

North Americans are often overfed and undernourished and lack of nutritional information combines with poor choices in under-  
mining health. In underdeveloped countries, malnutrition is the  
result of many factors. We often lack the knowledge of how OUR  
consumption affects equitable distribution of food throughout the  
world. Thousands, if not millions of people throughout the world will  
die of starvation in the next ten years because of no co-ordinating  
policies around the world to stockpile food.

Although Canada is well able to feed her own people nutritiously  
and well, malnutrition is an epidemic in Canada according to  
statistics compiled regarding hospital admissions connected with  
disease related to the food people eat. Savings in health care ser-  
vices could be perhaps 2½ billion dollars a year if nutrition were up-  
graded in this country. In a recent set of community interviews, it  
was revealed that 60% of the clients didn't even know, let alone eat  
the foods they needed to keep them healthy. After counselling,  
fewer than 10% were below standards.

Dietitians, Community nutritionists, home economists, teachers,  
public health nurses, dentists, doctors, teachers and agriculturists  
are but a few of the many people who are concerned about  
Malnutrition — At Home and Abroad. You should be also! Are You?

Can you be? Many students are limited to less-than-desirable  
kitchen facilities — a hot plate or stove with only one working  
burner, a fridge with a tiny freezing compartment, or no fridge at all.  
Students often share the kitchen with two or three others, so again  
storage space and cooking room is limited.

With a students' often hectic schedule, a great deal of time can-  
not be spent on cooking — it's often easier to pick up a junk  
sandwich at the cafeteria

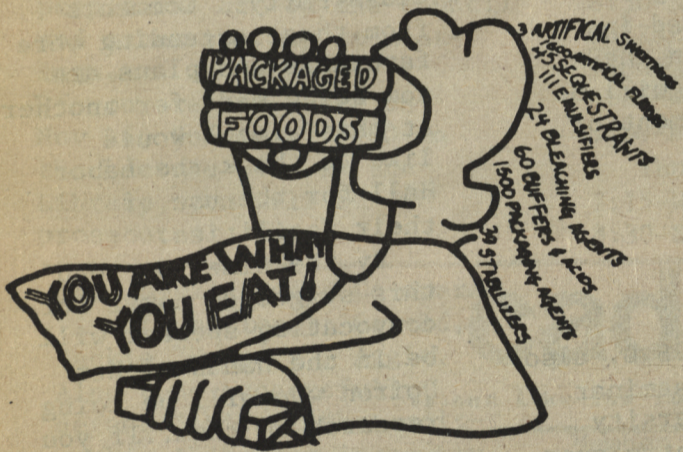
Recipe books cause more frustration than actual help to the  
average student. The recipes are large enough for 6 or 8 people —  
so the student can either invite his or her class over for supper  
(quite expensive, and uncomfortable in a one-room suite!) or pick  
at the stuff for a week!

Not only that, but recipes usually call for ingredients that are too  
expensive for a student to buy. Sometimes you may have none of  
them! As well, recipes calling for 14 or so ingredients are common  
and require one to have countless boxes and cartons and jars of in-  
gredients on hand and crowded into limited cupboard space.

And now at last there's hope for the starving student. There's a  
cookbook from Vancouver that starts from the assumption that one  
is (a) single, (b) poor, (c) busy and maybe (d) has very limited cook-  
ing facilities (i.e. just a hot plate and maybe not even a fridge).

In this little book not only are there about 200 recipes offering  
plenty of variety in meals (a selection of which appear below), but  
there are also hints about shopping, a guide to the lasting power of  
most foodstuffs when not kept in a refrigerator, a two page article  
on how to cope without a proper kitchen, and other goodies.

If you want a copy of this cookbook, write: The Hotplate  
Cookbook, 4333 West 11th Street, Vancouver, British Columbia. A  
single copy costs 75¢ (10 copies for \$5 plus 50¢ for postage and  
handling).



### Christmas Soup

- |                          |                             |
|--------------------------|-----------------------------|
| 1 cup medium white sauce | dash of pepper              |
| (See sauces)             | ¼ tsp. onion salt           |
| ¼ tsp. basil             | green pepper (small amount) |
| 1/8 tsp. celery salt     | small tomato                |

Cut two slices off the tomato and chop the rest. Slice 6 to 8 thin  
slices of green pepper and add, with the chopped tomato, to the  
heated white sauce. Add spices, stirring constantly. When heated  
through, serve in individual bowls, topping each bowlful with a  
tomato slice. Serves 2.

### White Sauce

- |                   |                     |
|-------------------|---------------------|
| 1½ tsp. margarine | ¼ tsp. salt         |
| 1½ tsp. flour     | dash of pepper      |
| ½ cup milk        | ½ tsp. flaked onion |

Melt margarine in saucepan and add flour. Add milk gradually,  
stirring constantly until sauce is thickened. Add flaked onion if  
desired. Use as a sauce or blend with other ingredients to make a  
soup. Serves 1 or 2.

NOTE: For medium or thinner white sauce, add more milk.

# New hope for

## Variations of Medium White Sauce

Tomato Sauce: Add 1 small can Tomato Puree to prepared white  
sauce.

Egg Sauce: Add 1 chopped hard-cooked egg and a pinch of dry  
mustard to prepared white sauce.

Celery Sauce: Add ¼ cup finely chopped cooked celery to  
prepared white sauce.

## Potato Pancakes

Dough: Use Instant Mashed Potatoes — prepare according to  
package directions, using slightly less liquid than called for. Add 1  
tablespoon Cream of Wheat, flour or cornstarch, and 1 egg. For  
variation add any of the following: diced ham, chopped herbs,  
chopped and sauted onions, finely chopped mushrooms, chopped  
green or black olives, sardines drained and mashed.  
Form into balls, flatten with fork and slowly brown in frying pan.  
Serve with bologna, corned beef, leftover chicken stew or tuna.



## French Rice

- |   |                           |
|---|---------------------------|
| 2 tsp. margarine                            | ½ cup water               |
| ½ cup rice                                  | ¼ cup mushrooms (or more) |
| 5 oz. condensed onion soup                  | pinch of salt             |
| ½ cup broccoli, or ¼ cup diced green pepper |                           |

Melt margarine in saucepan. Add rice and stir over medium heat  
until golden brown. Add onion soup, salt, water and mushrooms,  
green pepper or broccoli. Bring to a boil. Cover tightly and simmer  
until liquid is absorbed. Makes 1 to 3 servings.

## Mulligan Stew

- |   |                            |
|---|----------------------------|
| 1 small onion                               | 1 carrot, peeled and diced |
| ¼ cup celery, diced (leaves included)       |                            |
| 1 large potato, cooked, peeled and diced    |                            |
| ½ lb. fresh or frozen fish (cod or halibut) |                            |
| 1 small can tomato paste                    |                            |
| salt and pepper                             |                            |

Cook onion in a little oil until tender. Cook vegetables and add to  
onion. Cut fish into 1 inch pieces and add, with remaining in-  
gredients, to onion. Simmer, cover, for 15 minutes or until  
vegetables and fish are tender.

NOTE: Leftover cooked meat may be substituted for fish.

## On Buying Meats

When buying roasts don't be shy to ask the butcher to cut a likely  
looking roast into one pound pieces. You can then wrap each  
mini-roast separately when you get home and put them into your  
freezer (if you have one.). I myself cook roasts in a glass casserole  
(which I use to cook practically everything I get around to cooking).  
Just put it in the casserole, throw some salt on and put vegetables  
around it if desired. Put it in the oven (rangerette ovens are all I've  
ever had) at 350°F for an hour and a half and Voila! A succulent  
roast to nibble on. (Cold roast makes a better midnight snack than  
chips, and goes well with beer).

## Sausage M

- 2 or 3 small sausages
- 1/3 cup medium white sauce (See sauce)
- 2 wieners (optional)
- 1 small carrot, grated

Add carrot and onion to white sauce.

them with the sauce. Serve with a

NOTE: Pork chops may be used instead

## Canned Veget

Stretch by dividing can in half. Use  
marinate the other half in salt, oil and  
overnight. This can be done with  
corn, spinach, etc. Serve marinated  
lunch, or with hamburger and potato  
also be added to soups.

## Apple Bake

- 1 small can baked beans
- 1 stp. vinegar or lemon juice
- 1/8 tsp. each ground cloves, ginger
- 1 tsp. brown sugar

Combine all ingredients in saucepan

for 10 minutes. Remove from heat

Makes 1 or 2 servings.

NOTE: Serve any leftovers on toast

## Cauliflow Potato M

- 1 potato
- ¼ cup cauliflower bits
- 1 egg

Boil potato and cauliflower, drain  
egg, cheese, margarine and season  
browns.

## Salad Comb

1. Shredded cabbage, diced apple  
and Miracle Whip.
2. Shredded cabbage (green or purple)  
fresh cooked beets and Miracle Whip.
3. Sliced cucumber, lettuce and  
Miracle Whip.
4. Sliced tomatoes, grated cheese  
with Miracle Whip or Red dressing.
5. Shredded cabbage, shredded  
cottage cheese.
6. Shredded cabbage, grated  
Miracle Whip.
7. Shredded cabbage and a quarter  
cup Miracle Whip.
8. Shredded cabbage, sliced pickles  
egg and Miracle Whip.
9. Lettuce, green onion and celery  
Miracle Whip.
10. Cucumber and vinegar. Soak  
cucumber in vinegar.
11. Sliced cucumber, sprinkled with  
Miracle Whip.

## Hamburger S

- 1 tbsp. margarine or oil
- ¼ lb. ground beef
- 2 tbsp. chopped onion

Brown and fry meat in hot fat. Add  
do not boil. Serve over noodles or  
dessert with fruit or jam.

## Potato Salad

- Salad 1:
- 1 potato
- 1 hard-boiled egg
- 1 tbsp. Miracle Whip or oil and vinegar
- 1 large radish

Boil potato, cool and dice. Shell  
radish and celery. Combine all ingredi-  
paprika over top. Serve with cucum-  
winter.

Salad 2:  
Combine diced potato, salt, oil and  
desired.