

Help Yourself to Health

A MANUAL OF COOKERY FOR SCOUTS



Distributed by the KELLOGG COMPANY, Battle Creek, Mich., Home Economics Dept.

A MANUAL OF COOKERY FOR SCOUTS

SCOUT MEASUREMENTS

"Handful": Use hand as scoop (by closing fingers) and fill full as possible.

"Fingers": Of dry ingredients, such as flour, baking powder, sugar. Use number of fingers called for, and dip into material, lifting out with fingers and thumb, without turning hand.

"Fingers of Fat": Use little finger as scoop.

BISCUITS

Small Recipe (Makes 3 or 4)

1 handful flour
2 fingers salt
3 fingers baking powder
1 finger fat
Water or milk to moisten

Large Recipe (Makes 6 or 8)

2 cups flour
1/2 teaspoon salt
4 teaspoons baking powder
2 tablespoons fat
1/2 cup milk or water

Mix dry ingredients. (Sifting makes them better). Rub in the fat. Add water, mix with a knife to make a soft dough. Pat out dough, make a twist or form into rounds and bake 10 to 12 minutes in hot oven.

PAN CAKES

Small Recipe (Makes 6 or 8)

1 handful flour
2 fingers salt
4 fingers baking powder
4 fingers sugar
1/2 egg
1/2 cup milk
1 finger fat, melted

Large Recipe

3 cups flour
1 teaspoon salt
1 1/2 tablespoons baking powder
4 tablespoons sugar
1 egg
2 cups milk
2 tablespoons melted fat

Mix dry ingredients (sifting makes them better), add egg, slightly beaten with the milk and the melted fat, and drop by spoonful on hot greased griddle or frying pan. Cook on one side until full of bubbles, turn and cook on other side.

ALL-BRAN PAN CAKES

To the pan cake batter add one handful of All-Bran. The bran mixture will require more liquid than the plain one.

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MEAT COOKERY

Tender Meat: Chops and Steaks should be broiled.

Broiling on stick or broiler over coal fire:

Have bed of coals. Place meat on stick or broiler; turn often, holding meat close to coals. Cook about 5 to 8 minutes.

Broiling in Pan:

Heat pan, place meat in it and turn often. Pour off fat as it melts, keeping pan as dry as possible. Cook 5 to 8 minutes. If fat is allowed to stay in the pan, the meat will fry instead of broil, and will toughen. The fat may be poured into a cup or another pan and used for frying potatoes.

Tough Meat: The tougher cuts of meats have more flavor than the tender cuts and should be cooked in water to soften the fibre. To preserve the flavor, as in stews and pot roasts, brown the meat in fat, then simmer until tender. To draw out the flavor as for soup, soak the meat in cold water 1 hour, heat slowly to boiling point, and simmer for several hours.

Rules for Roasting:

Allow 15 minutes for each pound of beef and 15 minutes extra. 20 minutes per pound of mutton and 20 minutes extra. Same for lamb and poultry. 30 minutes per pound of veal or pork.

Tender Roasts: Should be cooked in the oven in their own juices without water. Have oven hot until meat is browned on both sides, then reduce the heat. Baste often with juices which are drawn out by cooking. If meat is not fat, a little water may be needed.

Gravy No. 1: The fat in the pan may be used for gravy. Add as much flour as you have fat. Stir until smooth, add cold water. Cook, stirring constantly, until thick.

Gravy No. 2: When meat has been cooked in water, gravy should be prepared by adding thickening to liquid left in pan. To 2 cups liquid add 1/4 cup flour, which has been mixed with enough cold water to pour easily. Pour slowly into the hot liquid, stirring vigorously. Let come to boil. Let boil one minute, season, and serve.

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Bacon: Broiling on stick or broiler:

Have hot coals, turn often until crisp and brown.

Broiling in Pan:

Have pan hot. Place bacon in pan and turn often, pouring off fat into another pan to use for frying potatoes. The bacon will not be crisp unless the fat is poured off.

CREAMED DRIED BEEF

Small Recipe

1 handful dried beef
1 finger fat
3 fingers flour
1 cup milk

Large Recipe

1/4 pound of dried beef
3 tablespoons fat
3 tablespoons flour
2 cups milk

Pick the beef into pieces. Melt fat in frying pan, and cook beef in it a few minutes. Sprinkle with flour, stir well, add milk and stir until it boils. Boil one minute.

SCRAMBLED EGGS

Small Recipe

2 or 3 eggs
1/4 cup milk or water
3 fingers salt
pepper
1 finger fat, melted

Large Recipe

6 eggs
1/2 cup milk or water
1 teaspoon salt
pepper
3 tablespoons fat, melted

Beat eggs slightly, add milk and seasoning. Melt fat in frying pan, add eggs, cook over low heat, scraping from the bottom of the pan as it thickens.

All-Bran may be added to the eggs as they are cooking. This makes a filling and appetizing combination.

CORN CHOWDER

4 slices bacon
2 medium sized onions
3 medium sized potatoes
1 can corn

1 can tomato soup
1 small can evaporated milk
3 cups water
1 teaspoon salt

Cut bacon into small bits and cook slightly; add onion; also cut into small bits. When slightly brown, add water and salt and sliced potatoes. When potatoes are tender, add corn and tomato soup. Permit to boil a few minutes, then add the milk and cook a few minutes more. (Will serve three or four).

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NOCHEETO

1 box noodles (wide)
1 tin Snappy cheese
1 can tomato soup (or 2 tablespoonfuls tomato paste)
1/2 teaspoon salt

Break the noodles into the salted boiling water and boil until tender (about 15 minutes). Drain off surplus water, add the tomato soup or paste, and cheese. Stir constantly until cheese is thoroughly melted and it has boiled a few minutes. Serve on toast. (Will serve three or four).

BLUEBERRY PAN CAKES

2 cups blueberries
2 cups flour
2 teaspoons baking powder
1 egg
1 1/2 cups water or milk
salt

Mix the flour, baking powder, and pinch of salt. Add the water and egg. When thoroughly mixed, add the blueberries. Bake in hot pan, using butter or oil liberally. (Will serve three). These pancakes, without the blueberries, are an excellent bread substitute. Plain, they can be served with maple syrup, jam, or sugar and lemon. Excellent breakfast or supper dish.

PEABODY CREAMED COD

1 box shredded codfish
2 teaspoonfuls flour
1 tablespoonful butter or bacon fat
1 small can evaporated milk
1/2 cup water
1 can peas

Melt the butter or bacon fat in the pan, rub in the flour until smooth, add the milk, diluted with the water, and stir while allowing it to boil. Add the shredded codfish (freshened in cold water), then the peas. Cook about 15 minutes. Serve with potatoes. (Will serve four).

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KABOBS

1/2 lb. lamb or beef cut into pieces 1 inch square, 1/2 inch thick.
1 medium sized onion

Onto a spit (a sweet wood should be used) run a piece of meat, then a piece of onion--space between to permit proper cooking. Broil over coals rather briskly until finished. Salt and pepper to taste. If beef is used, a few pieces of bacon add flavor. (Will serve one).

TRAIL DINNER

1/2 cup rice
1 tin pimento cheese
1/2 cup evaporated or dried milk
4 1/2 cups water
1 teaspoonful salt
1 oz. dehydrated spinach
2 slices bacon

Into 1 1/2 cups of rapidly boiling salted water drop the rice slowly; boil 20 minutes. Then add the milk and cheese and stir until melted. Put the spinach and bacon into three cups of cold water and cook slowly until tender. (Will serve three or four).

PEACEABLE RAREBIT

1 tin Cheddar cheese
1 tablespoonful butter
2 teaspoonfuls flour
1 small can evaporated milk (or equivalent amount of Klim)
1 can peas

Melt the butter in the pan, rub in flour until smooth, add the cheese and stir until melted. Add pinch of salt and milk, then the peas. When thoroughly heated serve on toast. Palatable supper dish. (Will serve three or four).

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DRESDEN STEW

1 oz. Julienne vegetables, (dried)
6 bouillon cubes (optional)
1 can tomato, or 2 tablespoons tomato paste
1 cup flour
1 teaspoonful baking powder
9 cups water
salt

To the vegetables and tomato soup or paste, add 9 cups of cold water, cook slowly for 45 to 60 minutes. Add the bouillon cubes. Mix the flour and baking powder and pinch of salt and about half a cup water, enough to make a soft dough. Drop by the half teaspoon into the vegetables, etc. Permit to cook for a few minutes only, or until the dumplings are done. Bacon or bacon fat can be used instead of the bouillon cubes. (Will serve four).

FRIDAY DINNER

1 large can Tunafish
6 medium sized onions or 1 oz. dehydrated vegetables
6 medium sized potatoes (1 oz. dehydrated)
1 1/2 teaspoonfuls salt

If fresh onions are used, cut into slices and fry in oil or bacon grease until browned. If the dehydrated are used, put the onions into two cups of cold water and cook slowly 45 to 60 minutes. When done add a few teaspoonfuls of bacon grease. Then over the heated tunafish drop the onions. Salmon can be used instead of tuna. If dehydrated potatoes are used, add a few cups of cold water and 1 teaspoonful of salt and cook slowly about 45 minutes, or until done. If the fresh are used, by all means bake them by packing in a 1/2 inch coating of mud or clay and place in fire for 45 minutes. (Will serve three).

COCOA

5 cups water
6 heaping teaspoonfuls cocoa
1 large can evaporated milk or equivalent of Klim
Speck of salt

Mix the cocoa and salt with the cold water. Stir until smooth. Permit to boil for a few minutes, then add the milk, boil for a few minutes more, stirring. (Will serve four).

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ALL-BRAN MUFFINS

2 tablespoons shortening
1/4 cup sugar
1 egg
1 cup sour milk

1 cup Kellogg's All-Bran
1 cup flour
1/2 teaspoon soda
1/4 teaspoon salt
1 teaspoon baking powder

Cream shortening and sugar together, add the egg. Mix and sift flour, soda, salt, and baking powder. To the creamed mixture add the All-Bran, then the milk, alternately with the sifted dry ingredients. Pour into greased muffin tins, and bake in a moderate oven for twenty minutes. Yield: 12 muffins. If sweet milk is used instead of sour milk, omit the 1/2 teaspoon of soda and use 3 teaspoons baking powder. Raisins or dates may be added to the muffins if desired.

SOME SUGGESTIONS FOR USING KELLOGG'S CORN FLAKES

1. Use Kellogg's Corn Flakes for a breakfast cereal, served with cream or milk, or combined with fruit. Serve them for breakfast, luncheon or supper.
2. Use Kellogg's Corn Flakes instead of dried crumbs in veal loaf, for stuffing chicken, for crumbing oysters, which are to be fried, chops, fish, etc.
3. Use Kellogg's Corn Flakes in omelets. From three to four cups of Corn Flakes may be combined with four eggs in an omelet. This makes the omelet "go farther" and therefore, cost less.
4. Use Kellogg's Corn Flakes in waffles and griddle cakes.