

## WELLESLEY TRAINING CAMP MENUS & RECIPES

### Sunday

#### Breakfast:

- Boiled rice with dates
- Top milk
- Buttered toast
- Coffee with cream

#### Dinner:

- Roast Beef, brown gravy
- Pittsburgh potatoes
- Buttered green beans
- Grape tapioca
- Lace Cookies

#### Supper:

- Creamed corn
- Graham bread
- Cheese
- Prune ginger bread
- Russian tea

### Monday

#### Breakfast:

- Mock cream of wheat
- Milk
- Drop biscuits w.butter
- Scrambled eggs
- Coffee

#### Luncheon:

- Vegetable salad w/nuts—potatoes, beans, nuts
- Bread and butter
- Trilbies
- Cocoa

#### Dinner:

- Bakes hash
- Buttered carrots
- Bread and butter
- Apple dumplings, lemon sauce

### Tuesday

#### Breakfast:

- Sliced peaches

Oatmeal—top milk  
Buttered toast  
Coffee

Luncheon:

Graham cream cheese sandwiches  
Cabbage salad  
Palin drop cookies  
Coffee jelly

Dinner:

Steamed eggs in potatoe nests  
Boiled corn on cob—butter  
Lettuce salad  
Apple pie

Wednesday

Breakfast:

Stewed prunes  
Cornmeal mush—milk  
Danish rolls—butter  
Cocoa

Luncheon:

Jellied meat  
Whole wheat bread sandwich  
Applle-butter sandwich  
Soft molasses cookies

Dinner:

Bakes potatoes  
Creamed dried beef  
Spinach  
Chocolate bread pudding  
Custard sauce

Thursday

Breakfast:

Apple sauce  
Hominy—milk  
Bread and butter  
Coffee

Luncheon:

Minced ham sandwiches  
Sliced tomatoes  
Drop doughnuts  
Milk

Dinner:

Hamburg steak  
Potatoes Bohemian style (fried onions piled on mound of mashed potatoes)  
Crumb pudding, maple sauce

Friday

Breakfast:

Soda scones  
Mock cream of wheat  
Ginger apple sauce  
Coffee

Luncheon:

Shredded cabbage with mayonnaise dressing  
War bread and butter sandwich  
Cheese  
Nut cookies  
Milk

Dinner:

Baked haddock (stuffed)  
Creamed potatoes  
Swiss chard  
Sliced tomatoes with cream dressing  
Spice cake

Saturday

Breakfast:

Hominy with raisins—top milk  
Buttered toast  
Coffee

Luncheon:

Flaked fish salad  
Bread and butter sandwiches  
Peanut butter cookies  
Tea

Supper:

Tomato bisque—croutons  
Toasted cheese sandwiches  
Corn roasted in husk  
Baked apple with Caledonia whip

Sunday

Breakfast:

Bananas

Oatmeal and milk  
Toast and butter  
Coffee—cream

Dinner:

Baked chicken, stuffing  
Mashed carrots  
Riced potatoes  
Gravy  
Chocolate pie

Supper:

Peanut butter sandwiches  
Blueberry cakes  
Milk

Monday

Breakfast:

Boiled rice and milk  
Steamed eggs on toast  
Coffee

Luncheon:

Bacon, egg and lettuce sandwich  
Drop doughnuts  
Milk

Dinner:

Potatoes stuffed with sausages  
Beets with sour sauce  
Indian pudding  
Lemon sauce

Tuesday

Breakfast:

Sliced peaches  
Oatmeal  
Graham muffins  
Top milk

Luncheon:

Bread and butter sandwiches  
Flaked fish salad  
Apple pie

Dinner:

New England boiled dinner  
    Corned beef, with Cabbage, Turnips, Carrots, Potatoes  
Apple sauce

NOTE: An unlimited quantity of food was served each person, and several helpings of cereal were usually taken for breakfast. When a beverage was not served for luncheon, the workers procured milk at the farm, and it was always procurable at camp when home for luncheon.

## WELLESLEY CAMP RECIPES

(Quantities indicated will serve thirty people)

### Trilbies

2 Cups oleo	1 ½ cups sour milk
3 Cups sugar	1 tsp. soda
3 Eggs	1 tsp. salt

Cream oleo and sugar, add well beaten eggs and salt, then 1 cup of flour sifted with soda and enough more flour to make as soft a dough as can be handled. Roll out, cut in rounds, place in pan. Put a teaspoonful of jam or conserve on each one. Place another round on top and press edges together. Bake in moderate oven.

### Custard Sauce

1 12 Qts. milk (scalded)	2 tsp. vanilla
4 eggs	¼ tsp. salt
½ cup sugar	

Beat eggs thoroughly, add sugar and salt, then pour hot milk slowly on to them. Cook in double boiler until mixture thickens. Stir constantly. If cooked too much mixture will curdle. Add vanilla, place top of double boiler in cold water and beat custard until smooth.

### Caledonia Whip

1 Egg (white)	1 Tumbler of Jelly
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Place in deep bowl and beat with Dover egg beater until stiff.

### Potatoes a la Virginia

¼ Pound bacon cut in squares	1 Cup flour
2 Quarts milk (scalded)	Salt and Pepper to taste
5 Quarts diced potatoes	

Fry out bacon, skim pieces from fat, add flour, cook. Add milk gradually and stir until smooth. Pour over potatoes; garnish top with pieces of bacon and set in over to heat through.

### Potatoes Stuffed with Sausage

Peel even-sized potatoes. Remove centers with an apple corer. Place a sausage in each one and put in an oiled pan. Bake 1 ¼ hours; baste occasionally.

### Baked Beans

3 Quarts pea beans	1 Tbsp. mustard
4 Tablespoons salt	1 tsp. pepper
1 cup molasses	2 pounds fat salt pork

Pick over beans. Cover with cold water, soak over night, drain, cover with cold water, add one teaspoon soda, bring to boiling point and parboil 15 minutes or until skins burst when exposed to air; drain.

Scrape and scald pork rind, cut pork in two pieces and cut through rind every ½ inch to the depth of 1 inch.

Mix salt and spices, dilute with molasses and vinegar Bury pork in beans, fill pot with boiling water and cook slowly, six or more hours. Add more water if needed.

### Brown Bread

1 Quart corn meal	4 tsp. salt
1 Quart graham flour	2 Quarts sour milk
1 Quart rye	2 Tblsp. soda
2 Cups molasses	

Mix and sift dry ingrediants together, add milk and molasses, beat thoroughly. Fill well greased molds two-thirds full, cover and steam 3 ½ hours.

### Creamed Salt Codfish

4 Quarts milk	Salt and pepper to taste
1 Cup fat	3 Pounds codfish
2 Cups barley flour	

Make a white sauce of flour, fat and milk, melt and heat fat, and flour—stir until smooth, slowly add hot milk, stirring all the time. Cook until thick.

Soak codfish over night, bring slowly to the boiling point after draining. Simmer 45 minutes, or until soft. Add to sauce, season to taste, and serve hot.

## Pittsburg Potatoes

1 peck, parboiled with skins on. Peel and finish baking in oven.

## Boiled Dressing

2 Tbsp. salt	1 Quart hot milk
2 Tbsp. mustard	1 12 Cups hot vinegar
¼ tsp. pepper	4 well beaten eggs
½ tsp. paprika	½ cup oleo
4 Tbsp. flour	

Mix dry ingredients, add beaten eggs, pour on hot milk, stirring constantly. Return to double boiler and cook until mixture thickens. Add oleo when nearly done. Remove from hot water, add vinegar. Be careful not to overcook dressing or it will curdle. Beat hard with Dover egg beater.

## Cottage Pudding

1 ½ Quarts barley flour	5 Tbsp. baking powder
½ Quart graham flour	2/3 cup melted oleo
1 Cup corn flour	4 eggs (yolks)
1 tsp salt	6 cups milk
1 Cup sugar	

Combine the above ingredients and then add well beaten whites of egg last. Bake in medium oven.

## Mock Cream of Wheat

1 ¼ Quarts white corn meal	1 ½ Tbsp. salt
5 Quarts boiling water	

Add corn meal to boiling water, slowly boil one hour in open kettle.

## Breakfast Coffee

4 Cups coffee	Egg shells
8 Quarts water	

Tie coffee in bag or cheesecloth so as to give plenty of room to swell. Let soak in cold water over night in coffee boiler. In the morning bring to a boil slowly, boil 3 to 5 minutes, pour in a cup of cold water, let clear, put in coffee pots. Reheat before serving.