

WHOLE



100%

WHEAT

Picnic Lunches

Compliments of
Dempsters Staff of Life

Picnic Time

Every little bee that's humming
Brings this tale to me,
Picnic time will soon be coming
Just you wait and see.

Every little bird that's singing
High up in a tree,
Tells me that summer's bringing
Happiness to me.

—M. I. N.

This Book is Edited by
Margaret I. Nixon

The Open Road

by Margaret Ivor Nixon

The open road! The bird's singing, the delicate green tint of new leaves, green grass; soft whispering breezes; Spring! Summer! Picnic time!!

We all feel the quickening of our spirits at all this new life and are ready to go anytime, anywhere. So let's pack up the kiddies and hie ourselves to the great out-of-doors.

Close the doors and turn the key on all mustiness and worry; and come along—here's something to help you out with your lunches for yourselves and the kiddies.

With vacuum bottles you can carry nearly everything—hot tea or cold lemonade or cold milk for the kiddies,—a hot soup (which even in summer is refreshing); salads are, oh! so nice, either vegetable or fruit carried in glass jars or in vacuum outfits. These can be served in paper wax cups, or on paper plates, eaten with those little picnic spoons and forks bought in the stores (what fun for the kiddies!)

Sandwiches can be made more attractive with alternate slices of Brown and White bread.

Different sandwiches should be wrapped separately in waxed paper.

Jellied meats may be put into small molds and carried to the picnic in that way—later packed together neatly—taking up little space.

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Menu No. 1

Hot Vegetable Broth Whole Wheat Bread and Butter

Beet Salad with Egg Assorted Sandwiches: Cheese, Ham and Nut

Stuffed Dates Cake Tea, Lemonade or Milk

Mix Cream Cheese with a little cream and chopped olives; spread on thin slice of white bread, shred lettuce over it, cover with slice of buttered whole wheat bread, press together and cut.

PICNIC LUNCHES

Menu No. 2

Jellied Veal Whole Wheat Bread and Butter Sandwiches

Celery Whole Tomato

Nut and Cheese, sandwich spread; Sandwiches

Sponge Cake Oranges

Tea, Lemonade or Milk

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Menu No. 3

Devilled Eggs Whole Wheat Bread and Lettuce Sandwiches

Assorted Sandwiches: cheese and olive; salmon; ham

Whole Tomato Celery Sweet Pickles

Cookies Bananas

Tea, Lemonade or Milk

PICNIC LUNCHES

Menu No. 4

Individual Meat Pies Tomatoes

Assorted Sandwiches Celery Dill Pickles

Drop Cakes Pineapple dipped in sugar

Tea, Lemonade or Milk

Cookies

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Menu No. 5

Hot Strained Tomato Soup	Soft Roll Sandwiches with cream cheese filling
Jellied Salmon in molds	Pickled Beets
Stuffed Figs	Cookies
Tea, Lemonade or Milk	

PICNIC LUNCHES

Menu No. 6

Sausage Rolls	Whole Wheat Bread and Butter
Devilled Eggs	
Kipperd Snack Sandwiches	
Olives	Celery
Cup Custard	Tea, Lemonade or Milk

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Menu No. 7

Cold Chicken Whole Wheat Bread and Butter

Celery Jellied Tomato Cucumber

Cheese Sandwiches

Fruit Salad Cake

Tea, Lemonade or Milk

PICNIC LUNCHES

Menu No. 8

Chicken Salad Whole Wheat Bread and Butter

Tomato and Lettuce Sandwiches Olives

Cucumber Sandwiches Celery

Sweet Biscuits with Raisins Bananas

Tea, Lemonade or Milk

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Menu No. 9

Assorted Sandwiches: Chicken; Salmon; Cheese and Nut; Sandwich spread

Vegetable Salad:

Hard Boiled Eggs

1 cup carrots

1 cup chopped potato cubes

1 cup string beans cooked

2 tablespoons chopped parsley

Shredded Lettuce

French Dressing

Whole Wheat Bread

Pie

Tea, Lemonade or Milk

PICNIC LUNCHES

Menu No. 10

Jellied Veal Molds

Soft rolled Cream Cheese Sandwiches

Potato Salad

Whole Tomatoes

Plain Bread and Butter

Prune Sandwich

Cookies

Ice Cream in Vacuum Outfit

Chocolates

Tea, Chocolate or Milk

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Sandwich Filling Suggestions

Honey and Peanut Butter: Spread thin slices of bread lightly with butter; half of these spread with peanut butter; lay crisp lettuce on top; on the other half buttered slices candied honey; put together, press and cut into dainty shapes.

Minced Ham mixed with salad dressing.

Dried Beef with thinly sliced cucumbers.

Ham and Nuts put through food chopper and mixed with sandwich spread.

Thin slices of ham; beef; chicken; lamb; sprinkled with salt and a little mustard.

Broiled bacon with lettuce.

Cold tongue with cucumbers.

PICNIC LUNCHES

Fish

Kipperd Snacks sprinkled with salt and pepper and covered with crisp lettuce.

Salmon, shredded, mixed with salad dressing and olives, and covered with crisp lettuce.

Salmon and finely chopped celery.

Sardines with lemon juice and lettuce.

Fish Paste, such as shrimp; shrimp and salmon; anchovy; spread on thinly sliced bread and crisp lettuce are particularly nice.

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Egg

Hard Boiled, sliced, covered with salad dressing and lettuce.

Scrambled and mixed with bacon and lettuce.

Hard Boiled, mashed with fork, add salt, pepper, a little dry mustard and butter and mixed to paste; spread on thin slices of bread and butter and rolled.

Fried Egg and Bacon.

Hard Boiled Eggs: cut lengthwise, take out yolk and mash with salt, pepper and butter, and anchovy or chopped ham and a little salad dressing, put back into whites and wrap halves in oiled paper.—Delicious.

PICNIC LUNCHESES

Cheese

Creamed cheese with nuts, olives, chopped ham, sweet green peppers.

Sliced Kraft Cheese with crisp lettuce.

Cottage Cheese with onions and pimentos.

Beaumert Cheese with crackers wrapped separately in wax paper.

Cottage Cheese, chopped parsley, olives, sour pickle and salad dressing.

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Fruit

Ripe Bananas.

Ripe Bananas made into a paste and mixed with nuts, add a little honey and spread on thin slices of bread.

Dates; mix dates with a little sweet fruit juice, a few chopped nuts and spread on whole wheat bread and butter. Delightful for children.

Prune:

$\frac{1}{2}$ cup prunes pitted and mashed

1 tablespoon chopped nut meats

4 tablespoons cottage cheese

2 tablespoons salad dressing

Mix and spread on thinly sliced buttered bread.

Vegetable

Lettuce; tomato; cucumber; minced celery and nuts; mashed beans; pickled beets and salad dressing.

PICNIC LUNCHES

General Directions

Be sure and cream the butter—you use much less and it spreads so much more easily.

See that you have lots of wax paper cups; these can be used for milk, lemonade, water, or they come in very handy for holding salads of all kinds, or if you carry ice cream.

Also have paper forks and spoons, if you have not room for the other kind or do not wish to carry them.

Also paper napkins or Japanese ones that launder easily.

The success of your picnic depends largely on the daintiness of your food, nicely cut sandwiches, each article nicely wrapped and sufficient variation.

In addition to sandwiches there should be fresh fruits, or vegetable; apples, oranges, peaches, bananas, ripe; dates, figs, soaked prunes; tomatoes, lettuce, celery.

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All sorts of salads can be carried in sealers or the new vacuum jars that are made to carry butter, salads or ice cream equally well. Soups may be carried in *Thermos* outfits or ordinary vacuum bottles. But be sure your bottle is heated first before you put hot foods into it, it keeps hot so much better and longer. You can also buy waxed containers in different sizes at stores.

Custards in individual molds carry well, as does jellied meats and vegetables.

Plain cakes and cookies, raisin cakes or cookies, raisin bread, or raisin buns are nice on a picnic.

Usually some form of candy is appreciated at the end of the meal, or some salted nuts.

These menus may be too large but you can vary them to fit your needs, some of the family may not like certain things, so you have to have plenty of variety to suit everyone. Especially the children!

PICNIC LUNCHES

Salads

Potato: diced potatoes, chopped parsley, grated onion, diced cucumber, hard boiled egg sliced; mix together with salad dressing.

Egg: Chopped hard boiled eggs, chopped parsley, chopped olives, shredded lettuce, salt and pepper and mix with salad dressing.

Salmon, the same way, with celery chopped fine.

Veal, the same way, adding green sweet pepper chopped fine.

Flaked Fish, the same way.

Macedoine:

1 cup cooked carrots

1 cup cooked potato cubes

1 cup cooked string beans

Shredded lettuce

2 tablespoons chopped parsley

French dressing

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Fruit Salad:

2 oranges	4 slices canned pineapple
3 bananas	12 chopped walnuts
Few candied cherries	

Add whipped cream or fruit salad dressing.

2 oranges	12 chopped walnuts
1 grape fruit	Candied cherries
12 chopped dates	

Add whipped cream or fruit salad dressing.

Any combination of dates, nuts, bananas, cherries, candied canned pineapple, oranges, grape fruit, is delightful for a fruit salad.

PICNIC LUNCHES

Suggestions from Dempsters Staff of Life

Breads:

Creamaid Loaf	Vienna Roll
Homemade Loaf	Fruit Bread (delicious)
Sandwich Loaf (whole wheat or white)	
Whole Wheat 100%	Raisin Buns
Stammina (part whole wheat)	Dinner Rolls

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Cakes

Cookies

Purity Cakes (Boxed)

Cherry

Raisin

Walnut

Pineapple

Fruit

Golden

Chocolate

Spice

Any of these are delicious and could be had at your door when your Dempster's bread man calls.

PICNIC LUNCHES

Recipe for Fudge

2 cups brown sugar

1 tablespoon flour

$\frac{1}{2}$ cup milk

2 tablespoons cocoa

Pinch of salt

Pinch baking Powder

2 tablespoons butter

vanilla

Mix sugar, flour, baking powder, salt, cocoa and milk. Cook very slowly to a soft ball, put in butter and flavour and beat. Pour into a well greased plate and mark into squares while soft.

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INDEX

	Page		Page
The Open Road.....	1	Sandwich Fillings.....	12
Menu No. 1.....	2	Fish Fillings.....	13
Menu No. 2.....	3	Egg Fillings.....	14
Menu No. 3.....	4	Cheese Fillings.....	15
Menu No. 4.....	5	Fruit Fillings.....	16
Menu No. 5.....	6	Vegetable Fillings.....	16
Menu No. 6.....	7	General Directions.....	17-18
Menu No. 7.....	8	Salads.....	19-20
Menu No. 8.....	9	Dempster's Breads.....	21
Menu No. 9.....	10	Dempster's Cakes.....	22
Menu No. 10.....	11	Fudge Recipe.....	23

DEMPSTERS STAFF-OF-LIFE.

Dundas Street West

Telephone
Lombard 2678