

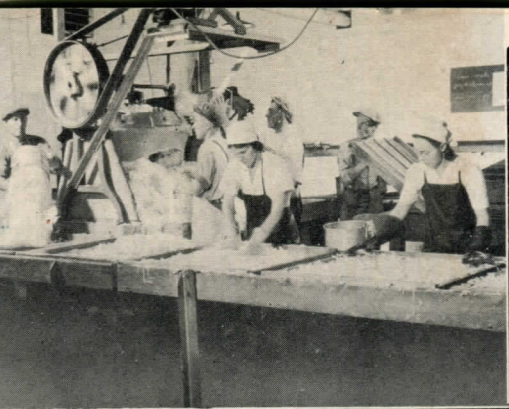


COMPLIMENTS OF  
**BULMANS LIMITED**  
VERNON, B. C.



*Tastes Good - Good For You*





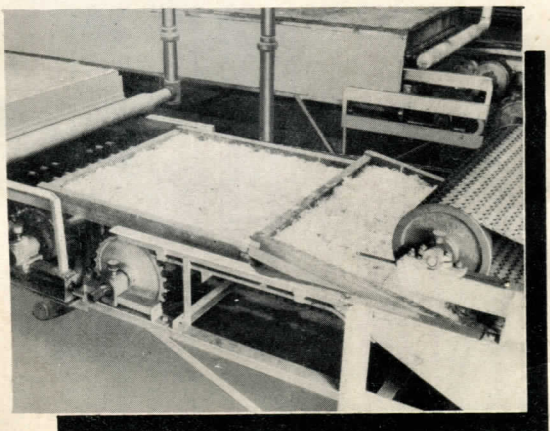
CABBAGE IS SHREDDED AND SPREAD ON WIRE TRAYS FOR DEHYDRATION

PHOTO COURTESY NATIONAL FILM BOARD



# BULMANS

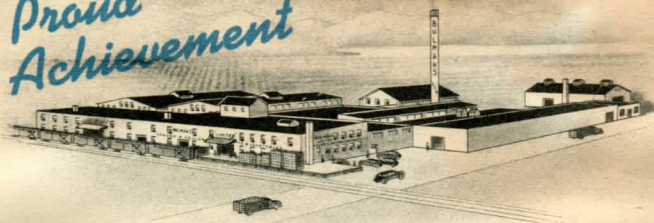
## DEHYDRATED VEGETABLES



S OF CABBAGE  
ERING STEAM  
LANCHER.  
S PRE-COOK  
ACTIVATES  
ENZYMES.



## A Proud Achievement



DEHYDRATED foods for household use have proven successful and are here to stay.

Because dehydration can mean much to her way of life in terms of better food habits, greater economy and reduced kitchen labor, every Canadian woman will be interested in this story.

It tells how through 30 years of scientific research and hard work, as well as trial and error, one of Canada's leading food processors has developed dehydration to a high degree of perfection.

Now this food company is placing on the market a wide range of dehydrated vegetables and fruits of proven quality, flavor and food value.

This story of processing foods by "the removal of water" began on one of the Bulman farms near Vernon, B.C., in 1916. These pioneer efforts were slow and arduous, for they were beset by many problems which only patient research and experimentation could overcome.

It has been known for a quarter of a century that atmospheric oxygen is the great enemy of many dehydrated products. It was not until the early years of the second Great War that practical methods were devised to retard oxidation sufficiently to give dehydrated vegetables a useful life exceeding six months.

The pre-cook or blanching of vegetables was a well-known procedure in commercial canning, and this principle was adapted to reduce oxidation in dehydrated products.

A factor in the struggle against oxidation was the use of a hermetically sealed container designed for a vacuum or inert gas pack. Storage at high temperature was found to be detrimental.

30 Years of Progress





Before the problems of quality and long life could be solved the moisture content of the product had to be lowered. Until a few years ago, no practical drying equipment had been devised that would reduce the moisture content of vegetables below 14 to 15 per cent without "scorching."

In co-operation with Dominion Government technicians of the Experimental Farm Service, Bulmans Limited early in the war developed the first large capacity "two-stage centre-exhaust" progressive dry tunnels on the North American Continent. This equipment makes it practical to dehydrate many vegetables to 3 per cent moisture content, while the average ranges around 5 per cent.

Much of this development has been done under the supervision of Mr. E. T. Buffum, director and plant engineer of Bulmans Limited, one of Canada's outstanding men in the dehydration field. Greater advances have been made during the war than in all preceding years.

Other problems involving best varieties, suitable soils, proper maturity, storage conditions and packaging techniques had to be overcome. Many of these have been solved, but under war conditions could not be put into effect.

Bulmans still maintain their farms in the Okanagan Valley, where most temperate zone fruits and vegetables are grown both experimentally and commercially. This farm operation has proven invaluable.

The dehydrated vegetables sold in Canada to-day under the BULMANS label are the finest that modern methods and equipment available can produce. The experience gained during research for wartime production will result in a still finer product for peacetime consumption.

**T. R. Bulman,**  
President.

The recipes in this booklet have been tested and approved by Mrs. Margaret Henderson, Province Modern Kitchen, Vancouver Daily Province, Vancouver, B.C.

## FROM THE *Garden* TO YOUR TABLE

**C**ANADIANS are not eating enough vegetables.

This is the opinion of nutritional authorities, who assert that our present consumption of vegetables is well below the standard needed for a fully balanced diet.

Because of their convenience, you will find that dehydrated vegetables will help you get an adequate supply, with wide variety for your family, and it is with this thought in mind that we publish this book.

When properly prepared, Bulmans Fancy Quality Dehydrated Vegetables taste and look like fresh vegetables and can be used in your favorite dishes.

We are satisfied you will enjoy using our dehydrated vegetables. They require neither preparation nor peeling. They are convenient to store and withstand freezing temperatures. They are lightweight and compact when shopping. They are most helpful when company arrives unexpectedly. In addition to their wide variety of uses in the home, they are ideal for camping and hunting.

It is not suggested that dehydrated vegetables be used to replace fresh vegetables. However, Canada has a short growing season and this leaves several months of the year when fresh vegetables are not plentiful. During these months, your family can use all types of vegetables—canned, quick-frozen and dehydrated—to advantage.

Alice Stevens, B.Sc. (H. Ec.),  
Phyllis P. Wardle, B.Sc. (H. Ec.),  
Home Economists.

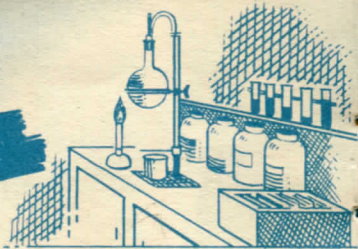


*Taste Good*

*Are Good*



## FOOD VALUES



"Use these protective foods each day

- 1 serving potatoes
- 2 servings other vegetables, green and yellow often."

From—Canada's Official Food Rules.

"Protective foods" help to protect the body against disease and to keep it in good health. Vegetables are among the chief protective foods.

Rosy cheeks, strong bones and healthy teeth are developed by liberal use of vegetables in the diet. Iron, calcium and phosphorus are present in large amounts.

Vitamin A is found in leafy green and yellow vegetables such as carrots. Vitamin C is plentiful in cabbage and turnips.

All three types of carbohydrates are found in vegetables—sugar, starch and cellulose. The cellulose has valuable laxative qualities.

The retention of food value in dehydrated vegetables is quite satisfactory, when proper attention has been paid to the process. Food values depend on the quality of the fresh vegetable, the accurate control of each step of the process, the type of container and method of packing, as well as the time and temperature of storage after processing.

Vegetables grown in the Okanagan Valley are high in food value. Soil, climate and growing conditions all contribute to the production of high quality vegetables.

This high natural food value content, together with the modern processes and laboratory control used at Bulmans Limited yield dehydrated vegetables with a satisfactory food value content.



## SALADS

### JELLIED SALAD

6 to 7 Servings

- 1 cup each cooked and cooled BULMANS Dehydrated Carrots, Parsnips and Beets
- 1 cup boiling water
- Juice of 1 lemon
- 1 tablespoon white vinegar
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon clear gelatine.

Dissolve the gelatine in a little cold water. Combine it with seasonings, vinegar and lemon juice. Stir well and add this to the boiling water. Stir all over a low heat until the gelatine is dissolved completely. Cool and allow to set to the syrupy stage.

Place a little of the mixture in the bottom of each mould. Allow to set firmly. Add a layer of carrots and

more of the gelatine. Add a layer of parsnips and more gelatine mixture. Add a layer of beets and a liberal layer of gelatine mixture over all.

A few stuffed olives or a slice of hard-cooked egg may be placed in the bottom of the mould for decoration if desired.

Chill until perfectly firm. Unmould on a bed of crisp lettuce. Brush the edge of the lettuce with a little oil. Sprinkle with paprika. Serve with sliced tongue or other cold meat. Garnish with tomatoes, olives and radish roses. Serve or garnish with a rich homemade salad dressing.

These jellied salads are attractive when served to look like little plants. Stand the individual salads upright to represent little tubs. Stick a piece of carrot top or parsley in the top to give the appearance of little plants.

Store in a Cool Place

Savoury Salads





## SCHOOL LUNCHES



CANADA'S School Lunch program is receiving the hearty support of the general public in all parts of Canada.

Vegetables play an important part in School Lunches. They contribute food value, color and variety. Vegetable soup is a popular dish and tasty combinations of vegetables can be developed.

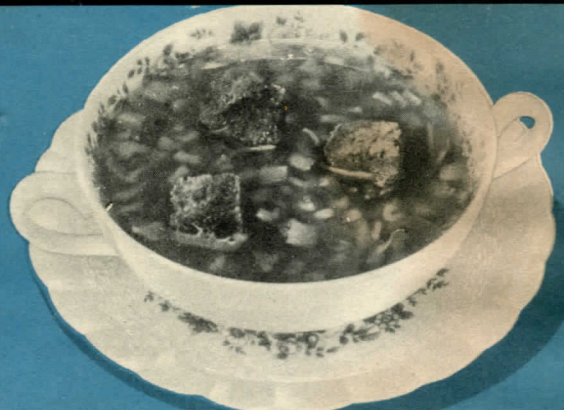
Dehydrated vegetables have a real contribution to make to this School Lunch program. No time is required for preparation and this is most important to a busy teacher.

Storage problems in a crowded class-room are removed with the use of dehydrated vegetables. They withstand freezing temperatures and are not injured when the week-end temperature drops in the school-house. Because they are packed in hermetically sealed vacuum-packed containers, they keep satisfactorily where fresh vegetables might wilt or grow mouldy.

Bulmans Dehydrated Vegetable Soup comes in two sized containers, suitable for serving a small group of children or for large cafeterias. It contains meat flavoring and a wide variety of vegetables, and requires only the addition of water. Add dripping, if available.

Bulmans Dehydrated Vegetable Mix contains a similar variety of vegetables but no meat flavoring. Its use is advised when meat stock for soup is made from soup bones.

Soup can be prepared with dehydrated vegetables at home and carried in a thermos. It is excellent when the child carries a "jar" of food and all jars are heated at school in a pan of water. Dehydrated vegetables are excellent in sandwich fillings and in salads.



SOUP

Bulmans Dehydrated Vegetable Soup contains the following ingredients: Dehydrated potatoes, carrots, turnips, onions, cabbage, green beans and celery as well as pea flakes and macaroni. The small bag contains meat flavoring, onion powder, ground carrots, peppers and parsley.

### VEGETABLE SOUP 6 to 8 Servings

Add one can of BULMANS Dehydrated Vegetable Soup to water, as directed on label. Cook briskly 20 to 25 minutes in a covered kettle. A longer cook gives a better blending of flavors.

### VEGETABLES A LA KING 6 Servings

1 can BULMANS Dehydrated Vegetable Soup  
1 cup mushrooms  
3½ cups water  
3 tablespoons fat  
5 tablespoons flour  
½ teaspoon salt

2 tablespoons chopped green peppers  
2 tablespoons chopped sweet red peppers

Chopped parsley.

Add 2 cups water to vegetable soup and cook in a covered kettle 20 minutes. Cook mushrooms in remaining 1½ cups water. Drain mushrooms and save water.

Melt fat. Blend flour and salt into fat. Gradually add water, drained from mushrooms. Add soup, peppers, mushrooms and parsley. Stir until thick and serve on buttered toast. Garnish with parsley.

*A Lunch that Satisfies*

*A Pleasing Plate*





## VEGETABLE MIX



Bulmans Dehydrated Vegetable Mix contains the following ingredients:

Dehydrated potatoes, carrots, turnips, onions, cabbage, green beans, celery, peppers, parsley as well as pea flakes, okra and macaroni.

### VEGETABLE SOUP

8 Servings

Add cold water to nearly cover soup bones. Cook several hours. Cool and skim off fat.

Add one can Bulmans Dehydrated Vegetable Mix to 2 quarts soup stock. Season to taste. Cook briskly 10 to 30 minutes in a covered kettle. Serve hot.

### TOMATO SURPRISE

6 Servings

28-ounce can BULMANS canned tomatoes

1 can BULMANS Dehydrated Vegetable Mix (2 ounces)

4 slices bacon

1/4 pound grated cheese

bread or cracker crumbs

salt and pepper to taste.

Put tomatoes in bake-dish. Add vegetable mix and bacon cut in pieces. Top with cheese and bread crumbs. Season to taste. Bake 45 minutes in moderate oven.

### MOCK DUCK

4 Servings

1 1/2 pounds round steak

1/2 loaf bread 1 egg

1/2 can BULMANS Dehydrated

Onion Flakes

1 can BULMANS Dehydrated

Vegetable Mix

1/2 teaspoon salt Paprika or pepper

1 teaspoon poultry dressing or thyme

(Optional) 1 tablespoon each of

chopped green and red peppers

and parsley.

Soak vegetable mix and onions in

boiling water for about 1/2 hour.

Drain thoroughly. Moisten bread well

and crumble into pieces. Add egg,

seasonings and soaked vegetables.

Trim steak and spread with dressing.

Roll and tie securely. Place in bake-

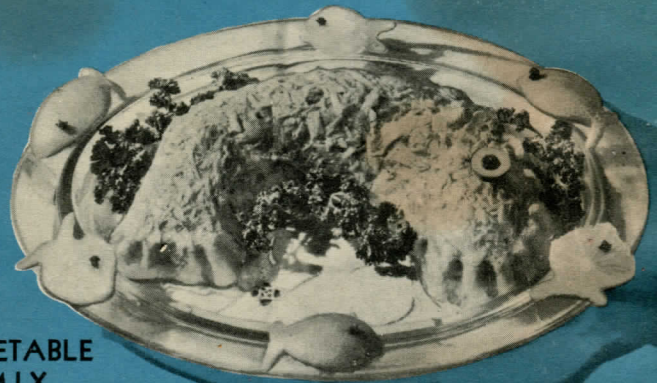
dish and pour 1/2 cup water into pan.

Cook in well-covered pan 30 minutes.

Uncover and cook 20 minutes longer

in oven at 350 degrees F. Serve

with onion and tomato gravy.



VEGETABLE MIX

### VEGETABLE FISH MOLD

6 Servings

Juice of 1 large lemon,

strained

1/4 cup white vinegar

1/8 teaspoon paprika

1/4 teaspoon salt

1/4 teaspoon meat sauce.

Combine all and add 1 envelope of clear gelatine. Add enough boiling water to make 1 1/4 cups of liquid in all.

Stir over heat, until gelatine is dissolved thoroughly. Remove from heat and cool.

Grease fish mould or loaf tin well. Place 1/4 inch of the gelatine mixture in the bottom of the mould. When almost set, make a design on top of the gelatine using hard-cooked egg, sliced green pickle, stuffed olives, or a layer of cooked Bulmans dehydrated beets and allow to set firmly.

In another bowl, combine together 1/2 can Bulmans dehydrated vegetable mix (cooked, drained and thoroughly cooled); 1 small can salmon flaked, a few sliced olives or 1/4 cup chutney drained.

Add the balance of the gelatine mixture, blend well and fill the mould. Put in a cool place until thoroughly set.

Dip in warm water for just a minute. Remove to platter and decorate with parsley and pieces of lemon. Potato salad in the curve of a fish-shaped mould completes this luncheon salad.

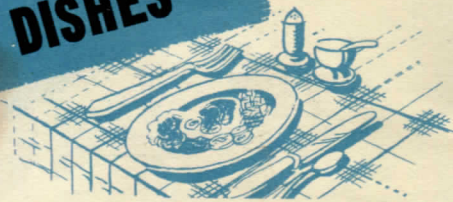
Chopped green pepper, chopped pimento, or a little chopped parsley may be added. Pickle vinegar may be used in place of the 1/4 cup vinegar. Tomato juice may be used in place of the boiling water.

Serve 2 Vegetables Every Day

It's easy now - the Bulman way



## SUPPER DISHES



### STUFFED POTATOES

6 Servings

1 can BULMANS Dehydrated Vegetable Mix  
2 cups water  
6 medium sized potatoes  
Salt and pepper.

Bake potatoes in moderate oven. Cook vegetable mix in water for 15 minutes in a covered pan. Drain.

Cut baked potatoes in half. Scoop out potatoes. Fill shells with vegetable mix. Whip potatoes to creamy consistency. Season to taste. Pile on top. Sprinkle with chopped parsley. Reheat in oven for a few minutes.

### VEGETABLE SOUFFLE

4 Servings

1 can BULMANS Dehydrated Vegetable Mix  
2 cups water 2 tablespoons flour  
2 tablespoons butter  
1/2 teaspoon salt 1/2 cup milk  
3 eggs, separated.

Cook vegetable mix in 2 cups water for 15 minutes in a covered pan. Drain.

Make a thick white sauce of butter, flour and milk. Add well beaten egg yolks and cook until thick. Add salt.

Add cooked, drained vegetable mix. Fold in well-beaten egg whites. Turn into a baking-dish. Place in shallow pan of hot water. Bake at 350 degrees 30 to 45 minutes.

Serve with Tomato Sauce made from DRINKMORE Tomato Juice.

### STUFFED GREEN PEPPERS

6 Servings

6 green peppers  
1 1/2 cups left-over meat  
1 can BULMANS Dehydrated Vegetable Mix  
1/2 can BULMANS Dehydrated Onion Flakes  
2 tablespoons flour 1/2 teaspoon salt  
2 tablespoons butter 1 cup milk  
1/2 cup bread crumbs  
Tabasco or H.P. seasoning to taste.

Cook vegetable mix and onions according to directions on label. Drain well.

Cut tops from peppers and remove seeds. Make white sauce of butter, flour, salt, milk and vegetables. Add meat and seasonings and fill peppers. Cover with bread crumbs.

Place in baking-dish. Cover the bottom with boiling water. Bake in moderate oven for 30 minutes.



LEFT-OVERS

### COMBINATION SUPPER DISH

Serve with fried sausage, liver or any cold meats.

1/2 cup BULMANS Dehydrated Carrots (cooked)  
1/2 cup BULMANS Dehydrated Parsnips (cooked)  
1/2 cup diced celery  
2 tablespoons finely chopped parsley  
3 hard-cooked eggs or 1 cup chopped cooked meat  
3 or 4 cooked and mashed potatoes

2 cups medium white sauce made as follows:

2 cups milk  
1 1/2 tablespoons cornstarch  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/4 teaspoon mustard  
1 tablespoon clarified beef dripping  
1 cup grated cheese.

Heat milk in top of double boiler. Add seasonings and cheese, stirring until cheese is dissolved. Add dripping and cornstarch which has been dissolved in a little cold milk or water. Stir until smooth. Combine with vegetables. Top with Duchess potatoes or crushed cornflakes. Bake in a 350 degree F. oven for 25 minutes.

Left-over dehydrated vegetables may be used in making tasty salads or scalloped dishes. Combine your left-over meats with Bulmans Fancy Quality Dehydrated Vegetables and serve as a nutritious and appetizing luncheon salad.



Colorful and Tasteful

Tasty Dishes from Leftovers



# POTATOES

## MASHED POTATOES

Method No. 1 6 to 8 Servings  
1 can BULMANS Dehydrated Potatoes (1/2 pound)  
1 quart water  
Salt to taste.

Add dehydrated potatoes to boiling salted water. Boil until tender (15 to 20 minutes). Drain. Beat well with rotary egg-beater, adding milk while beating. Continue until potatoes are creamy. Add butter. Serve hot.

Method No. 2 6 to 8 Servings  
1 can BULMANS Dehydrated Potatoes (1/2 pound)  
1 quart water  
Salt to taste.

Soak potatoes in cold salted water for 30 minutes. Bring to boil and boil until tender (about 10 minutes). Drain. Beat with rotary egg beater, adding milk and butter. Serve hot.

## SCALLOPED POTATOES

6 to 8 Servings  
1 can BULMANS Dehydrated Potatoes (1/2 pound)

1 quart milk or 1/3 pound powdered milk and 1 quart water.  
BULMANS Dehydrated Onion Flakes or Onion Powder to taste  
1/3 cup flour  
2 tablespoons butter  
Salt and pepper.

Arrange a layer of dehydrated potatoes in buttered bake dish. Sprinkle with flour and seasonings. Add onions. Repeat layers and add milk. Dot with butter. Bake in moderate oven until potatoes are tender (about 1 hour).

## HASH-BROWNS POTATOES

20 to 25 Servings  
1 1/2 pounds BULMANS Dehydrated Potatoes  
3 pints water  
Salt to taste.

Soak potatoes in cold salted water for 30 minutes. Bring to boil and boil 5 minutes. Put in hot frying pan with melted fat. Cook until potatoes on bottom of pan are browned. Turn and continue cooking until potatoes are tender and well-browned. Serve hot.

*Add Salt Before Cooking*

# CARROTS

## BOILED CARROTS

Method No. 1 6 to 7 Servings

1 can BULMANS Fancy Quality Dehydrated Carrots (2 1/3 ounces)  
2 to 2 1/4 cups water.

Add dehydrated carrots to boiling water. Boil in a covered pan 10 to 15 minutes. Keep tightly covered.

Nearly all the water will be taken up by the carrots, so watch closely during the last few minutes of cooking. Add butter and salt to taste. Serve hot.

Method No. 2 6 to 7 Servings

1 can BULMANS Fancy Quality Dehydrated Carrots (2 1/3 ounces)  
2 to 2 1/4 cups water.

Soak dehydrated carrots in cold water for 30 minutes. Bring to boil

in same water in covered pan. Cook 10 minutes. Add butter and salt to taste. Serve hot.

## CARROT AND PEANUT SANDWICHES

Use equal amounts of cooked Bulmans Fancy Quality Dehydrated Carrots and ground peanuts or peanut butter. Moisten well with salad dressing. Make into sandwiches, using lettuce and thinly sliced brown bread.

## CARROT AND PICKLE SANDWICHES

Use equal amounts of cooked Bulmans Fancy Quality Dehydrated Carrots and left-over pickles. Mix with salad dressing. Make into sandwiches, using medium thick slices of brown bread.

*Appealing - No Peeling*



# ONIONS



Use Bulmans Dehydrated Onion Flakes or Onion Powder in your favorite recipes. They save tears and stained hands. They add that delightful "oomph" to your cooking.

Suggested uses include: soups, sauces, salads, relishes, pickles, meat pies, stews, meat loaves, dressings, gravies, appetizers, entrees and scalloped dishes.

Bulmans Dehydrated Onion Powder is made by grinding Bulmans Dehydrated Onion Flakes.

Onion Powder has a natural tendency to cake. This indicates that no adulterant has been added. Store unused portion of can of Onion Powder in a tightly closed jar.

Two tablespoons Bulmans Dehydrated Onion Powder is the equivalent of one medium onion.

## MEAT LOAF SUPREME (4 Servings)

- |                               |                              |
|-------------------------------|------------------------------|
| 1½ pounds hamburger           | ½ cup BULMANS Onion Flakes   |
| ½ teaspoon salt               | 1 cup dry bread crumbs       |
| ⅛ teaspoon pepper             | 1 can BULMANS Vegetable Mix  |
| ¼ teaspoon mustard            | ¼ cup DRINKMORE Tomato Juice |
| 3 tablespoons chopped parsley |                              |
| A little thyme (optional)     |                              |

Cook the vegetable mix, as directed on the label. Drain well. Combine the bread crumbs, drained vegetables and tomato juice. Allow to stand until the tomato juice has been absorbed by the crumbs.

Add the meat and seasonings. Mix thoroughly. Pack tightly into a lightly greased loaf pan.

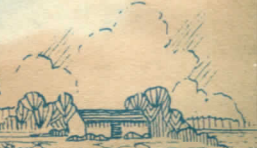
Cover the top with onion flakes which have been cooked and mixed with 2 tablespoons melted bacon fat or beef dripping.

Bake at 350 degrees F. for 50 minutes. The loaf may be covered with a piece of greased paper for half the cooking time.

Serve with baked potatoes and Bulmans Harvard Beets.

*Onions Without Tears*

# CABBAGE



## BOILED CABBAGE

4 Servings

- 1 can BULMANS Fancy Quality Dehydrated Cabbage Flakes
- 1¾ cups boiling water.

Add dehydrated cabbage to boiling water. Boil in a covered pan 10 minutes.

Nearly all the water will be taken up by the cabbage, so watch closely during the last few minutes of cooking. Add salt to taste. Serve at once.

**AVOID OVERCOOKING CABBAGE.** Flavor and color are lost when cabbage has been cooked too long or held too long before serving.

If a can of Bulmans Dehydrated Vegetables is too large for one meal for your family, the balance of the can may be kept for one to two weeks satisfactorily. Place the unused portion in a jar. Seal tightly and hold in the refrigerator or other cool place.

## SCALLOPED CABBAGE WITH CHEESE SAUCE

6 to 8 Servings

- 2 cans BULMANS Fancy Quality Dehydrated Cabbage
- 3½ cups boiling water
- 1½ cups milk
- 4½ tablespoons flour
- ¼ pound cheese
- Salt and pepper.

Add dehydrated cabbage to boiling water. Boil in a covered pan 10 minutes. Add salt to taste.

Make thick white sauce of milk, flour and seasonings. Add grated cheese.

Arrange a layer of cooked cabbage in bottom of bake-dish. Add a layer of cheese sauce. Repeat. Dot with small pieces of cheese. Bake in a moderate oven for 15 minutes.

This is the first section of a BULMANS booklet which will deal with the "Use of Processed Fruits and Vegetables."

Other sections will deal with the "Preparation of Quick-Frozen Fruits and Vegetables" and "Uses of Canned Goods."

*A Treat to Eat*





# PARSNIPS

## BOILED PARSNIPS

5 Servings

1 can BULMANS Fancy Quality Dehydrated Parsnips (2 1/3 ounces)  
2 cups boiling water.

Add dehydrated parsnips to boiling water. Boil in a covered pan 20 minutes. Keep tightly covered.

Nearly all the water will be taken up by the parsnips, so watch closely during the last few minutes of cooking. Add salt and butter to taste. Serve hot.

## FRIED PARSNIPS

5 Servings

1 can BULMANS Fancy Quality Dehydrated Parsnips (2 1/3 ounces)  
1 cup boiling water.

Add dehydrated parsnips to boiling water. Cover and let stand 20 minutes. Do not drain. Put butter or dripping in a hot frying pan. Add refreshed parsnips and fry until a golden brown. Season to taste.

# TURNIPS

## BOILED TURNIPS

Method No. 1

6 Servings

1 can BULMANS Fancy Quality Dehydrated Turnips  
2 1/2 cups boiling water.

Add dehydrated turnips to boiling water. Boil for 20 minutes. Drain. Add butter and salt to taste. Serve hot.

Rehydration of turnips is improved by cooking in a covered pan, but remove the cover during the last five minutes of cooking.

Method No. 2

6 Servings

If turnips with a milder flavor are desired, cover the turnips with boiling water. Let stand 2 to 3 minutes. Drain. Cook as directed above.

## CASSEROLE TURNIPS

6 Servings

Cook turnips as directed above. Mash. Place in casserole. Dot with butter and sprinkle with brown sugar. Bake in moderate oven until sugar is melted and turnips browned (about 10 to 15 minutes).

## OKANAGAN FRUITS AND VEGETABLES

In addition to the Dehydration Department, Bulmans Limited has a Cannery Section as well as a Frozen Food Division.

Canned goods are sold under a number of brands.

**BULMANS**                      **SUNBEAM**  
**BEE CEE PAK**              **DRINKMORE**  
**COLDSTREAM**



## PROCESSED BY BULMANS LIMITED

Canned Goods include this wide variety:

Asparagus Cuttings	Cut Golden Wax Beans	Red Plums
Asparagus Tips	Cut Green Beans	Pumpkin
Asparagus Tips and Ends	Whole Baby Beets	Spinach
Solid Pack Apples	Strip Cut Beets	Tomatoes
Crabapples	Diced Beets	Tomato Juice
		Tomato Ketchup
		Tomato Puree



*No Cleaning, Peeling*

*or Cutting Necessary*



## TABLES OF EQUIVALENTS



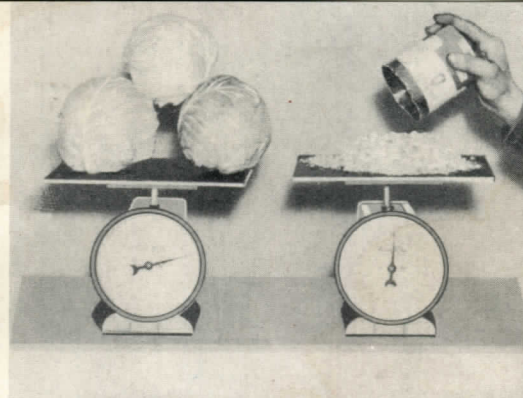
1 Can BULMANS Dehydrated Vegetables	Net Weight of Can	Equivalent in Fresh Vegetables
Beets Diced	2 $\frac{1}{3}$ ounces	4 beets or 1 $\frac{1}{2}$ pounds
Carrots Diced	2 $\frac{1}{3}$ ounces	1 $\frac{1}{2}$ bunches or 1 $\frac{1}{3}$ pounds
Parsnips Diced	2 $\frac{1}{3}$ ounces	2 $\frac{1}{2}$ parsnips or 1 $\frac{1}{3}$ pounds
Turnips Diced	2 $\frac{1}{3}$ ounces	1 turnip or 1 $\frac{1}{3}$ pounds
Cabbage Flakes	1 $\frac{1}{3}$ ounces	1 small head or 1 $\frac{1}{3}$ pounds
Onion Flakes	1 $\frac{1}{3}$ ounces	5 to 6 onions or 5/6 pound
Potatoes	1 $\frac{1}{2}$ pounds	25 to 30 potatoes or 13 $\frac{1}{2}$ pounds

BULMANS Fancy Quality Dehydrated Vegetables are packed in two sizes of containers. The family sized container holds four servings of flaked vegetables and from six to eight servings of diced vegetables.

The larger sized container is suitable for serving larger groups in summer camps, cafeterias, institutions, hospitals, work camps or restaurants. The following figures indicate the contents of these cans:

Product	Net Weight of Can	Number of Servings
Cabbage	8 ounces	20 to 25
Onions	10 ounces	30
Beets	20 ounces	60
Carrots	20 ounces	45
Parsnips	18 ounces	40
Turnips	18 ounces	40
Vegetable Mix	20 ounces	80
Vegetable Soup	1 $\frac{1}{2}$ pounds	80
Potatoes	1 $\frac{1}{2}$ pounds	20 to 25

*Time-savers at all Times*



5 POUNDS  
FRESH CABBAGE  
IS EQUIVALENT  
TO 4 OUNCES  
DEHYDRATED  
CABBAGE



# BULMANS

## DEHYDRATED VEGETABLES



PART OF  
LABORATORY AT  
BULMANS LIMITED.  
CONTROL AT ALL  
STAGES OF  
PROCESS IS  
EMPHASIZED.

