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CAMPFIRE COOKERY

FOR

SOLDIERS

SCOUTS

CAMPERS

HIKERS

HOTELS

RESTAURANTERS

BOARDING HOUSES

AUTO TOURIST

IF YOU EAT YOU NEED IT



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STEWARD H. CLYATT.



JUN 18 1921

FOREWORD

Ft. Thomas, Ky.



Sergeant Harry B. Clyatt, Infantry, U. S. Army, the author of this pamphlet, is a graduate of the Army School for Cooks and Bakers, and has been on duty at this post for approximately four (4) years. During this period he gained valuable experience in the art of providing food for large bodies of soldiers, especially so during the draft-period, when at times as many as 5,000 men were subsisted at this post.

As an aid in the selection of appropriate menus, and as a handy reference-manual to calculate almost instantly the different quantities of food-components required in order to prepare said menus with a minimum loss and wastage, the contents of this pamphlet should prove of great help and assistance to all persons charged with the important task of preparing meals in either small or large quantities.

PETER E. TRAUB,
Colonel, Cavalry (D. O. L.)
Commanding.

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Manual of Cooking

The object of this little volume is to reach our little friends, the Boy Scouts, and others who need help over their rough trails on their hikes through the country and to make their trips successful and with pleasure.

It is not the object to make this a bulky volume (to be left at home), but to be carried with us on our trips in camping out—to be used as a helper and a companion in camps.

Therefore we will enclose as much of the needed information in the smallest space and weight as possible.

The within information is written in the simplest of terms and examples so that all may understand with a little study by the student chefs.

PLANNING THE TRIP

When planning for an outside trip you must figure on two things: Either a trip by shoulder pack or transportation trip. If we are going on a shoulder pack we must outfit with the lightest things that we can carry, the number of days out on the trip with the least weight and bulk. Wise campers prefer to go light, doing without most of the home comforts. You will find that the camp cooking is altogether different from the cooking on a kitchen stove. You will find that the common cook books are out of place in camping for the reason you have not the various ingredients to fill the bill of fare called for in the book recipes.

If I am to make a trip of several days, and going alone and without pack horse, I must cut down all weight possible. I would take blankets, poncho or pup tent, three pie tins, a tall army quart cup, knife, spoon and fork, either separate or combination set, and the necessary light foods for the required number of days to complete the entire trip. The food is left to the individual as each one has their own taste. If there is game or fish in the country, I would not consider taking along any fresh meat or canned meat, but take plenty of bacon, flour, coffee, sugar, salt, pepper and baking powder.

Sugar is good and a ready food for a trip. I have often made trips with plenty of hard bread or sea biscuits and a big lump of brown sugar. On a trip of this kind there will be neither time nor utensils for baking on the way. Bread we must have plenty. It is the cheapest food and with it you can toast or fry it in your bacon fat. One other article I would carry along would be bars of cooking chocolate, something worth while to have along with you.

RECIPE

Now as a suggestion for a bill of fare, using the above articles for such cooking as may be necessary for the scout when thrown upon his own resources, the following bill of fare has been prepared as a sample.

Where you have an army mess outfit—meat can, spoon, knife, fork and cup, a canteen for holding water, almost anything that can be cooked at all, can be cooked or prepared in

the mess-kit, although the variety is small and quantity is limited on account of few utensils and their capacity.

For rough estimating, the amount that will be required for each meal you may assume that each scout will consume for one meal the following ingredients of food:

1 oz. Sugar.

$\frac{1}{4}$ oz. Coffee or 1 oz. Chocolate or Cocoa, or one-tenth oz. of tea.

4 oz. of Dried Vegetables or 8 oz. fresh.

4 oz. hard bread or 6 oz. fresh bread.

3 oz. of sliced bacon or 6 oz. of fresh meat.

One-fifth oz. Salt.

1 pinch of Pepper.

A QUICK BILL OF FARE

- (1) Fried bacon, bread toasted and coffee.
- (2) Fried bacon, oatmeal, mush, hard bread and coffee.
- (3) Fried steak, bread and coffee.
- (4) Fried bacon, flap jacks, coffee.

THE SLOW BILL OF FARE

- (1) Meat and vegetable stew, flap jacks, coffee.
- (2) Broiled steak, fried potatoes, bread and coffee.
- (3) Fried bacon, stewed tomato, hoe cake and coffee.
- (4) Fried bacon, oatmeal, mush, hard bread and cocoa.
- (5) Fried bacon, baked potatoes, flap jacks and tea.
- (6) Fried steak, gravy, boiled potato or cold tomato, bread and chocolate.
- (7) Fried bacon, fried potatoes, hard bread and coffee.
- (8) Fried bacon, flap jacks, brown sugar and coffee.
- (9) Can cornbeef (cold), stewed tomato, hardbread and coffee.
- (10) Fried fish and bacon, baked potatoes, bread and coffee.
- (11) Meat and vegetable stew, hoe cake, tea.
- (12) Boiled fish, fried potatoes, hard bread and tea.
- (13) Fried bacon, boiled rice, flap jacks and coffee.

FOR HANDLING BILL OF FARE NO. 13

Take two-thirds of a cup of water; bring to boil. Add four heaping spoonfuls of rice; boil until soft. This will require about 15 minutes. Add a pinch of salt to the water just before adding the rice. When soft, pour off the water, if any, and empty the rice out on the lid of the mess pan.

After the rice has been placed on the fire to boil, cut and fry three slices of bacon until brown in the mess pan over a brisk fire or hot coal.

Remember that the best fire for outside cooking is the small clear one, or better yet with a few brisk coals.

It is quite impossible to prepare a good meal over a poor smoky fire, and a camper is mostly known by the kind of fires he builds.

After the bacon has been fried, lay it on top of the rice. Leave enough grease in the pan in which you can finish frying the flapjacks. Flapjacks are mixed with six spoonfuls of flour, one-third spoonful of baking powder and a pinch of salt. Now mix this well, adding enough cold water to make a batter that will drop freely from the spoon. A little sugar will help to brown the jacks nicely.

When the batter is ready to fry have the pan sizzling hot with plenty of grease so that the batter does not stick to the pan. Let fry till top is nearly dried up, meanwhile tucking up the edges with your knife.

Don't let it burn. When ready to turn over see that it is loose from the pan and then, by a quick flip or a toss, turn it over in the air, catch it in the pan and let fry till done.

While the flapjacks are frying wash out the cup, fill two-thirds full of water, and let come to boil. Add one heaping spoonful of coffee, stir well, let come to boil and remove to the edge of the fire to simmer ten minutes. Pour a little cold water over the top to settle the grounds. A hot meal is now ready to serve to the hungry scout.

The time required for cooking depends on the cook and the fire, but is usually 20 minutes.

When stopping for the noon-day lunch or any other quick meal, you only have to boil your coffee and to fry your ration. A large fire is not needed.

Building your fire, cut a forked stick and drive it into the ground along side of the fire, forks up.

Lay a green stick in the forked one, with the lower end on the ground. On this end lay a flat stone and peg it down with sticks.

On the upper end of this green stick a knob or twig should be left, so that when you hang a pot handle on it for cooking it is not liable to slide down the stick.

This upper end should be left high enough so that when the handle is hung on it the stewing pot will be at the right height for cooking over the fire.

In building your fire gather some dry leaves and twigs, or take a dry limb and whittle some shavings. Take your knife and shave a stick almost in two, leaving shavings attached to lower end. Now bunch the kindling over the leaves. Build it in a wigwam fashion, standing other sticks on ends all slanting towards center. Touch the pile with your match and be on the windward side when you light your fire.

When the fire is burning nicely, hunt for more wood and some stones to support your frying pan. If there are no stones, get two bed sticks some six or ten inches long for the same purposes. When you are ready to fry, level down your fire to hot coals, leaving the bedsticks laying parallel with each other. Now set your frying pan to frying. Do not try to fry over a flaming fire as your grease will catch on fire.

When stopping over night your camp fire should be built the moment you prepare to camp. Then place your kettle of water to boil, so that when you commence cooking you will have hot water to use when needed.

A high fire is the best for use in a reflector baking. This is a system of a backing to throw the heat downward and forward. If you have no reflector, build your fire against a log as this will answer the same purpose.

To keep hot coals a long time, cover with bark or ashes.

In windy weather build your fire in a trench.

Be sure to put out your fires before breaking camp in order to prevent running fires.

When fitting out for a trip we must figure on weight that we can carry, considering the food and the excess water that it contains.

The following is a list of ration articles with the least amount of moisture, to carry as a pack ration:

- 1 { Rolled Oats
Powdered Eggs
Flour
Beans (white)
Lima Beans
Dried and Evaporated Fruits
Shelled Nuts
Powdered Milk
Powdered Coffee
Salt Pork
Cornmeal
Macaroni
Split Peas

- 2 { Fresh Beef
Veal
Mutton
Eggs
Poultry
Potatoes
Onions
Can Corn
Baked Beans (canned)
Evaporated Milk
Pine apple

- 3 { Tomatoes
Can Soups
Fresh Vegetables
Fresh Fruits

Always consider what kind of country you are going to travel through; then consider the things you may outfit. Pick out the best articles for the occasion and season; also consider what part of your ration may be had or bought enroute, or in the country that you will pass through.

Stop and build your camps near good water, spring or well. Pitch camp on new ground, not the old camp sites.

You will find that the old campers who carry guns and rods will scorn big packs. They take only bacon or salt pork, flour, baking powder, salt, pepper, coffee and sugar.

They depend on the gun and rod to furnish variety to their menu. This looks good in book form but they must do some hunting and fishing.

Bad weather may defeat their good intentions, so it is a case of falling back on their fried bacon, flap jacks and coffee.

So if you are one of this case, to vary your menu you might try bacon in blankets. To cook these it is necessary to have some extra bacon grease on hand, or you might fry some bacon to carry as lunch and use this grease for that purpose. Mix a batter as for flap jacks: one egg or one spoonful of powdered eggs, leaving out the salt and baking powder. Have the pan with grease sizzling hot and bacon sliced. Now dip each piece of bacon in the batter and having it well coated drop each piece in the pan. Continue until all the bacon is fried. Now to use up all the batter add a pinch of salt and enough baking powder. Mix well, and when all bacon has been removed from the pan, level off and make one large flap jack. When nicely browned, turn over, cook, remove, and serve hot.

If you don't like to try the above, you may make biscuits and coffee, and fry your sow-belly and bread. Onions are always a good ration to carry on trips.

For the first day you can carry cooked meats for lunches, or the following articles: ham sausages, bologna, franks, sardines, cheese, etc., with fresh bread for the first three days out. Then fall back on hard bread or make fresh biscuits.

The following articles are considered first class rations with the pack:—

Bread is a great time saver and a great article of food and saves time until camp is established.

Hard tack or pilot bread is very nourishing and is a good reserve ration. Bacon is the campers all around ration article.

Baking powder is a great helper and is known as the lazy man's yeast.

Flour is a staple campers article, but not the self-raising, which is likely to spoil from moisture.

Cornmeal is a good article to carry.

Rice is next to rolled oats as an all around food article in nourishment.

Bolled oats is the best single article for food and nourishment.

Macaroni is very good in food value and when used with cheese it takes the place of meat in diet.

Salt pork is middling, but smoked bacon is first choice in camping.

Dried beef is good in permanent camps, but not good on hikes, as it is a thirst producer.

Canned meats are a good substitute for meat. Use small cans so that when opened all may be used at once. Don't leave in cans or metal ware.

Extracts of beef are good for gravies and soups and fine for sick campers.

Can salmon is a good change in the menu.

Salt or smoked fish are also good in permanent camps.

Prepared soups have a little more weight, but are good when you have transportation.

Powdered milk is very good. You will find evaporated milk same weight as soups.

Fresh potatoes are also very good.

Onions are fine, either raw, fried or stewed.

Dehydrated potatoes are good for hash or stews.

Canned beans are very good as a ration article.

Sugar is an excellent and a quick food article.

Evaporated fruits are fine for breakfast use.

Syrup is a fine camper's article, as a person in fresh air will crave for sweets.

Nuts shelled are a good emergency ration.

Coffee ranks as No. 1 in hikers' ration.

Tea is very good. Cold tea is fine to carry on your hikes.

Chocolate is a very sustaining article of diet.

Pickles are very good as an acid food.

Always choose your ration to suit the season of the year. Use the light diet for the warm weather.

Heavy diet is for the winter season.

You must choose your own foods from the ration tables showing the different varieties and the right quantities per person.

Read the basic unit tables of issues.

THE BASIC UNIT

The Basic Unit is the proportion made up for 100 persons or 100 portions, so that when we want to figure for various numbers of persons, all that will be necessary is to use the decimal multiplier and multiply the number of persons to be fed by the Basic Unit as follows:

For Example:

For 35 persons we will use 35 as the Basic Unit. $35 \times .35$ is equal to 12.25 lbs.

The Basic Unit, I think, is a great system, which I adopted and used during the war all through necessity. I invented the Basic Unit tables to cut my work short.

In the Basic Unit, I use 100 as the base in all my system of figuring.

Basic Unit 100 makes figuring with decimal multiplication simple.

The Basic Unit tables are practically the same as multiplication tables; it increases itself each time.

Basic Unit figures all foods down to one standard or the unit of 100 portions.

Basic Unit brings all your recipes up to 100 portions or persons.

Basic Unit is a metric system that several professors are advocating to adopt for this country for measures and containers and figuring.

FLAPJACKS

The plain flour is always the best to take along for camping purposes, as sometimes you will wish to have flour for your gravy. Then again the dampness may affect your flour.

There are so many ready-made preparations on the market, so that if you wish to have a try at making flapjacks it is not necessary for the camper to mix his own dry ingredients. He only has to add cold water slowly to make his cake batter and it is ready for use.

These ready-made brands contain sugar, salt, egg powder, etc. Of course, this kind of flour will be lighter for your pack.

When frying flapjacks use enough lard, but not too much as to make the cake soggy. Have the grease sizzling hot, so the batter will spread and set as soon as possible, but don't have the batter too thick.

If your lard is not hot enough the cakes will soak up oil and become sodden. When the batter is too thick, they may break and crumble when removed from the pan.

When you have poured the batter, tip your pan so as to spread the batter out quickly. When it has dried up well, take a knife and loosen around the edge and give her a flip in the air to turn and catch it in the pan again.

Beginners do not usually flip them high enough. Practice is what you need in the cooking line to have confidence in yourself.

THE SCOUT TWIST

For biscuit dough mix one quart of flour, adding two teaspoonfuls baking powder, quarter teaspoonful salt, and four teaspoonfuls condensed milk. Now rub cold lard, the size of an egg, into this mixture, adding a little at a time enough water to make a stiff dough. Always mix with a spoon and keep your hands out of the above.

Most anyone can bake biscuits in an oven or reflector, but you must remember that you are travelling with a pack and you will not have a reflector along with you.

So we will use the scout methods of making the bread.

First build your fire so that when you are ready to commence baking it will have burned down to hot coals, this being the best for baking. Now hunt and cut a green stick two or three

inches thick, trim off the bark and wipe dry. Then commence mixing your dough as above recipe, adding more flour, till you can handle in your hands a small piece at a time. Roll out to the size of your finger, throw a little flour in your pan and lay these ropes of dough in the pan till you have about six. Then take your stick, heat over the fire, and have a piece of bacon rind at hand, wiping the stick all around with it. Now wrap about three of your ropes of dough and hold over the fire. Roll often to bake on all sides.

It is best to run slivers through the ends of the dough to keep them on the stick. Continue till you have all the mixed dough baked.

If the insides are not cooked properly, split in half and take a forked stick and toast the insides of each half.

Bread is the most wholesome of all foods. When made properly it is most delicious and the most economical of all foods except oatmeal and rice.

The appeals of the appetite are the things that largely determine any food and its digestibility; thus the consumer derives the full value of the food consumed.

Bread must taste good, so that it will create an appetite. It is then very nutritious and satisfying as a food article.

There are many food elements to develop the body and its repairs, which require such scientific names as:—

Carbohydrates—produce energy.

Proteins—for building of tissues.

Minerals—for building bones and regulating functions.

Fats—for heat of body and energy.

Vitamines—for producing growth and preventing disease.

Water—for flushing the body.

White flour bread contains the following:—

Proteins, carbohydrates, mineral salts, vitamins, fats, sugar.

You will find that the salts govern all fermentations of yeast and the flavor of the bread. Salt furnishes about 30 per cent of the salts for the blood.

Yeast consumes the sugar in the bread making and also furnishes the heat and energy of the body.

Fats are necessary in the bread making. It acts as a shortening and keeps the bread fresh longer.

Milk will be found very rich in proteins, fats, starch and vitamins.

Water we must have with our foods to replace the moisture that leaves our bodies.

BAKING AND FRYING

Baking Without Oven: When your pastry is ready for baking, scoop out a hole six inches deep and a foot square. Have one side sloping so you can remove all the coals and ashes when the ground is well heated. Build a good fire with large limbs, let burn down to hot coals, mold your bread into a loaf, then rake out all coals from the hole. Place your loaf into it and recover with the coals and let bake usually 30 minutes. This depends on the size of the loaf—if small it will bake quicker. Test with a sliver of wood or a thin limb, pushing it into the center of the loaf. If the stick comes out dry it is done and should be taken out of the fire at once.

Cooking By Frying: Too much frying is expensive and is hard on the cook in the summer time.

Fritter Batter:

- 1 pt. Flour
- 4 Eggs
- $\frac{1}{4}$ teaspoonful Salt
- 3 tablespoonfuls Fat or Butter
- 1 pt. Water

Mix all dry ingredients, rub in the fat, add eggs, mix well, add a little water at a time to a thickness so that it will drop from spoon slowly; beat well before using. This batter is used for sliced fruit, fritters, small pieces of meat, game, fish, shell fish, corn, apple fritters and boiled rice fritters. All fritters outside of meat and fish are served with syrup or a sauce.

HOW TO FIGURE COST OF (1) MEAL FOR (1) SCOUT

We will figure it with the Basic Unit with our issue table at the following market prices:

Beef, .20	tables	calls for	35 lbs.	x	.20	=	\$ 7.00
Potatoes, .03	"	"	35 lbs.	x	.03	=	1.05
Tomatoes, .10	"	"	11 lbs.	x	.10	=	1.10
Can Peaches, .22	"	"	18	x	.22	=	3.96
Bread, .06	"	"	30 lbs.	x	.06	=	1.80
Butter, .60,	"	"	3.25 lbs.	x	.60	=	1.95
Coffee, .27	"	"	3 lbs.	x	.27	=	.81
Sugar, .06	"	"	5 lbs.	x	.06	=	.30
Milk Can, .10	"	"	4	x	.10	=	.40

100.....\$18.37

The cost of (1) ration for (1) scout is \$.183
This is considered a heavy meal.

A saving can be made by using water as a noon-day meal in place of coffee, if water is used in the summer time and it is hot weather.

A cheap pudding will be a saving when used in place of peaches. When a heavy meal like this is used, and a saving on this particular day's allowance must be made, you can make it up on breakfast and the supper meals by not using so much meat.

As you will see, the meat cost is always the highest of all the ingredients used, therefore to figure down the cost you must use substitutes in place of the meat. These substitutes you must know their cost price when you make up your bills of fare. So if you figure bologna at .14 cents a pound, the tables in this book calls for 20 pounds which will cost you \$2.80 instead of \$7.00 for meat for the dinner meal. You may have hash for supper which only takes 20 pounds of meat and some of this might be left over from other meals, thus saving over 15 pounds of meat. Why is this? The average meat contains 25 per cent bones that are not eatable and the bologna can be all eaten except the small ends. The hash is not all meat, but contains more than half vegetables and thus saving on the total amount of meat to be served.

You may use frankfurters at .16 cents per pound. The tables in this book call for 28 pounds, which will cost you \$4.48.

So by practice in this way you can frame up your bills of fare to cut down the cost of feeding.

The larger the number to feed, when you know how, is when you can feed better.

Always figure on how many are going to be present at the next meal and prepare accordingly.

The above ways of figuring with the Basic Unit are the same ways for any number of persons, as the portions vary the same as the number of persons vary. By this system your total of the money value divided by the number of persons figured will give you the cost of that meal for (1) person. This will be so if you move the decimal to its proper place.

Cheese and bologna are always good to have on hand, as sometimes you will figure short of meat for that meal, and by this way you have something handy to substitute very quickly. Then, again, you may be called on to make lunches when you happen to have no cold meats. You know while in camp there are so many side trips and hikes that there are always calls for lunches. There are a great many other things for which, if you just stop and think over, you can have on hand for sandwiches for lunches, such as cookies bought in the bulk in 20-lb. tins or packages. They are good and will carry better than cakes. Have on hand fruit of some kind. These cookies are good at meal times and will save you a lot of baking. There are many ways for using cookies to change about and none to waste and go stale like cake will.

In making up bills of fare, save all the work you can. I have found that by buying the bulk cookies that they make the best deserts, simple, labor saving and economical. When you buy, get the one that will average the most to the pound; not the sugar coated ones as they weigh heavy. For a change take and thin down some jam or jelly and paste two cookies together and vary it in other ways, such as desert with cream sauce, as in the cottage pudding, etc.

MEAT FOR THE PRUDENT BUYER

- (A) Quality, color, grain, fat.
- (B) Methods of cooking, flavor, fuel and time.
- (C) Number to feed, for one meal or more, or for left overs.
- (D) The cost, fuel, lard and other ingredients to complete the meal and the use of substitutes.

- (E) Take advantage of the market.
- (F) Purchase large amounts of meat if a place for storage is available.
- (G) Substitute fish, game, or other less expensive articles.
- (H) Left overs and their utilization.
- (I) Careful use of meats, save fats and trimmings.
- (J) Use of less expensive cuts of meat.
- (K) Careful serving of meat at table.
- (L) Careful preparation.

Cheaper Cuts—How used:

- (A) By long slow cooking.
- (B) By chopping, grinding to separate the fiber.
- (C) By pounding with the flat of the cleaver.
- (D) By the use of vinegar or lemon juice.
- (E) By cold storage or hanging.

Fried Fish: Small fish should be fried. Flour well with flour or cornmeal and fry to nice brown. Fry in plenty of hot lard. Season and serve and garnish with lemon if you have it.

Many of the compounds on the market are better than pure lard for fish frying.

Cooking Fish on the Hike: If you don't want to bother about frying your fish, try broiling or skewing your fish on a forked stick.

Cut a thin straight green limb, sharpen at the end. String a fish and a slice of bacon, alternate until you have the quantity for your meal. Hold over your camp fire and turn often. Hot coals are the best. Cook till done.

You may use a forked stick, sharpened at the two points of the fork. Spike your fish through the back from the inside, with a thin slice of bacon on the inside of the fish. The best way is to fix a log along the fire to prop your stick on for broiling.

Large Fish: All large fish should be stuffed and baked, or you may boil or steam it and serve with a sauce. First scale and wash well. Remove fins, but leave tail on as this will keep the fish from breaking apart. Make stuffing as follows: Put a cupful of bread crumbs in frying pan with dripping, fat or butter. Brown nicely and add a little water or stock season, salt and pepper, or sage if you have it. Now stuff the fish with this prepared dressing, winding a string around the fish to hold the

dressing in place. Place in bake pan, sprinkle salt and pepper over the fish, putting a little water or stock in bottom of bake pan. Drudge the top of the fish with a little flour, and bake it in a hot oven till done.

Fish, Indian Bake: Take a fresh caught fish and roll in a blanket of wet clay, as dry as possible to handle. Then close both ends.

Rake the coals from the center of the fire. Now place the clay ball in the center and recover, and let cook 30 to 40 minutes or longer if the fish is large.

When fish is done, roll the clay ball from the fire and by tapping lightly with a stick the clay can be removed in two halves. Now season with salt and pepper and serve hot. Frying and broiling are the quickest ways.

Fish Cakes are nice. I generally use can salmon and mashed potatoes, seasoning with salt and pepper. Mix the above well, with a well beaten egg or two, mold in small cakes, dip in flour and fry in your pan.

Clam Chowder: Take clams and leave in water a few minutes. Then wash well, place them in your kettle for cooking, cover with enough water (boiling is the best), and let cook a few minutes till the shells are all opened. Now pour off the soup and save it. Take the clams and remove the meat from shells, cutting it up and frying with diced bacon. Wash out your kettle to remove all sand or pieces of shell. Now pour your clams with the bacon, adding the stock or clam soup, and let cook ten minutes. While this is cooking, peel some potatoes and add one sliced onion. When nearly ready to remove from stove add some cracker crumbs, or you may mix up a little batter and thicken the soup. Tomatoes may be added if desired.

Salt Fish: All salt fish needs soaking in cold water a few hours before cooking. Codfish can be used as follows:

Creamed codfish.

Codfish balls (same as salmon balls).

Codfish hash.

Smoked herrings are used by toasting over hot coals.

English bloaters are prepared as above.

Sardines are fried. Drain off the oil from sardines. Have prepared toast. Now whip

your eggs and add the sardines. Mix and add cracker crumbs. Have hot frying pan ready and well greased. Now pour in the mixture. Fry till the eggs are done, but not burned and pour this over the top of the toast and serve.

Dumplings: Dumplings are good when you have stew or the stock to cook them in. Make as biscuit dough, or mix thin and drop from spoon.

Camp Bake Potatoes: Take all even sized potatoes. Let your fire burn down to coals, rake out the center and place your potatoes in the fire and recover. Let bake 15 to 20 minutes, depending on the size and the amount of hot coals you have. When done rake all of the potatoes out of the fire and serve hot.



BASIC UNIT FOR LARGE QUANTITY FEEDING

Find the articles wanted in index Basic Unit and then look for corresponding table. Run down to the number of persons you wish to feed and to the left hand column will be the number of units of the article you are figuring on preparing.

If you do not wish to use the tables, you can figure it this way: Find the Basic Unit of the article. If it is 28 and you wish to feed 177 persons, multiply 177 by .28. The result is 49.56—the amount required.



BREAKFAST DISHES

Milk for Breakfast Foods (100 Scouts):

10 one-pound cans Evaporated Milk

40 ozs. Sugar

1 pinch of Salt and cold water to make five gallons. Stir well.

Batter Cakes (100 Scouts):

13 lbs. Flour
3 lbs. Sugar
24 Eggs
13 oz. Baking Powder
1.5 ozs. Salt

Make batter of flour, sugar, salt, and eggs. Before cooking, to each portion of batter mix in the proper portion of baking powder. Example: To 1-13 batter add one oz. baking powder. Hot griddle grease well.

Cornmeal Mush (100 Scouts):

9 lbs. Cornmeal
2.5 lbs. Sugar
2 ozs. Salt
6.5 gallons Water

Have water to boil and add salt and sugar if not on table. Stir the meal in well, whip to keep from lumping, and cook 10 minutes. Then allow to stand on back of range to simmer. Serve hot milk over the mush.

Example—Change recipes to quantity for 20 Scouts.

Batter Cakes:

13 x .20 equals 2.6 lbs. flour
13 x .20 equals 2.6 lbs. Flour
3 x .20 „ .6 lbs. Sugar
24 x .20 „ 4.8 Eggs
1.5 x .20 „ .3 ozs. Salt

Example: Change recipe to quantity for 38 Scouts.

Cornmeal Mush:

9 x .38 equals 3.42 lbs. Cornmeal
2.5 x .38 „ .95 lbs. Sugar
2 x .38 „ .76 ozs. Salt
6.5 x .38 „ 2.47 gallons Water

Example: Change recipe to quantity for 62 Scouts.

Corn Chowder:

5 x .62 equals 3.10 Can Corn
2.5 x .62 „ 1.55 lbs. Bacon
2.5 x .62 „ 1.55 lbs. Onions
10 x .62 „ 6.20 lbs. Potatoes
7 x .62 „ 4.34 gallons Stock
2 x .62 „ 1.24 Can Milk
2 x .62 „ 1.24 lbs. Hard Bread

Oatmeal Mush (100 Scouts):

8 lbs. Oatmeal
.5 b. Sugar
1 oz. Salt
6 gals. Water

Have water to boil and then add salt. Stir meal in slowly, add sugar, boil five minutes and stir constantly. Remove to back of range and let simmer 15 minutes.

Corn Chowder (100 Scouts):

Five No. 2 Cans Corn
2.5 lbs. sliced Bacon
2.5 lbs. Onions
10 lbs. Potatoes (sliced)
7 gals. Beef Stock
2 cans Evaporated Milk
2 lbs. Hard Bread

Fry bacon and onions to brown. Take bake pan on top of range, add the above ingredients with potatoes, cover with stock, and let boil till done. Break up hard bread and toast slightly. Add to above with milk and corn, but do not boil. Season to taste.

Potato Chowder (100 Scouts):

Same as corn chowder. Use 15 lbs. of potatoes in place of 10 lbs.

Fried Bacon (100 Scouts):

25 lbs. Bacon

Cut five slices to one inch, place in bake pan and pour boiling water over it. Stand five minutes. Pour off water and fry on hot range.

Beef a la Mode (100 Scouts):

35 lbs. Beef Rounds
2 lbs. Bacon or Pork
2 lbs. Fat
2 lbs. Flour (brown in fat)
5 gals. Stock
2 lbs. Carrots (sliced)
3 cans No. 3 Tomatoes

Have 5 lbs. each of ment and bacon in strips. Roll bacon in garlic and cayenne pepper. Cut 8 its in beef, placing bacon in them. Make a gravy of the flour, fat and stock. Cook slowly for two hours till done and bast regularly. Place slice in platter with gravy over it. Bay leaves may be used.

Beef Hash (100 Scouts):

- 25 lbs. Potatoes
- 3 lbs. Onions
- 20 lbs. left over Meat
- 7 qts. Stock

Chop all fine or coarse as desired and mix with stock. Place about three inches deep in bake pan, which must be greased well. Smooth top and bake in quick oven one hour.

Beef Hearts (100 Scouts):

- 30 lbs. Hearts
- 2 No. 3 Tomatoes
- 2 lbs. Onions (fried)
- 2 lbs. Flour
- 5 gals. Stock

Mix a gravy of flour and stock, split the hearts in two and wash. When gravy comes to boil, add onions, tomatoes and hearts. Place in oven and cook till done, basting regularly. Season with all spice, cloves, bay leaves, three cloves, garlic, pepper and salt.

Beef Loaf (100 Scouts):

- 20 lbs. Chopped Beef
- 5 lbs. Bread Crumbs
- 4 lbs. chopped Onions
- 2 lbs. Flour
- 3 qts. Stock
- 1 lb. Bacon

Soak the bread in water and then squeeze out dry. Mix all ingredients and roll into loaves shape of eggs. Place in bake pan one inch apart. Mix batter of flour and stock, rub over top of loaves, and bake slowly.

Roast Beef (100 Scouts):

- 40 lbs. beef in 5 lb. pieces
- 3 qts. Stock

Place in bake pan and roast in quick oven. Season with salt and pepper. Bast regularly. Reduce temperature after meat has browned and cook till done. Thicken gravy if desired with flour.

Example: Change recipes to quantity for 13 Scouts.

Beef a la Mode:

- 35 x .13 equals 4.55 lbs. Beef
- 2 x .13 " .26 lbs. Bacon
- 2 x .13 " .26 lbs. Fat
- 2 x .13 " .26 lbs. Flour
- 5 x .13 " .65 gals. Stock
- 2 x .13 " .26 lbs. Carrots
- 3 x .13 " .39 Can Tomatoes

Example: Change recipe to quantity for 103 Scouts.

Beef Hash:

25 x 1/3	equals	25.75 lbs.	Potatoes
3 x 1/3	"	3.09 lbs.	Onions
20 x 1/3	"	3.09 lbs.	Onions
20 x 1/3	"	20.60 lbs.	meat
7 x 1/3	"	7.21 qts.	Stock

Example: Change recipe to quantity for 30 Scouts.

Roast Beef:

40 x .30	equals	12 lbs.	Beef
3 x .30	"	.90 qt.	Stock

Example: Change recipe to quantity for 77 Scouts.

Beef Loaf:

20 x .77	equals	15.40 lbs.	Chopped Beef
5 x .77	"	3.85 lbs.	Bread Crumbs
4 x .77	"	3.08 lbs.	chopped Onions
2 x .77	"	1.54 lbs.	Flour
3 x .77	"	2.31 qts.	Stock
1 x .77	"	.77 lb.	Bacon

Example: Change recipe to quantity for 29 Scouts.

Roast Beef:

40 x .29	equals	11.60 lbs.	Beef
3 x .29	"	.87 qt.	Stock

Example: Change recipe to quantity for 21 Scouts.

35 x .21	equals	7.35 lbs.	Beef
4 x .21	"	.84	Can Tomatoes
8 x .21	"	1.68 lbs.	chopped Onions

Example: Change recipes to quantity for 87 Scouts.

Hamburger Steak:

35 x .87	equals	30.45 lbs.	Beef
5 x .87	"	4.35 lbs.	Onions

Beef Spanish (100 Scouts):

35 lbs.	Beef
4	No. 3 Cans Tomatoes
8 lbs.	Onions (chopped)

Cut beef into one and a half inch cubes and fry in grease five minutes. Now pour off the fat and add the tomatoes and onions. Add stock to cover the meat and simmer two hours on top of range in bake oven. You may use scraps of meat about one half, to be added when the other has cooked half the time.

Beefsteak (for 100 Scouts):

35 lbs.

Cut your steak into pieces about four steaks to the lb. If the steaks are tough beat it with the side of the cleaver. Dip steak in flour and fry in the fat. For steak and onions add 20 lbs. onions.

Hamburger Steak (for 100 Scouts):

- 35 lbs. Beef
- 5 lbs. Onions

Pass the meat twice through meat chopper. Chop onions fine with knives. Mix up well and season with salt and pepper. Then mold into steaks about three inches thick. Roll in flour and fry in deep fat. Serve with gravy.

Brains and Eggs (100 Scouts):

- 25 lbs. Beef Brains
- 4 lbs. Bacon
- 4 lbs. Onions (chopped fine)
- 75 Eggs
- 3 ozs. Salt
- 1 oz. Peppers

Wash the brains and slice into half inch cubes. Slice the bacon finely and brown the onions. Now add the brains and cook until done. Then add the eggs and fry till eggs are done. Season and serve.

Chicken Fracassee (100 Scouts):

- 40 lbs. Chicken
- 2 lbs. Butter
- 2 lbs. Flour
- 2 Stalks Celery
- 20 hard boiled Eggs
- 2 cans Evaporated Milk
- 5 gals. Stock

Cut your chicken into 12 pieces. Make a gravy by using the butter, 1 lb. flour and the beef stock. Now take the chicken, season well, roll in flour, and fry in deep lard. Then put the chicken into the gravy. Slice the celery and add this to the chicken. Season and let simmer till tender. Just before serving add the milk and butter. Mix well and see that the gravy is at the right thickness. If too thin add a little more flour and serve.

Example: Change recipe to quantity for 63 Scouts.

Brains and Eggs:

- | | | |
|----------|--------|-------------------|
| 25 x .63 | equals | 15.75 lbs. Brains |
| 4 x .63 | „ | 2.52 lbs. Bacon |
| 4 x .63 | „ | 2.52 lbs. Onions |
| 75 x .63 | „ | 47.25 Eggs |
| 3 x .63 | „ | 1.89 oz. Salt |
| 1 x .63 | „ | .63 Pepper |

Example: Change recipe to quantity for 297 Scouts.

Chicken Fracassee:

40 x 2.97	equals	118.80 lbs. Chicken
2 x 2.97	"	5.94 lbs. Butter
2 x 2.97	"	5.94 lbs. Flour
2 x 2.97	"	5.94 stalks Celery
20 x 2.97	"	59.40 hard boiled Eggs
2 x 2.97	"	5.94 cans Evap. Milk
5 x 2.97	"	14.85 gal. Stock

Chicken Stewed with Dumpling (100 Scouts):

- 40 lbs Chicken
- 25 lbs. Potatoes
- 8 lbs. Flour for Dumplings

Cut the chicken to 12 pieces. Place each piece in stew pan with just enough water to cover, and boil slowly till done. Now thicken the stew with flour batter. Season with salt and pepper. Mix your dumpling dough, drop into the gravy and let cook 10 minutes.

Dumplings (100 Scouts):

- 4 qts flour
- 4 teaspoonfuls Salt
- 6 tablespoonfuls shortening
- 8 table spoonfuls baking powder
- 6 cups Milk

Mix all dry ingredients and then add milk and water. Mix to thick batter and drop from spoon.

Irish Beef Stew (100 Scouts):

- 25 lbs Beef (sliced)
- 20 lbs Potatoes
- 4 lbs. onions (sliced)
- 1 lb. Flour

Cut up your stewing meat to one and a half inch size. Place in pan, cover with cold water, and bring to boil slowly. Then let simmer till done. Just before the meat is done add the sliced potatoes and let cook till done, but not cooked to pieces. Add onions when meat is half done and thicken with flour before serving. Season with salt and pepper.

Tomato Sauce (100 Scouts):

- 6 Cans No. 3 Tomatoes
- 1 lb. onions (chopped fine)
- $\frac{1}{2}$ oz. Cinnamon
- $\frac{1}{2}$ oz. Cloves
- 3 Chili Pods
- 2 ozs. Salt
- 2 ozs. Sugar
- $\frac{1}{2}$ lb. Butter
- $\frac{1}{2}$ lb. Flour

Boil all ingredients slowly, except the butter and the flour. Add two qts. water to above and let simmer one hour. Add butter and then thicken with the flour. This is served with fish or meat croquettes.

Baked Fish (100 Scouts):

40 lbs. large Fish

4 lbs. Bacon or Salt Pork

Scale and clean fish and place in bake pan. Lay the slices of bacon over each fish and add one inch water. Season with salt and pepper. Place in hot oven and bast often. Bake for one hour, depending on the size of the fish. Serve with sauce.

Example: Change recipe to quantity for 25 Scouts.

Tomato Sauce:

6 x .25	equals	1.50	can Tomatoes
1 x .25	„	.25	lbs. Onions
.5 x .25	„	.125	oz. Cinnamon
.25 x .25	„	.06	oz. Cloves
3 x .25	„	.75	each Chili Pods
2 x .25	„	.50	oz. Salt
.5 x .25	„	.125	oz. Sugar
.5 x .25	„	.125	lbs. Flour

Example: Change recipe to quantity for 25 Scouts.

Baked Fish:

40 x .25 equals 10 lbs. Fish

4 x .25 „ 1 lb. Bacon

If we wish to find out how much meat for 2,100 Persons:

In Beef, 2100 x .40 equals

In Pork Loin, 2100 x .36 equals

In Pork Links, 2100 x .28 equals

In Frankfurters, 2100 x .28 equals

In Bologna, 2100 x .25 equals

Codfish Cakes (100 Scouts):

18 lbs. Salt Codfish

18 lbs. Potatoes (boiled mash)

20 Eggs

If large pieces of cod are used, soak, boil, remove the bones, and pass through meat chopper. Then mix with the potatoes and the eggs. Season with salt and pepper and mold into cakes. Roll them in cracker crumbs or flour and fry in deep fat. Serve with tomato sauce.

Salmon Cakes (100 Scouts):

- 20 cans tall Salmon
- 40 lbs. mashed Potatoes

Remove all fish from cans and place in boiler. Add beef stock and mix in all the potatoes. Season with salt and pepper. Mold into cakes and roll in flour. Fry in deep fat.

Baked Beans (100 Scouts):

- 25 lbs. Navy Beans (soaked)
- 4 lbs. Bacon (sliced)
- 8 ozs. Sugar or 1 pt. Molasses

First soak the beans a few hours in cold water. Drain off this water, replace cold water, and boil slowly till done; or take some beans out with a spoon and blow on the top. If the skin breaks they are done. Add bacon and seasoning when beans are boiling well. A little baking soda will help the cooking time of beans. If, while boiling, more water is to be added, this must be boiling water.

Canned Peas (100 Scouts):

- 17 No. 2 cans Peas
- 1 lb. oleo or butter

Empty all the peas into a saucepan, adding salt and pepper to taste. Add butter or oleo and allow to come to a boil. Thicken with a little flour batter. Bring to a boil and then remove to back part of range.

Green Peas (100 Scouts):

- 17 qts. Shelled Peas
- 8 qts. Stock
- 1 lb. Oleo or Drippings
- 2 cans Evaporated Milk

Shell the green peas and place in saucepan, adding stock. Season with salt and pepper and oleo or the drippings. Boil 15 minutes and thicken with batter. Bring to boil and then remove to back of range. Add the milk and serve.

Hominy (100 Scouts):

- 10 lbs. Hominy
- 2 ozs. Salt

Have seven gallons of boiling water on range, add the hominy and salt, and let boil 20 minutes. Remove to back part of range and let simmer or to cook slowly. This is served with milk.

Macaroni and Cheese (100 Scouts):

- 10 lbs. Macaroni
- 4 lbs. Cheese (diced)

Have seven gallons of boiling water, add the macaroni and salt to taste. Boil for 15 minutes and drain off the water.

Example: Change recipes to quantity for 112 Scouts.

Canned Peas:

17 x 1.12 equals 19. Cans
1 x 1.12 ,, 1.12 lb. Oleo

Example: Change recipe to quantity for 292 Scouts.

Hominy:

10 x 2.92 equals 29.2 lbs. Hominy
2 x 2.92 ,, 5.84 ozs. Salt
7 x 2.92 ,, 20.44 gals. Water

How much of each of the following articles for 1100 Persons?

Stewed Tomatoes, 1100 x .11 equals
Can Salmon Salad, 1100 x .16 equals
Can Peaches, 1100 x .16 equals
Evaporated Prunes, 1100 x .18 equals
Evaporated Apples, 1100 x .10 equals
Evaporated Peaches, 1100 x .18 equals

Baked Potatoes (100 Scouts):

35 lbs. even sized Potatoes

Have all even sized potatoes for baking so as they will all be baked at the same time. Wash well, or scrub with a brush 35 lbs. of potatoes. Place in hot oven for about 40 minutes, depending on the size of potatoes. Test with fork; if fork passes through gently they are cooked.

Fried Cabbage (100 Scouts):

35 lbs. sliced Cabbage
4 lbs. Bacon Drippings

Slice about 35 lbs. of cabbage. Have the drippings hot in bake pan on top of range and add the cabbage. Stir 10 minutes, add two qts. stock and place in oven till cooked. Season with salt and pepper.

Baked Carrots (100 Scouts):

30 lbs. Carrots (scrapped)
7 qts. Stock
2 lbs. Bacon Drippings

Take 30 lbs. of carrots, scrape off the skin, and cut lengthwise. Have drippings hot in bake pan, add the prepared carrots, and season with salt and pepper. Place in bake oven one half hour, or till cooked.

Creamed Can Corn (100 Scouts):

- 16 No. 2 cans of Corn
- 7 qts. Stock
- 4 ozs. Sugar
- 2 No. 1 Cans Milk

Place in saucepan all the ingredients, bring to boil and season with salt and pepper.

Lima Beans (100 Scouts):

- 18 lbs. Lima Beans
- 1 lb. Flour
- 2 lbs. sliced Bacon

Wash the required quantity of beans and let them soak two hours. Pour off the water, then add about $6\frac{1}{2}$ gallons of fresh water. Add bacon and boil for about three hours till done. Season with salt and pepper. Thicken with the flour first mixed into a batter, bring to boil, and remove to back part of range.

Bavarian Cabbage (100 Scouts):

- 40 lbs. Cabbage (sliced)
- 7 lbs. Salt Pork or Sliced Bacon
- 3 pts. Vinegar

Slice 40 lbs. of clean cabbage, as for sour kraut. Place in boiler, add the bacon, one gallon of water, and the vinegar. Season with salt and pepper. Then let boil slowly with lid off for about three hours. If more water is needed add boiling water. To thicken, mix eight tablespoonfuls of flour into a batter and stir this into the cabbage and serve.

Example: Change recipes to quantity for 19 Scouts.

Lima Beans:

- 18 x .19 equals 3.42 Lima Beans
- 1 x .19 " .019 lbs. Flour
- 2 x .19 " .38 lbs. Bacon

Example: Change recipes to quantity for 39 Scouts.

Boiled Rice:

- 8 x .39 equals 3.12 Rice
- 5 x .39 .. 1.95 Water
- 2 x .39 .. .78 oz. Salt

How much is required of the following ingredients for 99 Persons?

- Beans (dried), white, .99 x 25 equals
- Beans, Can No. 3, .99 x 17 equals
- Peas, Can No. 2, .99 x 22 equals
- Beets, fresh, .99 x 30 equals
- Spinach, .99 x 30 equals
- 32 cuts to 1 gallon Ice Cream, brick, .99 x 3.25 gal. equals

Baked Sweet Potatoes (100 Scouts):

40 lbs. Sweet Potatoes (even size)

Take brush and scrub the potatoes clean, removing any bad spots. Place in oven and bake for 30 minutes. Test with fork. Time of cooking depends on size of potatoes and the kind of fire you have. When done, remove from oven or they will dry up.

Candied Sweet Potatoes (100 Scouts):

40 lbs. Sweet Potatoes

Wash and peel and then cut lengthwise. Take bake pan, grease, and place potatoes out in layers. Pour over stock and sprinkle about 2 lbs. of sugar over the top. Oleo or butter may be drudged over the potatoes before the sugar is sprinkled. Bake in medium oven till done.

Boiled Rice (100 Scouts):

8 lbs. Washed Rice

5 gals. Cold Water

2 ozs. Salt

Weigh out the right quantity of rice, wash with two changes of cold water, then add five gallons of water. Add salt, place on stove, bring to quick boil for five minutes, and remove to back part of range and let simmer slowly. Don't stir with spoon and keep lid on tight. The steam will do the cooking. This is the whole secret of rice cooking. If rice is washed well it does not let the starch settle on the bottom of your pan to start burning. Opening the lid several times lets the steam get away. Stirring breaks the grain of the rice, lets out the natural flavor and causes the starch to settle and scorch in the bottom of the pan.

Fried Rice (100 Scouts):

10 lbs washed Rice

3 lbs. Fat

2 lbs. Onions (sliced)

3 lbs. sliced Ham or cooked Pork Meat

Wash and boil your rice, as boiled rice recipes. Let it cool off and slice your ham or pork. Take bake pan and add the fat when hot. Add the onions (browned nicely), ham, and rice. Stir constantly with cake turner, keeping the rice off the bottom of the pan. When slightly browned, season with salt and pepper and serve hot. Just before removing from pan, beat up five eggs and pour over the rice. Stir till the eggs are cooked and remove quickly.

Stewed Tomato (100 Scouts):

Ten No. 3 cans of Tomatoes

Pour in saucepans. Add 3 qts. stock, 2 ozs. sugar, salt and pepper. Let simmer and add crackers or bread crumbs as desired.

Example: Change recipes to quantity for 111 Scouts.

Stewed Tomatoes:

10 x 1.11 equals 11.10

3 x 1.11 ,, 3.3

Example: Change recipe to quantity for 77 Scouts.

35 x .77 equals 26.95

8 x .77 ,, 6.16

Stewed Tomatoes (100 Scouts):

Ten No. 3 Cans Tomatoes

Take saucepan and turn the tomatoes into it. Add 2 ozs. sugar, slice half lb. bacon, fry, and turn the drippings into the tomatoes. Season with salt, pepper, and bread crumbs or crackers. Bring to boil for five minutes and serve.

Boiled Turnips (100 Scouts):

35 lbs. Turnips

8 lbs. Bacon or Salt Pork

Wash turnips, peel, and slice into quarters. Place in saucepan and add sliced bacon, stock or water. Season with salt and pepper. Boil slowly for 40 minutes or till done. Cook with cover off.

Lettuce Salad (100 Scouts):

35 lbs. Lettuce

10 Eggs (hard boiled)

2 lbs. sliced Bacon (browned).

2 qts. Vinegar.

Separate all the lettuce leaves and wash well. Shake out water and cut up coarse. Add the bacon, mustard, vinegar, salt, and pepper. Mix well and then add the hard boiled eggs. Slice and serve.

Potato Salad (100 Scouts):

30 lbs. Potatoes

2 lbs. Onions (minced fine)

2 lbs. Bacon (sliced and browned)

30 lbs. Potatoes

2 lbs. Onions (minced fine)

2 lbs. Bacon (sliced and browned)

2 pts. Vinegar

2 pts. Water

Take the amount of cold boiled potatoes, slice, and mix all ingredients. Season and serve.

Salmon Salad (100 Scouts):

- 12 cans Tall Salmon
- 8 lbs. Potatoes (sliced)
- 6 lbs. Lettuce
- 2 qts. Salad Dressing

Take chopping bowl and add the salmon and potatoes. Mix well with salt and pepper. Wash the lettuce and slice course and add to the lettuce.

Cabbage Slaw (100 Scouts):

- 35 lbs. Cabbage
- 4 lbs. Bacon (sliced and browned)
- 2 qts. Vinegar
- 10 lbs. sliced Onions

Take cabbage quarter and remove hearts. Wash and slice with kraut cutter or with knife. Take chopping bowl or large vessel and mix well all the above ingredients. A little sugar will improve it some.

Apple Cobbler (100 Scouts):

- 7 lbs. Evaporated Apples
- 8 lbs. Sugar
- 2 ozs. Cinnamon
- 1 oz. grated Nutmeg

Take the apples and soak in cold water for an hour. Cook in $1\frac{1}{2}$ gals. of water till done. Let cool and add other ingredients. Crust as follows:

- 12 lbs. Flour
- 7 ozs. Baking Powder
- 2 lbs. Lard
- 2 lbs. Sugar
- 20 Eggs
- 2 ozs. Salt

Water to mix dough crust for pie

Take chopping bowl or dish pan and cream the sugar, lard and salt. Then add eggs, one at a time. Mix steady, add water and baking powder and mix steady until smooth. Roll out the dough to half inch thickness and lay in bottom of bake pans. Fill with the apple mixture and top off with thin crust and bake. Served with sauce.

Sauce (100 Scouts):

- $1\frac{1}{2}$ gals. Water
- 3 lbs. Sugar
- 5 ozs. Cornstarch
- $\frac{1}{2}$ oz. Grated Nutmeg

Cook the above and let cool off before serving.

Brown Betty (100 Scouts):

16 lbs. Bread

10 lbs. caramelized Sugar

4 lbs. Currants, apple or prunes

Slice bread to one inch cubes and brown in slow oven. Have five gallons of water and bring to boil. Add caramelized sugar and the fruit. Thicken with batter. Have the toast in bake pan and pour the above sauce over the toast. Place in oven to bake 20 minutes. Serve with sauce.

Plain Cake (100 Scouts):

10 lbs. Flour

5 lbs. Sugar

4 lbs. Lard or Butter

8 ozs. Baking Powder

20 Eggs

1½ ozs. Salt

1 oz. Extract

Take bowl or dish pan. Cream lard and sugar together, adding extract and salt. Whip to cream, sift flour and baking powder, and then add flour and water to the cream mixture to make stiff batter. Grease the bake pans and paper the bottom. Pour the mixture in and level off to one inch thick and bake in medium oven till done. Test with broom straw.

For Cottage pudding use the above with sauce.

Corn Fritters (100 Scouts):

12 Cans Corn

5 lbs. Evaporated Apples

8 lbs. Flour

4 lbs. Sugar

20 Eggs

1 oz. Salt

Mix all the above to a thick batter for dropping from spoon. Have deep frying fat hot. Take saucepan and with a portion of batter add half teaspoonful baking powder. Mix and drop from kitchen spoon. Fry the same way till all the batter has been used. Serve with syrup.

Layer Cake (100 Scouts):

4 lbs. Lard or Butter

7 lbs. Sugar

26 Eggs

1 oz. Extract

13 lbs. Flour

10 ozs. Baking Powder

Cream the lard, sugar, eggs and extract together for 10 minutes. Then add the flour, baking powder, and enough milk or water to make stiff dough or batter. Bake in layer pans about 20 minutes, medium oven. The kind of layer cake depends on the kind of filling for its name.

Ice Cream (100 Scouts):

3 ozs. Flour
1½ lbs. Sugar
10 Eggs
½ oz. Extract
2 tall cans Evaporated Milk

Boil two quarts of water, adding the batter of flour and one pint of water. Then let come to boil again. Now remove from range and add sugar, eggs, extract, evaporated milk, and a pinch of salt. Stir in enough water to make the mixture. Whip all the ingredients well and let cool before freezing.

Coffee Cake (100 Scouts):

4 lbs. Sugar
4 ozs. Cinnamon

Take one gallon of sweet dough and after proving and molding, roll into pieces about 5 inches square. Place in bake pan, and glaze with melted lard or butter. Sprinkle with the sugar mixed with cinnamon, and let prove in room, temperature of 85 F. till the cake is twice its size. Then place in a medium oven for 20 minutes.

Sweet Dough Mixture:

One gallon mixture: To make sponge, soak three yeast cakes in one pint of luke warm water till soft. Add two medium size potatoes which having been boiled soft, and then add enough luke warm water to make half a gallon in all of this mixture. To the above add about 6 lbs. of flour to make a stiff batter and then let raise and fall. When it has fallen one inch, add luke warm water, to make one gallon. Add enough flour to make a stiff dough to handle, place in dish pan, and let raise to three times its size. Punch down, work over and punch down again, and let raise to twice size. Then work or mold and let prove and bake.

Jenny Lind:

Use a gallon mixture of sweet dough. After proving and molding into loaves, roll

out round, and to half-inch thick. Now glaze top with melted butter and fold over so that the upper part will hardly cover the bottom half. Let prove in room temperature of 85 deg. F. When double its size bake in medium oven for 35 minutes.

Chocolate or Cocoa (for 100 Scouts):

45 ozs. Cocoa or Chocolate
45 ozs. Sugar
45 ozs. Evaporated Milk
9 gals. Water

Have water boiling, add cocoa, and let boil five minutes. Then add the milk and sugar. Stir well before serving as the cocoa will settle to bottom.

Coffee (100 Scouts):

11 gals. Water
4 lbs. Coffee, R. and G.

Have water cold on range. Place coffee in a sack in the water and bring to boil for five minutes and remove to back part of range. Before using, sprinkle a little cold water over top. This will settle the grounds. Remove bag, and if sugar and milk is served with the coffee, add and stir well and serve hot.

Lemonade (100 Scouts):

11 gals. Water
8 lbs. Sugar
8 doz. lemons

Take the required amount of water, add the lemon juice, and sweeten with the sugar to taste. Then add a large lump of ice to cool. Stir before using.

Tea (100 Scouts):

11 gals. Water
7 ozs. of Tea

Have the required amount of boiling water. Pour over the tea and let stand on back part of range to steep and serve hot. If milk and sugar are to be used, add them just before serving. In making tea it should not be boiled.

For Ice Tea use 9 ounces of tea in place of 7 ozs. This extra strength is to allow for the melted ice which otherwise will weaken the the finished product. Add 4 ozs. sugar to each gallon of finished tea.

BASIC UNIT**Beef Unit**

A La Mode.....	30
Boiled.....	30
Pot Pie.....	30
Spanish.....	35
Minced.....	30
Loaf.....	35
Hamburger.....	35
Roast, Hindquarter.....	35
Roast, Forequarter.....	40
Roast, Beef Pot.....	35
Steak.....	35
Cornbeef.....	40
Curry.....	25
Stew.....	25
Rolls.....	25
Hearts, Beef.....	30
Fritters, Beef.....	20
Dried Beef.....	14
Smoked Tongue.....	14
Cold Meats.....	35
Hash Meats.....	22
Liver.....	22
Minced Liver.....	25

Veal Unit

Stew.....	30
Chops.....	40
Roast.....	40

Mutton Unit

Roast.....	45
Boiled.....	45
Chops.....	40
Stew.....	35
Curry.....	28

Lamb Unit

Roast.....	45
Chops.....	40

Lamb Unit

Pot Pie.....	30
Curry.....	30

Pork

Chops, 12 lbs.....	38
Porkloin, 9 lbs.....	36
Ham, Green Roast.....	40
Mess Pork.....	35
Sausage, Country.....	28

BASIC UNIT

	Pork
Links, 7 to 1 lb.....	28
Spare Ribs.....	35
Ham, B. B. Cold.....	30
Ham, B. B. Fry.....	35
Ham, Roast, S. C.....	40
Ham, Fried, S. C.....	40
Ham, Omelet Ham.....	12
Franks, 7 to 1 lb.....	28
Ham Sausage.....	23
Minced Ham Sausage.....	23
Headcheese.....	22
Bologna.....	25
Bacon.....	20
Boston Butts.....	40
Pork Shoulders.....	45
Bacon, with Liver.....	16
	Dairy Pdts.
Cottage Cheese.....	30
Green Cheese.....	22
BUTTER CUT, 32 to 1 lb.....	3 25
Butter, 2 Meals.....	6 50
Butter, 3 Meals.....	9 75
Egg Omelet, 200 Eggs.....	200.
	Fowls
Chicken Roast.....	50 lbs.
Chicken Pot Pie.....	35
Chicken, Fried.....	50
Chicken, Curry.....	39
Chicken, Fraccassee.....	43
Duck, Roast.....	50
Turkey, Roast.....	75
Oyster Stew.....	6 gal.
Milk.....	6 gal
	Fish
Whitefish.....	35 lbs.
Halibut.....	38
Codfish, Salt.....	12
Codfish.....	38
Salmon, Canned.....	25
Sardines.....	25
Average for Bake and Boil.....	38 lbs
	Vegetables
ASPARAGUS FR.....	25 lbs.
Bavarian Cabbage.....	40
Beans, Lima.....	13

BASIC UNIT

	Vegetables
Beans, Navy.....	25
Beans, String.....	35
Beans, Wax.....	35
Beets, Salad.....	15
Beets, Buttered.....	30
Cabbage.....	40
Bacon.....	6
Carrots, Baked.....	30
Carrots, Mashed.....	30
Carrots, Candied.....	35
Cauliflower.....	25
Celery, Washed.....	20
Cucumbers, Large.....	16 ea.
Corn, Creamed.....	20c.
Cold Slaw.....	30
Eggplant.....	35
Kraut.....	3 gal.
Lettuce, Washed.....	20
Onions, Fried.....	25
Onions, Sliced.....	15
Onion, Boiled.....	30
Peas, Scotch.....	8
Peas, Canned.....	22
Peas, Green, qts.....	14
Parsnips, Baked.....	35
Potato Salad.....	30
Potato, White.....	35
Potato, Sweet.....	40
Pumpkin, Baked.....	35
Pumpkin, Canned.....	20

	Vegetables
RHUBARB STEWED.....	25 lbs.
Pickles.....	1 gal.
Squash Summer.....	25
Squash, No. 3.....	15c.
Spinach, fresh.....	35
Spinach, No. 10.....	6c.
Tomatoes, Sliced.....	22 lbs.
Tomatoes, Stewed, No. 3.....	11c.
Turnips, Creamed.....	30
Turnips, Mashed.....	30
Asparagus, No. 3.....	18c.
Lima Beans No. 2.....	17c.
String Beans, No. 2.....	18c.
Radishes, Dozen Bunches.....	13
Catsup, 16 oz. bottle.....	10
Chow Chow, 16 oz. bottle.....	10
Gherkins, 18 oz. bottle.....	9
Pickles, 16 oz. bottle.....	8

BASIC UNIT

Vegetables

Onions, Pickled, 16 oz. bottle.....	8
Olives, 16 oz. bottle.....	8
Olives, Bulk.....	3.5 qt.

Fruits

APPLE SAUCE EVAP.....	10 lbs.
Sugar.....	2
Apple Sauce, Fresh Pared.....	25
Apples, Fried.....	25 lb.
Bread.....	6 lb.
Stewed Fruit.....	18
Prunes, Evaporated....	18

Canned Fruit

APRICOTS No. 3.....	17
Cherries, No. 212.....	14
Jam, 16 oz.....	9c.
Jelly, 10 oz.....	12
Marmalade.....	12
Pineapple, No. 2.....	17
Plums, No. 212.....	16
Raspberry, 1 lb.....	20
Blackberry.....	20
Peaches, No. 212.....	16
Peaches, No. 10.....	5
Grapes, Basket.....	8

Fruit

Peaches, Evaporated.....	18 lb.
Apricots, Evaporated.....	16
Jelly.....	12

Miscellaneous

Crackers, Soda.....	7.5
Crackers, Oysters.....	7.5
Macaroni and.....	9 lbs.
Cheese.....	2 lbs.
Salt.....	3 lbs.
Worcester Sauce.....	6 lbs.
Milk, for Coffee, No. 1.....	6c.
Hominy.....	20c.
Rice to Fry, Raw.....	18 lbs.
Rice, Boiled, Raw.....	9 lbs.
Cornmeal.....	9 lbs.
Cranberries and.....	16 qts.
Sugar, 4.5 lbs.....	4.5 lbs.

Salads

Apple, Celery Salad.....	10 lbs.
Celery.....	10 lbs.

BASIC UNIT

Salads

Pickles	3 lbs.
Beans, Baked	20 lbs.
Onions	4 lbs.
 Cucumber	 15 lbs.
Onions	5 lbs.

Soups

Beans	8 lbs.
Water	4 gal.
Stock	4

MACARONI	4.5 lbs.
Stock	8 gal.

Puree of Beans	12 lbs.
Stock	8 gal.

Rice	5.5 lbs.
Tomatoes, No. 3	87c.
Stock	6 gal.

Cabbage	10 lbs.
Onions	2 lbs.
Stock	8 gal.

Oyster	3 gal.
Milk	7 gal.
Stock	2 gal.

Peas, Green	10 lbs.
Tomatoes, No. 3	4c.
Stock	8 gal.

Cabbage	2 lbs.
Onions	1 lb.
Potatoes	2 lbs.
Rice	1 lb.
Tomatoes, No. 3	2 lbs.
Parsley	2 oz.
Stock	8 gal.

Omelet

Eggs	200
Milk, 1 lb. can	7
Drippings	2 lbs.

BASIC UNIT

Drinks

COFFEE, R. & G.	3 lbs.
Water.....	11 gal.
Sugar.....	4 lbs.
Milk, 1 lb.....	4
Cocoa.....	1 lb.
Water.....	9 gal.
Milk.....	2 gal.
Tea.....	5 lb.
Water.....	10 gal.
Sugar.....	2 lbs.
Milk.....	3c.
Ice Tea.....	.75 lb.
Water.....	10 gal.
Sugar.....	3 lbs.
Ice.....	30 lbs.
Lemonade, Lemons.....	7 doz.
Water.....	10 gal.
Sugar.....	6 lbs.
Milk, Fresh.....	6.25 gal.

Beef A La Mode 100

- 35 * Beef Round
 - 2 * Bacon
 - 2 * Fat
 - 2 * Flour
 - 5 Gal. Stock
 - 2 * Carrots
 - 6 Large Pickles
 - 3 Cans Tomatoes, No. 3
-

Braised Beef 100

- 38 * Beef
 - 2 * Onions
 - 3 * Fat
 - 1 * Flour
-

Beef, Chipped 100

- 14 * Dried Beef
 - 2 * Fat
 - 2 $\frac{1}{4}$ * Flour
 - 4 Can. Evp. Milk No. 1
 - 1 Bunch Parsley
 - 12 qts. Stock
-

Beef Fritters 100

- 20 * Cooked Beef
 - 10 * Bread
 - 4 * Onions
-

Beef Hash 100

- 28 * Potatoes, Cooked
 - 4 * Onions
 - 25 * Meat, Scraps
-

5 qts. Stock 100

- Beef Hearts, 30 *
 - 2 Cans Tomatoes, No. 3
 - 2 * Onions, 2 * Flour
 - 5 Gal. Stock
-

Beef Loaf 100

- 20 * Beef
- 6 * Bread Crumbs
- 4 * Onions, Browned
- 2 * Flour
- 2 Qts. Stock
- 1 * Bacon

Beef Rolls 100

- 15 * Beef Scraps
 - 5 * Bread Crumbs
 - 9 * Flour
 - 2 * Onions, Browned
 - 1 oz. Chili Pdr.
-

Beef Spanish 100

- 35 * Beef
 - 4 No. 3, Tomatoes
 - 9 * Onions
 - 6 Cloves, Garlic
-

Beef Pot Pie 100

- 28 * Beef
 - 28 * Potatoes
 - 5 * Onions
 - 3½ * Lard
 - 9 * Flour
 - 8 oz. Baking Pdr.
-

Beef Roast 100

- 40 * Beef
 - 2 Qt. Stock
-

Beef Pot Roast 100

- 40 * Beef
 - 4 * Onions
 - ¼ Pt. Vinegar
 - 2 Cloves Garlic
-

Beef Steak 100

- 40 * Beef
 - 2 * Flour
-

Veal Loaf 100

- Cooked Veal 28 *
- 5 * Salt Pork
- 5 Qts. Cracker Meal
- 1 Doz. Eggs
- 2 Oz. Salt
- Pepper
- Stock to Moisten

Minced Beef on Toast 100

30 * Lean, Raw Beef
3 * Flour
1 Gal. Fresh Milk
100 Pieces Toast

Beef Hamburger 35 * 100

Beef Dressing 100

00 * Meat Scraps
13 * Bread
2 * Onions, Browned
3 Qts. Stock

Veal Pot Pie 100

Veal, 30 *
1 * Bacon or Salt Pork
3 * Onions
4 Qts. Milk
20 * Potatoes
8 * Flour Dumplings, Drop
1 oz. Salt
6 oz. Baking Pdr.

Cornstarch Pudding 100

4 $\frac{1}{4}$ Cornstarch, Pkges.
1 oz. Salt
7 * Sugar
6 Cans Evp. Milk
1 $\frac{1}{4}$ Oz. Extract

Pumpkin Pie 100

38 * Pumpkin, Cook and Sive
9 * Sugar
30 Eggs
1 $\frac{1}{4}$ Oz. Nutmeg
 $\frac{1}{4}$ Oz. Cloves
 $\frac{1}{2}$ Oz. Ginger
1 $\frac{1}{2}$ Oz. Salt
1 Cup Molasses
3 Cans Evp. Milk

Apple Pie 100

8 * Evp. Apples, 30 * Fr. Pared
1 $\frac{1}{2}$ * Sugar
 $\frac{1}{2}$ Oz. Cinnamon

Ice Cream 100

7 * Sugar
15 Oz. Flour
40 Eggs
1 Oz. Ext.

Chocolate Ice Cream 100

Same as above add
15 oz. Grated Chocolate

Corn Fritter 100

4 * Cornmeal
3 * Sugar
7½ * Flour
7 oz. Baking Pdr.
20 Eggs

Batter Cakes 100

15 * Flour
1½ * Sugar
2 Doz. Eggs
15 Oz. Baking Pdr.
1 Oz. Salt

Corn Bread 100

5 * Flour
8 * Cornmeal
4 Oz. Sugar
1 Oz. Salt
18 Eggs
10 Oz. Baking Pdr.
13 Oz. Compound

Corn Cake 100

8 * Flour
4½ * Cornmeal
6 * Sugar
3 * Fat
24 Eggs
10 Oz. Baking Powder
¼ Oz. Extract
1 Oz. Salt

Rice Pudding **100**

8 * Rice
20 Eggs
4 Cans Evp. Milk, No. 1
6 * Sugar
 $\frac{1}{4}$ Oz. Extract

Tapioca Pudding **100**

$2\frac{1}{4}$ Gal Cold Water
 $2\frac{1}{4}$ * Tapioca
6 * Sugar
3 * Dried Fruit

Cocoonut Tapioca Pudding **100**

Same as above add
1 * Shredded Cocoonuts

Apricot Tapioca Pudding **100**

Same as above add 3 *
Seeded Apricots

Apple Cobler **100**

7 * Evp. Apples
8 * Sugar
2 Oz. Cinnamon
1 Oz. Grated Nutmeg
Crust 14 * Flour
8 Oz. Baking Powder
 $1\frac{1}{4}$ * Lard
 $1\frac{1}{4}$ * Sugar
20 Eggs
3 Oz. Salt
3 Pts. Water

Apple Pudding **100**

6 * Apples Evp.
20 * Bread
6 * Sugar
3 Oz. Cinnamon

Bread Pudding **100**

20 * Bread, 4 Cans Evp. Milk
3 * Dried Fruit, 10 Eggs
3 * Sugar, $1\frac{1}{4}$ Oz. Cinnamon

Succotash 100

10 Qts. Corn
2½ Gals. Cooked Lima Beans
2 * Bacon Diced

Turnips, Boiled 100

35 * Turnips
7 * Bacon or Salt Pork

Spinach 100

35 * Spinach
3 * Bacon

Carrots, Baked 100

35 * Carrots
1½ * Bacon Drippings

Carrots, Mashed 100

35 * Carrots
6 Qts. Stock

Corn, Canned 100

18 No. 2 Cans
5 Qts. Stock
3 Oz. Sugar
1½ Cans Evp. Milk

Greens 100

35 * Greens
7 * Bacon

Cabbage, Salad 100

16 * Cabbage
5 Bunches Parsley
3 Qts. French Dressing

Cabbage, Slaw 100

35 * Cabbage
3 * Bacon
2 Qts. Vinegar
9 * Onions

Macaroni and Tomatoes 100

Same as Macaroni Soup
Add 6 No. 3 Cans Tomatoes

Macaroni Soup 100

5 * Macaroni
10 Gal. Stock
2 * Chopped, Browned Onions
2 * Bacon, Browned Diced

Noodle Soup 100

Same as Macaroni
Add 8 * Dried Grandmas Noodles

Split Pea Soup 100

10 * Split Peas
10 Gal. Stock
2 * Flour
2 * Bacon Browned and Diced

Vegetable Soup 100

2 * Cabbage
1 * Onions
2 * Potatoes, Diced
1 * Rice
2 No. 3 Cans Tomatoes
2 Bunches Parsley
10 Gal. Stock

Vermicelli Soup 100

Same as Macaroni Soup
Add 5 * Vermicelli in
place of Macaroni

Pea Soup 100

12 No. 2 Peas, or same in Fresh, 10 Gal. Stock

Puree of Green Peas 100

Same as Puree of Beans in place of Beans
add 11 * of Green Peas.

Purce of Beans 100

10 # Beans
10 Gal. Stock
2 # Onions
2 Cans Milk
2 # Fats, Butter Preferred
2 # Flour, Browned in Fats

Macaroni and Cheese 100

10 # Macaroni
3½ # Cheese through chopper

Parsnips, Baked 100

35 # Parsnips
2 Qts. Stock
5 # Bacon

Parsnips, Mashed 100

35 # Parsnips
1½ # Oleo
5 Gal. Water

Peas, Canned 100

20 No. 2 Cans
¼ # Butter
Stock

Peas, Green 100

16 Qts. Green Peas
7 Qts. Stock
4½ Cans Evp. Milk

Tomatoes, Stewed 100

32 # Fresh Tomatoes
Stock

Clam Chowder 100

10 Qts. Clams
15 # Potatoes
1½ # Bacon
5 Gal. Beef Stock
1 # Onions Browned
1 # Flour

Cream of Cabbage 100

11 * Chopped Cabbage
10 Gal. Stock
4 Cans No. 1 Evp. Milk
1½ * Fat, Butter Preferred
2 * Flour, Browned in Fat

Cream of Celery 100

10 * Celery Diced
10 Gal. Stock
2 * Fat, Butter Preferred
2 * Flour
3 Cans No. 1 Milk

Cream of Tomato 100

10 Gal. Stock
8 No. 3 Tomato
4 No. 1 Can Evp. Milk
2 * Flour Browned in Fat
2 * Fat, Butter Preferred

Tomato Soup 100

5 No. 10 or 14 No. 3 Cans Tomatoes
6 Gal. Stock
2 * Bacon Browned and diced

Rice Tomato 100

10 Gal. Stock
4 * Rice
6 No. 3 Cans Tomatoes

Potato Salad 100

30 * Potatoes
1½ * Minced Onions
1½ * Bacon Diced, browned
1½ Pt. Water
1½ Pt. Vinegar
1 Teaspoon Pdr. Mustard

Salmon Salad 100

16 Cans Tall Salmon
16 * Boiled Potatoes
3 Pts. Mayonnaise Dressing
6 * Lettuce

Stringless Bean Salad **100**

- 20 * Cold String Beans
 - 2 * Sliced Onions
 - 1 Pt. Vinegar
 - Mustard, Salt, Pepper
 - Mix Well
-

Lettuce Salad **100**

- 30 * Lettuce
 - 10 Hard Boiled Eggs
 - 1 1/2 * Bacon, Diced and Browned
 - 3 Pts. Vinegar
-

Bean Salad **100**

- 23 * Baked Beans
 - 5 * Onions, Sliced
 - 3 * Pickles, Diced
-

Celery Salad **100**

- 18 * Celery, Diced
- 3 * Mashed Potatoes
- 3 * Bacon Grease or Olive Oil
- 1 1/2 Pt. Vinegar, 1 Pt. Water
- 18 Hard Boiled Eggs, 3 Oz. Mustard

Ration Articles	100 Rations	Per Cent
Beef, Fresh	87.5 lbs. x \$	70
Bacon	22.5 lbs.	30
Flour	112.5 lbs.	100
Beans	7.6 lbs.	50
Rice	5.0 lbs.	50
Potatoes, Fresh	87.5 lbs.	70
Onions	25.0 lbs.	20
Tomatoes, No. 3 Can . .	6.25 lbs.	10
Prunes	2.4 lbs.	30
Apples, Evp.8 lbs.	10
Peaches, Evp.8 lbs.	10
Jam, Blackberry	4.0 lbs.	50
Coffee, R. & G.	7.0 lbs.	100
Sugar	20.0 lbs.	100
Salt	4.0 lbs.	100
Pepper, Black25 lbs.	100
Baking Powder5 lbs.	100
Lard	4.0 lbs.	100
Butter	3.125 lbs.	100
Lemon Extract	1.4 oz.	100
Syrup	1.0 gal.	100
Vinegar25 gal.	50
Pickles25 gal	50

In figuring, for 100 by this method you use the decimal multiplier for final result.

Article	1 bu. lbs.	1 pk. lbs.	$\frac{1}{2}$ pk. lbs.	$\frac{1}{3}$ pk. lbs.	1 qt. lbs.	1 pt. oz.
Apples	48	12	6	3	1 $\frac{1}{2}$	12
Apples, Evp.	24	6	3	1 $\frac{1}{2}$	$\frac{3}{4}$	6
Barley	48	12	6	3	1 $\frac{1}{2}$	12
Beans, Dried	60	15	7 $\frac{1}{2}$	3 $\frac{1}{2}$	1 $\frac{1}{2}$	15
Beets	56	14	7	3 $\frac{1}{2}$	1 $\frac{1}{2}$	14
Carrots	50	12 $\frac{1}{2}$	6 $\frac{1}{2}$	3	1.9	11
Beans	50	12 $\frac{1}{2}$	6 $\frac{1}{2}$	3	1.9	11
Corn, Shelled	56	14	7	3 $\frac{1}{2}$	1 $\frac{1}{2}$	11
Corn, Pop.	42	10 $\frac{1}{2}$	5 $\frac{1}{2}$	2 $\frac{1}{2}$	1.6	10
Cornmeal	48	12	6	3	1 $\frac{1}{2}$	12
Grapes	48	12	6	3	1 $\frac{1}{2}$	12
Onions	56	14	7	3 $\frac{1}{2}$	1 $\frac{1}{2}$	14
Parsnips	50	12 $\frac{1}{2}$	6 $\frac{1}{2}$	3	1.9	11
Peaches	48	12	6	3	1 $\frac{1}{2}$	12
Peaches, D.	33	8 $\frac{1}{2}$	4 $\frac{1}{2}$	2	1	8 $\frac{1}{2}$
Peas	60	15	7 $\frac{1}{2}$	3 $\frac{1}{2}$	1 $\frac{1}{2}$	12 $\frac{1}{2}$
Plums	50	12 $\frac{1}{2}$	6 $\frac{1}{2}$	5	1.9	11
Potatoes	60	15	7 $\frac{1}{2}$	3 $\frac{1}{2}$	1 $\frac{1}{2}$	12
Potatoes, Sweet	50	12 $\frac{1}{2}$	6 $\frac{1}{2}$	3	1.9	11
Tomatoes	50	12 $\frac{1}{2}$	6	3 $\frac{1}{2}$	1.9	11
Turnips	56	14	7	3 $\frac{1}{2}$	1 $\frac{1}{2}$	11
Wheat	56	14	7	3 $\frac{1}{2}$	1 $\frac{1}{2}$	11
Spinach	18	4 $\frac{1}{2}$	2 $\frac{1}{2}$	1	9	4 $\frac{1}{2}$

BASIC UNIT

3

Unit	Person	Unit	Person
.03	1	.30	10
.06	2	.60	20
.09	3	.90	30
.12	4	1.20	40
.15	5	1.50	50
.18	6	1.80	60
.21	7	2.10	70
.24	8	2.40	80
.27	9	2.70	90
Basic Unit		3.	100
		6.	200
		9.	300
		12.	400
		15.	500
		18.	600
		21.	700
		24.	800
		27.	900
		30.	1000
		60.	2000
		90.	3000
		120.	4000
		150.	5000

BASIC UNIT

4

Unit	Person	Unit	Person
.04	1	.40	10
.08	2	.80	20
.12	3	1.20	30
.16	4	1.60	40
.20	5	2.00	50
.24	6	2.40	60
.28	7	2.80	70
.32	8	3.20	80
.36	9	3.60	90
Basic Unit		4	100
		8.	200
		12.	200
		16.	400
		20.	500
		24.	600
		28.	700
		32.	800
		36.	900
		40.	1000
		80.	2000
		120.	3000
		160.	4000
		200.	5000

BASIC UNIT

5

Unit	Person	Unit	Person
.05	1	.50	10
.10	2	1.00	20
.15	3	1.50	30
.20	4	2.00	40
.25	5	2.50	50
.30	6	3.00	60
.35	7	3.50	70
.40	8	4.00	80
.45	9	4.50	90
Basic Unit		5.	100
		10.	200
		15.	300
		20.	400
		25.	500
		30.	600
		35.	700
		40.	800
		45.	900
		50.	1000
		100.	2000
		150.	3000
		200.	4000
		250.	5000

BASIC UNIT

6

Unit	Person	Unit	Person
.06	1	.60	10
.12	2	1.20	20
.18	3	1.80	30
.24	4	2.40	40
.30	5	3.00	50
.36	6	3.60	60
.42	7	4.20	70
.48	8	4.80	80
.54	9	5.40	90

Basic Unit	6	100
------------	---	-----

12.	200
18.	300
24.	400
30.	500
36.	600
42.	700
48.	800
54.	900
60.	1000
120.	2000
180.	3000
240.	4000
300.	5000

BASIC UNIT

7

Unit	Person	Unit	Person
.07	1	.70	10
.14	2	1.40	20
.21	3	2.10	30
.28	4	2.80	40
.35	5	3.50	50
.42	6	4.20	60
.49	7	4.90	70
.56	8	5.60	80
.63	9	6.63	90

Basic Unit	7.	100
------------	----	-----

	14.	200
	21.	300
	28.	400
	35.	500
	42.	500
	49.	700
	56.	800
	63.	900
	70.	1000
	140.	2000
	210.	3000
	280.	4000
	350.	5000

BASIC UNIT

8

Unit	Person	Unit	Person
.08	1	.80	10
.16	2	1.60	20
.24	3	2.40	30
.32	4	3.20	40
.40	5	4.00	50
.48	6	4.80	60
.56	7	5.60	70
.64	8	6.40	80
.72	9	7.20	90

Basic Unit 8. 100

	16.	200
	24.	300
	32.	400
	40.	500
	48.	600
	56.	700
	64.	800
	72.	900
	80.	1000
	160.	2000
	240.	3000
	320.	4000
	400.	5000

BASIC UNIT

9

Unit	Person	Unit	Person
.09	1	.90	10
.18	2	1.80	20
.27	3	2.70	30
.36	4	3.60	40
.45	5	4.50	50
.54	6	5.40	60
.63	7	6.30	70
.72	8	7.20	80
.81	9	8.10	90
Basic Unit		9.	100
		18.	200
		27.	300
		36.	400
		45.	500
		54.	600
		63.	700
		72.	800
		81.	900
		90.	1000
		180.	2000
		270.	3000
		360.	4000
		450.	5000

BASIC UNIT

10

Unit	Person	Unit	Person
.10	1	1.0	10
.20	2	2.0	20
.30	3	3.0	30
.40	4	4.0	40
.50	5	5.0	50
.60	6	6.0	60
.70	7	7.0	70
.80	8	8.0	80
.90	9	9.0	90
Basic Unit		10.0	100
		20.	200
		30.	300
		40.	400
		50.	500
		60.	600
		70.	700
		80.	800
		90.	900
		100.	1000
		200.	2000
		300.	3000
		400.	4000
		500.	5000

BASIC UNIT

12

Unit	Person	Unit	Person
.10	1	1.2	10
.20	2	2.4	20
.40	3	3.6	30
.50	4	4.8	40
.60	5	6.0	50
.70	6	7.2	60
.80	7	8.4	70
1.00	8	9.6	80
1.10	9	10.8	90
Basic Unit		12.	100
		24.	200
		36.	300
		48.	400
		60.	500
		72.	600
		84.	700
		96.	800
		108.	900
		120.	1000
		240.	2000
		360.	3000
		480.	4000
		600.	5000

BASIC UNIT

13

Unit	Person	Unit	Person
.1	1	1.3	10
.3	2	2.6	20
.4	3	3.9	30
.5	4	5.2	40
.7	5	6.5	50
.8	6	7.8	60
.9	7	9.1	70
1.0	8	10.4	80
1.2	9	11.7	90
Basic Unit		13	100
		26.	200
		39.	300
		52.	400
		65.	600
		78.	600
		91.	700
		104.	800
		117.	900
		130.	1000
		260.	2000
		390.	3000
		520.	4000
		650.	5000

BASIC UNIT 14

Unit	Person	Unit	Person
.1	1	1.4	10
.3	2	2.8	20
.4	3	4.2	30
.6	4	5.6	40
.7	5	7.0	50
.8	6	8.4	60
1.0	7	9.8	70
1.1	8	11.2	80
1.3	9	12.6	90
Basic Unit		14.	100
		28.	200
		42.	300
		56.	400
		70.	500
		84.	600
		98.	700
		112.	800
		126.	900
		140.	1000
		280.	2000
		420.	3000
		560.	4000
		700.	5000

BASIC UNIT

15

Unit	Person	Unit	Person
.2	1	1.5	10
.3	2	3.0	20
.5	3	4.5	30
.6	4	6.0	40
.8	5	7.5	50
.9	6	9.0	60
1.1	7	10.5	70
1.2	8	12.0	80
1.4	9	13.5	90

Basic Unit	15.0	100
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	30.	200
	40.	300
	60.	400
	73.	500
	90.	600
	105.	700
	120.	800
	135.	900
	350.	1000
	300.	2000
	450.	3000
	600.	4000
	750.	5000

BASIC UNIT

16

Unit	Person	Unit	Person
.2	1	1.6	10
.3	2	3.2	20
.5	3	4.8	30
.6	4	6.4	40
.8	5	8.0	50
1.0	6	9.6	60
1.1	7	11.2	70
1.3	8	12.8	80
1.4	9	14.4	90
Basic Unit		16.	100
		32.	200
		48.	300
		64.	400
		80.	500
		96.	600
		112.	700
		128.	800
		144.	900
		160.	1000
		320.	2000
		480.	3000
		640.	4000
		800.	5000

BASIC UNIT

17

Unit	Person	Unit	Person
.2	1	1.7	10
.3	2	3.4	20
.5	3	5.1	30
.7	4	6.8	40
.9	5	8.5	50
1.0	6	10.2	60
1.2	7	11.9	70
1.4	8	13.6	80
1.5	9	15.3	90

Basic Unit 17 . 100

	34 .	200
	51 .	300
	68 .	400
	85 .	500
	102 .	600
	119 .	700
	136 .	800
	153 .	900
	170 .	1000
	340 .	2000
	510 .	3000
	680 .	4000
	850 .	5000

BASIC UNIT

18

Unit	Person	Unit	Person
.2	1	1.8	10
.4	2	3.6	20
.5	3	5.4	30
.7	4	7.2	40
.9	5	9.0	50
1.1	6	10.8	60
1.3	7	12.6	70
1.4	8	14.4	80
1.6	9	16.2	90
Basic Unit		18.	100
		36.	200
		54.	300
		72.	400
		90.	500
		108.	600
		126.	700
		144.	800
		162.	900
		180.	1000
		360.	2000
		540.	3000
		720.	4000
		900.	5000

BASIC UNIT

19

Unit	Person	Unit	Person
.2	1	1.9	10
.4	2	3.8	20
.6	3	5.4	30
.8	4	7.6	40
1.0	5	9.5	50
1.1	6	11.4	60
1.3	7	13.3	70
1.5	8	15.2	80
1.7	9	17.1	90
Basic Unit		19.	100
		38.	200
		57.	300
		76.	400
		95.	500
		114.	600
		133.	700
		152.	800
		171.	900
		190.	1000
		380.	2000
		570.	3000
		760.	4000
		950.	5000

BASIC UNIT

20

Unit	Person	Unit	Person
.2	1	2.0	10
.4	2	4.0	20
.6	3	6.0	30
.8	4	8.0	40
1.0	5	10.0	50
1.2	6	12.0	60
1.4	7	14.0	70
1.6	8	16.0	80
1.8	9	18.0	90
Basic Unit		20.0	100
		40.	200
		60.	300
		80.	400
		100.	500
		120.	600
		140.	700
		160.	800
		180.	900
		200.	1000
		400.	2000
		600.	3000
		800.	4000
		1000.	5000

BASIC UNIT

22

Unit	Person	Unit	Person
.2	1	2.2	10
.4	2	4.4	20
.7	3	6.6	30
.9	4	8.8	40
1.1	5	11.0	50
1.3	6	13.2	60
1.5	7	15.4	70
1.8	8	17.6	80
2.0	9	19.8	90
Basic Unit		22.	100
		44.	200
		66.	300
		88.	400
		110.	500
		132.	600
		154.	700
		176.	800
		198.	900
		220.	1000
		440.	2000
		660.	3000
		880.	4000
		1100.	5000

BASIC UNIT

24

Unit	Person	Unit	Person
.2	1	2.4	10
.5	2	4.8	20
.7	3	7.2	30
1.0	4	9.6	40
1.2	5	12.0	50
1.4	6	14.4	60
1.7	7	16.8	70
1.9	8	19.2	80
2.2	9	21.6	90
Basic Unit		24.	100
		48.	200
		72.	300
		96.	400
		120.	500
		144.	600
		168.	700
		192.	800
		216.	900
		240.	1000
		480.	2000
		720.	3000
		960.	4000
		1200.	5000

BASIC UNIT

25

Unit	Person	Unit	Person
.3	1	2.5	10
.5	2	5.0	20
.8	3	7.5	30
1.0	4	10.0	40
1.3	5	12.5	50
1.5	6	15.0	60
1.8	7	17.5	70
2.0	8	20.0	80
2.3	9	22.5	90

Basic Unit	25	100
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	50.	200
	75.	300
	100.	400
	125.	500
	150.	600
	175.	700
	200.	800
	225.	900
	250.	1000
	500.	2000
	750.	3000
	1000.	4000
	1250.	5000

BASIC UNIT

26

Unit	Person	Unit	Person
.3	1	2.6	10
.5	2	5.2	20
.8	3	7.8	30
1.0	4	10.4	40
1.3	5	13.0	50
1.6	6	15.6	60
1.8	7	18.2	70
2.1	8	20.8	80
2.3	9	23.4	90

Basic Unit	26.	100
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	52.	200
	78.	300
	104.	400
	130.	500
	156.	600
	182.	700
	208.	800
	234.	900
	260.	1000
	520.	2000
	780.	3000
	1040.	4000
	1300.	5000

BASIC UNIT

28

Unit	Person	Unit	Person
.3	1	2.8	10
.6	2	5.6	20
.8	3	8.4	30
1.1	4	11.2	40
1.4	5	14.0	50
1.7	6	16.8	60
2.0	7	19.6	70
2.2	8	22.4	80
2.5	9	25.2	90

Basic Unit 28 100

	56.	200
	84.	300
	112.	400
	140.	500
	168.	600
	196.	700
	224.	800
	252.	900
	280.	1000
	560.	2000
	840.	3000
	1120.	4000
	1400..	5000

BASIC UNIT

30

Unit	Person	Unit	Person
.3	1	3.0	10
.6	2	6.0	20
.9	3	9.0	30
1.2	4	12.0	40
1.5	5	15.0	50
1.8	6	18.0	60
2.1	7	21.0	70
2.4	8	24.0	80
2.7	9	27.0	90
Basic Unit		30 .	100
		60 .	200
		90 .	300
		120 .	400
		150 .	500
		180 .	600
		210 .	700
		240 .	800
		270 .	900
		300 .	1000
		600 .	2000
		900 .	3000
		1200 .	4000
		1500 .	5000

BASIC UNIT

32

Unit	Person	Unit	Person
.3	1	3.2	10
.6	2	6.4	20
1.0	3	9.6	30
1.3	4	12.8	40
1.6	5	16.0	50
1.9	6	19.2	60
2.2	7	22.4	70
2.6	8	25.6	80
2.9	9	28.8	90
Basic Unit		32.	100
		64.	200
		96.	300
		128.	400
		160.	500
		192.	600
		224.	700
		256.	800
		288.	900
		320.	1000
		640.	2000
		960.	3000
		1280.	4000
		1600.	5000

BASIC UNIT

34

Unit	Person	Unit	Person
.3	1	3.4	10
.7	2	6.8	20
1.0	3	10.2	30
1.4	4	13.6	40
1.7	5	17.0	50
2.0	6	20.4	60
2.4	7	23.8	70
2.7	8	27.2	80
3.1	9	30.6	90
Basic Unit		34.	100
		68.	200
		102.	300
		136.	400
		170.	500
		204.	600
		238.	700
		272.	800
		306.	900
		340.	1000
		680.	2000
		1020.	3000
		1360.	4000
		1700.	5000

BASIC UNIT

35

Unit	Person	Unit	Person
.4	1	3.5	10
.7	2	7.0	20
1.1	3	10.5	30
1.4	4	14.0	40
1.8	5	17.5	50
2.1	6	21.0	60
2.5	7	24.5	70
2.8	8	28.0	80
3.2	9	31.5	90
Basic Unit		35	100
		70.	200
		105.	300
		140.	400
		175.	500
		210.	600
		245.	700
		280.	800
		315.	900
		350.	1000
		700.	2000
		1050.	3000
		1400.	4000
		1750.	5000

BASIC UNIT

36

Unit	Person	Unit	Person
.4	1	3.6	10
.7	2	7.2	20
1.1	3	10.8	30
1.4	4	14.4	40
1.8	5	18.0	50
2.2	6	21.6	60
2.5	7	25.2	70
2.9	8	28.8	80
3.2	9	32.4	90
Basic Unit		36.	100
		72.	200
		108.	300
		144.	400
		180.	500
		216.	600
		252.	700
		288.	800
		324.	900
		360.	1000
		720.	2000
		1080.	3000
		1440.	4000
		1800.	5000

BASIC UNIT

38

Unit	Person	Unit	Person
.4	1	3.8	10
.8	2	7.6	20
1.1	3	11.4	30
1.5	4	15.2	40
1.9	5	19.0	50
2.3	6	22.8	60
2.7	7	26.6	70
3.0	8	30.4	80
3.4	9	34.2	90
Basic Unit		38.	100
		76.	200
		114.	300
		152.	400
		190.	500
		228.	600
		266.	700
		304.	800
		342.	900
		380.	1000
		760.	2000
		1140.	3000
		1520.	4000
		1900.	5000

BASIC UNIT

40

Unit	Person	Unit	Person
.4	1	4.0	10
.8	2	8.0	20
1.2	3	12.0	30
1.6	4	16.0	40
2.0	5	20.0	50
2.4	6	24.0	60
2.8	7	28.0	70
3.2	8	32.0	80
3.6	9	36.0	90
Basic Unit		40.	100
		80.	200
		120.	300
		160.	400
		200.	500
		240.	600
		280.	700
		320.	800
		360.	900
		400.	1000
		800.	2000
		1200.	3000
		1600.	4000
		2000.	5000

BASIC UNIT

42

Unit	Person	Unit	Person
.4	1	4.2	10
.8	2	8.4	20
1.3	3	12.6	30
1.7	4	16.8	40
2.1	5	21.0	50
2.5	6	25.2	60
2.9	7	29.4	70
3.4	8	33.6	80
3.8	9	37.8	90
Basic Unit		42.	100
		84.	200
		126.	300
		168.	400
		210.	500
		252.	600
		294.	700
		336.	800
		378.	900
		420.	1000
		840.	2000
		1260.	3000
		1680.	4000
		2100.	5000

BASIC UNIT

43

Unit	Person	Unit	Person
.4	1	4.3	10
.9	2	8.6	20
1.3	3	12.9	30
1.7	4	17.2	40
2.2	5	21.5	50
2.6	6	25.8	60
3.0	7	30.0	70
3.4	8	34.4	80
3.9	9	38.7	90
Basic Unit		43.	100
		86.	200
		129.	300
		172.	400
		215.	500
		258.	600
		301.	700
		344.	800
		387.	900
		430.	1000
		860.	2000
		1290.	3000
		1720.	4000
		2150.	5000

BASIC UNIT

44

Unit	Person	Unit	Person
.4	1	4.4	10
.9	2	8.8	20
1.3	3	13.2	30
1.8	4	17.6	40
2.2	5	22.0	50
2.6	6	26.4	60
3.1	7	30.8	70
3.5	8	35.2	80
4.0	9	39.6	90
Basic Unit		44.	100
		88.	200
		132.	300
		176.	400
		220.	500
		264.	600
		308.	700
		352.	800
		396.	900
		440.	1000
		880.	2000
		1320.	3000
		1760.	4000
		2200.	5000

BASIC UNIT

45

Unit	Person	Unit	Person
.5	1	4.5	10
.9	2	9.0	20
1.4	3	13.5	30
1.8	4	18.0	40
2.3	5	22.5	50
2.7	6	27.0	60
3.2	7	31.5	70
3.6	8	36.0	80
4.1	9	40.5	90
Basic Unit		45 .	100
		90 .	200
		135 .	300
		180 .	400
		225 .	500
		270 .	600
		315 .	700
		360 .	800
		405 .	900
		450 .	1000
		900 .	2000
		1350 .	3000
		1800 .	4000
		2250 .	5000

BASIC UNIT

46

Unit	Person	Unit	Person
.5	1	4.6	10
.9	2	9.2	20
1.4	3	13.8	30
1.8	4	18.4	40
2.3	5	23.0	50
2.8	6	27.6	60
3.2	7	32.2	70
3.7	8	36.8	80
4.1	9	41.4	90
Basic Unit		46.	100
		92.	200
		138.	300
		184.	400
		230.	500
		276.	600
		322.	700
		368.	800
		414.	900
		460.	1000
		920.	2000
		1380.	3000
		1840.	4000
		2300.	5000

BASIC UNIT

48

Unit	Person	Unit	Person
.5	1	4.8	10
1.0	2	9.6	20
1.4	3	14.4	30
1.9	4	19.2	40
2.4	5	24.0	50
2.9	6	28.8	60
3.4	7	33.6	70
3.8	8	38.4	80
4.3	9	43.2	90
Basic Unit		48.	100
		96.	200
		144.	300
		192.	400
		240.	500
		288.	600
		336.	700
		384.	800
		432.	900
		480.	1000
		960.	2000
		1440.	3000
		1920.	4000
		2400.	5000

BASIC UNIT

50

Unit	Person	Unit	Person
.5	1	5.0	10
1.0	2	10.0	20
1.5	3	15.0	30
2.0	4	20.0	40
2.5	5	25.0	50
3.0	6	30.0	60
3.5	7	35.0	70
4.0	8	40.0	80
4.5	9	45.0	90
Basic Unit		50.	100
		100.	200
		150.	300
		200.	400
		250.	500
		300.	600
		350.	700
		400.	800
		450.	900
		500.	1000
		1000.	2000
		1500.	3000
		2000.	4000
		2500.	5000

BASIC UNIT

75

Unit	Person	Unit	Person
.8	1	7.5	10
1.5	2	15.0	20
2.3	3	22.5	30
3.0	4	30.0	40
3.8	5	37.5	50
4.5	6	45.0	60
5.3	7	52.0	70
6.0	8	60.0	80
6.8	9	67.5	90
Basic Unit		75.	100
		150.	200
		225.	300
		300.	400
		375.	500
		450.	600
		525.	700
		600.	800
		675.	900
		750.	1000
		1500.	2000
		2250.	3000
		3000.	4000
		3750.	5000

MEMORANDUM

WEIGHT OF ARTICLES (ARMY CUP).**(Cup measures 1½ Pints)**

	Lb.	Oz.
Apples, evaporated.....		7
Beans, pinto.....	1	4
Beans, white.....	1	6
Beans, lima.....	1	3
Beans, red kid.....	1	3
Coffee, roasted, G.....		9
Corn Dried.....		14
Cornmeal.....	1	2
Currants.....	1	5
Eggs, broken.....	1	11
Flour.....		14
Hominy, fine.....	1	2
Milk, bulk.....	1	9
Oats, rolled.....		8
Peaches, evaporated.....		14
Peas, dried.....	1	4
Prunes, evaporated.....		14
Raisins.....		14
Rice.....	1	4
Salt, table.....	1	10
Syrup, can.....	2	
Sugar, loaf.....		14
Sugar, white.....	1	3
Tea, mix.....		5
Tea, Young Hyson.....		9

REMARKS

16 tablespoonfuls are 1 W. Cup

1 W. Cup is 8 oz.

2 W. Cups are 1 Pint

2 Pints are 1 Quart

4 Quarts are 1 Gallon

All measures are level full.

ARTICLE, CONTAINER and PORTION

Articles	No. 2	No. 2½	No. 3	No. 10	Mis- cel.	Por- tion
Canned Veg.:						
Asparagus	31oz	5
Beans, can.	31oz	6
Beans, Lima	20oz	6
Beans, string.	19oz	5
Corn	20oz	8
Peas	20oz	6
Tomato	37oz	8
Vegetables:						
Asparagus	2 lb.	5
Celery	8 lb.	24
Lettuce	¾ lb.	5
Watercress	6 oz.	4
Radishes, bun.	1 lb.	5
Fruits:						
Blackberries	1 lb.	5
Currants	1 lb.	6
Grapefruit	1 ea.	2
Cantaloupe	1 ea.	2
Pineapple	2½ lb.	2
Raspberries	1 lb.	5
Strawberries	1 lb.	5
Whortleberries	1 lb.	6
Watermelon	20lb	8
Canned:						
Apricots	31oz	6
Cherries	31oz	8
Peaches	31oz	7
Pears	31oz	7
Pineapple	32oz	8
Plums	31oz	7
Preserves:						
Jam	16oz	10
Jelly	10oz	10
Marmalade	15oz	10
Relishes:						
Capers	15oz	4
Catsup	16oz	4
Chili Sauce	16oz	10
Chow chow	16oz	10
Gherkins	18oz	12
Olives	16oz	10
Pickled Onions	16oz	12
Worcester Sauce	11oz	14

ARTICLE, CONTAINER and PORTION

Articles	Misc.	Por- tions
Canned Sea Food:		
Salmon	15½ oz.	4
Sardines	8¾ oz.	2
Sea Food:		
Oyster Stew	1 gal.	30
Whitefish	35 lbs.	100
Halibut	38 lbs.	100
Codfish, salt	12 lbs.	100
Applebutter:		
No. 8	10 oz jar	4
No. 12	14 " "	5
No. 16	18 " "	7
No. 22	26 " "	13
No. 30	28 " "	15
Kraut, No. 3	28 oz.	5
Kraut, No. 2	19 oz.	3
Grapes, basket	4 lbs.	12
Onions, green bun	1 doz.	20
Pickles	1 gal.	100
Rhubarb, fresh	1 lb.	6
Syrup	1 gal.	60
Vanilla Extract	2 oz. bot.	140
Vanilla Extract	8 oz. bot.	540
Lemon Extract	8 oz. bot.	540
Lemon Extract	2 oz. bot.	140

ARMY RATION FIGURED BY PERCENTAGES

Articles	Per Cent	100 R. Unit		Total Rations		Total Cost	Cost Unit
		x	Rations	"	Rations		
Beef, fresh	70	87.5	x 5.50 equals	481.25 lbs.	\$67 37	\$ 14	
Bacon issue	30	22.5	x 5.50	123.75 lbs.	29 70	.24	
Flour	100	112.5	x 5.50	618.75 lbs.	30 93	.05	
Baking Powder	100	.5	x 5.50	2.75 lbs.	.50	.18	
Beans issue	50	7.5	x 5.50	41.25 lbs.	2 06	.05	
Rice	50	5.	x 5.50	27.50 lbs.	1 37	.05	
Potatoes, fried	70	87.5	x 5.50	481.25 lbs.	9 62	.02	
Onions	20	25.	x 5.50	110. lbs.	2 20	.02	
Tomatoes, can	10	6.25	x 5.50	34.37 can	3 78	.11	
Prunes	30	2.4	x 5.50	13.20 lbs.	2 24	.17	
Jam	50	2.54	x 5.50	13.97 can	4 47	.32	
Apples, evaporated	10	.8	x 5.50	4.40 lbs.	.62	.14	
Peaches, evaporated	10	.8	x 5.50	4.40 lbs.	.62	.14	
Coffee, roast and ground	100	7.	x 5.50	38.50 lbs.	10 01	.26	
Sugar	100	20.	x 5.50	110. lbs.	8 80	.08	
Milk, evaporated	100	3.125	x 5.50	17.18 can	1 71	.10	
Vinegar	50	.25	x 5.50	1.37 gal.	.55	.40	
Pickles	50	.25	x 5.50	1.37 gal.	.62	.45	

Salt.....	100	4.	x	5.50	"	22.	lbs.	.22	.01
Pepper (quarter lb.).....	100	5.50	x	5.50	"	5.5	tin	.49	.09
Cinnamon (quarter lb.).....	100	.35	x	5.50	"	1.92	tin	.13	.07
Lard.....	100	4.	x	5.50	"	22.	lbs.	3.52	.16
Butter.....	100	3.125	x	5.50	"	17.18	lbs.	7.21	.42
Syrup.....	100	1.	x	5.50	"	5.5	gal.	3.80	.69
Lemon Extract (2 oz. bottle).....	100	.7	x	5.50	"	3.85	bt.	.35	.09
Total.....								\$192.89	

The above is the quantity for 55 men for 10 days, which is a total of 550 rations. The cost is \$192.89 or a cost of \$0.35 per ration. To figure the amount of ration you should need for any number of days, multiply the unit in the second column by the number of rations required, which will give you the proper percentage. The cost price will be the total money value allowed. This divided by the ration number will give you the cost of one ration.

You may find the cost of one ration by taking beef 70 per cent, and multiply 87.5 by cost. So on down all the articles and total cost of all divided by 100 should give you the cost of (1) ration.

BAKING CHART FOR SCOUTS

Article	Flour	Milk or Water	Baking Powder	Butter or lard	Eggs	Sugar	Yeast Cake
Cake	1 1/4 c.	1/2 c.	2 t.	2 oz.	2 ea.	1/2 c.
Griddle Cake	1 pt.	2 c.	3 t.	2 T.	1 ea.	1 T.
Timbale Cake	1 c.	1/2 c.	1 T.	1 ea.	1 t.
Cookies	1 pt.	1/2 c.	2 t.	2 oz.	1 ea.	1/2 c.
Doughnuts	1 pt.	1/2 c.	2 t.	2 oz.	1 ea.	1/2 c.
Muffin, No. 1	1 pt.	1 c.	4 t.	1 T.
Muffin, No. 2	1 pt.	1/2 c.	3 t.	2 oz.	1 ea.	1/2 c.
Muffin, No. 3	2 c.	1 c.	1/2 oz.	1 T.
Coffee Cake	2 c.	1/2 c.	2 oz.	2 ea.	1/2 c.
Buns	3 c.	1 c.	2 oz.	1/2 c.
Bread	3 c.	1 c.	1/2 oz.	1 t.
Pastry, Pie	1 pt.	1/2 c.	4 oz.
Rolls	3 c.	1 c.	1 oz.	1 T.
Fancy Rolls	3 c.	1 c.	2 oz.	1 ea.	2 T.

REMARKS:—t., teaspoonful; T., tablespoonful; C., white; c., cups; ea., each; oz., ounce.

ARTICLES FOR 21 MEALS OR 7 DAYS 30 SCOUTS PERMANENT CAMP.—(Table A)

Total Cost, \$97.16

Days	Sugar	Syrup,	Pickle	Coffee	Milk, cond.	Bread, soft	Butter	Flour	Baking Powder	Potatoes	Lard	Links, fresh	Apples	Beef, Veal	Onions	Cornflakes	Eggs	Cantaloupe	Liver	
1 { Breakfast Dinner Supper	3	1		1	3	11	1	4	4	11		8.5								
	3			1	3	11	1			11					1					
	3			1	3	16	1	8		17	1		9	7						
2 { Breakfast Dinner Supper	3				4	11		1		16					1					
	3				3	11				8				12						

THE COST PRICE

To 21 Meal Chart

TABLE (A)

Sugar.....	10 lb.
Syrup.....	50 gal.
Pickles.....	60 "
Coffee.....	26 lb.
Milk.....	10 can
Bread.....	6 lb.
Butter.....	50 "
Flour.....	5 "
Baking Powder.....	30 can
Potatoes.....	2 lb.
Lard.....	18 "
Links, fresh.....	17 "
Apples.....	3 "
Beef.....	18 "
Onions.....	2 "
Cornflakes.....	35 "
Eggs.....	32 doz.
Cantaloupe.....	5 each
Liver.....	8 lb.
Oats, rolled.....	5 "
Sausage.....	17 "
Cheese, cream.....	30 "
Beans, white.....	6 "
Parsnips.....	2 "
Fish.....	18 "
Potatoes, sweet.....	2 "
Onions, G.....	25 doz.
Macaroni.....	5 lb.
Tomatoes.....	2 "
Eggplant.....	2 "
Mutton.....	14 "
Peppers, G.....	1 each
Peaches.....	16 lb.
Prunes.....	16 "
Tea.....	30 "
Bacon.....	24 "
Rice.....	5 "
Carrots.....	2 "
Cabbage.....	2 "
Starch.....	5 "
Lemons.....	25 doz.

ISSUE TABLES—BASIC UNIT SYSTEM.
MEATS.

Persons	BEEF														VEAL		Mut- ton
	A la Mode	Boiled	Spanish	Minced	Loaf	Hamburger	Roast	Steak	Cornbeef	Stew	Fritters	Dried Beef	Hash	Liver	Roast	Cutlets	
	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	
1	3	3	4	3	4	4	4	4	4	4	3	3	1	2	4	4	4
2	6	6	7	6	7	7	7	7	7	7	4	5	4	4	8	8	8
3	9	9	11	9	11	11	11	11	11	11	6	8	7	7	11	12	12
4	12	12	14	14	14	14	14	14	14	14	8	10	9	9	16	16	16
5	15	15	18	15	18	18	18	18	18	18	10	13	11	11	20	20	20
6	18	18	21	18	21	21	21	21	21	21	12	15	13	13	24	24	24
7	21	21	25	21	25	25	25	25	25	25	14	18	15	15	28	28	28
8	24	24	28	24	28	28	28	28	28	28	16	20	18	18	32	32	32

ISSUE TABLES—BASIC UNIT SYSTEM.
MEATS.—(Continued from Page 110.)

PERSONS	MUTTON		LAMB						PORK						DAIRY PDT.			FOWL		S.F.
	Chops	Roast	Chops	Roast	Chops	Links, fr.	Frankfurters	Sausage, loose	Minced Ham Sausage	Bologna	Cottage Cheese	Cream Cheese	Butter, 32 to lb.	Chicken, roast	Chicken, fried	Chicken, fricasee	Oyster Stew			
1	4	4	4	4	4	3	3	3	3	3	3	3	3	5	5	4	3			
2	8	8	8	8	8	6	6	6	6	6	6	6	6	10	10	8	6			
3	12	12	12	12	12	8	8	8	8	8	8	8	8	15	15	12	9			
4	16	16	16	16	16	11	11	11	11	11	11	11	11	20	20	16	12			
5	20	20	20	20	20	14	14	14	14	14	14	14	14	25	25	20	15			
6	24	24	24	24	24	17	17	17	17	17	17	17	17	30	30	24	18			
7	28	28	28	28	28	20	20	20	20	20	20	20	20	35	35	28	21			
8	32	32	32	32	32	23	23	23	23	23	23	23	23	40	40	32	24			
9	36	36	36	36	36	25	25	25	25	25	25	25	25	45	45	36	27			

**ISSUE TABLES—BASIC UNIT SYSTEM
VEGETABLES**

Persons	Asparagus lb.	Bavarian Cabbage lb.	Beans, str. wax lb.	Beet Salad lb.	Beets, buttered lb.	Cabbage and Bacon lb.	Carrots, baked lb.	Carrots, mashed lb.	Cauliflower, creamied lb.	Celery lb.	Onions, green, doz. bch.	Cucumbers sliced ea.	Cold Slaw lb.	Kraut, gal. gal.	Lettuce lb.	Onions, fried lb.	Onions, creamied lb.
1	3	4	4	3	3	3	3	3	3	2	04	3	3	03	2	3	3
2	5	8	7	5	6	8	6	6	5	4	08	3	6	06	4	5	6
3	8	12	11	9	9	12	9	9	8	6	12	5	9	09	6	8	9
4	10	16	14	6	12	16	12	12	10	8	16	6	12	12	8	10	9
5	13	20	18	8	15	20	15	15	13	10	20	8	15	15	10	13	15
6	15	24	21	9	18	24	18	18	15	12	24	10	18	18	12	15	18
7	18	28	25	11	21	28	21	21	18	14	28	11	21	21	14	18	21
8	20	32	28	12	24	32	24	24	20	16	32	13	24	24	16	20	24
9	23	36	32	14	27	36	27	27	23	18	36	14	27	27	18	23	27

10	2.5	4.0	3.5	1.5	3.0	4.0	3.0	3.0	2.5	2.0	.40	1.6	3.0	3.0	2.0	2.5	3.0	2.0	2.5	3.0
11	2.8	4.4	3.9	1.7	3.3	4.4	3.3	3.3	2.8	2.2	.44	1.8	3.3	3.3	2.2	2.8	3.3	2.2	2.8	3.3
12	3.0	4.8	4.3	1.8	3.6	4.8	3.6	3.6	3.0	2.4	.48	1.9	3.6	3.6	2.4	3.0	3.6	2.4	3.0	3.6
13	3.3	5.2	4.6	2.0	3.9	5.2	3.9	3.9	3.3	2.6	.52	2.1	3.9	3.9	2.6	3.3	3.9	2.6	3.3	3.9
14	3.5	5.6	4.9	2.1	4.2	5.6	4.2	4.2	3.5	2.8	.56	2.2	4.2	4.2	2.8	3.5	4.2	2.8	3.5	4.2
15	3.8	6.0	5.3	2.3	4.5	6.0	4.5	4.5	3.8	3.0	.60	2.4	4.5	4.5	3.0	3.8	4.5	3.0	3.8	4.5
16	4.0	6.4	5.6	2.4	4.8	6.4	4.8	4.8	4.0	3.2	.64	2.6	4.8	4.8	3.2	4.0	4.8	3.2	4.0	4.8
17	4.3	6.8	6.0	2.6	5.1	6.8	5.1	5.1	4.3	3.4	.68	2.7	5.1	5.1	3.4	4.3	5.1	3.4	4.3	5.1
18	4.5	7.2	6.3	2.7	5.4	7.2	5.4	5.4	4.5	3.6	.72	2.9	5.4	5.4	3.6	4.5	5.4	3.6	4.5	5.4
19	4.8	7.6	6.7	2.9	5.7	7.6	5.7	5.7	4.8	3.8	.76	3.0	5.7	5.7	3.8	4.8	5.7	3.8	4.8	5.7
20	5.0	8.0	7.0	3.0	6.0	8.0	6.0	6.0	5.0	4.0	.8	3.2	6.0	6.0	4.0	5.0	6.0	4.0	5.0	6.0
30	7.5	12.	10.5	4.5	9.0	12.	9.	9.	7.5	6.0	1.2	4.8	9.	6.0	6.0	7.5	9.	6.0	7.5	9.
40	10.0	16.	14.	6.0	12.0	16.	12.	12.	10.0	8.0	1.6	6.4	12.	8.0	8.0	10.0	12.	8.0	10.0	12.
50	12.5	20.	17.5	7.5	15.	20.	15.	15.	12.5	10.0	2.0	8.0	15.	10.0	10.0	12.5	15.	10.0	12.5	15.
60	15.	24.	21.	9.0	18.	24.	18.	18.	15.	12.	2.4	9.6	18.	12.	12.	15.	18.	12.	15.	18.
70	17.5	28.	24.5	10.5	21.	28.	21.	21.	17.5	14.	2.8	11.2	21.	14.	14.	17.5	21.	14.	17.5	21.
80	20.	32.	28.	12.	24.	32.	24.	24.	20.	16.	3.2	12.8	24.	16.	16.	20.	24.	16.	20.	24.
90	22.5	36.	31.5	13.5	27.	36.	27.	27.	22.5	18.	3.6	14.4	27.	18.	18.	22.5	27.	18.	22.5	27.
100	25.	40.	35.	15.	30.	40.	30.	30.	25.	20.	4.	16.	30.	20.	20.	25.	30.	20.	25.	30.

In case the number of persons are greater than the above table, take the number of persons and multiply by the last row, or bottom row, which is the Basic Unit. Use decimal multiplication. Example: If we are using cauliflower for 225 persons, 25 is the Basic Unit, or 225 x 25 equals 56.25 lbs. needed.

(Continued on Page 116)

ISSUE TABLES—BASIC UNIT SYSTEM
 VEGETABLES—(Table Continued from Page 114)

Persons	Onions, sliced	Peas, Sooth	Peas, green	Peas, can	Parsnips, canned	Potatoes, W.	Potatoes, sweet	Pumpkin, baked	Pickles, sliced	Tomatoes, sliced	Spinach	Turnips, mashed	Butabago, mashed	Baked Beans, No. 3	Hominy, C.	Squash mashed
	lb.	lb.	qt.	ca.	lb.	lb.	lb.	lb.	gal.	lb.	lb.	lb.	lb.	ca.	ca.	lb.
1	3	08	1	1	4	4	4	4	.01	1	4	3	3	3	3	3
2	3	16	3	4	7	7	8	7	.02	4	7	6	6	4	4	6
3	5	24	4	5	1	1	1	1	.03	7	1	9	9	5	6	9
4	6	32	6	9	1	4	1	4	.01	9	1	1	1	5	8	9
5	8	40	7	1	1	8	2	1	.05	1	1	5	1	9	1	1
6	9	48	8	1	1	8	4	1	.06	1	1	8	1	1	1	1
7	1	56	1	1	1	5	8	1	.07	1	1	1	1	1	1	1
8	1	64	1	1	1	8	3	1	.08	1	1	1	1	1	1	1
9	1	72	1	1	1	3	6	1	.09	1	1	1	1	1	1	1

10	1.5	.80	1.4	2.2	3.5	4.0	3.5	.10	.22	3.5	3.0	3.0	1.8	2.0	3.0
11	1.7	.88	1.5	2.4	3.9	4.4	3.9	.11	2.4	3.9	3.3	3.0	2.0	2.2	3.0
12	1.8	.96	1.7	2.6	4.3	4.8	4.3	.12	2.6	4.3	3.6	3.6	2.2	2.4	3.6
13	2.0	1.04	1.8	2.9	4.6	5.2	4.6	.13	2.9	4.6	3.9	3.9	2.3	2.6	3.9
14	2.1	1.12	2.0	3.1	4.9	5.6	4.9	.14	3.1	4.9	4.2	4.2	2.5	2.8	4.3
15	2.3	1.20	2.1	3.3	5.3	6.0	5.3	.15	3.3	5.3	4.5	4.5	2.7	3.0	4.5
16	2.4	1.28	2.2	3.5	5.6	6.4	5.6	.16	3.5	5.6	4.8	4.8	2.9	3.2	4.8
17	2.6	1.36	2.4	3.7	6.0	6.8	6.0	.17	3.7	6.0	5.1	5.1	3.1	3.4	5.1
18	2.7	1.44	2.5	4.0	6.3	7.2	6.3	.18	4.0	6.3	5.4	5.4	3.2	3.6	5.4
19	2.9	1.52	2.7	4.4	6.7	7.6	6.7	.19	4.2	6.7	5.7	5.7	3.4	3.8	5.7
20	3.0	1.60	2.8	4.4	7.0	8.0	7.0	.2	4.4	7.0	6.0	6.0	3.6	4.0	6.0
30	4.5	2.40	4.2	.66	10.5	12.	10.5	.2	6.6	10.5	9.	9.	5.4	6.0	9.0
40	6.0	3.20	5.6	8.8	14.	16.	14.	.4	8.8	14.	12.	12.	7.2	8.0	12.
50	7.5	4.00	7.0	11.	17.5	20.	17.5	.5	11.	17.5	15.	15.	9.0	10.0	15.
60	9.0	4.80	8.4	13.2	21.	24.	21.	.6	13.2	21.	18.	18.	10.8	12.	18.
70	10.5	5.60	9.8	15.4	24.5	28.	24.5	.7	15.4	24.5	21.	21.	12.6	14.	21.
80	12.	6.40	11.2	17.6	28.	32.	28.	.8	17.6	28.	24.	24.	14.4	16.	24.
90	13.5	7.20	12.6	19.8	31.5	36.	31.5	.9	19.8	31.5	27.	27.	16.2	18.	27.
100	15	8.0	14.	22.	35.	40.	35.	1.0	22.	35.	30.	30.	18.	20.	30.

In case the number of person is greater than the above table, take the number of persons and multiply by the last row, or bottom row, which is the Basic Unit. Use decimal multiplication. Example: If we are using cauliflower for 225 persons, 25 is the Basic Unit, or 225 x .25 equals 56.25 lbs. needed.

ISSUE TABLES—BASIC UNIT SYSTEMS.
MISCELLANEOUS

Persons	Apples evaporated	Beans, Chili	Beans, W.	Beans, Kid	Beans, Lima	Bread, soft	Bread, pilot	Coffee, roast	Corn, can	Cornmeal Bread	Currants in pudding	Flour, Corn Bread	Honey, C.	Milk, fresh	Milk, evap.	Oatmeal	Peaches, evaporated
	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	ca.	lb.	lb.	lb.	ca.	gal	ca.	lb.	lb.
1	.08	2	3	2	1	3	2	.03	2	.08	.03	.08	2	.06	.08	.09	2
2	.16	3	5	3	3	6	4	.06	4	.16	.06	.16	4	.12	.16	.18	4
3	.24	5	8	5	4	9	7	.09	5	.24	.09	.24	6	.18	.24	.27	6
4	.32	6	10	6	5	12	9	.12	7	.32	.12	.32	8	.25	.32	.36	8
5	.40	8	13	8	7	15	11	.15	9	.40	.15	.40	10	.31	.40	.45	10
6	.48	10	15	10	8	18	13	.18	11	.48	.18	.48	12	.37	.48	.54	12
7	.56	11	18	11	9	21	15	.21	13	.56	.21	.56	14	.43	.56	.63	14

8	64	1.3	2.0	1.3	1.0	2.4	1.8	24	1.4	64	24	64	1.6	50	64	72	1.3
10	.80	1.6	2.5	1.6	1.3	3.0	2.2	30	1.8	.80	.30	.80	2.0	.60	.80	.80	1.6
11	.88	1.8	2.8	1.8	1.4	3.3	2.4	33	2.0	.88	.33	.88	2.2	.68	.88	.99	1.8
12	.96	1.9	3.0	1.9	1.6	3.6	2.6	36	2.2	.96	.36	.96	2.3	.75	.96	1.08	1.9
13	1.04	2.1	3.3	2.5	1.7	3.9	2.9	39	2.3	1.04	.39	1.04	2.6	.81	1.04	1.17	2.1
14	1.12	2.2	3.5	2.2	1.8	4.2	3.1	42	2.5	1.12	.42	1.12	2.8	.87	1.12	1.26	2.2
15	1.20	2.4	3.8	2.4	2.0	4.5	3.3	45	2.7	1.20	.45	1.20	3.0	.89	1.20	1.75	2.4
16	1.28	2.6	4.0	2.6	2.1	4.8	3.5	48	2.9	1.28	.48	1.28	3.2	1.00	1.28	1.44	3.6
17	1.36	2.7	4.3	2.7	2.2	5.1	3.7	51	3.1	1.36	.51	1.36	3.4	1.06	1.36	1.53	2.7
18	1.44	2.9	4.5	2.9	2.3	5.4	4.0	54	3.2	1.44	.54	1.44	3.6	1.12	1.44	1.62	2.9
19	1.52	3.0	4.8	3.0	2.5	5.7	4.2	57	3.4	1.52	.57	1.52	3.8	1.18	1.52	1.71	3.0
20	1.60	3.2	5.0	3.2	2.6	6.0	4.4	60	3.6	1.60	.60	1.60	4.0	1.25	1.60	1.80	3.2
30	2.40	4.8	7.5	4.8	3.9	9.0	6.6	90	5.4	2.40	.90	2.40	6.0	1.87	2.40	2.70	4.8
40	3.20	6.4	10.0	6.4	5.2	12.	8.8	1.20	7.2	3.20	1.20	3.20	8.0	2.50	3.20	.60	6.4
50	4.00	8.0	12.5	8.0	6.5	15.	11.0	1.5	9.0	4.00	1.5	4.00	10.0	3.13	4.00	4.50	8.0
60	4.80	9.6	15.0	9.6	7.8	18.	13.2	1.8	10.8	4.80	1.80	4.80	12.0	3.75	4.80	5.40	9.6
70	5.60	11.2	17.5	11.2	9.1	21.	15.4	2.1	12.6	5.60	2.1	5.60	14.0	4.38	5.60	6.30	14.2
80	6.40	12.8	24.	12.8	10.4	24.	17.6	2.4	14.4	6.40	2.4	6.40	16.0	5.00	6.40	7.20	13.8
90	7.20	14.4	22.5	14.4	11.7	27.	19.8	2.70	16.2	7.20	2.70	7.20	18.0	5.63	7.20	8.10	14.4
100	8	16	25	16	13	30	22	3	18	8	3	8	20	6.25	8	9	16

(See footnotes on Page 121.)

ISSUE TABLES—BASIC UNIT SYSTEM.—MISCELLANEOUS
(Table Continued from Page 119.)

Persons,	Pears, dried	Prunes	Raisins in pudding	Rice	Salt	Syrup, can	Sugar, gran.	Tea, mix	Bacon	Cornbeef, canned	Salmon, can	Tomatoes, canned	Baked Beans No. 3	Jam, can	Potatoes, W.	Onions, fr.	
	lb.	lb.	lb.	lb.	lb.	ca.	lb.	lb.	lb.	ca.	ca.	ca.	ca.	ca.	lb.	lb.	fr.
1	2	2	03	09	01	02	1	01	2	1	2	1	2	1	4	3	
2	3	4	06	18	02	04	2	01	4	3	4	2	4	2	7	6	
3	5	5	09	27	03	06	3	02	5	4	7	3	5	3	11	9	
4	6	7	12	36	04	08	4	02	7	6	9	4	7	4	14	9	
5	8	9	15	45	05	10	5	03	9	7	1	6	9	5	18	15	
6	10	11	18	54	06	12	6	03	11	8	1	7	9	6	21	18	
7	11	13	21	63	07	14	7	04	13	10	1	8	11	7	25	21	
8	13	14	24	72	08	16	8	04	14	13	1	9	14	8	32	24	
9	14	16	27	81	09	18	9	05	16	13	2	10	16	9	33	27	
10	16	18	30	90	10	20	10	05	18	14	2	11	18	10	35	30	

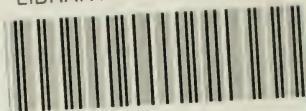
11	1.8	2.0	.33	.99	.11	.22	1.1	.06	2.0	1.5	2.4	1.2	2.0	1.1	3.9	3.3
12	1.9	2.2	.36	1.08	.12	.24	1.2	.06	2.2	1.7	2.6	1.3	2.2	1.2	4.2	3.6
13	2.1	2.3	.39	1.17	.13	.26	1.3	.07	2.3	1.8	2.9	1.4	2.3	1.3	4.6	3.9
14	2.2	2.5	.42	1.26	.14	.28	1.4	.07	2.5	2.0	3.1	1.5	2.5	1.4	4.9	4.2
15	2.4	2.7	.45	1.35	.15	.30	1.5	.08	2.7	2.1	3.3	1.7	2.7	1.5	5.3	4.5
16	2.6	2.9	.48	1.44	.16	.32	1.6	.08	2.9	2.2	3.5	1.8	2.9	1.6	5.6	4.8
17	2.7	3.1	.51	1.58	.17	.34	1.7	.09	3.1	2.4	3.7	1.9	3.1	1.7	6.0	5.0
18	2.9	3.2	.54	1.62	.18	.36	1.8	.09	3.2	2.5	4.0	2.0	3.2	1.8	6.3	5.4
19	3.0	3.4	.57	1.71	.19	.38	1.9	.10	3.4	2.7	4.2	2.1	3.4	1.9	6.7	5.7
20	3.2	3.6	.60	1.80	.20	.40	2.0	.10	3.6	2.8	4.4	2.2	3.6	2.0	7.0	6.0
30	4.8	5.4	.90	2.70	.30	.60	3.0	.15	5.4	4.2	6.6	3.3	5.4	3.0	10.5	9.0
40	6.4	7.2	1.2	3.60	.40	.80	4.0	.20	7.2	5.6	8.8	4.4	7.2	4.0	14.0	12.0
50	8.0	9.0	1.5	4.50	.50	1.00	5.0	.25	9.0	7.0	11.0	5.5	9.0	5.0	17.5	15.0
60	9.6	10.8	1.8	5.40	.60	1.20	6.0	.30	10.8	8.4	13.2	6.6	10.8	6.0	21.0	18.0
70	11.2	12.6	2.1	6.80	.70	1.40	7.0	.35	12.6	9.8	15.4	7.7	12.6	7.0	24.5	21.0
80	13.8	14.4	2.4	7.20	.80	1.60	8.0	.40	14.4	11.2	17.6	8.8	14.4	8.0	28.0	24.0
90	14.4	16.2	2.7	8.10	.90	1.80	9.0	.45	16.2	12.6	19.8	9.9	16.2	9.0	31.5	27.0
100	16	18	3	9	1	2	10	.50	18	14	22	11	18	10	35	30

In case the number of persons is greater than the above table, take the number of persons and multiply by the last row or bottom row which is the Basic Unit, use decimal multiplication. Example: If we are using can tomatoes for 225 persons, 11 is the Basic Unit or 225 x 11 equals 24.75 cans.





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