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# PICNIC MEALS



sandwiches  
soups  
salads  
sweets  
main dishes

by GERTRUDE BLAIR

and GORDON H. COLE

# PICNIC MEALS

## FOREWORD

### *it's a picnic . . . to pack a lunch*

Just say the word "Picnic" . . . and everyone else chimes in with "what do we eat?" So whatever our private opinions may be on the subject of putting up lunch baskets, it seems to be a good old American habit that is here to stay. Lunches go to picnics — to work — to school — they even start out with us for long trips in the car.

Sandwiches seem to be the familiar cornerstone of the picnic lunch. But there comes a time when the lady of the house needs a little outside inspiration to help vary the pattern. And so — in this booklet — we have set out to be helpful, not only with sandwiches, but also with all the other varieties of food than can travel in lunches.

Our inspiration comes from *The Machinist*, a newsy weekly newspaper serving the members of the International Association of Machinists and their families. The Machinist decided their women readers needed a corner of the paper in which to air some of their picnic and lunch packing problems. This was a kind of correspondence corner and the women loved it. Even the men horned in to offer expert advice. The timely practical suggestions, questions and answers have astonished the editors and delighted the women readers.

This booklet is the legal descendant of that lunch box corner. Its questions and suggestions have served as an authentic guide to the sections on hot foods — salad mixtures — soups with seasonings — sandwich fillings and sweets. In fact we would like to take this opportunity to say "thank you" to the friends who have shared their problems and their success secrets so generously.

So here's to better and better lunches, good travelers away from home.

GERTRUDE BLAIR  
GORDON H. COLE

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## Sandwiches



### fillings and spreads for traveling sandwiches

We know that you know all about ham sandwiches, sliced cheeses, eggs, cold roasts and all the other favorite old stand-bys in the sandwich family. Suggestions here are different, to add interest and appetite appeal.

### roast turkey or chicken in a triple decker

- 3 thin slices bread  
(2 of white, 1 of whole wheat)
- slices of roast turkey or chicken
- apple jelly
- butter or margarine

Spread the bread with butter or margarine. Put together as a triple decker with cold meat and apple jelly between the slices. Use the whole wheat as the center slice. If the sandwich is cut into thirds before wrapping (hold each triple decker together with a toothpick) they can be eaten more easily.

### salmon paste

- 1 lb. can salmon
- 1 teaspoon dried or fresh mint leaves
- 1 tablespoon minced parsley
- 1 tablespoon vinegar
- $\frac{1}{4}$  cup fine dry bread crumbs
- 3 tablespoons butter or margarine

Mix to paste. Chill and store for sandwich making.

### baked bean filling

- $\frac{1}{2}$  cup left-over baked beans
- chili sauce, prepared mustard or piccalilli
- grated cheese

Mash the beans. Add relish to make a mixture that will spread. Spread between whole wheat or rye bread; sprinkle with grated cheese. (When you serve these sandwiches at home — maybe for Sunday night supper — toast them in a grill or very hot oven.)

### baked sandwich with meat filling

- ¼ lb. steak, cut into small cubes
  - 2 tablespoons flour
  - ½ teaspoon salt
  - 1 teaspoon chili powder
  - ½ teaspoon pepper
  - 2 tablespoons drippings
  - 2 tablespoons chopped onion
  - ½ cup catsup
  - ½ cup water
  - 1 hard cooked egg
- pastry

Select round or flank or some other less expensive cut of steak. Measure flour into a paper bag with salt, chili powder, pepper; drop the cubed steak into this and shake until coated with all of the flour. Melt drippings in large heavy frying pan; add meat and onions and brown slowly. Add catsup and water. Cover and cook over low heat until meat is tender and all the gravy completely absorbed. Use about 1½ cups of pastry mix to make a pastry. Roll thin; cut into six, 5" (about) squares. Divide the meat between the squares; add a slice of egg to each; then fold half the dough over top to make a triangle pie. Crimp the edges together (with a fork). Bake in hot oven (400 degrees F.) 12 to 15 minutes. Excellent hot or cold. (Note: try this with a filling of corned beef hash — or any other cooked meat, such as chopped chicken.)

*A reminder . . . in addition to the usual cold cuts that are popular for sandwich making, don't forget — tongue — corned beef — cooked fish (left-overs) — meat loaf — fish loaf.*

### savory cheese spread

- ½ lb. snappy American cheese
- 2 medium-sized onions
- 1 stalk celery
- Tabasco sauce
- chili sauce, if desired

Put cheese and onions through grinder. Add dash of tabasco. If desired, add chili sauce (or catsup or mayonnaise).

### cream cheese savory

- 3 oz. packaged cream cheese (or ½ cup cottage cheese)
- 1 can deviled ham (or 1 cup cooked chopped ham)

Mix. Fill 2 green peppers. Chill. Slice. Wrap slices in waxed paper to be eaten out of hand. Or use as sandwich filling.

### orange cheese spread

- 3 oz. package cream cheese
- 2 tablespoons orange marmalade or grated rind of orange

Mix and use as a spread for nut bread or whole wheat.

### "a machinist" cooked-up this filling for sandwiches

- 1 lb. lean soup meat, cooked (veal or beef)
- 1 large onion
- can pimientos
- 1 large carrot
- 1 doz. seeded olives
- 1 tin anchovies
- 4 tablespoons cooked salad dressing (about)
- salt, pepper to taste
- Tabasco, to taste

Put through grinder; add dressing sufficient to make a spread. Add seasonings to taste. Store in refrigerator.

### tuna spread

- can of tuna fish
- 4 hard-cooked eggs, chopped
- 4 black olives, sliced from seeds
- 1 raw mushroom and/or flower of cauliflower, green pepper, radish . . . thinly sliced
- 1 tablespoon vinegar or lemon juice
- 2 tablespoons prepared mustard
- salt, pepper
- 2 tablespoons chili sauce

Break the tuna fish into bits (not too small). Save the oil. Add eggs, olives and whatever crisp raw vegetable you wish. Mix oil with the vinegar, mustard, chili sauce. Add to tuna; toss with fork, adding salt and pepper to taste.



### "a fish tale"

To keep sardines from soaking into sandwich bread, drain — then add cooked egg yolk and mix well. Sardines chilled over-night in their tin can be wrapped in newspaper and when opened at lunch time will still be cold.

### orange nut bread

- 2 tablespoons shortening
- ¼ cup sugar
- 1 egg
- 1 tablespoon grated orange rind
- ½ cup chopped raisins
- ½ cup chopped nuts
- 2¼ cups flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¾ teaspoon salt
- ¾ cup orange juice

Cream shortening with sugar; add egg and beat until fluffy. Add orange rind; raisins, nuts. Sift together the dry ingredients and add alternately with the orange juice. Bake in 9" sq. cake pan, lined with waxed paper . . . in slow oven (300 degrees F.) about ¾ hr. Cut into squares. Separate into halves and spread cream cheese between the layers.

## honey nut loaf

- ½ cup coarsely chopped nuts
- 2 cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 egg, beaten
- ½ cup honey
- ½ cup milk
- 2 tablespoons melted fat

Add nuts to dry ingredients, sifted together. Combine egg with honey and milk, stir into the flour. Add the melted fat. Stir only until flour is moistened — no longer. Bake in greased loaf pan; in moderate oven (350 degrees F.) 45 to 50 minutes.

## beauty treatment for canned sandwich meats

Says one lunch box wife: "Canned luncheon meats were served several times too often in the late war, but since they are among the more economical of sandwich meats, it pays to restore their popularity with special beauty treatment."

### suggestions

- 1 can lunch meat mixed with:  
3 slices bacon, broiled and crumbled  
¼ to ½ cup chopped nuts (almonds, pecans, walnuts or peanuts)  
piccalilli to soften
- 1 can lunch meat grind with:  
3 sweet pickles      2 large raw carrots  
1 onion              ¼ lb. snappy cheese  
2 stalks celery  
then add chili sauce to moisten
- 1 can lunch meat . . . chilled and sliced  
3 oz. packaged cream cheese  
horse radish

Mix cream cheese with horse radish to make a spread. Spread between two slices of the meat (to make a sandwich); then cut this "sandwich" into 3 sticks. Continue with remaining meat slices and cheese. Wrap each stick in waxed paper — to be eaten as is.

## peanut butter suggestions

To remove the dryness of peanut butter:

- Mix with any kind of syrup to desired thickness.
- Mix 3 tablespoons peanut butter with 3 oz. soft cheese and ½ cup olive butter. Add dash Worcestershire.
- Mix ½ cup peanut butter with ½ cup cranberry sauce.
- Mix ½ cup peanut butter with ½ cup crushed pineapple.
- Mix with butter or margarine to desired consistency.



## seasoned butters for sandwiches

- Mix ½ lb. butter or margarine with:  
**Onion Butter:** 1 large sweet onion, finely ground  
**Deviled Butter:** 1 tablespoon dry mustard, dash ground ginger  
**Curry Butter:** 2 tablespoons curry powder  
**Herb Butter:** ¼ teaspoon mixed poultry seasoning
- Keep in refrigerator for sandwich making.

## Soups



## hearty soups make a hit

Big thermos jugs must have been designed by Santa Claus as a gift for picnic lunch totes, for all kinds of whole meal dishes can be carried, piping hot, in these to serve away from home. Later on in this book there is a section on *MAIN DISHES that can TRAVEL* and some of those dishes could go right into a thermos jug to be carried to a picnic place.

But right now is the time to talk about soups that can hike right along to a picnic. If you are using canned or the dehydrated kind, you may want to heat them on location. They cook in a jiffy.

## some quick tricks with canned or dehydrated soups

- Prepared according to directions; but add the special touch of some grated cheese; or a dash of sour cream; some minced parsley or chives.
- Combine 2 or 3 different soups: such as cream of spinach with cream of chicken; cream of celery with chicken noodle; cream of tomato with cream of green pea or spinach or asparagus.
- Do a special seasoning job: such as a dash of powdered sage with several slices of sausage to bean soup; add chili powder to bean or dried pea soup; add a bit of sherry (or any wine) to black bean soup and then add lemon juice with several slices (then add lemon) (just wonderful) Curry powder to chicken soup.

Standard cookbooks will give you many good recipes for homemade vegetable soup, for bean soups, etc. But here are a few unusual soups you may like to add to your repertory.

### sauerkraut soup

- |                   |                    |
|-------------------|--------------------|
| 1 cup sour cream  | 1 lb. sauerkraut   |
| 1 onion, diced    | 1 qt. hot water    |
| 3 carrots, diced  | 1 teaspoon salt    |
| 2 turnips, diced  | ½ teaspoon paprika |
| 4 tablespoons fat |                    |

Saute, in large pot, onion, carrot, turnip, in the fat. Cook over low heat until delicately browned. Add sauerkraut and hot water. Simmer ½ hour. Add salt, paprika and sour cream. Reheat to piping hot.

### New England fish chowder

- 2 tablespoons drippings
- ¼ to ½ cup chopped onions
- ¼ lb. salt pork, chopped
- 1 lb. fish (boned), cut into pieces
- 2 or 3 potatoes, cubed
- ½ cup chopped celery
- 3 cups boiling water
- 1 teaspoon salt
- 3 cups hot milk
- 1 tablespoon minced parsley

Melt the drippings in large kettle; add the onions and salt pork. Fry slowly to delicate brown. Add fish, potatoes, celery, boiling water, salt. Cover and simmer until potatoes are tender. Add milk; bring slowly to boiling, but do not boil. Fill thermos while soup is piping hot; add minced parsley. Makes about 2 qts. soup.

### tomato okra soup

- 1 qt. tomatoes (fresh or canned)
- 2 bouillon cubes
- 1 bay leaf
- 1 clove garlic
- 1 teaspoon salt
- 2 tablespoons bacon drippings
- ½ teaspoon celery seeds
- 2 cups water
- 1 teaspoon quick cooking tapioca
- 1 dozen tender okra pods

Cut the clove of garlic (this is one section of a bud of garlic) into halves and stick a toothpick into each. Add tomatoes, bouillon cubes, bay leaf, salt, bacon drippings, celery seeds. Cover; simmer until tomatoes are very soft. Remove garlic and bay leaf. Add the quick cooking tapioca and simmer until tapioca is clear (this is a very delicate thickener for the soup). Next, cut the washed okra into one-inch pieces and drop directly into the boiling tomatoes. This is very important—do not cut the okra early because it would begin to "bleed" making a sticky, gelatinous soup. Cook just long enough to cook the okra.

### potato dumpling soup

- 3 potatoes, pared, cubed
- 3 onions, cubed
- 1 qt. boiling water
- ½ teaspoon salt
- ½ teaspoon caraway seed, optional
- 2 slices bacon, cut small
- 1 qt. milk
- ½ cup biscuit mix with liquids\*

Simmer together the first six ingredients until potatoes are tender. Add milk; bring to a boil. Add\* milk or water to the biscuit mix to make a soft drop dough. Drop by teaspoon into the boiling soup. Cover tightly and simmer 10 minutes (by the clock).

### speedy hot borsch

(Beet soup . . . and delicious!)

- 1 can strained beets
- (baby food — or small tin diced beets)
- 1 can condensed chicken bouillon
- 1 cup water
- ½ teaspoon salt
- 1 tablespoon lemon juice
- sour cream

Simmer together all ingredients except the sour cream. Fill thermos bottle when piping hot, then add the sour cream. Makes about a pint of soup.

## Salads



### some salads ok'd by the gentlemen

Any chefs present? Then by all means let the masters concoct the highly special dressing and toss off a bowl of salad greens. The salad bowl can travel in the car filled with all the napkins and such paraphanelia.

### French dressing

- ¼ teaspoon dry mustard
- 1 teaspoon garlic salt (or plain)
- ¼ teaspoon sugar
- ½ cup vinegar or lemon juice
- ½ cup salad oil

Measure ingredients right into the salad bowl or into a bottle for future reference. Store in cool place but not in the refrigerator. Shake well before using.

### a very special cooked salad dressing

- 1 teaspoon salt      ½ cup hot milk
- ¼ teaspoon dry mustard      1 egg, slightly beaten
- 1 tablespoon sugar      ¼ cup vinegar
- 1 tablespoon flour

Mix dry ingredients; add hot milk. Stir over low heat until creamy. Add the egg; continue cooking over low heat another 2 or 3 minutes. Add vinegar; stir vigorously over low heat until richly creamy. Cool.

### sour cream dressing

- ½ cup sour cream, well chilled
- 2 to 3 teaspoons vinegar
- 1 to 2 teaspoons sugar
- 1 teaspoon salt
- dash pepper
- ¼ teaspoon celery seed
- ½ teaspoon scraped onion

Mix and use at once. Excellent on cole slaw.

### chef's dressing and the salad

Rub the inside of the bowl with cut side of a piece of garlic or onion; cast it aside. Add remaining ingredients as given below. Mix well with a spoon, then add the salad greens (all washed and crisped at home) and toss until every leaf is well dressed.

- ¼ teaspoon dry mustard  
(or teaspoon picnic mustard)
- 1 teaspoon plain salt  
(or celery or garlic salt)
- ¼ teaspoon sugar
- ½ cup vinegar or lemon juice
- ½ cup salad oil

(Make this dressing at home and take to the picnic, if you wish. Just measure all ingredients into a bottle. Never store in refrigerator but keep cool.)

### tips on packing salads

1. whenever possible, prepare ahead of time and chill well.
2. pack to keep cold salads cold. (a) into wide mouthed thermos, (b) into plastic bag with cubes ice, (c) or wrap container in waxed paper, then in layers of newspapers . . . it works!

Salads must have tasty dressings. You can buy, and you can prepare at home, a wide variety of delicious tasty salad dressings. *IF lunch box carriers are to be sold on salads, be sure to make good dressings:*

- French dressing
- mayonnaise
- cooked dressing
- variations on mayonnaise such as: 1000 Island Dressing and Russian Dressing
- sour cream dressing

### these salads will travel:

- |                  |                        |
|------------------|------------------------|
| baked bean salad | potato salad           |
| fish salads      | cole slaw              |
| egg salads       | macaroni salad         |
| cottage cheese   | chopped raw vegetables |
|                  | cooked vegetables      |

### potato salad #1

- 2 boiled potatoes
- 1 stalk celery
- 1 onion
- ¼ cup minced celery leaves and minced parsley
- 2 or 3 sweet-sour pickles
- 2 or 3 stuffed olives
- \* raw vegetables
- 3 tablespoons French dressing
- cooked dressing to moisten

Make it neat! Cut the potatoes into neat small cubes. Mince the onion, the celery leaves and the parsley; thinly slice the celery. Cube the pickles; slice over olives. *Appearance is important.* \*Now for the other raw vegetables — here's where your imagination comes in. Put in a spoonful of raw or frozen green peas; add some thin strips of raw turnip or mushrooms or cauliflower. Sometimes you will have one on hand, sometimes another; they add texture and chewing quality (as well as important vitamins and minerals) to a soft salad. You may have green pepper on hand — it is up to you. Just be sure all ingredients are cut neatly. Season with salt and pepper and the French dressing. Toss lightly with a fork and let stand 15 minutes. Then add cooked dressing, sufficient to moisten the salad. Let stand an hour or two (at the very least) so that dressing and seasonings will penetrate. Pack in paper containers lined with celery leaves or with tender dandelion or radish leaves. Chill well. Cover. Wrap in several layers of wrapping or newspaper, before packing.



### potato salad #2

- 1 cup mashed potatoes
- 1 hard boiled egg
- ½ cup grated carrots, minced onion, minced parsley and celery leaves
- mayonnaise to moisten

This is a wonderful way to use left-over mashed potatoes. Mix ingredients above. Shape into balls. Roll in extra minced parsley or celery leaves; or in chopped nuts. Wrap in waxed paper. Chill until time to pack.

## macaroni salad

- 1 cup cooked macaroni
- 1 hard boiled egg, chopped coarsely
- 1 frankfurter, thinly sliced
- 1 tomato, quartered
- 1 carrot, thinly sliced
- 1 onion (or green tops of fresh onions)
- 1 tablespoon grated cheese
- dash dry or fresh basil
- dash dry powdered thyme
- mayonnaise or sour cream dressing
- paprika

Use elbow macaroni or break the long pieces into half-inch lengths. Mix all ingredients, adding dressing sufficient to moisten. The herbs may be omitted, if desired; but do give them a try if you are not accustomed to using them. Ever so small dashes will add zest to this salad. Paprika may be sprinkled into the salad and over the top. Chill and pack into container for the lunch box. (For Sister's lunch box, send along some toasted crackers or Melba toast, instead of sandwiches.)

## cole slaw

- (note:  $\frac{1}{4}$  large head cabbage, or  $\frac{1}{2}$  small head makes 1 pt. slaw)

- 1 pt. cabbage (of green, white, red used singly or mixed)
- 1 onion, shredded
- cream dressing to moisten
- variations:
- 1 raw carrot, grated or sliced
- 1 tart apple, chopped
- 1 green pepper, thinly shredded
- diced cucumber and celery
- canned pineapple, diced or shredded
- chopped peanuts
- raisins
- sliced stuffed olives

Raw cabbage is a very important vegetable. All three "colors" of cabbages are rich in calcium. Green cabbage has more Vitamin C and both the green and red are important for their Vitamin A. Just mix the cabbage and the onion with preferred dressing (some choose a good cream dressing; some like to use simply a sweet-sour vinegar). Add any of the variations as listed above, to your taste.

## cooked vegetable salad

- $\frac{1}{2}$  to 1 cup cooked vegetables (such as string beans, peas, beets)
- $\frac{1}{4}$  cup finely shredded cabbage
- 1 onion (or green onions) shredded
- 1 green pepper, shredded
- \* cube of cheese
- mayonnaise to moisten

Mix all ingredients. \*Choose snappy American cheese, or some Bleu cheese or some cottage cheese and crumble several tablespoons full into the vegetables; add mayonnaise to moisten, using any variation desired. Pack same as potato salad #1 (after chilling well). (See page 9.)

## baked bean salad

- 1 cup baked beans, cold
- $\frac{1}{2}$  cup minced celery tops with leaves
- 2 slices grilled bacon, crumbled
- 2 radishes, sliced
- 2 tablespoons mayonnaise
- 2 tablespoons chili sauce

Just mix together. Chill and pack into lunch box containers.

## chopped raw vegetables

- $\frac{1}{2}$  cup raw vegetables, coarsely chopped
- dressing

What vegetables? Radishes, onions; peppers, red and green; mushrooms; cauliflower; turnips, and some of the less well known such as Jerusalem artichokes. Use your imagination. Chill well. Pack in plastic bag with cubes of ice. But put the dressing in a separate small paper cup (one with a fitted top).

## herring salad

(this is wonderful!)

- 1 herring (in creamy vinegar sauce)
- 1 boiled potato, cold
- 1 onion
- $\frac{1}{2}$  cup (about 4 oz.) cooked or canned corned beef
- 1 tart apple, pared
- 1 large sour pickle
- 2 or 3 medium sized pickled beets
- 1 hard-boiled egg
- $\frac{1}{2}$  cup minced celery

You can buy these marinated herrings in jars or they can be home prepared. Just place all ingredients into a large chopping bowl; then chop, chop, chop until all ingredients are well blended together into a fine mince. Chill. (And be prepared for the treat of your life. If you think you do not like herring, try it anyway. It is an elegant salad.)



## Freezing picnic meals

Have you discovered the convenience of freezing foods in advance for picnic meals? It's a wonderful last minute labor and time saver. Frozen picnic foods taste better, too. Sandwiches, for instance, thaw gradually in the picnic basket (or lunch box) and have the cool, fresh taste of sandwiches just newly made. Frozen fruit, fruit juices, and similar foods, remain refreshingly chilled and their low temperature provides a "free" chill for the salads or other cold foods you may want to carry.

The number of picnic sandwiches and other dishes that you can freeze a day or two in advance will, of course, depend upon the capacity of your freezing unit. If your refrigerator holds a small amount, you'll probably have to stick to sandwiches, especially for a crowd. A larger, full width refrigerator gives you more leeway, of course. If you own a food freezer, or a two-door household refrigerator with a separate freezer across the top, the extra-low temperature provided permits you to freeze food further in advance (3 to 4 days—or weeks—if desired!). You will also be able to freeze a larger quantity and a greater variety of food.



### Here's what you can do!

**Sandwich fillings** that freeze best are those made of sliced cooked meat, meat loaf, chicken or cheese. Sandwich spreads made of chopped or ground meat, chicken, canned fish (tuna, salmon, etc.), jelly, peanut butter, marmalade, also lend themselves to freezing. Chill all sandwich fillings before freezing.

**How to wrap sandwiches:** Wrap each sandwich separately in moisture-vapor-proof material especially designed for freezing (i.e. freezer-weight cellophane, plofilm, aluminum foil, etc.). Seal with low-temperature sealing tape, or slip one or more sandwiches into a pint-sized moisture-vapor-proof bag. Press air from package, fold ends and sides of bag over and under to fit snugly around sandwich, and seal. Label clearly; freeze; store in freezer.

**Beverages:** You can pack individual containers of frozen fruit juices. The juice will thaw, yet be chilled and ready to drink by lunch time. Milk, chocolate-milk, eggnog, fruit puree and milk combinations, are among beverages frozen successfully. Small mayonnaise jars with screw-top lids, or 1/2 pint glass canning jars are excellent for this purpose.

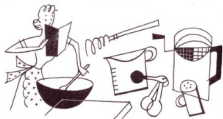
**Important note:** Keep on hand a supply of moisture-vapor-proof wrapping materials, or bags, to package each frozen food, or container of frozen food. Moisture condenses on containers as frozen foods thaw. Moisture-vapor-proof wrappings protect the foods and the outer bag, or box, from becoming soaked.

By the way, don't freeze lettuce and such raw vegetables as have a high content of water. Just chill them well and pack them near those "defrosting" sandwiches in the picnic basket.





## Sweets



### "Journey" cakes and sweets to go picnicking

First — just a thought on the subject of pies, remember that home favorites can travel if you make them into turnovers or bake them on paper plates and wrap them well. Cherry pies, apple pies and a host of others.

### upside down specials with a cake mix

Any one of the cake mixes, a gingerbread or muffin mix can be used for individual upside down cakes.

#### How To Do:

Cut little round paper linings for the bottom of muffin tins (make one pattern and the rest can all be cut at one time). Use brown wrapping paper or waxed paper. Then grease both lining and sides of tin. Into the bottom of each place  $\frac{1}{2}$  teaspoon margarine; cover with 1 tablespoon sugar. Then place peach or apricot halves over this, or a spoonful of marmalade or preserves, or a spoonful of tart applesauce or sliced bananas. A teaspoonful of lemon juice (or wine) may then be sprinkled over fruit, if desired. Next, mix up a batter from any one of the mixes you have on hand. Fill muffin tins  $\frac{3}{4}$  full. Bake in a moderate oven (350 degrees F.) about 12 minutes. Turn the muffins out on platter with fruit side up. Transfer immediately into individual paper cups or containers that can be covered to pack into the lunch box. The fruit topping will sauce the cakes.



### mother's oatmeal cookies

- 1½ cups oatmeal
- ½ cup sour milk
- ¾ cup shortening
- 2 cups brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 2½ cups sifted flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon cloves, cinnamon, nutmeg
- 1 cup seedless raisins or dates, chopped
- 1 cup nut meats, broken

Toast the oatmeal under broiler or in hot oven, until a light brown. Add sour milk; let stand about 5 minutes. Cream shortening with sugar. Beat in eggs, one at a time. When fluffy, add the dry ingredients, sifted together. Add oats, fruit and nuts. Mix well. Drop on greased cookie sheet with a teaspoon. Bake in quick oven (375 degrees F.) about 15 minutes.

### banana cake

- 2½ cups sifted cake flour
- 2 teaspoons baking powder
- ¾ teaspoon salt
- ½ cup shortening
- 1 cup sugar
- 2 eggs
- ½ cup chopped nuts
- 1 teaspoon vanilla
- 1 cup mashed ripe bananas (2 or 3 bananas)
- 2 tablespoons sweet milk or ½ cup sour milk
- ¼ teaspoon baking soda

Sift dry ingredients together. Cream shortening and sugar. Add eggs, one at a time; beat well. Add nuts and vanilla. Mix well. Add flour mixture alternately with the bananas and the milk, mixed with the baking soda. Turn into well-greased cake pan 8-inch square. Bake in a moderate oven (350 degrees F.) about 55 minutes or until cake is done. Serve frosted or unfrosted.

### borrowed sweets . . . from "K" rations

- ¼ lb. seeded Muscat raisins
- ¼ lb. figs
- ¼ lb. toasted almonds, chopped
- ¼ lb. dried apricots
- 1 oz. candied orange peel
- ¼ lb. honey or corn syrup
- teaspoon lemon juice (about)
- powdered sugar or chopped coconut

Put fruits through grinder. Work in the honey or syrup and the lemon juice. Shape into bars or balls. Roll in powdered sugar or chopped coconut.

## chocolate bread pudding

- 2 squares unsweetened chocolate
- 1 cup milk
- $\frac{1}{4}$  cup sugar
- 1 egg
- $\frac{1}{8}$  teaspoon salt
- 1 cup tiny cubes bread  
(or  $\frac{1}{4}$  cup dry bread crumbs)
- 1 teaspoon vanilla
- 1 tablespoon butter

Melt the chocolate in saucepan over hot (not boiling) water. Mix egg, milk, sugar, salt, vanilla; add to the chocolate. Mix well. Add crumbs. Pour into individual paper baking cups or into one greased baking dish. Dot top with butter. Bake in slow oven (300 degrees F.) about 20 minutes for individual, 30 to 40 minutes for family size. When knife stuck down into the center comes out clean, the pudding is done.

This pudding may be baked in *pastry shells*, if desired. *Peppermint flavoring* may be used instead of vanilla for variety. *Marshmallow* may be baked on top, if desired.

## poppy seed cake

- $\frac{1}{4}$  cup poppy seeds
- $\frac{1}{4}$  cup milk
- $\frac{1}{4}$  cup butter or margarine  
or part with shortening
- $1\frac{1}{2}$  cups sugar
- 2 cups flour
- $\frac{1}{2}$  teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon vanilla
- 4 egg whites, stiffly beaten

Soak poppy seeds in milk for 5 hours. Cream butter and sugar together. Add the soaked seeds and milk; add flour sifted with baking powder, salt. Beat well; add vanilla. Fold in the stiffly beaten egg whites. Bake in 3 layers in 9-inch layer cake tins; in quick oven (375 degrees F.) about 20 minutes, until baked through. Frost as desired.

## for those who must pack a lunch

This is a special section to give a hand to those who have to pack a lunch for the men of their families, for children going to school . . . or even for your working self. What a job and what a challenge to pack a lunch box day in, day out. And what satisfaction to succeed in doing it well.

## some lunch packing problems



1. *every lunch must contain a well balanced nourishing meal.* Here is a help in deciding whether your packed lunches are properly nourishing. It is a standard set up by the Department of Agriculture for School Lunches; but it can also serve as a guide for all packed lunches. A lunch box meal should be "a balanced meal, furnishing a minimum of one-third ( $\frac{1}{3}$ ) of the body's nutritive requirements for one day". In other words, a lunch box meal should be balanced in the same way as a meal served at home:

1. meat . . . or a meat substitute such as eggs, cheese, dried peas or beans
  2. vegetable and/or fruit; serve at least one of these raw, whenever possible
  3. starches and sugars . . . but go lightly on these unless the lunch goes to a job where there is hard physical labor — much expenditure of energy. Bread, rice, potatoes and sweets are on this list.
  4. milk . . . as frequently as possible. This may be included as a beverage; a milk soup; cheese; custard, etc.
2. *every lunch must have variety and appetite appeal*, so that your worker will always eat his lunch with relish. *Sandwich lunches!* That's generally the trouble with most lunch box meals; there are too many sandwich meals, accompanied, usually, by a piece of fruit; some cookies or cake or pie; and a container of coffee. Look back at that last nutrition pattern in the section above. Meats (cheese, eggs) don't always mean sandwiches. What about a meat stew in a thermos bottle? How about a couple of deviled eggs with a macaroni salad in a paper container? Spaghetti and meat sauce will travel in a jar for those who have a place at shop or office to warm up a bit of food.
3. *every lunch box meal must be satisfying and filling*, a meal to give a man that satisfied, comfortable feeling until almost time for the next meal. Soup, for instance, just doesn't "stick to the ribs". Soup must be balanced in the meal with some other food that takes longer to digest . . . for example, doughnuts, or a piece of pie, chocolate bread pudding.

4. *every lunch must be tailored to fit the needs of the person for whom it is intended.* This may sound like problem #3. It isn't really. Let us say you pack three lunches every day. There is one for father who works indoors but is on his feet all day, lifting, carrying, burning up a lot of physical energy. Sister works at a desk. Brother is part time at a desk, part time on the shipping floor. A hot meat stew for all three . . . but sister will go to sleep at her desk after lunch if you add heavy sandwiches and a piece of pie. Father, on the other hand, would be starved before three o'clock, if you gave him Sister's box with crackers to accompany the stew, some carrot sticks, an orange and several cookies. Brother needs an in-between lunch. Yet basically, the lunches are all the same for all three. Don't try to "tailor" picnic lunches — just take all you can carry!

### good travelers in a lunch box

#### *lunch boxes*

First and foremost, of course, it is important to have a good lunch box, when you carry lunches every day, or frequently. And a thermos bottle is accepted as standard equipment with each box.

#### *cleaning a lunch box*

Home Economists of the Department of Agriculture come up with several important suggestions for care of the lunch box. To prevent stale odors in lunch pail or box, "wash thoroughly with soapy water; rinse with scalding water and then leave open to dry thoroughly and to air." Also, "don't try to make your lunch tin shine like the family silver, for cleaning powders and metal polishes wear away the surface of the tin, causing it to rust more readily".



#### *paper helpers*

A supply of paper plates and cups and containers are a great help in packing lunch. Here's a handy shopping list with suggestions for use:

- small paper plates* — for baking individual pies
- frilled paper cups* — for baking cup cakes
- heavy paper cups and containers* — for baking custards, meat pies; baked apples and many desserts.
- Fine, too, for packing cole slaw and various salads.
- paper napkins* — *large paper plates* — *roll of waxed paper* — *paper towels* — *paper spoons* — *knives* — *forks* — they all come in handy.



#### *special gadgets*

Keep a *can opener* and *paring knife* reserved for each lunch box in the family — always ready for special use (such as a tin of sardines to be opened at work). Also, keep a supply of toothpicks; these will pin up a rolled sandwich, spear some olives, etc.

#### *plastic bags*

You can find plastic bags at the dime store, with a draw string. These are fine to keep foods crisp, especially in the summertime; put 2 or 3 ice cubes in the bag along with crisp vegetables or salad.

#### *extra thermos bottles*

Notice the word "extra" — the regular thermos, fastened into the lid of the box, is generally in use for a beverage, hot or cold. Get an extra ½ pt. or pint thermos to hold hot soup or a stew; meat balls, chili and a variety of other hot dishes. The half-pint size allows plenty of room for a sandwich, fruit and cake.

#### *"wide-mouthed" thermos bottles*

These can be found in pint and quart sizes. They are easier to fill with hot main dishes than are the small-mouthed.

#### *jars of many sizes*

Collect jars of various sizes, such as empty pickle, olive and mustard jars with lids that fit tightly or screw into place. They can be used for fruits, salads and cold vegetable combinations.

### special problems

Special problems are always rising when some members of the family carry a lunch each day. Here is one . . . one engineer reports that he works in a forge shop where the heat is terrific. Lunches stored in lockers dry out before noon. The Department of Agriculture suggests: *Insulated Containers* — the kind of insulated bags designed for keeping frozen foods frozen from shop to home refrigerator, or from home to the picnic spot.

## Main dishes



### favorite main dishes go to picnics — to school and to work

Many a dinner table favorite would taste wonderful at lunch time. Meat stews, chili, Spanish rice, baked beans, fried chicken, chicken pie; the list is endless! The secret is always to plan ahead; prepare extra amounts at supper time for next day's lunch box. Here are some "twin" recipes, suggesting supper-time dishes that can double as lunch box specials.

#### baked limas

Do get acquainted with dried limas (if you do not already know them) — they are a fine source of protein, minerals and vitamin B — they are an alkaline food (important) and inexpensive.

- 2 cups dried lima beans
- 2 slices bacon
- 1 onion, finely minced
- 2 tablespoons catsup
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon dry mustard
- 1 teaspoon Worcestershire

Wash the limas (and be sure to remove any little stones that may have got into them), cover with water and soak 2 to 3 hours, or overnight. Add salt, mustard, worcestershire sauce. Simmer 1 hour. Turn into a casserole — (do not drain). Fry the bacon; add onion and brown slowly. Break up the bacon; add catsup. Pour over the beans. Bake in moderate oven (350° F.) 1  $\frac{1}{2}$  hours.

#### for lunch box

Fill individual containers for lunch box. Serve remainder at supper.

### vealburger patties (supper for 4)

- 1 lb. ground veal
- $\frac{1}{2}$  lb. ground (fresh) pork
- 2 onions, finely minced
- 3 slices bread
- 1 egg
- $\frac{1}{2}$  teaspoon salt
- pepper
- flour
- 2 tablespoons drippings (or margarine)
- 2 carrots
- 1 green pepper
- $\frac{1}{2}$  cup water

Mix veal, pork, minced onion. Soak the bread in the water and then press out very dry. Add bread to meat; add egg, salt, pepper. Mix well. Set aside  $\frac{1}{4}$  of this meat mixture for "lunch box meat balls". Shape the large portion of meat into 4 large meat patties (or loaves). Dredge with flour. Brown the meat patties in the drippings. Place in baking pan; add carrots and green pepper, cut into strips. Add the water. Bake  $\frac{3}{4}$  to 1 hour in moderate oven (350 degrees F.). Serves supper for 4.

#### for lunch box

- $\frac{1}{4}$  of meat mixture (above)
- $\frac{1}{2}$  teaspoon thyme
- flour (about 2 tablespoons)
- $\frac{1}{2}$  teaspoon garlic salt (or celery salt)
- 2 tablespoons drippings (or margarine)
- 2 tablespoons catsup
- 2 tablespoons wine (optional)
- 2 tablespoons water

Shape the meat mixture into small round balls, each about an inch in diameter. Mix thyme, flour and salt; roll the meat balls in this (or shake together in a paper bag). Melt drippings in frying pan; brown the meat balls in this. Add catsup mixed with wine and water. Cover the frying pan and let the meat balls simmer gently over low flame (or in the oven) about  $\frac{1}{2}$  hour. Fill thermos bottle with meat balls and gravy (or heat the next day before filling into thermos or other container). This will serve 1 to 2 persons.

#### canned beans

but Special! (Serves 2 — plus lunch box)

- large can beans in tomato sauce
- 2 tablespoons butter
- 1 stalk celery, thinly sliced
- 1 onion, finely minced
- 1 tablespoon molasses

Heat gently together until beans are piping hot. Serve with cole slaw.

#### for lunch box

Thin the beans (if necessary) with water or catsup in order to pour them, piping hot into thermos bottle. Pack cole slaw (recipe page 10) in separate paper container. Corn goes wonderfully with this.

### scotch potato stew

- 6 medium sized potatoes
- 4 medium sized onions
- 2 cups boiling water
- 1 bouillon cube
- 2 or 3 slices bacon (or salt pork)
- salt, pepper, to taste
- paprika or minced parsley

Scrub potatoes well. If the skins are thin, do not pare. Cut into cubes. Cut onions into quarters. Add remaining ingredients (omitting parsley or paprika) cutting the bacon into small pieces. Simmer until potatoes are tender. If gravy is a little thin, thicken with a little flour mixed with water and simmer until gravy is well cooked, smooth and creamy. Reserve  $\frac{1}{4}$  of this stew for filling thermos bottle the next day. Sprinkle with paprika or minced parsley, before serving. Serves 4.

#### for lunch box

Brown 2 oz. of dried beef in 1 tablespoon drippings until the beef curls. Add the stew (reserved from above) and heat gently. If stew is a little thick, thin with a little milk. Fill thermos or container. Serves 1 to 2. (Both versions of this stew are truly delicious.)

### spanish rice (that is different)

(Serving 4 suppers and 1 to 2 lunches)

- 1 cup rice
- 1 onion, minced
- clove garlic (optional)
- 2 tablespoons drippings (or margarine)
- $\frac{1}{2}$  cup tomatoes (fresh or canned)
- 1 cup cooked chicken  
(canned or stewed at home)
- $\frac{1}{2}$  tablespoon salt
- small can shrimp

Wash the rice well; add the minced onion. Cut the clove of garlic into halves and stick a toothpick into each. Melt the drippings in a heavy, large frying pan; add rice and onion and stir until golden brown. Add tomatoes, garlic, salt and the chicken. Add 1 cup boiling water. Bring to boiling; turn heat low; cover tightly and simmer until rice is tender (but not mushy) and the liquid almost absorbed. Remove the garlic. Add the shrimp (and any liquid in the can). Reheat until shrimp is hot through. Turn  $\frac{3}{4}$  of this rice dish into a casserole; cover with grated cheese; heat until cheese begins to melt. Serves 4.

#### for lunch box

Thin the remaining  $\frac{1}{4}$  portion with a little hot water with chicken broth or tomato juice, making mixture just thin enough to pour easily into a thermos. Note: this dish is good cold as well as hot. If served cold, fill a paper container with the thick rice. Cover and pack.

### green tomato stew

This is a recipe from the Department of Agriculture—excellent—and timely during the Fall, when green tomatoes are plentiful and economical.

(Serves 4 at supper plus 1 or 2 lunches)

- 1 lb. boneless stewing beef
- salt and pepper
- flour (about 2 tablespoons)
- \*drippings
- $\frac{1}{2}$  cups water, boiling
- 3 medium sized potatoes, diced
- 1 onion, minced
- 3 carrots, sliced
- 3 large green tomatoes, quartered

Have the beef cut into inch cubes. Mix salt, pepper and flour and shake in paper bag with meat. \*Use 4 tablespoons drippings, if meat has no fat; reduce drippings, if meat is fatty. Melt in Dutch oven; add the meat and onions and brown well over medium heat. Add water. Cover and simmer until tender. Add vegetables and continue cooking until vegetables are tender (10 to 15 minutes, at most). Serve  $\frac{3}{4}$  of this at supper with green salad.

#### for lunch box

Reheat and fill thermos or container . . . or, if you wish to change the seasoning so that the dish will not be a repetition of supper, add from  $\frac{1}{2}$  to 1 teaspoon of chili powder—or season with a little curry powder, to taste. Reheat before filling lunch box thermos.

### chicken loaf

Roanoke, Virginia, recommends this:

(Serves 4 to 6 plus 1 or 2 lunches)

- 2 cups hot milk (or chicken stock with cream)
- 2 eggs
- 1 cup soft crumbs
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon paprika
- 1 teaspoon Worcestershire sauce
- 3 cups cooked chicken, shredded
- $\frac{1}{2}$  cup celery leaves, minced
- 1 green pepper, minced
- $\frac{1}{2}$  tablespoons lemon juice

Beat eggs slightly and then stir in hot milk, gradually. Add remaining ingredients in order named. Pour  $\frac{3}{4}$  of the mixture into a buttered ring mold. Bake in slow oven (300 degrees F.) 45 to 60 minutes, until knife inserted into center comes out clean. Let stand about 10 minutes before unmolding. Serves 4 to 5.

#### for lunch box

Pour remaining chicken mixture into heavy paper containers (one or two). Bake in slow oven along with the ring. This is good cold for lunch the next day.

**economy meat loaf**

(Serves 4 for supper, 1 or 2 for lunch)

- 2 cups oatmeal
- 1½ lbs. ground beef
- ½ lb. ground pork
- 1 small onion, minced
- 2 teaspoons salt
- ¼ teaspoon pepper
- ½ teaspoon mixed poultry seasoning
- ½ teaspoon celery seeds

Mix all ingredients together. Shape into a loaf. Place on greased baking pan. Bake 1¼ hours in moderate oven (350 degrees F.).

*for lunch box*

Slice and use as sandwich filling. Or cut a thick slice from end of loaf. Then cut this slice into meat cubes. Heat gently in a tomato sauce (thinned out chili sauce will serve nicely). Pack in half pint thermos or in container to be warmed at work. A hard cooked egg may be cubed and added to sauce, if desired.

**chicken casserole**

(Serves 4 to 6)

- 2 cups cooked chicken, finely cubed
- 3 hard boiled eggs, cut fine
- 2 cups cooked (canned) peas
- 1 cup cooked macaroni
- ½ cup mushrooms, sliced
- 1 tablespoon chopped pimiento
- 4 cups chicken broth
- 2 tablespoons flour

Mix chicken, eggs, peas, macaroni, mushrooms, pimiento. Stir broth slowly into the flour to make a smooth paste; add remaining broth and stir to boiling. Pour over the mixture in a square, buttered, baking pan or dish. Bake in medium slow oven (325 degrees F.) about 40 minutes. Cut into squares to serve hot or cold.

*for lunch box*

The squares of baked chicken may be wrapped in waxed paper. Send bread butter sandwiches with this.

**salmon patties**

(the Army and the Navy like these patties)

- 2 cups (16 oz. can red salmon)
- 1 tablespoon grated onion
- 1 tablespoon lemon juice
- 1 cup soft bread crumbs or mashed potatoes
- 1 cup thick white sauce
- made with: 3 tablespoons butter
- 4 tablespoons flour
- 1 cup milk
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 slightly beaten egg

Combine all ingredients. Chill well. Shape into patties.

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