 tablespoons bread crumbs 20 "  
Pepper and salt.  
Total calories 488  
Calories per person 122

Scald blanch and chop green peppers. Boil rice in salted water, keeping water always boiling to ensure grains from massing together. Lay in layers in baking dish, spreading each with tomato pulp and peppers, seasoning to taste. Sprinkle with crumbs and bake a golden brown.

### Fish Timbales.

Quantity for 6 persons.

1 cup raw fish or cooked  
fish 125 calories  
1/4 cup almonds 500 "  
1 teaspoon salt.  
Few drops onion juice.  
1 tablespoon lemon juice 10 "  
Few grains cayenne.  
2 eggs 200 "  
3/4 cup milk 120 "  
Total calories 955  
Calories per person 159

Chop fish and press through a sieve. Add onion juice, lemon juice, salt and pepper. Chop almonds fine and add, moistening with milk and egg yolks. When thoroughly mixed, fold in egg whites. Grease small molds, fill with mixture, and set in a pan of hot water and bake fifteen to twenty minutes. Serve hot with tomato sauce or cold with mayonnaise.

### Bean Croquettes.

Quantity for 8 persons.

3 cups cooked beans 600 calories  
1 cup bread crumbs 100 "  
Salt and pepper.  
1 egg 100 "  
Total calories 800  
Calories per person 100

Soak beans over night and cook next morning until tender. Mash very thoroughly with a fork, and put through a sieve. Add bread crumbs, season with pepper and salt and if liked a little onion juice or Worcestershire Sauce. Mix thoroughly, flour hands and form paste into flat, round cakes about an inch thick. Dip in beaten egg and brown bread crumbs and fry golden brown.

## Day by Day

### MONDAY

#### Breakfast

Oranges  
Cornmeal and Cream  
of Wheat cooked to-  
gether, half and half.  
White bread toasted  
and buttered  
Coffee with cream  
and sugar

#### Luncheon

Japanese Eggs  
(poached eggs served  
in a border of steamed  
rice)  
Boston Brown  
Bread  
Baked Apple and  
Cream

#### Dinner

Cream of Celery Soup  
Boston Roast  
Rye Bread  
Cauliflower  
Lemon Snow

### TUESDAY

#### Breakfast

Stewed Prunes  
Corn Flakes  
Scrambled Eggs  
Rice Muffins  
Coffee

#### Luncheon

Cream of Celery  
Soup  
Welsh Rarebit on  
Rye Bread Toast  
Ginger Bread

#### Dinner

Broiled Lamb Chops  
Scalloped Potatoes  
White Bread  
Tomato Salad, French Dressing  
Creamed Tapioca Pudding

### WEDNESDAY

#### Breakfast

Fresh Shredded  
Pineapple,  
Oatmeal  
Rye Bread toasted  
and buttered  
Orange Marmalade  
Hot Chocolate

#### Luncheon

Spanish Rice  
Vegetable Salad with  
Mayonnaise  
dressing  
White Bread and  
Butter  
Cup Custard

#### Dinner

Roast Beef  
Potatoes  
String Beans  
White Bread and Butter  
Pear Salad, French dressing  
Chocolate Blanc Mange

### SUNDAY

#### Breakfast

Stewed Dates  
Puffed Rice  
Corn Meal Griddle Cakes with  
Syrup  
Coffee

#### Dinner

Chicken, Stuffed and Roasted  
Boiled Rice  
Mashed Parsnips  
Orange and Date Salad  
Ice Cream  
Plain Cake

#### Supper

Egg Salad  
Boston Brown Bread  
Stewed Prunes  
Cocoa

### THURSDAY

#### Breakfast

Oatmeal with Dates  
(fruit stoned, halved  
and added shortly  
before serving)  
French Toast  
Coffee with Cream  
and Sugar

#### Luncheon

Vegetable Soup  
Cream-Cheese and  
Nut Salad, Mayon-  
naise Dressing  
Rye Bread and  
Butter  
Cereal Pudding

#### Dinner

Beef Olives  
Spinach  
Virginia Corn Bread  
Baked Apple with Cream

### FRIDAY

#### Breakfast

Bananas and Cream  
Corn Flakes  
Graham Bread  
buttered and toasted  
Omelet  
Coffee

#### Luncheon

Pea Loaf served with  
Carrots in Cream  
Sauce  
Corn Muffins  
Peach Marmalade  
Junket

#### Dinner

Scalloped Codfish in Rice  
Spinach with Hard Boiled Egg Garnish  
Graham Bread  
Apple Sponge  
Oatmeal Macaroons

### SATURDAY

#### Breakfast

Oranges  
Oatmeal  
Bran Muffins  
Cocoa

#### Luncheon

Fish Timbales with  
Peas and Cream  
Sauce  
Boston Brown Bread  
Stewed Apricots  
Tea with Cream and  
Sugar

#### Dinner

Bean Croquettes  
Fried Apples  
Virginia Corn Bread  
Cucumber Salad  
Peach Cream

## Have You a Good War-Time Recipe?

SOME of the recipes used in these menus were sent to us by Win-The-War Housekeepers in different parts of Canada.

For every one accepted, we have sent a new One Dollar Bill.

Each month, we shall publish the best recipes that are sent to us, so let us have your favorite.

It should be in accord with our national policy of thrift and conservation and should not have been printed previous to our use of it.

Each suggestion accepted means assistance to other readers of EVERY-WOMAN'S WORLD and One Dollar to you.