Miniature Pizza Pies

Use either thin sliced white bread or split English muffins. For each pizza use the following in this order:

1 slice of cheese                          Dash of oregano or thyme  
1½ tbsp. chili sauce                       Sprinkle of salt and pepper 
Dash grated cheese                        Drizzle with salad oil 
Sprinkle of garlic salt                   

Place on cookie sheet in a hot (500°F.) oven for 8-10 minutes.

Betty Whysong Mathers  '47
### Beanburgers

- **1/2 cup chopped onions**
- **1 can (1 lb.) beans and pork**
- **1 1/2 cup catsup**
- **8 round buns**


*Betty Whysong Mathers '47*

### Beef Barbecue

- **1 lb. of ground beef**
- **2 tsp. Vinegar**
- **3/4 cup catsup**
- **Medium sized onion, chopped**
- **2 tbsp. sugar**
- **Dash of Worcestershire sauce**
- **2 tbsp. prepared mustard**
- **Season to taste**

Brown meat and onion in hot pan, add other ingredients, cover and cook slowly for 30 minutes. Serve on heated rolls.

*Lorraine Milewski McCall '49*

### Bologna Delights

- **1 lb. ring bologna**
- **1/3 lb. Velveeta cheese**

Ground together

- **1/4 cup prepared mustard**
- **1 tbsp. chopped onion**
- **1/2 cup mayonnaise**
- **2 tbsp. sweet pickles**


*Zelda K. Rowe Mencer '29*
**Cheese Porkers—Snacks**

Grill ¼ inch slices of Taylor pork roll. Top each slice with 1 oz. slice American or Swiss cheese and grill until melted. Serve on warmed hamburger buns with relish, mustard, sliced onions or catsup.

_Helen Walp Hubbard '31_

**Chili Cheese Log**

¾ lb. grated natural American ⅛ tsp. pepper
cheese ⅛ tsp. garlic salt
1 3 oz. pkg. softened cream 1½ tsp. Worcestershire sauce
cheese  Dash of chili powder
⅛ tsp. salt

Mix ingredients in mixer—shape into two logs. Wrap in waxed paper that is sprinkled with chili powder—coat each log. Wrap and refrigerate to ripen. Decorate with sprigs of parsley.

_Joyce Rose Spronch '42_

**Barbecued Hamburg**

1 lb. hamburger 1 tbsp. vinegar
1½ tbsp. Worcestershire sauce 1 onion
1 tsp. mustard ½ cup catsup
1 tbsp. sugar

Fry meat and onions until brown in small amount of fat. Add other ingredients and steam over low heat about 1 hour. Put between hot rolls for sandwich.

_Linda L. Doll '58_

**Dough**

Sift Together:
- 2 cups flour
- 1 tsp. salt
- 3 tsp. baking powder

Add:
- 3 tbsp shortening

Moisten with:
- 2 2/3 cup milk

Roll out into large rectangle. Spread with filling and roll like jelly roll. Slice about ½ inch thick and bake on greased sheet for 30 minutes at 375°.

**Filling**

Combine:
- 2 cups hamburger
- 1 egg
- ¾ cup milk
- ½ cup onion
- Salt, pepper, parsley

Mix thoroughly.

_Margaret Henry Jones '50_

**Pennsylvania Dutch Hamburgers**

1½ lbs. hamburger
4 slices bread (cut into small pieces)
1 egg
1 sm. onion, chopped
½ green pepper, chopped
Salt, pepper and cream

Soak pieces of bread in just enough cream or canned milk to cover. Add hamburger, whole egg, chopped vegetables. Make into patties of desired size.

These may be baked, fried or broiled. They stay juicy and tender. Mushrooms, celery or hot peppers can also be added.

_Harriet Fisher Thompson '34_
Hot Mulled Cider

Excellent for appetizer in season or Halloween parties or teas:

Heat:
2 qt. cider
1 cup pineapple juice
1 cup orange juice
1/8 tsp. salt
1 cup sugar
3 sticks of cinnamon
6 whole cloves
1 lemon (juice)

Serve hot

Matilda Trumbauer Knerr '14

Sandwich Spread

2 green peppers 1/4 tsp. salt
1/2 lb. sharp cheese  Mayonnaise
Grind peppers and cheese in food chopper (not too fine). Add salt and enough mayonnaise to spread easily. Very different but quite good.

Margaret Summers '41

Jumbo Pizza Loaf

1 loaf French bread (about 1/2 tsp Oregano
18 x 4 or French rolls)  Dash pepper
3/4 lb. ground beef 1 6-oz. can (1/2 cup) tomato paste
1/2 cup grated Parmesan cheese
1/4 cup chopped onion 3 tomatoes sliced
1/4 cup chopped olives 5 slices sharp processed cheese
1 tsp. salt (halved)

Cut loaf or rolls in half, lengthwise. Combine meat, Parmesan cheese, onion, olives, seasonings and tomato paste. Spread evenly on each half, broil about 5 inches from heat for 12 minutes or until meat is done. Watch! Top with tomato and cheese slices; broil 1-2 minutes. Just until cheese begin to melt. Watch!

Serves 8.

Marylee Stroutenburg Adams '54

Southern Sandwich—(Good Lenten snack)

4 eggs  Swiss cheese
1/4 cup chopped onion 1/2 cup milk
1/4 cup chopped green pepper 1/4 tsp. salt
1/2 cup shredded American or  Dash of pepper

Mix ingredients well. Melt butter in skillet and add mixture. Cook over medium heat until mixture is set. Serve on 4 toasted split sandwich buns or on toast.

Helen Walp Hubbard '31

Vinegar Cherries

Pit sour cherries—cover with vinegar for 24 hours in non-metal container. Pour off vinegar and measure fruit. Then use cup for cup of fruit and sugar and stir every day for 12 days. Jar on 13th day. It is not necessary to sterilize jars or use paraffin wax.

Margaret M. Jackson—Honorary Member

Hot Mulled Cider

Excellent for appetizer in season or Halloween parties or teas:

Heat:
2 qt. cider
1 cup pineapple juice
1 cup orange juice
1/8 tsp. salt
1 cup sugar
3 sticks of cinnamon
6 whole cloves
1 lemon (juice)

Serve hot

Matilda Trumbauer Knerr '14

Hints for Orange Rinds

Grate the rind from oranges to be squeezed for breakfast juice and add it to applesauce for delightful extra flavor.

Mary K. Calhoun McNitt '11

Flavor Hints

To give that piquant flavor which inspires second helpings, try adding grated rind and juice of a lemon to apples and cherry pies, baked apples or pears, or almost any cooked fruit.

Jessie Scudder Fisher '10
**A Rich "Diet" Coffee Cream**

Mix to a paste:
- 3 tsp. skim milk powder
- 1 tsp. instant coffee
- Few drops cold water
- Fill cup with boiling water.

Jessie Scudder Fisher '10

**Bread and Butter Pickles (Canning)**

1 gallon cucumbers
8 small white onions
2 green peppers
1/2 cup salt
5 cups sugar
1 1/2 tsp. turmeric
1/2 tsp. ground cloves
2 tbsp. mustard seed
1 tsp. celery seed
5 cups mild vinegar

Wash, but do not pare fresh, crisp cucumbers. Slice thinly the cucumbers and onions, and shred the peppers. Mix with the salt, and bury pieces of cracked ice in the mixture. Cover with a weighted lid and let stand 3 hours, and then drain thoroughly.

Make a pickling syrup of the rest of the ingredients and pour over the sliced pickles. Heat over a low flame to scalding, using a wooden spoon to stir occasionally. Pour into hot, sterilized jars and seal.

Janice Kline Jacoby '45

**Lemon Butter**

1 1/2 lbs. granulated sugar
(3 cups)
1/4 lb. butter
6 eggs
Grated rind of 2 lemons
Juice of 4 lemons

Cream butter and sugar and add beaten eggs. Cook in double boiler until thick, adding lemon rind and juice toward last of cooking.

Ethel M. Girton '14

**SPECIAL DIETS – JEFFERSON HOSPITAL**

**Low Fat Diet**

**CEREAL BREAKFAST:** Stewed fruits, stewed apples, apple sauce, baked apples, prunes, pears, fresh oranges, and orange juice.

Cereals—cooked: Oatmeal, farina, hominy, rice, cream of wheat, wheatena, Roman meal. Use milk and sugar.

Cereals—uncooked: If permitted—corn flakes, post toasties, cracked wheat, puffed rice, Post's Bran, Rice Krispies.

Bread—Whole wheat, graham bread, or bran gems. Butter, marmalade, or jelly may be used.

Milk, Kafee Hag, Postum, Sanka coffee or Buttermilk.

10:30: Milk or Malted Milk and crackers.

**LUNCH:** Consomme or vegetable noodle soup, rice or barley soup, or puree soups with flour.

Lean meat, fish or fowl.

Starchy vegetables, such as mashed potatoes, baked potatoes, rice, baked sweet potatoes, macaroni, spaghetti, puree of corn, peas, or lima beans if permitted,

Green vegetables, such as string beans, asparagus, spinach, carrots, squash, beets, celery, parsnips, turnips, lettuce, occasionally artichokes, mushrooms.

Bread—as at breakfast.

Desserts: Pudding (make without egg yolks), gelatines, stewed fruit, junket, ices, but no ice cream.

4:30: Milk and crackers, pudding and crackers, or malted milk and crackers.

**DINNER:** Lean meat—Chopped, scraped, or grilled; fish or poultry once a day if permitted or three times a week.

Chicken, turkey, lamb or mutton chops, roast lamb, roast beef or beef steak, oysters, fish (except salmon, mackerel, herring or shad).

Starch and green vegetables as at luncheon.
Lettuce with lemon juice and olive oil.
Bread—as at luncheon.
Before retiring: glass of malted milk or plain milk.

**NOTES:** Candy is permitted if it is not chocolate. Cake made from few eggs is permitted occasionally. Also avoid chocolate cake. Eggs should be omitted unless especially mentioned by the doctor.

Do not eat acid fruits, such as grapefruit, no rhubarb, tomatoes, onions, cabbage, cauliflower, brussels sprouts, pork or pork products, sweetbreads, liver, kidney, tongue, or shell fish unless directed.

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### U-2 Diet

**BREAKFAST:** Fruit—Pureed Peaches, Pears, Apricots, Applesauce, Prunes, Banana, Bland Juices such as Peach, Pear, Apricot Nectar.
Cereal—Cooked Cornstarch, Cream of Wheat, Farina, Hominy, Oatmeal, Pablum.
Eggs—Any style—not fried.
Breads—White toasted, Butter, Jelly.
Beverage—Milk, Kaffee Hag, Sanka.

10:30 A.M.: Milk or Eggnog.

**DINNER:** Cream Soups—Oyster Stew, Clam Broth, Broth.
Eggs—any style—not fried.

Cottage Cheese, Cheese Rarebit, Macaroni and Cheese.
Dessert—Jello, Cornstarch Pudding, Custards, Junket, Rice, Tapioca, Bread, Pureed Fruit as above, Fruit Whips, Plain Cake.
Beverage—Milk, Kaffee Hag, Sanka.

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**3:30 P.M.:** Eggnog, Milk.

**SUPPER:** Same as dinner.

**Bed Time:** Eggnog, Milk.
Between Meal Feedings of Eggnog, Milk, Custard, Jello and Junket should be encouraged.

**OMIT:** Fried Foods, Pork, Bacon, Salted Smoked Meat or Fish, Raw Acid Fruits, Vegetables, Rich Soups, Pastries, Strong Coffee, Tea.
Use Salt & Pepper sparingly.

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### Low Residue Diet

**BREAKFAST:** Fruit or Fruit Juices—orange juice, prune juice, applesauce, baked apple (no skin or core), prune puree (twice sieved), tomato juice, grape juice, grapefruit juice.
Eggs—any type except fried.
Cereals—Cream of Wheat, farina or oatmeal.
White bread toast—or Zwiebach with butter.
Tea—(with sugar and cream), cocoa or milk, coffee and buttermilk. *ACCORDING TO DOCTOR'S ORDERS.

**DINNER:** Broth or cream soup (any vegetable strained except onions and cabbage).
Meat—ground beef, lamb and chicken. Baked or broiled white fish.
Potatoes—baked or mashed or rice, noodles, macaroni and spaghetti.
Vegetables—pureed.
Toast—white bread with butter.
Desserts—custards, puddings as rice, cornstarch, tapioca or bread using little sugar, plain or strained fruits, junket, water ice, vanilla ice cream, sponge cake, angel cake, Jello.
Tea, milk and fruit juices—same as breakfast.

**SUPPER:** Same as dinner.

**MILK**—Malted, eggnog
**CHEESE**—Cottage or cream
**BUTTER**—In moderation
**SUGAR**—In moderation

**SALT**—In moderation, but no other condiments.
**JELLY**—Clear or honey
Low Sodium Diet

The major source of sodium for the average person is common salt (sodium chloride). While you are on this diet you should not add any salt to your food, either in cooking or preparing food nor at the table.

THE FOLLOWING FOODS ARE ALLOWED
1. Meat, fish and fowl—3 ounces of raw weight each day. This may be chosen from the following groups:—
   A. Meat! Beef, lamb, pork, rabbit, veal.
   B. Fish! Fresh fish or frozen whole fish without added salt. Oysters.
   C. Fowl! Chicken, duck, quail and turkey, white meat has less sodium than the dark meat.
2. Eggs, one daily.
3. Cereals and Breads
   Cracked wheat, farina, plain instant Ralston, Maltex, oatmeal, Pettijohn’s, puffed rice, puffed wheat, rice, shredded wheat, Wheatena.
   Salt poor bread must be used. If possible order from the bakery.
4. Vegetables, fresh or dried or frozen, if no salt has been added.
5. Salads—use mixed greens. If gelatine salads are used use the plain gelatine for the base. Mixed dressings should be made at home without the salt and omit the egg white from the egg.
6. Fruits and Fruit Juices:
   All fresh fruits and fruit juices may be eaten. Canned, dried or frozen fruits and juices may likewise be used, unless the label specifies that salt or sodium benzoate has been added.
7. Beverages: Coffee, tea, cocoa-cola, gingerale, fruit juice.
8. Desserts: Make without salt and omitting the egg white. Any fruit.
   Fruit pies made with unsalted crust.
   Gelatine desserts made with plain gelatine.
   Jam, jellies, marmalades, honey, homemade candies prepared with white sugar.
10. Fats and Oils: Unsalted fats such as lard, Spry and Crisco may be used. Do not use salted butter or margarine except 4 squares for use on bread or in vegetable cookery.

AVOID THE FOLLOWING
1. Commercially processed foods to which salt has been added.
2. Smoked and salt cured meats. Such as ham, bacon, salt pork, corned beef, salt fish, canned meats, fish, bouillon cubes, meat extracts, brains, kidneys, clams, lobster, shrimp and sausage.
3. Cheese.
4. Pickles and spiced products, such as olives, pickles, catsup, sauces, salad dressings and prepared mustard.
5. Canned vegetables, soups, meats, and fish.
6. Ordinary bakery goods and crackers, salted foods, such as pretzels, potato chips, salted nuts, and most candy bars.
7. Water treated in water softening equipment.
8. Celery, beet greens, kale, spinach, beets, dandelion, mustard greens, sauerkraut.
9. Brown sugar, molasses or syrups prepared other than with white sugar.

1000 Calorie Diet (Reducing Diet)

REMEMBER
1. To have 1 1/2 pints of milk every day.
2. To cut the visible fat from meat.
3. To eat a salad or raw vegetable every day if possible.
4. To eat a green, leafy, or yellow vegetable every day.
5. To have a citrus fruit, tomato, cantalope, strawberries, or raw cabbage every day.
6. To choose the bread or cereal you use from enriched, whole grain, or rye varieties.
HELPFUL HINTS

1. Eat regular meals at regular times. Omitting a meal (particularly breakfast) is a strain on the body and a major cause of fatigue.
2. Eat all meals slowly and chew well. This helps to make smaller amounts of food more satisfying.
3. Never eat when emotionally upset or overtired. Relax or rest first.
4. Watch closely for hidden calories.
5. If the ordeal of drinking clear coffee or tea is too much, add some of the day's allowance of milk, and use saccharin. Saccharin may also be used to sweeten fruits.
6. Stay away from highly seasoned foods. They stimulate the appetite.
7. Clear coffee, tea, or bouillon have no caloric value, and may be used freely.
8. An average serving of meat is 3 ounces. Two eggs or 1/2 cup of cottage cheese can be substituted for 2 ounces of meat.

1000 Calorie Diet

BREAKFAST:
- Fresh fruit or juice 1 Serving—1/2 cup
- Egg—cooked without fat 1
- Bread or cereal 1 Slice of bread or small serving of cereal
- Butter or fortified margarine 1 level teaspoon
- Skim milk or buttermilk 1 Glass—8 ounces
- Clear coffee or tea

DINNER:
- Lean meat, fish or poultry 3 ounces (average serving)
- *Vegetables 1/2 cup group 1 and 1/2 cup group 2
- Skim milk or buttermilk 1 glass—8 ounces
- Fruit—raw, or cooked or canned without sugar 1 serving—1/2 cup

LUNCH OR SUPPER:
- Cottage cheese, meat or eggs 1/2 cup cheese, 2 ounces of meat, or 2 eggs
- *Vegetables 1/2 cup group 1 and 1/2 cup group 2
- Skim milk or buttermilk 1 glass—8 ounces
- Fruit—raw or cooked or canned without sugar 1 serving—1/2 cup

High Carbohydrate High Protein Low Fat and Low Cholesterol Diet

2200 Calories

Breakfast: Fruits—orange, orange juice 3/4 cup, 1/2 grapefruit, if allowed prunes or peaches, applesauce, stewed pears
- Cereals—cooked oatmeal, farina, hominy, rice, cream of wheat, wheatena 1/2-1/4 cup; dry (if permitted) cornflakes, rice krispies, wheateas, 1/4 cup
- Bread—2 slices, whole wheat bread or toast
- Butter—1 level teaspoon for bread or toast. Not for cooking
- Sugar—2 tablespoons
- Jelly—1 tablespoon, clear jelly without seeds
- Kaffee Hag or Postum, Sanka Coffee or tea allowed any time without cream.

Luncheon: Consomme or chicken noodle soup with all fat removed
- Salad—stewed fruit with lemon juice
- Cottage cheese—5 tablespoons
- Bread—2 slices brown bread
- Butter—1 level teaspoon
- Jelly—1 tablespoon, clear without seeds
- Milk—skimmed, 1 glass
- Desserts—puddings without eggyolks such as rice pudding, cornstarch pudding, 1/2 cup

Dinner: Lean meat—broiled, baked, roasted or boiled. Beef or lamb, Chicken or turkey
- Fish—no mackerel, herring, shad, salmon or tuna (2 oz.)
- Starch vegetables—potato, rice, noodles, corn puree, 1/4 cup
- Green vegetables—such as string beans, asparagus, celery, beets, turnips, lettuce, 1/2 cup
- Salad—fruit or cooked vegetables without mayonnaise
- Bread—Brown bread 2 slices
- Butter—1 level teaspoon
- Jello, orange ice, gelatine dessert, Angel cake

DO NOT EAT
- Acid fruits, such as grape juice, rhubarb or tomatoes, onions, cabbage, cauliflower, Brussels sprouts, pork or pork products, sweetbreads, liver, kidneys, tongue, and no shell fish unless directed, chocolate or cocoa, gravies.

NOTE: Candy is permitted if not chocolate.
Bland Diet

Beverage: Milk, milk drinks, coffee substitutes and tea. Fruit juices, orange, peach nectar, pear nectar, or apricot nectar.

Bread: White bread toasted, saltines, or soda crackers.

Cereals: All cooked cereals.

Cheese: Cream or cottage cheese.

Dessert: Cornstarch, rice, or tapioca puddings, angel or sponge cake, plain cookies, custard, and plain ice cream.

Fat: Butter and others in moderate amounts.

Eggs: Boiled, poached, or scrambled.

Fruits: Cooked apples, apricots, pears, and peaches. Oranges and stewed prunes (without skins), bananas.

Meats: Beef, lamb, fowl or fish.

Soup: Cream soups and broth.

Vegetables: Asparagus, squash, carrots, and all other vegetables pureed. Potatoes, spaghetti, macaroni, and noodles.

FOODS TO BE AVOIDED

1. All fried or fatty foods and all highly spiced or seasoned foods.
2. All mustard, pepper, vinegar, ketchup, horseradish, and relishes.
3. All smoked and preserved meat. Pork and pork products.
4. All raw fruits except those listed.
5. All stimulants and carbonated waters.

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