MENUS

MENUS—BREAKFAST, LUNCHEON AND DINNER— 
FOR A WEEK IN EACH MONTH OF THE YEAR

JANUARY

SUNDAY

BREAKFAST
Sliced oranges

LUNCHEON
Salmon salad ripe olives
Peanut butter sandwiches
Cereal coffee

DINNER
Barley and Clam Broth
Creamed parsnips
Baked potatoes
Fried clams
Croutons
Celery

MONDAY

BREAKFAST
Baked apple

LUNCHEON
Rice soup (plain)
Corn meal muffins
Shrimp omelette

DINNER
Fried squash
Baked potatoes
Cabbage
Lettuce

TUESDAY

BREAKFAST
Stewed prunes

LUNCHEON
Barley porridge
Cottage cheese milk
Whole wheat muffins

DINNER
Oyster stew
Boiled sweet potatoes
Creamed carrots
Lettuce with mayonnaise
WEDNESDAY

BREAKFAST
Apple sauce
LUNCHEON
Cream tomato soup, fried mush
Cheese crackers

DINNER
Parsnip fritters
Lettuce, French dressing
Escalloped macaroni

THURSDAY

BREAKFAST
Grape fruit
LUNCHEON
Sardine sandwich
Cereal coffee
Cup custard

DINNER
Vegetable soup
Tuna salad
Baked potato
Hot rolls

FRIDAY

BREAKFAST
Canned peaches
LUNCHEON
Bran pancakes
Poached egg on toast
Cup of cocoa

DINNER
Cream celery soup
Baked halibut
Hollandaise sauce
Brown potatoes

SATURDAY

BREAKFAST
Apple sauce
LUNCHEON
Cracked wheat
Milk omelette, plain

DINNER
Bean roast
Stewed ruta-baga
Cream of spinach soup
Cold slaw
FEBRUARY

SUNDAY

BREAKFAST
Sliced oranges

DINNER
Baked white fish, tomato sauce

LUNCHEON
Rice and salmon soup

Lettuce, mayonnaise dressing

Cheese fondue

Scalloped onions

Creamed turnips

Lettuce salad

MONDAY

BREAKFAST
Raw prunes

DINNER
Clam fritters

LUNCHEON
Cream tomato and farina soup

Creamed squash

Potato salad—Corn bread

Baked potatoes

Celery salad

TUESDAY

BREAKFAST
Stewed apricots

DINNER
Vermicelli soup

LUNCHEON
Soft boiled eggs

Scalloped potatoes

Farina

Baked lake trout

Whole wheat muffins

Stewed tomatoes

WEDNESDAY

BREAKFAST
Sliced oranges

DINNER
Barley and bean soup

LUNCHEON
Potato salad

Fish balls

Stewed parsnips

Escalloped tomatoes
THURSDAY

BREAKFAST
Grape fruit
LUNCHEON
Cream tomato shrimp on toast
Carrots in brown sauce

DINNER
Creamed celery and rice soup
Macaroni and cheese
Baked sweet potatoes
Fried salmon

FRIDAY

BREAKFAST
Stewed prunes
LUNCHEON
Fried squash, celery
Stewed corn, Muffins

DINNER
Clam chowder
Plain black bass baked
Baked sweet potato
Lettuce, French dressing

SATURDAY

BREAKFAST
Baked apples
LUNCHEON
Milk, honey
Whole wheat bread and butter

DINNER
Lentil soup
Creamed cabbage
Ripe olives
Baked potatoes

MARCH

SUNDAY

BREAKFAST
Sliced pineapple
LUNCHEON
Plain barley soup
Creamed asparagus on toast

DINNER
Boiled mackerel in cream sauce
Spinach in brown sauce
Potatoes and onions
Celery and lettuce salad

MONDAY

BREAKFAST
Grape fruit

DINNER
Dried green pea soup
LUNCHEON
Fried squash, stewed corn
Baked potato

Sweet potato cakes
Sprouts in drawn butter sauce
Lettuce, French dressing

TUESDAY

BREAKFAST
Sliced pineapple and oranges

DINNER
Puree of vegetable soup

LUNCHEON
Spaghetti
Whole wheat bread and butter
Creamed cabbage

Croutons, creamed tuna on toast
Baked potatoes
Ripe olives

WEDNESDAY

BREAKFAST
Apple sauce

LUNCHEON
Corn flakes, milk
Poached egg on toast

DINNER
Cream of potato soup
Fried Bermuda onion
Creamed carrots and peas
Lettuce, boiled dressing

THURSDAY

BREAKFAST
Stewed prunes

DINNER
Barley and bean soup
Creamed tomato, shrimp on toast
Boiled cabbage
Ripe olives

LUNCHEON
Potato pancakes
Stewed tomatoes
Ruta-baga in brown sauce

FRIDAY

BREAKFAST
Grape fruit

DINNER
Halibut roast

LUNCHEON
Vegetarian chili
Spoon corn bread

Mashed potatoes
Cold slaw
Boiled parsnips
<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Dinner</th>
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</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>Stewed peaches</td>
<td>Farina bisque</td>
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<tr>
<td></td>
<td>Luncheon</td>
<td>Corn oysters</td>
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<tr>
<td></td>
<td>Cracked wheat</td>
<td>Lettuce and celery salad</td>
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<tr>
<td></td>
<td>Cereal coffee, muffins</td>
<td>Mashed carrots</td>
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<tr>
<td>APRIL</td>
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<tr>
<td>Sunday</td>
<td>Stewed apricots and prunes</td>
<td>Okra and bean soup</td>
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<tr>
<td></td>
<td>Luncheon</td>
<td>Stuffed lake trout</td>
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<tr>
<td></td>
<td>Cottage cheese, milk</td>
<td>Dandelion</td>
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<tr>
<td></td>
<td>Poached eggs on toast</td>
<td>Baked potatoes</td>
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<tr>
<td>Monday</td>
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</tr>
<tr>
<td></td>
<td>Sliced oranges</td>
<td>Cream of lima bean soup</td>
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<tr>
<td></td>
<td>Luncheon</td>
<td>Fried egg plant</td>
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<tr>
<td></td>
<td>Bran muffins, cereal coffee</td>
<td>Baked potatoes</td>
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<tr>
<td></td>
<td>Asparagus omelette</td>
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<tr>
<td>Tuesday</td>
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<tr>
<td></td>
<td>Stewed prunes</td>
<td>Boiled cabbage dinner</td>
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<tr>
<td></td>
<td>Luncheon</td>
<td>Corn starch pudding</td>
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<tr>
<td></td>
<td>Asparagus omelette</td>
<td>Olives</td>
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<tr>
<td></td>
<td>Salmon salad</td>
<td>Corn bread</td>
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<tr>
<td>Wednesday</td>
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<tr>
<td></td>
<td>Breakfast</td>
<td>Dinner</td>
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<tr>
<td></td>
<td>Baked apples</td>
<td>Cream of celery soup</td>
</tr>
</tbody>
</table>
LUNCHEON  
Fillet of salmon  
Fried egg plant  
String beans in tomato sauce  
Macaroni and cheese, lettuce  
Beet salad I

THURSDAY

BREAKFAST  
Sliced oranges  
DINNER  
Gritz soup  
Corning roast

LUNCHEON  
Puffed wheat, milk  
Asparagus, drawn butter sauce  
Cheese omelette  
Cucumber and lettuce salad

FRIDAY

BREAKFAST  
Stewed apricots  
DINNER  
Vegetable puree soup  
Croutons

LUNCHEON  
Steamed oatmeal, buttermilk  
Broiled blue fish, rhubarb  
Peanut butter sandwich  
French fried potatoes

SATURDAY

BREAKFAST  
Grape fruit  
DINNER  
Oyster stew  
Creamed peas, brown potatoes

LUNCHEON  
Corn fritters, radishes  
Lettuce with mayonnaise  
Custard, bran muffins  
Hot rolls

MAY

SUNDAY

BREAKFAST  
Sliced pineapple  
DINNER  
Cream of asparagus soup  
Crab a la Hollandaise

LUNCHEON  
Cold sliced salmon loaf  
New potatoes with parsley  
Creamed cauliflower, olives  
Lettuce and cucumber salad
MONDAY

BREAKFAST
Oranges
LUNCHEON
Clam fritters
Asparagus with bread crumbs

DINNER
Vermicili soup
Creamed new potatoes
String beans in brown sauce
Lettuce, French dressing

TUESDAY

BREAKFAST
Stewed peaches
LUNCHEON
Oatmeal with cream
Scrambled eggs, hot rolls

DINNER
Cream of pea soup
Spinach with egg
Potato croquettes
Combination salad I

WEDNESDAY

BREAKFAST
Grape fruit
LUNCHEON
Creamed lima beans
Fried mush, boiled cabbage

DINNER
Beet and tomato soup
Salmon loaf
Baked macaroni
and cheese, lettuce salad

THURSDAY

BREAKFAST
Sliced pineapple
LUNCHEON
Spaghetti and okra,
Fried squash
Lettuce salad

DINNER
Split pea soup
Tomato and lettuce salad
Salmon salad
Olives

FRIDAY

BREAKFAST
Oranges
LUNCHEON

DINNER
Cream potato soup
Fried crappies
Sliced tomatoes, hot egg    Cream green peas
Sandwich, stewed corn    Baked banana, cabbage salad

SATURDAY

BREAKFAST                  DINNER
Grape fruit
LUNCHEON                  Clam and corn chowder
Italian rice

Asparagus omelette    Radish and cucumber salad
JUNE

SUNDAY

BREAKFAST                  DINNER
Strawberries
LUNCHEON                  Carrot and pea soup
Salmon croquettes
Creamed summer squash
Lettuce with mayonnaise

MONDAY

BREAKFAST                  DINNER
Stewed apricots
LUNCHEON                  Vegetable puree, croutons
Fried mush, tapioca
Creamed cucumbers on toast

TUESDAY

BREAKFAST                  DINNER
Stewed prunes
LUNCHEON                  Cream of celery and rice soup
Tuna a la Hamburg
Stuffed beets
Lettuce, French dressing

New potatoes, sour cream
Creamed onions
Spinach and egg
WEDNESDAY

BREAKFAST
Stewed peaches
LUNCHEON
Baked butter fish with onions
Scalloped potatoes

DINNER
Egg plant soup
Cauliflower au gratin
Fish balls
Tomato and lettuce salad

THURSDAY

BREAKFAST
Raspberries
LUNCHEON
Fried tomatoes, cucumber salad
Escalloped salsify

DINNER
Rice and egg soup
Beets au gratin
Baked Potatoes
Combination Salad II

FRIDAY

BREAKFAST
Cherries
LUNCHEON
Boiled rice with cream, hot rolls
Celery and cheese salad

DINNER
Cream of asparagus soup
Baked blue fish, tomato sauce
New potatoes in cream
Cucumbers and Mayonnaise

SATURDAY

BREAKFAST
Strawberries
LUNCHEON
Scrambled tomatoes
Bran muffins, stewed corn

DINNER
Cream tomato soup
Escalloped egg plant
String beans
Shrimp salad

JULY

SUNDAY

BREAKFAST
Red raspberries

DINNER
Clam chowder
LUNCHEON
Creamed salmon
Ice cream
Squash cakes
Milk, whole wheat bread
Combination salad I

MONDAY

BREAKFAST
Pears
DINNER
Chave borched
LUNCHEON
Succotash
Potato salad
Combination vegetable salad
Oyster sandwich, cereal coffee
Escalloped new potatoes

TUESDAY

BREAKFAST
Raspberries
DINNER
Vermicelli soup
LUNCHEON
Corn on cob
Boiled new potatoes
Creamed tuna on toast
Shrimp omelette
Sliced tomatoes
Sliced cucumbers

WEDNESDAY

BREAKFAST
Blackberries
DINNER
Carrot and pea soup
LUNCHEON
Clam fritters
Fried cabbage, cucumber salad
Creamed onions
Baked potatoes
Lettuce mayonnaise

THURSDAY

BREAKFAST
Red raspberries
DINNER
Cabbage soup
LUNCHEON
Creamed lima beans
Spaghetti Italian
Mashed carrots
Cauliflower au gratin
Potato salad
### FRIDAY

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peaches</td>
<td>Fried halibut, tomato sauce</td>
</tr>
<tr>
<td><strong>LUNCHEON</strong></td>
<td>Corn on cob</td>
</tr>
<tr>
<td>Boiled rice, cream</td>
<td>Combination salad</td>
</tr>
<tr>
<td>Cottage cheese, milk</td>
<td>Scalloped onions</td>
</tr>
</tbody>
</table>

### SATURDAY

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>DINNER</th>
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</thead>
<tbody>
<tr>
<td>Fresh currants</td>
<td>Green pea soup</td>
</tr>
<tr>
<td><strong>LUNCHEON</strong></td>
<td>Escalloped clams</td>
</tr>
<tr>
<td>Corn bread, buttermilk</td>
<td>Tomato salad</td>
</tr>
<tr>
<td>Plain omelette</td>
<td>Boiled new potatoes</td>
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</tbody>
</table>

### AUGUST

### SUNDAY

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peaches</td>
<td>Vegetable puree, croutons</td>
</tr>
<tr>
<td><strong>LUNCHEON</strong></td>
<td>Baked pickerel, Holl’daise sauce</td>
</tr>
<tr>
<td>Poached eggs on toast</td>
<td>Stuffed cabbage</td>
</tr>
<tr>
<td>Milk, floating island</td>
<td>Sliced tomatoes</td>
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</tbody>
</table>

### MONDAY

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>DINNER</th>
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<tbody>
<tr>
<td>Plums</td>
<td>Cream tomato bisque</td>
</tr>
<tr>
<td><strong>LUNCHEON</strong></td>
<td>String beans, brown sauce</td>
</tr>
<tr>
<td>Sardines in tomato sauce</td>
<td>Rice croquettes</td>
</tr>
<tr>
<td>Potato salad, muffins</td>
<td>Cucumber salad</td>
</tr>
</tbody>
</table>

### TUESDAY

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>DINNER</th>
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<tbody>
<tr>
<td>Blackberries</td>
<td>Cream of celery soup</td>
</tr>
</tbody>
</table>
LUNCHEON  Boiled cabbage
Grape nuts, cream  Corn on cob
Cottage cheese, milk  Sliced tomatoes, mayonnaise

WEDNESDAY

BREAKFAST  DINNER
Cantaloupe  Cream of spinach soup
LUNCHEON  Stuffed egg plant
Creamed salmon on toast  Corn on cob
Rice pudding  Tomato and lettuce salad

THURSDAY

BREAKFAST  DINNER
Fresh apricots  Cream of lima bean soup
LUNCHEON  Lyonnaise potatoes
Soda crackers, milk  Egg plant, oysters
Soft boiled eggs  Lettuce salad

FRIDAY

BREAKFAST  DINNER
Peaches  Cream of corn soup
LUNCHEON  Baked trout with onions
German fried potatoes  Spinach in brown sauce
Combination salad, corn on cob  Sliced tomatoes, mayonnaise

SATURDAY

BREAKFAST  DINNER
Cantaloupe  Cabbage boiled dinner
LUNCHEON  Crab salad
Graham muffins, cottage cheese
Milk, puffed rice, cream
SEPTEMBER

SUNDAY

BREAKFAST  
Cantaloupe  
LUNCHEON  
Rice omelette, cold slaw  
Escalloped egg plant  

DINNER  
Baked butterfish with mushr'ms  
Bean puree soup  
Creamed squash  
Tomato salad  

MONDAY

BREAKFAST  
Peaches  
LUNCHEON  
Potato croquettes, muffins  
Fried smelts, lettuce salad  

DINNER  
Vegetable soup  
Lima beans  
Combination salad  
Fried tomatoes  

TUESDAY

BREAKFAST  
Huckleberries  
LUNCHEON  
Steamed oatmeal, cereal coffee  
Poached eggs on toast  

DINNER  
Vermicelli soup  
Boiled potatoes, buttered beets  
Corn roast  
Lettuce salad  

WEDNESDAY

BREAKFAST  
Whole pears  
LUNCHEON  
Fried oyster, sliced tomatoes  
Creamed cauliflower  

DINNER  
Split pea soup  
Browned potatoes  
String beans  
Lettuce with mayonnaise  

THURSDAY

BREAKFAST  
Cantaloupe  

DINNER  
Cream of corn soup  

LUNCHEON
Creamed brussel sprouts
Shrimp omelette  Baked potatoes
Cottage cheese, creamed peas  Stewed parsnips

FRIDAY

BREAKFAST
Blue plums  Clam Chowder
LUNCHEON
Boiled Spanish mackerel  Fresh salmon fried
Hollandaise sauce, corn bread  Tomato sauce, creamed
Carrots in brown sauce  Cauliflower, cucumber

DINNER
Salad, baked potatoes

SATURDAY

BREAKFAST
Fresh apricots  Cream tomato soup
LUNCHEON
Cracked wheat, baked custard  Lima bean succotash
Milk, whole wheat muffins  Squash cakes

DINNER
Lettuce salad

OCTOBER

SUNDAY

BREAKFAST
Grapes  Puree of bean soup
LUNCHEON
Broiled halibut, drawn butter
Oyster fritters  Lettuce salad
Cold slaw  Baked potatoes
Corn bread, creamed onions  Ripe olives

DINNER

MONDAY

BREAKFAST
Sliced oranges  Cabbage soup
LUNCHEON  Mashed turnips
Rice and cream, hot chocolate  Au gratin potatoes
Spoon corn bread  Lettuce, French dressing

**TUESDAY**

**BREAKFAST**
Pears

**LUNCHEON**
Spaghetti
Scrambled eggs, muffins

**DINNER**
Rice and celery soup
Escalloped oyster
Boiled sweet potatoes
Cold slaw

**WEDNESDAY**

**BREAKFAST**
Grapes

**LUNCHEON**
Steamed rice
Tomato omelette, muffins

**DINNER**
Squash soup
Fried egg plant
Baked potatoes
Lettuce salad

**THURSDAY**

**BREAKFAST**
Grape fruit

**LUNCHEON**
Rice croquettes, muffins
Cottage cheese, cereal coffee

**DINNER**
Farina bisque
Baked lima beans with onions
Cabbage with tomatoes baked
Olives

**FRIDAY**

**BREAKFAST**
Stewed plums

**LUNCHEON**
Potato salad,
Fried egg plant
Carrots in brown sauce

**DINNER**
Cream of pea soup
Baked smelts with mushrooms
Cauliflower, drawn butter
Escalloped tomatoes

**SATURDAY**

**BREAKFAST**
Pears

**DINNER**
Clam chowder
LUNCHEON  
Tuna salad  
Cabbage boiled dinner  
Olives  
Whole wheat muffins  
Corn meal muffins  

NOVEMBER  
THANKSGIVING DAY  

BREAKFAST  
Baked apples  
DINNER  
Oyster on half shell  
LUNCHEON  
Vegetable puree, croutons  
Potato salad  
Stuffed baked lake trout  
Parsnip fritters  
Baked potatoes  
Pumpkin pie  
Cranberry sauce  
Olives  
Baked squash  

SUNDAY  

BREAKFAST  
Sliced oranges  
DINNER  
Cream of rice and salmon soup  
LUNCHEON  
Broiled bluefish  
Fish balls, creamed parsnips  
Boiled beets  
Muffins, lettuce salad  
Baked potatoes, celery  

MONDAY  

BREAKFAST  
Grapes  
DINNER  
Vermicelli soup  
LUNCHEON  
Cabbage in tomato sauce  
Welsh rarebit, stewed onions  
Potato croquettes  
Glazed sweet potatoes  
Celery  

TUESDAY  

BREAKFAST  
Stewed prunes  
DINNER  
Oatmeal soup  
LUNCHEON  
Bean roast,
Omelette with mushrooms  Celery salad
Cereal coffee, muffins  Mashed turnips

**WEDNESDAY**

**BREAKFAST**
Sliced oranges

**LUNCHEON**
Poached eggs on toast
Stewed tomatoes

**DINNER**
Bean soup
Cream tomato, shrimp on toast
Celery salad
Stewed cabbage

**THURSDAY**

**BREAKFAST**
Stewed apricots

**LUNCHEON**
Celery salad
Shrimp Omelette, hot rolls

**DINNER**
Barley and bean soup
French fried potatoes
Ruta-bagas brown sauce
Olives

**FRIDAY**

**BREAKFAST**
Baked apples

**LUNCHEON**
Baked custard, milk
Rice and cream, muffins

**DINNER**
Clam and corn chowder
Baked red snapper in tomato sauce
Lettuce salad

**SATURDAY**

**BREAKFAST**
Stewed prunes

**LUNCHEON**
Creamed lima beans
Stewed tomatoes, corn bread

**DINNER**
Cream of celery soup
Baked sweet potatoes
Sauerkraut and onion
Parsnips in drawn butter
DECEMBER

CHRISTMAS DAY

BREAKFAST
Sliced oranges
LUNCHEON
Cold slaw
Potato pancakes
Creamed peas

DINNER
Oyster on half shell
Lettuce salad
Broiled white fish
Browned potatoes
Mashed turnips

SUNDAY

BREAKFAST
Apple sauce
LUNCHEON
Cream celery on toast
Fried clams, lettuce salad

DINNER
Clam broth with barley
Boiled halibut, Holl'daise sauce
Mash potato pudding
Celery salad

MONDAY

BREAKFAST
Grape fruit
LUNCHEON
Corn meal mush fried
Scalloped cheese, hot rolls

DINNER
Gritz soup
Brown potatoes
Cranberry sauce
Fried carrots

TUESDAY

BREAKFAST
Stewed prunes
LUNCHEON
Parship fritters
Rice Omelette, muffins

DINNER
Vegetable puree
Baked squash
Escalloped potatoes
Cheese crackers, celery

WEDNESDAY

BREAKFAST
Sliced pineapple
LUNCHEON

DINNER
Oyster stew
Barley and beans
Rice croquettes, muffins  Cabbage in brown sauce
Bird's nests, hot chocolate  Celery salad

THURSDAY

BREAKFAST  DINNERT
Stewed dry peaches  Vegetable soup
LUNCHEON  Creamed celery and tuna fish
Corn fritters  Sliced tomatoes mayonnaise
Celery salad, creamed turnips

FRIDAY

BREAKFAST  DINNERT
Apple sauce  Pea soup with croutons
LUNCHEON  White fish with potatoes
Fried oysters  Mashed carrots
Baked sweet potatoes  Celery salad
Lettuce, French dressing

SATURDAY

BREAKFAST  DINNERT
Sliced oranges  Cream potato soup
LUNCHEON  Crab on toast with Hollandaise sauce
Vegetarian chili  Asparagus omelette
Corn starch pudding with cream Olives

A FEW FRUIT MENUS

1—Pineapple and oranges sliced, peanut butter sandwiches on Graham crackers, salted almonds.
2—Baked apple, honey sandwiches on whole wheat bread, walnuts.
3—Combination fruit salad, nut sandwiches.
4—Stewed prunes, hot whole wheat rolls, stuffed dates.
5—Rhubarb, stuffed baked apple, date and nut sandwiches.
6—Pear salad, peanut butter sandwiches.
7—Russian compot, Graham crackers, salted almonds.
8—Stewed peaches, whole figs, peanut butter sandwiches.
9—Grape fruit salad, nut sandwiches.
10—Strawberries, fig and nut sandwiches.
11—Apple sauce, bread and honey, salted almonds and walnuts.
12—Pineapple sherbet, banana salad.

A FEW PICNIC LUNCHES

1—Potato salad, lettuce sandwiches, ripe olives.
2—Egg salad sandwiches, radishes, cold slaw, peanut butter sandwiches.
3—Tuna salad, cheese and nut sandwiches, fresh tomatoes, olives.
4—Salmon salad, peanut butter sandwiches, cheese and olive sandwiches.
5—Combination vegetable salad, smoke salmon sandwiches, nut sandwiches, olives.
6—Tomato and American cheese sandwiches, salted peanuts, radishes, sardine sandwiches.
7—Fish salad sandwiches, potato salad, olives, honey sandwiches.
8—Fig, cheese and nut sandwich, whole tomatoes, peanut butter sandwiches.
9—Bean sandwiches, salmon salad, radishes, honey sandwiches.
10—Sardine sandwiches, pickled beets, potato salad, radishes, honey sandwiches.
11—Potato salad, custard pie, cheese and nut sandwiches, ripe olives.

12—Lemon pie, tuna salad, cheese sandwiches, olives.

In taking picnic lunches be careful and do not have too much of a mixture. Picnics are usually given in the summer time when food easily decays. Do not eat fruit with the lunches. Fruits may be eaten about an hour and a half after the lunch unless a fruit lunch is taken. Do not eat ice cream and soda pop with the mixed salad lunches. Partake of that an hour after. Eat the lunch soon after arriving at destination. Do not eat food that has remained for hours in the hot sun. Salads spoil easily and fermentation sets in. Many people become violently ill after picnic lunches because they have been careless, disregarding the laws of food combination. Only sandwiches of nuts, peanut butter and honey can be eaten after standing several hours. Others spoil rapidly.

MEASUREMENTS

Exact measurements are necessary for uniform results. Cooking is applied chemistry. When the chemical constituents vary, the results vary. To illustrate: Air consists of about one-third oxygen and two-third nitrogen, carbon and vapor, together. Remove any considerable portion of the oxygen, and the air becomes incompetent to sustain animal life. Remove all the nitrogen and carbon from air, and substitute hydrogen in proportions of about two-third hydrogen to one-third oxygen, and the new chemical compound is water. Successful “guess work” in cooking is not guess work at all, but the result of long experience through many failures. The “yellow biscuits” are the result of too much soda in the chemical compound; the “sour biscuits,” the result of too little soda. In cooking, cause and effect are closely related as in the chemical laboratory. Like causes produce like effect, and vice versa.
**TABLE**

One speck (spk)

4 saltspoonsfuls (ssp.) ....................................1 tsp.

3 tablespoonsfuls (tsp.) ....................................1 tbsp.

4 tablespoonsfuls (tbsp.) ...................................½ cup or ½ gill

8 tablespoonsfuls ...........................................½ c., or 1 gill

16 tablespoonsfuls .........................................1 c., or ½ pint

2 cupsfuls (c.) ..............................................1 pt.

2 pints (pts.) ................................................1 qt.

4 quarts (qts.) ...............................................1 gallon (gal.)