"Win the War" Cook Book
I am very happy indeed, to endorse the "Win the War" Cook Book now being compiled by the St. Louis County Woman's Committee.

In addition to being a very great boon to the homemakers of this generation, this book will be of great interest and value from a historical viewpoint and as a souvenir of this period.

Yours cordially,

Mrs. B. F. Bush

Chairman Woman's Committee
Council of National Defense
Missouri Division

"WIN THE WAR"

COOK BOOK

Compiled by

ST. LOUIS COUNTY UNIT
Woman's Committee
COUNCIL OF NATIONAL DEFENSE
Missouri Division

Sold for War Work or War Relief Only

PRICE FIFTY CENTS

Compiled by

REAH JEANNETTE LYNCH, B. S.
1918
Preface

The only principles of public conduct worthy a man or gentleman are to sacrifice ease, estate, health, applause and even life to the sacred call of country.

JAMES OTIS, 1761.

We here highly resolve that the dead shall not have died in vain—that this nation under God shall have a new birth—freedom—and that government of the people, by the people and for the people shall not perish from the earth.

ABRAHAM LINCOLN, 1863.

We dedicate our lives and our fortunes, everything that we are, and everything that we have.

WOODROW WILSON, 1917.

The great light of liberty, justice and equality that burst upon the world in 1776 is today threatened to be put out with a hand of blood and iron.

Women of America, awake! We have a definite part to play in this, the greatest tragedy in the world’s history. We need not form ourselves into BATTALIONS of death, but into BATTALIONS of life. Save food and we save life.

We are unwilling to believe that the women of America are slackers, in other words, traitors to our beloved country and its beautiful emblem, within whose folds are wrapped all that makes existence worth while. A woman, if there be such, who says, “I will not use corn in place of wheat,” who says, “I will not save a teaspoonful of sugar each day,” who says, “I will eat beef, mutton and pork daily,” is as truly a traitor to her country as was Benedict Arnold or Aaron Burr.

The object of this War Cook Book is to place within one cover all that which has been printed in manifold forms of the best thought of those capable of telling us how to use intelligently the substitutes which our Government has asked us to use.

Ours is the splendid burden of feeding the world. It can be done in but one way: The way of voluntary and larger resolution and action of the whole people in every shop and every kitchen and at every table in the land.
WHY YOU SHOULD USE MEAT SUBSTITUTES

Meat is bound to be dear. It was scarce and high before the war.

For years the number of people in this country has been increasing faster than the number of meat animals. Much of the open country out West where cattle used to range by hundreds of thousands has been fenced into farms.

Then came anthrax, foot and mouth disease, hog cholera, one plague after another.

Four years ago our government began a great campaign for more livestock, just to feed us in peace times.

War doubles and trebles the demand for our meat. We must provide meat for the boys in the trenches. We must stretch our meat supply. We must Save Meat to Save Ourselves.

We can eat fish, it’s as hearty as meat. Eat poultry, it does not make army rations. Use milk, eggs and cheese, they are almost the same as meat.

Peanut butter and vegetable oils are good fats. Dried beans, peas and grains take the place of meat if milk is used with them, or cheese or eggs or plenty of green vegetables.

One ounce of meat a day for every one in the country amounts to the meat from 4,400,000 animals in a year. Save your ounce. It’s a little thing to do to save your country.

U. S. Food Administration.

THE EFFECT OF HEAT ON PROTEIN

Egg albumin or meat albumin serve as good examples to show the effect of heat on protein. If heat is applied a gradual process of hardening begins at the outer edge of the albumin, and continues toward the center in thin lines or fibrils until the transparent albumin becomes dense and leathery. This change is known as coagulation, and is typical of the change in all protein foods as the result of the application of heat. A few simple experiments will show the effect of the different temperatures on protein. At 134 degrees F. the fine fibrils of a semi-solid white substance appear in the liquid albumin. At 160 degrees F. it changes to a tender jelly-like substance. At 180 degrees F. it becomes dense and white. Boiling temperature changes it into a tough, leathery substance. Therefore, the higher the temperature the tougher and harder the protein; consequently all protein foods are best if cooked at as low a temperature as will render them palatable.

LEGUMES AS MEAT SUBSTITUTES

Dried peas and beans are rich in muscle making principle and for this reason are often called the “poor man’s beef,” of very poor quality, about ¾ as good in quality as animal protein, but because they are somewhat difficult of digestion, they should not replace animal protein altogether, but should be used with discretion as meat substitutes. Soy beans are an exception to this. Cereal protein is about two times as valuable for growth as beans. No matter how dried legumes are to be cooked, they must first be soaked over night in cold water, that they may absorb moisture to replace that lost in evaporation; after soaking dried legumes may be cooked in almost any of the ways which fresh ones are cooked. It is then necessary to drain and wash them thoroughly, cooking gently until tender in water containing a very little common baking soda. This tends to soften the water and hastens the cooking process; it also aids in removing excess sulphur.

There is nothing in all cookery that needs more careful seasoning than dried legumes; salt and pepper, lemon rind, nutmeg, onion, celery salt, celery leaves, mustard in the right proportions may be used. As these legumes are deficient in fats, they should be combined with some fatty ingredients to preserve the balance—salt pork and beans.

SOY BEANS

Soy beans are excellent substitutes for meat. They contain almost twice as much protein as beefsteak, and more fat than any other of the legumes except the peanut. The protein of the soy bean is more nearly like animal protein in value than that of other plant foods as far as is now known. The fat contains the important growth-promoting fat soluble vitamin E. The yellow or green varieties are best for eating purposes, the darker varieties having an unpleasant strong taste.
The following should not be given to children: Dried or salted fish or meat, fried or sautéed foods, raw vegetables, fresh and rich preserves, tea, coffee, or alcoholic drinks.

Here's Good Food for a Real Youngster's Day

A good breakfast to start him off: Milk, corn meal mush, apple sauce. It makes him fit for school and fit for play.

MILK, and plenty of it, makes him grow—a quart each day if you can. Put it on his cereal and in his soup. Make it into puddings or custards for him. Try the recipes on the next page and watch him smile.

WHOLE milk is best, of course, but skim milk is good if there is a little butter in his meals. Cottage cheese is good, too.

NO COFFEE OR TEA—not even a taste. Leave them for the grown-ups. Milk, cocoa, not too strong, and fruit juices are the drinks for children, and plenty of water always.

FRUIT they enjoy, and they need it, too; baked apples, apple sauce, thoroughly ripe bananas, prunes, oranges, etc. Give them vegetables, fresh or canned. Plenty of fruits and vegetables tend to prevent constipation. Use proper food and do not depend upon laxatives.

OTHER FOODS a child needs: Whole wheat bread, not too fresh corn bread, well-cooked oatmeal, corn meal, rice. They help make strong boys and girls. Some fats, butter or margarine or meat fats on his bread or in gravies. An egg, perhaps, particularly if he doesn't get his full quart of milk, or he can have a little meat or fresh fish, but he does not need much.

SWEETS are good for them—the right kinds at the right time. Dates, raisins, stewed fruits, simple puddings, sugar cookies are better than candy. Give them at meal times.

Between meals let them have bread and butter, a cracker or fruit. They won't spoil the appetite, and candy will.

PLAN MEALS LIKE THESE

Here are two sets of the right kind for your youngster. Grown people will like them, too. If sometimes these seem too much work, bread and milk alone will make a good meal.
WAR CAKES

No. 1—EGGLESS, BUTTERLESS, MILKLESS CAKES

A good cake from the standpoint of thrift when eggs are selling at 70c per dozen, butter 58c a pound, milk 13c per quart.

\[\frac{1}{2} \text{ cup veg. fat or oil,} \quad 1 \text{ cup sugar,} \]
\[\frac{1}{4} \text{ of grated nutmeg,} \quad 1 \text{ cup water,} \]
\[1 \text{ tsp. cloves,} \quad 1 \text{ tsp. raisins,} \]
\[1 \text{ tsp. cinnamon.} \quad \text{Pinch salt,} \]

Put all in sauce pan and boil 3 minutes, then cool and stir in 1 level teaspoonful of soda dissolved in a little warm water; add 2 rounding cups of flour into which 1 teaspoonful baking powder has been sifted. Bake in slow oven. 

Mrs. Randel.

No. 2—EGGLESS, BUTTERLESS, MILKLESS AND SUGARLESS

1 cup good molasses, 1 tsp. cinnamon,
\[\frac{1}{2} \text{ tsp. soda,} \quad 1 \text{ tsp. cloves,} \]
\[1 \text{ cup hot water,} \quad \text{Ginger and nutmeg (small quantity).} \]

Mix thoroughly, add \(\frac{1}{2}\) package raisins, nuts and other fruits if desired. Now mix in enough flour to make a soft batter, add one teaspoonful baking powder and flour, bake in loaf in very slow oven until it will not stick to straw; should be eaten while fresh. The above recipe is excellent.

Mrs. C. Bruno, Wellston.

No. 3—EGGLESS, SUGARLESS, BUTTERLESS CAKE

2 cups molasses (dark), 1 tsp. cinnamon,
\[2 \text{ tbsp. veg. oil,} \quad 1 \text{ tsp. cloves,} \]
\[2 \text{ cup water,} \quad \text{Salt.} \]

Boil 3 minutes. When cool stir in 1 teaspoonful of soda dissolved in a little water.

1 box raisins, 3 cups flour.

Nuts may be added. Bake in slow oven.

BARLEY AND OATMEAL CAKES

\[\frac{1}{2} \text{ cup shortening,} \quad 2 \text{ level tsp. Rumford baking powder,} \]
\[\frac{1}{4} \text{ cup brown sugar,} \quad \frac{1}{2} \text{ level tsp. salt,} \]
\[\frac{1}{2} \text{ cup corn syrup,} \quad 1 \frac{1}{4} \text{ level cup rolled oats,} \]
\[1 \text{ egg,} \quad \frac{3}{4} \text{ cup chopped nuts,} \]
\[3 \text{ tbsp. water,} \]

METHOD: Cream the shortening and sugar together. Add the well-beaten egg. Add the syrup and water alternately with the flour, in which the baking powder and salt have been sifted. Add the oats and nut meats. Drop by teaspoonful upon well-greased baking sheets. Bake in moderate oven 12 to 16 minutes. Always bake a test cookie first to be sure the mixture is the right consistency.

Mrs. Randel.

SUGAR SUBSTITUTES

OATMEAL DROPS

\[\frac{3}{4} \text{ cup butter sub.,} \quad 1 \text{ cup chopped raisins,} \]
\[2 \text{ cups rolled oats,} \quad 1 \text{ tsp. soda dissolved well in} \]
\[1 \text{ cup flour,} \quad \frac{1}{4} \text{ cup boiling water,} \]
\[1 \text{ cup corn syrup,} \quad \text{A pinch of salt.} \]

Mix all together and drop on hot buttered tins.

SPECIAL OATMEAL CAKES

\[1\frac{1}{2} \text{ cups flour,} \quad \frac{1}{4} \text{ tsp. soda,} \]
\[\frac{3}{4} \text{ cup cooked oatmeal,} \quad \frac{1}{2} \text{ tsp. baking powder,} \]
\[\frac{3}{4} \text{ cup sugar,} \quad 3 \text{ tbsp. veg. oil,} \]
\[\frac{3}{4} \text{ cup raisins,} \quad \frac{1}{2} \text{ tsp. cinnamon.} \]
\[\frac{3}{4} \text{ cup molasses,} \]

Beat molasses and fat to boiling. Mix with all the other ingredients. Bake in muffin pans 30 minutes. This makes 12 cakes.

U. S. Food Administration.

OATMEAL COOKIES

\[1 \text{ tbsp. butter sub.,} \quad 1 \text{ cup flour,} \]
\[1 \text{ egg,} \quad 3 \text{ tsp. baking powder,} \]
\[\frac{1}{2} \text{ cup milk,} \quad \frac{1}{2} \text{ tsp. salt,} \]
\[\frac{1}{4} \text{ cup sugar,} \quad 1 \text{ tsp. flavoring.} \]
\[1\frac{1}{2} \text{ cups oatmeal (fine),} \]

Cream together lard, egg and sugar, add milk, oatmeal and the flour to which the salt and baking powder have been added, add flavor and raisins that have been powdered with flour. Drop on an oiled pan and bake in moderate oven.

Elizabeth Mount Walker, 5165 Cabanne.

DATE OATMEAL WAFERS

\[2 \text{ cups rolled oats,} \quad \frac{1}{4} \text{ cup shortening,} \]
\[2 \text{ cups flour,} \quad \frac{1}{4} \text{ cup sugar,} \]
\[1 \text{ tsp. salt,} \quad \frac{1}{2} \text{ cup water.} \]

Cream shortening, add sugar, water, and then add remaining ingredients. Roll out very thin, cut, and bake in a moderate oven.
KNITTED HELMET

One hank yarn (¾ lb.) 4 Red Cross Needles No. 2.
Cast on 56 stitches loosely. Knit plain for 8 inches for front piece, and leave on extra needle. Knit another piece to correspond for back. These pieces must be at least 9 inches wide. Slip the stitches of both on to 3 needles, arranging for last 2 stitches of back piece to be on beginning of 1st needle, with 38 stitches of front piece added (making 40 on 1st needle). Divide rest of stitches on other 2 needles, 36-36. Beginning with 1st needle, knit 2, purl 2, for 18 stitches. Bind off 22 stitches for face opening. Try to keep same arrangement of stitches on needles for further directions.) Knit 2, purl 2 forward and back on remaining 90 stitches for 1½ inches, always slipping first stitch. Cast on 22 stitches loosely to complete face opening, knit 2, purl 2, for 2½ inches (adjust stitches by slipping 2 from end of 3rd needle to 1st needle, making 42 on 1st needle). Knit 1 round plain, knit 2 stitches together, knit 11, knit 2 stitches together, knit 1. Repeat to end of round. Knit 4 rows plain. Then knit 2 stitches together, knit 9, knit 2 together, knit 1. Repeat to end of round. Knit 4 rows plain. Continue in this way, narrowing on every fifth round and reducing number of stitches between narrowed stitches by 2 (as 7, 5, 3, etc.) until you have 28 stitches left on needles. Divide on 2 needles, having 14 on 1st needle and 14 on the other and finish same as toe of sock.

WRISTLETS NO. 1

One-half hank yarn (¾ lb.). 1 pair Red Cross Needles No. 2.
Cast on 48 stitches, knit 2, purl 2, for 12 inches, and sew up, leaving 2 inches open space for thumb 2 inches from the edge.

WRISTLETS NO. 2

One-half hank yarn (¾ lb.). 4 Red Cross needles No. 1.
Cast on 52 stitches on 3 needles, 16-16-20. Knit 2, purl 2 for 8 inches. To make opening for thumb, knit 2, purl 2, to end of 3rd needle, turn; knit and purl back to end of 1st needle, always slipping first stitch; turn, continue knitting back and forth for 2 inches. From this point continue as at first for 3 inches for the hand. Bind off loosely and button-hole thumb opening.

MUFFLER

Two hanks of yarn (½ lb.). 1 pair Red Cross Needles No. 3. Cast on 50 stitches, or 11 inches. Plain knitting for 68 inches.

WASH-CLOTH

White knitting cotton (medium weight), 1 pair Red Cross Needles No. 1.
Cast on 70 stitches, knit back and forth plain until cloth is about 10 inches square, and bind off. Sew a loop of tape to one corner.

HOT WATER BOTTLE COVER

White knitting cotton (medium weight), 1 pair Red Cross Needles No. 1.
Cast on 56 stitches, knit 2, purl 2, and repeat until the work is 4 inches deep. Then knit back and forth plain for 9½ inches more or until entire work measures 13½ inches. Next decrease 2 stitches at beginning and 2 stitches at end of each needle until there are sixteen stitches left and bind off. Make another piece in same manner and sew together. Attach a 20-inch piece of tape to seam at one side of ribbing to tie around neck of bottle.

SOCKS

One hank knitting yarn. No. 12 Steel Needles—four, or No. 1 Red Cross Amber Needles—four.

LEG

Cast on loosely 60 stitches (20 on each 3 needles).
Knit 2, purl 2, making a ribbed calf for 4 inches.
Knit plain for 6½ inches.

HEEL

Take 30 (or half of leg) stitches on one needle, knit across and purl back, always slipping the first stitch for 24 rows, or until there are 12 slipped stitches on edge of heel piece.
To turn heel, hold right side towards you and 1-inch row, knit 17 stitches (or two more than half of total number), slip 1, knit 1, bind off the one slipped and knit 1, turn.
Second row, slip 1, purl 5, purl 2 together, purl 1 and turn.
Third row, slip 1, knit 6, slip 1, knit 1, bind off the one slipped and knit 1, turn.
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