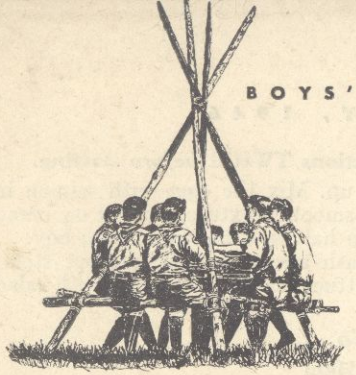

WELL, here it is, fellows: The cook book you've been asking for in your letters. It has been a terrific job lining up these seven daily menus of balanced meals, figuring out food lists and amounts, writing instructions, checking and rechecking. But it has been fun, too, and I know that the recipes work.

Now, before you get into the menus, here are a few pointers:

*Amounts:* The amounts given will feed 7 boys generously, 8 boys well. When you use the menus for a Patrol of 5 or 6, subtract one-quarter of the amount. For a Patrol of 9 or 10, add one-quarter.

*Food Buying:* I've tried to be very specific about the buying. Where "medium size potatoes" are mentioned, I've given the weight also. What is "medium size" to you may be "giant size" to me. Bread is given in slices—I haven't come across two companies that cut their bread the same way. For breakfast, I've said "Cereal" only—meaning such things as Corn Flakes, Wheaties, Kix, Cheerioats, and so on. Pick your own. You may not always be able to get certain things the food lists call for—so get something else. If you can't get butter, for instance, use margarine or cream cheese. If you can't get cup cakes, get some other cake.

*Staples:* Every cook knows about certain things that are needed to "polish off" a meal—salt, pepper, vinegar, sugar, mustard and the like. Most of the time you can't measure the amounts. It's a matter of taste rather than ounces. So I've just mentioned them to remind you to include them in your list.

*Equipment:* The menus call for a simple Patrol cooking outfit consisting of 4 one-gallon pots and 2 frying pans, 8 to 10 inches in diameter. You'll also need the following: 1 small bowl, 1 grater, 1 lemon squeezer, 1 measuring cup (all measurements given are *LEVEL*), 2 large spoons, 2 ten-quart pails (one for your water supply, one for heating dish water). Each boy will, of course, have his own knife, fork, spoon, plate, cup, bowl, and so on.

*Preparation:* When you use the step-by-step method described in the menus, two fellows should be be able to prepare breakfast in 30 minutes, lunch in 30 minutes, and dinner in not over 75 minutes. But notice the reminder at *every* meal: **Read FULL instructions TWICE *before* starting.**

*Serving:* Good food deserves to be well served! Put it on the table in an attractive form. And, when everything is ready, sit down with your whole Patrol, family style, for a civilized meal that everyone will enjoy.

Show me a Patrol that does a good job of cooking in camp, and I'll show you a Patrol that's apt to do a good job of everything else in Scouting.

That's the kind of Patrol I hope yours is!



Print this book on 8.5"x11" paper in landscape orientation.
Print double sided, use "flip on short edge" option.

TROOP 19

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## Green Bar Bill's

# PATROL MENUS

**Presented in BOYS' LIFE as a Scoutcraft Feature**

# Patrol Menu No. 1 for 8 Campers

## *Breakfast: No. 1*

**Orange Juice**
**Cereal**
**French Toast Syrup**
**Bread Butter Jam**
**Cocoa Milk**

**UTENSILS: 2 1-gal. pots 1 bowl 2 frying pans**

**FOOD LIST:**

**2 #2 cans Orange Juice**
**1 box Cereal**
**2 Eggs**
**1 tall can Evaporated Milk**
**24 slices Bread**
**4 tablespoons Shortening**
**¼ lb. Butter or Margarine**
**1 1-pt. bottle Syrup**
**1 8-oz. jar Jam**
**¼ lb. "Ready-to-Use" Cocoa**
**2 qts. Milk**
**Sugar**
**6 Eggs (for Lunch)**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Put on 9 to 10 cups of water to boil for cocoa.
2. For French toast, beat up 2 eggs in a bowl with a fork, and add 1 tall can evaporated milk and an equal amount of water (or 3 cups fresh milk).
3. Quickly dip (do not soak) the slices of bread in this mixture and fry them in hot pans that have been greased with a piece of paper dipped in the shortening. Fry on both sides until brown. Watch carefully as French toast browns quickly. Serve with syrup, jam or sugar as desired.
4. When ready, pour boiling water over 2 heaping teaspoons "ready-to-use" cocoa in each person's cup. Stir well.
5. During the meal, place 6 eggs (for lunch) in pot. Cover with cold water. Bring water to boil and cook gently for 15 minutes. When done, cool eggs in cold water, and put them aside for lunch.

## *Lunch: No. 1*

**Egg and Lettuce Sandwiches**
**Jelly and Peanut Butter Sandwiches**
**Milk Graham Crackers**

**UTENSILS: None**





**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Peel shells from eggs and chop them up. Mix the eggs with salmon in the bowl. Add salad dressing to make a smooth mixture. Spread on bread for sixteen sandwiches. Cut sandwiches in halves, 4 halves to each boy.
2. Wash lettuce and separate leaves. Wash tomatoes well, cut out stems and slice thin. Serve the slices over the lettuce leaves as a salad, with salad dressing.

## *Dinner: No. 7*

**Pan-Broiled Ham**
**Boiled Potatoes**
**Boiled Carrots**
**Cole Slaw**
**Bread Butter Milk**
**Watermelon**

**UTENSILS: 2 1-gal. pots 1 bowl 2 frying pans 1 vegetable grater**

**FOOD LIST:**

**2 lbs. Ham Slices**
**2 tablespoons Shortening**
**12 fresh Carrots (or 2 #2 cans)**
**16 medium size Potatoes**
**1 small head Cabbage (about 1½ lbs.)**
**16 slices Bread**
**¼ lb. Butter**
**2 qts. Milk**
**½ Watermelon (about 10 lbs.)**
**Sugar Salt Pepper Vinegar**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Wash thoroughly and cut in quarters enough potatoes to fill one 1-gal. pot. Cover them with water, and add 1 teaspoon salt. Boil gently for about 45 minutes, or until potatoes are soft. Test with a fork. If it goes in easily, the potatoes are done. Pour off the water, and hang pot high over fire to keep warm.
2. When potatoes have been put on, wash and scrape carrots. Cut in half, lengthwise, then in half again. Put in pot with enough water to cover. Add 1 teaspoon salt. Cook until done, about 15 minutes. Test with fork to see if done. (Or pour canned carrots in pot and heat for 15 minutes.)
3. To make cole slaw, cut cabbage in halves, then in quarters, then into eighths. Cut out hard center. Grate up these eighths on the coarse side of the grater. Mix ½ cup vinegar, 4 tablespoons sugar, ½ teaspoon salt, and a pinch of pepper. Pour this mixture over the grated cabbage and stir well in the bowl.
4. Heat frying pans and put 1 tablespoon shortening in each. Fry the ham slices until they are light brown on one side, then turn and brown the other side.
5. Cut watermelon in eight equal pieces.

# Patrol Menu No. 7 for 8 Campers

## *Breakfast: No. 7*

**Bananas Cereal**
**Scrambled Eggs**
**Bread Butter Jam**
**Cocoa Milk**

**UTENSILS: 1 1-gal. pot 2 frying pans**

**FOOD LIST:**

**8 Bananas**
**1 box Cereal**
**10 Eggs**
**2 tablespoons Shortening**
**24 slices Bread**
**¼ lb. Butter**
**1 8-oz. jar Jam**
**¼ lb. "Ready-to-Use" Cocoa**
**2 qts. Milk**
**Sugar Salt Pepper**
**2 Eggs (for Lunch)**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Put on 9 to 10 cups of water to boil for cocoa.
2. Break eggs into bowl and add 1 cup water, a pinch of pepper and ½ teaspoon salt. Beat well with fork.
3. Heat both frying pans and put 1 tablespoonful shortening into each. Pour half of the egg mixture into each pan. Cook gently. As the eggs set around the edge of the pan, scrape them toward the center. Keep doing this until the whole mixture is set, but not too hard.
4. When ready, pour boiling water over 2 heaping teaspoons "ready-to-use" cocoa in each cup. Stir well.
5. During the meal, place 2 eggs (for lunch) in pot. Cover with cold water. Bring water to boil and cook gently for 15 minutes. When done, cool eggs in cold water, and put them aside for lunch.

## *Lunch: No. 7*

**Salmon & Egg Sandwiches**
**Lettuce and Tomato Salad**
**Bread Butter**
**Milk Canned Plums**

**UTENSILS: 1 bowl**

**FOOD LIST:**

**2 Eggs (boiled during Breakfast)**
**1 #1 can Salmon**
**1 head Lettuce**
**4 Tomatoes (about 1 lb.)**
**1 ½-pt. jar Salad Dressing**
**32 slices Bread**
**¼ lb. Butter**
**3 qts. Milk**
**2 #2½ cans Plums**
**Salt Pepper**





**FOOD LIST:**

**6 hard-boiled Eggs (boiled during breakfast)**
**1 small head Lettuce**
**1 ½-pt. jar Salad Dressing**
**1 8-oz. jar Jam or Jelly**
**1 ½-lb. jar Peanut Butter**
**32 slices Bread**
**¼ lb. Butter**
**3 qts. Milk**
**1 lb. box Graham Crackers**
**Salt Pepper**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Wash lettuce and break leaves apart for sandwiches.
2. Peel shells from eggs. Slice the eggs thin and place 4 or 5 slices on each sandwich. Spread salad dressing over the egg slices and add lettuce leaves.
3. Make jelly and peanut butter sandwiches. Spread peanut butter thinly over the bread, then spread a full tablespoonful of jelly over the peanut butter. Cut all sandwiches in halves, to make 4 halves for each boy.

## *Dinner: No. 1*

**Frankfurters and Sauerkraut**
**Boiled Potatoes**
**Bread Butter Milk**
**Chocolate Pudding**

**UTENSILS: 4 1-gal. pots**

**FOOD LIST:**

**16 Frankfurters (about 2 lbs.)**
**1 #2½ can Sauerkraut**
**16 medium size Potatoes (about 4 lbs.)**
**16 slices Bread**
**¼ lb. Butter**
**3 boxes Chocolate Pudding Powder**
**1 tall can Evaporated Milk**
**2 qts. Milk**
**Salt Pepper Mustard**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Prepare the chocolate pudding according to the instructions on the boxes, with this exception: Use 1 tall can of evaporated milk and 4 cups water, instead of the milk amount given in the directions. Put aside to cool—in refrigerator box if you have one.
2. Wash thoroughly and cut in quarters enough potatoes to fill one 1-gal. pot. Cover them with water, and add 1 teaspoon salt. Boil gently for about 45 minutes. Test with a fork. If it goes in easily, the potatoes are done. Pour off the water, and hang pot high over fire to keep warm.
3. In the meantime, wash the frankfurters and place them in a pot with enough water to cover them. Bring water to boil, then simmer gently for 5-8 minutes.
4. Place sauerkraut in a pot and heat for about 10 minutes.

# Patrol Menu No. 2 for 8 Campers

## *Breakfast: No. 2*

**Pineapple Juice**
**Cereal**
**Scrambled Eggs**
**Bread Butter Jam**
**Cocoa Milk**

**UTENSILS: 1 1-gal. pot 1 bowl 2 frying pans**

**FOOD LIST:**

**2 #2 cans Pineapple Juice**
**1 box Cereal**
**10 Eggs**
**2 tablespoons Shortening**
**24 slices Bread**
**¼ lb. Butter**
**1 8-oz. jar Jam**
**¼ lb. "Ready-to-Use" Cocoa**
**2 qts. Milk**
**Sugar Salt Pepper**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Put on 9 to 10 cups of water to boil for cocoa.
2. Break the eggs into a bowl and add 1 cup water, a pinch of pepper and ½ teaspoon salt. Beat well with a fork.
3. Heat both frying pans and put 1 tablespoon shortening in each. Pour half of the egg mixture into each pan. Cook gently. As the eggs set around the edge of the pan, scrape them toward the center. Keep doing this until the whole mixture is set, but not too hard.
4. When ready, pour boiling water over 2 heaping teaspoons "ready-to-use" cocoa in each cup. Stir well.

## *Lunch: No. 2*

**Baked Bean Sandwiches**
**Sliced Tomato Salad**
**Bread Butter**
**Milk Cup Cakes**

**UTENSILS: 1 bowl**

**FOOD LIST:**

**2 #1 cans Baked Beans**
**4 medium size Tomatoes (about 1 lb.)**
**1 ½-pt. jar Salad Dressing**
**32 slices Bread**
**¼ lb. Butter**
**3 qts. Milk**
**16 Cup Cakes**
**Salt Pepper**





**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Wash lettuce and separate leaves.
2. Cut pressed meat into thin slices and place on bread for eight sandwiches. Add lettuce leaf to each sandwich. Spread on a little mustard if desired or put jar on table for self service.
3. Make eight peanut butter and jelly sandwiches. Cut all sandwiches in halves, 4 halves for each boy.

## *Dinner: No. 6*

**Smothered Hamburgers with Vegetables**
**Boiled Potatoes**
**Bread Butter Milk**
**Fruit Drink**
**Magic Lemon Pie**

**UTENSILS: 2 1-gal. pots 2 frying pans 1 bowl 1 pie tin**

**FOOD LIST:**

**2 lbs. Hamburger**
**2 cans Vegetable Soup**
**2 tablespoons Shortening**
**16 medium size Potatoes**
**16 slices Bread**
**¼ lb. Butter**
**2 pkgs. Fruit Drink Powder (for 1 gal.)**
**5 Lemons**
**1 box Bread Crumbs (about 14 oz.)**
**1 can Condensed Milk**
**2 Eggs**
**2 qts. Milk Sugar Salt Pepper**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Wash thoroughly and cut in quarters enough potatoes to fill one 1-gal. pot. Cover them with water, add 1 teaspoon salt. Boil gently for about 45 minutes. Test with a fork. If it goes in easily, the potatoes are done. Pour off the water, and hang pot high over fire to keep warm.
2. When potatoes have been put on, make magic lemon pie: For pie crust, mix 1½ cups bread crumbs with 3 tablespoons butter and 1 tablespoon sugar. Line pie tin or flat plate with this crust mixture, pressing it firmly against bottom and sides. For pie filling, mix together 1 can *sweetened condensed* milk, ½ cup lemon juice (from 2 lemons) and 2 egg *yolks*. Pour into crust all ready on pie tin. Beat egg whites with a fork until stiff, adding 2 tablespoons sugar, a little at a time. Cover pie filling with the beaten egg white, and pie is ready to serve.
3. Make hamburgers into flat cakes, about two inches in diameter. Put 1 tablespoon shortening in each pan and heat. Fry hamburgers until brown on both sides. Then pour 1 can of undiluted vegetable soup over half of the hamburgers in each pan and put back over a slow fire. Allow the soup to heat through.
4. Instructions on package for fruit drink. Add juice of 3 lemons.

# Patrol Menu No. 6 for 8 Campers

## *Breakfast: No. 6*

**Sliced Oranges**
**Cereal**
**French Toast  Syrup**
**Bread  Butter  Jam**
**Cocoa  Milk**

**UTENSILS: 2 1-gal. pots  1 bowl  2 frying pans**

**FOOD LIST:**

**10 medium size Oranges**
**1 box Cereal**
**2 Eggs**
**1 tall can Evaporated Milk**
**24 slices Bread**
**4 tablespoons Shortening**
**¼ lb. Butter**
**1 1-pt. bottle Syrup**
**1 8-oz. jar Jam**
**¼ lb. "Ready-to-use" Cocoa**
**2 qts. Milk**
**Sugar**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Put on 9 to 10 cups of water to boil for cocoa.
2. Peel and slice the oranges thin into a pot. Sprinkle with sugar.
3. For French toast, beat up 2 eggs in a bowl with a fork, and add 1 tall can evaporated milk and an equal amount of water (or 3 cups fresh milk).
4. Quickly dip (do not soak) the slices of bread in this mixture and fry them in hot pans that have been greased with a piece of paper dipped in shortening. Fry on both sides until brown. Watch carefully as French toast browns quickly. Serve with syrup, jam or sugar as desired.
5. When ready, pour the boiling water over 2 heaping teaspoons of "ready-to-use" cocoa in each cup. Stir well.

## *Lunch: No. 6*

**Canned Meat & Lettuce Sandwiches**
**Peanut Butter & Jelly Sandwiches**
**Milk  Apple Sauce**

**UTENSILS: None**

**FOOD LIST:**

**2 12-oz. cans of Pressed Meat (such as "Spam," "Treet," "Prem")**
**1 head Lettuce**
**1 ½-lb. jar Peanut Butter**
**1 8-oz. glass Jelly**
**32 slices bread**
**¼ lb. Butter**
**3 qts. Milk**
**2 No. 2 cans Apple Sauce**
**Salt  Pepper  Mustard**



*Reprinted from BOYS' LIFE Magazine*

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Mash beans in bowl with fork and spread on bread for sandwiches. Cut sandwiches in halves, to make 4 halves for each boy.
2. Wash tomatoes and cut out stem end. Slice thin and spread with salad dressing.

## *Dinner: No. 2*

**Pork Chow Mein**
**Boiled Rice**
**Bread  Butter  Milk**
**Fruit Drink**
**Fresh Peaches or Plums**

**UTENSILS: 2 1-gal. pots  2 frying pans**

**FOOD LIST:**

**1½ lbs. lean Pork**
**2 medium Onions**
**1 small bunch Celery**
**1 small Cabbage (about 1½ lbs.)**
**1⅓ cups Rice (about 1 lb.)**
**1 small bottle Soy Sauce**
**1 tablespoon Shortening**
**16 slices Bread**
**¼ lb. Butter**
**2 pkgs. Fruit Drink Powder (for 1 gal.)**
**3 Lemons**
**2 qts. Milk**
**16 Peaches or Plums**
**Sugar  Salt  Pepper**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Put 5 qts. water on to boil for rice, about 2½ qts. in each pot. (Measure with measuring cup or milk bottle.) Add 1 teaspoon salt to each pot. Wash the rice thoroughly in several rinses of cold water. To each pot of furiously boiling water, add half of the washed rice, a little at a time. Keep stirring to prevent rice from sticking together. Boil vigorously for about 25 minutes or until rice is tender, but not mushy. Drain well and place the pot high over the fire for about 10 minutes to dry the rice thoroughly. Stir it occasionally to prevent it from sticking. Do not place too close to the fire or it will burn.
2. In the meantime, peel onions and slice thin. Break the celery apart, wash each piece, and chop into small pieces. Slice the cabbage thin. Cut the pork into small strips.
3. Put 1 tablespoon shortening in the frying pan. When it is hot, put in the pork strips, and brown them a little. Now add ½ teaspoon salt, 1 cup water and 4 tablespoons soy sauce. Divide the pork evenly into two pans, and add half of the onions, celery, and cabbage to each pan. Simmer gently over a low fire until meat is tender (about ¾ hour). If sauce begins to cook away, add a little more water and stir.

# Patrol Menu No. 3 for 8 Campers

### *Breakfast: No. 3*

**Tomato Juice  Cereal**
**Banana Pancakes  Syrup**
**Bread  Butter  Jam**
**Cocoa  Milk**

**UTENSILS: 1 1-gal. pot  1 bowl  2 frying pans**

**FOOD LIST:**

**2 #2 cans Tomato Juice**
**1 box Cereal**
**1 pkg. Pancake Flour (about 20 oz.)**
**4 Bananas**
**1 tall can Evaporated Milk**
**3 tablespoons Shortening**
**¼ lb. Butter**
**1 1-pt. bottle Syrup**
**1 8-oz. jar Jam**
**16 slices Bread**
**¼ lb. "Ready-to-Use" Cocoa**
**2 qts. Milk**
**Sugar**
**10 Eggs (for Lunch)**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Put on 9 to 10 cups of water to boil for cocoa.
2. To make pancake batter, follow instructions on the box, using evaporated milk diluted with same amount of water instead of fresh milk. Be careful not to make the batter too thin. Add 2 tablespoons sugar. Peel and slice bananas very thin and mix into the batter. Heat both frying pans and grease them with paper dipped in shortening.
3. Pour a tablespoon of batter on the hot pans for each pancake. When bubbles start to form around the edge, turn cakes over and fry on other side. Serve with syrup, jam or sugar as desired.
4. When ready, pour boiling water over 2 heaping teaspoons "ready-to-use" cocoa in each cup. Stir well.
5. During the meal, place 10 eggs (for lunch) in pot. Cover with cold water. Bring water to boil and cook gently for 15 minutes. When done, cool eggs in cold water, and put them aside for lunch.

### *Lunch: No. 3*

**Vegetable Soup**
**Sliced Egg Sandwiches**
**Bread  Butter**
**Chocolate Milk**
**Crullers**

**UTENSILS: 2 1-gal. pots**



**FOOD LIST:**

**¾ lb. sliced Cheese**
**4 Tomatoes (about 1 lb.)**
**1 head Lettuce**
**1 ½-pt. jar Salad Dressing**
**32 slices Bread**
**¼ lb. Butter**
**1 1-pt can Chocolate Syrup**
**3 qts. Milk**
**1 lb. box Oatmeal Cookies**
**Salt  Pepper**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Use 2 slices cheese, lettuce leaf, dressing per cheese sandwich.
2. Wash tomatoes, remove stem ends and slice thin. Place tomato slices on bread. Spread on some salad dressing and add a leaf of lettuce.
3. Make sixteen sandwiches. Cut sandwiches in halves, 4 halves per boy.
4. Follow instructions on can of chocolate syrup to make chocolate milk.

### *Dinner: No. 5*

**Salmon Cakes**
**Boiled Potatoes  Buttered Beans**
**Bread  Butter  Milk**
**Cake with Fruit Sauce**

**UTENSILS: 3 1-gal. pots  1 bowl  2 frying pans**

**FOOD LIST:**

**2 #1 cans Salmon**
**½ 8-oz. box Corn Flakes**
**1 medium size Onion**
**3 tablespoons Shortening**
**2 lbs. fresh String Beans**
**16 medium size Potatoes**
**16 slices Bread**
**¼ lb. Butter**
**2 qts. Milk**
**1 lb. Pound Cake**
**1 16-oz. jar Preserves**
**Salt  Pepper**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Fill 1-gal. pot with washed potatoes cut in quarters. Cover with water, add teaspoon salt, boil gently about 45 min. When fork goes in easily pour off water, hang pot high over fire to keep warm.
2. Meanwhile, put salmon and its juice in bowl. Add half box corn flakes and 1 finely chopped onion. Mix well. Add water, if needed, to make firm cakes which hold together when fried.
3. Wash, string, and cut up beans. Cook 20 min. in water to cover with ½ teaspoon salt. (Or open 2 #2 cans of beans and heat 15 minutes.)
4. Cut pound-cake into eight slices. Put contents of jar of preserves in pot. Add ½ cup water and mix well. Pour this fruit sauce over cake slices.
5. Make small salmon cakes. Heat pans. Add 1 tablespoon shortening to each. Cook cakes about 5 minutes until browned on each side. Don't have pans too hot. Add shortening if pans get dry.

# Patrol Menu No. 5 for 8 Campers

## *Breakfast: No. 5*

**Grapefruit Juice**
**Cereal**
**Pancakes Syrup**
**Bread Butter Jam**
**Cocoa Milk**

**UTENSILS: 1 1-gal. pot 1 bowl 2 frying pans**

**FOOD LIST:**

**2 #2 cans Grapefruit Juice**
**1 box Cereal**
**1 pkg. Pancake Flour (about 20 oz.)**
**1 tall can Evaporated Milk**
**3 tablespoons Shortening**
**¼ lb. Butter**
**1 1-pt. bottle Syrup**
**1 8-oz. jar Jam**
**16 slices Bread**
**¼ lb. "Ready-to-use" Cocoa**
**2 qts. Milk**
**Sugar**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Put on 9 to 10 cups water to boil for cocoa.
2. To make pancake batter, follow instructions on the box, using evaporated milk diluted with same amount of water instead of fresh milk. Be careful not to make the batter too thin. Add 2 tablespoons sugar to the batter and mix well. Heat both frying pans and grease them with paper dipped in shortening.
3. Pour a tablespoon of batter on the hot pans for each pancake. When bubbles start to form around the edge, turn cakes over and fry on other side. Serve with syrup, jam or sugar as desired.
4. When ready, pour boiling water over 2 heaping teaspoons "ready-to-use" cocoa in each cup. Stir well.

## *Lunch: No. 5*

**Cheese Sandwiches**
**Lettuce & Tomato Sandwiches**
**Chocolate Milk**
**Oatmeal Cookies**

**UTENSILS: 1 1-gal. pot**



**FOOD LIST:**

**5 cans Vegetable Soup**
**10 Eggs (boiled during Breakfast)**
**1 head Lettuce**
**1 ½-pt. jar Salad Dressing**
**32 slices Bread**
**¼ lb. Butter**
**1 1-pt. can Chocolate Syrup**
**3 qts. Milk**
**16 Crullers**
**Salt Pepper**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Dilute vegetable soup with equal amount of water, and heat in pot (about 15 minutes).
2. Peel hard boiled eggs and slice them thin.
3. Wash lettuce well and break leaves apart.
4. Put egg slices on bread and spread some salad dressing over them. Add a leaf or two of lettuce to each sandwich. Cut in halves, 4 halves for each boy.
5. Follow instructions on can of chocolate syrup to make chocolate milk.

## *Dinner: No. 3*

**Quick Irish Stew with Vegetables**
**Bread Butter Milk**
**Apple Betty**

**UTENSILS: 2 1-gal. pots 1 frying pan 1 bowl**

**FOOD LIST:**

**1½ lbs. ground Lamb**
**4 medium Onions**
**1 #2 can Carrots**
**1 #2 can Peas**
**12 Potatoes (about 3 lbs.)**
**2 tablespoons Shortening**
**16 slices Bread**
**¼ lb. Butter**
**2 qts. Milk**
**1 #2 can Apple Sauce**
**½ 8-oz. box Corn Flakes**
**Sugar Salt Pepper**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Make apple betty first to give it time to set. Put layer of apple sauce in bottom of bowl. Cover this with a layer of corn flakes. Sprinkle this layer with sugar. Continue in this manner until all of the cornflakes and apple sauce are used. Finish with a thin layer of cornflakes. It is ready to serve as dessert. No cooking necessary.
2. Peel and dice the potatoes and put in pot over the fire in water to cover. Add 1 teaspoon salt. Boil gently for about 45 minutes.
3. Peel onions and slice thin. Melt 2 tablespoons shortening in the pan and brown the onions in it. Add meat and cook. When the potatoes are done, drain the water off. Mix meat, onions, carrots, peas and potatoes, half of the mixture in each of two pots. Hang pots over a slow fire until everything is heated thoroughly, stirring often. Season with salt and pepper.

# Patrol Menu No. 4 for 8 Campers

## *Breakfast: No. 4*

**Prunes**
**Cereal**
**Fried Eggs**
**Bread Butter Jam**
**Cocoa Milk**

**UTENSILS: 1 1-gal. pot 2 frying pans**

**FOOD LIST:**

**1 #2½ jar Prepared Prunes**
**1 box Cereal**
**10 Eggs**
**2 tablespoons Shortening**
**24 slices Bread**
**¼ lb. Butter**
**1 8-oz. jar Jam**
**¼ lb. "Ready-to-Use" Cocoa**
**2 qts. Milk**
**Sugar Salt Pepper**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Put on 9 to 10 cups of water to boil for cocoa.
2. Open jar (or can) of prunes. Serve as is.
3. Heat 1 tablespoon shortening in each pan, put in eggs. Fry gently until whites are firm.
4. When ready, pour boiling water over 2 heaping teaspoons "ready-to-use" cocoa in each cup. Stir well.

## *Lunch: No. 4*

**Cold Cut Sandwiches**
**Sliced Tomatoes**
**Bread Butter Jelly**
**Milk Fresh Fruit Salad**

**UTENSILS: 1 bowl**

**FOOD LIST:**

**¼ lb. Sliced Ham**
**½ lb. Sliced Bologna**
**½ lb. Sliced Liverwurst**
**8 Tomatoes (about 2 lbs.)**
**1 ½-pt. jar Salad Dressing**
**32 slices Bread**
**¼ lb. Butter**
**1 8-oz. jar Jelly**
**3 qts. Milk**
**3 Apples**
**4 Bananas**
**3 Oranges**
**Sugar Salt Pepper**



**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Make up sixteen sandwiches from cold cuts (ham, bologna, liverwurst or other cold meats). Cut in halves, 4 halves for each boy.
2. Wash tomatoes well and cut out stem end. Slice thin and serve with salad dressing.
3. To make fruit salad, peel the fruit. Cut oranges, apples, bananas into small pieces in the bowl. Sprinkle with sugar and serve cold for dessert.

## *Dinner: No. 4*

**Spaghetti and Meat Balls**
**Carrot and Cabbage Slaw**
**Bread Butter Milk**
**Butterscotch Pudding**

**UTENSILS: 3 1-gal. pots 2 frying pans 1 bowl 1 vegetable grater**

**FOOD LIST:**

**1½ lbs. Spaghetti**
**2 lbs. Chopped Beef**
**2 medium size Onions**
**1 #2½ can Tomatoes**
**1 #1 can Tomato Soup**
**3 tablespoons Shortening**
**2 fresh Carrots**
**1 small Cabbage (about 1½ lbs.)**
**1 ½-pt. jar Salad Dressing**
**16 slices Bread**
**¼ lb. Butter**
**3 boxes Butterscotch Pudding Powder**
**1 tall can Evaporated Milk**
**2 qts. Milk**
**Sugar Salt Pepper**

**PREPARATION: Read FULL instructions TWICE *before* starting.**

1. Prepare the butterscotch pudding according to the instructions on the boxes, with this exception: Use 1 tall can evaporated milk and 4 cups water, instead of ordinary milk. Put aside to cool.
2. Put up 2 pots water to boil, each 3 qts. water with ½ teaspoon salt.
3. Peel onions and slice up fine. Roll the meat into small balls.
4. Put 1½ tablespoons shortening in each frying pan. When hot, put in the meat balls, half of them in each pan. Let them brown a little, then add the sliced onions. When the onions are light brown, pour in tomatoes and tomato soup, half for each pan. Finally add 1 tablespoon sugar and ¼ teaspoon salt to each pan. Place on back of fire to cook gently.
5. When the water is boiling furiously, add the broken up spaghetti, half to each pot. Cook vigorously for about 10 minutes until soft, but not mushy.
6. To make carrot and cabbage slaw, wash and scrape carrots and grate them. Cut the cabbage in halves, then quarters, then into eighths. Cut out hard center and grate on the coarse grater. Mix the grated cabbage and carrots in a bowl, with 1 cup salad dressing.
7. When spaghetti is done, pour off the boiling water, and quickly let some cold water run over the spaghetti to keep it from sticking together. Pour this off at once. Mix tomato sauce and meat balls with spaghetti.