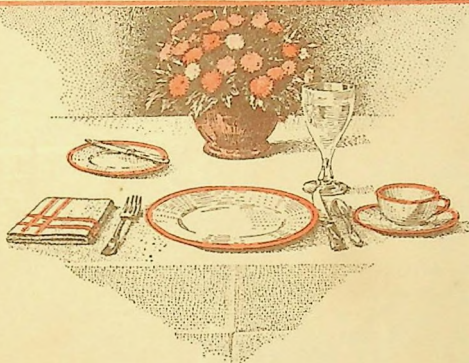


Three Meals a Day

Suggestions for Good Food at Low Cost



METROPOLITAN LIFE INSURANCE COMPANY

HOME OFFICE—NEW YORK

Pacific Coast Head Office—San Francisco

Canadian Head Office—Ottawa

Compliments of New England Power Association





YOUR FAMILY NEEDS AT LEAST THESE FOODS

MILK

Use daily

$\frac{1}{2}$ to 1 quart for each child
Preferably 1 quart
At least $\frac{1}{2}$ pint for each adult

Choose:

Pasteurized Bottled Milk,
Evaporated (unsweetened)
or Powdered Milk
All have equal food value

BREAD—CEREALS

Use

one or both at every meal

Choose:

Whole wheat, rye and
white bread; oatmeal, bar-
ley, and other dark-colored
cereals; flour, spaghetti
Home-cooked cereals and day-
old bread are usually cheapest

VEGETABLES

Use

potatoes daily and at least one
other vegetable, if possible

Choose:

Vegetables such as cab-
bage, onions, carrots, yel-
low turnips
Dried beans, or lentils

FRUIT

Use

citrus fruit or tomato three or
four times a week; another
fruit, dried, fresh, or canned,
on the other days

Choose:

Tomatoes, fresh or canned,
and any other inexpensive
fruit

Use fats and sweets in moderate amounts, and, as your money permits, add eggs, cheese, meat, or fish, as shown on pages 2 and 3.

Children under 2 years need from 1 to 2 teaspoonfuls of cod-liver oil daily. Give it to all children, if possible.



SUGGESTED ADEQUATE FOOD

	FAMILY OF 2	FAMILY OF 3	FAMILY OF 4
	also Family of 3 if Woman and 2 Children under 6 Years	also Family of 4 with 2 Children or more under 6 Years or Woman with 3 Children under 12 Years	also Family of 5 with 3 Children, 2 or more under 12 Years or Woman with 4 Children, 3 or more under 12 Years
Milk.....	See Note	See Note	See Note
Potatoes.....	7 lbs.	10 lbs.	14 lbs.
Tomatoes (large can).....	2 cans	2 cans	3 cans
Cabbage, spinach, or kale.....	2 lbs.	2 lbs.	3 lbs.
Carrots or yellow turnips.....	1 lb.	1 lb.	2 lbs.
Onions.....	1 lb.	1 lb.	1 lb.
Other vegetables.....	2 lbs.	4 lbs.	4 lbs.
Dried beans, peas, or lentils.....	1 lb.	1 lb.	2 lbs.
Prunes.....	1 lb.	1 lb.	1 lb.
Other fruit, dried or fresh.....			1 lb.
Bread (dark).....	3 loaves	3 loaves	4 loaves
Bread (white).....	2 loaves	3 loaves	3 loaves
Oatmeal.....	1 box	1 box	1 box
Cornmeal or other whole grain cereal.....	1 lb.	1 lb.	1 lb.
Butter.....	1 lb.	1 lb.	2 lbs.
Lard.....	$\frac{1}{2}$ lb.	1 lb.	1 lb.
Sugar.....	2 lbs.	2 lbs.	3 lbs.
Macaroni, spaghetti, or barley.....	1 lb.	1 lb.	2 lbs.
Rice.....	1 lb.	1 lb.	2 lbs.
Flour.....	1 lb.	2 lbs.	2 lbs.
Cheese.....	$\frac{1}{4}$ lb.	$\frac{1}{4}$ lb.	$\frac{1}{2}$ lb.
Eggs.....	$\frac{1}{2}$ doz.	$\frac{1}{4}$ doz.	1 doz.
Salmon.....	1 can	1 can	1 can
Liver.....	$\frac{1}{2}$ lb.	1 lb.	1 lb.
Chopped meat.....	$\frac{1}{2}$ lb.	1 lb.	1 lb.
Stew meat.....			1 lb.
Miscellaneous—seasoning, cocoa, gelatin, etc.....	about 25c.	about 25c.	about 30c.

Note—Daily Milk Allowance

- 1 quart for each child throughout the period of growth is desirable. At least 1 quart for every child through 6 years and from 10 to 18 years, and 1 pint for all others.
- 1 quart for pregnant and nursing women.
- 1 pint for all adults, including those overweight.
- 1 quart for convalescents and underweights.

In extreme cases of low income, milk may be reduced to 1 pint for children between 2 years and adolescence.



BUDGET FOR ONE WEEK

FAMILY OF 5	FAMILY OF 6	FAMILY OF 7-8	FAMILY OF 9-10	FAMILY OF 11	FAMILY OF 12
also Family of 6 with 4 Children, 2 or more under 12 Years or Woman with 5 Children, 3 or more under 12 Years	also Family of 7 with 5 Children, 3 or more under 12 Years or Woman with 6 Children, 3 or more under 12 Years				
<i>See Note</i> 18 lbs. 3 cans 4 lbs. 2 lbs. 3 lbs. 4 lbs. 2 lbs. 1 lb. 1 lb. 4 loaves 4 loaves 1 box 1 lb. 2 lbs. 1 lb. 3 lbs. 2 lbs. 2 lbs. 3½ lbs. ½ lb. 1½ doz. 1 can 1 lb. 2 lbs. 1 lb.	<i>See Note</i> 20 lbs. 4 cans 5 lbs. 2 lbs. 3 lbs. 6 lbs. 3 lbs. 2 lbs. 1 lb. 5 loaves 5 loaves 2 boxes 1 lb. 2 lbs. 2 lbs. 4 lbs. 3 lbs. 2 lbs. 3½ lbs. 1 lb. 1½ doz. 1 can 2 lbs. 2 lbs. 1 lb.	<i>See Note</i> 25 lbs. 4 cans 5 lbs. 3 lbs. 3 lbs. 6 lbs. 3 lbs. 2 lbs. 1 lb. 6 loaves 6 loaves 2 boxes 2 lbs. 2 lbs. 2 lbs. 4 lbs. 3 lbs. 2 lbs. 3½ lbs. 1 lb. 2 doz. 2 cans 2 lbs. 2 lbs. 1 lb.	<i>See Note</i> Double amount for family of 4 or 5, depending on age of children. If there are 4 children, or 5 or 6 children, 4 or more of them under 12 years, use family of 4 doubled. For all other families use 5 doubled.	<i>See Note</i> Double amount for family of 5 or 6, depending on age of children. If there are 6 children, or 7 or 8 children, 4 or more of them under 12 years, use family of 5 doubled. For all other families use 6 doubled.	<i>See Note</i> Double amount for family of 6 or 7, depending on age of children. If there are 8 children, or 9 or 10 children, 6 or more of them under 12 years, use family of 6 doubled. For all other families use 7-8 doubled.
about 35c.	about 40c.	about 45c.			

One tall can of evaporated milk equals one quart of pasteurized bottled milk.

One pound of whole dried milk equals four quarts of pasteurized bottled milk.

These food allowances have been carefully worked out to include all the necessary food elements. *Amounts should not be changed.*



SAMPLE BUDGET

Father

Mother (nursing baby)

Baby—2 weeks old

Boy—3 years

Girl—5 years

Boy—11 years

Daily Milk Allowance

A quart of milk is allowed for each of the three older children, 1 quart for the nursing mother, and 1 pint for the father. This is the correct allowance, as two of the children are under six and the 11-year-old boy is an adolescent.

For calculation of the food budget, see page 3.

Use column 4 (Family of 6 with 4 children, 2 or more of whom are under 12 years).

WEEKLY AMOUNT OF FOOD

32 quarts milk

(This may be all bottled pasteurized or part bottled and part evaporated or dried, or all evaporated or dried, depending on the cost.)

18 lbs. potatoes

3 cans tomatoes

4 lbs. cabbage, spinach, or kale

2 lbs. carrots

3 lbs. onions

4 lbs. other vegetables

2 lbs. dried beans, peas, or lentils

1 lb. prunes

1 lb. other dried fruit

4 loaves bread (dark)

4 loaves bread (white)

1 box oatmeal

1 lb. whole grain cereal

2 lbs. butter

1 lb. lard

3 lbs. sugar

3½ lbs. flour

2 lbs. macaroni, spaghetti, or barley

2 lbs. rice

½ lb. cheese

1½ doz. eggs

1 can salmon

1 lb. liver

2 lbs. chopped meat

1 lb. stew meat

Miscellaneous—seasoning, cocoa, gelatin, etc.—35c.

SAMPLE FOR CALCULATING DAILY MILK ALLOWANCE

	<i>Adequate</i>	<i>Minimum</i>
Man	1 pint	1 pint
Wife (pregnant)	1 quart	1 quart
Girl—15	1 quart	1 quart
Girl—13	1 quart	1 quart
Boy—11	1 quart	1 quart
Girl—9	1 quart	1 pint
Girl—8	1 quart	1 pint
Boy—6	1 quart	1 quart
Girl—4	1 quart	1 quart
	8½ quarts	7½ quarts



FOOD BUDGET FOR ONE WEEK

Work out food budget which fits your family, using tables on pages 2 and 3

<i>Amount Food</i>		<i>Cost</i>
MILK	qts. bottled at c. per qt.	\$
.....	cans evaporated at c. per can	
.....	lbs. dried at c. per lb.	
	Total	\$
.....	lbs. Potatoes	
.....	cans Tomatoes (large size)	
.....	lbs. Cabbage, spinach, kale, or any other green leafy vegetable in season	
.....	lbs. Carrots or yellow turnips	
.....	lbs. Onions	
.....	lbs. Other vegetables	
.....	lbs. Dried beans, peas, or lentils	
.....	lbs. Prunes	
.....	lbs. Other dried fruits	
.....	lbs. Bread (dark)	
.....	lbs. Bread (white)	
.....	box Oatmeal	
.....	lbs. Cornmeal (or other cereal)	
.....	lbs. Butter	
.....	lbs. Lard	
.....	lbs. Sugar or molasses	
.....	lbs. Macaroni, spaghetti, or barley	
.....	lbs. Rice (brown is better than white)	
.....	lbs. Flour	
.....	lbs. Cheese	
.....	doz. Eggs (brown are as nourishing as white)	
.....	cans Salmon	
.....	lbs. Liver, beef, lamb, or pork	
.....	lbs. Chopped meat	
.....	lbs. Stew meat	
.....	Seasoning, cocoa, gelatin, etc.	
	Total	\$

SUGGESTIONS

Canned tomatoes may be used in place of oranges, even for the baby; use them three or four times a week, if possible.

Eat some raw vegetable, such as chopped cabbage or spinach, or grated carrots three or four times a week.

Canned vegetables can be used interchangeably with fresh vegetables.

Use water in which vegetables are cooked for soups and stews.

Soak dried fruit, dried beans and peas, and cereals several hours or overnight, so they will need less cooking.

Use brown or white eggs, whichever are cheaper.



MENUS TO BE USED WHEN THE AMOUNT TO SPEND IS
VERY LIMITED

MONDAY

Breakfast

Cereal
Milk
Bread and butter

Dinner

Vegetable stew made
with cabbage, potatoes,
and onions
Bread
Cocoa pudding (8)

Supper

Split pea soup (7)
Bread and butter
Stewed prunes
Milk

TUESDAY

Breakfast

Cereal
Milk
Bread and butter

Dinner

Dried beans or peas
Potatoes
Bread
Stewed tomatoes
Caramel pudding (9)

Supper

Cream of potato soup
(p. 15 Cook Book)
Bread and butter
Raw cabbage salad

WEDNESDAY

Breakfast

Cereal
Milk
Bread and butter

Dinner

Oatmeal chowder (13)
Bread
Milk or cocoa

Supper

Bean soup made with
milk
Bread and butter
Cabbage salad

THURSDAY

Breakfast

Cereal
Milk
Bread and butter

Dinner

Escalloped cabbage with
cheese and tomatoes (10)
Potatoes boiled in skins
Bread

Supper

Dried beans and peas
with tomatoes (left
over from can used
at noon)
Bread and butter
Prunes Milk

Numbers in parentheses refer to Recipes on pages 14-16.
Cook Book refers to the *Metropolitan Cook Book*.



MENUS TO BE USED WHEN THE AMOUNT TO SPEND IS
VERY LIMITED (*Continued*)

FRIDAY

Breakfast

Cereal
Milk
Bread and butter

Dinner

Escalloped salmon
(p. 19 Cook Book)
Potatoes boiled in skins
Bread
Milk or cocoa

Supper

Cornmeal mush
Milk
Bread and butter
Gelatin with custard
sauce (12)

SATURDAY

Breakfast

Cereal
Milk
Bread and butter

Dinner

Creamed eggs and
potatoes (11)
Raw cabbage and
carrot salad
Milk
Bread

Supper

Carrot soup (use
potato soup recipe, p. 15
Cook Book)
Bread and butter
Rice pudding (p. 44
Cook Book)

SUNDAY

Breakfast

Cereal
Milk
Bread and butter

Dinner

Pork liver with rice
and tomatoes (3)
Bread
Milk or cocoa

Supper

Oatmeal chowder (13)
Milk
Bread and butter
Raw cabbage

Numbers in parentheses refer to Recipes on pages 14-16.
Cook Book refers to the *Metropolitan Cook Book*.



MENUS WHICH CAN BE PREPARED FROM FOOD SUGGESTED ON
PAGES 2 AND 3

MONDAY

Breakfast

Oatmeal
Bread and butter
Milk for children
Coffee for adults
(if desired)
Dried fruits

Dinner

Lamb or beef stew
(use 1 lb. meat and
make thick with
potatoes, onions,
tomatoes, and oatmeal)
Whole wheat bread and
butter
Milk for children

Supper

Carrot soup
(use potato soup recipe,
p. 15 Cook Book)
Potatoes, baked
Whole wheat bread
and butter
Raw vegetable salad

TUESDAY

Breakfast

Whole grain cereal
Milk or cocoa for
children
Coffee for adults
(if desired)
Bread and butter
Fruits—dried or fresh

Dinner

Lima Beans
Spinach or similar
greens
Bread and butter
Gelatin with custard
sauce (12)

Supper

Creamed eggs and
potatoes (11)
Whole wheat bread
and butter
Milk for children

WEDNESDAY

Breakfast

Oatmeal
Bread and butter
Cocoa or milk for
children
Coffee for adults
(if desired)

Dinner

Onion, turnip, and
potato stew, using
 $\frac{1}{2}$ or $\frac{3}{4}$ lb. of beef
Cabbage salad
Whole wheat bread
and butter
Cocoa pudding (8)

Supper

Split pea soup (7)
Whole wheat or
rye bread and butter
Fruit

THURSDAY

Breakfast

Cornmeal mush
Bread and butter
Cocoa or milk for
children
Coffee for adults
(if desired)
Bananas

Dinner

Macaroni and cheese
($\frac{1}{4}$ lb. cheese and 2 cups
diluted evaporated milk)
Carrots or other
vegetable
Stewed tomatoes
Whole wheat or rye
bread and butter

Supper

Scrambled eggs with
leftover cereal or
bread crumbs and
diluted evaporated milk
Potato and onion stew
Bread and butter
Milk for children

Numbers in parentheses refer to Recipes on pages 14-16.
Cook Book refers to the *Metropolitan Cook Book*.



MENUS WHICH CAN BE PREPARED FROM FOOD SUGGESTED ON
PAGES 2 AND 3 (*Continued*)

FRIDAY

Breakfast

Whole grain cereal
Milk for children
Coffee for adults
(if desired)
Bread and butter
Fruit—dried or fresh

Dinner

Fish
Potatoes
Carrot and cabbage
salad
or
Beef, pork, or lamb
liver with rice
and tomatoes (3)
Bread and butter
Milk for children

Supper

Escalloped potatoes and
onions (p. 39 Cook Book)
Spinach or other greens
Whole wheat or rye
bread and butter

SATURDAY

Breakfast

Cornmeal
Bread and butter
Cocoa or milk for
children
Coffee for adults
(if desired)

Dinner

Oatmeal chowder (13)
Bread and butter
Milk for children
Gingerbread
(p. 10 Cook Book)

Supper

Escalloped cabbage
(p. 36 Cook Book)
Baked potatoes
Bread and butter
Gelatin with custard
sauce (12)

SUNDAY

Breakfast

Cooked cereal
Milk for children
Coffee for adults
(if desired)
Fruit—dried or fresh

Dinner

Beef stew (1 lb.) cooked
with potatoes, onion,
carrots, and tomatoes
Lettuce and green
peppers or other
raw salad
Bread and butter
Rice pudding (p. 44
Cook Book)

Supper

Lentil soup (same
method as split pea)
Whole wheat bread
and butter
Stewed fruit

Numbers in parentheses refer to Recipes on pages 14-16.
Cook Book refers to the *Metropolitan Cook Book*.



SLIGHTLY HIGHER COST MENUS
INCLUDING MORE FRUIT, SALADS, AND MEAT

SUNDAY

Breakfast

Orange
Cooked whole grain
cereal
Toast and butter
Milk, cocoa, or coffee

Dinner

Tomato juice cocktail
Baked meat loaf
Baked potato
Buttered beets
Lettuce salad
Prune soufflé (p. 46
Cook Book)

Supper or Luncheon

Toasted peanut butter
sandwiches
Hot cocoa
Stewed dried fruit

MONDAY

Breakfast

Mixed dried fruit
Cooked whole grain
cereal
Toast and butter
Milk, cocoa, or coffee

Dinner

Baked rice and cheese
(p. 33 Cook Book)
Broccoli
Cranberries
Bread and butter
Gelatin with custard
sauce (12)

Supper or Luncheon

Black bean soup
(p. 15 Cook Book)
Cottage cheese and
prune salad
Toast and butter
Cocoa

TUESDAY

Breakfast

Prunes
Cooked whole grain
cereal
Toast and butter
Milk, cocoa, or coffee

Dinner

Lamb stew with
dumplings (p. 24
Cook Book)
Raw vegetable salad
Creamed carrots
Bread and butter
Caramel pudding (9)

Supper or Luncheon

Cream of potato soup
Eggs
Bread and butter
Oatmeal cookies
(p. 54 Cook Book)

WEDNESDAY

Breakfast

Orange
Egg
Toast and butter
Milk

Dinner

Lentil (bean) stew
Baked potato
Spinach
Bread and butter
Gingerbread (p. 10
Cook Book)

Supper or Luncheon

Potato salad with egg
Toasted cheese sandwich
Cocoa or milk

Numbers in parentheses refer to Recipes on pages 14-16.
Cook Book refers to the *Metropolitan Cook Book*.



SLIGHTLY HIGHER COST MENUS
INCLUDING MORE FRUIT, SALADS, AND MEAT (*Continued*)

THURSDAY

Breakfast

Dried fruit
Cooked cereal
Toast and butter
Milk, cocoa, or coffee

Dinner

Kidney stew (p. 24
Cook Book) or
green pepper stuffed
with liver and rice (5)
Rice Beets
Bread and butter
Cole slaw

Supper or Luncheon

Macaroni with tomato
sauce (p. 33 Cook Book)
Buttered carrots
Bread and butter
Milk

FRIDAY

Breakfast

Prunes
Cooked cereal
Toast and butter
Milk, cocoa, or coffee

Dinner

Salmon loaf (p. 19
Cook Book)
Stuffed potatoes (p. 38
Cook Book)
Stewed tomatoes
Winter salad*

Supper or Luncheon

Onion and potato stew
Whole wheat bread
and butter
Salad—raw cabbage
and carrot
Milk

SATURDAY

Breakfast

Mixed dried fruits
Cooked cereal
Toast and butter
Milk, cocoa, or coffee

Dinner

Cheese souffle (p. 33
Cook Book)
Creamed cabbage
Baked potato
Bread and butter
Escarole salad
Cocoa pudding (8)

Supper or Luncheon

Fish chowder, using
dried codfish (p. 16
Cook Book)
Whole wheat bread
and butter
Milk
Spice Cake (p. 49
Cook Book)

Numbers in parentheses refer to Recipes on pages 14-16.

Cook Book refers to the *Metropolitan Cook Book*.

*Recipe—Winter Salad

1 package lemon or cherry gelatin
 $\frac{1}{2}$ cup sugar
2 cups boiling water
2 cups uncooked cranberries, finely chopped. (Pineapple, cabbage, or a combination of the two may be used.)

Dissolve gelatin and sugar in boiling water. Cool. When gelatin begins to thicken, add cranberries which have been put through meat chopper. Pour into molds and chill. When firm, unmold in lettuce leaf.



MENUS EMPHASIZING FOODS HIGH IN MINERALS

MONDAY

Breakfast

Oatmeal
Bread and butter
Milk or cocoa
Mixed dried fruit

Dinner

Kidney stew
(p. 24 Cook Book)
Baked potato
Whole wheat bread
and butter
Milk

Supper

Peanut butter soup (14)
Whole wheat bread
and butter
Stewed apricots

TUESDAY

Breakfast

Whole grain cereal
Bread and butter
Egg
Milk or cocoa
Orange

Dinner

Salmon loaf
(p. 19 Cook Book)
Spinach
Potatoes
Bread and butter
Gelatin with custard
sauce (12)

Supper

Split pea soup
Carrot and cabbage
salad
Whole wheat bread
and butter
Fruit
Milk

WEDNESDAY

Breakfast

Oatmeal with bran
Bread and butter
Milk or cocoa
Prunes

Dinner

Oyster stew
or
Macaroni and cheese
($1\frac{1}{2}$ lb. cheese and 2 cups
diluted evaporated milk)
Carrots Beets
Gingerbread

Supper

Cream of spinach soup
Creamed eggs and
potatoes
Whole wheat bread
and butter
Milk
Fruit

THURSDAY

Breakfast

Whole grain cereal
Bread and butter
Egg
Milk or cocoa
Mixed dried fruit

Dinner

Liver and rice (3)
Cabbage salad
Bread and butter
Caramel pudding (9)

Supper

Escalloped potatoes
and onions (p. 39
Cook Book)
Spinach, kale, or other
greens
Whole wheat bread
and butter
Milk

Numbers in parentheses refer to Recipes on pages 14-16.
Cook Book refers to the *Metropolitan Cook Book*.



MENUS EMPHASIZING FOODS HIGH IN MINERALS
(Continued)

FRIDAY

Breakfast

Cornmeal mush
Bread and butter
Milk or cocoa
Orange

Dinner

Lamb or beef stew
or
Fish
Baked potato
Yellow turnips
Bread and butter
Dried apricots

Supper

Lentil soup
Salad
Bread and butter
Baked apple with
raisins and brown
sugar

SATURDAY

Breakfast

Oatmeal with bran
Bread and butter
Egg
Milk or cocoa
Prunes or apricots

Dinner

Kidney stew
or
Liver
or
Oatmeal chowder (13)
Potatoes
Bread and butter
Baked apple with
raisins

Supper

Lima beans
Cabbage and carrot
salad
Bread and butter
Fruit
Milk

SUNDAY

Breakfast

Whole grain cereal
Bread and butter
Milk or cocoa
Mixed dried fruit

Dinner

Pot roast with potatoes
Stewed tomatoes
Fresh salad
Bread and butter
Cocoa pudding (8)

Supper

Escalloped cabbage
(p. 36 Cook Book)
Baked potatoes
Bread and butter
Fruit
Milk

Bran should be used cautiously with children and by adults with sensitive digestion.

Numbers in parentheses refer to Recipes on pages 14-16.

Cook Book refers to the *Metropolitan Cook Book*.



RECIPES FOR MENUS SUGGESTED

[All recipes serve 6 with the exception of (2) and (5)]

(1) CREAMED LIVER

- | | |
|---------------------------|-----------------------------|
| 2 cups diced liver | 3 tablespoons flour |
| 1 tablespoon green pepper | $\frac{3}{4}$ teaspoon salt |
| 1 teaspoon minced onion | 2 tablespoons fat |
| 1 cup milk | |

Drop liver in salted boiling water for 5 or 10 minutes and then dice. Melt fat, add flour, seasoning, and milk. Stir until smooth; add diced liver, onion, and green peppers. May be served on toast.

(2) LIVER LOAF

- | | |
|-------------------------|-------------------------------|
| $\frac{1}{2}$ lb. liver | 1 cup milk |
| 1 onion | 1 cup cracker or bread crumbs |
| 1 teaspoon salt | |
| 1 egg | |

Cut liver in small pieces, drop in salted boiling water for 5 or 10 minutes; grind in food chopper together with onion; add crumbs, egg, and milk; mix well and put in greased baking dish. Set in pan of hot water and bake for half hour. Serves 4 portions.

(3) LIVER WITH RICE

- | | |
|------------------------|-----------------------------------|
| 1 cup rice | 1 $\frac{1}{4}$ lbs. sliced liver |
| 2 cups canned tomatoes | Salt to taste |
| 1 medium onion | |

Wash 1 cup rice and boil in 3 cups of water to which salt has been added. Remove skin from liver; drop in boiling water (salted) for 5 minutes, then remove from water and cut in smaller pieces; add to the rice, onions, and tomatoes and cook until done.

(4) BAKED LIVER WITH VEGETABLES

- | | |
|----------------------------|-----------------------|
| 1 $\frac{1}{2}$ lbs. liver | 1 tablespoon fat |
| 2 carrots | 2 tablespoons flour |
| 2 turnips | 1 cup canned tomatoes |
| 6 small onions | Seasoning |
| 1 cup peas (cooked dried) | |

Cook liver in salted boiling water for 5 or 10 minutes; add carrots, turnips, onions, tomatoes, and peas and bake in covered dish for half hour. Brown flour and fat together, adding $\frac{1}{2}$ cup water; add to mixture when done.

(5) LIVER-STUFFED GREEN PEPPERS

- | | |
|-----------------------------------|--|
| 4 green peppers | 1 $\frac{1}{2}$ tablespoons minced onion |
| $\frac{3}{4}$ lb. liver | 1 teaspoon salt |
| $\frac{1}{2}$ cup canned tomatoes | $\frac{1}{4}$ cup hot water |
| $\frac{1}{2}$ cup boiled rice | |

Cut liver in small pieces and boil in salted water for 5 or 10 minutes. Grind in meat chopper. Remove seeds from peppers. Mix all ingredients and stuff peppers. Set in a baking dish, pour on hot water, and bake for 30 or 40 minutes. Serves 4 portions.



RECIPES FOR MENUS SUGGESTED (*Continued*)

(6) ESCALLOPED POTATOES AND LIVER

1 lb. liver	1 onion (minced)	1 $\frac{1}{4}$ teaspoon salt
4 potatoes	1 green pepper	1 cup milk

Boil potatoes in jackets; when done, cut in slices. Cut liver in small pieces and cook in boiling salted water for 5 or 10 minutes. Grease a baking dish. Cover the bottom with a layer of potatoes, then a layer of liver and sprinkle with onions and green peppers; repeat until ingredients are used. Add milk and bake for 30 minutes.

(7) SPLIT PEA SOUP

$\frac{1}{2}$ lb. dried green or yellow split peas	4 tablespoons fat
1 small onion	4 cups milk (evaporated)
4 tablespoons flour	Salt

Soak peas over night in cold water, add onions and salt, and cook until soft. Put through strainer. Make white sauce of fat, flour, and milk. Add peas and cook until well mixed. (Dried beans or leftover baked beans may be used.)

(8) COCOA-CORNSTARCH PUDDING

1 quart evaporated milk (scalded)	4 to 6 tablespoons cornstarch
$\frac{1}{2}$ cup sugar	1 $\frac{1}{2}$ teaspoons vanilla
4 tablespoons cocoa	

Mix sugar, cornstarch, and cocoa. Pour over this mixture the scalded milk. Cook over hot water for 10 minutes, stirring all the time. Add flavoring. Serve cold.

(9) CARAMEL PUDDING

1 scant cup of sugar (use brown, if on hand)	2 tablespoons of flour or cornstarch
1 tablespoon of butter	$\frac{1}{2}$ teaspoon soda
2 cups milk (evaporated)	

Put dry ingredients in pan (skillet) over fire, stir until light brown and melted; add 2 cups evaporated milk and stir until thickened. Set in pan of water and cook 15 to 20 minutes. Remove from fire, add $\frac{1}{2}$ teaspoon vanilla. Cool.

(10) ESCALLOPED CABBAGE WITH CHEESE AND TOMATOES

3 cups of boiled cabbage	$\frac{1}{2}$ pound grated cheese
$\frac{1}{2}$ cup canned tomatoes	Salt and pepper to taste
1 cup bread crumbs	

Grease baking dish. Put in layers of tomatoes and cabbage sprinkled with cheese and bread crumbs. Have top layer of bread crumbs dotted with butter. Bake in slow oven for 30 minutes, or heat thoroughly over hot water until cheese is melted.



RECIPES FOR MENUS SUGGESTED (*Continued*)

(11) CREAMED EGGS AND POTATOES

- | | |
|--|-----------------------|
| 2 large potatoes (boiled in skins) | 1 tablespoon fat |
| 4 hard cooked eggs (cook slowly
so they will be tender) | 1 tablespoon flour |
| | 1 cup evaporated milk |

Melt fat, add flour, cook a few minutes; add milk slowly, stir and cook until slightly thickened. Add diced potatoes and chopped eggs. Salt to taste.

(12) THIN CUSTARD SAUCE

- | | |
|-------------------------|--------------------------|
| 1 egg | 2 cups milk (evaporated) |
| $\frac{1}{2}$ cup sugar | Pinch of salt |
| 2 teaspoons flour | |

Mix salt, sugar, and flour; add to beaten egg. Pour on milk and cook in double boiler 20 minutes. Stir constantly. When done, add $\frac{1}{2}$ teaspoon of vanilla.

(13) OATMEAL CHOWDER

- | | |
|--------------------------|-----------------------|
| 3 tablespoons fat | 2 cups tomatoes |
| 3 cooked carrots (diced) | 2 cups cooked oatmeal |
| 1 cup cooked split peas | 1 quart water |
| 1 large onion | Salt to taste |

Melt fat, add onion, and cook until browned. Add all other ingredients and cook for 20 minutes.

(14) PEANUT BUTTER SOUP

- | | |
|---------------------------------|--------------------------|
| 4 tablespoons flour | 4 cups milk (evaporated) |
| 4 tablespoons fat | Salt |
| $\frac{1}{3}$ cup peanut butter | |

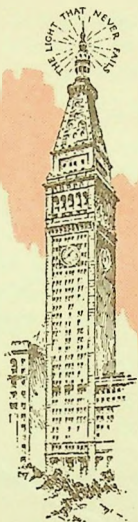
Make a white sauce of fat, flour, milk, and salt. Stir in peanut butter and cook a few minutes longer.

When evaporated milk is used in these recipes, it should be diluted with water according to the directions on the can.

The *Metropolitan Cook Book* also contains recipes for some of the foods suggested in these menus.

The Family Food Supply contains information about food needs for the family, and marketing suggestions. Both can be secured from the Metropolitan Agent.

Tables on pages 2 and 3 adapted from "Food Allowances" prepared by Lucy H. Gillett and Lillian Anderson for New York State Temporary Emergency Relief Administration.



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