

WAR EXCHANGE

Wheatless days are Monday and Wednesday. Meatless day is Tuesday. Porkless day is Saturday. One meatless and one wheatless meal each day.

At all times save as much sugar, wheat, meat and fat as possible.

Baked Vetch—

*1 pint vetch, raw (either Pearl or Black).
1 teaspoon soda.
1 slice salt pork or bacon.
2 teaspoons salt.
½ tablespoon mustard (ground).
2 tablespoons molasses.
2 tablespoons vinegar.
Dash of cayenne.
½ cup strained tomatoes or catsup.

Hot water enough to cover.
Soak vetch over night. Add soda and cook until tender. Rub through hands to remove hulls. Put pork in bean jar, add other ingredients, and bake four or five hours.

Squash Cakes—
1 cup squash (mashed).
½ cup finely cut nuts.
½ cup bread crumbs.
1 tablespoon chopped cheese.
2 tablespoons onions (if desired).
1 egg.
1 tablespoon parsley (if desired).
Salt to taste.

Make into cakes and fry. Serve with or without brown or tomato sauce, or bake in well-oiled baking dish.

Prune Loaf, Imperial—
2 cups rice (cooked).
1 cup grated cheese.
1 cup prune pulp.
1½ tablespoons salt.
1 egg.
1 cup crumbs.
½ cup strained tomatoes.
1 small chopped onion.
2 tablespoons parsley.
Bake in loaf one hour in moderate oven.

Escalloped Beans—
Soak the dried green beans for 24 hours. Cook until tender; drain. Place alternate layers of bread crumbs, and cooked beans, cover with a few pieces of bacon, then bread crumbs. Pour in enough milk to cover beans. Season to taste. Bake about ½ hour.

Peanut Cakes—
1 cup chopped roasted peanuts.
2 cups mashed potatoes.
¾ teaspoon grated nutmeg.
½ teaspoon white pepper.
1 teaspoon salt.
1 teaspoon onion juice.
1 tablespoon chopped parsley.
1 well beaten egg.
Mix as given, form into cakes and fry.

Pea Loaf—
½ cup pea pulp.
¾ cup soft crumbs.
¾ cup milk.
1 tablespoon sugar.
Few drops onion juice.
½ teaspoon salt.
1 egg, slightly beaten.
2 tablespoons melted butter.

If bread is dry, soak it in the milk. Mix in order given, pour into buttered dish, cover and steam until set. Serve hot with white sauce made by using stale bread crumbs instead of flour.

Vegetarian Loaf—

1 cup toasted bread crumbs (entire or graham).
1 cup nuts.
1 cup corn pulp.
½ cup cheese.
2 eggs.
2 teaspoons grated onion.
1 tablespoon minced parsley.
½ cup whole wheat flour.
1 cup chopped celery.

Mix ingredients together thoroughly. Press in small bread pan or baking dish and bake or steam one hour. Steaming preferred.

Peanut Rice Loaf—
2 cups rice (after cooking).
1 cup chopped peanuts.
2 tablespoons salt.
2 tablespoons chopped parsley.
Bake in loaf slowly for 1½ hours or until well browned. Serve hot with or without tomato sauce.

Stuffed Peppers—
Soak dried green peppers 12 hours. Boil until tender; remove from water and stuff as you would any peppers. Fresh green peppers may be used. The following stuffing may be used.
1 cup cooked rice.
2 teaspoons peanut butter, dissolved in ½ cup tomato pulp.
1½ teaspoon salt.
½ tablespoon finely cut onion.
½ cup cheese.
1 tablespoon finely cut parsley.

Peanut and Vetch Loaf—
½ cup shelled roasted peanuts (ground).
1½ cup boiled vetch (not ground).
1 cup toasted bread crumbs.
2 teaspoons drippings.
2 teaspoons salt.
2 tablespoons tomato catsup.
½ cup milk (more or less, as needed).

Soak vetch over night. In the morning add 1 teaspoon soda; cook until tender (about one hour). Wash in cold water, rubbing between the hands to loosen the hulls. Chop the nuts, add the ingredients as given, using enough milk to form the mixture into a loaf. Put in a pan, set pan in vessel of water, and bake one hour.

Vetch and Rice Patties—
Use equal parts of cooked vetch and seasoned left-over rice and eggs to bind it together. Make into little cakes or patties and fry. A bit of parsley may be added if desired.

Meal and Vetch Polet—
3 cups boiling water.
1 teaspoon salt to taste.
1 cup cornmeal.
2 tablespoons butter or fryings.
2 cups cooked vetch.
3 tablespoons finely cut cheese.
Make a mush of the boiling water and cornmeal, and cook thoroughly. When done and still hot add the cheese and butter and stir until the cheese is melted; then add the cooked vetch. Mix well. When cold, slice and fry a golden brown in a little fat. Two-thirds cup of uncooked vetch

will give two cups cooked vetch. Cook vetch as in above recipe. This may be made wholly of meal.

Boston Roast—
1 lb. cooked kidney beans or equivalent quantity of any cooked beans.
½ lb. cottage cheese or American cheese.
Bread crumbs.
Salt.

Mash the beans or run through food grinder. Add the cheese and bread crumbs enough to make the mixture into a roll. Bake in moderate oven, basting occasionally with butter or other fat and water. Serve with tomato sauce. Three canned pimientos chopped may be added to the loaf. An egg will make it hold its shape better.

Cottage Cheese Nut Loaf—
1 cup chopped nuts (any nuts may be used).
1 cup cottage cheese.
1 cup bread crumbs.
2 tablespoons chopped onion.
1 tablespoon butter.
Juice of ½ lemon.
Salt and pepper.

Cook the onion until tender in the butter or other fat and a little water. Combine the other ingredients and moisten with the onion mixture. Pour into a shallow baking dish and brown in the oven.

Welsh Rarebit—
1 tablespoon butter
1 teaspoon cornstarch
½ cup cheese
1 cup milk or tomato juice
¼ teaspoon mustard
Salt and paprika

Make sauce of butter, cornstarch and milk, cook, add cheese. Stir until melted; add seasoning and serve on toast.

Use of Left-Overs—
Any left-over material, such as meats, fish, vegetables, rice, macaroni, or breakfast foods may be used to form meat substitutes. If the material is in large pieces it may be run through a meat chopper, mixed with bread crumbs, milk or eggs, or both, and seasoned with salt, pepper, celery salt, or any seasonings desired. Chopped parsley, nuts, onion, etc., may be added if desired. Mold into cakes and fry or put in oiled baking dish and bake.

Suggested Combinations—
1—Tomato pulp, ground peanuts, bread crumbs.
2—Rice, cheese, tomatoes, bread crumbs.
3—Baked beans run through sieve, tomato or catsup to taste. Mold, dip in bread crumbs and egg.
4—* cup hominy cooked in 2 cups tomato pulp seasoned with salt, pepper, paprika and 2 tablespoons butter. Mold and fry.
5—Left-over salmon or any fish and peas.
6—Cold meat, tomato, and potato.
7—Cold sausages cut into bits, mixed with cold potato, bread crumbs rice or left-over cereal.
8—Squash, ground cheese, bread crumbs.
9—Oatmeal mush, cheese, cold corn.
10—Any cold cereal, tomato catsup and seasoning.

APPETIZING SCHOOL LUNCHES.
The following suggestions are among those that have been made for well-balanced school lunches:
1. Sandwiches with sliced tender meat for filling; baked apple, cookies, or a few lumps of sugar.
2. Slices of meat loaf or bean loaf; bread and butter sandwiches; stewed fruit; small frosted cake.
3. Crisp rolls, hollowed out and filled with chopped meat or fish, moistened and seasoned, or mixed with salad dressing; orange, apple, a mixture of sliced fruits, or berries; cake.
4. Lettuce or celery sandwiches; cup custard; jelly sandwiches.
5. Cottage cheese and chopped green pepper sandwiches or a pot of cream cheese with bread and butter sandwiches; peanut sandwiches; fruit and cake.
6. Hard-boiled eggs; crisp baking powder biscuits; celery or radishes; brown-sugar or maple-sugar sandwiches.
7. Bottle of milk; thin corn bread and butter; dates; apple.
8. Raisin or nut bread with butter; cheese; orange; maple sugar.
9. Baked bean and lettuce sandwiches; apple sauce; sweet chocolate.

Uncle Sam's Economy Recipes.
The following recipes show how bread crumbs may be used instead of flour in various dishes. It will be noticed that nearly all the materials used in soup recipes are those that are often thrown away—skim milk, the outside leaves of lettuce, and stale bread.

Vegetable-Skim Milk Soup—
1 quart skim milk.
1 slice stale bread.
2 ounces of the outer leaves of lettuce (6 large leaves).
A few celery tips, or
A thin slice of onion.
Salt and pepper.
Chop the vegetables finely. A convenient way, particularly if the soup is being made in large quantities, is

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