

Feed a Family of Five on

\$4

In February, 1940, the very first family to appear in our now-famous *How America Lives* series spent \$1 a day to feed a family of four. The family's yearly income was the national average for employed Americans, \$1900.

Today, twenty years later, our counterpart family of five on an average yearly income of \$5860 can eat on \$4 a day. Here is a price comparison on eight basic food items in 1940 and today.

ITEM	1940	1960
Fresh whole milk, quart (grocery store)	12c	25c
Butter, pound	36c	74c
Eggs, dozen	33c	53c
Cheese (American processed), ½ pound	13c	34c
White bread, 1-lb. loaf	8c	20c
Round steak, pound	36c	106c
Pork chops, pound	28c	84c

(Annual average retail prices for 1940, nine-month average for 1960, from the U.S. Bureau of Labor Statistics.)

Four dollars a day for food satisfying and appetizing to three growing children and a busy husband—budgeting is a dramatic struggle for attractive Alice Bruns. Her secret: economical cuts of meat, particularly Iowa-raised beef, variety meats such as liver and heart; fruits and vegetables in season; milk by the gallon, and day-old bread. Her problem: how to make her menus exciting and still stay within the budget. With a little ingenuity and a sprinkling of subtle seasonings we found it could be done! For easy cooking, good looks and downright deliciousness, the Brunses give winning votes to flavorful poppy-seed pot roast with sour-cream gravy. Hearty beef loaf, tangy with horse-radish, crusty brown on top, takes wonderful care of those leftovers. Chicken baked in butter-milk with a whisper of rosemary crisps to golden perfection. Succulent morsels of beef simmering with thyme and basil bring memories of a fragrant country herb garden. Serve with noodles and you have a mouth-watering meal fit for five hungry hunters. To add spice to your life, try juicy hamburgers aromatic with ginger and cloves. Hearty liver and onions become tantalizingly tempting with the blending of soy sauce and golden mustard in their juices. "It's truly amazing what a pinch of this and a dash of that can do for the most ordinary food," said Alice. "Making inexpensive meals interesting has been my biggest problem."

Poppy-Seed Pot Roast with Sour-Cream Gravy

5-pound boned pot roast of beef, chuck or bottom round	1 pound carrots, scraped and cut into pieces
1 teaspoon salad oil	1 pound small onions, peeled
2 cups water	1 can (1-lb.) peas, drained
2½ teaspoons salt	Flour-and-water paste for thickening gravy
¼ teaspoon pepper	1 teaspoon paprika
2 teaspoons poppy seed	½ cup commercial sour cream

Heat salad oil in a heavy kettle. Brown meat well on all sides. Add water, 1½ teaspoons salt, pepper and poppy seed. Cover and simmer for 2½ hours. Add carrots and onions and continue simmering for another hour, when the meat should be fork-tender. Ten minutes before the end of cooking time, add peas to kettle. Transfer meat and vegetables to a warm platter. Remove string, if any, from meat. Keep warm. Skim excess fat from liquid in kettle. Heat liquid to boiling and thicken with flour-and-water paste. Season with remaining salt and the paprika. Remove from heat and add sour cream. Mix well. Pour some gravy over meat and pass the rest. Makes 8-10 servings.

Buttermilk Chicken With Rosemary

4 pounds broiling chickens cut into parts	1½ teaspoons salt
¾ cup buttermilk	¼ teaspoon pepper
½ cup packaged dry bread crumbs	½ teaspoon powdered rosemary

Place chicken parts in a shallow 2½-quart casserole. Pour buttermilk over chicken. Cover and refrigerate for 2-3 hours. Mix bread crumbs, salt, pepper and rosemary. Coat each piece of chicken with crumb mixture. Return chicken to butter.

Hot Horse-Radish Beef Loaf

4 cups coarsely ground cooked beef (leftover pot roast)	1 teaspoon salt
2 cups dry white bread crumbs	¼ teaspoon pepper
½ cup finely chopped green pepper	2 tablespoons prepared horse-radish
½ cup finely chopped onion	2 tablespoons dry skim-milk powder
	½ cup water

Mix beef, bread crumbs, green pepper, onion, salt, pepper, horse-radish until well blended. Dissolve skim milk in water. Add to meat mixture, mix well. Pack into a greased 7" x 3½" x 2" loaf pan, cover with aluminum foil. Bake in a moderate oven, 350° F., for ½ hour. Remove foil and continue baking ½ hour longer. Serve with home-made or canned beef gravy if desired. Makes 6 servings.

Smothered Liver and Onions

1½ pounds pork liver, sliced	¼ teaspoon dry mustard
2 tablespoons soy sauce	¼ cup water
¼ cup flour seasoned with 1 teaspoon salt and ¼ teaspoon pepper	1 pound thinly sliced, peeled onions

Wipe liver with a clean damp cloth and arrange in a shallow 2-quart casserole. Add soy sauce. Cover and refrigerate for 2-3 hours. Occasionally turn the liver in the soy sauce. Coat each piece of liver with seasoned flour and return to soy sauce in casserole. Mix mustard and water. Add to casserole. Separate onion rings and place on top. Cover and bake in a moderate oven, 350° F., for ½ hour. Uncover and continue baking for ½ hour longer or until liver and onions are tender. Makes 5-6 servings.

Country Herbed Beef Stew

1½ pounds stewing beef cut into ¾" cubes	1½ cups water
¼ cup flour	¼ teaspoon thyme
1½ teaspoons salt	½ teaspoon basil
½ teaspoon pepper	½ teaspoon dried parsley
4 teaspoons salad oil	1 pound carrots scraped and sliced
1 onion peeled and coarsely chopped	½ pound turnips peeled and cubed

Mix flour, 1 teaspoon salt and pepper together. Shake meat in seasoned flour. Heat salad oil in heavy 3-quart kettle or saucepan. Brown meat on all sides over high heat. Remove and reserve meat. Sauté onion in kettle until golden. Return meat to kettle. Add water, remaining salt, thyme, basil and parsley. Cover and simmer for 1½ hours. Add carrots and turnips. Continue simmering for ½-¾ hour or until meat and vegetables are fork-tender. Makes 5-6 servings. Serve with noodles.

Deviled Hamburgers

1½ pounds ground beef chuck	Pinch powdered cloves
¼ teaspoon ginger	½ teaspoon onion juice or grated onion
¼ teaspoon garlic salt	¼ cup water
1 teaspoon salt	2 tablespoons margarine or butter
6-8 drops liquid pepper seasoning	

Mix hamburger (ground chuck), ginger, garlic salt, salt, liquid pepper seasoning, cloves, onion juice or grated onion and water uniformly. Divide into 12 equal 2-ounce measures, form 6 round patties. Heat



STILLMAN

a Day? It can be done!



SUNDAY DINNER \$ 2.42

Poppy-seed pot roast with sour-cream gravy (charge for 2½ lbs. here)
Whipped potatoes
Sweet-sour cabbage salad
Apples and crisp homemade cookies
Milk and coffee

MONDAY DINNER \$ 2.03

Buttermilk chicken with rosemary
Mashed potatoes
Green beans (canned)
Vanilla layer cake (cake mix)
Milk and coffee

TUESDAY DINNER \$ 2.13

Hot horse-radish beef loaf
Baked potatoes
Peas
Fruit-gelatin salad
Milk and coffee

WEDNESDAY DINNER \$ 1.47

Smothered liver and onions
Rice
Coleslaw
Jelly roll (purchased from bakery)
Milk and coffee

THURSDAY DINNER \$ 2.09

Country herbed beef stew
Noodles
Green-lettuce salad
Angel-food cake
Milk and coffee

FRIDAY DINNER \$ 1.70

Wieners
Scalloped potatoes
Kidney beans
Canned peaches and ice cream
Milk and coffee

SATURDAY DINNER \$ 1.59

Deviled hamburgers
Baked beans
Lettuce salad
Homemade brownies
Milk and coffee

Week's total for dinner \$13.43

BREAKFAST FOR THE BRUNSES

1 can (6-oz.) frozen orange juice makes 4 (6-oz.) glasses; @ 2 cans for 29c . . . \$.15
4 eggs @ 48c per dozen, medium size, Grade B16
8 slices toast (½ loaf), 2 loaves day-old bread for 29c .10
3 oz. margarine @ 6 lbs. for \$1.0004
3 (8-oz.) glasses milk @ 64c per gallon12
1 cup coffee (10-oz.-jar instant coffee @ \$1.45)03
Don has coffee and doughnut for breakfast at work10

Daily total \$.70

Week's total for breakfast \$4.90

LUNCHES

3 children's lunches \$ 3.00
Don's lunches at work 1.70
Aunt's lunches at home 1.30