

That Wholesome Vegetable

VEGETABLES are a very important article of diet. With the exception of peas, beans and lentils, vegetables are usually richest in carbohydrates (sugars and starches), mineral salts, and ash. Peas, beans and lentils have little nodules on their roots containing bacteria that have the power to take nitrogen from the air. The plants use this nitrogen in building protein in a form that is available as a food for man. The carbohydrates and protein of vegetables are stored in little cells with walls of cellulose. Cooking causes this cellulose to soften but it is not digested to any great extent, but has a place in the diet in that it is slightly irritating to the walls of the intestines and not only stimulates the action of the bowels but furnishes bulk on which the intestine can contract, this helps to push the waste matter out of the system.

The mineral salts are of great importance to the body. They are soluble in water so if the vegetables are cooked in a large quantity of water and drained a part of the salts are lost. These salts are retained if the vegetables are steamed or if they are cooked in a small quantity of water which is allowed to evaporate. Or the water may be saved and used in soup.

Strong flavored vegetables such as cabbage, cauliflower, turnips and onions may be cooked in a large quantity of water and drained. This improves the flavor although the mineral matter is lost to a certain extent. These strongly flavored vegetables should be cooked uncovered or partly covered, the odor is less noticeable and the flavor not so strong. When vegetables are cooked with the skins on there is less loss of the mineral content.

I hope your war gardens were all a great success. Ours was, and we have been revelling in fresh vegetables and pickles made from our garden stuff. I wonder how many of us have tried growing Swiss Chard, it is a real treat. We used the tops for greens and the stalks boiled and served with a white sauce as a vegetable or supper dish.



Cauliflower Fritters, Sauce Veloute
Boiled String Beans
Mashed Potatoes

Soak the beans and peas over night (in soft water if possible), drain, cover with water and boil until soft. Rub through a sieve. Mix with the butter substitute, the bread crumbs, onion chopped fine, parsley, salt and pepper. Turn into a mold, cover with a greased paper and bake in a moderate oven for three quarters of an hour. Turn out on a hot dish and serve with boiled cauliflower and apple sauce. This dish has meat value.

Hubbard-Squash Pudding

4 cups cooked squash
3 eggs
1/4 cup brown sugar
1 teaspoon salt
1 teaspoon grated lemon or orange peel
A pinch of ground nutmeg
1 tablespoon of butter substitute

Mash the squash through a strainer; add the well-beaten eggs, sugar and flavoring; mix well; brush a custard cup with butter substitute and fill with the mixture; place in a moderate oven for forty or forty-five minutes. Test the same as a cup custard by putting a silver knife in the centre. If it comes out dry the pudding is done. Serve in the cups either warm or cold as preferred.

Parsnip Fritters

1 doz. parsnips
Butter
Pepper and salt

Wash and boil the parsnips and when tender plunge them in to cold water to loosen the skins. Remove the skins, mash the parsnips well, season with butter

substitute or bacon dripping, pepper and salt. Form into small cakes, roll in flour and fry in hot fat.

Corn Chowder

1 can corn or
1 quart corn cut from
cob
1 quart sliced raw
potatoes
1 onion
Pepper
2 tablespoons butter
substitute
1 tablespoon flour
A 2-inch cube of fat
salt pork
2 cups milk
Crackers

Heat the corn (if it is canned) and scald the potatoes. Cut the pork into small bits and fry it, remove from the pan and add the sliced onion. Cook for a short time. Strain the fat into the water in which the potatoes were scalded, then put in a layer of potatoes and a layer of corn, season with salt and pepper and allow to simmer for twenty minutes or until the potatoes are tender. Blend the butter and flour together, stir in the milk and keep stirring until the mixture comes to the boiling point. Pour it over the chowder. Serve with crackers, or toast points.

French Vegetable Soup

This is a very delicious and nourishing soup.

1/2 cup lima beans
1/2 cup dried peas
2 tablespoons barley
2 tablespoons rice
2 potatoes
2 onions
1 small turnip
1 carrot
1 ham or beef bone
1 cup stewed tomatoes
1 stalk celery
Salt and pepper

Soak the peas and beans over night in water (soft if possible). Drain and add ham bone and water. Cook for one hour, add the vegetables diced and the barley and rice. Season with pepper and salt and cook until vegetables are tender. Serve quite thick and very hot.

Potatoes on Half Shell

6 potatoes
6 tablespoons milk or
cream
2 tablespoons butter
Salt and pepper

This is a good way to utilize left over baked potatoes. Bake the potatoes. When done cut in two lengthwise. Remove interior portion and mash. Add butter, salt, cream. Beat until light, pile mixture in shells and put in oven to brown. A bit of left over minced meat may be added to these.

Peas in Potato Cups

12 medium sized potatoes
Butter substitute
Peas
Pepper and Salt

Boil mash and season the potatoes, divide into twelve portions. Form into balls and indent the top with a round bottomed cup, fill with peas which have been heated, and seasoned with butter substitute, salt and pepper.

Onions Stuffed With Beets

Onions
Beets
Salad dressing
Boil the onions until tender but not broken, drain, rinse in hot water and drain again. Remove the centres and



Costing
35 and 15c
Contains 2490
Calories

It Looks Big When You Figure Its Food Value Meat Costs 8 Times as Much per Calory

The small package of Quaker Oats contains 2490 calories of food. It costs 35 and 15 cents.

The calory is the energy unit used to measure food. Quaker Oats equals in food value—approximately—the following amounts of other staple foods.

Measured by Calories

One 15c Package Quaker Oats Equals

3 lbs. Round Steak	3 1/2 qts. Milk
3 lbs. Leg Lamb	2 lbs. White Bread
5 lbs. Young Chicken	7 lbs. Potatoes

Figure what you pay for these foods. You will find that meat foods—for the same calories—cost 8 to 14 times as much as Quaker Oats. Then compare them.

Calories Per Pound

Round Steak	890	Eggs	720
Young Chicken	505	Quaker Oats	1810

Thus Quaker Oats—the food of foods—has from 2 to 3 times the calory value. Yet all are good foods, and some are indispensable.

Use Quaker Oats to bring down the food-cost average. Make it your breakfast. Serve it fried. Mix it with your flour foods to add flavor and save wheat. Each dollar's worth used to displace meat saves you about \$8, measured by the calories supplied.

Quaker Oats

The Extra-Flavory Flakes

The reason for Quaker Oats is pounds from a bushel. super flavor. They are flaked When such a grade sells at no extra price, it is due to yourself rich, plump oats. We get but ten that you get it.

35 and 15c Per Package—Except in Far West

(3021)

Quaker Oats Muffins

2-3 cup uncooked Quaker Oats, 1 1/2 cups flour, 1 cup scalded milk, 1 egg, 4 level teaspoons baking powder, 2 tablespoons melted butter, 1/4 teaspoon salt, 3 tablespoons sugar. Turn scalded milk on Quaker Oats, let stand five minutes; add sugar, salt and melted butter; sift in flour and baking powder; mix thoroughly and add egg well beaten. Bake in buttered gem pans.

Quaker Oats Pancakes

2 cups Quaker Oats (uncooked), 1 1/2 cups flour, 1 teaspoon salt, 1 teaspoon soda dissolved in 2 tablespoons hot water, 1 teaspoon baking powder (mix in the flour), 2 1/4 cups sour milk or buttermilk, 2 eggs beaten lightly, 1 tablespoon sugar, 1 or two tablespoons melted butter (according to the richness of the milk). Process: Soak Quaker Oats over night in the milk. In the morning mix and sift flour, soda, sugar and salt—add this to the Quaker Oats mixture—add melted butter; add eggs beaten lightly—beat thoroughly and cook as griddle cakes.

Quaker Oats Bread

1 1/4 cups Quaker Oats (uncooked)
2 teaspoons salt
1/4 cup sugar
2 cups boiling water
1 cake yeast
1/4 cup lukewarm water
5 cups flour
Mix together Quaker Oats, salt and sugar. Pour over two cups of boiling water. Let stand until lukewarm. Then add yeast which has been dissolved in 1/4 cup lukewarm water, then add 5 cups of flour. Knead slightly, set in a warm place, let rise until light (about 2 hours). Knead thoroughly, form into two loaves and put in pans. Let rise again and bake about 50 minutes. If dry yeast is used, a sponge should be made at night with the liquid, the yeast, and a part of the white flour. This recipe makes two loaves.

Peterborough
Canada

The Quaker Oats Company

Saskatoon
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