

COOK BOOK



Favorite Recipes

1950.

Mrs Florence Vinchattle
Gowrie Ia -

1950

COOK BOOK

COMPILED BY

SLIFER LADIES' AID

CHURCH OF THE BRETHERN

SLIFER, IOWA

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BREADS

ANGEL FOOD DOUGHNUTS

3/4 c sour cream	1/4 c sour milk
1 c sugar	3 eggs
1 t vanilla	1/2 t soda
2 t B.P.	1/4 t salt
	<u>2 c sifted flour</u>

Whip cream and milk till foamy. Add sugar and beat until dissolved. Add eggs, one at a time and beat after each. Add vanilla. Sift dry ingredients and add to egg mixture. Let stand for 1 hour. Add enough flour to make a dough. Roll and cut into doughnuts and fry in hot fat.

Mrs. Lynn Gaskill

NUT DATE BREAD

1 c chopped dates	1 c boiling water
	1 t soda

Mix and let stand until cool. Add:

1 c sugar	1 egg beaten light
1/2 t salt	1/2 c nut meats
	<u>2 c flour with 1 t B.P.</u>

Bake 1 hour.

Mrs. Oscar Madson

Lila Vinchattle

Mrs. Emma Dixon

KRISPIES

Use butterhorn dough or any quick roll recipe & let rise until doubled in bulk. Punch down and divide in half. Roll out thin. Spread with butter, sugar and cinnamon and roll as for cinnamon rolls. Slice 1/2 inch thick. Mix cinnamon and sugar and use a generous amount under each slice and sprinkle top and roll very flat with rolling pin. Place on cookie sheet and bake immediately in (425) oven.

Mrs. Ray Ewing

PLAIN MUFFINS

1 egg	2 c flour
1 c milk	4 t B.P.
3 T sugar	1/2 t salt

3 T salad oil

Beat egg in mixing bowl. Add milk and sugar. Add salad oil or melted fat. Mix. Sift and measure flour and add B.P. and salt. Add dry ingredients to the egg mixture. Beat only until blended. Fill muffin pans $\frac{3}{4}$ full and bake in a hot oven (400) for 25 minutes.

Mrs. Charles Nettleton

WHOLE WHEAT MUFFINS

1 egg	1 c whole wheat flour
1 c milk	1 c white flour
3 T sugar	4 t B.P.

3 T melted fat 1/2 t salt

Beat the egg, milk, sugar, and melted fat together. Add the dry ingredients and mix until well moistened. Do not sift the whole wheat flour before measuring. Bake in a hot oven for 25 minutes.

Mrs. Charles Nettleton

BISCUITS

2 c flour	4 t B.P.
<u>4 t shortening</u>	<u>3/4-1 c milk</u>

Pat out on floured board and cut. Bake in hot oven (450) for 15 minutes or till golden brown.

Vera McCullough

BANANA MUFFINS

3 lg bananas	1 t soda
3/4 c sugar	1 t B.P.
1 egg	1 1/2 c flour
1/2 t salt	1/3 c melted butter

Wash the bananas thoroughly. Add sugar and slightly beaten egg. Add melted butter and dry ingredients sifted together. Mix lightly. Place in well greased pans—fill about 2/3 full. Bake (375) oven 20 minutes. Makes 12 lg muffins.

Velma Friederichs

CORN BREAD

1/2 c sugar	1 1/2 c corn meal
1/2 c melted shortening	2 t B.P.
2 eggs beaten	1/2 t salt
1 c milk	1 1/2 c flour

Combine sugar, shortening, beaten eggs and milk. Add dry ingredients which have been sifted together. Bake in (350) oven till golden brown.

Vera McCullough

DOUGHNUTS

2 eggs	1 c sour milk
1 t soda	1/2 t B.P.
2 t melted shortening	4 c flour
1 t salt	nutmeg
	vanilla

Delva Vinchattle

BUTTERHORNS

1 c milk	1/2 c shortening
1/4 c sugar	1 t salt
1 cake compressed yeast	2 beaten eggs
	<u>4 1/2 c flour</u>

Heat milk to scalding; add shortening, sugar and salt. Cool to luke warm, add yeast and eggs. Then add the flour and mix to a smooth, soft dough. Knead lightly on a floured surface. Place dough in a greased bowl. Cover and let rise in moderately warm place until at least double in bulk. Divide dough into thirds, roll each third on lightly floured surface to the size of a nine inch pie pan. Cut each round into 12-16 wedge-shaped pieces. Roll each triangle, starting with the wide end and rolling to center. Arrange in greased baking pan & brush lightly with melted butter. Cover and let rise until very light. Bake in a moderately hot oven, (400) for 15 minutes.

Mrs. Ray Ewing

BOSTON BROWN BREAD

1 c white flour	1 c corn meal
1 c graham flour	3/4 t soda
1 t salt	1/2 c sugar
1/2 c light molasses	1 1/2 c sour milk
	<u>1 egg, well beaten</u>

Mix all dry ingredients, add liquid. Lastly add egg. Pour into well greased cans, not more than 2/3 full to allow for rising. Cover cans tightly with lids or double thickness of aluminum foil. Tie tightly with string. Place on a rack in pressure pan with water in cooker. Place cover on cooker. Allow steam to flow from vent pipe 20 minutes. Put indicator weight on vent pipe and cook bread 40 minutes at 15 # pressure. Cool cooker at once.

Mrs. S. D. Gourley
(9)

WHOLE WHEAT BREAD

1 cake yeast	2 c whole wheat flour
4 T sugar	4 c white flour
2 c water	4 T fat
	1 T salt

Dissolve yeast in lukewarm water. Add whole wheat flour. Beat well. Add sugar, salt, fat and white flour until stiff as can be stirred with spoon. Take out on board and knead, adding flour as needed. It is stiff enough when you can hold it in your hands without it sticking, while you count 30. Grease a bowl and roll dough around. Then cover & let rise, until double its size. Punch down, let rise until double in size. Bake in (375) oven 45-50 minutes. Makes 2 loaves.

Charlotte Erritt

RYE BREAD

1 c milk	1 c water
1/4 c molasses	2 t salt
1/4 c shortening	1 cake yeast
<u>1 1/4 c rye flour</u>	<u>1/3 c sugar</u>

Heat water, milk, molasses, and shortening. Add salt, sugar, yeast, and rye flour and enough white flour for a soft sponge. Let rise until light. Add enough white flour to stiffen. Set sponge about 4 P.M. and let set until bedtime. Then add the flour to stiffen. Let rise over night and mix down in the morning. Put into pans and let rise until light. Bake at (350).

Mrs. Ray Ewing

BANANA BREAD

1 c sugar	1/2 c butter
3 eggs well beaten	1 T sour milk
1 t soda	1 t vanilla
1/4 t salt	1/2 c nuts
2 c flour	3 lg bananas crushed or 4 sm ones.

Cream sugar and butter. Add eggs and the soda dissolved in sour milk. Add vanilla, salt, nuts, flour, and bananas. Bake in moderate oven.

Mary Lauver

CINNAMON COFFEE CAKE

1/4 c shortening	3/4 c sugar
1 egg	2 c flour
3 t B.P.	1/2 t salt
3/4 c milk	1 egg white
1 T water	2 T sugar
1 1/2 t cinnamon	1 T melted butter 1/4 c nut meats

Cream sugar and shortening. Add egg. Add sifted dry ingredients-alternately with the milk. Spread 1/2 of the mixture in a 6 by 10 pan. Brush with beaten egg white and water. Combine remaining ingredients and sprinkle 1/2 over batter. Add remaining batter and cover with remaining cinnamon mixture. Bake at (375) for 30 minutes.

Bonnie Adam

ICE BOX ROLLS

Dissolve 1 cake yeast in 2 c lukewarm water. Add flour to make a stiff sponge. Let rise over night.

Cream together: 1 c sugar

1 c shortening 2 c flour

2 eggs, well beaten 2 t salt

----- 1 c milk

Add to the yeast mixture and knead stiff. Let dough rise twice. Shape in rolls and put in pans. If kept in the refrigerator, knead down each morning until used.

Marguerite Schmidt

NOODLE CASSEROLE

Cook 4 ounces of noodles in boiling salted water for 15 minutes, drain and mix with the following sauce. Heat 1 1/2 c milk and add 1/4 # grated cheese. Stir until cheese is melted. Cool & add 3 unbeaten eggs. Season with paprika and stir in 1 c crushed potato chips. Put noodle mixture in well buttered casserole. Sprinkle top with finely crushed potato chips. Bake in (350) oven until mixture is firm-about 45-60 minutes. Serve with mushroom sauce.

Mrs. Bert Peterson

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CAKES-COOKIES

QUICK CAKE

1 c flour	1 c sugar
2 t B.P.	2 eggs
<u>sweet cream</u>	<u>flavoring</u>

Mix first three ingredients together well. Break the whole eggs in a c, then finish filling the c with sweet cream. Mix all together and beat well. Flavor to taste. Bake in a moderate oven. Use a 9 x 9 x 1 1/2 inch pan.

Dene Wagner

MARSHMALLOW CAKE

2 c cake flour	2 c sugar
2 t B.P.	6 egg whites
pinch of salt	1/4 t cream of tartar
	<u>lemon or vanilla flavoring</u>

Beat egg whites as you would for Angel food cake and add cream of tartar. Scald milk and add dry ingredients. Pour batter into egg whites slowly. Pour into an ungreased pan and bake in a (350) oven for 30 minutes.

Violet Vinchattle

DATE CAKE

Chop 1 1/2 c dates fine and add 2 1/4 c boiling water and 1 1/4 t soda. Cool. Cream 1 1/2 c sugar with 1/2 c shortening. Add 2 egg yolks, 2 1/4 c flour, 1/2 c nuts, 1 t vanilla. Lastly add the date mixture. Bake in a (325) oven. This makes a lg cake.

Dolores Ekquist

WHITE CAKE MIX

1 box cake flour	5 c sugar
1/3 c B.P.	1 T salt

3 c shortening

Mix dry ingredients. Sift together 3 times into lg bowl or onto a lg sq of plain paper. Cut in shortening, using a pastry blender or the finger tips. The mix should have the consistency of coarse corn meal. Store in covered containers at room temperature. Makes 20 c. To measure white cake mix, pile it lightly into a measuring c and level off with a knife or a spatula.

Gay Ewing

WHITE LAYER CAKE

4 egg whites	1/2 c sugar
2/3 c milk	3 c white cake mix

1 t vanilla

Beat egg whites until nearly stiff enough to hold peaks. Continue beating while sugar is added gradually. Beat until meringue is very stiff. Add 1/2 of the milk to the mix. Stir 100 strokes or 1 minute. Add remaining milk and vanilla and beat again. Fold in meringue until completely blended. Pour into two 8 inch layer-cake pans. Bake in a moderately hot oven. (375) for 20-25 minutes.

Gay Ewing

BRIDAL SHOWER CAKE

2 1/4 c cake flour	1 1/2 c sugar
3 t B.P.	1 t salt

1/2 c spry

Put all together in a bowl and mix. Then add: 1 t vanilla, 4 egg whites unbeaten. Beat for two minutes. Bake in (350) oven 25-30 minutes.

Mrs. Walter Friederichs
(15)

BOB'S WHITE CAKE

Cream well: 2 c sugar
3/4 c veg. shortening 1 t vanilla
Add: 3 1/4 c cake flour
1 c cold water with 1 t salt
Add 4 unbeaten egg whites, one at a time. Lastly
add 6 t B.P., which have been mixed with 1/4 c
flour. Very accurate measurements and thorough
creaming are necessary.

Mrs. Ray Ewing

SPONGE CAKE

Beat well 4 eggs and add 4 T water. Sift together:
1 c sugar 1 c flour
2 t B.P.
Add to egg mixture. Add flavoring. Bake in (350)
oven.

Mrs. Harry L. Dixon

SPONGE CAKE

2 c sugar 4 eggs
1 t lemon flavoring 3/4 c boiling water
2 c flour
Beat eggs well and add sugar. Beat more. Add
flavoring, then the B.P. with the flour. Add water
last.

Mrs. Emma Dixon

DATE LOAF OR BARS

Cream together: 2 T butter
1 c sugar 1 t vanilla
Then mix together: 1 # chopped dates
1 t soda 1 c boiling water
Set this aside until cool, then add the creamed
butter and sugar mixture. Sift:
1 1/2 c flour 1 t B.P.
Add the dry ingredients and nuts. Bake in a mod-
erate oven for 25 minutes. Serve with whipped
cream or cut in bars and roll them in powd sugar.
Makes 10 servings.

Mae Gallentine

SCRIPTURE CAKE

1 1/2 c Judges 5:25,	2 c Jeremiah 6:20
6 Jeremiah 17:11	2 c Nahum 3:12
2 c 1 Samuel 30:12	1 c Numbers 17:8
11 Chronicles 9:9	1/2 c judges 4:19
<u>4 c 1 Kings 4:22</u>	<u>2 t Amos 4:5</u>

Follow Soncmon's prescription for making a boy good
and you will have a good cake. Bake in a rather
slow oven for almost an hour. This cake like most
other fruit cakes improves with age. The cake
should be stored away at least a week before it
is used.

Lola Nettleton

APPLE SPICE CAKE

1 c sugar	1/2 c shortening
1 egg	1/2 c cold coffee
1 c raw apples	1/2 c raisins
1/2 c nut meats	1 t soda
1 t cinnamon	1/2 t cloves
pinch of salt	1 1/2 c flour

Lila Vinchattle

FRUIT CAKE

1/2 c butter	1 c raw apples
1 1/2 c brown sugar	1/2 c chopped nuts
2 eggs	2 c flour
1/4 c fruit juice	1 t soda
2/3 c raisins	1/4 t B.P.
2/3 c dates	1/4 t salt
1/2 c canned pineapple	1/4 t allspice & ginger
12 candied cherries	1/2 t nutmeg & cinnamon
3 T <u>chopped citron</u>	1/2 t <u>almond and vanilla</u>

Cream shortening and sugar until light and fluffy. Add the well-beaten eggs. Add vanilla and almond flavoring. Sift dry ingredients together. Take 1/2 c and mix with the fruit juice or wine to the mixture. Beat in the flour then the floured fruits. Mix well. Turn into well greased tube pan which has been lined with heavy greased paper. Bake in a slow oven (300) for 2 hours or until done. Remove from pan, peel off paper and let cool on cake rack.

Mrs. Bert Peterson

PRUNE CAKE

3/4 c shortening	1/4 t cloves
1 c sugar	3/4 t B.P.
3 eggs	1/4 t salt
1 c cooked prunes	2 c sifted flour
1 t <u>cinnamon</u>	1/2 c <u>prune juice</u>

Cream sugar and shortening. Add beaten eggs, chopped prunes, prune juice and dry ingredients sifted together. Put following on top of cake after it is baked:

1 c sugar	1 T flour
2/4 c <u>prune juice</u>	1 c <u>chopped prunes</u>

Cook until it thickens.

Velma Friederichs

APPLESAUCE CAKE

1/2 c shortening

2 beaten eggs

2 c flour

1 t B.P.

1 t cinnamon

1 c chopped raisins

Thoroughly cream shortening and sugar; add eggs & beat well. Add applesauce, then sifted dry ingredients. Beat smooth and fold in raisins and nuts. Bake in a moderate oven 45-60 minutes. Serve plain or frosted. This cake will remain moist several days in a closely covered container.

Laura Ewing Adam

APPLESAUCE CAKE

2 c sugar

2 c applesauce

1/8 t salt

1 t allspice

1 c dates

3/4 c butter

4 c flour

1 t cinnamon

1 c raisins

2 t soda in 1/4 c hot coffee

Bake in slow oven 1 hour. This is rich. It makes a complete dessert with whipped cream or frosting.

Carrie Gurney

APPLESAUCE CAKE

1 c sugar

1 egg

2 c flour

1/4 t cloves

1/2 t salt

1/2 c shortening

1 c applesauce

1 1/2 t cinnamon

1/2 t nutmeg

1/2-1 c raisins

Mrs. Pauling Larson

Mrs. Lynn Gaskill

(19)

DELICIOUS ANGEL FOOD

12 egg whites	1/2 t salt
1-1/3 t cream of tartar	1 1/2 c powd sugar
2/3 c gran sugar	1 c cake flour
	1 t <u>vanilla</u>

Sift flour and powd sugar together. Beat egg whites until foamy. Add salt and cream of tartar. Continue beating until the whites are stiff. Beat in the gran sugar. Fold in the flour mixture, adding a little at a time. Bake 1 hour in a slow oven.

Mae Dixon

ANGEL FOOD CAKE

1 1/2 c egg whites	1 1/2 c sugar, sifted
1 c cake flour	2 t cream of tartar
1/4 t salt	1 t <u>flavoring</u>

Beat egg whites slightly and put in cream of tartar and salt. Beat until stiff. Then add sugar and flavoring. Fold in flour. Bake in (325) oven for nearly and hour.

Nina Harding

NEVER FAIL CHOCOLATE CAKE

2 c sugar	1 c shortening
3 c flour	2 t soda
2 t vanilla	1/2 t salt
1 c cocoa	2 eggs
1 c sour milk	1 c hot water

Put all together before beating. Mix well and bake in loaf pan in a (350) oven for about 40-45 minutes.

Nina Harding

PEACH UPSIDE-DOWN CAKE

Line skillet with:	4 T butter
3/4 c brown sugar	9 canned peach halves
Make a batter of:	1 c sugar
1/4 c peach juice	1 c flour
1 t B.P.	1/4 t salt
	2 eggs

Melt butter and blend in brown sugar. Place peaches in this. Mix batter and pour over peaches. Bake 50 minutes. Rich but delicious.

Nina Gallentine

LEMON-ORANGE CAKE

1/2 c shortening	1 1/4 c sugar
2 eggs, separated	grated rind of 1 orange
1/4 c orange juice	1 t lemon juice
1/4 c water	2 1/4 c cake flour
2 t B.P.	1/2 t salt

Cream together shortening and sugar. Add well beaten egg yolks. Combine grated orange rind, orange juice, lemon juice, and water. Add to first ingredients alternately with flour and B.P. Lastly fold in well-beaten egg whites. Bake in a (350) oven.

Mrs. Russell Post

FLOSSIES DEVILS FOOD CAKE

Sift together:	1 c sugar
1 1/2 c flour	2 T cocoa
Add:	1 c sour milk with 1 t soda
1/2 c melted shortening	1 egg

Beat thoroughly and bake in layers or loaf.

Mrs. Louis Vaudt

SWEEEPSTAKE CHOCOLATE CAKE

Mix 1/2 c cocoa in 3/4 c hot water in a saucepan, cook slowly until as thick as whipped cream, stirring constantly. Cool while mixing cake batter.

Cream: 1/2 c butter

2 c sugar 1 t vanilla

Add two unbeaten eggs, beating them in well.

Sift together: 3 c sifted flour

1 t soda 1/8 t salt

Add alternately with 1 c sour milk. Lastly, add the cocoa mixture, blending thoroughly. Bake 30 minutes in a moderate oven.

Mrs. Carl H. Johnson

DANISH RED CAKE

1/4 c shortening 4 T chocolate or cocoa

1 c sugar 1 egg yolk

1 c sour milk 1 t soda

1 1/4 c flour

Dissolve cocoa in melted shortening. Add sugar & beat. Add egg yolk and beat well. Alternately add the sour milk and the flour, which has had the soda sifted with it. Bake in a quick oven.

Betty Madson Larson

CHOCOLATE CAKE

2 c cake flour 1 t soda

1 1/2 c sugar 1/2 c veg. shortening

3 egg yolks 2 sq melted chocolate

1 c cold water 1 t vanilla

pinch of salt

Put above in bowl and beat for 2 minutes with mixer. Beat egg whites stiff and beat in 1/4 c sugar, adding a little at a time. Fold in the egg whites into the batter. Bake in a (350) oven.

LORD BALTIMORE CAKE

3 c sifted cake flour	3 t B.P.
1/2 t salt	3/4 c shortening
1 1/2 c sugar	8 egg yolks
1 c milk	1/2 t lemon extract or
<u>1/2 t vanilla</u>	<u>grated lemon rind</u>

Sift flour once and measure. Add B.F., salt and sift 3 times. Cream shortening, add sugar gradually and cream together until light and fluffy. Beat yolks very thoroughly with rotary beater until light colored and thick. Add milk and dry ingredients a little at a time.

Bernice Magner

MARASCHINO PARTY CAKE

Sift together in a bowl: 2 1/4 c cake flour
1 1/3 c sugar 3 t B.P.

Add: 1/2 t salt
1/2 c butter

1/4 c cherry juice 16 maraschino cherries

1/2 c milk

Beat 2 minutes. Add 3 egg whites. Beat 2 minutes more. Fold in 1/2 c nuts. Bake in (350) oven.

Vera McCullough

DEVIL FOOD CAKE

Cream together: 2 c sugar
1/2 c shortening 1/2 c cocoa

Alternately add 1 c cold water with:

2 c flour 1 t soda
1/4 t B.P. pinch of salt

Lastly add 3 eggs and 1 t vanilla.

Delva Vinchattle

SOUR CREAM SPICE OR CHOCOLATE CAKE

1 c sugar	1 c sour cream
1 egg	1 1/2 c flour
	1 t soda

For spice cake add the following to the flour:

1 t B.P.	1 t cinnamon
1/2 t cloves	1/2 t nutmeg

Lastly add 1/2 c nut meats and 1 c raisins or dates. For chocolate cake add 1/2 c cocoa dissolved in a little hot coffee and 1 t vanilla.

Bonnie Adam
Bonnie Crummer
Vera McCullough

FUDGE CAKE

2 1/4 c flour	1 t soda
1 t B.P.	1/2 t salt
1/2 c shortening	1 1/2 c sugar
1 t vanilla	2 eggs
1 c cold water or	1/3 c hot water
<u>sour milk</u>	<u>1/2 c cocoa</u>

Sift flour once then measure. Mix soda, B.P. and salt with the flour and sift again. Mix cocoa with the hot water and mix to a smooth paste. Beat into the batter. The batter makes 3 sm layers or 2 lg ones.

Mabel Gallentine

BURNT SUGAR CAKE

1 1/2 c white sugar	1/2 c butter
2 egg yolks	1 c milk
2 1/2 c flour	2 t B.P.
1 t vanilla	4 t burnt sugar
	<u>2 egg whites</u>

Cream the butter and sugar together. Then add the egg yolks and milk alternately with the flour & B.P. Beat the batter 5 minutes. Add the burnt sugar and vanilla & fold the egg whites in last.

BUTTERSCOTCH CAKE

1/2 c shortening	2 c brown sugar
2 eggs	1/4 c vinegar
1/4 c cocoa	3/4 c water
2 c flour	1/4 t salt
1 t soda	1 t vanilla
	<u>1/2 c nut meats</u>

Cream sugar and shortening and add eggs which have been well beaten. Add cocoa. Add vinegar and water. Sift flour, salt, and soda together and add to the mixture. Bake in a moderate oven.

Mrs. Emma Dixon

COLD WATER COCOA CAKE

Cream:	1/2 c butter
1/8 t salt	1 c sugar
	1 t vanilla
Blend and add:	1/2 c cocoa
	1/3 c cold water

Then add alternately to that mixture:

2 1/2 c cake flour 1 c cold water

Fold in 3 egg whites which have been beaten stiff with 3/4 c sugar, beaten into them. Lastly, add 1 1/3 t soda, which has been dissolved in a sm amount of boiling water. Stir in thoroughly. Bake in a (350) oven about 35 minutes.

Mrs. Harold Nelson

SOUR CREAM ICING

5 egg yolks	1 c sour cream
<u>1 c sugar</u>	<u>1/2 c nut meats</u>

Cook in a double boiler until thick. Cool & add the nuts.

Mary Lauver

DATE ROLL COOKIES

1 c sugar	1 c brown sugar
1 c shortening	3 eggs
1 t vanilla	4 c flour
<u>1 t soda</u>	<u>1/4 t salt</u>

Cream shortening and sugars. Beat in eggs and vanilla. Sift soda, salt & flour and add to creamed mixture. Chill dough. Cook 1 # dates or raisins, 1/2 c sugar and 1/2 c water until a paste. Cool. Divide dough in half and roll about 1/2 inch thick. Spread with fruit paste and roll up like jelly roll. Slice thin and bake. The dough may be stored in the refrigerator and baked as needed. Nuts may be added to the filling.

Mrs. Glen Ault
Lila Vinchattle
Alta Little

FRUIT COOKIES

2 c brown sugar	1 c sour milk
1 c shortening	1 c currants or raisins
3 c flour	2 eggs
1 t cinnamon	1/2 t cloves
1/2 t allspice	2 t soda
	1 t B.P.

Cream shortening and sugar, add eggs. Beat well. Add raisins and sour milk. Sift all dry ingredients, then add and mix well. Spread thin in pan. Frost with powdered sugar.

Naomi Erritt

BANANA CAKE

1 1/4 c sugar	1/2 c butter
2 eggs	3/4 c sour milk
2 lg bananas or 1 c mashed bananas	2 c flour
1 t B.P.	1 t vanilla
	1 t soda dissolved in <u>a little hot water</u>

Mix sugar and butter. Add egg yolks, beaten, the sour milk with the soda, bananas, and the vanilla. Then add the flour and B.P. Lastly add the beaten egg whites. Bake in a loaf. 1/2 c nut meats or 1/2 c dates can be added, or both. Serve with whipped cream or frosting.

Mrs. O. W. Madson

CREAM FROSTING

2 c sugar	1 c cream
	<u>pinch of salt</u>

Put in a saucepan and stir until it begins to boil. Then cook to the soft ball stage. Add 1 t vanilla. Let cool a little and beat until creamy.

Mrs. Carl H. Johnson

CREAMY BROWN SUGAR FROSTING

4 T brown sugar	4 T cream
	<u>4 T butter</u>

Bring to boil, take from stove and let cool, then add enough powd sugar to spread. Add 1 t vanilla.

Mrs. Carl Johnson

SEVEN MINUTE ICING

1 c sugar 1 egg white
1/3 c hot water 1/8 t cream tartar
Put all together in a double boiler and beat with a roatry beater for 7 minutes or until it stands in stiff peaks. Remove from fire. Add vanilla & beat.

Velma Friederichs

EASY SEVEN MINUTE FROSTING FOR ELECTRIC MIXER

Make a syrup of the following:

1 1/2 t syrup 1 1/2 c sugar
1/3 c cold water

Cook until the syrup spins a long thread. Place 2 egg whites in mixer bowl and turn on the beaters. Pour in the syrup and beat to desired consistency to spread on cake.

Laura Ewing Adam

CHOCOLATE CREAM CHEESE ICING

2 sq bitter chocolate 1 pkg cream cheese
2 T milk 2 c powd sugar

Melt chocolate & partially cool. Blend in remaining ingredients, and spread on cake.

Mrs. Carl H. Johnson

STAY SOFT CHOCOLATE FROSTING

Mix 1/3 c cocoa, 3 T cornstarch, 1-1/3 c sugar, 1/4 t salt. Add 1 1/2 c milk. Cook until thick. Remove and add 1 t butter and 1 t vanilla. Cool.

Nina Gallentine

NINA'S PERFECT RAISIN DROPS

2 c raisins	1 c water
Boil briskly 5 minutes.	Cool and stir in 1 t soda
and let stand.	
Cream:	2 c sugar
1 c fat	1 t vanilla
Add 3 eggs beaten	2 T cream
4 c flour	1 t B.P.
1 t salt	1 t cinnamon
<u>1/4 t nutmeg</u>	<u>1 c nuts</u>
Drop and bake at (400).	-

Selma Duncon

MINCE MEAT COOKIES

1 pkg mince meat cut up and add 1 1/4 c water.
Stew until thick, then cool. Add 1/2 t soda. Cream
1 1/2 c sugar with 3/4 c shortening, 1 egg beaten
and t salt, 1 t B.P. sifted with 3 1/2 c flour.
Drop by spoonfuls on cookie sheet & bake.

Lila Vinchattle

DATE-NUT SQUARE

1/2 c flour	1/2 t B.P.
1/4 t salt	1/2 c shortening
1/2 c sugar	1 c dates
<u>1 egg</u>	<u>1/4 c nuts</u>
Bake 30 minutes in a (325) oven. Cut in 1 inch sq	
and roll in powd sugar.	

Pearl Williams

COCONUT MACAROONS

2 egg whites, well beaten. Add 1/2 c sugar & 1/2 t vanilla. Add 1/2 c sugar and 1/2 t vanilla. Fold in enough shredded or flaked coconut to make a stiff meringue. Drop by t on a cookie sheet. Bake in a moderate oven until lightly brown.

Mrs. Ruth Harmer

SANDIES

Cream: 1 c butter
Add: 1/4 c sugar
2 t vanilla 1 T water

2 t vanilla 2 c flour
Mix well and add 1 c chopped nut meats. Form sm bars 1 1/2 inches long. Bake on ungreasec cookie sheet in a slow oven. (300) for 20 minutes. Roll in powd sugar while hot.

Mrs. Louis Vaudt

SALTED PEANUT COOKIE

1 c brown sugar	1 c sugar
1 c shortening	1 t vanilla
2 eggs beaten	1 c crushed breakfast
1 c oatmeal	food (corn flakes etc.)
1 c salted peanuts	1 t B.P.
1 t soda	2 c flour

Bake in a (375) oven for 10 minutes.

LaVonne Vinchattle

MOLASSES SQUARES

2 c flour	1 egg
1/4 t salt	1/2 c molasses
1/4 t soda	1 c raisins
1 1/2 t B.P.	1 c nut meats
1/4 c shortening	1/2 c milk
	1/2 c sugar

Mix like cookies or cake. Spread thinly on pan.
Bake 12 minutes or more. Cut in squares. Frost
with icing.

Lola Nettleton

CRISP GINGER COOKIES

3/4 c shortening	4 T molasses
1 egg	1 t cinnamon
2 t soda	1 t cloves
2 1/2 c flour	1 t ginger
1 c sugar	1/4 t salt

Mix and form into balls, the size of walnuts. Dip
one side into sugar. Bake 15 min. in a (350) oven.

Mrs. Charles Nettleton

GINGER SNAPS

2 c sugar	1 T vanilla
1 c shortening	1 T ginger
2 eggs	1 t salt
1 c molasses	3 t soda
1 T vinegar	5 c flour

Drop by t on cookie pan and bake in moderate oven.

Mrs. Bert Petersen

CHOCOLATE DROP COOKIES

1 c sugar	1/2 c shortening
1 egg beaten	1 c sour milk
1 t soda	3 T cocoa
2 c flour	1 t vanilla
	1/2 c <u>nut meats</u>

Drop by spoonfuls on cookie sheet & bake.

Lila Vinchattle

CHOCOLATE DROP COOKIE

1 c brown sugar	1/2 c shortening
2 eggs	1/2 c milk
1/4 t soda	1/2 t B.P.
2 T cocoa	2 c flour
1 t <u>vanilla</u>	1/2 c <u>nut meats</u>

Use cake method for mixing. Drop by spoonfuls on cookie sheet and bake.

Vera McCullough

ORANGE SLICE COOKIES

1 1/2 c brown sugar	1/2 c shortening
2 eggs	1/2 c flour
1 t soda sifted with	1/2 c coconut, cut
the flour	1 # orange slices, cut &
1 c <u>oatmeal</u>	add with 1/2 c flour

Mix and put in refrigerator to cool. Make in balls.
Flatten and bake.

Mrs. Clara Lauver

BUTTERSCOTCH BROWNIES

Melt over low heat $1/4$ c shortening. Remove from heat and stir in until blended 1 c brown sugar. Cool. Add 1 egg. Sift together & add: $1/2$ c flour, 1 t B.P., $1/2$ t salt. Lastly add, $1/2$ t vanilla, $1/2$ c walnuts. Spread in well greased and floured sq pan $8 \times 8 \times 2$ inches. Bake 20-25 minutes in a moderate oven. They appear soft when removed from the oven because the interior is supposed to be soft. Cut while warm into sq.

Mrs. Herb Smith

BROWNIES

$1/2$ c shortening	2 sq unsweetened chocolate
$3/4$ c flour	$1/2$ t B.P.
$1/2$ t salt	2 eggs
1 c sugar	1 t vanilla
	1 c nuts

Melt shortening and chocolate together over hot water. Cool. Sift flour with B.P. and salt. Beat eggs until light. Add sugar, then chocolate mixture and blend. Add flour, vanilla & nuts. Mix well. Pour into 8 inch sq pan. Bake in a moderate oven (350) for 30-35 minutes. Cool and cut into squares. Frost if desired.

Esther Nielson

CHOCOLATE FROSTING

$1/3$ c cocoa	$1/3$ c butter
$1/3$ c cream	1 c sugar
	1 t vanilla

Mix together and cook 1 minute and cool slightly then beat smooth. Spread on cake.

Mrs. Carl H. Johnson

SOFT SUGAR COOKIES

1/2 c butter	2 1/2 c sifted flour
3/4 c sugar	1 1/4 t B.P.
1 t vanilla	1/4 t soda
1 egg	1/4 t salt

1/2 c sour cream

Cream butter, flavoring and sugar; beat in egg until mixture is fluffy. Add sour cream. Beat in sifted dry ingredients. Chill dough. Roll 1/4 inch thick. Cut into rounds. Bake at (350) till edges are light brown.

Mrs. Veryl Williams

CHOCOLATE CHIP OATMEAL COOKIES

3/4 c shortening	1/2 c brown sugar
1/2 c white sugar	2 eggs
1 c & 2 T flour	1 t B.P.
1/4 t salt	1/3 c milk
1 t vanilla	1/2 c nutmeats
3 c quick oatmeal	1-7 oz bar semi-sweet chocolate or 1 7 oz. pkg chocolate chips

Cream shortening & sugar. Beat in eggs, one at time. Add B.P. and salt sifted with the flour. Add to the creamed mixture alternately with the milk. Add vanilla and nutmeats, then the oatmeal, & lastly the chocolate. Drop by spoonfuls on cookie sheet.

Mrs. I. R. Ault

BROWNIES

1 c shortening	2 c sugar
1 t vanilla	2 eggs
1/2 c cocoa	2 c cake flour
<u>1 c nutmeats</u>	<u>1/2 t B.P.</u>

Cream butter and sugar, add vanilla and eggs. Sift flour, B.P. and cocoa together; then add to first mixture and beat well; add nut meats. Bake in (350) oven.

Mrs. Carl H. Johnson

CHOCOLATE BROWNIES

2 c brown sugar	1 c shortening
12 sm t cocoa	3 eggs
1 c sour milk	1 t soda
pinch of salt	3 c flour
<u>1 c nutmeats</u>	<u>1 t vanilla</u>

Melt shortening and cocoa in pan over low heat. Add to sugar, beat and cool. Then eggs unbeaten one at a time. Then add sour milk in which soda has been dissolved and add alternately with flour. Add nuts and vanilla. Drop by spoonfulls on cookie sheet & bake.

Velma Freiderichs

VANILLA WAFER COOKIES

1 1/2 c brown sugar	1 1/2 c sugar
1 c shortening	3 eggs
pinch of salt	2 t soda
2 t cream of tartar	2 t vanilla
	<u>3 3/4 c flour</u>

Drop by spoonfuls. They may be flattened out with a fork.

Mrs Oscar Madson
(35)

BUTTERSCOTCH TEA CAKES

1 c butter

2 c brown sugar

2 eggs

3 1/2 c flour

1 t soda

1/2 t salt

1/2 c nuts

Cream shortening and sugar thoroughly. Add the eggs and beat. Sift flour, salt & soda 3 times and add to first mixture. Add nuts. Form in a roll about 3 inches in diameter. Wrap in wax paper and store overnight in the refrigerator. Slice and bake in a (375) oven.

Amy Dickey

EASY SUGAR COOKIES

Sift together:

3 c flour

2 t B.P.

1/2 t salt

1 c sugar

Cut in like pie crust:

1/2 c margarine

1/2 c shortening

Then add:

2 eggs, beaten well

4 T milk

1 t vanilla

Drop by spoonfuls on cookie sheet.

Zeann Ewing

OATMEAL CRISPIES

1 c shortening

1 1/2 c flour

1 c brown sugar

1 t salt

1 c sugar

3 c oatmeal

2 beaten eggs

1/2 c nuts

1 t vanilla

Form in long rolls and chill thoroughly. Slice off & bake 10 minutes in (350) oven.

Janice Johnson

COCONUT OATMEAL COOKIES

1/2 c sugar	1/2 c brown sugar
1 egg	1/2 c shortening
3/4 c oatmeal	1 c flour
1/2 t B.P.	1/2 t soda
<u>1/2 t salt</u>	<u>1 t almond extract</u>

Cream shortening, add sugar and egg, beat well. Add all dry ingredients and also i like to add a little lemon flavor & some nuts. Roll in sm balls and bake for about 12-15 min. in (350).

Amy Dickey

OATMEAL BANANA COOKIE

1 c sugar	1 1/2 c flour
3/4 c shortening	1/2 t soda
1 egg	1/4 t nutmeg
1 c mashed banana	3/4 t cinnamon
1 3/4 c rolled oats	1 t vanilla
1/2 c raisins	pinch of salt
	<u>1/2 c nut meats</u>

Cream shortening and sugar. Add egg and beat well. Add banana, rolled oats, raisins and nuts. Add dry ingredients which have been sifted together. Bake in (400) oven.

Vera McCullough

OATMEAL COOKIES

1 c shortening	2 c oatmeal
1 c sugar	2 c flour
1/2 c sour milk	1/2 t salt
2 eggs	1 t soda
	<u>1 c chopped raisins</u>

Mix to a soft batter and drop from spoon on cookie sheet. Bake in a (400) oven until brown.

Mrs. Charles Mettleton
(37)

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CANNING

RHUBARB JUICE

20 # rhubarb-wash (do not peel), cut into 1 inch pieces; place in lg kettle with enough water to almost cover. Cook until tender, strain through cheese-cloth; measure and reheat the juice, adding 1 c sugar and 1/2 c unsweetened pineapple juice to each qt of rhubarb juice. Bring to boiling point & pour into sterilized jars and seal. This should make about 14 qt of juice. A little red food coloring may be added. If sweetened pineapple juice is used, omit part of the sugar.

Ethel Madson

VERY GOOD RELISH

12 apples	6 big green tomatoes
2 red peppers	2 green peppers
3 onions	1 # raisins
Grind the above and squeeze very dry and add:	
1 c sugar	2 c brown sugar
1 pt vinegar	1 T mustard seed
<u>1 T celery seed</u>	<u>2 T salt</u>

Mix all together and seal. This is not cooked but it keeps perfectly.

Mrs. Ray Ewing

SWEET PICKLE BEETS

Boil beets until tender. Peel them & cut in sizes you prefer. Add a hot syrup of 2 c vinegar, 4 c water, 1 c sugar. Seal hot.

Viola Morrison

CANNED STRING BEANS

1 gallon string beans 1/2 c salt
1/2 c sugar 1/2 c vinegar
Add this mixture to the string beans. Cover with water and boil 30 minutes. Seal in hot jars. When ready to serve drain off brine and cook about 1 hour as for fresh beans.

Mrs. Floyd Bragg

CRANBERRY CONSERVE

Pick over cranberries and use only solid ones. For 2 # of cranberries use 1 c raisins, 2 oranges, 3 c sugar, 1/4 t salt, and 1 pt of water. Wash the berries and the raisins. Peel the oranges and discard the seeds. Combine the fruit and orange peel and chop. Add the sugar, salt and water. Boil, stirring constantly for about 1/2 hour or until jelly stage is reached. Pour at once into hot sterilized jelly glasses and seal with paraffin or put into glass jars and seal.

Viola Morrison

RHUBARB CONSERVE

2 c rhubarb 2 c sugar
1 orange juice and rind 1 lemon, juice & rind

Combine ingredients except the nuts and heat mixture until sugar is dissolved. Boil rapidly until thick and clear. Add nuts. Pour into jars and seal.

Viola Morrison

MINCEMEAT

1 qt beef or pork	1 qt cooked raisins
2 qt raw apples	1 qt cherries or gooseberries
1 T nutmeg	1 T cloves
1 T cinnamon	2 c sugar
<u>1 T salt</u>	<u>2 c cider vinegar</u>

Combine and cook slowly in a lg preserving kettle about 90 minutes. Seal in hot sterilized jars.

Mrs. Walter Wilson

HUNTER'S SUGAR CURED HAM

6 # brown sugar	8 qt meat salt
1 1/2 # black pepper	1/2 # red pepper
	<u>1/2 oz salt & pepper</u>

Mix all together. Place the hams on newspapers & rub the mixture briskly into the hams, rubbing into all the crevices. Put plenty on entire ham, about 3/4 inch all over. Wrap very tightly in several layers of newspapers and tie securely. Put into gunny sack and hang shanks down. Hang in corn crib or some outside cool place for 6 weeks. Will keep months. Slice and fry. This mixture is enough for 3 hogs, 12 hams or shoulders and 6 sides.

Mae Gallentine

DRIED CORN

1 gal. corn	1 c thick cream or 3/4 c
1 c sugar	thin cream
	<u>1/4 c salt</u>

Cook until thick and then dry.

Mrs. Oscar Madson

TOMATO SAUCE

Chop raw tomatoes and run through sieve. Boil the juice 3-5 minutes only. Add 1 t salt to each qt (also 2 t sugar if desired). Seal while hot in jars or bottles. Tastes like fresh tomatoes and stays bright red.

Mrs. Donald Evans

SOUR KRAUT

Fill qt jars with shredded cabbage to within half an inch from the top. Pack cabbage in firmly but not bruise. Add 1 t salt and fill full of hot (but not boiling) water. Screw lid on, set in warm place and in two weeks seal and put away.

Mrs. Harry Madson

EASY WAY TO CAN MEAT

1 gallon water	2 c sugar
	1 c salt

Mix and let come to a boil and cool. Put 1 c of brine in jar and fill with meat. Cold pack 1 1/2 hours. Especially good for chicken and pork.

Mrs. Don Ault

CHILI SAUCE

18 lg tomatoes	3 onions, cut
1/2 c sugar	2 T salt
1 green pepper	1 T different spices

Cut tomatoes and add all other ingredients and cook 2 hours. Put in jars and seal hot. Red mangoes may be used.

Viola Morrison
(44)

CATSUP

Boil tomatoes without water until soft. Mash through a fine sieve. To one gallon of this liquid add 3 T salt and 1/4 T red pepper. Bring to a boil. Then suspend in the liquid a bag containing 2 T whole allspice, 4 T ground mustard, sm pieces of ginger root, 1 T whole cloves, 2 T unground celery seed, 2-3 sticks of cinnamon. Add 2 whole onions to the mixture and boil until it thickens. Add 1 pt of vinegar and 3 T sugar. Remove onions and bag and put catsup in sterilized jars and seal.

Viola Morrison

TOMATO CATSUP

5 # tomatoes	1 c sugar
2 c vinegar	1 T cloves
1/2 T allspice	1 T cinnamon
<u>2 T salt</u>	<u>dash of red pepper</u>

Cook and strain the tomatoes and measure 7 cups. Put sugar & vinegar in tomatoes. Tie the spices in a bag and add. Cook 1/2 hour. Then put in jars and seal. This will not mold or sour.

Mrs. Frank Alt

CANNED PIMENT OES OR SWEET PEPPERS

Cut out stem and remove seeds. Cut peppers into rings. Cover with boiling water & let stand 2 minutes. Drain and put into cold water at once. After 10 minutes drain and pack into sm jars. Have ready a syrup made by boiling together for 10 minutes a qt of vinegar and two c of sugar. Pour boiling syrup over peppers until the jar is filled. Seal.

Alta Little

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CANDY

DATE ROLL

1 c nutmeats

3 c sugar

1 c milk

1-10 oz pkg dates

Boil sugar and milk until sugar is dissolved. Add stoned dates and cook until it forms a soft ball in cold water. Cool, beat until creamy, add nuts. Dip a cloth in cold water and ring until nearly dry. Spread candy in long narrow strip on cloth, pull ends of cloth around candy and shape into roll. When hard, cut in slices and roll in powd sugar.

H. W. Ault

BUTTER SCOTCH CANDY

3/4 c dark syrup
2 T vinegar

1 c sugar
2 T boiling water

Boil until brittle when tried in cold water. Turn into well buttered tins and cut in squares.

Mrs. O. W. Madson

MEXICAN CARAMELS

Put 1 c of granulated sugar into an iron skillet & stir constantly over a slow fire until sugar is melted. Then add 1 c rich cream and stir until sugar is dissolved. Next add 1 c granulated sugar & 1 c light brown sugar and boil until mixture forms a soft ball when tested in cold water. Take from fire and add 1 c of coarsely chopped nuts. Stir to a creamy consistency and pour into a buttered dish.

Ora Gnagey

FUDGE

3 c sugar

1 c rich milk

3 T white syrup

1 1/2 sq chocolate or 1/2

butter size of an egg

c cocoa

pinch of salt

Boil sugar, milk, and cocoa until it forms a firm ball. Remove from fire and set in a pan of cold water and beat until stiff. Turn out on a buttered board and with buttered hands knead until creamy. Form in rolls and cool, then slice.

Amy Dickey

FUDGE

2 c sugar

1/2 c milk

1/4 c cocoa

2 T butter

Cook until a sm amount forms a soft ball in cold water. Add the butter & a dash of salt. Cool the butter and a dash of salt. Cool and add vanilla. Beat until creamy. Add nuts and pour onto a buttered platter.

Ester Gallentine

FUDGE

4 c sugar

1 can condensed milk

1/4 # butter

Boil until it forms a soft ball. Then add 2 pkg of chocolate chips and 1 pt marshmallow cream and 1 t vanilla & 1 c nut meats. Beat well.

Mrs. Walter Friederichs

DIVINITY

2 1/2 c sugar 3/4 c syrup
1/4 c hot water 1 t vanilla
Boil until it spins a definite thread. Pour 2/3 of this over 2 beaten egg whites. Add flavoring & a pinch of salt. Put 1/3 mixture on fire-reheat & add slowly to first mixture. Nut meats, chocolate chips, chopped can be added.

Dolores Ekquist

FUDGE

2 c sugar 3 T cocoa
2/3 c milk 2 T white syrup
4 T butter 1 t vanilla
 1/2 c chopped nuts
Mix sugar and cocoa with a wooden spoon. Add milk, Karo syrup. Cook. Stir till dissolved. Test in cold water.

Dolores Ekquist

POPCORN BALLS

1 c sugar 1/3 c corn syrup
1/3 c water 4 T butter or margarine
2 qt salted popped corn 3/4 T vanilla
Combine sugar, syrup, butter, and water. Cook on low heat until sugar is dissolved. Cook until syrup forms brittle ball in cold water. Add vanilla. Pour over the corn. Shape into balls, dipping hands in cold water.

Nina Gallentine

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DESSERTS-PIES

LEMON PIE

1 1/2 c sugar
6 T cornstarch
juice of 1 lemon

3 egg yolks
2 c boiling water
grated rind of 1 lemon
1 t butter

Mix sugar and cornstarch, add boiling water & stir constantly. Cook until thick and then add beaten egg yolks, rind and juice and butter. Put in baked shell and top with meringue.

Mrs. Elmer Green

MOCK LEMON PIE

1 1/2 c sugar
1 t lemon extract
2/3 c boiling water

1 T flour
yolks of 2 eggs beaten with
2 T cold water

Mix in order given. Bake in unbaked pie shell,
about 40 minutes in (375) oven.

Vera McCullough

LEMON CHIFFON PIE

4 egg yolks beaten
salt

1/2 c sugar

juice & rind of 1 lemon

Cook until thick. Dissolve pkg of gelatine in 1/2 c cold water. Stir into hot mixture. Don't cook. Beat 4 egg whites and add 1/2 c sugar. Add cooled yolk mixture to whites. Put in baked pie shell. Chill.

Bonnie Crummbur

PUMPKIN CHIFFON PIE

1 envelope gelatine	1/4 c cold water
1 1/4 c canned pumpkin	1/2 c milk
1/2 t ginger	1/2 t nutmeg
1/2 t cinnamon	1/2 t salt
1 c sugar	3 eggs

To the slightly beaten egg yolk, add 1/2 c sugar, pumpkin, milk, salt, and spices. Cook until thick in double boiler. Soften gelatine in cold water. Add to hot pumpkin mixture, mix thoroughly and cool. When it begins to thicken, fold in stiffly beaten egg whites to which the other 1/2 c of sugar has been added. Pour into a baked pie shell. Chill in refrigerator. If desired a thin layer of whipped cream may be spread over the pie before serving.

Dene Wagner

OLD FASHIONED PUMPKIN PIE

1 pt pumpkin put through sieve	1 pt of hot milk
1 c sugar	3 well beaten eggs
1 t salt	1 T molasses
	1 T cinnamon

Mix in order given and pour in uncooked pie shell. Bake in a slow oven.

Mrs. Oscar Madson

BUTTERSCOTCH PIE

3/4 c brown sugar	5 T flour
3 egg yolks	2 c milk
1/2 t vanilla	butter size of walnut
	1/4 t salt

Add vanilla and butter when the mixture is cooked and pour into a baked pie shell. Use the egg whites for meringue.

Mabel Galentine
(53)

EGG NOG PIE

Dissolve 1 T plain gelatine in 1/4 c cold milk. Scald 1 3/4 c milk. Mix 4 T sugar, 1 T cornstarch, and 1/4 t salt. Add to hot milk and cook until it coats the spoon. Then add 3 beaten egg yolks and 1 t vanilla & cook until slightly thickened. Add the softened gelatine and cook 1 minute more. Remove from stove and allow to cool a few minutes. Then add the 3 egg whites, which have been beaten stiff with 4 T sugar, added to them. Pour in a baked pie shell & chill. Pineapple & bananas may be added.

Mrs. Carl H. Johnson

CREAM PIE

2 c milk-scalded	1/4 c sugar
2 T cornstarch	1/4 t salt

Mix dry ingredients. Add slowly to hot milk. Stir until mixture thickens. About 10 minutes. Beat 3 egg yolks. Add to hot mixture and cook until eggs are set-about 2 minutes. Add vanilla. Coconut or bananas may be added. Pour in baked pie shell.

BUTTER SCOTCH RAISIN PIE

1 pkg butterscotch pudding mix	2 c milk
1/4 t cloves	1 t cinnamon
2 egg yolks	1/4 t allspice
	1 T butter
	pinch of salt

Mix all ingredients and cook till thick. Then pour in a 9 inch bake pie shell. Use egg whites for meringue.

Mrs. N. A. Erritt

PECAN PIE

3 well beaten eggs	1 c white syrup
1 c sugar	1/8 t salt
1 t vanilla	pecans

Cover bottom of pie shell with pecans and cover with the above mixture. Bake in a hot oven 10 minutes and then bake at a low temperature for approximately 1 hour.

Mrs. Russell Post

CREAM CHERRY PIE

3/4 c sugar	1/4 c cornstarch
	1/2 t salt

Blend into 2 T melted butter or oleo. Stir in 1 c pet milk & 1 c water. Cook 20 min. over boiling water, stirring frequently. Stir into 2 lightly beaten egg yolks-cook & stir 2 min. longer-cool & add 2 1/4 t vanilla. Drain juice from 2 can sweetened red cherries. Put in cold baked pastry and cover with custard & meringue.

Mildred Dowling

CREAM APPLE PIE

Fill an unbaked pie shell with sliced cooking apples. Take 1 c sugar, 1 t cinnamon, 2 T flour, 1 1/2 c cream. Mix dry ingredients. Add the cream and spread over the apples & bake in moderate oven.

Gay Ewing

CRUMBLY PEACH PIE

1 c sugar	1 c flour
1/8 t nutmeg	1/2 c butter
1/2 recipe plain pastry	6-8 lg peach halves

1/4 c water

Mix sugar, flour & nutmeg; cut in butter until crumbly. Sprinkle half the crumb mixture in 9 inch pastry lined piepan. Arrange peach halves, cut side down, over crumbs and cover with remaining crumb mixture. Add water and bake in hot oven (450) for about 10 minutes, then in moderate oven (350) about 30 minutes.

June Ewing Michelman

PEACH CREAM PIE

1/3 c flour	1/3 c light corn syrup
1/8 t salt	1 3/4 c peach juice
2 t butter	3 egg yolks, beaten
1/2 t vanilla	1/4 t almond extract
2 t lemon juice	2 c sliced peaches
<u>3 egg whites</u>	<u>3 T sugar</u>

1. Combine flour, syrup, and salt in top of double boiler and add 1 3/4 c peach juice. Stir constantly. Add the butter. Cook over hot water until thickened, stirring constantly. Cover and let cook 15 minutes longer, keeping the water just to the boiling point.
2. Add a little filling to the egg yolks. Mix well, then return to double boiler. Cook 2 minutes longer, stirring constantly. Cool and add the flavoring.
3. Turn half of the filling into a baked pie shell, cover with cooked peaches, and put the remaining filling on top. Cover with meringue made with the egg whites & sugar.

Mrs. Earl Warden

EASY PIE CRUST

3 c flour

1 egg, well beaten

1 t vinegar

1 c home rendered lard

5 T water

1 t salt

Cut the flour & salt into shortening until crumbly. Then mix egg, water, and vinegar together & add to dry mixture.

Mrs. Louis Vaudt

RICH SHORTCAKE

2 c flour

1/2 t salt

4 t B.P.

1/3 c shortening

1 well beaten egg

1/2 c milk

1 T sugar

Sift dry ingredients; cut in shortening until mixture is like coarse crumbs. Add combined egg & milk, stirring just until moistened. Turn out on slightly floured surface. Pat out to fit pan. Bake in hot oven (425) for 20 minutes. (serves 6).

June Ewing Michelman

CHERRY TIP-TOP DESSERT

Mix together:

2 T butter

1 can red cherries

2/3 c sugar

1 T flour

For cake mix together:

2 eggs, beaten

1 c flour

1/2 t soda

1 t cream tartar

1 c sugar

1/2 t salt

1/2 c hot milk

1/2 t lemon extract

Pour cake mixture over the cherries and bake in a moderate oven.

Mrs. Emma Dixen

ANGEL FOOD DESSERT

Prepare 2 pkg of strawberry jello. Allow to congeal & whip. Whip 1 1/2 pt cream and add 1/2 c sugar. Add juice of 2 oranges, juice of sm jar jar of maraschino cherries, 1 can crushed pineapple (drained), 1 pkg marshmallows, cut up, & a jar of maraschino cherries cut in. Mix all together. Put in a pan a layer of angel food cake, then a layer of jello mixture. Repeat. Chill.

Mae Dixon

ANGEL FOOD CAKE DESSERT

1 sm angel food cake	1 pkg sweet chocolate
2 T hot water	2 T sugar
1 c whipping cream	1 t vanilla
<u>3 eggs</u>	<u>crushed nuts</u>

Break cake into sm pieces and put into a pan 9 x 16. Melt chocolate in double boiler with hot water and sugar. Add beaten egg yolks and a pinch of salt. Cool. Combine stiffly beaten egg whites & whipped cream. Add vanilla to chocolate mixture & fold into egg whites & whipped cream. Pour on the cake. Set in cool place over night. Cut and serve as cake. Top with crushed nuts.

Gretchen Vinchattle

REFRIGERATOR ICE CREAM

Whip 2 c cream stiff. Add 3 eggs, 1 c milk, 1/2 c sugar and vanilla, and 1 box of ice cream powder. Beat together and let freeze quite hard. Take out & mash up and add 2 c milk. Put back in the refrigerator and freeze solid. It may need to be stirred occasionally, during the freezing to be smoother.

Nina Gallentine

MOTHER STRINGER'S PLUM PUDDING

1 1/4 c sugar	1 c dates
1 c sour cream	1 c flour
2 eggs	1 t soda
1 c suet	1 t B.P.
1 c raisins	1/2 t cloves
1 c currants	1 t allspice
1 c currants	1 t cinnamon
	1/2 c nut meats

Mix in order given. Put in corner of cloth bag & boil 3 hours.

Vera McCullough

FRUIT PUDDING

1 c molasses	1/2 t cloves
1/2 c melted butter	1/2 t cinnamon
1 c milk	pinch of salt
2 1/2 c flour	1 c raisins
1/2 t soda	1/2 c nuts

Mix in the order given and steam for two hours.

Vera McCullough

CHOCOLATE DELIGHT

1 c veg. shortening	1 c sugar
2 T <u>coco</u> <u>oa</u>	1 t <u>vanilla</u>

Cream together with mixer. Beat in 6 eggs-one at a time-five minutes per each egg, thirty minutes in all. Stir in 1/2 c nut meats, use vanilla wafers for bottom and topping. Set in refrigerator 4-6 hours. Serve with whipped cream.

Mrs. Herb Smith

PINEAPPLE DESSERT

Use vanilla wafers crushed for topping and bottom-about 1/2 box. Place 1/2 of crumbs on bottom of pan, then cream the following:

1/2 t cinnamon 1 c powd sugar

1/4 c butter -

Add 2 unbeaten eggs & whip thoroughly. put this mixture in pan on top of crumbs. Whip 1/2 pt cream until stiff. Fold in sm can of crushed pineapple drained. Put this on top of mixture, then add remaining crumbs. Set in refrigerator or several hours or over night.

Mrs. Herb Smith

LEMON WAFER DESSERT

Moisten 1 pkg lemon jello in 1 c cold water. Let stand while cooking the custard. Cook 1/2 c sugar, 2 egg yolks, 1 c milk in double boiler until slightly thickened. Remove from fire, add jello, mix & stir until dissolved. Let cool but not set. Beat egg whites, whip 1 c cream & add both to mixture. Line pan with 1/2 of mixture of 1 1/2 c crushed vanilla wafers & 3 t melted butter. Pour lemon mixture over wafers in pan & cover with remaining wafers. Set in cold place & serve with whipped cream.

Mrs. Jess Campbell

GRAHAM CRACKER MARSHMALLOW ROLL

14 graham crackers

12 marshmallows

1 c nuts

3/4 c dates

1/4 c thin cream -

Mix and shape in a roll. Chill & serve with whipped cream. Very rich.

Esther Nielson

(60)

MALLOW FLUFF

1/4 c milk	1 c cream-whipped
1/2 # marshmallows	12 graham crackers
	sm can crushed pineapple

Dissolve marshmallows in hot milk. When cool, fold in rest of the ingredients. Put layer of graham cracker crumbs in bottom of pan, then marshmallow mixture. Top with more crumbs. Chill.

Vera McCullough

JELLO MARLOW FLUFF

Add 1 pkg whipped lemon jello to the melted marshmallows in the above recipe. Proceed with the rest of the directions.

Mrs. John Bassett

CARAMEL RAISIN OR DATE PUDDING

1 c flour	3/4-1 c sugar
1-2 t B.P.	1/8 t salt
1 c raisins or dates	1/2 c milk
1 c nut meats	3/4-1 c brown sugar
1 T butter	2 c boiling water

Sift flour, sugar, B.P. and salt together & stir in the raisins and milk. Pour this batter into a well-greased deep casserole. Mix brown sugar, butter, and water together. Pour over batter & bake in a moderate oven. Be sure to use a deep casserole to keep sugar from bubbling over. Serve either warm or cold. Serves 8.

Gay Ewing
Vera McCullough

APPLE BROWN BETTY

Slice as many apples as you would for a lg pie.
Then rub together as for a pie:

1 c flour 1 c brown sugar

1/2 c butter cinnamon

Sprinkle through the apples most of the mixture.

Sprinkle the rest on top. Bake in a moderate oven.

Serve with whipped cream. This is also delicious

when fresh rhubarb is used in place of the apples.

Mrs. Harry J. Madson

ORANGE-LEMON SHERBET

3 med oranges juiced 2 T grated orange rind

1 lemon 1 T lemon rind, grated

1 1/2 c sugar 1 T plain gelatine soaked

in 1/3 c cold water.

Soak 10 minutes. Then place in hot water for 10

min. to dissolve. Then place in hot water for 10 minutes. Then combine with sweetened fruit juice &

add 3 c milk or 1 qt. Freeze in refrigerator &

stir once.

Mrs. Marlin Johnson

LIME SHERBET

1 pkg jello 1 1/2 c sugar

2 lemons 1 qt milk

Dissolve jello in 1 c boiling water. Add sugar &

juice from the lemons. Add milk. Place in the re-

fridge to freeze but remove occasionally &

beat with mixer.

Mrs. John Cox

RHUBARB CRUNCH

2 c diced rhubarb	3/4 c sugar
2 T flour	1/4 c brown sugar
1/4 c flour	1/4 c rolled oats
	1/4 c butter

Arrange rhubarb in a greased baking dish & sprinkle with 3/4 c sugar & 2 T flour. Mix the brown sugar, flour, and rolled oats. Cut in butter as for pastry. Sprinkle over rhubarb & bake 40 minutes in a (350) oven. Serve with cream.

Nina Gallentine

APPLE PUDDING

2 c apples	1/2 c sugar
pinch of salt	1 t B.P.

3/4 c flour
Mix egg, flour, water, salt, & B.P. & beat until very light. Put layer of apples in dish. Pour batter over & bake 20-30 min. Serve with cream-cherries may be used instead of apples.

Mildred Dowling

APPLE CRUNCH PUDDING

Fill a buttered baking dish 3/4 full of sliced apples. Sprinkle with sugar & cinnamon and dot with butter. Spread the following which has been crumbed together on top and bake 45 minutes in a (350) oven.

1 c sugar	1 c flour
1/2 t salt	1 egg

Vera McCullough
Bonnie Adam

POPSICKLES

Dissolve 1/2 pkg of any flavored gelatine in 1 c of hot water. Add 2 glasses of unsweetened nectar, the same flavor. Put into ice cube tray. Put wax paper over the tray and punch sm sticks into each division. Let freeze until the desired hardness.

Zoann Ewing

RAISIN PIE

1 c raisins	1/4 t nutmeg
1/2 c sugar	1/4 t cinnamon
1 c sour cream	1/4 t cloves
<u>2 eggs</u>	<u>1 t vanilla</u>

Bake in two crusts.

Naomi Erritt

EISENTRAUT'S

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PHARMACY

GOWRIE, IOWA

SANDWICH FILLING

1 # bologna	2 eggs
2-4 pickles	3 T mayonnaise
<u>1 T mustard</u>	<u>2 T lemon juice</u>
Grind and mix.	

Lola Nettleton

HAM AND SWEET POTATOES

2 c sweet potatoes	1/2 t salt
1/2 c canned milk	1 # smoked ham 1/4" thick
<u>4 slices pineapple</u>	<u>3 T cornflakes</u>

Mix sweet potatoes with the salt. Beat in the milk. Cut the ham in 4 pieces and put in a shallow pan. Put half of the potato mixture on the ham slices. Cover with the pineapple. Add the rest of the potato mixture. Sprinkle with cornflake crumbs. Bake in a (400) oven for 30 minutes or until the ham is tender.

Lola Nettleton

SALMON SCUFFLE

2 T butter	1 c milk
4 eggs	3 T flour
<u>1 can salmon</u>	<u>1/8 t salt</u>

Melt butter, add flour, milk & salt. Cook until thick, & add beaten egg yolks, salmon & last, beaten egg whites.

Mrs. Emma Dixon

BEEFBURGER

15 # hamburger	5 # onions
4 T salt	1 oz chili powder
1/2 t pepper	1 bottle catsup

3 qt tomato juice

Brown hamburger & onions. Add the rest of the ingredients and cook slowly for 2 hours. Stir occasionally. Spread one heaping T in a hamburger bun. Will make enough for 120 buns.

Lola Nettleton

BARBECUED WIMPIES

Brown:	1 # ground beef in
	1 T fat
Add:	1 c finely chopped onion
1 c chopped pepper	1 T sugar
1 T prepared mustard	1 T vinegar
1 t salt	1 c tomato catsup

Cover & simmer for 30 minutes. Serve on split hamburger or weiner buns. Serves 6.

Nina Gallentine

HUNTINGTON CHICKEN

1 fat chicken	1 pt coffee cream
2 pkg macaroni	2 sm jars pimentoes
	1 # grated cheese

Cook chicken well done and remove from bone. Save broth. Cook macaroni in salted water. Mix all ingredients together, add 1 pt of broth and cream. Season with salt & pepper. Bake in greased pan 30-40 minutes in (350) oven.

Mrs S. D. Gourley

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MEATS

CHILI SOUP

1 # hamburger, boiled slowly in a qt or more of water. 1 # sausage, fried brown with onion to suit the taste. Then mix the above ingredients together with 1 can of tomatoes and 1 can of red beans. Add as much water as you want. Add salt & chili powder to taste. Let cook 1 hour or more on a slow fire. You can also add diced potatoes 1/2 hour before serving. Double for a lg crowd.

Mrs. Emma Dixon

BARBECUE SAUCE

1 c catsup	1 c water
1/2 c vinegar	1/2 c chopped onion
1/2 c green pepper	2 T prepared mustard
1 T sugar	2 t worcestershire sauce
1/2 t salt	1/2 t chili powder
<u>1/2 t paprika</u>	<u>1 garlic clove</u>

Mix well and pour over browned meat, such as spare ribs, pork chops. Simmer 2 hours or until meat is tender. When using on weiners, cook sauce a bit, then pour over browned weiners and cook only a few minutes.

Mrs. Harry J. Madson

CHICKEN-BURG DELITE

1 # hamburger, browned	1 c uncooked rice
2 cans creamed	2 cans water
chicken soup	2 t salt

Mix & bake 1 hour.

Mrs. Louis Vaudt

BEEF BURGERS

2 1/2 # ground beef	1 1/2 # ground pork
	1 onion, diced
Fry meat & onions till done.	
1/3 c flour	1 qt tomato juice
	1/2 t worcestershire sauce
SAUCE	
4 t salt	1/2 t pepper
1/2 t cinnamon	1/8 t ground allspice
	1/4 c sugar
Cook all together until well done.	

Mrs. Louis Vaudt

BAR B Q BEEFIES

Combine 1 egg, beaten, and 1 c milk. Pour over 1 c soft bread crumbs. Add:

1 t salt	1/4 t pepper
1 t celery salt	1/4 t worcestershire sauce
2 T finely chopped onion	1 1/4 # ground beef
	1/4 # ground pork
Mix well and shape into individual meat loaves.	
Place in a greased shallow dish. Put slices of onion on each loaf. Pour half of the following sauce over the meat, saving the rest for basting during the baking. Bake 1 1/4 hour in a (350) oven.	
SAUCE	

1/2 c catsup	1 1/2 t salt
1/4 t Tabasco Sauce	1/8 t chili powder
	1 c water

LaVonne Vinchattle

CASSEROLE OF TUNA WITH NOODLES

3 c cooked noodles	3 T butter
3 T flour	1 t salt
1/4 t pepper	1/2 c liquid from peas
1 1/2 c milk	1 1/2 c peas
1/4 c chopped pimentoes	1 can tuna

3 T buttered crumbs

Cook noodles 10 minutes and drain. Melt butter & add flour & seasoning, liquid from peas and milk. Cook until thick and add peas and pimentoes. Arrange alternate layers of noodles, tuna, & sauce, ending with noodles. Top with crumbs & bake 1/2 hour-(350).

Bonnie Crummer

TUNA-NOODLE DISH

1 pkg noodles	1 can cream of mush-
<u>1 can grated tuna</u>	<u>1 can cream of mushroom</u>

Cook noodles in salted water till tender. Put in colander and pour cold water through them until they are clear. Add soup & tuna & enough milk to make good and moist. Bake.

Vera McCullough

PORK (OR BEEF) NOODLES

1 c cracker crumbs	1 pkg wide noodles
1 # hamburger	1 sm onion
1 c chopped cheese	2 1/2 c tomatoes

salt & pepper

Add hamburger, onions, tomatoes, cheese and seasoning to noodles. Mix. Pour into flat baking pan or casserole. Cover with cracker crumbs & cheese. Bake until brown in moderate oven.

Mrs. A. F. Patton

CHICKEN LUNCHEON

10 # chicken	3 c rice
2 c almonds	2 c mushrooms
2 c pimentoes	2 c cream
2 c milk	4 T butter
8 T flour	salt

Boil chicken and remove bone. Cook the rice in the stock until the stock is all taken up. Make a white sauce of the butter, flour, milk & cream. then add the chicken. Put a layer of this in a greased casserole, then a layer of rice, repeat. Cover the top with butter crumbs and bake until brown on top. Serves 25.

Mrs. Grace Gallentine

CHICKEN SQUARES

1-5 # chicken, cut	1 t salt
1/4 t pepper	2 c soft bread crumbs
1 c cooked rice	1 t salt
1/4 t paprika	1/2 c chopped pimentoes
4 eggs, well beaten	1/4 c shortening
	3 c chicken broth

Place chicken in sauce pan. Add water, salt, & pepper. Simmer until chicken is tender enough to remove from bones. Save liquid. Dice chicken. Combine chicken with remaining ingredients in the order given. Blend thoroughly. Pour into 12 inch well oiled pan. Bake in moderate oven (350) 50-60 minutes or until done.

Gay Ewing

SANDWICH FILLING

1 # minced ham 1/3 # cheese
12 eggs dressing to suit taste
Grind & mix together.

Bernice Decker

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PICKLES
&
JELLIES

AMBER JAM

1 1/2 qt rhubarb 1 1/2 qt fresh pineapple or
 1 # 2 1/2 can pineapple
Mix and cover with 2 qt of sugar & let stand overnight
in a non-metallic kettle or bowl. In the morning,
add 2 oranges, ground. Cook slowly until thick.
Pour into jars & seal.

Wilma Williams

STRAWBERRY PRESERVES

To 1 qt of prepared strawberries, add 1 T vinegar.
Simmer over low heat until the juice covers the
berries. Add 1 qt sugar. Boil 12 minutes. Let
stand in preserving kettle until cold. Then seal.

Mrs. Oliver Evans

STRAWBERRY PRESERVES

Select firm well ripened strawberries. Wash &
drain carefully. Combine berries with an equal
weight of sugar. Heat slowly to boiling. Boil 8
minutes. Remove from fire and allow to stand for
24 hours. Pour without heating into sterilized
jars. Seal at once. These berries will be plump
and will not rise to the top.

Nina Harding

APPLE PICKLES

3 1/2 c sugar

1 1/2 c vinegar

4 c water

1 t ground cinnamon

1 clove in each apple

Remove blossom end but leave on stem. Cook together slowly for about 1 hour.

Alta Little

DILL PICKLE BRINE

1 c salt

3 c vinegar

9 c water

Bring to a boil & pour over washed cucumbers. Keep the brine boiling as you fill jars. Use freshly picked cucumbers. This is enough brine to cover 5 coffee jars of cucumbers. Use plenty of dill in each jar.

Mabel Gallentine

Dill PICKLES

Put cucumbers in cold water & set in refrigerator over night. In each qt jar add 1 head of dill & some grape leaves, pack in cucumbers and cover with the following which has been boiled:

1/4-1/2 c salt 1 1/2 qt water

1 c vinegar 1/2-1 t alum

Seal immediately.

Viola Morrison

Vera McCullough

NINE DAY PICKLES

Make brine to float an egg & let pickles stand 9 days. Drain and split all pickles, then cover with fresh water for 24 hours. Drain off. Take 1/2 water and 1/2 vinegar, 1 T alum per gallon. Boil & pour over pickles & let stand for 9 days. Then seal or keep in open jar. Green cake coloring may be added if pickles are not green enough.

Lila Vinchattle

BREAD AND BUTTER PICKLES

1 gallon medium cucumbers, sliced 1/8 inch.
8 medium onions

Let stand in a brine 1 hour, then drain. Mix together:

1/2 t pepper	1 t mustard seed
1 t turmeric	1 t celery seed
3 c vinegar	3 c sugar
	1 c water

2 sticks cinnamon
Add cucumbers & onions to mixture. Bring to a boil & boil 3-4 minutes. Seal in jars.

Wilda Hunter

BEET PICKLES

2 c vinegar	2 c water
2 c sugar	1/2 t salt
1 peeled lemon	1 t allspice
1 t cloves	1 t cinnamon

Put the spices in a bag and place in the hot syrup a short time while it is boiling. If beets are freshly cooked and hot, put into jars and pour the hot solution over them and seal at once. If beets are cold, add them to the hot syrup & heat through, then place in jars & seal.

Wilma Williams
(76)

STRAWBERRY JAM

3 c berries 4 c sugar

4 T lemon juice

Hull berries and drain well. Bring to a rolling boil & boil for 8 minutes. Mix well until it comes to a boil and then stir occasionally for 5 minutes. Put in jam jars and seal with melted paraffin.

Mrs. Harry J. Madson

PEACH HONEY

Peel 24 peaches; put through food chopper. Take 3 oranges--peel; run peeling through food chopper; then pour boiling water over these orange peelings. Let stand a few minutes. Do this 3 times. Now mix & weigh chopped peaches & orange rind, and add the same amount of sugar. Cook for 40 minutes & seal.

Wilma Williams

PEACH PICKLES

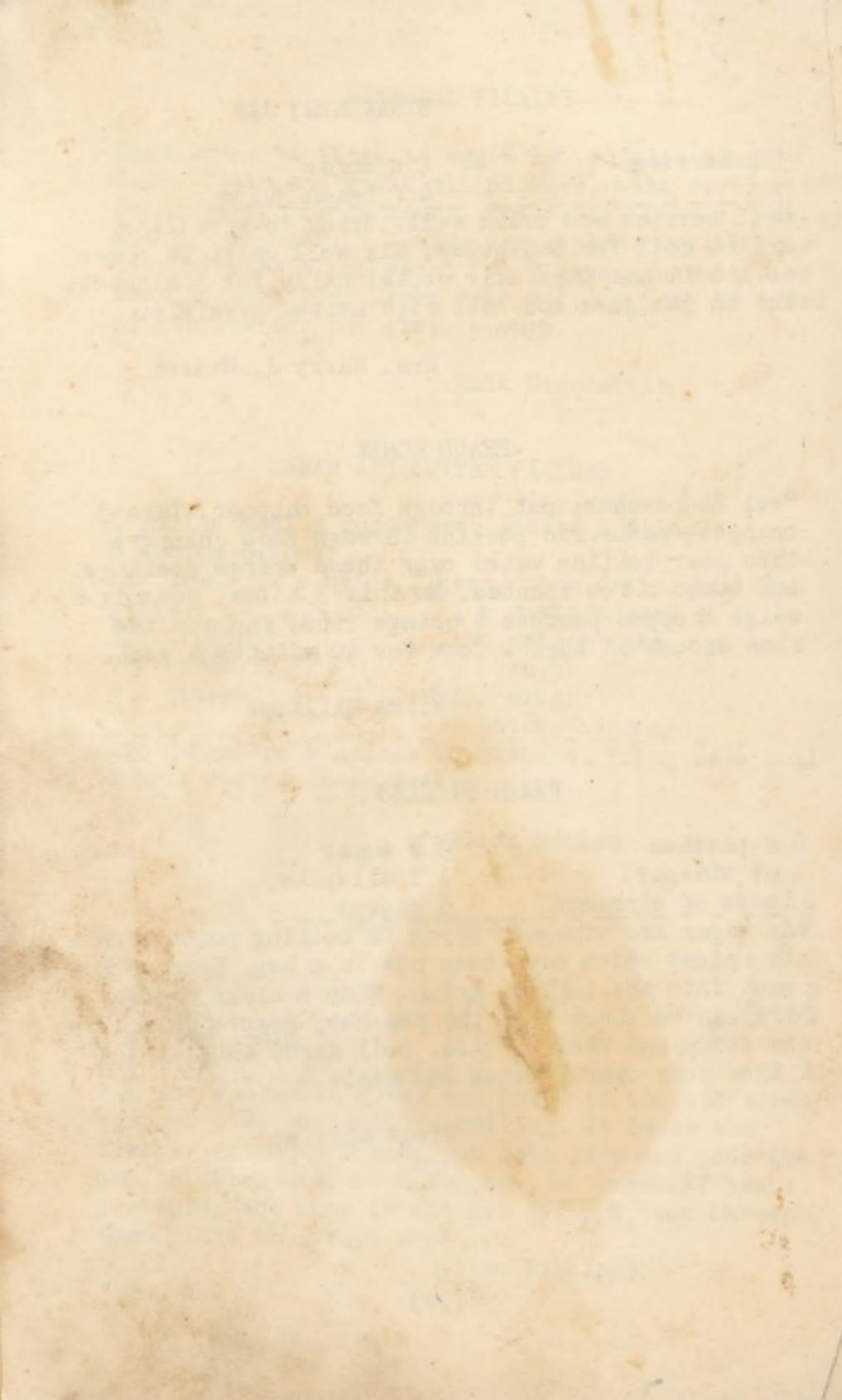
6 # peaches 3 # sugar

1 pt vinegar 1 T allspice

pieces of cinnamon 6 cloves

Mix sugar and vinegar. Bring to boiling point. Add the spices which have been put in a bag. Drop each peach into the boiling syrup. When a clean wooden fork can be stuck into the peaches, remove them from the syrup and pack in jars. Boil syrup until thick & then pour over peaches and seal.

Viola Morrison



VEGETABLES & SALADS

FRENCH SALAD DRESSING

1 can tomato soup	1/2 c sugar
1 t salt	1 t paprika
1 sm grated onion	1 pearl of garlic
<u>1 1/2 c salad oil</u>	<u>1/2 c vinegar</u>

Beat together with rotary beater until thick.
Will keep for several weeks.

Mrs. Harry J. Madson

FRENCH DRESSING

1/4 c sugar	1/3 c catsup
1/4 c vinegar	1 onion, grated
1 t salt	1 t worstershire sauce
	1 c mazola oil

Mix together & beat well.

Vera McCullough

SALAD DRESSING

1 c milk	1/3 c sugar
1/4 c flour	3/4 c vinegar
1 t salt	2 egg yolks or 1 whole egg
	1 T prepared mustard

Heat milk in double boiler until scalded, add flour, sugar and salt. Cook until thick. Heat vinegar. Add to cooked mixture. Add beaten egg. Cook 1 minute longer. Cool and beat until smooth.

Mrs. Lawrence Johnson

DRESSING FOR FRUIT SALAD

4 eggs beaten light 1 c sugar
juice of 2 lemons 2 T melted butter
Cook in double boiler until egg tastes cooked, or
until thick, stirring once in a while. Add 2 c
whipped cream after the egg mixture is cooled. Makes
1 pt before cream is added.

Mrs. Harry J. Madson

APPLE SALAD

5-6 # apples 1 bunch celery
2 # grapes 1 # marshmallows
6 bananas 1 lg can pineapple
Cut up ingredients and just before serving add this
pineapple salad dressing or any other fruit salad
dressing. Serves 40-50.
3 T sugar 1 t cornstarch
1/2 c pineapple juice 2 eggs, well beaten
2 T melted butter juice of 1/2 lemon
1/2 t salt 1 c cream
Cook in double boiler until it thickens. Cool & add
lemon juice and whipped cream. This makes enough
for the above salad.

Lola Nettleton

COTTAGE CHEESE SALAD OR DESSERT

1 pkg lemon jello 1 pkg lime jello
1 can crushed pineapple 1 # cottage cheese
3 T salad dressing 1 c cream whipped
Prepare jello & cool. Whip jello and add other in-
gredients. Serve as dessert with more whipped cream
& red cherry or as a salad with more salad dressing
and olive.

Grace Stubbs
(81)

CABBAGE SALAD

12 # cabbage	4 lg tomatoes
3 cucumbers	1 stalk celery
3/4 qt salad dressing	vinegar
sugar	salt & pepper

Add the tomatoes and dressing just before serving.
This will make 50 generous servings.

Lola Nettleton

SALAD

1/2 heat lettuce 1 med. can fruit cocktail
Combine and add salad dressing.

Lora Cook

FROZEN FRUIT SALAD

1/2 c cream cheese	pineapple juice
1/4 c mayonnaise	1 c crushed pineapple
1/2 # marshmallows, cut	1 c cream whipped

Cream the cheese with a little pineapple juice. Add the other ingredients and freeze.

Beverly Vinchattle

SALAD

1/2 pt cream whipped	20 marshmallows, cut
1 glass pimento	1/2 c mayonnaise
cheese spread	1 sm can crushed pineapple

Combine and let stand in refrigerator over night.

Mrs. Harry L. Dixon

COTTAGE CHEESE SALAD

1 pkg lemon jello - - - - 1 pkg lime jello -
Dissolve in 1 1/2 c hot water. Let chill until
starts to thicken. Then add 1 # cottage cheese,
1 c salad dressing, 1-9 oz can crushed pineapple.

Lila Vinchattle

QUICK JELLO SALAD

1 pkg lemon jello 1 sm can crushed pineapple
marshmallows - - - - American cheese - - - -
Dissolve the jello according to the directions on
the pkg. Immediately add the drained pineapple.
Cut enough marshmallows to cover the top of the
jello. Shred cheese over the top of the marsh-
mallows. The heat of the jello causes the marsh-
mallows & cheese to melt enough to make a pleasing
combination.

Lola Nettleton

GINGER ALE SALAD

1 pkg lemon jello 3/4 c diced pineapple
3/4 c boiling water 1/2 c cherries
1 1/4 c ginger ale 1/3 c grapefruit diced
1/4 c diced celery - - - - 1/4 c nuts, chopped -
Dissolve jello in boiling water. Cool slightly. Add
ginger ale. Chill until syrupy. Then add other in-
gredients. Turn into mold and chill until set.

Mrs. Bert Peterson

MACARONI SALAD

Cook 1/2 of a 9 oz box of macaroni in salt water.
Rinse in cold water and drain. Add:

2 hard boiled eggs	1 stalk of celery
1 lg sweet pepper	2 ripe tomatoes
1 onion	3 lg carrots, cooked in
1 cucumber	salt water & cut fine
	1 pkg pimento cheese

Cut everything in sm pieces.

THE DRESSING

2 eggs beaten lightly	1 c sugar
1 t salt	3 t flour
1 t prepared mustard	1 c vinegar
1 c <u>milk</u>	<u>butter, size of walnut</u>

Cook slowly-let cool a little and pour over other ingredients.

Amy Dickey

TUNA FISH SALAD

6 c cooked macaroni	6 boiled eggs
1 1/2 c peas	diced pickles
1 c <u>diced celery</u>	2 cans tuna

Salad dressing & chill. Serves 16.

Mrs. Marlin Johnson

HOT CABBAGE SLAW

1 1/2 qt cabbage	1/2 c sugar
1 c cream	sal t to taste
4 T <u>vinegar</u>	<u>paprika</u>

Heat cream, vinegar, sugar, salt & paprika to simmering point. Pour over cabbage and serve immediately.

Lila Vinchattle
(84)

TWENTY FOUR HOUR SALAD

Juice of 1 1/2 lemons 1 egg

1/4 c top cream 1/4 c sugar

Mix together the above ingredients and boil until thick. Cool.

1 can pineapple 1/2 # marshmallows

1 1/2 c grapes 1/4 c walnut meats

1/2 pt whipping cream

Mix fruits and marshmallows & nuts. Stir in lemon dressing. Then fold in whipped cream. Store in refrigerator for 24 hours.

Mrs. Herb Smith

24 HOUR SALAD

Mix and cook until thick:

3 eggs 1/2 c sugar

3 T flour 1/2 t salt

juice of 1 lemon 1/4 c pineapple juice

Cool, whip 1 pt cream and add:

1 #2 can pineapple 1 #2 can white cherries

1 pkg marshmallows 1/2 c nut meats

Mix well and let stand in refrigerator 24 hours.

Mae Dixon

CINNAMON APPLE SALAD

12 apples which have been cored and cooked in red syrup, flavored with cinnamon candy. (do not make too sweet).

12 marshmallows, cut 1/2 c nuts

1 c celery, chopped fine

Slit tops of apples one-half inch and spread slightly.

Mix ingredients-stuff apples. Serve on lettuce or endive and use T of salad dressing over each apple.

Jennie Erritt
(85)

GOLDEN ROD EGGS

4 hard cooked eggs	1/2 T sugar
2 T flour	1 1/2 c milk
dash of pepper	6 pieces toast
	<u>3/4 t salt</u>

Separate yolk & white of cooked egg. Chop the whites. Make white sauce of flour, butter, seasonings and milk. Add the chopped egg whites to sauce & pour over the toast. Press yolks through strainer or crush with fork & sprinkle over top of sauce on toast.

Lola Nettleton

VEGETABLE SOUP

5 # soup bone	1/2 pk potatoes
4 onions	1 bunch celery
4 bunches carrots	2 qt t omatoes
1 can lima beans	1 can corn
	<u>1 can peas</u>

Cook soup bone in pressure cooker. Strain the broth and add meat from the bone. Add the potatoes, onions, celery and carrots diced fine. Cook until tender. To thin, add water or tomato juice. Will serve 40-50 dishes.

Mrs. Charles Nettleton

CRANBERRY RELISH

2 c cranberries 2 apples, cored
2 oranges 1 lemon
Grind the above. Add 2 1/2 c sugar. Keeps indefinitely in refrigerator.

Mrs. Marlin Johnson

POTATO PUFFS

2 c cold potatoes mashed. 1 c flour
1-2 eggs 1 t B.P.
Mix and roll out about 1/2 inch thick. Cut in strips and fry in deep fat like doughnuts. Serve with syrup.

Mrs. Lulu Resenberger

TEN MINUTE BEETS

1/2 c water 1 T vinegar
1 T sugar 4 c shredded beets
 salt & pepper
Combine water, vinegar & sugar in heavy saucepan & bring to a rolling boil. Add beets, cover tightly and cook 10 minutes over high heat. Season to taste.

Lola Nettleton

ONE-DISH MEAL

Boil 2 c macaroni. Arrange in alternate layers with 1 can chili con carni in baking dish. Pour over this 1 can tomato soup thinned with 1 can water. Bake in moderate oven 30 minutes.

Gay Ewing
(87)

SOAP

3 pt water 1 can lye
Combine & let stand until lukewarm. Then add 6 pt
grease which has been melted and cooled to luke
warm. Stir until thick.

Clara Lauver

APPROXIMATE EQUIVALENTS

3 teaspoon-1 Tablespoon

16 tablespoons-1 cup

1/4 cup-4 tablespoons

1/3 cup-5 and 1/3 tablespoons

2 cups-1 pint

4 cups-1 quart

2 pints-1 quart

No. 1 can-1 1/2 cups

No. 2 can-2 1/2 cups

No. 2 1/2 can-3 1/2 cups

No. 3 can-4 cups

No. 10 can-13 cups

1 # brown sugar-3 1/2 cups

1 # granulated sugar-2 1/2 cups

1 # powdered sugar- 3 3/4 cups

1 # butter-2 cups

1 # cheese-4 1/2 cups grated

1 # flour-3 3/4 cups

1 # graham or wholewheat flour-3 & 1/3 cup

1 # cornmeal-3 1/4 cups

1 # raisins seeded-3 cups

1 # pitted dates-2 and 2/3 cups

1 # unpitted dates-3 1/2 cups

Nina Harding

If painting stairsteps that must be used, paint every other one. While drying use the unpainted ones.

Sew through a blotting paper after oiling your sewing machine to take up the excess oil.

If a kettle has burned, dry place immediately in cold water. Then use 1 T of soda to 1 quart of water and bring to a boil.

To mend the finger of a glove, put a thimble on the third finger of the left hand and slip it into the glove.

When taking unpleasant medicine, hold a piece of ice in mouth for a short time before taking the medicine and it will be easier to take.

Plant your garden to run north and south. This will give full benefit of the sun's rays.

Wilma Williams

1 # 15 oz can of pork and beans makes 4 c and serves 6.

1 standard loaf of white bread has 19-20 slices.

To change a sour milk recipe to a sweet milk recipe (no chocolate or molasses in recipe) substitute 4 times as much B.P. for the soda and replace the sour milk with sweet milk.

To change a sweet milk recipe to a sour milk recipe, add 1/2 t soda for each c sour milk & subtract 2 t B.P. for every 1/2 t soda used.

1 oz or 1 sq of chocolate equals 3 T cocoa & 1/2 T fat.

1 T flour equals 1/2 T cornstarch, or 1 T minute tapioca, or 1 egg in thickening power.

To tighten screws which continually work loose, dip the tips in glue and replace immediately.

Moisten the string before typing a pkg. It will shrink as it dries and tighten the knots.

Potatoes can be baked in a jiffy if you soak them in hot water for 10-15 minutes before putting them in the oven.

The gummy residue left by adhesive tape on your skin is easily removed with nail polish remover or cleansing fluid.

Pour cool tea over sunburn for relief.

When freezing cakes, bake the dough in cup cakes & then put as many in each pkg as your family will eat at a meal.

After you have washed an ironing board cover, put it back on the board while it is still damp. When it dries, it will shrink up some and be smooth & tight.

To avoid marring varnished or painted woodwork with flower pots, place felt from old hats on the bottom of each flowerpot, vase or other ornament.

If milk or grease is spilled on a hot part of the stove & starts to burn, sprinkle salt on it immediately to prevent an unpleasant odor.

UNCOOKED SOAP

5 1/2 pt cold water	4 1/2 pt strained & melted
2 T borax	lard

1 can lye

Mix in order given and stir 20 minutes or until it thickens. Make in a stone jar.

Viola Morrison

HAND LOTION

2 oz glycerine	2 oz bay rum
1 dram gum tragacanth	1 dram carbolic acid
	2 oz rose water

Soak gum in pt of soft water 24 hours. Beat with egg beater and mix all together.

Mary Lauver

CINDER GARDEN OR SALT FLOAT

1st day: Place a cinder or piece of coal in a lg glass gowl and make a mixture of 2 T salt, 2 T water, and 2 T blueing. Sprinkle this over the cinder or coal.

2nd day: Add 2 T salt.

3rd day: Repeat 1st day's solution plus a couple drops of mercurochrome and iodine. Cake coloring may also be used.

Continue sprinkling every 2-3 days with the 1st days solution. Fun for children. Just watch it grow.

Winnie Satterberg

TO MAKE VASES

1 c flour	1 c water
1/2 c salt	2 c crepe paper

Mix well & stick on bottles, cans, etc. Then shake artificial snow over them. Shellac if desired.

Mrs. Ray Ewing

SOAP FROM CRACKLINGS

Put 1 gal. cracklings in an enameled kettle in which has been dissolved 1 can lye and 3 pt of water. Keep on stove but not over direct heat, stirring occasionally until the lye has eaten up the cracklings. Then boil 1 minute, stirring constantly. Pour into molds.

(93)

THE CANTEEN

FINE FOOD FOR FINE FOLKS
SPECIALIZING IN
SUNDAY DINNERS & RESERVATIONS
PHONE 44 GOWRIE, IOWA

To make seven minute jello pour the usual cup of hot water over jello, add 5-6 ice cubes (depending on size) in place of the cup of cold water and add fruit. Set in refrigerator.

Place silverware in an aluminum pan and pour the potato water from boiled potatoes over it. Cover with tight lid and let set for awhile. Then wash and scald. You'll be amazed at the results.

Spiced whipped cream is delicious on apple pie, apple betty, baked custard and many other desserts. To make it just add a dash of cinnamon, nutmeg, and cloves along with the sugar and vanilla you usually use to flavor the cream.

To keep green onions for several days, stand them in a covered quart jar with the root ends down; place in refrigerator.

To keep plastic curtains soft, wash them in mild thick suds and rinse well. For the final rinse add 3 t glycerine to enough tepid water to immerse curtains completely. Dip up and down several times, then squeeze out excess water. Hang up to dry, smoothing out wrinkles and straighten edges.

If slamming the door makes you nervous or annoys some sick person in the house, just take a flat piece of an old inner tube and cut two round holes in it. Slip one over door knob on one side of door, then around and over the knob on the other side and there you have it.

To remove ink stains from colored fabrics, mix dry mustard in a thick paste; spread over the spots and let stand 24 hours. Then sponge with cold water.

Look around the house for the old dulled scissors you thought not useful. They can easily be sharpened by cutting through a piece of sandpaper once or twice.

Have trouble separating ground beef when you're browning it: Just get out potato masher and tramp it and the job is done.

Mock Frosting: No frosting is needed if you sprinkle lots of powd sugar on top of cake before putting into oven to bake.

When baking pie, make enough dough for several extra crusts. Roll out and put in pie tins as if to bake, then stack in your refrigerator, placing waxed paper between each pie tin. When you want a fresh pie during the week, the crust is all ready for you. Just take out and bake.

Did you ever pop popcorn in your pressure cooker? Leave steam vent open so steam can escape. Try it---it's delicious.

Wash rice and place in pressure cooker with proper amount of water and salt. Cook for 5 minutes at 15 lb pressure and take off stove. Add seasoning and serve.

When stamps have stuck together, they can be separated by putting a piece of paper over them and running hot iron over it.

When pinning costume jewelry on clothing, hold a piece of felt beneath fabric. Run pin through this added thickness and you will save your favorite garments from damaging pin marks.

If grease spills over onto stove and starts burning, throw on handfuls of common salt.

When boiling eggs, add a tablespoon or two salt to the water. This loosens the shell and they come off easily.

When frying fish, salt bottom of skillet, then the fish will not stick.

Bread crumbs added to scrambled eggs not only improve the flavor, but make larger servings.

Put a tablespoon soda and salt in the scalding water when dressing chickens and the pin feathers will come out easily.

Try putting a paper sack in your waste basket before filling. Makes it fast and easy to empty.

When planting radishes sprinkle salt in the rows and you will not be bothered with worms.

Wax candles burn longer if chilled thoroughly in refrigerator before lighting.

When in a hurry for clean hose, wash as usual, then lay on bath towel, fold over and roll up. Unroll, shake out, and your hose are nearly dry. Just a few minutes completes the job.

When mending overalls or other wash pants, cut leg up on outside far enough from seam so you can resew; this allows the leg to lie flat. You can sew on patch, resew side seam and finish in no time.

To keep eggs from cracking when boiling them, dip first in cold water instead of putting them dry into cooking water.

Fire--Fire--If kerosene should catch fire, never throw water on it. Use milk instead.

Most vegetable flavors are improved by adding a tiny bit of sugar along with the seasonings.

To darn table cloths or even overalls put embroidery hoops around hole. Remove presser foot from sewing machine and sew back and forth and across until it is mended.

When making jam, rub the bottom of the kettle with butter. This prevents sticking and helps to make the jam clearer.

Add a tablespoon of salt to your starch water; your clothes will iron much nicer.

When mixing cold shortening with electric mixer heat mixer blades in hot water for a few minutes. This prevents the clogging of blades.

To eliminate cooking odors when cooking fish, simmer 1/2 c vinegar in a pan on stove where fish is cooking or in oven where is is baking.

To keep sandwiches from drying out, seal the edges of the wax paper with a hot iron.

When you buy new dresses and shirts, paint the thread where the buttons are sewed on with clear fingernail polish and it will save sewing on buttons so soon.

If paint or enamel has been opened and has formed lumps, take an old snagged nylon hose and strain it through the hose.

Meat loaf will not stick to its pan if you place a strip or two of bacon at the bottom of the pan before packing the meat mixture in.

CONCERNING RECIPES

IN THIS BOOK

T equals tablespoon
t equals teaspoon
c equals cup
equals pound or number
pt equals pint
qt equals quart
sq equals square
powd equals powdered
lg equals large
sm equals small
B.P. equals baking powder
& equals and
gran equals granulated
pkg equals package
() equals oven degree

Unless otherwise specified---
all measurements are level
all sugar is white granulated
all milk is sweet
all baking powder is double action

HOMEMAKER CREED MAKES HAPPY HOME

"A home is what we make it," is a truism familiar to all of us. When we think of ways to make that truism live we might follow a few suggestions, if not all of them, from the Homemakers' Creed below:

I BELIEVE

Homemaking is a noble and challenging career.

I BELIEVE

Homemaking is an art requiring many different skills.

I BELIEVE

Homemaking requires the best of my efforts, my abilities, and my thinking.

I BELIEVE

Home reflects the spirit of the homemaker.

I BELIEVE

Home should be a place of peace, joy and contentment.

I BELIEVE

No task is too humble that contributes to the cleanliness, the order, the health, the well-being of the household.

I BELIEVE

A homemaker must be true to the highest ideals of love, loyalty, service and religion.

I BELIEVE

Home must be an influence for good in the neighborhood, the community, the country.

HELPFUL HINTS FOR CAKE BAKING COOKS

1. Undersized cakes may be due to:
 - A. Not enough baking powder or soda
 - b. Too large a pan
 - c. Too hot an oven
 - d. Overmixing of ingredients
2. Tough crusts may be caused by:
 - a. Too much flour
 - b. Not enough sugar or shortening
 - c. Oven too hot
 - d. Cake baked too long
3. When cake falls, cause may be:
 - a. Too much sugar
 - b. Too much shortening
 - c. Insufficient baking
4. A soggy layer or streak at bottom may be due to:
 - a. Under mixing
 - b. Too much liquid
 - c. Not enough leavening
 - d. Lower part of oven not hot enough
5. Coarse grained cakes may be due to:
 - a. Insufficient creaming
 - b. Too much leavening
 - c. Use of ordinary flour
 - d. Too slow an oven

SUGAR SYRUP TEMPERATURES

Boiling point of water----(212)

Very soft ball----- (234)---Fudge

Soft ball stage----- (238)---Fondant

Spins thread----- (242)---Frostings

Firm ball stage----- (242)---Caramels

Very firm ball----- (254)---Butterscotch

Hard ball stage----- (268)---Taffy

Crackle & caramel stage--- (348)---Peanut brittle

Brittle or crack stage--- (310)---Divinity

Is there something you would like to know?
Just look these pages through;
It may be there to help you
When your husband's help won't do.

EQUIVALENT MEASURES AND WEIGHTS

3 t equals	1 T
4 T equals	1/4 c
16 T liquid equals	1 c
4 cups equals	1 quart
2 pints equals	1 quart
4 quarts equals	1 gallon
8 quarts equals	1 peck
16 ounces equals	1 pound
1 gill equals	1/4 cup
5 1/3 T equals	1/3 cup
1 cup equals	1/2 pint
4 pecks equal	1 bushel
1 fluid ounce equals	2 tablespoons
8 fluid ounces equals	1 cup
16 fluid ounces equals	1 pint

CAN SIZES

<u>Size</u>	<u>weight</u>	<u>cupfuls</u>
8 oz.	8 oz.	1
No. 1	11 oz.	1 1/3
No. 1 1/2	16 oz.	2
No. 2	20 oz.	2 1/2
No 2 1/2	28 oz.	3 1/2
No. 3	33 oz.	4
No. 10	106 oz.	12

COOKING TERMS

Baste—To moisten food while cooking by pouring over it melted fat, drippings, or other liquid.

Boil—To cook in water, or liquid mostly water, at boiling temperature (212 degrees F at sea level)

Braise or pot—To brown in fat, then cook in covered pan, with or without added liquid, on top of stove or in oven. Larger pieces of meat cooked by braising are called pot roasts.

Broil—To cook uncovered by direct heat on a rack placed under the source of heat or over an open fire.
Pan Broil—To cook lightly in greased or ungreased heavy pan on top of stove. Fat is poured off as it accumulates so food does not fry.

Cream—To mash or mix one or more foods together until soft and creamy.

Fricassee—To braise individual serving pieces of meat, poultry, or game in a little liquid—water, broth, or sauce.

Fry—To cook in fat without water or cover.

Grill—Same as broil.

COOKING TERMS (con't)

Knead———To press, stretch, and fold dough or similar mixture to make it smooth.

Marinate———To let foods stand in a liquid (usually mixture of oil with vinegar or lemon juice) to add flavor or make more tender.

Parboil———To boil until partly cooked.

Roast———To bake in hot air (usually oven) without water or cover.

Scald———To heat liquid to just below the boiling point.

Simmer———To cook in liquid just below boiling point, at temperatures of 185 to 210 degrees F. Bubbles form slowly and break below surface.

Steam———To boil or simmer in a small amount of liquid. Meats are stewed at simmering temperature.

FOOD AMOUNTS FOR QUANTITY COOKING

10 pound ham	400 sandwiches
1 small loaf bread	20 slices
1 pound coffee, 3 gal. water	30 persons
1 quart oysters	6 persons
1 gallon ice cream	20 persons
1 pint sweet cream	25-30 persons
1 layer cake	16 pieces
1/2 bushel potatoes	25 persons
150 sandwiches	100 persons
10 quarts salad	150 persons
6 pounds butter	150 persons
32 pounds ham	150 persons
meat loaf-5 pounds	25 persons
Roast pork, 10 pounds	25 persons
Ham-baked 10 pounds	25 persons
Lettuce, 3 heads	25 persons
Peas, canned 4 #2 cans	25 persons
Tomatoes-escalloped, 1 gal.	25 persons
rolls-50	25 persons
Butter in squares-1/2 lb.	25 persons
Whipping cream-1 pint	25 persons

WAYS TO USE LEFT OVERS

Use egg yolks in: cakes, pie fillings, cornstarch, puddings, custard or sauce, salad dressing, scrambled eggs, meat loaf, and home made noodles.

Use egg whites in: custard, fruit whip, meringue, souffles.

Use hard-cooked eggs or yolks in: casserole dishes, salads, and sandwiches.

Use sour milk in: cakes, cookies, quick breads.

Use cooked meat: casserole dishes, hash, meat patties, meat pies, salads, sandwiches, stuffed vegetables.

Use cooked Potatoes in: fried or creamed potatoes, meat pie crust, potatoes in cheese sauce, stew or chowder.

Use cooked or canned fruits: fruit cup, fruit sauces, jellied fruit, quick bread, shortcake, upside-down cake, yeast bread.

Use bread in: slices for French toast, dry crumbs in brown betty, fried chops, soft crumbs in meat loaf, stuffing or dressing.

QUANTITIES TO SERVE FIFTY PEOPLE

Asparagus--16 oz. can	9 cans
Beans--dry navy	3 quarts
Beef--chipped to be creamed	5 pounds
Beef--ground for balls or loaf	10 pounds
Beef--ground for Swiss Steak	15 pounds
Beef-rib roast	35 pounds
Bread--white sandwich 24 oz. loaf	3 loaves
Bacon	6 pounds
Coffee	1 1/4 pounds
Coffee Cream	1 1/4 quarts
Cauliflower	9 pounds
Cabbage, for slaw	10 pounds
Cranberry Sauce	6 1-lb cans
Canned Vegetables	2# 10, 14 #2
Carrots	16 pounds
Cream whipped	1 pint
Chicken, roast	35-40 pounds
Dishes using cooked cut meat	16 pounds
Beets	14-15 pounds
Fruit or Tomato juice	10 #2 cans
Fruit, cocktail	2# 10, 8 #2 1/2
French Dressing	1 1/2 quarts
Ham, raw	17 pounds
Ham, cooked	12 1/2 pounds
Hamburgers	13-15 pounds
Ice Cream	8 quarts
Lemon for tea	5 large
Lettuce Hearts	12 heads
Meat Loaf	12 pounds
Mayonnaise	1 quart
Olives	2 quarts
Pickles	2 quarts
Pork Loin roast	25 pounds
Pot Roast	17 pounds
Potatoes, boiled or mashed	25
Rolls	9 dozen
Sugar	1 pound
Tea	1/4 pound
Tomatoes for salad	30

SANDWICH HINTS

Variety is the spice of sandwiches. When you want to try a new filler you can follow your fancy and originate them to please your family or guests. If you are short on ideas, here are some helpful sandwich suggestions.

Range-Cream Cheese-Peanut Butter: Combine a 3 oz. package cream cheese with 2/3 cup peanut butter, 1 T orange juice and 1/2 t grated orange rind. Makes 3/4 cup.

Vegetarian: Combine 1/4 cup grated raw carrots, 1/4 cup finely chopped celery, 1/4 cup grated cabbage, 1/4 t salt, 2 t chili sauce and 2 t mayonnaise or salad dressing. Makes 3/4 cups.

Frankfurter-Egg: Combine 1/2 cup chopped, cooked frankfurters, 1 cup chopped hard cooked egg, 1 T minced onion, 1 T chili sauce, 1/4 t salt, 1/4 t prepared mustard and 1/8 t pepper. Makes 2/3 cup.

Egg Salad: Combine 3 chopped hard cooked eggs, 1/4 c finely chopped celery, 1/4 t salt, 1/2 t minced onion and 2 T mayonnaise or salad dressing. Makes 1/2 cup.

Barbecued Hamburger: Combine 1 1/2 pounds hamburger, 1 1/2 t salt, 3/8 cup finely chopped onion and 3/4 cup chopped celery; brown in skillet--hot. Add 1 1/2 T barbecue sauce and 1 1/2 cups chili sauce and simmer 30 minutes. Makes 6 sandwiches.

Deviled Ham-Peanut Butter: Blend 1/3 cup peanut butter with a 3 oz can deviled ham, 1/4 cup mayonnaise and 3 T chopped dill pickles. Makes 3/4 cup.

Salami-Egg Salad: Combine 1/4 cup chopped salami sausage, 2 chopped hard cooked eggs, 1/4 cup mayonnaise, 1 T chopped green pepper and 1/4 t salt. Makes 3/4 cup.

BODY NEEDS

Protein——the main substance in all body muscle, organs, skin, hair and other tissue.

Main Source——animal sources as in meat, poultry fish, eggs, milk, cheese.

Also Found——cereals, bread, vegetables, fruits. Some protein foods are needed each day.

Calcium——essential in building healthy bones and teeth. 99% of all calcium in the body is used in the bones and teeth, while the remaining 1% stays in body fluids, such as the blood.

Main source——milk.

Iron——essential for red blood cells.

Main sources——liver and leafy green vegetables.

also found——egg yolks, meat, peas, beans, dried fruits, molasses, bread, other cereal foods made from whole grain or enriched.

Iodine——necessary to help the thyroid gland work properly.

Main sources——sea foods, iodized table salt.

SUBSTITUTIONS

1 t baking powder -- 1/2 t cream of tartar plus
1/4 t soda.

1 c butter -- 7/8 cup vegetable shortening,
plus 1/4 to 1/2 t salt.

1 square (1 ounce) chocolate -- 3 tablespoons
cocoa, plus 1
teaspoon fat.

1 T cornstarch -- 2 T flour

1 cup cake flour -- 7/8 cup all-purpose flour
plus 1 T cornstarch

1 cup sour milk for baking -- 1 cup sweet milk
with one of the following: 1 T vinegar or
1 T lemon juice or
1 3/4 t cream of tartar

VITAMINS

Vitamin A-----important for normal vision and to help keep skin and linings of nose, mouth, and inner organs in good condition.

Main sources-----liver, egg yolks, butter, whole milk, and cream, cheese, fish-liver oils.

Vitamins B-----essential for steady nerves, normal appetite, good digestion, good moral, healthy skin.

Main sources-----bread and flour made from whole grain or enriched. Milk will aid in getting daily B. Vitamins.

Vitamor C-----essential for building healthy body tissue. Since the body cannot store much of this vitamin it is necessary to eat a food rich in it daily.

Main source-----citrus fruits.

also found-----tomatoes, fresh strawberries, and canteloups, cabbage, green pepper, lettuce-raw, potatoes..

Vitamin D-----essential in forming strong bones and sound teeth. Nicknamed the "sunshine Vitamin."

Main sources-----sunshine, fish-liver oils

also found-----egg yolks, butter, salmon, tuna, sardines, milk to which vitamin d has been added.

FINALE

A blessing be upon the cook
Who seeing, buys this little book,
And buying, tries and tests its wares;
And testing, throws away her cares;
And carefree, tells her neighbor cook
To get another such a book.