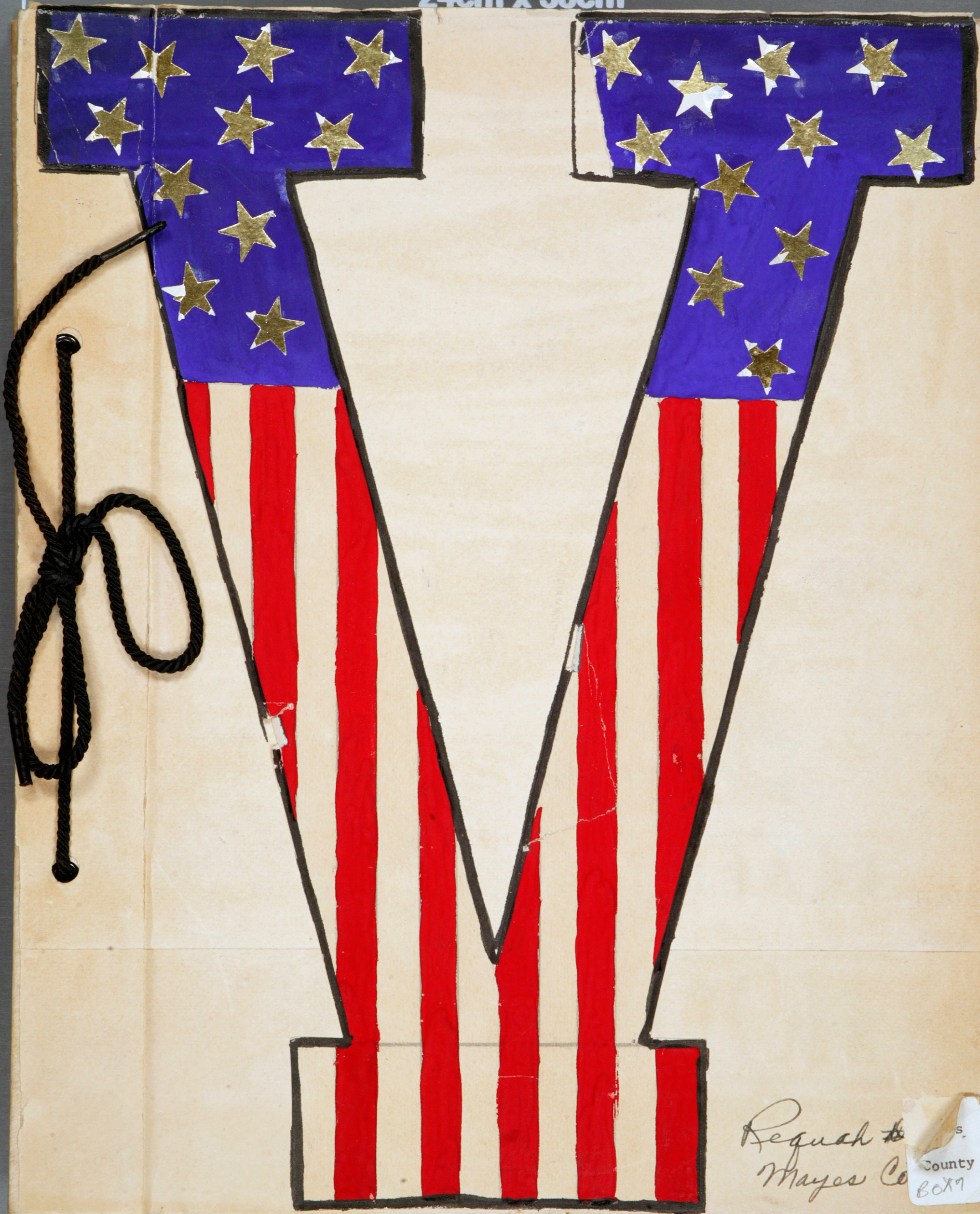


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Request to
Mayer Co
County
Box 7

Fourth Grade
Study of
Our Allies
1. Foods.
2. Flags.

Peggy Johnson.

FLAGS
AND
FOODS
OF OUR
ALLIES

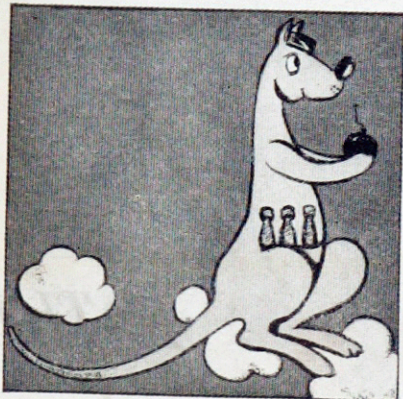
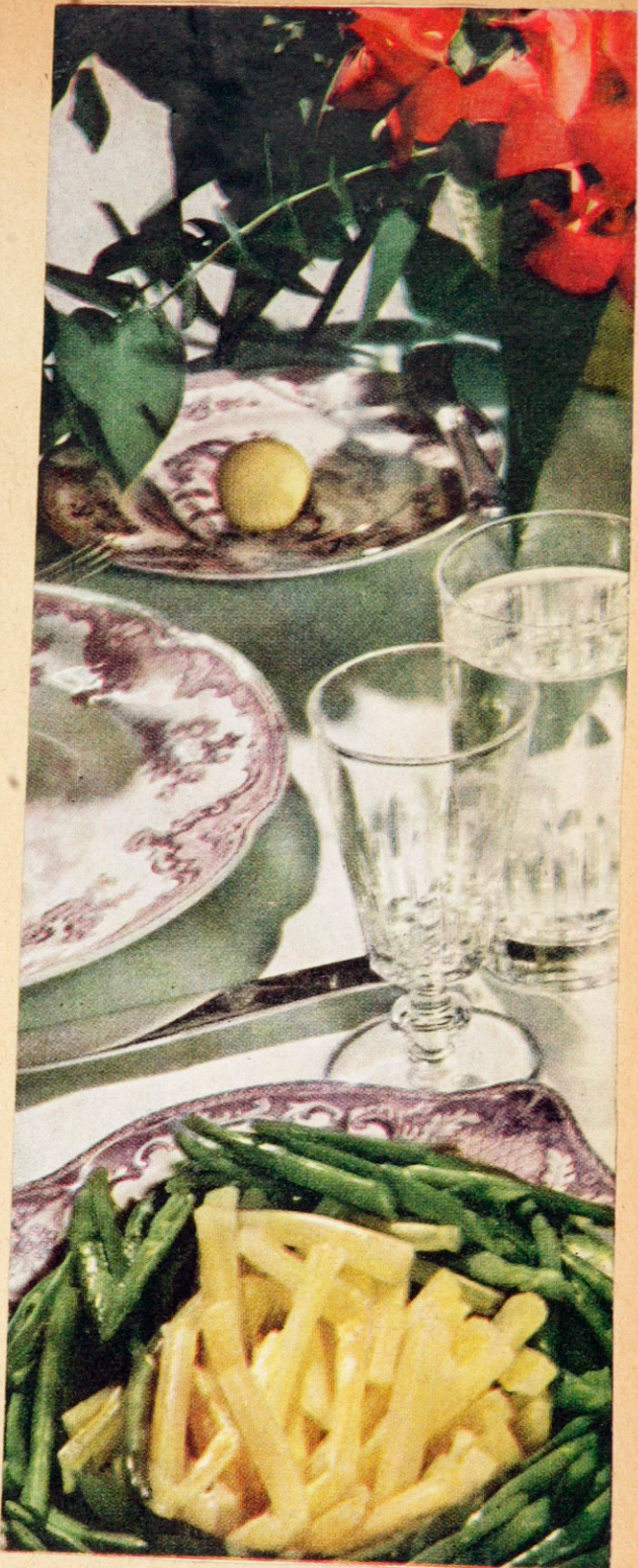
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NATIONAL DISHES ARE
AMBASSADORS OF GOOD WILL





*Kangaroo with
bomb-laden pouch
painted by Australian
on nose of his bomber*

*“Austerity,” said Prime Minister Curtin, “calls for Australians to strip every selfish comfortable habit that retards victory . . .”
A generous gesture of the Australian people is to eat more mutton so that our American troops may enjoy the less plentiful beef and pork*

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AUSTRALIAN AUSTERITY DINNER



Australian Austerity

Lamb curry with rice
Chutney
Buttered string beans and celery
Brown bread and butter
Deep dish plum-apple pie
Cheese savories
Demitasse

Lamb Curry with Rice

Trim fat from 2 pounds boned *lamb shoulder*. Cut meat into 1½-inch cubes. Brown in 1 tablespoon *fat* in heavy skillet with 1 sliced *onion*. Add 1 teaspoon *salt*, 1 or more teaspoons *curry powder*, 1 tablespoon *flour* and ⅛ teaspoon *pepper*; stir well. Add 1 sliced *apple*

and 2 cups boiling *water*; cover, simmer slowly stirring occasionally until tender, 1 to 1½ hours. Arrange on hot platter with 4 cups hot cooked *rice*.

Deep Dish Plum-Apple Pie

Place 4 to 5 cups peeled, cored and sliced tart *apples* in 9-inch shallow casserole or deep pie pan. Combine ¾ cup *sugar*, 1 tablespoon *flour*, ½ teaspoon *nutmeg* and sprinkle over apples. Top with layer of stoned purple *plums* (No. 2½ can drained), dot with *butter*. Wet rim of dish, lay unbaked pastry on top of fruit, trim edge, leaving 1 inch to fold back on top, press with fork

around rim. With sharp knife cut four V-shaped gashes near center, fold points back. Bake in hot oven (425° F.) 30 to 40 minutes.

Cheese Savories

Blend 1 cup grated *Cheddar* (American) *cheese*, 1 tablespoon *butter* or fortified *margarine*, 2 teaspoons *Worcestershire sauce*, ¼ teaspoon *dry mustard*. Toast 6 slices *bread* (crusts trimmed) on one side, spread other side with cheese mixture; broil a few minutes until cheese is bubbly. Garnish with *pimiento*. Serve hot.

Australians like the English custom of a hot savory after dessert.

—The savory is served after the dessert



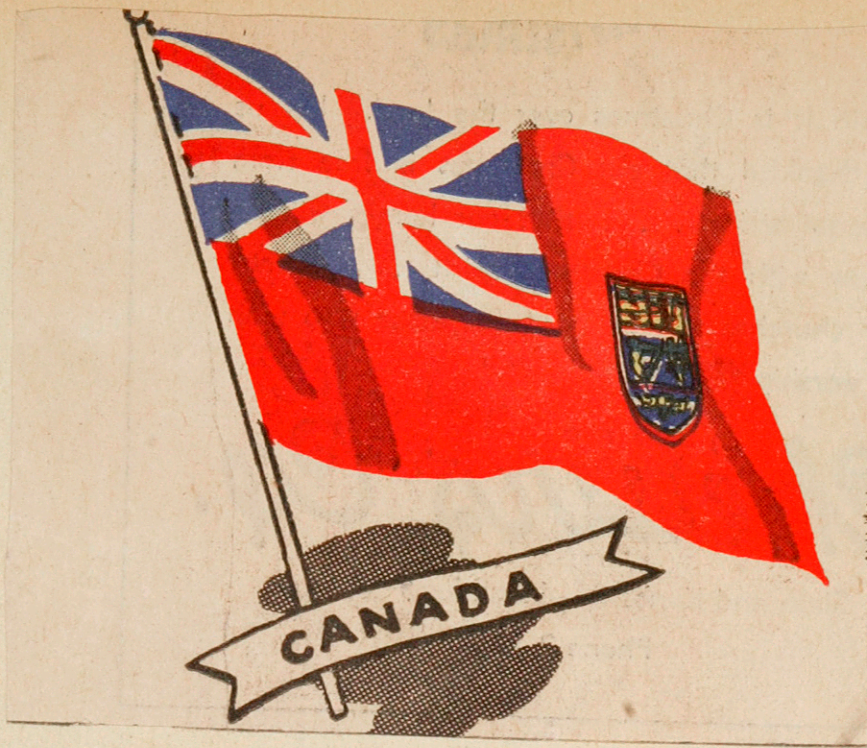
LAMB CURRY WITH RICE.



NORWAY

Norsk Melkering (cream pudding). Combine 2 cups of *sour cream* with 2 tablespoons of *flour* in saucepan, stirring until smooth. Bring to a boil, stirring constantly. Let simmer 25 minutes, stirring occasionally. Add 3 tablespoons of *sugar* and $\frac{1}{4}$ teaspoon of *salt*, mix well. Cool, pour into serving dish, chill thoroughly. Serve with *cranberry* or other fruit sauce. Makes 4 servings.

This satin smooth dessert of sour cream made into a sweet and served with fruit juice or wine and water is almost a national dish in Norway. It closely resembles the *crème d'Ysigny* of France where it is usually eaten with cream and sugar.



CANADA

Cup Puddings. Sift together 1 cup sifted *cake flour*, $1\frac{1}{2}$ teaspoons *baking powder* and $\frac{1}{4}$ teaspoon *salt*. Cream $\frac{1}{4}$ cup *shortening*; add $\frac{1}{4}$ cup *sugar*, blend well. Add 2 *eggs* one at a time, beating well after each addition; add 1 teaspoon *lemon juice*. Add flour alternately with $\frac{1}{4}$ cup *milk*, stir until blended. Pour into 6 greased molds or custard cups. Bake in moderate oven (375° F.) 20 to 25 minutes. Serve with Orange Marmalade Sauce: Melt 2 tablespoons *butter* or fortified *margarine*, add 1 tablespoon *flour*, $\frac{1}{4}$ cup *sugar*, $\frac{1}{4}$ teaspoon *salt*; blend well. Add 1 cup boiling *water*. Bring to boil; stir constantly. Boil 1 minute, add $\frac{1}{3}$ cup *orange marmalade*.





HOLLAND

Stamppot Van Zuurkool met Worstjes
(mashed potatoes and sauerkraut with frankfurters). Chop $3\frac{1}{2}$ cups drained *sauerkraut*, add 2 cups boiling water, cook covered until tender. Place 8 (1 pound) *frankfurters* on top of sauerkraut, cover, cook 10 to 12 minutes. Meanwhile cook 6 pared *potatoes* in small amount of boiling water until tender; drain and mash. Add 4 tablespoons melted *butter* or fortified *margarine* and $\frac{1}{8}$ teaspoon *pepper*. Remove frankfurters to hot platter, keep warm. Drain sauerkraut, combine with mashed potato, beat well, add salt if necessary. Pile in center of platter with frankfurters around. Makes 6 to 8 servings.



THE PHILIPPINES

Spiced Pineapple. Melt 1 tablespoon of *butter* or fortified *margarine* in a heavy skillet. Add 4 slices of canned drained *pineapple*; sauté until lightly browned on both sides. Combine $\frac{1}{8}$ teaspoon *salt*, $\frac{1}{4}$ teaspoon ground *ginger* and a little ground *cloves* with $\frac{1}{2}$ cup of *sirup* drained from pineapple. Pour over pineapple. Simmer slowly 5 minutes. Serve warm or cold for dessert. Makes 4 servings.

The Philippines are the melting pot of the Far East. Their foods show Chinese, Spanish and American influence. Pork, chicken and fish are popular. Dessert is usually one of the many native fruits—bananas, mangoes, papaya or pineapple.



SCOTLAND

Oaten Bread. Sift *flour*, measure 2 cups, add $\frac{1}{4}$ cup of *sugar*, $2\frac{1}{2}$ teaspoons of *baking powder*, $\frac{1}{2}$ teaspoon of *baking soda* and 1 teaspoon of *salt*. Sift again. Add 1 cup of *quick-cooking rolled oats* and mix well. Combine $1\frac{1}{4}$ cups of *buttermilk* or *sour milk* with 2 tablespoons of melted *shortening* (slightly cooled). Add to the flour mixture, stirring just enough to moisten the dry ingredients. Do not beat. Turn into a well-greased loaf pan (about 9 by 5 inches) and bake in a moderate oven (350° F.) about 1 hour. Makes 1 loaf.

Note: 1 cup *raisins* may be added to this bread with the rolled oats. Children love it for supper or for lunch—box sandwiches.

KODACHROMES BY H. I. WILLIAMS

Empadinhas de Camarões

Cut $\frac{1}{2}$ cup *shortening* into 1 cup *flour*, sifted with 1 teaspoon *salt*. Add 1 *egg*, slightly beaten, and 2 tablespoons cold *water*; mix quickly with fork. Chill 1 hour. Roll out on lightly floured board to thickness of $\frac{1}{8}$ inch. Line small muffin pans (2 $\frac{1}{2}$ -inch) with pastry. Fill with shrimp. Top with small pastry rounds. Brush tops with 1 *egg yolk* mixed with 1 tablespoon *milk*; bake in hot oven (425° F.) 25 minutes.

Shrimp Filling: Melt 1 tablespoon *butter* or fortified *margarine*; add 3 tablespoons chopped *onion* and 2 tablespoons *celery*, cook until soft. Add 1 cup chopped

cooked or canned *shrimps*, stir; cook 2 minutes longer. Add 1 cup stewed *tomatoes*, 1 tablespoon chopped *parsley*, 1 teaspoon *salt*, few grains *pepper*; simmer 5 minutes. Add 4 sliced ripe *olives* and 1 chopped hard-cooked *egg*.

Canja

Brown lightly a 5-pound *fowl* (cut up, salted, peppered) in 2 tablespoons *fat* in skillet with 1 sliced *onion*, 1 clove *garlic*, minced; remove to kettle. Add $\frac{1}{2}$ cup washed *rice*, 1 *bay leaf*, $\frac{1}{8}$ teaspoon *marjoram*, 2 sprigs *parsley*, 2 quarts boiling *water*. Cover, simmer about 3 hours. Remove chicken, add

boiling water to broth to make 6 cups. Cut up chicken discarding skin and bones. Add to broth; salt. Serve hot in bowls.

Pudim de Laranjas

Caramelize $\frac{1}{2}$ cup *sugar* in heavy pan; pour into greased casserole (1 $\frac{1}{2}$ quart size). Cream 1 $\frac{1}{2}$ tablespoons *butter* with $\frac{3}{4}$ cup *sugar*; add 4 tablespoons *flour*, mix well. Add 6 well-beaten *egg yolks*. Stir in 1 $\frac{1}{4}$ cups *orange juice*. Fold in 6 stiffly beaten *egg whites*. Pour into casserole. Bake in pan of hot water in moderate oven (350° F.) 1 hour. Chill overnight. Turn out on serving dish.

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Brazilian Buffet

Suco de Abacaxi
(pineapple juice)

Empadinhas de Camarões
(little shrimp pies)

Canja
(chicken rice cream)

Salada de Abacate
temperada com azeite e vinagre
(mixed greens with avocado
dressed with oil and vinegar)

Fatias de Pão Amanteigadas
(buttered French bread)

Pudim de Laranjas
(orange custard)

Café
(demitasse)

Castanhas do Pará
(toasted salted Brazil chips)



A RUSSIAN TEA
IS A
FRIENDLY TEA

Recently we ran a picture of Madame Litvinoff entertaining four of our Reader-Reporters at tea in the Russian Embassy in Washington. They sat about a big honest dining-room table, chairs drawn up, carrying on an interesting comfortable conversation. Do the Russians really serve tea that way, our subscribers wrote? They do. They also serve such good things to eat that we are giving you a complete tea menu, hoping that you will try it.

MENU

EGGPLANT CAVIAR

DARK RYE BREAD

PIROZHKI

TEA

In Russia the tea is served very hot with lemon slices in tumblers. We suggest that you wrap the glasses in small napkins, or use the inexpensive woven grass holders.

Eggplant Caviar

Boil 1 large *eggplant* until tender. Drain well, peel, chop fine. Add 1 finely chopped *onion*, 1 chopped *tomato*, 1 teaspoon *sugar*, $1\frac{1}{2}$ teaspoons *salt*, $\frac{1}{8}$ teaspoon *pepper*, 2 tablespoons *vinegar*, 3 tablespoons *oil*. Mix well. Chill. Pass with thin slices of buttered rye bread or rye wafers; let guests spread their own.

Pirozhki

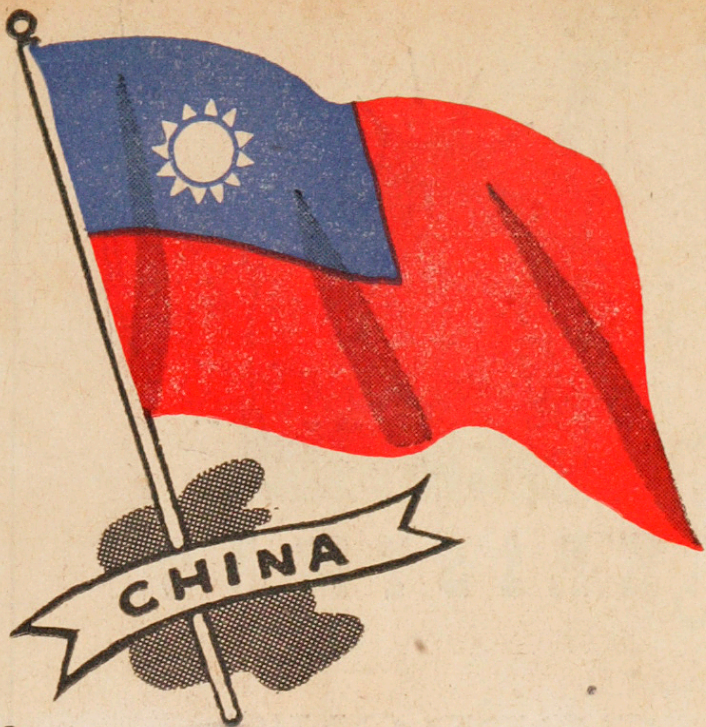
Dissolve 1 cake *compressed yeast* or 1 package *granular yeast* in 1 cup luke-warm *milk* with 1 tablespoon *sugar*. Add $1\frac{1}{2}$ cups sifted *flour*, beat well. Add $\frac{1}{2}$ teaspoon *salt*, 2 slightly beaten *eggs*, $\frac{1}{2}$ cup melted *shortening* and $2\frac{1}{2}$ cups additional *flour*, or enough to make easily handled dough. Knead until smooth and elastic. Cover, let rise in warm place until light, about 1 hour. Roll dough 16



RUSSIA

Borsch (beet soup). Cut 5 washed and peeled *beets* into julienne slices. Cook slowly with $\frac{1}{4}$ cup chopped *onion* in 2 tablespoons melted *butter* or fortified *margarine* 10 minutes. Add 2 cups boiling *water* and 1 tablespoon *vinegar*, cover, cook slowly until tender. Blend 1 tablespoon *flour* with a little *water* until smooth, add to beets, stir until slightly thickened. Add 2 cups drained stewed *tomatoes*, $1\frac{1}{2}$ cups *condensed consommé* with equal amount of *water*, or 3 *bouillon cubes* dissolved in 3 cups boiling *water*, salt to taste; simmer 10 minutes. Serve in soup plates with large spoonful of *sour cream* in each serving. Makes 6 large servings.





CHINA

Lot-ju, Han-kan, Ge-yok, Chow Mein (pork with green peppers, celery and pan-fried noodles). Slowly brown 1 pound lean *pork* cut in $\frac{1}{3}$ -inch cubes with 1 teaspoon *salt*, 2 tablespoons chopped *onion*, 1 clove *garlic*, minced, in 2 tablespoons *oil*. Add 2 *chicken bouillon cubes* dissolved in 1 cup boiling *water*; cover, cook slowly 10 minutes. Add 1 large *green pepper*, diced, and $1\frac{1}{2}$ cups diced *celery*; cover, cook slowly 5 minutes. Blend 2 tablespoons *cornstarch*, 2 teaspoons *soy sauce*, $\frac{1}{4}$ cup cold *water*; add to meat; cook until thick, stirring constantly. Pour over fine *egg noodles* (about 2 cups) cooked, drained, chilled; then sautéed in 3 tablespoons *oil*. Makes 4 servings.





MEXICO

Chiles Rellenos (Mexican stuffed peppers). Remove stem end and seeds from 6 *green peppers*. Cook in boiling salted water until almost tender. Rinse in cold water; cut lengthwise slit down one side only, open and dry with towel. Grate coarsely 2 cups ($\frac{1}{2}$ pound) processed *Swiss cheese*. Fill peppers with cheese; roll up loosely lengthwise, fasten with toothpicks. Dip in beaten egg, then in *cracker crumbs*. Sauté quickly until brown. Serve with Salsa de Jitomates: Sauté 1 large *onion*, chopped, 1 clove *garlic*, minced, in 2 tablespoons *fat* until soft; add 2 cups stewed *tomatoes*, $\frac{1}{4}$ teaspoon *salt*; simmer until thick. Add $\frac{1}{2}$ to 1 teaspoon *chili powder* according to taste.



CUBA

Pescado Horneado con Almendras (baked fish with almonds). Chop fine $\frac{1}{2}$ cup browned *almonds*, put in saucepan with 2 tablespoons of *oil*, 1 minced *onion*, 2 tablespoons minced *parsley*, 1 *bouillon cube* dissolved in 2 tablespoons boiling *water*; cook slowly 5 minutes, remove from heat, add 1 tablespoon *lemon juice*. Put 1 sliced *onion*, 1 *bay leaf*, little *thyme* and 6 whole *black peppers* in greased shallow baking pan. Cut 2 pounds fresh or frozen *cod* or *haddock fillets* into 6 portions, place on top of seasonings; put almond mixture on top of fish. Bake uncovered in moderate oven (375° F.) 35 to 40 minutes. This is a characteristic way of serving fish in Cuba.



SOUTH AFRICA

Bobotee (South African hash). Soak 1 slice soft *bread* in 1 cup *milk*. Melt 1 tablespoon of *fat*, add 2 medium-sized *onions*, sliced, and cook until soft; add $\frac{1}{2}$ teaspoon of *curry powder*, stir well and cook about 1 minute longer. Remove from heat, add 1 teaspoon of *salt*, 1 tablespoon of *sugar*, 2 tablespoons of *vinegar* and 2 cups of cooked *beef, lamb* or *veal*, coarsely chopped. Mash bread with a fork, add 2 slightly beaten *eggs*; mix well; add to meat mixture. Pour into a greased 9-inch pie pan; dot with bits of *butter* or fortified *margarine*. Place in a pan of hot water and bake in moderate oven (350° F.) 30 to 40 minutes or until set. Makes 6 servings.



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Eat and Look Young

By Henry Schacht

ILLUSTRATED BY GEORGE DE ZAYAS

"What should I include in my diet to keep my hair from turning gray?" That's what people asked Dr. Agnes Fay Morgan. Here are the answers

Many nationalities are curious about the antigray vitamin. Queries come from Latin America, England, Africa and other lands



Doctors are sampling the new vitamin themselves—to improve their bedside appearance

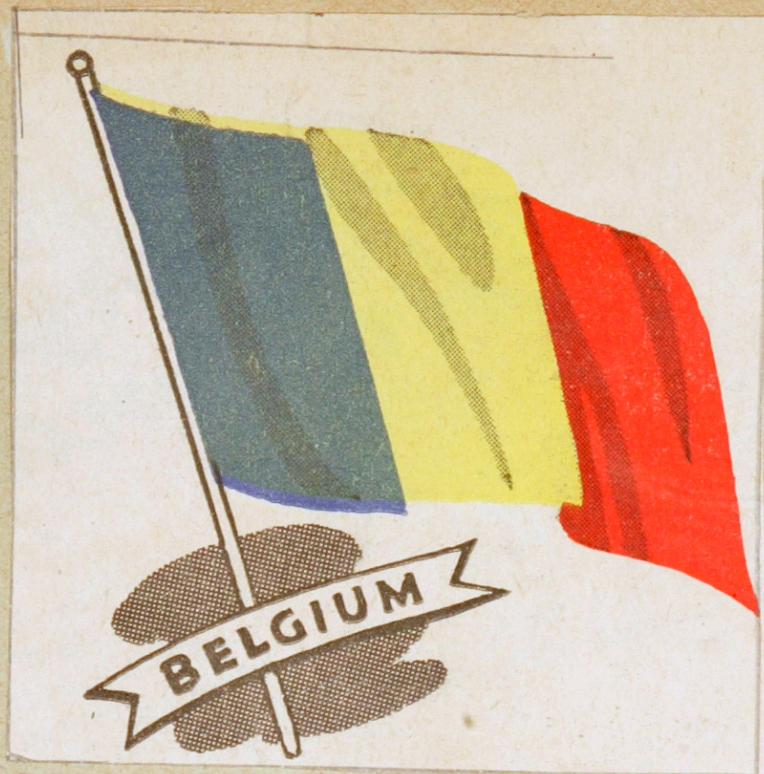
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One man asked if the vitamin would make his head look as young as his heart felt

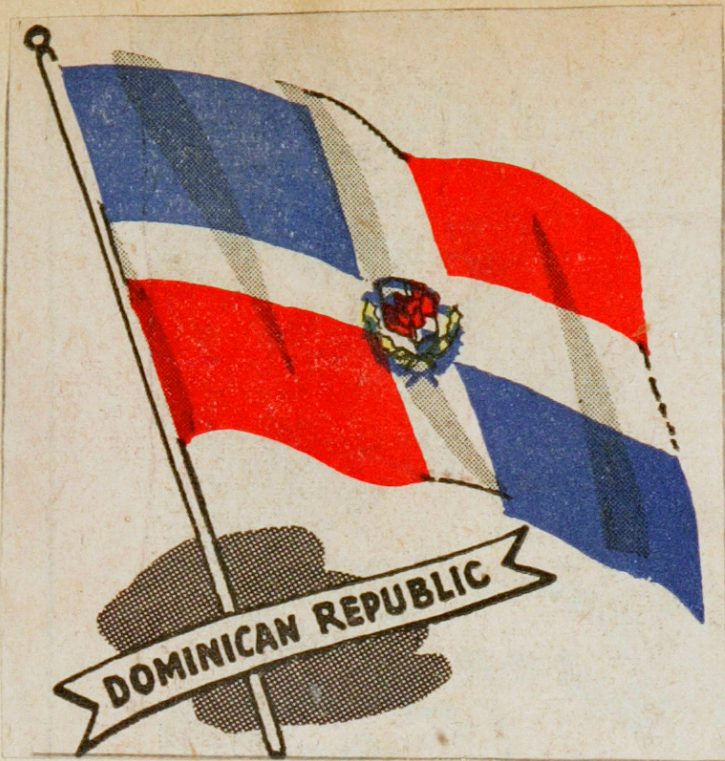




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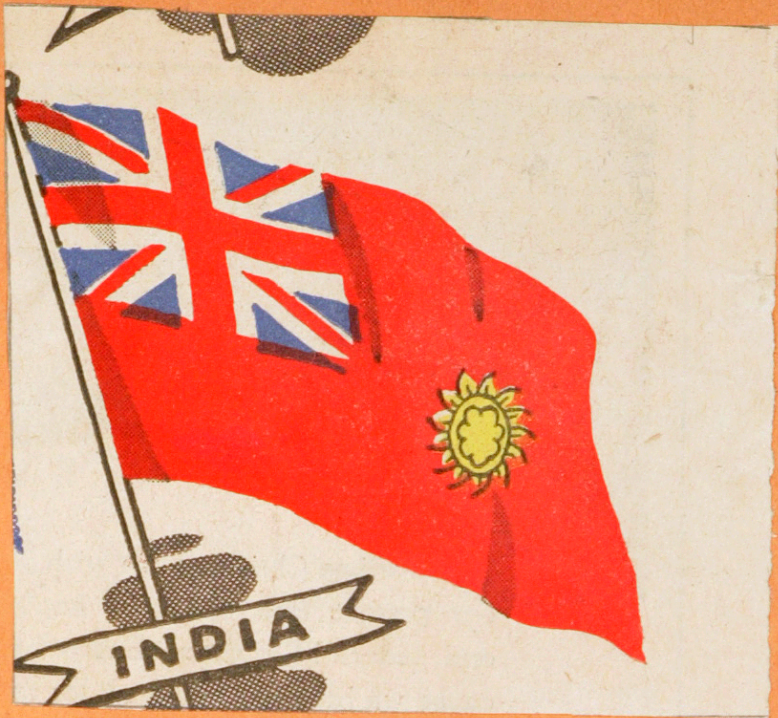
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Don't Throw Away the Best Part

In China, where eating is an art, nothing is wasted. Centuries of practice have taught the Chinese to use everything. And they can teach us

By Pearl S. Buck

ADAMS
Proper combination of flavors is a ritual with the Chinese. Left: sea bass garnished with pickled lotus roots, melon rind, scallions, peppers and vinegar. Right: lobster with green peas and pea pods, chopped scallions, mushrooms and bamboo sprouts



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