

**WHEATLESS AND
MEATLESS MENUS
AND RECIPES, PP. 2-37**

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Wheatless and Meatless Menus and Recipes, pp. 2-37 by Alice Bradley

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ALICE BRADLEY

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**WHEATLESS AND MEATLESS
MENUS AND RECIPES**

ARRANGED BY

ALICE BRADLEY

OF

MISS FARMER'S SCHOOL OF COOKERY

30 HUNTINGTON AVENUE

BOSTON, MASS.

1918

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To satisfy the appetites of the family, meet their requirements for nutrition and follow the suggestions of the Food Administration to conserve meat, wheat, fats and sugar, requires much intelligence, interest and imagination on the part of the housekeeper.

We hope these recipes, used at Miss Farmer's School of Cookery during the winter of 1917-1918 will help in solving present day problems, and be of use in classes taking Wartime Cookery.

Copyright, April, 1918
Second Edition, May, 1918

PLANNING THE MARKET ORDER

To meet the needs of the average individual and follow the suggestions of the Food Administration, one's market order and menus should be planned for in advance, preferably for a week at a time. These must be arranged with several points in mind:—

1. To provide adequate nourishment for each member of the family.
2. To provide only as much food as will be eaten.
3. To prepare it so that it shall appeal to the appetite.
4. To spend only as much money as your budget allows.
5. To follow consistently all the suggestions of the Food Administration as they are published in the papers.
6. To co-operate with your dealer and require not more than one delivery a day.

Adequate Nourishment

The average adult at light work requires enough food to furnish 2,200 to 3,500 calories a day, or an average of 2,500 calories per person. Four adults would thus require 10,000 calories per day or 70,000 calories per week.

A family of two adults and three children requires 70,000 to 80,000 calories per week.

For adequate nourishment foods must be selected from five groups.

GROUP I. Foods Rich in Fat.

Because of the world's shortage of fats it is desirable to limit fat consumption to 12 ounces per week for each adult and 6 ounces for each child.

Butter may be used for the table, but for cooking one should use oleomargarine or nut margarine, liquid or solid vegetable fats or oils, and those fats that are saved from the meat that is purchased.

GROUP II. Foods Rich in Sugar.

Because the beet sugar fields of Europe are practically all under the control of the Germans, much of our sugar must be sent overseas for our soldiers and allies. It is wise for us to limit our consumption of sugar, except for canning, to $\frac{3}{4}$ pound or less per week per person. Most of this will be needed for table use. In cakes, cookies and desserts, half the sugar called for may be replaced by corn syrup, and in breads and muffins, corn syrup or molasses may replace the sugar entirely.

Molasses, honey, syrup and jams should be used in every way to replace sugar as far as possible.

GROUP III. Foods Rich in Protein.

Of this group milk is the most important. Not less than 1 pint of milk for each adult and 1 quart of milk for each child is desirable every day. Meat may without harm be entirely replaced by fish, eggs, cheese, peas, beans, etc. An amount of food rich in protein equivalent to that contained in 2 dozen eggs is sufficient for one person for a week, with milk and cereal foods.

Note: For equivalent amounts see page 3 "FOOD VALUES AND ECONOMIC MENUS," by Alice Bradley.

GROUP IV. Foods Rich in Starch.

Wheat flour has been the chief starchy food purchased. It may be entirely replaced by wheat substitutes, from 2 to 5 pounds per week per person being required. It is better to order a variety of substitutes rather than to depend upon only one or two.

GROUP V. Fruits and Vegetables.

Use these as generously as possible. Order at least 7 pounds per week per person, and as much more as the family will eat or can afford to purchase.

Have a garden if you can and raise, eat, can and dry these foods to save wheat and meat.

Provide Only as Much Food As Will Be Eaten

The old-fashioned lavish display of food stuffs at table is now not good form. To guard against over-supply or starvation rations, guess work should be stopped and forethought and clever planning should be instituted in ordering market supplies.

Knowledge of food values, and correctly balanced menus for a week, such as are given in this book, will help the housewife to plan to have as much food as will be needed but no undue waste.

The main part of the week's market order, regardless of cost may be planned something like this for each member of the family for one week:

Fat: $\frac{3}{4}$ pound for each adult; $\frac{3}{8}$ pound for each child.

Sugar: $\frac{3}{4}$ pound or less: sugar substitutes as desired.

Milk: $3\frac{1}{2}$ quarts for each adult; 7 quarts for each child.

Meat and meat substitutes: 2 to 3 pounds; less for children.

Fruit and vegetables: 7 pounds or more.

Flour and cereals: 2 to 5 pounds.

Prepare Food So That It Will Appeal to the Appetite.

It is possible to have food that is appetizing even with less wheat, meat, sugar and fat to use than has been customary. Care in preparation is essential. Simple foods well-cooked are always received with favor, and will provide better nourishment than carelessly made dishes.

Make Food Palatable.

Food accessories, like pimientos, parsley, spices and seasonings, will do very much to make palatable the substitute foods that we are called upon to use. Many familiar recipes can be changed to include food stuffs of which there is an abundance, and release wheat, sugar, fats and meats without altering the results in appearance or flavor.

The cost and variety of the food purchased must depend on personal likes and dislikes, on the food supplied by the home gardens, on the family income and on market prices.

Keep Within Your Budget

Twenty-five per cent of the income has been said to be the ideal amount to spend for food. At prevailing prices and with our modern demand for good things to eat, most families of four or five with incomes of less than two thousand dollars a year spend more than twenty-five per cent for raw material.

Forty per cent of a twelve hundred dollar salary is four hundred and eighty dollars a year, forty dollars a month or ten dollars a week. Can you afford to spend more for food? If the income is less than fifteen hundred dollars a year, the greatest care must be exercised in planning the market order. With larger incomes care must be used to prevent purchasing too much food material, and having it wasted by eating too much or throwing away what is not eaten.

Two dollars per week seems to be the lowest price for which any person can be adequately nourished at present prices where all supplies must be purchased.

Market Orders

In the market orders which follow wheat flour has been entirely eliminated, consequently whatever flour is used has been made of the wheat substitutes, the grains and cereals.

If you try living for a week without any wheat, you will

find a variety of wheat substitutes far more satisfactory to work with than large amounts of any one kind.

It is a simple matter to eliminate wheat breakfast cereals and use oatmeal, corn, barley, hominy and rice.

If oat flour is not obtainable, rolled oats may be forced twice through the food chopper or grain mill, and sifted if wanted very fine. Coarsely ground oatmeal is used in brown bread in place of graham flour. Yeast breads cannot be satisfactorily made without some wheat flour; 50 to 66 per cent giving the best results, therefore breads and muffins made with baking powder, soda and sour milk, or eggs, must be substituted for yeast bread in wheatless meals. As long as there is a shortage of wheat, we must all plan to use small amounts of bread and more cereal than usual, and especially, more potatoes. Because some people are doing less than they might, the rest of us must do more than our share.

Other fruits and vegetables may be substituted for those suggested according to the supplies in the market or the garden, or to the prevailing prices.

The amount of protein food is sufficient, even though no meat is included. It may not be necessary to eliminate meat entirely from our menus, but meat is expensive, and should be used only once a day if at all. The amounts of fat and sugar conform to the suggestions of the Food Administration. The foods here listed supply sufficient energy, building material and ash constituents for one week for four people at light work, three people at moderately active work, or a family of two adults and three children. Where there are children one quart of whole milk should be supplied daily for each child. For a family of two, quantities should be halved so that there may be no waste. Do not be afraid to order small amounts. For a family of six, the addition of one or two extra dishes each day may be more satisfactory than to increase every recipe. All leftovers should be carefully utilized. Top milk and sugar are allowed for coffee and cereal. Half tablespoons of butter or nut margarine weighing $\frac{1}{4}$ ounce each are used for butter balls at each meal where bread is served.

**WEEKLY MARKET ORDER FOR 4 ADULTS.
COSTING ABOUT \$10.00**

For 2 Adults and 3 Children, add 7 quarts of milk

	Amount	Calories
Oleomargarine	2½ pounds	8,500
Salt pork	¼ pound	900
Peanut butter	½ pound	1,400
Dripping	½ pound	2,000
Sugar	3 pounds	5,400
Molasses	1 quart	3,900
Corn syrup	small can	1,600
Rolled oats	2 pounds	3,600
Oatmeal	½ pound	900
Barley flour	1 pound	1,600
White corn meal	1 pound	1,600
Corn meal	3 pounds	4,800
Corn flour	2 pounds	3,200
Cornstarch	¼ pound	400
Pop corn	½ pound	800
Hominy	½ pound	800
Rice	1½ pounds	2,400
Tapioca	2 ounces	200
Milk	14 quarts	9,400
Peanuts	½ pound	2,400
Eggs	14	1,000
Salt mackerel	1 pound	1,100
Fresh fish	3 pounds	600
Salt fish	1 pound	300
Salmon	1 can	680
Beans	1 pound	1,600
Cheese	1 pound	2,000
Potatoes	¾ peck	3,500
Beets	1 pound	150
Onions	2 pounds	400
Carrots	1 pound	150
Cabbage	2 pounds	240
Squash	2 pounds	200
Tomatoes	1 can	200
Raisins	1 pound	1,500
Prunes	1 pound	1,200
Apples	3 pounds	600
Bananas	6	500
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