

# Could You Feed Fifty Men at a Dollar a Day Apiece?

## A Week's Menus of Nutritious, Cheap Dishes

**Editor's Note:** This study of feeding fifty persons may seem out of place on a housekeeping page, but the dishes and recipes will be applicable when reduced proportionally for ten or twenty-five persons, and the typical dishes suggested are the last word in nutrition, economy and savory appeal combined and may be helpful to many. Miss Stanley has based this article on her experience in feeding 800 sailors a day at a naval training station during the war. The "starved" dishes were special favorites with Uncle Sam's "gobs" and they always lined up for "seconds" when these were served. The woman who is feeding young American men must be prepared for second servings of desserts, especially now when sugar is taking the place of alcoholic stimulants.

Many women need "large quantity" recipes from time to time for clubs, church socials, community kitchen work, etc., and so this week of menus and recipes for fifty is offered as having a number of appeals.

By Anna Stanley  
Domestic Scientist, Tribune Institute

THE housekeeper who struggles to provide two satisfactory meals a day for one or two men can scarcely conceive of providing fifty hungry young males with breakfast, luncheon and dinner. This task is confronting an Eastern woman in a college town, and the problem in itself is so very interesting that we thought the suggestions submitted to her might be of assistance to others. The week's menus planned specially feature cheap, highly nutritious dishes that men will like and which might be served to any number.

The big factor that is disturbing the mind of our inquirer is that three meals a day must be served for not more than \$1 a man for food only, and she adds that they won't eat fish! Her boarders are fraternity men who seem gayly oblivious of the H. C. L. However, knowing that students as well as soldiers travel on their stomachs, and the college student is not sedentary but athletic in most cases with a vigorous appetite, we have tried to give plain but nourishing food, with the desserts that men like, that the "kicks" may be few and the "traveling" as easy as possible.

Note if you please that we have no bread pudding in our menu and "hash" only once. We serve real butter and cream for the coffee; pie appears twice during the week and dumplings, almost as dear to men's hearts, twice. If the suggested dishes are well cooked and seasoned and attractively served, we can see no reason for dissatisfied boarders, and the cost is low.

On first taking up this problem it

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seemed as though it would not be possible to serve meals at this price, but, fortunately, fate helped us out a little by reducing the cost of some of our very important staples. By careful selection and by buying in quantities, we are able to give three meals for 70 cents a day for fifty persons. It would cost around 75 cents, probably, for twenty-five men. The breakfasts average about \$10; the luncheon \$8 and the dinners \$15 a day for fifty. This does not include any service, fuel or overhead expenses of any kind, simply the ingredients used in the preparation of the meals.

### Monday Is Apple Day

#### BREAKFAST

- Apples Baked in Syrup
- \*Browned Vegetable Hash
- Corn Bread
- Coffee

#### LUNCHEON

- \*Scotch Scrapple
- \*Potato Hot Pot
- Bread and Butter
- Brown Betty
- Tea

#### DINNER

- Vegetable Chowder
- \*Hamburg Roast with Noodles
- Escalloped Potatoes
- Apple Pie
- Coffee

This day's menu is planned using apples for breakfast, luncheon and dinner, so that the smaller fall apples can be bought in large quantities at a little cheaper price and used immediately. The dishes are so distinct that they will not pall on the appetite.

#### Apples Baked in Syrup

- 50 large tart apples 1 1/2 quarts of water
- 2 cups of corn syrup

Wash and core apples, and if the skins are tough pare the upper half. If possible bake apples in baking pan that can be covered. Add one teaspoonful of salt and boiling water to syrup. Pour over apples and bake in a hot oven for about one hour. The apples should be perfectly soft. The estimated cost of this dish is \$1.20 with apples at six cents a pound.

#### Brown Betty With Brown Sugar Sauce

- 6 quarts of bread 2 tablespoonsful of cinnamon
  - 2 quarts of apple sauce 2 teaspoonsful of nutmeg
  - 1 quart of corn syrup 1 teaspoonful of salt
  - 1 1/2 cupsful of oleo
- Mix fat with seasoned bread crumbs and place in baking dish in alternate layers with the apples. Add the syrup to entire mixture and top with crumbs. Bake thirty minutes, adding a little more apple sauce if too dry. Serve with brown sugar sauce, made as follows:
- 3/4 quart of brown sugar 6 tablespoonsful of oleo
  - 1 1/2 quarts of water 1/4 cupful of cornstarch
  - 1/2 teaspoonful of salt 1 teaspoonful of cinnamon

Mix all ingredients except the butter and cook for five minutes. Add butter just before removing from fire. Serve warm.

The cost of the pudding and sauce is about \$2.

#### Apple Pie

- 3 quarts of flour 2 teaspoonsful of salt
- 3 cupsful of fat 1/2 cupful of baking powder
- 4 teaspoonsful of Cold water to moisten

This makes eight pies, allowing seven cuts to a pie. About two pounds of sliced apples are needed for a pie. These pies cost about 35 cents apiece. Lard compound, of course, is the fat used.

#### Vegetable Hash

The baked vegetable hash is a delicious quick breakfast dish and can be prepared the night before, ready to cook in the morning.

Cut about one pound of salt pork into tiny dice and fry until browned. Almost any left-over vegetables can be used—carrots, beets, parsnips, peas, beans and tomatoes being especially good—cooked potatoes being used as the basis. About twelve quarts of vegetables will be necessary for this number of persons. Blend the pork with the minced vegetables, add salt and paprika and moisten with milk. Do not get it too wet. Heat some of the pork drippings in a pan, turn in the hash and stir until heated through. Keep in a mound and let it brown on the under side. This dish costs about \$2.50.

#### Corn Bread

- 2 1/2 quarts of corn meal 1/2 cup of baking powder
- 3 1/4 quarts of milk 1/4 cup of brown sugar
- 1 1/2 tablespoonsful of white sugar 18 eggs
- 1/2 cup of fat

Pour the scalding milk over the corn meal. Add fat, salt and sugar. Cool. Add well beaten egg yolks and baking powder. Beat well and then add the stiffly beaten egg whites. Pour into a shallow, well greased pan about one-half inch thick and bake in a hot oven for about twenty-five minutes. This corn bread is very light and delicate in texture. The cost is about \$2.

The total cost of this breakfast for fifty persons is about \$10. Two pounds of butter and one and three-



fourths pounds of coffee will be needed. One quart of cream and the same amount of milk are used for this breakfast, at a cost of \$1.20.

#### Scotch Scrapple

- 5 pounds of beef 2 quarts of rolled oats
- 5 quarts of water 1 teaspoonful of salt
- 1 teaspoonful of paprika

Use any cut of meat suitable for boiling. Cook until tender. Drain off the liquid and let get cold. Remove fat. Add the oatmeal to three and three-fourths quarts of stock which has been seasoned. Cook for one hour in a double boiler or in a fireless cooker. Grind meat very fine and add to oatmeal. Heat well and place in bread pans which have been dipped in cold water. Chill, cut in slices and dredge with corn meal. Sauté scrapple or place in pan with fat in oven. Cook rather slowly at first so that a thick crust can form without burning. Beef at about 22 cents a pound was used and the oatmeal at seven cents a pound, making the dish cost \$1.25. Catsup is an addition to this dish.

#### Escalloped Potatoes

- 7 quarts of potatoes (cold, diced) 1 teaspoonful of salt
- 4 quarts of white sauce 1 teaspoonful of pepper

Peel and slice potatoes and parboil for about three minutes. Drain. Place in baking dish with seasonings and onions. Cover with tomato and bake about one and one-half hours. This costs about \$1.25.

#### White Sauce

- 1/2 cupful of fat 1/2 teaspoonful of pepper
- 1/2 cupful of flour 2 quarts of milk

This dish costs about \$1.

#### Potato Pie

- 8 quarts sliced potatoes 4 tablespoonsful of salt
- 2 quarts sliced onions 1 1/2 teaspoons of pepper
- 4 quarts strained 1 cup of flour

Peel and slice potatoes and parboil for about three minutes. Drain. Place in baking dish with seasonings and onions. Cover with tomato and bake about one and one-half hours. This costs about \$1.25.

#### Vegetable Chowder

- 5 quarts of boiling water 1 quart diced potatoes
- 1 quart diced carrots 1 pound bacon or salt pork
- 1 quart diced turnips 6 quarts of hot milk
- 1 quart cooked lima beans 6 tablespoonsful of salt
- 1 pint cut green pepper 2 teaspoonsful of pepper
- 1 quart diced celery 3 cupsful of grated cheese if desired
- 1/2 cupful of flour

Cook the carrots and turnips in the boiling water for about forty minutes. Add remaining vegetables

and boil twenty minutes longer. Cut bacon in small cubes, cook slowly until crisp and remove cubes. Stir flour in fat, add hot milk and cook mixture twenty minutes. Combine with first mixture and season. This chowder costs about \$2.50.

#### Hamburg Roast With Noodles

- 10 pounds of 1 1/4 quarts of chopped beef water
- 3 tablespoonsful of salt 1/2 cupful minced onion
- 1/2 pound minced salt pork 4 eggs well beaten
- 1 1/2 teaspoonsful of pepper 1 cupful flour
- 3 cupsful of bread crumbs 2 quarts strained tomato juice

Combine ingredients, shape in loaf and cook in oven until heated throughout and well browned. The cost is \$4 exclusive of the noodles.

#### Escalloped Potatoes

- 7 quarts of potatoes (cold, diced) 1 teaspoonful of salt
- 4 quarts of white sauce 1 teaspoonful of pepper

Peel and slice potatoes and parboil for about three minutes. Drain. Place in baking dish with seasonings and onions. Cover with tomato and bake about one and one-half hours. This costs about \$1.25.

#### White Sauce

- 1/2 cupful of fat 1/2 teaspoonful of pepper
- 1/2 cupful of flour 2 quarts of milk

This dish costs about \$1.

### Tuesday Brings Lentils and Grapenuts Pudding

#### BREAKFAST

- Prune and Apricot Sauce
- Potato Omelet with Bacon
- Toast
- Butter
- Coffee

#### LUNCHEON

- \*Baked Savory Lentils
- Brown Bread
- Cabbage Salad with Chili Sauce
- Dressing
- Plum Sauce
- Cookies
- Tea

#### DINNER

- Tomato Soup with Rice
- Baked Virginia Ham
- Spinach
- Candied Sweet Potatoes
- \*Grapenuts Pudding
- Coffee

Two pounds of apricots, one and one-half pounds of prunes and three and one-half cupsful of sugar are

needed for the apricot breakfast sauce for fifty persons.

#### Potato Omelet

- 6 quarts of diced 24 eggs potatoes 1 teaspoonful of pepper
- 3 quarts of hot milk 50 small slices of bacon
- 3 tablespoonsful of salt

Arrange slices of bacon in meat pan. Cook until crisp. Remove from fat and keep hot. Turn in diced potatoes and cook until browned and hot. Beat eggs well, add salt and pepper and hot milk. Pour over potatoes and bake in a moderate oven until egg is set. Place bacon on top and serve at once.

The savory lentils are baked in the same fashion as baked beans. About two and one-half quarts of lentils will be needed. Three pounds of fresh pork will be used and about two quarts of tomatoes.

#### Grapenuts Pudding

- 5 1/2 quarts of hot milk 1 cupful of corn syrup
- 1 package of 1/2 tablespoonful of grapenuts salt
- 1 cupful of bread crumbs 1 cupful of sugar
- 6 eggs 8 cupsful of raisins

Add hot milk to grapenuts and allow to stand until cool. Add sugar, salt, raisins and egg yolks (well beaten). Fold in the stiffly beaten egg whites just before baking. Pour in oiled baking dish to the depth of one or two inches. Bake in a slow oven one hour or until a knife can be inserted and drawn out clean. Serve with any kind of sauce.

#### Cabbage Salad With Chili Dressing

- Six pounds of cabbage will be needed, and for the dressing two cupsful of chili sauce, two cupsful of salad oil and one cupful of vinegar and seasonings to taste.

#### Cookies

- 2 cupsful of 1/2 cupful of baking powder
- 1 cupful of but- 2 teaspoonsful of ter or oleo vanilla
- 2 teaspoonsful of 4 cupsful of flour salt Eggs

Cream butter, sugar and salt very thoroughly. Add well beaten eggs and sifted flour, baking powder and vanilla. Set away in a cold place for about thirty minutes or over-

night if possible. Roll out on a slightly floured board and cut in small rounds. Bake in a hot oven on the bottom side of an inverted sheet. Sugar and cinnamon can be sprinkled over the top if desired. This makes eight dozen cookies at a cost of about 90 cents.

#### Tomato Soup With Rice

- 2 No. 10 cans of 1 teaspoonful tomatoes of peppercorns
- 7 quarts of water 2 teaspoonsful of paprika
- or stock 1 cupful of 4 tablespoonsful chopped onion of sugar
- 5 bay leaves 1 1/2 cupsful of rice
- 5 tablespoonsful of salt 1 quart of cold water

For the dinner about twenty-eight pounds of ham will be necessary and two No. 10 cans of spinach.

Fifteen pounds of potatoes, three-fourths of a pound of oleo and three-fourths of a pound of brown sugar mixed with three quarts of water will provide the candied sweet potatoes.

### Wednesday Celebrates With Puddings

- BREAKFAST
- Halved Grapefruit
- Escalloped Eggs
- Country Fried Potatoes
- Toast
- Coffee

#### LUNCHEON

- Escalloped Potatoes with Ham
- Bread and Butter
- \*Caramel Rice Pudding
- Tea

#### DINNER

- Vegetable Chowder
- \*Hungarian Goulash
- Baked Noodles and Cheese
- Bread and Butter
- Cottage Pudding, Chocolate Sauce
- Coffee

About twenty-five eggs, three quarts of white sauce and one quart of bread crumbs are needed for this dish. For the country fried potatoes twenty pounds should be prepared.

#### Escalloped Potatoes and Ham

Combine seven-quarts of cold diced potatoes and one quart of diced ham with four quarts of white sauce which has been well seasoned.

Bake in a casserole dish for about twenty minutes.

**Caramel Rice Pudding**  
Caramel rice pudding is very delicious if the rice is properly cooked and the caramel sauce well made. Cook about two and one-half quarts of rice in about four gallons of rapidly boiling salted water, until it is tender. Drain and pour cold water through it.

Place in a shallow pan, pour over it the following caramel sauce: Caramelize one quart of sugar and combine with three quarts of scalding milk, together with one pint of corn syrup, one and one-half teaspoonsful of salt and one-fourth cupful of butter or oleo. Bake until thickened and slightly browned. This pudding is good at any price.

#### Vegetable Chowder

For the vegetable chowder combine one quart each of diced carrots, turnips and cooked lima beans and cook in about five quarts of water or stock until they are almost tender. Add one pint each of diced onions and green peppers, one quart each of chopped celery and potatoes and finish cooking.

Brown about one pound of diced bacon and after removing it from the fat smooth in one-half cupful of flour. Add to six quarts of hot milk the vegetable mixture. Season with salt and pepper.

#### Hungarian Goulash

Cut up about twelve pounds of any kind of cheap beef into small two-inch pieces. Sauté in one and one-half cupsful of drippings. Add one quart of boiling water, and when the meat is tender add two quarts of strained tomatoes which has been thickened with one and three-fourths cupful of flour. Add one cupful each of sliced onion and celery, together with four bay leaves and one teaspoonful each of cloves and peppercorns.

#### Cottage Pudding With Chocolate Sauce

The cottage pudding can be made from Patacake, prepared cake flour. Simply add cold water until the batter is of a thin consistency and bake the same as any pudding of this kind. About five packages will be required for this number of persons.

#### Chocolate Sauce

Melt eight ounces of chocolate and combine with eight tablespoonsful of oleo and four cupsful each of corn syrup and sugar, together with two and two-thirds cupful of water. Simmer very slowly for about fifteen minutes. Add one tablespoonful of vanilla.

#### Apricot Dumplings

Apricot dumplings are made in the same manner as apple dumplings (baked) and the sauce is simply the apricot juice thickened slightly. Dried or canned apricots may be used, and if the crust is made rather short they are so much the better. These are good enough for any one at any price!

#### Dumplings, Cake and Ice Cream for Sunday

- BREAKFAST
- Baked Apples
- Baked Pork and Beans
- Hot Rolls and Butter
- Coffee

#### LUNCHEON OR SUPPER

- Baked Bean Sandwiches
- Creamed Potatoes
- Fruit Salad
- Cocoa
- Coconut Cake

#### DINNER

- Potato and Onion Chowder
- Liver and Bacon with Brown Gravy
- Plain Steamed Potatoes
- Escalloped Tomatoes
- Pumpkin Pie
- Coffee

#### Crumb Griddle Cakes

- Soak three quarts of breadcrumbs which have been sifted with one-half cup of baking powder in three quarts of hot milk. Cool and combine with the yolks of twelve eggs, together with two tablespoonsful of salt and one-half cupful of sugar. Lastly, add the beaten whites of the eggs and three-fourths of a cupful of fat.

#### Baked Corn Pudding

This is simply escalloped corn. Use about six quarts of corn, two quarts of milk and three quarts of bread crumbs, well seasoned. Brown in a moderate oven. Four or five eggs can be added if a little more richness is desired.

### Friday Must Be Fish Day

#### BREAKFAST

- Stewed Peas
- Broiled Mackerel
- Creamed Potatoes
- Toast
- Coffee

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|---|---|---|
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| <b>OAT MEAL</b><br>The Hecker Cereal Company, New York<br>Hecker's Cream Oatmeal<br>The H-O Company, Buffalo, N. Y.<br>H-O Hornby's Oatmeal, Steam Cooked<br>Quaker Oats Company, Chicago, Ill.<br>Crushed Oats (Mother's Oats)                                   | <b>FATS</b><br>Corn Products Refining Company, New York City<br>Mazola<br>The Southern Cotton Oil Company, New York, Savannah and Chicago<br>Wesson Oil<br>NOODLES  | <b>Walter Baker &amp; Co., Dorchester, Mass.</b><br>Baker's Breakfast Cocoa<br>Hershey Chocolate Co., Hershey, Pa.<br>Hershey's Cocoa   |
| <b>TOMATOES</b><br>Seeman Bros., New York City<br>White Rose Hand Packed Tomatoes "Extra"   | <b>BECHNUT PACKING COMPANY, Canajoharie, N. Y.</b><br>Beechnut Spaghetti and Macaroni<br>A. Goodman & Son, New York City<br>Goodman's Pure Egg Noodles<br>Goodman's Macaroni  | <b>Henry Maillard, Inc., New York City</b><br>Maillard's Breakfast Cocoa<br>Peter Cailler Kohler Swiss Chocolate Company, Fulton, N. Y.<br>Peter's Breakfast Cocoa  |
| <b>COFFEE</b><br>Arbuckle Brothers, New York City<br>Yuban<br>B. Fischer & Co., New York City<br>Hotel Astor Coffee<br>F. L. Leggett & Co., New York City<br>Premier Roasted Coffee<br>Wm. S. Scull Company, Camden, N. J.<br>Boscul                              | <b>CHILI SAUCE</b><br>Seeman Brothers, New York<br>White Rose Spaghetti<br>CHILI SAUCE<br>Beechnut Packing Co., Canajoharie, N. Y.<br>Beechnut Chili Sauce  | <b>Phillips Chemical Company, New York</b><br>Phillips' Digestible Cocoa Compound<br>Runkel Brothers Inc., New York City<br>Runkel's Pure All Purpose Cocoa<br>Van Houten & Zoon, Weesp, Holland<br>Van Houten's Famous Cocoa<br>CANNED CORN<br>Francis H. Leggett & Co., New York City<br>Premier Corn   |
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## Plans Are Good for Five as Well as for Fifty

### (Friday, Continued)

#### LUNCHEON

- Cream of Corn Soup
- Salmon Loaf, Tomato Gravy
- Dropped Biscuits
- \*Norwegian Prune Pudding

#### DINNER

- Burée of Carrots
- Broiled Fillet of Sole
- Tartar Sauce
- French Fried Potatoes
- Buttered Beets
- Rolls and Butter
- \*Indian Pudding
- Vanilla Ice Cream
- Coffee

### On Saturdays Apricot Dumplings Save the Day

#### BREAKFAST