

SABLE RIVER WOMEN'S INSTITUTE OF NOVA SCOTIA

"Our Centennial Cook Book"
Basic - Tried and True Recipes



CALORIE COUNTERS

BEVERAGES

Carbonated Water		xxx c.
Coffee, black, unsweetened		xxx c.
Cocoa, All Milk	1 cup	235 c.
Cola Beverages	8 oz.	107 c.
Lemonade	1 sm. glass	75 c.
Tea, plain, unsweetened	1 cup	xxx c.

BREADS, CRACKERS, ROLLS, ETC.

Raisin Bread	1 slice	80 c.
Rye Bread	1 slice	71 c.
Enriched White Bread	1 slice	60 c.
Melba Toast	1 slice	25 c.
Whole Wheat Bread	1 slice	55 c.
Baking Powder Biscuits	1 large or 2 small	129 c.
Saltines	1	17 c.
Soda Crackers	1	23 c.
Bran Muffin	1 medium	106 c.
Corn Bread	1 small square	130 c.
French Bread	1 small slice	54 c.
French Toast	1 slice	135 c.

CANDIES

Chocolate Bar - Nut	2 oz. bar	340 c.
Chocolate Bar - Plain	2 oz. bar	270 c.
Chocolate Cream	1 oz.	110 c.
Mints	5 very small	50 c.
Popcorn, Plain	1 cup	54 c.
English Toffee	1	25 c.

CEREALS

Corn Flakes	1 cup	96 c.
Cream of Wheat	1 cup	120 c.
Oatmeal	1 cup	148 c.
Shredded Wheat, biscuit	1	100 c.
Sugar Krisps	3/4 cup	110 c.

DAIRY PRODUCTS AND EGGS

Butter or Oleomargarine	1 level Tbsp.	100 c.
American Cheese	1 cube 1 1/8 inch	100 c.
Cream, light	1 Tbsp.	30 c.
Cream, whipped	1 Tbsp.	25 c.
Eggs, boiled	1 medium	77 c.
Eggs, fried	1 medium	110 c.
Egg white	1	15 c.
Egg yolk	1	61 c.
Buttermilk	1 cup	86 c.
Whole Milk	1 cup	165 c.