

Meal planning and nutrition

Daily Food Guide

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Plan meals that are tasty, attractive, and nutritious with the Basic 4 Food Groups. In this chapter you'll find menu suggestions for family and special company meals.

Top left:

Breads and cereals are packed with energy. This food group is good for rounding out any meal.



Top right:

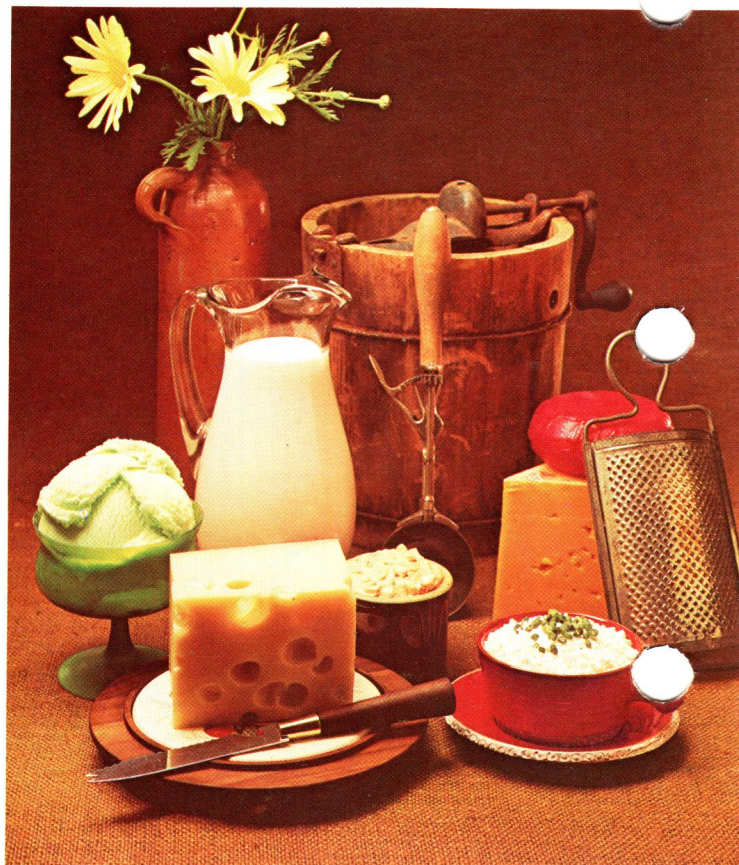
Fruit and vegetables sparkle with color. Choose exciting textures and flavors from this food group.

Bottom left:

Look to the milk food group for an abundance of calcium. Cheeses and ice creams give variety.

Bottom right:

Prepare delicious meals around meats, fish, poultry, and eggs. They provide body-building protein.





DAILY FOOD GUIDE

For a well-balanced diet, select foods recommended from the Basic 4 Food Groups—milk, meat, vegetable-fruit, and bread-cereal. Add foods such as butter and sugar, and increase servings, if desired.

MILK GROUP

Milk is the main source of calcium needed for strong teeth and bones. It also provides protein, riboflavin, phosphorus, and vitamin A.

This group includes milk—fluid, whole, evaporated, skim, and dry—buttermilk, cheese, and ice cream.

The daily recommended allowances for the Milk Group are given in amounts of whole fluid milk (8 ounces per cup).

Children under 9	2 to 3 cups
Children 9 to 12	3 or more cups
Teen-agers	4 or more cups
Adults	2 or more cups

Cheese and ice cream may replace part of the daily requirement of milk. The equivalents are as follows:

1-inch cube Cheddar cheese	= ½ cup milk
½ cup cottage cheese	= ⅓ cup milk
2 tablespoons cream cheese	= 1 tablespoon milk
½ cup ice cream	= ¼ cup milk

MEAT GROUP

Meat provides protein used by the body for growth and repair of body tissues. It also provides iron, thiamine, niacin, riboflavin, and other nutrients.

The Meat Group includes beef, veal, pork, lamb, poultry, fish, and eggs. Dry beans, dry peas, nuts, and peanut butter are alternate sources of protein.

Two or more servings should be eaten each day. Consider the following amounts as one serving:

2 or 3 ounces lean cooked meat, fish, or poultry
2 eggs
1 cup cooked dry beans, dry peas, or lentils
4 tablespoons peanut butter

VEGETABLE-FRUIT GROUP

Vegetables and fruits are valuable sources of vitamin C, vitamin A, and other nutrients. The group is divided into 3 sections: good and fair sources of vitamin C, good sources of vitamin A, and other fruits and vegetables including potatoes.

Grapefruit, oranges, and their juices are excellent sources of vitamin C. Other good sources are broccoli, cantaloupe, mango, peppers, and fresh strawberries.

The fair sources of vitamin C are asparagus tips, Brussels sprouts, raw cabbage, honeydew melon, potatoes, sweet potatoes cooked in the jacket, spinach, tangerine and tangerine juice, tomatoes and tomato juice, and watermelon.

Fruits and vegetables which are good sources of vitamin A are apricots, broccoli, cantaloupe, carrots, dark green leaves, pumpkin, spinach, sweet potatoes, and winter squash.

Four or more servings of the Vegetable-fruit Group should be eaten each day. This should include 1 serving of a good source of vitamin C or 2 servings of a fair source. Every other day include 1 serving of a good source of vitamin A. Count the following amounts as 1 serving:

½ cup of fruit or vegetable
1 medium apple, banana, or potato
½ grapefruit or cantaloupe

BREAD-CEREAL GROUP

Rich sources of thiamine, niacin, riboflavin, and other nutrients are whole grain, enriched, or restored breads and cereals. Check the labels to be sure your purchase has been enriched.

This group includes breads, cereals, cornmeal, crackers, flour, grits, macaroni, spaghetti, noodles, rice, quick breads, and other baked products.

Four or more servings should be eaten each day. Count as 1 serving:

1 slice of bread
1 ounce ready-to-eat cereal
½ cup cooked cereal or pasta

MEAL PLANNING

Compliments galore are in store for you when you serve a nutritious, attractive, and delicious meal.

The Daily Food Guide on the opposite page is your assurance of a nutritious meal. The following six menu planning steps have included selections from the 4 food groups. Begin your meal planning by following these steps:

1. Select a main dish which will provide each family member with one serving from the Meat Group.

2. Add a bread or cereal product which will complement the main dish. It will provide one serving from the Bread-cereal Group. (Remember, potatoes count as a Vegetable-fruit Group serving.)

3. Select a vegetable to serve hot or cold. Include a good source of vitamin A at least every other day.

4. Decide upon a fruit or vegetable salad which will complement the meal. This will provide another serving from the Vegetable-fruit Group.

5. Top off the meal with a dessert. For those who dislike milk, desserts can provide an excellent substitute.

6. Choose a beverage to be served with the meal or dessert. A selection from the Milk Group should be made if it hasn't already been included in the meal.

A selection from each of the above steps may not be desired or needed for every meal. Just be sure that the daily meals provide the correct number of selections from each of the 4 food groups.

Mealtime can relieve worry and tension, especially when you sit down to an attractive meal. Consider yourself an artist painting a picture. The table setting is the background and the meal is the center of focus. Together they create an atmosphere which influences the appetite of your guests. Create a pleasing picture each time you serve a meal. It doesn't have to be a masterpiece.

To make the meal attractive, consider the color of the food. A variety of colors which complement each other is pleasing to the eye and more appetizing.

The shapes of foods should also harmonize—some whole, some chopped, some mashed. Fruits and vegetables can add this variety by the ways they are cut or served. For example, potatoes can be served mashed, sliced, cubed, or whole.

Limit the number of mixtures served in a meal. For example, when serving a casserole, complement it with sliced tomatoes or lettuce wedge rather than a tossed vegetable salad.

A garnish is an eye-catcher and the fun of meal preparation. Keep it simple and it will add sparkle to the meal.

Create a pleasing table setting for family and for guests. For interesting ideas, see Table Settings, Chapter 17.

The true reward for meal planning is to serve mouth-watering food. When flavors and textures complement each other, food is delicious. Keep in mind the following tips when planning a meal.

- Serve a crisp food with a soft food.
- Accent a bland flavor with a zippy or tart food. Imagine the flavor of each food to determine which accent will blend.
- Season carefully to complement, not hide, the flavor of the food. Usually one highly seasoned food per meal is enough.
- Serve only one starchy food at each meal—potatoes, rice, macaroni, spaghetti, noodles, and sometimes squash or corn. The exception is bread or rolls which can be served with almost any meal.
- Plan a dessert that fits with the meal—a light dessert with a hearty meal, a rich dessert with a light meal.
- Accent hot foods with a cold food served with the main course. Serve hot foods hot, cold foods, cold.
- Add variety to your meals by trying a new food, a new seasoning, or a new way of preparing an old favorite. This keeps meal preparation interesting and rewarding. Your family will also enjoy a variety of foods. Caution: Try only one new food per meal, especially with young children.
- Let your imagination run and plan menus with an inquisitive spirit. Use the following menus for meal planning ideas.

Beef Main Dish	Starchy Complement	Vegetable
Beef Pot Roast*	Pot Roasted Potatoes Baked Potato	Pot Roasted Carrots and Onions Broccoli Casserole*
Roast Peppered Rib Eye*	Rice with Gravy Boiled New Potatoes	Asparagus Tips Creamed Green Peas
Stuffed Tenderloin*	Stuffing* Butter-baked Rice*	Cheesed Cauliflower* Glazed Carrots*
Deviled Swiss Steak*	Scalloped Potatoes* Mashed Potatoes	Buttered Green Beans Diced Beets
Twin Meat Loaves*	Volcano Potatoes* Baked Potato	Broccoli Spears Leaf Spinach
Broiled Beef Steak*	Duchess Potatoes*	Green Peas in Potato Cups Creamed Mushrooms*
Outdoor Burgers*	Hamburger Bun Foiled Potatoes*	Roasted Corn* Grilled Tomatoes*
Lasagne*	Buttered French Bread Butterhorns*	Italian Green Beans Relishes
Hamburger-cheese Bake*	Hard Roll	Wax Beans Raw Cauliflowerets marinated in Italian Salad Dressing
Veal Main Dish	Starchy Complement	Vegetable
Stuffed Breast of Veal*	Sausage-apple Stuffing* Browned Rice*	Cream-style Corn Zucchini Half Shells*
Veal Chops*	Noodles Romano* Potato Patties*	Buttered Green Beans with Almonds Sauerkraut
Veal Parmigiano*	Noodles Wild Rice	Brussels Sprouts Fried Okra
Chopstick Veal Bake*	Spicy Fruit Puffs*	Asparagus Spears Summer Squash Slices

*All starred recipes appear in this cook book.

Salad	Dessert	Accent
Classic Waldorf Salad*	Pineapple Chiffon Cake*	Pickles
Lettuce Wedge with Italian Salad Dressing	Sherbet	Sour Cream Potato Topper
Cherry Gelatin Salad	Ice Cream and Oatmeal Cookies*	Chicken Velvet Soup* (appetizer)
Jubilee Salad Mold*	Coffee-mallow Towers*	Relishes
Carrot-raisin Salad	Coconut Cream Pie*	Crab Apple (garnish)
24-hour Salad*	Black Forest Cake*	Pimiento Daisy (on meat)
Spicy Apricot Mold*	Chocolate Cake	Almonds (on beans)
Frozen Fruit Slices*	Coffee and Sandies*	Oysters on Half Shell (appetizer)
Perfection Salad*	Ice Cream with Blueberry Sauce*	Spiced Peach (garnish)
Sour Cream Cucumbers*	Fruit Compote	Zippy Butter* (for potatoes)
Citrus Salad	Ice Cream with Brownies	Broiled Tomatoes
Tossed Salad with French Salad Dressing	Concord Grape Pie*	Cinnamon Apple Rings*
Coleslaw*	Strawberry Glaze Pie*	Condiments
Honeydew Balls	Mocha Cupcakes*	Relishes
Original Caesar Salad*	Hot Fruit Compote*	
Tossed Green Salad	Peach Pie*	Lime Icebergs* (appetizer)
Pickled Beets and Onion Rings	Pineapple Sherbet*	Herb Butter* (for roll)
Orange-apricot Freeze*	Chocolate Roll*	Dessert Mints

Salad	Dessert	Accent
Lettuce Wedge with Salad Dressing	Cherries Jubilee*	Vinaigrette Dressing* (for salad)
Ginger Fruit Freeze*	Brownie Torte*	
Sliced Tomatoes	Apple Pie	Cheddar Cheese Wedge (on pie)
Cheese Stuffed Celery Sticks	Two-berry Parfaits*	Vanilla Wafer (with dessert)
Banana-nut Salad*	Cream Puffs*	Poppy Seed (add to noodles)
Winter Orange Bowl*	Marble Chiffon Cake*	
Pineapple Boat*	Nutmeg Feather Cake*	Fruit French Dressing*
	Cherry Puff*	Ice Cream (with dessert)

Pork Main Dish	Starchy Complement	Vegetable
Crown Roast of Pork*	Corn Stuffing* Parsleyed New Potatoes* (served in crown)	Beets Green Beans
Fruit Stuffed Pork*	Baked Potatoes Baked Sweet Potatoes*	Buttered Brussels Sprouts Corn on the cob
Oven Barbecued Ribs*	Buttered French Bread Mashed Potatoes	Confetti Squash* Sauerkraut
Baked Ham	Baked Potatoes Creamed Potatoes	Company Cabbage* Asparagus with Croutons
Ham Loaf*	Scalloped Potatoes* Mashed Sweet Potatoes*	Broccoli Spears Buttered Green Peas
Broiled Ham Slice*	Lemon Parsleyed Turnips* Potato Patties*	Buttered Green Beans Cooked Carrots
Lamb Main Dish	Starchy Complement	Vegetable
Roast Leg of Lamb*	Baked Potato Butter-baked Rice*	Zucchini Parmesan* Creamed Peas
Lamb Chops Supreme*	Buttered Rice Parsleyed New Potatoes*	Pea Pods Oriental* Buttered Spinach
Lamb Stew*	Bread Sticks Cheese Swirls*	Relishes
Variety Meats Main Dish	Starchy Complement	Vegetable
Creamed Sweetbreads*	Pastry Shells Toast Points	Fresh Mushroom Saute* Broiled Tomatoes*
Beef and Kidney Pic*	Boiled Potatoes	Buttered Asparagus Beets
Panfried Liver*	Hash-brown Potatoes*	Baked Squash Scalloped Corn Supreme*

*All starred recipes appear in this cook book.

Salad	Dessert	Accent
Tossed Green Salad Applesauce	Cheesecake Supreme* Spice Nut Cake*	Russian Salad Dressing* Water Chestnuts (on beans)
Italian Salad Bowl* Wilted Leaf Lettuce*	Kona Coffee Torte* Raspberry Sherbet	Pineapple juice (appetizer) Sugar Cookies*
Citrus Salad Tossed Vegetable Salad	Banana-apricot Pie* Berry Floating Island*	Small Mints (after dinner)
Apple Pinwheel Salad Lemon Gelatin with Apricots	Sherbet with Spritz* Peanut Brittle Pie*	Tangy Mustard Glaze* (for ham)
Green Goddess Salad* Pineapple Rings with Stewed Prune Centers	Swedish Fruit Soup* Butterscotch Sundae (Butterscotch Sauce*)	Pimiento Strips (for broccoli spears) Horseradish Sauce* (for ham)
Frozen Fruit Slices* Avocado-grapefruit Sections	Marble Chiffon Cake* Fluffy Tapioca Pudding*	Raisin Sauce* (for ham)

Salad	Dessert	Accent
Jubilee Salad Mold* Fresh Fruit Salad	Lemon Chiffon Pie* Regal Plum Pudding*	Mint Sauce* Honey-lime Dressing*
Sparkling Beet Cups* Sliced Tomatoes	Hot Fruit Compote* Fudge Ribbon Pie*	Lemon Wedge (for spinach)
Individual Gelatin Salads Orange-apricot Freeze*	Chocolate Mint Dessert* Carrot-pineapple Cake*	Salad Dressing

Salad	Dessert	Accent
Strawberry-pineapple Salad Apple-raisin Salad	Ice Cream Prize Chocolate Cake*	Butterscotch Bars*
Pear Half filled with Raspberries French Green Salad*	Angel Cake* Chocolate Charlotte Russe*	Whipped Cream (on dessert) Jellied Consomme* in Honeydew melon (appetizer)
Fresh Fruit Toss Cucumber-cheese Ring*	Ice Cream with Chocolate Wafer Fresh Fruit Plate	Melted Marshmallows (atop squash) Vanilla Wafer

Poultry Main Dish	Starchy Complement	Vegetable
Perfect Fried Chicken*	French Fries* Mashed Potatoes	Carrots Brussels Sprouts Polonaise*
Barbecued Chicken*	Boiled New Potatoes Potluck Potato Salad*	Peas in Cream* Summer Squash
Chicken Livers and Rice*	Hard Sesame Seed Roll	Italian Green Beans Squash Rings
Chicken Curry*	Rice East Indian Rice Ring*	Buttered Carrots Chinese Pea Pods
Roast Turkey	Chestnut Stuffing* Mashed Potatoes	Succotash* Creamed Onions
Oven Fried Turkey*	Parsleyed New Potatoes*	Swiss Corn Bake* Tomatoes and Okra*
Turkey Noodle Bake*	Sourdough Bread*	Green Peas Harvard Beets*
Roast Domestic Duck*	Orange Stuffing* Fluffy Rice	Buttered Asparagus Spears Glazed Carrots*
Broiled Cornish Hen*	Wild Rice and Mushrooms* Mashed Sweet Potatoes	Buttered Broccoli Spears Cut Green Beans
Fish, Seafood Main Dish	Starchy Complement	Vegetable
Fried Fish*	Potatoes Au Gratin French Bread	Asparagus Corn on the Cob
Halibut Royale*	Creamed Peas and New Potatoes* Mashed Potatoes	Brussels Sprouts with Water Chestnuts
Boiled Lobster*	Poppy Seed Rolls Breadsticks	Celery Oriental* Artichoke Velvet*
Tuna Salad Bake*	Cloverleaf Rolls* Double Corn Sticks*	Carrots

*All starred recipes appear in this cook book.

Salad	Dessert	Accent
Three-bean Salad* Orange Gelatin Salad	Stirred Custard* with Raspberries Parfait and Cookie	Cream Gravy*
Harvest Fruit Mold* Peach with Cottage Cheese Salad	Toffee Bars* Strawberry Shortcake*	Creamy Dressing* (for salad) Relishes
Golden Peach Plate* Pear and Strawberry Salad	Gingerbread* Custard Pie*	Pineapple Fluff* (for gingerbread) Spiced Tea*
Lime Gelatin Squares Mixed Greens Salad	Sherbet with Cookie Fruit Pie	Condiments Marinated Artichokes*
Ginger Fruit Freeze* Cran-raspberry Ring*	Daisy Marble Cake* Lemon Angel Torte*	Cranberry Sauce* (relish)
Winter Orange Bowl* Tossed Salad	Regal Plum Pudding* Fresh Fruit Tarts*	Relishes
Sunshine Salad* Fresh Fruit Salad	Chocolate Fudge Cake* Ice Cream	Gazpacho* (appetizer) Honey-lime Dressing* (for salad)
French Green Salad* Cherry, Marshmallow, and Banana Salad	Pots de Creme* Strawberry Glaze Pie*	Sugar Cookie Nut trim on salad
Golden Peach Plate* Lettuce Slice with Salad Dressing	Assorted Cookies Baked Alaska*	Demitasse* Russian Dressing* (for salad)
Salad	Dessert	Accent
Pineapple and Melon Balls Calico Vegetable Bowl*	Pumpkin Pie* Baked Apples*	Whipped Cream Dollop (for pie) Hard Sauce* (for apple)
Peach Half filled with Blueberries Rosy Strawberry Ring*	Golden Chiffon Cake* Applesauce Cake*	Pimiento-onion Relish* Shredded Cheese (for potatoes)
Tossed Green Salad Wilted Spinach Salad*	Raspberry Bombe* Meringue Shells* filled with Fresh Fruit	Drawn Butter Sparkling Borsch* (appetizer)
Tomato Slices Grapefruit Sections	Cherry Burgundy Pie* Chocolate Souffle*	Spiced Peaches (relish) Relishes



For those busy days fill your lunch box with a sandwich, Three-bean Salad in a

plastic container, peaches in a wide-mouth vacuum jar, relishes, and crisp cookies.

LUNCHES ON THE GO

When filling a lunch box, whether it's for travel or picnics, business or school, keep in mind the following tips:

- For convenience, make a week's supply of sandwiches at once. Wrap individually, placing all of one kind in a box; label with contents and date; freeze. Take wrapped sandwiches from freezer in the morning. They'll be just right for eating at lunch.
- Freeze a can of vegetable or fruit juice overnight. It will be thawed by lunchtime and in the meantime, keeps the rest of the food cool.
- Use a variety of breads: white, rye, whole wheat, French, or nut breads.
- Fixing roast beef or ham sandwiches? Four or five paper-thin slices "bite" easier than one thick slice.
- Keep poultry, eggs, and mayonnaise

mixtures, such as ham and potato salads, cool at all times. Keep creamed mixtures at serving temperature—soups hot, puddings and custards cold.

- When packing lettuce and tomato slices, wrap each in foil or clear plastic wrap so they will stay fresh longer. Just before eating, put them into the sandwich.
- Pack salad dressing in a container and pour over salad just before eating.
- An orange partially peeled, then wrapped makes peeling at lunchtime a snap.
- Purchase individual packages of pickles and potato chips to make packing easy.
- Cupcakes baked in paper bake cups and frosted with butter-type frosting travel well.
- The menus on the opposite page can be stowed in a lunch box or served to the family at home for a noon meal.

Main Dish or Sandwich	Salad or Vegetable	Dessert	Beverage
Chili Con Carne* Crackers	Tossed Vegetable Salad with French Dressing	Scotch Shortbread*	Milk
Vegetable Beef Soup* Crackers	Mixed Fruit Salad	Cake Brownie*	Orange Drink
Cheese Chowder* Melba Toast	Whole Apple	Everyday Cupcakes*	Tomato Juice
Chilled Asparagus Soup* Sesame Seed Crackers	Nectarine	Fruitcake	Spiced Tea*
Old Time Beef Stew* Hard Roll	Celery Sticks Olives	Red Cherry Pie*	Lemonade*
Wiener-bean Bake* Boston Brown Bread	Pincapple-carrot Toss*	Peanut Butter Cupcakes*	Coffee
Club Sandwich*	Orange Olives and Pickles	Jelly Roll* Slice	Breakfast Cocoa*
Corned Beef on Rye with Dill Pickles	Coleslaw*	Peach Pie*	Raspberry Cooler*
Sliced Ham on Whole Wheat Hard Cooked Egg	Tomato Slices	Chocolate Pudding*	Iced Tea
Roast Beef Sandwich Potato Chips	Three Bean Salad*	Ripe Plum	Eggnog*
Submarine Sandwich*	Applesauce	Lemon Pudding Cake*	Carbonated Beverage
Swiss Cheese on English Muffin	Raw Cauliflowerets Pickles	Gingerbread*	Grape Juice
Bacon-peanut butter Sandwich	Carrot Sticks Radishes	Apricot Foldovers*	Hot Mulled Cider*
Chef's Salad Bowl* Raisin-cinnamon Rolls*		Pecan Crispies*	Chocolate Malted Milk
Cottage Cheese Best Nut Loaf*	Mixed Fruit Salad Shawano Dressing*	Gumdrop Gems*	Hot Tea

**All starred recipes appear in this cook book.*

ENTERTAINING MENUS

Hearty and light combinations to spark morning or midday

Pancake Breakfast

Sliced Bananas in Orange Juice
Canadian-style Bacon*
Feather Pancakes*
Lingonberry Sauce*
Coffee

Indoor-outdoor Brunch

Limeade*
Ham and Fruit Kabobs*
Cheddar Bran Muffins* Whipped Butter
Tossed Green Salad
Strawberry-rhubarb Pie*
Iced Tea

Hearty Breakfast

Apple Juice
Broiled Bacon*
Scrambled Eggs*
Cornmeal Waffles*
Butter Honey Butter*
Coffee

Children's Lunch

Nutty Pups*
Pineapple-carrot Toss*
Potato Chips Pickle Relish
Popcorn Pops*
Milk

Brunch

Wine Eggs Mornay*
Asparagus Spears
Green Goddess Salad*
Ruby Fruit Compote*
Demitasse

Ladies Only

Crab-artichoke Bake*
Assorted Relishes
Hard Rolls Butter Roses
Orange Souffle*
Coffee Tea

Weekend Brunch

Grapefruit Juice
Sausage* Bacon*
Cheese Scrambled Eggs*
Herbed Tomatoes*
Cinnamon Crescents*
Hot Fruit Compote*
Coffee

Club Women's Lunch

Club Chicken Casserole*
Tomato Slices Carrot Sticks
Cran-raspberry Ring*
Fudge Ribbon Pie*

Easter Breakfast

Fruit Cup*
Crisp Bacon
Goldenrod Eggs*
Golden Bubble Ring*
Coffee

Tea or Reception

Jigsaw Sandwiches*
Watercress Pinwheels*
Chicken Puffs*
Pecan Tassies*
Small Mints*
Tea Punch Coffee

*All * recipes appear in this cook book.*

*Festive dinners, buffets for entertaining two to twenty***Dinner for Two**

Hot Sherried Consomme*
 Roast Pheasant*
 Riced Potatoes
 Green Beans Almond*
 Fresh Orange Salad
 Creme de Menthe Parfait
 Coffee

Dinner for Four

Green Pepper Strips Cauliflowerets
 Carrot Sticks
 Vegetable Dip
 Beef Fondue*
 Creamy Onion Dip* Cocktail Sauce*
 Butter-browned Mushrooms
 Mustard Sauce* Tossed Green Salad
 Oil and Vinegar Dressing
 French Bread Butter
 Pineapple Sherbet* Wafers
 Coffee

Dinner for Six

 Madrilene
 Flounder Provencale*
 Buttered Peas
 French Green Salad*
 Popovers* Butter
 Currant Jelly Pots de Creme*
 Coffee

Saint and Sinner Dinner

Cheese Board Assorted Crackers
 Broiled Beef Steak* Boiled Lobster*
 Buttered Asparagus
 Grapefruit-avocado Salad
 Brioche* Butter
 Cherries Jubilee*
 Coffee

Duck Dinner

 Two-tone Cocktail*
 Roast Domestic Duck*
 Orange Stuffing*
 Wild Rice and Mushrooms*
 Frenched Green Beans
 Bibb Lettuce Salad Curry Dressing*
 Spiced Crab Apples
 Hard Rolls Butter
 Raspberry Sherbet
 Coffee

Potluck Buffet

An informal get-together for several families—

 Swedish Meatballs*
 Noodle Ring Peas with Mushrooms
 Spiced Peach Halves
 Carrot and Celery Sticks
 Olives
 Buttered Rolls
 Chocolate Cake*
 Coffee Milk

Late Evening Buffet

 Guacamole*
 Olive Cheese Ball*
 Corn Chips Assorted Crackers
 Ham and Rye Rounds*
 Coconut Macaroons*
 Raspberry Foldovers*
 Cafe au Lait*

Men Only

 Cheese Stuffed Apples*
 Assorted Crackers
 Shrimp Cocktail
 Hasenpfeffer*
 Mashed Potatoes Gravy
 Peas and Carrots
 Men's Favorite Salad*
 Dinner Rolls Butter
 Red Cherry Pie*
 Coffee

*All * recipes appear in this cook book.*



Go elegant with Beef Fondue. Use the menu on page 381. This Dinner for Four

is designed for do-ahead preparation; then let the guests cook at the table.

Food for special occasions—holidays, picnics, and parties

Thanksgiving Buffet

- Swedish Pickled Shrimp*
- Cold Sliced Smoked Turkey
- Frosted Cranberry Salad*
- Buttered Dinner Rolls
- Pumpkin Pie*
- Coffee
- Tea

Christmas Dinner

- Oysters Rockefeller*
- Roast Domestic Goose*
- Baked Potatoes
- Butter
- Broccoli Casserole*
- Classic Waldorf Salad*
- Tutti-frutti Tortoni*
- Coffee
- Tea

Outdoor Barbecue

- Barbecued Short Ribs*
- Roasted Corn*
- Grilled Garlic Slices*
- Italian Salad Bowl*
- Cantaloupe and Ice Cream Beverage

Supper Party

- Classic Cheese Fondue*
- French Bread
- Apple Wedges
- Spiced Tea*

All * recipes appear in this cook book.

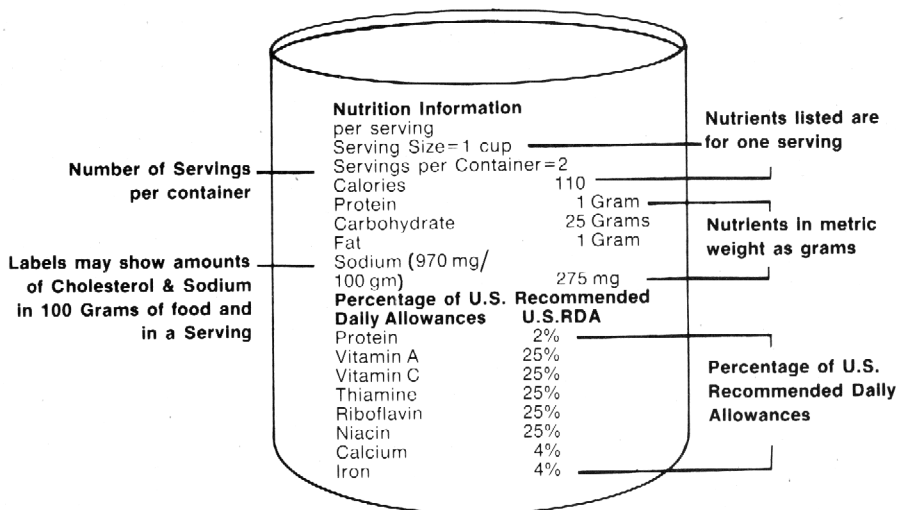
NUTRITIONAL LABELING

At first glance, labels on many packaged foods may seem confusing. But, take a longer look and you'll discover information that can make you a wiser shopper.

As required by the Food and Drug Administration, the type of label shown must be on all foods to which vitamins or minerals have been added and that are advertised as having special nutritional qualities.

Ingredients are listed in descending order of amounts except on packaged foods considered to be standards, such as mayonnaise and ice cream, which are covered by separate regulations.

The U.S. Recommended Daily Allowances are based on the levels of protein, vitamins, and minerals needed by most people to maintain good health.



FOOD STORAGE GUIDE

Fresh Fruit: Sort to remove injured fruit before storing. Refrigerate ripe tomatoes, apples, oranges, lemons, grapefruit, limes, kumquats, tangerines, peaches, apricots, cherries, grapes, pears, plums, and rhubarb in a loosely covered container or perforated moisture-vaporproof bag to reduce wilting and drying. Store bananas, melons, avocados, and pineapple at cool room temperature. Store berries dry in the refrigerator; wash before serving.

To ripen fruit, place in well-ventilated area at room temperature; avoid direct sunlight. Tomatoes, peaches, bananas, avocados, pears, and plums can be ripened. Refrigerate ripened fruit, except bananas, till ready to use.

Fresh Vegetables: White potatoes, sweet potatoes, onions, and winter squash should be stored unwashed in a cool, dry dark place with good ventilation. Wash and thoroughly drain salad greens, celery, green onions, asparagus, and cabbage. Refrigerate in individual moisture-vaporproof bags. Remove tops of carrots, beets, and radishes; refrigerate in individual moisture-vaporproof bags. Husked sweet corn may be refrigerated in moisture-vaporproof bag for a short period of time. Leave peas in the pod and refrigerate.

Dried fruit, nuts: Store dried fruit in tightly closed container at room temperature. Nuts will keep longer if refrigerated in tightly covered containers. Unshelled and unsalted nuts stay fresher.

Canned Fruit: Store in cool dry place. Open canned foods may be stored in original can, covered, in refrigerator.

Flour, cereals: Store at room temperature in tight containers.

Dairy products, eggs: Cottage cheese, hard cheese, milk, and butter should be tightly covered and stored in refrigerator. Store strong-flavored cheeses, such as Limburger, refrigerated in a tightly covered jar. Eggs are stored in a covered container or original carton in refrigerator. Egg yolks can be refrigerated in tightly covered container for 2 to 3 days. Egg whites keep for a week to 10 days refrigerated in a tightly covered container.

Meat, poultry, fish: Fresh meat and poultry should be loosely wrapped and stored in the refrigerator. Fresh meat prepackaged in moisture-vaporproof wrap can be refrigerated as is for 1 to 2 days. For longer storage it should be loosened at both ends. Fresh meat, paper wrapped from the butcher, should be rewrapped loosely in waxed paper. Cool and refrigerate cooked meat promptly, then cover to prevent drying. Cured meat and luncheon meat should be refrigerated in original wrap. Most canned hams should be refrigerated (see label).

Giblets should be removed from poultry, wrapped loosely, and stored separately. Remove stuffing and meat from bones of cooked poultry as soon as possible; chill; cover or wrap separately. Do not chop fresh poultry until ready to use. Fish should be stored in moisture-vaporproof bags or tightly covered container in refrigerator. For maximum quality of refrigerated meat stored at 36° to 40°, see chart below.

MEAT	TIME
BEEF	
Roasts	3 to 5 days
Steaks	3 to 5 days
Ground beef, stew meat	2 days
PORK	
Roasts	3 to 5 days
Hams, picnics, whole	7 days
Bacon	7 to 14 days
Chops, spareribs	2 to 3 days
Pork sausage	1 to 2 days
VEAL	
Roasts	3 to 5 days
Chops	4 days
LAMB	
Roasts	3 to 5 days
Chops	3 to 5 days
Ground lamb	2 days
POULTRY	
Chickens, whole	1 to 2 days
Chickens, cut up	2 days
Turkeys, whole	1 to 2 days
COOKED MEATS	
Leftover cooked meats	4 days
Cooked poultry	2 days
Hams, picnics	7 days
Frankfurters	4 to 5 days
Sliced luncheon meats	3 days
Un sliced Bologna	4 to 6 days