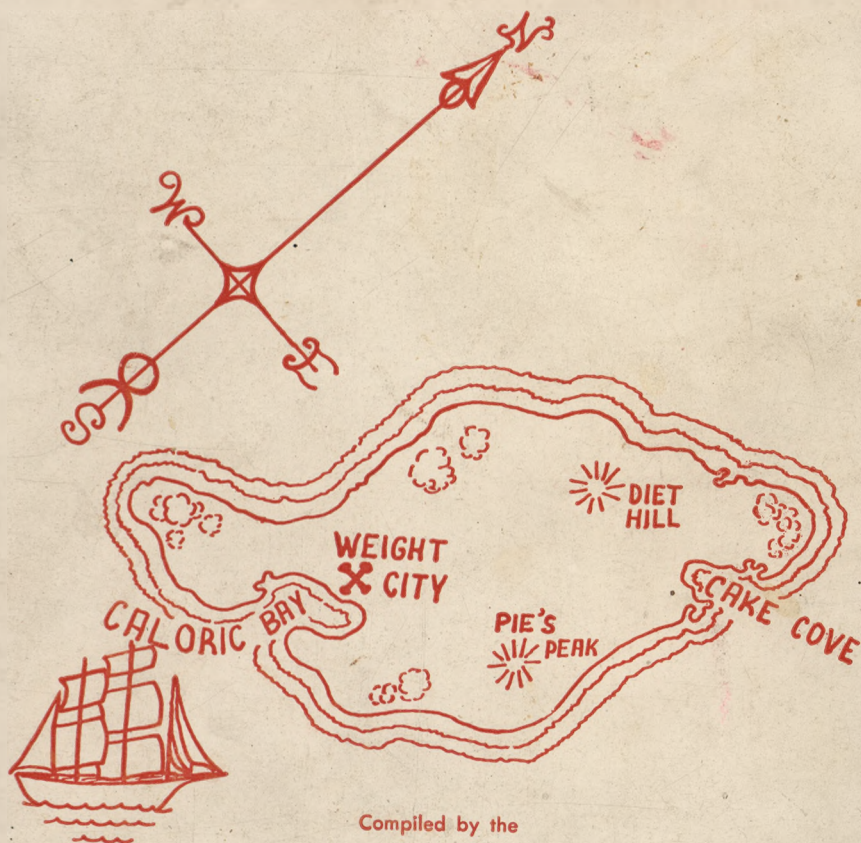


BETHEL'S TREASURE OF PERSONAL RECIPES



Compiled by the

**BETHEL AID SOCIETY of the
EVANGELICAL UNITED BRETHREN CHURCH**

RUSSELL, IOWA

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EVANGELICAL UNITED BRETHREN CHURCH

RECIPE FOR CHEER

LET US BE OF GOOD CHEER, REMEMBERING THAT
THE MISFORTUNES HARDEST TO BEAR ARE THOSE WHICH
NEVER HAPPEN.

JAMES RUSSELL LOWELL

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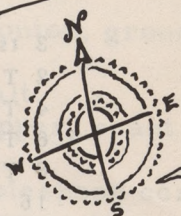
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Isabel Wright	Vera Edwards

APPETIZERS

MAP of



PICKLE MTS.

CHILI
WIND
REEF

CANAPE
CLIFFS

WALNUT
GROVE

LAZY SUZAN ISLANDS

RELISHES

GARNISHES

KITCHEN MEASURES

3 tsp. -----	1 Tbsp.
2 Tbsp. -----	1 fluid oz.
4 Tbsp. -----	1/4 cup
6 Tbsp. -----	3/8 cup
8 Tbsp. -----	1/2 cup
16 Tbsp. -----	1 cup
1 cup -----	8 fluid ounces
2 cups -----	1 pint
2 pints -----	1 qt.
4 qts. -----	1 gal.
11 qts. -----	1 peck
4 pks. -----	1 bu.
16 oz. -----	1 lb.
2 c. liquid -----	1 lb.
4 c. flour -----	1 lb.
2 c. granulated sugar -----	1 lb.
2 2/3 c. brown sugar -----	1 lb.
3 1/2 c. powdered sugar -----	1 lb.
2 c. butter -----	1 lb.
2 c. solid meat -----	1 lb.
1 lb. brick butter -----	2 cups
9 medium sized eggs -----	1 lb.
4 Tbsp. flour -----	1 oz.
2 tsp. butter or salt -----	1 oz.
1 oz. chocolate -----	1/4 c. cocoa
1 sq. bitter chocolate -----	1 oz.
1 peck tomatoes -----	15 pounds

MEASURE ABBREVIATIONS

Teaspoon -----	tsp.
Tablespoon -----	Tbsp.
Ounce -----	oz.
Cup -----	c.
Pint -----	pt.
Quart -----	qt.
Gallon -----	gal.
Peck -----	pk.
Bushel -----	bu.
Pound -----	lb.
Square -----	sq.

APPETIZERS, RELISHES, GARNISHES

TOMATO CATSUP

Frances Randall Lacey

1 qt. strained tomato pulp
1 c. sugar
1/2 c. vinegar
1 tsp. salt

1 med. size onion, ground
fine
1 tsp. celery salt
1/3 tsp. red pepper, scant

Mix well. Boil 30 minutes, then add 1 tablespoon corn-starch, dissolved in a little cold water. Let come to a boil and boil three minutes and can.

PICKLES

Mrs. Lewis Earp
Slater, Iowa

Lime:

Slice 7 pounds of cucumbers and cover with a solution made of 2 cups of hydrated lime in 2 gallons of water. Let soak for 24 hours, then rinse well.

Cover with clean water and soak 3 hours longer. Drain and cover with the following:

2 qts. vinegar
4 1/2 lbs. sugar
1 tsp. celery seed
1 tsp. mustard seed

1 tsp. whole cloves
1 tsp. mixed pickle
2 tsp. salt

Let cucumbers soak in mixture overnight. In the morning, boil 35 minutes or until pickles are clear (put spices in bag).

Dill:

1 qt. vinegar
1 c. salt

3 c. water

Wash and dry pickles and place in jar with Dill. Pour mixture over pickles hot and seal.

BEET PICKLES

Josephine Larimer

1 c. vinegar
whole cloves on top of jar

1/2 c. sugar

Let beets come to boil in vinegar and then can.

BRIGHT RED CHILI SAUCE

Florence Dean

5 lbs. chopped tomatoes	3 med. sized onions, chopped
3 green peppers	fine
3 sweet red peppers	1 c. sugar
1 tsp. whole cloves	1 tsp. stick cinnamon
1 tsp. whole allspice	1/4 tsp. dry mustard
dash cayenne pepper	3 c. vinegar

1. Chop or grind tomatoes, peppers and onions. Combine with salt, sugar and vinegar.
2. Tie spices in bag. Add to tomato mixture.
3. Bring to boiling point. Reduce heat and cook to desired thickness.
4. Pour boiling hot into sterilized jars and seal. Drain tomatoes if you wish because quick cooking makes it bright red.

PEPPER RELISH

Mrs. Otis Agan

24 peppers,	12 onions
-------------	-----------

Grind. Cover with boiling water. Let stand 5 minutes, then drain water off and add:

2 c. sugar	2 c. vinegar
2 Tbsp. salt	

Boil 5 minutes and can.

CUCUMBER RELISH

1 doz. large cucumbers	salt
1/2 doz. large onions	

Let stand for 1 hour. Squeeze out. Remove seeds from cucumbers. Grind in a coarse food chopper, also the onions.

Pour the mixture of

1 qt. brown sugar	1 qt. vinegar
3 tsp. celery seed	3 tsp. mustard seed

over the cucumbers and onions. Boil 20 minutes.

Mix 1 heaping tablespoon of flour and 1/4 teaspoon

CUCUMBER RELISH (Continued)

turmeric in cold water. Add to the mixture. Bring to a boil. Seal. You may also use green or red peppers in this.

RELISH

Mrs. Dewey Hess

12 onions, medium	12 green tomatoes
3 red peppers	3 green peppers
3 carrots	

Grind and cover with boiling water. Let stand 5 minutes. Drain well. Cook the following dressing together with ground vegetables for 20 minutes:

2 1/2 c. brown sugar	3 tsp. celery seed
1 1/2 c. vinegar	1 10¢ jar yellow prepared mustard
3 tsp. salt	

Seal hot.

KANSAS MILLION DOLLAR PICKLES

Virginia Ripperger

6 qts. sliced cucumbers

Cover with water to which 1 cup salt has been added. Soak for three hours. Chop together 1 small can pimientos, 12 medium onions and 3 green peppers. Place sliced cucumbers and above ingredients in large kettle.

Add the following:

1 qt. vinegar	5 c. sugar
2 Tbsp. mustard seed	2 Tbsp. turmeric

Heat until very hot and seal in sterilized jars.

SWEET PICKLES

Pearl Colver

Put 4 inch cucumbers in heavy brine and let stand one week. Put in fresh clear water for 3 days, changing water every day.

Put cucumbers into pieces the third day and cover with water. Add 2 tablespoons powdered alum to a gallon of water.

Boil 1/2 hour, then rinse until cold. Make syrup of 20 cups sugar to 1 gallon vinegar. Put ginger root, cinnamon bark and whole mace to taste into bag and boil in

SWEET PICKLES (Continued)

syrup. Heat syrup 3 mornings and pour over pickles.

Seal them on third day. Boil syrup first day just enough to dissolve, second and third days for 5 to 10 minutes.

WATERMELON PICKLES

Maude Sellers

Pare rind and take off all pink and green. Cover with water and parboil until tender when pierced with a fork. Do not cook too soft.

For 7 pounds of prepared fruit, use:

3 1/2 lbs. sugar	1/2 tsp. oil of cloves
1 pt. vinegar	1/2 tsp. oil of cinnamon

Drain rind well. Bring syrup mixture to boiling point and pour over rind. Let stand overnight. The next morning drain off syrup, reheat and pour back over rind.

Do this on following day and on the third day, heat the syrup and fruit to boiling point.

Put into jars and seal.

RAW VEGETABLE RELISH

Virginia Orwig

12 c. chopped cabbage	6 green peppers
2 sweet red peppers	12 small onions
12 med. carrots	

Grind vegetables through food chopper using coarse blade. Add 1/2 cup salt and let stand for 2 hours. Drain thoroughly and add:

6 c. cold vinegar	6 c. sugar
1 Tbsp. mustard seed	1 Tbsp. celery seed

Mix together and pack cold into sterilized jars and seal. Makes about 9 pints and will stay crisp indefinitely.

FRENCH DRESSING

Jessie Littleton

1/2 c. Campbell's tomato soup	1 tsp. paprika
3/4 c. sugar	3/4 c. salad oil
3/8 c. vinegar	onion
1 tsp. mustard	

Mix with electric mixer or shake well in a jar.

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FRENCH DRESSING (Continued)

Quarter the onion and leave in jar for flavoring.

CANAPES AND APPETIZERS Mrs. Estella Johnston

Filled Pickles Canape:

Hollow out large sweet or dill pickles with apple corer and fill with seasoned cream cheese. Can also use softened cheddar cheese. Serve in slices.

Egg Canapes:

Scramble eggs and season with salt, pepper and Worcestershire sauce. Pile on thin slices of bread, roll and toast under broiler.

Liver Canapes:

Force enough cooked liver through food chopper to make 1 cup. Mix with 3 tablespoons cream, 1/2 teaspoon grated onion, dash salt and pepper.

Spread on thin slices of buttered bread, roll, fasten with toothpicks and bake in very hot oven 450 degrees 5 minutes.

Balls on Picks:

Form into balls. Chill. Serve on picks.

"Burning Bush":

3 oz. cream cheese 1/2 tsp. minced onion

Roll in minced dried beef.

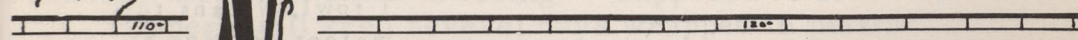
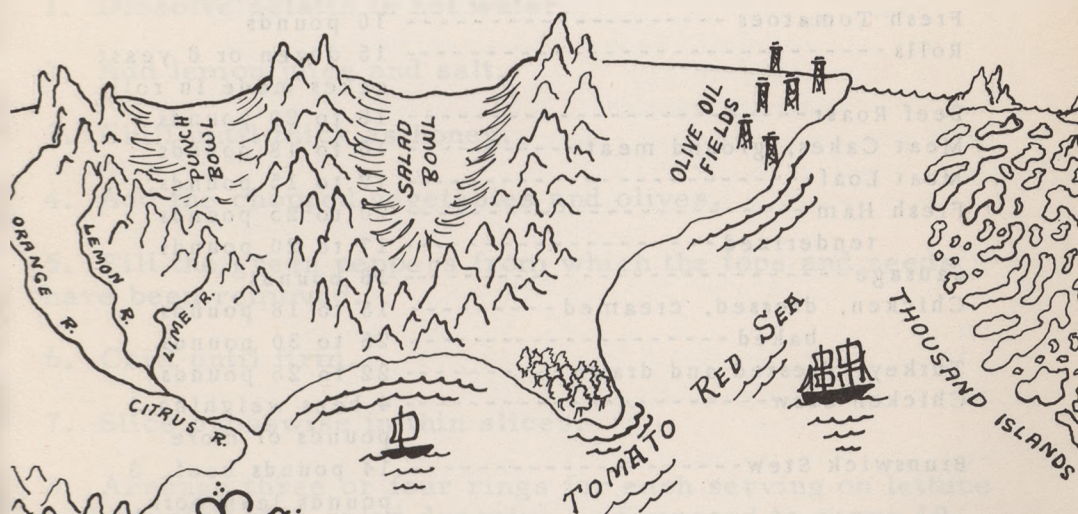
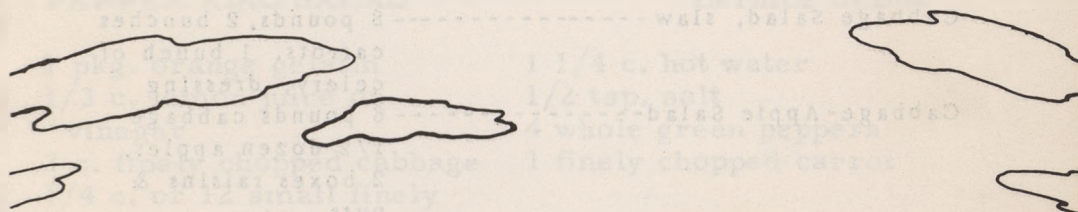
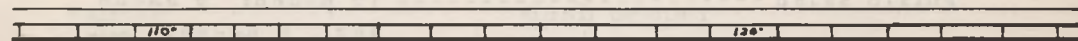
"Green Balls":

1/2 c. grated Swiss cheese	1/2 c. minced ham
1/2 tsp. prepared mustard	1 egg yolk
1/4 tsp. salt	dash pepper

Roll in minced chives or parsley.

Write Extra Recipes Here:

SOUPS SALADS



VEGETABLES

QUANTITY SERVINGS FOR FIFTY

Juice for Cocktail -----	6 1/2 quarts
Lemons for lemonade -----	6 dozen
Peas, No. 2 1/2 can -----	10 to 12
Potatoes, white, creamed - - - - -	16 pounds
buttered, whole -----	20 pounds
au Gratin (with 4 c. medium ---	15 pounds
sauce and 1 lb. cheese)	
Potato Salad -----	12 pounds, 2 dozen
	eggs, 2 bunches cel-
	ery, pickle, 4 green
	peppers, mayonnaise &
	seasoning to taste.
Potatoes, sweet, souffle -----	16 pounds
candied -----	18 to 20 pounds
Cabbage Salad, slaw -----	8 pounds, 2 bunches
	carrots, 1 bunch of
	celery, dressing
Cabbage-Apple Salad -----	6 pounds cabbage
	1/2 dozen apples,
	2 boxes raisins &
	nuts
Rice -----	3 pounds
Grits -----	2 1/2 pounds
Fresh Tomatoes -----	10 pounds
Rolls -----	15 dozen or 6 yeast
	cakes made in rolls
Beef Roast -----	18 to 20 pounds
Meat Cakes, ground meat -----	16 to 18 pounds
Meat Loaf -----	12 to 15 pounds
Fresh Ham -----	20 to 25 pounds
tenderized -----	17 to 20 pounds
Sausage -----	16 pounds
Chicken, dressed, creamed -----	15 to 18 pounds
baked -----	25 to 30 pounds
Turkey, dressed and drawn -----	22 to 25 pounds
Chicken Stew -----	4 hens weighing 5
	pounds or more
Brunswick Stew -----	14 pounds beef, 3
	pounds lean pork,
	1 fowl, 7 cans to-
	matoes, 4 cans of
	corn
Ice Cream -----	2 gallons of bulk
Coffee -----	1 pound

SOUPS, SALADS, VEGETABLES

TANGY BEET SALAD

Mary Gookin

Dissolve:

1 pkg. lime jello in 1 c. hot water

Add:

1 c. pickled beet juice	2 Tbsp. grated onion
1 Tbsp. prepared horse-radish	3/4 Tbsp. salt
	dash pepper

Chill until slightly thickened. Fold in 3/4 cup each diced pickled beets and celery. Chill until firm. Serves 6.

PEPPER RING SALAD

Bernice DeBok

1 pkg. orange gelatin	1 1/4 c. hot water
1/3 c. lemon juice or vinegar	1/2 tsp. salt
2 c. finely chopped cabbage	4 whole green peppers
1/4 c. or 12 small finely minced olives	1 finely chopped carrot

1. Dissolve gelatin in hot water.
 2. Add lemon juice and salt.
 3. Chill until thick as honey.
 4. Add the chopped vegetables and olives.
 5. Fill the green peppers from which the tops and seeds have been removed.
 6. Chill until firm.
 7. Slice crosswise in thin slices.
 8. Arrange three or four rings for each serving on lettuce and garnish with salad dressing. Supposed to serve 10.
- Peppers will keep several days wrapped in plastic bags in refrigerator.

VELVET SALAD

Mrs. Ethel Clanin

- | | |
|----------------------------------|--------------------------------|
| 1 pkg. lemon jello | 2 c. hot water |
| 1 lb. marshmallows or less | 1 small can crushed pine-apple |
| 1 pkg. Philadelphia cream cheese | 1 c. salad dressing |
| 1/2 c. cream, whipped | 1 pkg. raspberry jello |
| 2 c. hot water | |

Dissolve lemon jello in 1 cup hot water. Melt marshmallows in 1 cup hot water. Mix together and let cool. Mix cream cheese, salad dressing and whipped cream; add to jello mixture and let set.

Dissolve raspberry jello with 2 cups hot water. Chill until syrupy and pour over other mixture. When set, cut in squares and serve on lettuce leaf.

Top with salad dressing.

CHILI SOUP

Mrs. Charles Holton
Chariton, Iowa

- | | |
|--|-------------------------|
| 1 lb. hamburger | 3 large potatoes |
| 3 large onions | salt and pepper |
| 1 can brown beans | 1 qt. strained tomatoes |
| 1 level tsp. chili powder
(more if desired) | |

Place crumbled hamburger and chopped onions in skillet and fry until done. Put in large sauce pan and add 2 quarts boiling water.

Add potatoes, cut fine. Add salt and pepper. Cook until potatoes are done, then add beans, tomatoes and chili powder.

Simmer one hour. Add more water if necessary.

TUNA SALAD

Phyllis DeBok

- | | |
|-----------------------|-----------------------|
| 1 can tuna | 1 c. macaroni |
| 1 large pimienta | 1 c. celery |
| 3 hard boiled eggs | |
| salt, paprika, pepper | } Mix with mayonnaise |
| 1 Tbsp. lemon juice | |
| sweet pickles | olives |

HEAVENLY SALAD

Mrs. Orlan Sellers

2 c. whipping cream,
whipped
1/2 c. nut meats
1 c. cubed marshmallows
1/2 c. sugar

1 c. crushed pineapple,
drained
1/2 tsp. vanilla
3 bananas (diced)

Mix all ingredients together and chill before serving.

FROZEN FRUIT SALAD

Estella Johnston

1/2 c. cream, whipped
No. 2 can fruit cocktail
1 pkg. Philadelphia cream
cheese

1/2 c. Miracle Whip
1/2 pkg. marshmallows

Mash cream cheese with fork. Add Miracle Whip and whipped cream, marshmallows cut in small pieces, then fruit.

Put in freezing tray and freeze overnight. Serve on lettuce.

POTATO FRITTERS

Alta Horner

Sift well together:

1 1/3 c. flour
1/3 tsp. salt

1 1/2 tsp. baking powder

Sift into above:

2 eggs, beaten

1/2 c. milk

Add to above and mix well:

1 tsp. melted fat

1 c. cold mashed potatoes

Let dough chill 1 hour to ripen. Drop by teaspoon into 370 degree fat one inch deep in pan. Drain on paper towel over wire rack.

Roll in sugar.

CREAMED POTATOES SUPREME

Doris Clanin

Saute:

4 slices diced bacon

1 c. chopped onion

CREAMED POTATOES SUPREME (Continued)

Season with:

1 1/2 tsp. salt
1/2 tsp. celery salt

1/8 tsp. pepper

Add:

2 c. light cream

Dice:

6 raw medium potatoes

Add to cream mixture in skillet and cook about 30 minutes.

SPANISH CORN

Gladys Hammock

2 c. corn
1/2 c. tomatoes
1/2 c. corn meal

) Scalded in 1/2 cup boiling
) water, 1 cup milk, dash
) of cayenne, if wanted.

2 eggs
2 Tbsp. chopped onions
1/4 c. chopped green pepper
1/2 tsp. salt

1/2 tsp. Worcestershire
sauce
2 Tbsp. catsup

Combine ingredients in order and bake in baking dish at 300 degrees for 1 hour.

FRUIT SALAD

Myrtle Price

Slice 1 large banana into bottom of pan, add 8 cut marshmallows. Then pour 1 small can crushed pineapple drained, over this. Over all this, pour 1 package of dissolved chilled lemon jello.

Cook:

1/2 c. sugar
2 Tbsp. flour

1/4 tsp. salt
pineapple juice, filled with
water to make 1 c.

Beat 1 egg well. Cook until smooth and thick. Add:

2 Tbsp. lemon juice

2 Tbsp. butter

FRUIT SALAD (Continued)

Cool. Add 1 cup cream, whipped. Fold into dressing, pour over first mixture. Let stand overnight or several hours.

Serves 8 or 10.

LAYER PINEAPPLE CHEESE SALAD Helen Moore

1 box lemon jello	2 c. hot water
1 can crushed pineapple,	2 large bananas, sliced
9 oz. (drained)	8 marshmallows, cut up

Mix as any jello salad. Let set.

Topping:

Cook:

1 c. pineapple juice (add	1 egg
enough water to make 1 c.)	2 Tbsp. butter
1/2 c. sugar	1 tsp. lemon flavor
2 Tbsp. flour	

Cool. Mix with 1 cup cream, whipped. Pour over jello mixture and top with 1 cup grated Cheddar cheese.

CARROT LOAF

Mrs. F. Lee
Fairbury, Nebr.

2 c. ground carrots, raw

Combine:

1 c. fine bread crumbs	1 c. heavy cream
2 Tbsp. each finely cut	
celery, onion and parsley	

Add:

3 eggs	1 Tbsp. melted butter
--------	-----------------------

Season to taste. Bake 1 hour in pan of water at 425 degrees. You can make this in a loaf pan. I like to make it in a mold, then fill the center with some other vegetable.

CRANBERRY SALAD

Lucille Susic
Des Moines, Iowa

- | | |
|---------------------|----------------------|
| 2 boxes lemon jello | 1 c. celery, chopped |
| 1 lb. cranberries | 1/2 c. nut meats |
| 1 1/2 c. sugar | 2 apples, diced |

Prepare jello according to directions on box. While jello is setting (partially), grind cranberries in food chopper.

Pour sugar over these and let stand until jello is almost ready. Add remaining ingredients to cranberries and stir into jello.

Place in refrigerator until ready to serve. May be served with or without dressing.

LAYERED PINEAPPLE CHEESE SALAD

Mabel Lindeman

- | | |
|-------------------------------------|-------------------------|
| 1 box lemon jello | 2 c. hot water |
| 1 can crushed pineapple,
drained | 2 large bananas, sliced |
| | 8 marshmallows, cut up |

Mix as any jello salad.

Topping:

Cook:

- | | |
|---|------------------------|
| 1 c. pineapple juice (add
enough water to make
1 cup) | 1/2 c. sugar |
| 2 Tbsp. butter | 2 Tbsp. flour |
| | 1 egg |
| | 1 tsp. lemon flavoring |

When cool, add 1 cup whipped cream. Put over jello mixture and top with 1 cup of grated Cheddar cheese.

CRANBERRY SALAD

Josephine Larimer

- | | |
|-------------------------|------------|
| 4 oranges and rind of 1 | 4 apples |
| 1 c. crushed pineapple | 3 c. sugar |
| 1 qt. cranberries | |

Grind and mix together. Let it chill.

24 HOUR SALAD

Mrs. Maurice Agan
Chariton, Iowa

- 1 No. 2 1/2 can sliced pineapple

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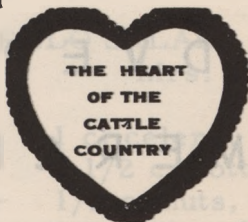


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24 HOUR SALAD (Continued)

1/2 lb. marshmallows	1 c. nut meats
4 egg yolks	1 c. top milk
1/2 pt. whipping cream	pinch salt
2 Tbsp. sugar	maraschino cherries
lettuce	

Place top milk in double boiler. When partly heated, add egg yolks well beaten, salt and sugar and cook until thick. Remove from fire and cool.

While custard is cooling, drain pineapple and cut into small pieces. Add diced marshmallows and nut meats. Pour cold custard over this mixture, folding lightly with a fork.

When mixed, fold in whipped cream. Place in refrigerator and let stand at least 24 hours. Serve on lettuce leaf, with cherry on top.

MOLDED TOMATO SALAD

Isabel Wright

Heat to boiling:

1 c. tomato juice

Pour over 1 package lemon jello. Add 1 cup cold tomato juice. Cool until slightly thick and add:

1 c. shredded cabbage	1/2 tsp. salt
1/2 c. diced celery	2 Tbsp. chopped green
3 Tbsp. lemon juice	pepper
1 bottle stuffed olives	

Pour into mold and chill until firm.

PINEAPPLE, COTTAGE JELLO SALAD

Mrs. Chas. Stevenson

1 pkg. lemon jello	1 c. celery, finely cut
2 c. liquid	1 1/2 c. cottage cheese
2 small cans crushed pineapple (use juice for part of liquid)	1/2 c. nuts, chopped
	1 c. whipped cream

Dissolve jello in liquid. Let cool until just starting to set. Whip jello, add whipped cream, fold in pineapple, celery and cottage cheese.

Place in refrigerator to set.

HOLIDAY SALAD

Inez DeBok

Dissolve in 2 cups boiling water over low fire:

1 (10 oz.) pkg. marsh-
mallows

1 pkg. Philadelphia cream
cheese, finely cut

Put 1 package orange jello in above mixture. Take from fire and cool. When cool, add:

1 c. cream, whipped
1/2 c. Miracle Whip

1 c. crushed pineapple

Put in refrigerator and let set. Dissolve 1 package lime jello and pour over top.

SPICED GRAPE SALAD

Collette Werts

1 No. 1 can spiced grapes

1 No. 1 can fruit cocktail

1 13-oz. pkg. cream cheese
1/2 c. Miracle Whip and
1/2 pt. whipping cream,
mixed

Add cream mixture to fruit and cheese. Chill. Use maraschino cherries for salad topping.

GINGER ALE SALAD

Virginia Orwig

2 pkg. lemon jello

1 c. hot water

3 c. cold ginger ale

1 c. drained crushed pine-
apple

1/2 c. diced celery

1/2 c. black walnut meats

Dissolve jello in hot water and add ginger ale. When partially set, add remaining ingredients and pour into molds or flat pan.

Serve on lettuce leaf with mayonnaise or as a meat garnish.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

MEAT

FISH

POULTRY

PORK CHOP FOREST

ANGUS

ABERDEEN

THE GREAT BACON
DESERT

DUROCK

TARTARSAU CE
(SEA)

THE HOG(UE)

SCALLOP
REEF

WINGNECK
CITY

POLAND — CHINA

RIB
RANGE

120

100

80

60

WILD GAME RECIPES

ROASTED WILD DUCK

Clean, wipe and dry the ducks. Sprinkle generously with flour, salt and pepper. Place whole peeled onion inside each duck and place them in self-basting roaster. Fasten with toothpicks 2 or 3 strips of bacon across each bird. If desired, ducks may be stuffed with wild rice dressing made by boiling rice (wild) and seasoning with salt, pepper and chopped onion. Cover bottom of roaster with water. Cover tightly and roast in oven at 350 degrees for 1 1/2 to 2 hours, depending on the number and size of ducks. Remove cover of roaster for last 15 - 20 minutes, before taking from oven to allow skin to brown.

LARDED GROUSE

On each bird lay thin slices of bacon until bird is completely covered. Wrap with string to keep bacon in place. Put in roasting pan and pour over birds sufficient water to provide basting. Roast for 20 - 25 minutes at 400 degrees. Remove strips of bacon, brush birds with melted butter, dredge with flour and place in oven again until the birds turn a rich brown.

SOUTHERN FRIED QUAIL

Dry pick quail. Clean and wipe thoroughly, salt and pepper and dredge with flour. Have a deep (heavy) frying pan with close fitting lid half full of hot fat. Put in quail, cook for a few minutes over a hot fire, then cover skillet and reduce heat. Cook slowly until tender, turning the quail to the other side when golden brown. Serve on hot platter garnished with slices of lemon and sprigs of parsley.

VENISON WITH SOUR CREAM

2 lbs. venison	1 clove garlic
1/4 c. fat	1 c. diced carrots
1 c. diced celery	2 c. water
1/2 c. minced onion	1 tsp. salt
1 bay leaf	4 Tbsp. flour
4 Tbsp. butter	1 c. sour cream

Cut venison in pieces and melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for 2 minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat was cooked in and boil until thick. Add sour cream and more salt if necessary. Pour over meat and vegetables.

Serve with buttered noodles and currant jelly.

MOOSE STEAK

1/2 c. onions, chopped fine	2 Tbsp. butter
1/2 c. sweet or sour cream	2 Tbsp. flour
1 c. chopped mushrooms	

Fry onions, brown in butter. Sear steak on both sides in butter and browned onion. Cover and let simmer for 1/2 hour. When almost tender add the mushrooms & the flour, stirred into the cream. Cover and let simmer for 20 minutes.

MEAT, FISH, POULTRY

BARBECUED RIBS

Lucille Susic
Des Moines, Ia.

3 to 4 lbs. ribs, cut into pieces	1/3 c. Worcestershire sauce
1 lemon	1 tsp. chili powder
1 large onion	1 tsp. salt
1 c. catsup	2 c. water

Place ribs in shallow roasting pan, meaty side up. On each piece, place a thin slice of unpeeled lemon and a slice of onion.

Roast in hot oven 450 degrees 30 minutes. Combine remaining ingredients, bring to boil and pour over ribs. Continue baking at 350 degrees for 45 minutes to 1 hour.

Baste ribs with sauce frequently. If sauce gets too thick, add water.

Serves 4.

PORCUPINE MEATBALLS

Mrs. Eugene Smith
Weldon, Iowa

Mix and form into walnut size balls:

1 lb. ground beef	1/2 c. rice
1 tsp. salt	dash pepper
1/2 chopped onion	

Put 1 cup catsup and 1/2 cup water into pressure pan. Bring to a boil and drop balls into boiling mixture and pressure 10 minutes at 15 pounds.

BARBECUED MEATBALLS

Mrs. Reece Thomas
Chariton, Iowa

1 1/2 lb. ground beef	3/4 c. rolled oats
1 c. milk	3 tsp. minced onion
1 1/2 tsp. salt	1/2 tsp. pepper
flour to dredge	3 Tbsp. fat for frying

Combine ingredients and form into balls. Roll in flour and brown in fat. Arrange in greased pan. Cover with well heated and mixed barbecue sauce:

2 Tbsp. sugar sauce	2 Tbsp. Worcestershire sauce
1 c. catsup	

BARBECUED MEATBALLS (Continued)

1/2 c. water
6 Tbsp. minced onion

3 Tbsp. vinegar

Bake 30 minutes at 350 degrees.

CORNERED BEEF DINNER

Mrs. Roger Crabtree
Slater, Iowa

1 6-oz. pkg. 7 minute
macaroni
1 12-oz. can corned beef,
chopped
1/4 lb. American cheese,
cubed

1 can condensed cream of
chicken soup
1 c. milk
1/2 c. chopped onion
3/4 c. buttered crumbs

Cook macaroni. Combine remaining ingredients except crumbs and alternate with layers of macaroni in greased 2 quart casserole.

Top with crumbs. Bake at 375 degrees for one hour.

ESCALLOPED CHICKEN

Mrs. Jerry Neimier
Polk City, Iowa

1 stewed chicken
1/2 loaf bread
1 1/2 c. milk

1 1/2 c. broth
4 slightly beaten eggs

Bone chicken and cut into pieces. Mix with broken bread. Pour liquid over it. Bake in moderate oven 1/2 to 3/4 hour. Use shallow pan.

TURKEY STUFFING
(6 to 8 lb. turkey)

Mrs. Helen Coulson
Knoxville, Iowa

2/3 c. shortening (butter
or vegetable oil)
2 tsp. salt
1 Tbsp. poultry seasoning
1 1/2 c. hot water

3/4 c. chopped onion
1 c. chopped celery
1/2 tsp. pepper
1 1/3 Tbsp. chopped parsley
16-18 slices bread cut into
cubes

SCALLOPED CHICKEN

Josephine Larimer

1 8 oz. pkg. noodles
2 c. liquid thickened
1/2 tsp. onion

3 c. chopped chicken
2 Tbsp. green pepper
1 c. corn flakes

SCALLOPED CHICKEN (Continued)

1 can mushroom soup

Mix all together. Bake 35 minutes in oven at 350 degrees. Sprinkle potato chips on top, before baking.

BARBECUED SPARERIBS

Vera Edwards

On each piece of meat, place a thin slice of onion and a slice of unpeeled lemon. Anchor with toothpick. Roast ribs in hot oven 30 minutes.

Sauce:

1 c. catsup	1/2 c. Worcestershire sauce
1 tsp. chili powder	1 tsp. salt
2 dash Tabasco sauce	2 c. water

Heat to boiling. Pour over ribs. Bake in oven 350 degrees about 1 hour. Baste every 15 minutes, (or use the following sauce):

3 Tbsp. butter	1 tsp. onion
1/2 clove garlic	3 Tbsp. Worcestershire sauce
3/4 tsp. salt	1 tsp. sugar
1/2 c. water	1/4 c. tomato catsup
1/4 tsp. paprika	few drops Tabasco sauce
1/2 tsp. chili powder	
1/4 tsp. dry mustard	

Combine ingredients and bring to boiling point.

TUNA POT PIE

Catherine L. White
Iowa City, Iowa

1 1/2 c. diced carrots	1 1/2 c. diced potatoes
3 Tbsp. chopped onion	milk
1/4 c. butter or margarine	1/4 c. flour
1 No. 1/2 can Star-Kist tuna (fancy solid pack or chunk style)	1 c. canned peas

Cook carrots, potatoes and onion until just tender in liquid from can of peas. Drain off liquid into measure; add oil from tuna and enough milk to make 2 cups of liquid in all.

Now melt butter, (blend in flour and add this liquid, stirring constantly until thickened). Pour over cooked vegetables; add tuna, peas and season to taste. Turn into

TUNA POT PIE (Continued)

1 1/2 quart greased casserole. Cover with pie crust, biscuit dough or buttered crumbs (pie crust is best).

Bake at 425 degrees until crust is done. Serves 6.

SCALLOPED LIVER AND POTATOES Mrs. Ethel Clanin

1 qt. thinly sliced potatoes 1 small onion
1 lb. liver, sliced thin,
salted and peppered and
floured and browned in 2 Tbsp. fat.

Place a layer of raw sliced potatoes in a greased baking dish; sprinkle with salt and pepper, add liver and onion and continue until all are used.

The top layer should be potatoes. Pour on 1 1/2 cups milk. Cover and bake in a moderate oven 350 degrees 1 hour or until potatoes are done.

At the last, remove cover and allow the potatoes to brown on top.

ONION PIE

Mrs. Harold Johnson

6 slices bacon 3 c. potatoes
2 c. onions 1 1/2 tsp. salt
1/4 tsp. pepper

Line pie tin with pastry and chill. Precook bacon slightly; arrange onions and potatoes in layers, season. Put bacon on top, pour fat over all, put on top crust.

Cook 450 degrees one hour.

COOKED MEAT LOAF

Artie Bond

1 qt. cooked beef, ground 1/4 lb. cured bacon, ground
2 eggs 1 c. crumbs
1 c. tomato juice salt and pepper

Bake one hour.

OATMEAL SAUSAGE

Mrs. Lawrence White

Cut all waste from the hogs head. Cut up, put in cold water for 3 hours. Drain off water, put in kettle with the hocks and back bones. Cook until meat comes off the bone.

If very fat, take meat from kettle, let broth cool and

OATMEAL SAUSAGE (Continued)

take off fat. Cook oatmeal in broth; have as much oatmeal after it's cooked as meat.

After it is put through food chopper, mix meat and oatmeal. Put in salt and pepper and a chopped onion, if liked.

Spoon, slice or make into small cakes in frying pan to reheat.

BAKED NOODLE DISH

Ruth Skidmore
Fairbury, Nebr.

1 1/2 lb. pork and remove fat 1 1/2 lb. beef

Brown above in fat, small amount at a time is better. Remove browned meat and put into same pan to brown and simmer on low heat.

3 med. sized chopped onions 1 c. celery, chopped fine

If there isn't 1 cup liquid, add water to make that amount after all browning. Cook 2 pounds small noodles in small amount of water and do not blanch when cooked.

They should have none or very little water on when done. Dissolve 4 bouillon cubes and mix with 4 cans of mushroom soup.

Mix browned meat, onion, celery and broth of 1 1/2 cup liquid and put in bottom of baking pan. Mix soup mixture through noodles with 2 tined fork and pour this mixture over meat.

Cover with browned bread crumbs and bake in medium oven 350 degrees for 30-35 minutes. Good idea to cook meat in pressure cooker to be sure it is well done.

Serves 20 to 25 generously.

CHICKEN LOAF

Mrs. J. L. Randall
Chariton, Iowa

meat of 1 chicken, cooked 3 eggs, beaten
and ground 2 c. bread crumbs
salt to taste

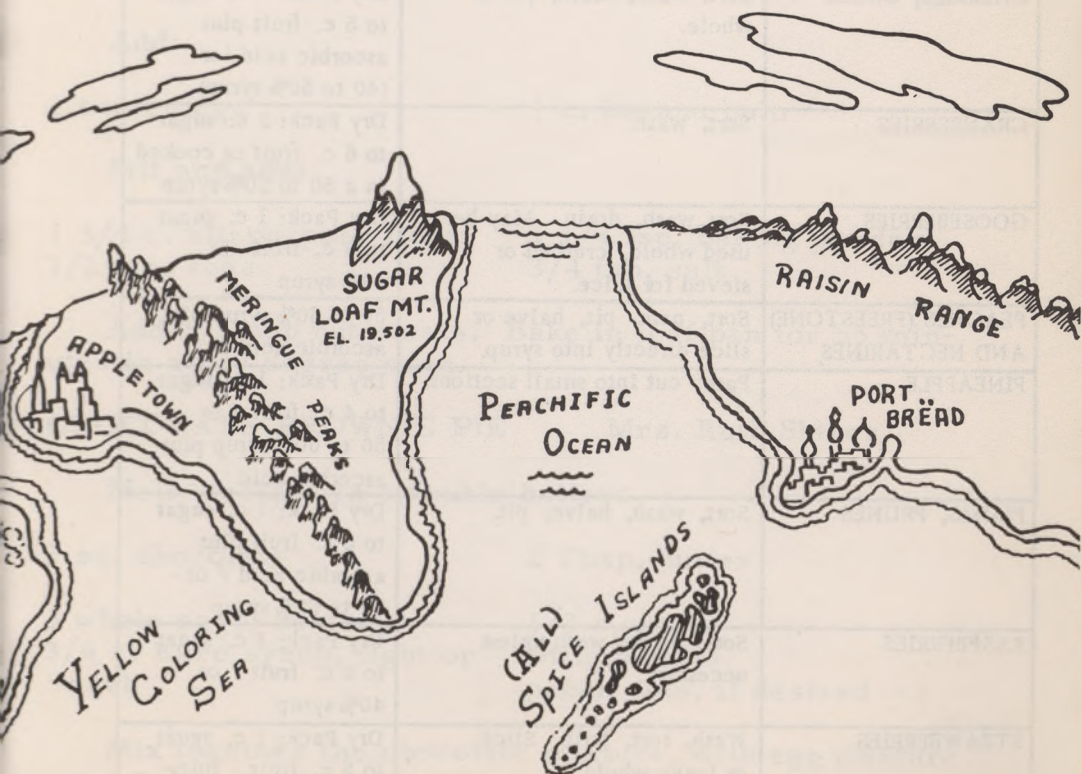
Mix together with enough chicken broth to shape into a loaf. Put into greased pan and bake in a moderate oven for 1 hour. Serves 8 to 10 people.

(Use rest of broth for gravy.)

BREAD ROLLS

STRATOSPHERE

PASTRY



TO QUICK-FREEZE FRUITS

Select only well-ripened, high-quality fruits. Be sure to wash thoroughly. Cleanliness is ESSENTIAL. Fruit that has been thawed should never be re-frozen. Follow directions for specific fruits. Apples and peaches should be pared, sorted, washed, halved or sliced. Slice or pit other fruits. Cherries may be pitted or left whole.. Strawberries may be left whole or sliced.

To prevent darkening of light-colored fruits an addition of small quantities of ascorbic acid is recommended for apples, peaches, apricots and plums. Ascorbic acid is the scientific name for Vitamin C. Sweeten each fruit although some fruits may be packed without sugar, the practice is not recommended. Careful packaging is necessary to prevent oxidation and drying out during storage. Be sure to freeze quickly.

FRUIT	HOW PREPARED	HOW SWEETENED
APPLES	Pare, core, slice into uniform sections, scald in hot syrup 180° F. for 3 min. Chill before packing.	Dry pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40% syrup)
BLACKBERRIES	Sort, wash gently.	Dry Pack: 1 c. sugar to 4 or 5 c. fruit / or (50 to 60% syrup)
CHERRIES, SOUR	Sort, wash, drain, pit or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit
CHERRIES, SWEET	Sort, wash, drain, pit or whole.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40 to 50% syrup)
CRANBERRIES	Sort, wash.	Dry Pack: 1 c. sugar to 6 c. fruit or cooked in a 50 to 60% syrup
GOOSEBERRIES	Sort, wash, drain. May be used whole, crushed or sieved for juice.	Dry Pack: 1 c. sugar to 5 c. fruit / or 40% syrup
PEACHES (FREESTONE) AND NECTARINES	Sort, pare, pit, halve or slice directly into syrup.	50 to 60% syrup plus ascorbic acid
PINEAPPLE	Pare, cut into small sections.	Dry Pack: 1 c. sugar to 4 c. fruit / or 50 to 60% syrup plus ascorbic acid
PLUMS, PRUNES	Sort, wash, halve, pit.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or 50 to 60% syrup
RASPBERRIES	Sort, do not wash unless necessary.	Dry Pack: 1 c. sugar to 6 c. fruit / or 40% syrup
STRAWBERRIES	Wash, sort, hull. Slice or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit. Juice must cover berries

BREAD, ROLLS, PASTRY

DOUGHNUTS

Mrs. Nora Lynn

1 c. sugar	1 tsp. baking powder
2 1/2 tsp. melted butter	pinch salt
3 eggs	1/2 tsp. cinnamon
1 c. buttermilk	1/2 tsp. nutmeg
1 tsp. soda	3 c. flour

Sift all dry ingredients together except sugar. Cream butter with half of the sugar. Beat eggs with rest of sugar. Combine all and mix to soft dough.

This dough is so soft it should be chilled thoroughly then pat out with hands on pastry cloth. Fry in 370 degree fat.

Roll in powdered or granulated sugar or glaze as desired.

BANANA BREAD

Mrs. Doris Clanin

Cream:

2/3 c. white sugar	1/3 c. shortening
--------------------	-------------------

Add:

1 beaten egg	1 c. banana pulp
--------------	------------------

Sift and add:

1 3/4 c. all-purpose flour	1 1/4 tsp. baking powder
1/2 tsp. soda	3/4 tsp. salt

Add 1/2 cup nut meats. Bake in loaf pan for 55 minutes in a 350 degree oven.

CHOCOLATE BROWNIE PIE

Mrs. Ruth Shirer

Melt together in a double boiler:

2 sq. chocolate	2 Tbsp. butter
3 whole eggs, beaten	1/2 c. sugar
3/4 c. Karo syrup, light or dark	little vanilla
	pecan nuts, if desired

Mix together the chocolate mixture, with egg mixture

CHOCOLATE BROWNIE PIE (Continued)

and place in unbaked pie shell. Bake in 375 degree oven, 30 to 40 minutes.

Cool and serve with whipped cream or vanilla ice cream.

RHUBARB RAISIN PIE

Mrs. Raymond Sams
Chariton, Iowa

3 1/2 c. diced rhubarb	1/2 c. raisins
1 c. sugar, cane or beet	1/4 tsp. salt
1 egg	1 Tbsp. lemon juice

pastry for a two crust pie

Combine the rhubarb and raisins. Mix sugar, salt, beaten egg and lemon juice together. Pour over the rhubarb raisin mixture, stirring lightly until blended.

Place in a pastry lined pie tin. Top with pastry and bake in a hot oven 425 degrees for 10 minutes. Lower the temperature to 350 degrees and continue baking for 20 minutes.

PUMPKIN PIE CHIFFON

Pearl Colver

1 envelope Knox gelatin	1/4 c. cold water
3 eggs	1 c. sugar
1 1/4 c. canned or cooked fresh pumpkin	1/2 c. milk
	1/2 tsp. each of ginger, nut- meg, cinnamon and salt

Heat egg yolks slightly. Add 1/2 cup sugar, pumpkin, milk and spices. Cook in double boiler until custard consistency, stirring constantly.

Soften gelatin in cold water and dissolve in hot custard. Cool and when mixture begins to thicken, fold in stiffly beaten egg whites.

Add remaining 1/2 cup of sugar to beaten egg whites. Turn into baked pie shell and chill. May be garnished with whipped cream before serving.

LEMON CHIFFON PIE

Mrs. Charles McDonald

1 Tbsp. gelatin	1/4 c. cold water
6 Tbsp. lemon juice	grated rind of 1/2 lemon
1 c. sugar	1/4 tsp. salt
4 eggs	1/2 tsp. vanilla

1 baked pie shell

LEMON PIE

Jean Cooper

- | | |
|--------------------|-------------------------------|
| 1 c. sugar | 6 Tbsp. lemon juice |
| 1 1/4 c. water | 1 tsp. grated lemon peel |
| 1 Tbsp. butter | 3 egg yolks |
| 1/4 c. cornstarch | 2 Tbsp. milk |
| 3 Tbsp. cold water | 1 8-inch pastry shell (baked) |

Combine sugar, water and butter; heat until sugar dissolves. Add cornstarch blended with cold water; cook slowly until clear, about 8 minutes.

Add lemon juice and peel; cook 2 minutes. Slowly add egg yolks beaten with milk; bring to boil.

Cool and pour into baked shell. Add meringue and brown in hot oven.

RICH PECAN PIE

Della Schreck

- 3 eggs, beaten slightly

Add remaining ingredients in order given:

- | | |
|-----------------------|-----------------------|
| 1 c. brown sugar | 1 Tbsp. melted butter |
| 1 Tbsp. flour | 1 tsp. vanilla |
| 1/4 tsp. salt | 1 c. pecan halves |
| 1 c. light corn syrup | |

Pour into pastry lined, 9 inch pie pan and bake at 350 degrees (moderate) oven 1 hour.

STRAWBERRY PIE

Zella Goltry

- | | |
|--|---|
| 1 pkg. strawberry jello,
dissolved in 1 c. boiling
water | 1/2 c. cream, whipped |
| 1 c. strawberries, sliced
or crushed | 2 egg whites, whipped |
| | 4 Tbsp. sugar, add to
whipped egg whites, 1 Tbsp.
at a time |

Whip jello, after it starts to cool or set, until syrupy. Combine jello, cream and egg mixture, then strawberries. Put in baked pie shell and chill.

Serve with whipped cream.

RHUBARB PIE WITH STREUSEL TOPPING

Mrs. Arthur Gookin

- 3 c. rhubarb in 1/2 inch lengths

RHUBARB PIE WITH STREUSEL TOPPING (Continued)

Mix with:

2 Tbsp. flour
1/4 tsp. cinnamon

1 1/4 c. sugar

Fill unbaked 10 inch pie shell and put on topping.

Topping:

Cream 1/2 cup butter with 1/2 cup brown sugar. Blend in 1 cup flour. Bake 15 minutes at 450 degrees or 30 minutes at 350 degrees.

MOCK MINCE PIE

Eva Edwards

1 c. raisins
1 c. cranberries
juice and rind of 1 orange
2 Tbsp. butter
1 c. sugar

1 egg
4 Tbsp. cracker crumbs
1/2 tsp. salt
1 tsp. cinnamon
1/4 tsp. cloves

WHOLE WHEAT BREAD

Mary Davis

1 pkg. yeast
2 c. lukewarm water
2 Tbsp. sugar
2 tsp. salt
3 c. white flour

1/2 c. hot water
1/2 c. brown sugar
3 Tbsp. shortening
3 c. whole wheat flour

Soften yeast in the lukewarm water; add sugar, salt and white flour; beat smooth. Set in warm place until light and bubbly.

Combine the hot water with brown sugar and shortening; cool to lukewarm. Add to sponge; add whole wheat flour.

Mix smooth. Knead and let rise. Place in greased loaf pans; let rise until double. Bake in moderate oven 375 degrees 50 minutes.

Makes two 1 pound loaves.

WAFFLES

Mrs. Helen Coulson
Knoxville, Iowa

Place in small bowl, 2 egg whites. Beat with mixer 2 minutes or until moist peak forms. Sift together:

1 1/2 c. sifted flour

3 tsp. baking powder

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IN THIS BOOK

WAFFLES (Continued)

3/4 tsp. salt

1 Tbsp. sugar (optional)

Add:

2 egg yolks

1 c. milk

1/4 c. melted shortening
or vegetable oil

Mix for 1 minute, add egg whites and mix very lightly. Bake on hot waffle iron until golden brown. Dates or nuts may be added for variation.

BOSTON'S FAMED PARKER HOUSE ROLLS

Myrtle Price

1/2 c. scalded milk

1/2 c. boiling water, cool

1 tsp. salt

1 tsp. sugar

1 egg

1 Tbsp. butter or Crisco

1/2 cake Fleischmann's
yeast, dissolved in 1/4 c.
water

3 c. bread flour or enough
to knead

Put milk, water, salt, butter and sugar into bowl and mix well. When lukewarm, add yeast and egg. Add flour until stiff enough to knead.

Let it rise until double in bulk, roll out, cut with biscuit cutter. Fold over or in pie shape wedges, rolling from wide edge to points.

Place on greased pan, let rise until double in bulk. Bake in hot oven 375 to 400 degrees 10 to 15 minutes.. Brush with butter after taking from oven.

SUPERIOR PANCAKES

Alta Horner

1 1/2 c. sifted flour

1 egg, well beaten

4 tsp. baking powder

1 1/2 c. milk

2 Tbsp. sugar

1 Tbsp. melted butter

1/2 tsp. salt

Sift flour, baking powder, sugar and salt together. Combine beaten egg, milk and melted butter. Then add to dry ingredients.

Beat the batter with electric mixer or rotary beater until mixture is smooth. Bake on hot griddle (ungreased).

ALL BRAN REFRIGERATOR ROLLS

Ellen Hawkins
Albia, Iowa

- | | |
|--------------------|-----------------|
| 1 c. shortening | 3/4 c. sugar |
| 1 c. all bran | 1 1/2 tsp. salt |
| 1 c. boiling water | |

Stir until shortening is melted. Let stand until lukewarm. Add:

2 well beaten eggs

Soften:

2 cakes yeast in 1 c. lukewarm water

Add to first mixture. Add:

6 1/2 c. sifted flour

Mix until smooth and brush top with melted shortening and store in refrigerator overnight. (The longer the sponge sets, the better the flavor.)

Mix into rolls and let rise at least 2 hours. Bake as you would any other roll.

YEAST DOUGHNUTS

Marie Beaty

- | | |
|-----------------------|-------------------|
| 1 c. scalded milk | 1 pkg. yeast |
| 1 c. lukewarm water | 1/2 c. shortening |
| 2/3 c. sugar | 2 beaten eggs |
| 2 tsp. vanilla | 1 tsp. salt |
| 1/8 tsp. nutmeg | 7 c. flour |
| 1 1/2 lbs. shortening | |

Cool milk to lukewarm. Soften yeast in water and add to milk. Cream shortening and sugar, add eggs and beat. Add vanilla, salt and nutmeg.

Add milk and yeast mixture alternately with flour. Stir until smooth. Cover and let rise double. Roll 1/2 inch on floured board, cut, let rise to double, then fry.

FLANNEL CAKES

Mrs. Everett Bennett

- | | |
|----------------------|----------------------|
| 1 c. sifted flour | 1 egg, well beaten |
| 4 tsp. baking powder | 2 c. milk |
| 1 1/2 tsp. salt | 2 Tbsp. Spry, melted |
| 1 c. corn meal | |

FLANNEL CAKES (Continued)

Sift flour with baking powder and salt. Add corn meal and mix. Combine beaten egg, milk and shortening. Turn liquids into dry ingredients and stir gently until blended.

Drop by spoonfuls on hot griddle. Serve hot with maple syrup. Makes 18 cakes.

PIE CRUST

Mrs. Orlan Sellers

3 c. flour
1 heaping c. shortening

1 tsp. salt

Sift flour and salt together. Add shortening mixing in with fork until crumbly in appearance. Mix 5 tablespoons cold water with 1 well beaten egg.

Add to dry ingredients, mixing until mixture will hold together. This keeps well in refrigerator. Keep in covered container.

LIGHT ROLLS

Mrs. Charles Holton
Chariton, Iowa

Place in large bowl:

2 c. hot water
1 Tbsp. salt

1/2 c. sugar
2 Tbsp. shortening

Let cool, then add 1 cake yeast dissolved in 1/4 cup warm water with 1 teaspoon sugar. Let stand a few minutes and add to above mixture.

Add flour to make soft dough. Mix with spoon, do not knead. Let rise and make into rolls. Let rise until light and bake in moderate oven.

ANGEL FOOD PIE

Anna Baughman

Crust:

Sift together 1 cup flour and pinch salt. Cut 4 tablespoons shortening into flour. Add enough ice water, a little at a time, mixing quickly and lightly, to hold mixture together.

Roll on a floured board, line a pie pan and bake at 425 degrees for 10-15 minutes.

Filling and Topping:

Beat 4 egg whites until almost stiff, add 1/2 cup sugar

-27- Russell, Iowa

ANGEL FOOD PIE (Continued)

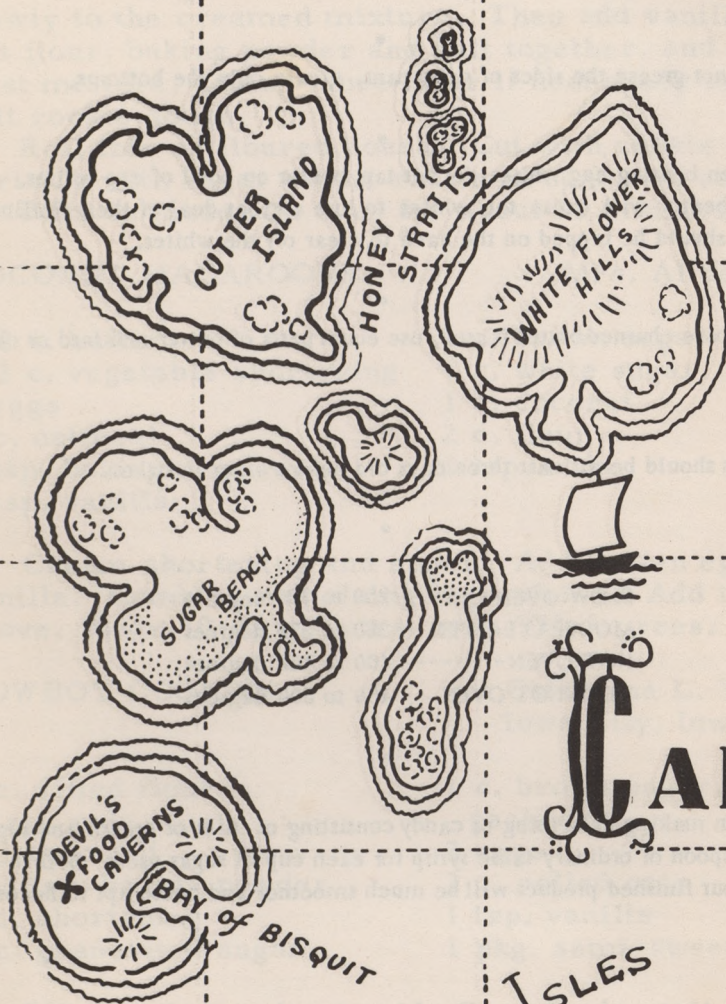
and 1 teaspoon vanilla. Beat until mixture stands alone.

Pour into baked pie shell. Bake in 300 degree oven until whites are slightly browned (about 30 minutes). Remove from oven and allow to cool.

Whip one cup whipping cream, add 1/4 cup sugar and 1/2 teaspoon vanilla, spread evenly over cooled pie, sprinkle with nut meats which have been ground.

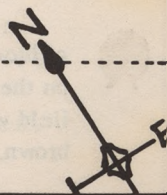
Write an Extra Recipe Here:

COOKIES



CAKES

COOKIE ISLES



COOKING SUGGESTIONS

To toast cocoanut for cakes, put in pie pan and place in moderate oven, stir often from edges, to brown evenly.

Flour should be sifted once before measuring. Fill the cup without packing.

Do not grease the sides of cake pans, grease only the bottoms.

When beating egg whites do not tap beater on bowl of egg whites. The jar of the beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

If home churned butter is used, use equal parts of butter and lard or other shortening.

Eggs should be at least three days old before using in cakes.

SLOW OVEN ----- 250 to 325 degrees
MODERATE OVEN -- 350 to 375 degrees
HOT OVEN ----- 400 to 450 degrees
VERY HOT OVEN -- 450 to 500 degrees

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bath tub.

COOKIES AND CAKES

WHITE COOKIES

Jennie Hellyer

1 c. sugar	1/2 c. shortening
1 egg, well beaten	1/4 c. milk
1 tsp. vanilla	2 c. flour
3 tsp. baking powder	1/4 tsp. salt

Cream sugar and shortening. Add egg. Add milk slowly to the creamed mixture. Then add vanilla and mix. Sift flour, baking powder and salt together, and add to first mixture, adding more flour if necessary to make a soft cookie dough.

Roll thin on floured board. Cut with cookie cutter and sprinkle with sugar or put raisin in center of each cookie.

Bake in moderate oven for about 12 minutes.

COCONUT MACAROONS

Mrs. Alice Deney

1/2 c. butter	1 c. brown sugar
1/2 c. vegetable shortening	1 c. white sugar
2 eggs	1 c. coconut
1 c. oatmeal	2 c. flour
1 tsp. baking powder	1 tsp. soda
1 tsp. vanilla	

Cream shortening and sugar. Add beaten eggs and vanilla. Combine remaining ingredients. Add to the above. Bake 10-12 minutes; oven 375 degrees.

COWBOY COOKIES

Catherine L. White
Iowa City, Iowa

2 c. sifted flour	1 c. brown sugar, firmly packed
1 tsp. soda	2 eggs
1/2 tsp. salt	2 c. rolled oats
1/2 tsp. baking powder	1 tsp. vanilla
1 c. shortening	1 pkg. semi-sweet chocolate
1 c. granulated sugar	

Sift together and set aside flour, soda, salt, baking powder. Blend together shortening and sugars. Add eggs and beat well until light and fluffy.

Add flour mixture and mix well. Add rolled oats, vanilla and chocolate. Dough is crumbly. Drop by teaspoonfuls on a greased cookie sheet.

Bake 15 minutes at 350 degrees. Makes 11 dozen.

PINEAPPLE NUT COOKIES

Mrs. Cleo DeBok
Chariton, Iowa

Cream:

1 c. shortening	1 c. white sugar
1 c. brown sugar	

Add:

2 eggs, beaten	1 8-oz. can crushed pine-
1 tsp. vanilla	apple, drained
1 c. nut meats, cut up	

Sift together and add:

1 tsp. soda	4 c. flour
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Mix well and drop from teaspoon on floured tin. Bake in 360 degree oven 8 to 10 minutes.

BROWNIES

Margie Ellis

1/2 c. sifted flour	1/2 tsp. baking powder
1/4 tsp. salt	1 7-oz. pkg. Nestles semi-
1/3 c. shortening	sweet chocolate, melted
2 eggs, well beaten	1/2 c. sugar
1 tsp. vanilla	1 c. chopped nuts

Mix and sift together flour, baking powder and salt. Add shortening to melted chocolate. Add sugar gradually to eggs, beating until thick and lemon colored.

Add flour mixture, chocolate and vanilla. Fold in nuts. Pour into 8 inch square which has been greased and wax paper lined. Bake at 375 degrees. Time: 25-30 minutes.

Yield: 16 squares.

RAISIN FILLED SUGAR COOKIES

Mrs. Charley Collins

2 c. sugar	1 c. lard
1 c. sour cream	2 or 3 eggs
1 tsp. soda	1 tsp. baking powder
1 tsp. vanilla	pinch salt
flour to stiffen to roll thin	

Have ready a filling made with 1 cup raisins cooked until done, sweetened as desired and thickened with 1 table-spoon cornstarch. (Nuts or any dried fruits may be added.)

RAISIN FILLED SUGAR COOKIES (Continued)

Place thin cookies on baking sheets; on each put a spoon of filling then on top, place another thin cookie.

Bake at medium hot oven until done.

BURNT SUGAR CAKE

Mrs. Frank Wright (deceased)

Given by Aimee Wright

Milo, Iowa

1/2 c. butter

1 1/2 c. sugar

2 eggs

1 c. water

2 1/2 c. flour

3 tsp. syrup (burnt sugar)

1 tsp. vanilla

2 tsp. baking powder

Beat butter and sugar to a cream; add the yolks of eggs and water, then gradually sift 2 cups flour and beat 2 minutes.

Then add the burnt sugar syrup, vanilla and the other 1/2 cup flour, and baking powder, then the well beaten whites of eggs.

Bake in moderate oven.

Burnt Sugar Syrup:

Burn 1 cup sugar black, then add 1 cup boiling water and boil to a syrup.

ANGEL FOOD CAKE DELUXE

Florence Dean

1 1/2 c. egg whites

1 c. sugar

1 1/2 tsp. cream of tartar

1/4 tsp. salt

1/2 tsp. vanilla

1/2 tsp. almond

Sift together:

1 1/2 c. powdered sugar

1 c. cake flour

Beat egg whites until frothy. Add cream tartar, salt and beat until stand in peaks. Fold in granulated sugar. Fold in flavoring and last fold in powdered sugar and cake flour, sifted together.

Bake 350 degrees for 35 minutes.

OLD FASHIONED APPLESAUCE CAKE

Mrs. Newt Danner

2/3 c. soft shortening

1 1/4 c. granulated sugar

OLD FASHIONED APPLESAUCE CAKE (Continued)

1 c. brown sugar, packed	3 eggs
1 3/4 c. thick unsweetened applesauce	1/2 c. water
1/3 tsp. baking powder	3 c. flour
1 1/4 tsp. cinnamon	1 3/4 tsp. soda
3/4 tsp. allspice	1/2 tsp. cloves
1 3/4 tsp. salt	1/4 tsp. nutmeg
1 1/2 c. dates or raisins, or half of each	1 1/2 c. broken walnuts

Cream shortening and sugar and eggs. Add applesauce, mixing well. Stir sifted dry ingredients into mixture, alternating with water.

Blend fruit and nuts into batter. Pour into greased and floured 9 by 13 inch pan. Bake in moderate oven 350 degrees for 55 to 60 minutes.

Cool in pan, frost in pan.

Penuche Frosting:

Combine in top of double boiler:

1 c. brown sugar, packed	1/4 c. milk
3 Tbsp. butter	

Cook over rapidly boiling water for about 3 minutes. Cool to lukewarm. Add 1 teaspoon vanilla. Beat in sifted confectioners sugar (1 1/2 to 2 cups) to right consistency.

SPICE APPLE CAKE

Mrs. Dean White

1 1/2 c. sifted flour	1/2 tsp. nutmeg
2 tsp. baking powder	1 c. sugar
1/2 tsp. soda	1/2 c. shortening
1/2 tsp. salt	1 c. applesauce
1/2 tsp. cinnamon	1 c. raisins
1/2 tsp. allspice	1/2 c. chopped nuts (optional)
	1 egg

Sift dry ingredients into mixing bowl, add shortening, applesauce, raisins and nuts. Beat 2 minutes, blending well.

Add egg and beat 1 minute longer. Spread in well greased 9 inch square pan. Bake in moderate oven 350 degrees about 45 to 50 minutes. Let stand about 5 minutes before removing from pan. Frost as desired.

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BUTTERSCOTCH SAUCE

Isabel Wright

1 c. brown sugar	1 Tbsp. butter
3 Tbsp. flour	1/2 tsp. vanilla
1 c. boiling water	1/8 tsp. salt
3 Tbsp. thick cream	1/8 tsp. nutmeg or cinnamon

Blend sugar and flour, add water and mix and boil 5 minutes. Add cream, butter, vanilla, salt and spice and mix thoroughly.

Serve over any kind of cake.

DAFFODIL CAKE

Myrtle Price

1 1/2 c. sugar	1/2 tsp. vanilla
2/3 c. water	1/4 tsp. almond extract
1 c. egg whites	6 well beaten egg yolks
1/2 tsp. salt	2/3 c. cake flour
1/2 tsp. cream of tartar	1/2 tsp. orange extract
1/2 c. cake flour	

Cook sugar and water, without stirring, to thread stage 232 degrees. Beat egg whites and salt until foamy, add cream of tartar, beat until stiff but not dry.

Gradually pour syrup over egg whites, beating constantly. Divide into 2 parts. To one part, fold in 1/2 cup flour, add vanilla and almond extracts.

To second part, add egg yolks, fold in 2/3 cup flour and orange extract. Spoon batter alternately into 10 inch ungreased angel cake pan.

Bake in moderate oven 325 degrees 1 hour. Invert pan to cool. Frost with:

Seven Minute Icing:

1 1/2 c. sugar	2 egg whites
5 Tbsp. water	pinch salt
1/4 tsp. cream of tartar	

Place all ingredients in pan over boiling water. Start beating immediately with rotary or electric beater. Continue for seven minutes or until will stand in peaks.

SOFT GINGERBREAD

Georgia Rawlins

1/2 c. fat, melted	1 1/4 tsp. soda
1 egg	1 tsp. cinnamon
3/4 c. molasses	1 tsp. ginger

SOFT GINGERBREAD (Continued)

1/2 c. milk
2 c. flour

1 tsp. salt

Bake 45 minutes to one hour in 350 degree preheated oven.

FROZEN FRUIT CAKE

Stasia Wishart

1 c. whipping cream
2 c. milk
1/2 c. sugar
1/4 c. flour
1/4 tsp. salt
2 eggs, beaten
1 tsp. vanilla
1 c. raisins, or dates

1 c. nut meats
2 c. cake or cookie crumbs
1/2 c. candied cherries
1/4 c. green fruit, cherries,
citron or gum drops

Scald milk in top of double boiler. Mix together sugar, flour, salt and add to milk all at once. Cook over hot water until thick, add egg yolks.

Cook about 3 minutes, stirring constantly. Add vanilla; let cool. Stir raisins, crumbs, nuts and fruit into mixture. Add whipped cream.

Pour into a 1 1/2 quart loaf pan, which has been greased and lined with waxed paper. Freeze overnight. Slice like cake.

APPLESAUCE COOKIES

Mrs. Donald Smith

1/2 c. shortening
1 c. sugar
1 egg
1 3/4 c. flour
1/2 tsp. baking powder
1 tsp. soda
1/2 tsp. salt

1 tsp. cinnamon
1 tsp. cloves
1/2 tsp. nutmeg
1/2 c. raisins
1 c. quick cooking oatmeal
1 c. applesauce

Drop by teaspoons on cookie sheet. Bake at 375 degrees for 10-15 minutes.

CHOCOLATE MACAROONS

Veda Moore

2 egg whites
1/2 tsp. salt
6 oz. semi-sweet chocolate

1/2 c. sugar
1 tsp. vanilla
1 1/2 c. moist coconut

CHOCOLATE MACAROONS (Continued)

Beat egg whites until foamy and gradually add sugar. Beat until thick and fluffy. Add salt, vanilla and melted chocolate and beat together.

Stir in coconut. Drop by teaspoonfuls on ungreased brown paper on a cookie sheet. Bake in a slow oven 325 degrees for 20 minutes.

Makes about 2 dozen.

REFRIGERATOR DATE ROLL COOKIES

Mrs. Orlan Sellers

1 lb. dates, cut fine 1/2 c. water
1 c. sugar

Boil until thick, add 1/2 cup nut meats if desired. Cool.

1 c. brown sugar 1 c. white sugar
1 c. butter 1 tsp. vanilla
3 eggs 4 c. flour
1 tsp. soda 1/4 tsp. salt

Cream butter, add sugar and cream well. Add well beaten eggs and vanilla. Beat well. Add dry ingredients. Divide into two parts.

Roll thin. Spread with date mixture and roll like a jelly roll. Wrap in waxed paper and place in refrigerator overnight to chill.

Slice and bake in moderate oven 350 degrees for 10 to 12 minutes.

MRS. CHAPPELL'S COOKIES

Jo DeBok

1/2 c. butter 1/2 Tbsp. soda
2 c. brown sugar 1 tsp. vanilla
2 eggs 1 c. nuts, if desired
3 c. flour 1 c. coconut, if desired
1/2 tsp. cream of tartar

Cream butter and sugar. Beat in eggs. Add flour with cream of tartar and soda sifted in it. Add vanilla, and nuts and coconut, if desired.

May be baked immediately or made into rolls and refrigerated overnight. Bake on greased sheet for 8 to 10 minutes in 400 degree oven.

Makes about 5 or 6 dozen two inch cookies.

CHOCOLATE UPSIDE DOWN CAKE

Ruth Werts

Sift together:

1 c. flour	2 tsp. baking powder
3/4 c. sugar	1/4 tsp. salt
3 tsp. cocoa	

Then add:

1/2 c. milk	2 Tbsp. butter
vanilla and nuts, if desired	

Pour batter into large cake pan. Then mix:

1/2 c. white sugar	1 rounding Tbsp. cocoa
1/2 c. brown sugar	

Sprinkle this over batter. Pour 1 cup boiling water over all and bake at 350 degrees for 40 to 60 minutes. Turn upside down and serve with whipped cream.

WHIPPED CREAM CAKE

Wilda Agan
Chariton, Iowa

1 c. sweet cream, whipped	2 eggs
1 c. sugar, sifted 3 times	1 1/2 c. cake flour
2 tsp. baking powder	1 tsp. vanilla flavoring
1/2 tsp. salt	

Whip cream until stiff. Drop in eggs and whip until very light. Add sugar and beat again. Add vanilla and fold in dry ingredients very slowly and bake in layer cake tins in a moderately hot oven.

Very feathery and delicious. Frost with any favorite frosting.

BUTTER CHOCOLATE CAKE

Isabel Wright

1/2 c. butter, creamed	1/4 tsp. salt
1 tsp. vanilla	1 3/4 c. sugar, sifted
1/2 c. cocoa	2 Tbsp. water from 1 c. water
2 c. flour, sifted alternately	1 tsp. soda, dissolved in 1
with rest of c. of water,	tsp. hot water
starting with flour and end-	3 egg whites, folded in
ing with flour	

CHOCOLATE MACAROONS (Continued)

Beat egg whites until foamy and gradually add sugar. Beat until thick and fluffy. Add salt, vanilla and melted chocolate and beat together.

Stir in coconut. Drop by teaspoonfuls on ungreased brown paper on a cookie sheet. Bake in a slow oven 325 degrees for 20 minutes.

Makes about 2 dozen.

REFRIGERATOR DATE ROLL COOKIES

Mrs. Orlan Sellers

1 lb. dates, cut fine

1/2 c. water

1 c. sugar

Boil until thick, add 1/2 cup nut meats if desired. Cool.

1 c. brown sugar

1 c. white sugar

1 c. butter

1 tsp. vanilla

3 eggs

4 c. flour

1 tsp. soda

1/4 tsp. salt

Cream butter, add sugar and cream well. Add well beaten eggs and vanilla. Beat well. Add dry ingredients. Divide into two parts.

Roll thin. Spread with date mixture and roll like a jelly roll. Wrap in waxed paper and place in refrigerator overnight to chill.

Slice and bake in moderate oven 350 degrees for 10 to 12 minutes.

MRS. CHAPPELL'S COOKIES

Jo DeBok

1/2 c. butter

1/2 Tbsp. soda

2 c. brown sugar

1 tsp. vanilla

2 eggs

1 c. nuts, if desired

3 c. flour

1 c. coconut, if desired

1/2 tsp. cream of tartar

Cream butter and sugar. Beat in eggs. Add flour with cream of tartar and soda sifted in it. Add vanilla, and nuts and coconut, if desired.

May be baked immediately or made into rolls and refrigerated overnight. Bake on greased sheet for 8 to 10 minutes in 400 degree oven.

Makes about 5 or 6 dozen two inch cookies.

CHOCOLATE UPSIDE DOWN CAKE

Ruth Werts

Sift together:

1 c. flour	2 tsp. baking powder
3/4 c. sugar	1/4 tsp. salt
3 tsp. cocoa	

Then add:

1/2 c. milk	2 Tbsp. butter
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vanilla and nuts, if desired

Pour batter into large cake pan. Then mix:

1/2 c. white sugar	1 rounding Tbsp. cocoa
1/2 c. brown sugar	

Sprinkle this over batter. Pour 1 cup boiling water over all and bake at 350 degrees for 40 to 60 minutes. Turn upside down and serve with whipped cream.

WHIPPED CREAM CAKE

Wilda Agan
Chariton, Iowa

1 c. sweet cream, whipped	2 eggs
1 c. sugar, sifted 3 times	1 1/2 c. cake flour
2 tsp. baking powder	1 tsp. vanilla flavoring
1/2 tsp. salt	

Whip cream until stiff. Drop in eggs and whip until very light. Add sugar and beat again. Add vanilla and fold in dry ingredients very slowly and bake in layer cake tins in a moderately hot oven.

Very feathery and delicious. Frost with any favorite frosting.

BUTTER CHOCOLATE CAKE

Isabel Wright

1/2 c. butter, creamed	1/4 tsp. salt
1 tsp. vanilla	1 3/4 c. sugar, sifted
1/2 c. cocoa	2 Tbsp. water from 1 c. water
2 c. flour, sifted alternately	1 tsp. soda, dissolved in 1
with rest of c. of water,	tsp. hot water
starting with flour and end-	3 egg whites, folded in
ing with flour	

SOUR CREAM QUICK CHOCOLATE CAKE

Bernice DeBok

1 c. sour cream	2 eggs
1 c. sugar	3 Tbsp. cocoa
pinch salt	1 tsp. soda
1 1/2 c. flour	

Put all together in mixing bowl; mixing about 5 minutes. Bake in moderate oven 35 minutes or until it shrinks away from sides of pan.

PRUNE CAKE

Mrs. James Mumford
Chariton, Iowa

2 c. prunes, with juice	2 level tsp. soda
pinch of salt	1 c. sugar
1/2 c. shortening	cinnamon and allspice, to
2 1/2 c. flour	suit your taste

Mix together. Add raisins and nuts, if you wish. Bake in slow oven 1 hour. Served with whipped cream.

PINEAPPLE UPSIDE DOWN CAKE

Mrs. Leta Hills

1 No. 2 can sliced pineapple	1/2 c. brown sugar
1/2 c. white sugar	2 Tbsp. butter

Drain juice from pineapple and cook with both kinds of sugar and butter until a thick syrup. Arrange pineapple in bottom of baking pan, spread following cake batter over top of pineapple and bake in moderate oven 350 degrees, about 40 minutes.

1/3 c. soft butter	1 c. sugar
1/2 tsp. salt	1/2 tsp. vanilla
1 egg	1/2 c. milk
1 1/2 c. sifted flour	2 tsp. baking powder

Cream butter, salt, vanilla and sugar and egg until very creamy and light. Add 1/2 of the milk and half the flour.

Beat a short time; add remainder and beat until batter is smooth. Spread on top of pineapple mixture.

CHOCOLATE CRISPIES

Bessie Prather

2 eggs	1 c. sugar
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CHOCOLATE CRISPIES (Continued)

1/2 tsp. vanilla	2 oz. unsweetened chocolate
1/2 c. butter	1/2 c. flour
1/2 c. chopped walnuts	

Beat eggs until light. Add sugar and vanilla, beat until thick. Add chocolate, melted, with butter and beat until smooth.

Add flour, mix thoroughly and spread in waxed paper lined 8 inch square pan. Sprinkle with nuts. Bake at 325 degrees for 30 minutes.

Cut in squares while warm and remove from pan. Makes about 2 dozen.

CARROT COOKIES

Mrs. C. A. DeBok
Chariton, Iowa

3/4 c. shortening	3/4 c. sugar
1 egg	1 c. carrots (cooked and ground in food grinder)
2 c. sifted flour	1 tsp. salt
2 tsp. baking powder	1 tsp. lemon extract
1 tsp. vanilla	
1 c. raisins, if desired	

Drop on cookie sheet. Bake 10 minutes at 400 degrees. Frost when cool.

Icing:

2 heaping tsp. butter	2 c. powdered sugar or enough to make firm
juice and grated rind of a med. size orange	

SOUR CREAM DROP COOKIES

Josephine Larimer

1/2 c. fat	1 1/2 c. sugar
1 tsp. vanilla	2 eggs
1/2 tsp. salt	1 c. sour cream
1 tsp. nutmeg	4 c. flour
1 tsp. soda	1 tsp. baking powder

Drop on baking sheet and bake 10 minutes.

RAISIN CRISSCROSS COOKIES

Dorothy Johnson

Mix together thoroughly:

1/2 c. soft shortening	3/4 c. sugar
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RAISIN CRISSCROSS COOKIES (Continued)

1 egg

Stir in:

1 Tbsp. milk

1/2 tsp. lemon extract

Sift together and add:

1 3/4 c. sifted flour

3/4 tsp. cream of tartar

3/4 tsp. soda

1/4 tsp. salt

Stir in:

1/2 c. chopped raisins

Roll into balls the size of a walnut. Place balls 3 inches apart on ungreased baking sheet. Flatten with fork, making a crisscross pattern.

Bake 8 to 10 minutes in 400 degree oven.

CHOCOLATE CUP CAKES Jeanette Thompson

1/2 c. shortening

1/2 tsp. soda

1 tsp. salt

1/2 tsp. baking powder

1 tsp. vanilla

1 1/2 c. sifted flour

1 c. sugar

1 c. milk

1 egg, unbeaten

2 oz. chocolate, melted

Blend shortening, salt, vanilla and sugar. Add egg and beat well. Add melted chocolate and blend. Sift dry ingredients.

Add alternately with milk. Mix until well blended. Bake at 350 degrees.

BANANA CHIFFON CAKE

Mrs. Arthur Gookin

2 1/4 c. sifted cake flour

1 1/2 c. sugar

3 tsp. baking powder

1 tsp. salt

1/2 c. salad oil

5 unbeaten egg yolks

1 c. mashed ripe bananas

1 Tbsp. lemon juice

1/2 tsp. cream of tartar

1 c. egg whites

Sift dry ingredients. Make a well and add salad oil, egg yolks, bananas and lemon juice. Beat smooth. Add cream of tartar to egg whites and beat until very stiff peaks.

BANANA CHIFFON CAKE (Continued)

Fold in whites until just blended. Place in a 10 inch tube pan and bake at 325 degrees for 65 minutes. Invert to cool.

COOKIES, SNICKERDOODLES

Mrs. Baxter

Mix together:

1 c. soft shortening	2 eggs
1 1/2 c. sugar	

Sift together and stir in:

2 3/4 c. sifted flour	2 tsp. cream of tartar
1 tsp. soda	1/2 tsp. salt

Chill dough. Roll into balls the size of small walnuts. Roll in mixture of 2 tablespoons sugar and 2 teaspoons cinnamon.

Place about 2 inches apart on ungreased baking sheet. Bake until lightly browned. Bake 8 to 10 minutes at 400 degrees.

Makes about 5 dozen cookies.

FAVORITE ONE-BOWL CHOCOLATE CAKE

(Large Cake)

Florence Dean

Sift into mixer bowl:

2 c. flour, sifted	2 c. sugar
3 tsp. baking powder.	1 tsp. salt

Add:

1/2 c. soft shortening	1 1/3 c. milk
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Beat 2 minutes or until smooth. Add:

3 eggs	3 sq. melted chocolate
1 tsp. red food coloring, if desired	

Beat 2 minutes. Stir in 1 cup chopped nuts (optional). Bake in 2 layers or oblong pan in 350 degree oven.

EASY BUTTERSCOTCH ICING

Jo DeBok

Melt in sauce pan:

Add:

1/2 c. butter

1 c. brown sugar, packed in
cup

Boil over low heat for 2 minutes, stirring constantly.
Stir in:

1/4 c. milk

Stir until mixture comes to a boil. Remove from heat
and cool to lukewarm. Add gradually:

1 3/4 to 2 c. sifted confectioners sugar

Beat until spreading consistency. If icing becomes
too stiff, add a little hot water to soften. Makes filling
and icing for 2 layer 8 inch cake or for top and sides of
9 inch square.

BAKERY ICING

Artie Bond

3 1/2 c. powdered sugar
2 egg whites
1/4 tsp. salt

1/2 c. vegetable shortening
or butter
flavoring

Cream together 1/2 of the sugar and shortening. Add
stiffly beaten egg whites and remainder of sugar and flavor-
ing.

Beat until smooth. Store any remaining in covered
jar.

FLUFFY MARSHMALLOW ICING

Zella Goltry

1 egg white
1/8 tsp. cream of tartar
1/2 tsp. vanilla

3/4 c. sugar
3 Tbsp. water

Combine in top of double boiler egg white, sugar,
cream of tartar and water and beat together just enough
to blend ingredients.

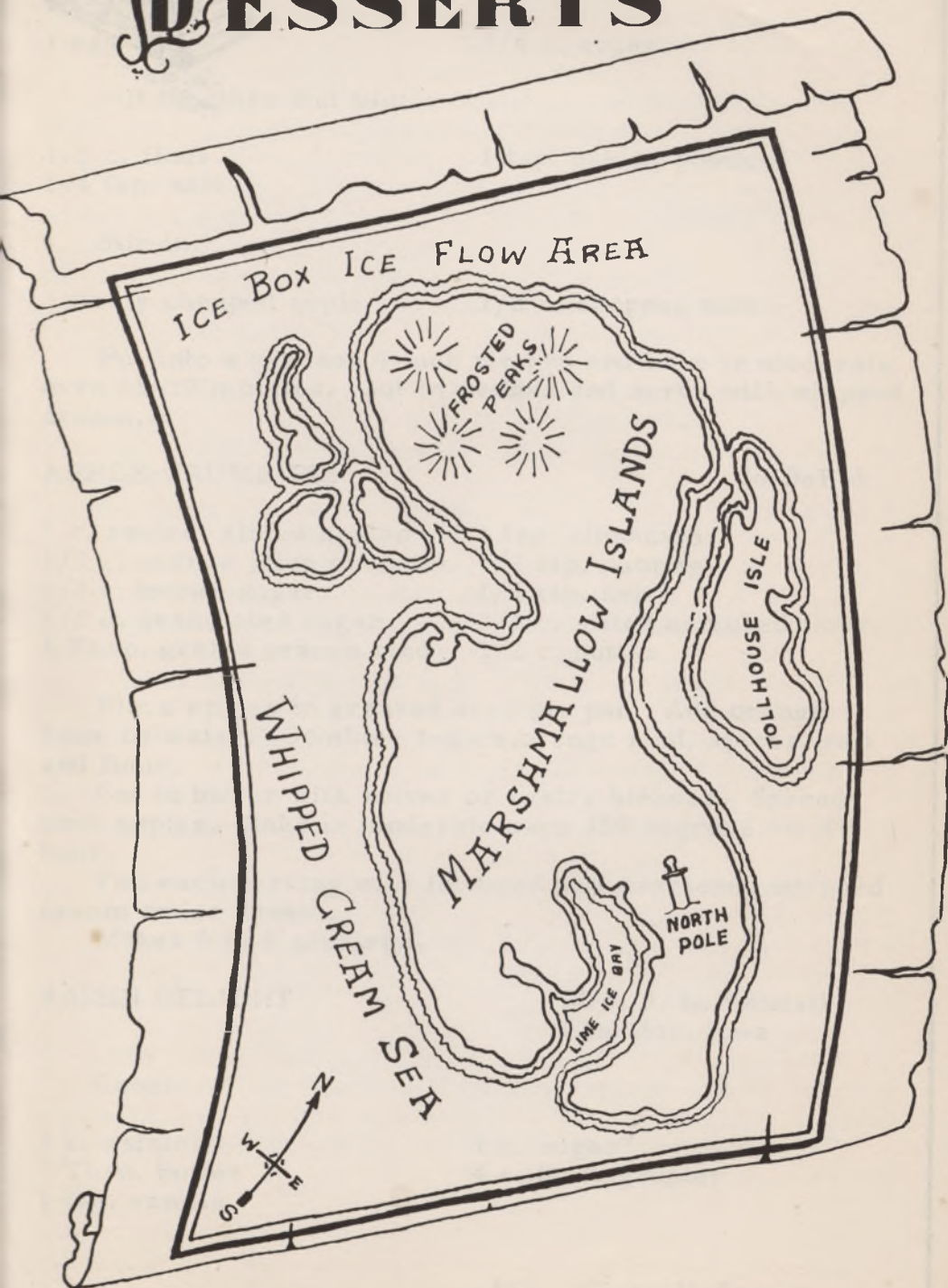
Place over rapidly boiling water and beat until icing
is done and holds its shape when beater is pulled out. Re-
move from water, add flavoring and 3 cut up marshmallows,
then stir until marshmallows are melted and icing is fluffy.

This makes enough for a two layer cake.

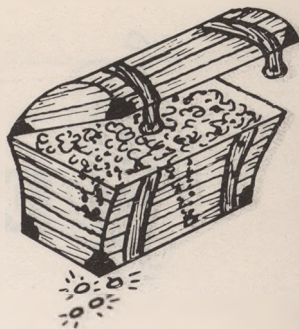
Write Extra Recipes Here:

FLUFFY MARSHMALLOW ICING
 1 egg white
 1/2 tsp. cream of tartar
 3 Tbsp. water
 1/2 tsp. vanilla
 Combine top of double boiler egg white, sugar, cream of tartar and water and beat together just enough to blend ingredients.
 Place over rapidly boiling water and beat until icing is done and holds shape when beater is pulled out. Remove from water, add flavoring and beat until marshmallows are melted and icing is fluffy.
 This makes enough for a two layer cake.

DESSERTS



EXTRA TREASURED RECIPES



SECRET

ICE BOX ICE CREAM RECIPE

WATERMELON ICE CREAM

WHIPPED CREAM

DESSERTS

ENGLISH APPLE PIE

Doris Clanin

Beat:

Add:

1 egg

3/4 c. sugar

Sift together and add:

1/2 c. flour

1 tsp. baking powder

1/4 tsp. salt

Stir in:

1 finely chopped apple

1/2 c. chopped nuts

Put into a greased 9 inch pie pan and bake in moderate oven 25-30 minutes. Cut in wedges and serve with whipped cream.

APPLE CRUMB PIE

Jo DeBok

7 c. peeled, sliced apples

1 tsp. cinnamon

1/3 c. orange juice or water

1/2 tsp. nutmeg

1/2 c. brown sugar

1/4 tsp. salt

1/2 c. granulated sugar

3/4 c. sifted enriched flour

1 Tbsp. grated orange rind

1/2 c. butter

Place apples in greased deep pie pan. Add orange juice or water. Combine sugars, orange rind, spices, salt and flour.

Cut in butter with knives or pastry blender. Spread over apples. Bake in moderate oven 350 degrees for 1 hour.

Top each serving with flavored and sweetened whipped cream or ice cream.

Makes 6 to 8 servings.

RAISIN DELIGHT

Mrs. J. L. Randall

Chariton, Iowa

Cook:

1 c. raisins

1 c. sugar

1 Tbsp. butter

4 c. boiling water

1 tsp. vanilla

RAISIN DELIGHT (Continued)

While this is cooking, mix:

1 Tbsp. butter	1 c. sugar
2 tsp. baking powder	1/2 c. sweet milk
scant cup of flour	

Drop by spoonful in a buttered pan. Pour raisin-mixture over it and bake. The batter will raise to the top. Serve warm or cold.

DATE PUDDING

Hazel Major

Cut up 1 package of dates into pan or dish and add 1 cup hot water and pinch of salt. Let cool. Mix:

1 egg	1 c. sugar
1 Tbsp. butter	

Add date mixture. Beat. Add:

1 1/2 c. flour	1 tsp. soda, sifted into above ingredients
----------------	--

Beat. Add 1 cup nut meats. Pour in greased pan (12 by 8 by 2 inch pan). Mix following and pour over cake.

1 c. brown sugar	2 c. boiling water
1 Tbsp. butter	

Bake 350 degrees for 30 to 40 minutes.

REFRIGERATOR ICE CREAM

Mrs. Inez Dewitt

1 c. sugar	2 c. cream
3 c. milk	4 eggs
1 pkg. unflavored gelatin, dissolved in 1/2 c. of the cold milk	2 tsp. vanilla flavoring

Beat eggs until light; add sugar and beat well. Whip cream. Heat one cup of the milk and add the dissolved gelatin. Let cool slightly, then add to rest of ingredients.

Pour in refrigerator trays and partly freeze. Beat and return to tray and finish freezing.

MAPLE NUT REFRIGERATOR ICE CREAM

Mrs. Leo Moore

1 1/2 c. brown sugar 2 Tbsp. flour
1/3 tsp. salt 4 egg yolks
2 1/4 c. milk

Cook like pudding. Remove from heat. Add 15 marshmallows and let melt. Add 2 cups cream and 1 cup milk. Put in refrigerator while still warm and fast freeze until very firm.

Beat by hand or mixer and add 1 teaspoon maplene and 1/2 cup chopped nuts. Return to refrigerator. To speed up freezing, pour water in unit under ice cream tray.

LEMON ICE CREAM

Estella Johnston

3 Tbsp. lemon juice 2 tsp. grated lemon rind
1 c. sugar 1 pt. light cream
2 drops yellow vegetable coloring

Add lemon juice and rind to sugar, blending well. Slowly stir in coffee cream and add vegetable coloring, mixing thoroughly.

Place in ice cube tray and set to fast freezing for 3 hours. Do not stir and it freezes smooth.

Yields 6 portions.

PINEAPPLE ICE CREAM

Marie Wright

2 1/2 c. sugar 3 egg yolks
pinch of salt 1 qt. milk

Cook together until it thickens. Take from stove and add:

1/2 c. sugar 1 qt. cream
1 pt. milk 3 beaten egg whites
1 1/2 Tbsp. vanilla 1 can crushed pineapple

Pour off juice. Makes 1 gallon ice cream.

LEMON ICE CREAM

Stasia Wishart

2 eggs 1/2 c. sugar
1/2 c. white syrup 1 1/2 c. milk
1/2 c. cream

LEMON ICE CREAM (Continued)

1/4 c. lemon juice 1 tsp. grated lemon rind

Beat eggs until light. Add sugar, beat until thick. Combine with syrup, milk, cream, juice and rind. Freeze until thick. Beat and continue freezing.

ENGLISH APPLE PIE

Mrs. Thomas O. White

1 c. brown sugar 1/2 c. butter
3/4 c. flour 1/2 tsp. salt

Pour this mixture over a baking dish full of apples and bake 1 hour with cover over it. After this has been steamed 1 hour, remove cover and let brown.

Cool and serve with cream.

RAISIN OR DATE PUDDING

Gladys Lee

Sift together:

Then add:

1 c. sugar 1 c. dates, cut fine
1 c. flour 1/2 c. nuts
1 tsp. baking powder 1/2 c. milk
1 tsp. salt

Pour out into a buttered baking dish and pour the following mixture over it:

1 c. brown sugar 2 c. boiling water
2 Tbsp. butter

Bake in moderate oven 375 degrees for 45 minutes. Serve with whipped cream.

APPLE DUMPLING

Mrs. Reece Thomas
Chariton, Iowa

2 apples, peeled and diced

Sift:

1 full c. flour 1 Tbsp. baking powder
pinch salt 1 Tbsp. sugar

Add diced apples and enough water to make stiff dough. Have following syrup boiling hot in deep pan or baking

APPLE DUMPLING (Continued)

dish:

3/4 c. brown sugar 1/4 c. butter, scant
2 c. water

Drop large tablespoon of dough in boiling syrup and bake in hot oven until light brown.

RED CINNAMON APPLES

Dorothy Collins

2 2/3 c. water 1 c. cinnamon drops
9 med. apples 1/2 c. sugar

Bring water to boil and add cinnamon drops. Add peeled apples which have been cored and cut in half the round way.

Cook until tender. Remove apples onto flat plate. Add sugar to syrup and boil 3 minutes. Pour syrup over apples.

This will jell.

APPLE CRISP

Mrs. Guy Parker

6 juicy apples 1 1/4 c. sugar
2 tsp. lemon juice 1 tsp. cinnamon
1/2 c. butter 3/4 c. flour
1/4 tsp. nutmeg

Peel and core apples and quarter. Arrange in greased pyrex dish. Pour lemon juice over apples. Blend butter, flour, sugar and spices.

Press this mixture over top of apples. Bake at 375 degrees for 1 hour.

Serve with whipped cream or sauce.

PINEAPPLE DELIGHT

Bertha Wishart

Drain the juice from 1 large can of crushed pineapple, and heat. When boiling, add:

2 whole beaten eggs 3 Tbsp. sugar
2 Tbsp. flour 1 Tbsp. butter
pinch of salt

Cook until smooth and cool. Add pineapple, 1/2 pound finely cut marshmallows, 1 cup whipped cream and 1 box of any flavor jello. Cut jello into cubes.

MARSHMALLOW PUDDING

Opal LaFavre

36 marshmallows	1 c. milk
1 9-oz. can pineapple	15 graham crackers
1 pt. whipping cream	red coloring

Using a double boiler, melt marshmallows in the milk. Then cool. Add the cream whipped and pineapple. Roll graham crackers and put 1/2 of the crumbs into a shallow oblong pan.

Add above mixture then rest of crackers. Chill, but into squares and serve. Makes 12 servings. Is best made the day before serving.

BURNED SUGAR PUDDING

Pearl Colver

Boil:

1/2 c. burned sugar	2 1/2 c. water
1 c. sugar	large lump butter
pinch of salt	

When syrup stage is reached, add 1 cup nut meats. Mix:

1/2 c. sugar	lump of butter
1/2 c. milk	1 tsp. baking powder
flour to make stiff batter	

Drop batter by spoonfuls into hot syrup. Bake 30 to 35 minutes in moderate oven. Serve with whipped cream.

RHUBARB PUDDING (Quick)

Mrs. Ethel Deming

1 c. sugar	1 c. sour cream
2 c. uncooked rhubarb, cut up small	1 1/2 c. flour
pinch salt	1/2 tsp. soda

Stir well and bake in a long cake pan in moderate oven for 25 minutes. Serve warm with cream.

GRAHAM CRACKER DELIGHT

Mrs. Ethel Deming

1 pkg. marshmallows	1 1/4 c. milk
1 small can crushed pine- apple	1/4 c. nuts
2 bananas	1 c. whipping cream

GRAHAM CRACKER DELIGHT (Continued)

Melt marshmallows in milk in double boiler. Let cool. Whip cream and add nuts and pineapple. Fold in cooled marshmallow mixture.

Crush enough graham crackers to cover bottom of oblong baking dish and slice one banana thin and pour the creamed mixture over and then slice other banana thin and another layer of creamed mixture and then layer of graham cracker crumbs.

Chill for 3 or 4 hours.

CHERRY PUDDING

Jean Cooper

1 c. butter	2 c. brown sugar
2 c. flour	1/2 tsp. cinnamon
2 c. oatmeal	1 tsp. baking powder
1/2 tsp. soda	

Melt butter, add sugar, sift flour with dry ingredients. Add to butter mixture. Add oatmeal. Put 1/2 of above mixture into greased pan.

Then add:

2 cans cherries	3 Tbsp. cornstarch
3/4 c. white sugar	

Sprinkle rest of oatmeal over top. Bake at 325 degrees for about 1 hour.

ANGEL FOOD DELIGHT

Mrs. Richard Werts

1/2 angel food cake	1 pkg. chocolate bits
1 1/2 to 2 Tbsp. water	4 egg yolks
4 egg whites	2 Tbsp. powdered sugar
1 c. cream, whipped	1 c. nuts

Use pyrex pan. Break cake in small pieces. Melt chocolate and water. Remove from fire. Beat in beaten egg yolks.

Add powdered sugar. Beat egg whites stiff and fold into whipped cream; combine and add nuts. Pour over cake pieces.

Allow to stand overnight or 4 hours at least in refrigerator. Top with whipped cream. Serves at least 12.

APPLE ROLLS

Mrs. R. H. Collins

2 c. flour	1 tsp. salt
------------	-------------

APPLE ROLLS (Continued)

4 tsp. baking powder 6 Tbsp. shortening
3/4 c. milk

Mix as for biscuits and roll out 1/2 inch thick. Have ready 4 apples chopped fine. Spread on the dough and roll as for jelly roll and slice 1 1/2 inch thick.

Bake in a syrup which has been prepared in baking dish by adding 1 1/2 cups sugar, 2 cups water and bringing to boil for a few minutes.

Serve with cream.

CREAM PUFFS

Wilda Agan
Chariton, Iowa

1/2 c. shortening 1 c. boiling water
1 c. bread flour 4 eggs

Add butter to water and heat to boiling point. Add all of the flour at once and stir vigorously until a ball forms in the center of the pan.

Transfer to the small bowl of the mixer. Beat at medium speed, adding the eggs, one at a time. Beat about 1/2 minute after adding each egg.

Drop by spoonfuls on a cookie sheet or press through a pastry bag and tube. Bake 40 to 60 minutes at 400 degrees.

Caution: Do not open the oven during the baking time. When cool, fill with whipped cream, ice cream or any desired cream filling.

RAISIN PUDDING

Mrs. Thomas O. White

2 c. raisins 1 c. flour
1 c. sugar 1 c. milk
3 tsp. baking powder

Put raisins in buttered pan 12 by 7 1/2 inches. Mix other ingredients and cover raisins. Then mix:

1 1/2 c. brown sugar 2 tsp. butter
2 c. boiling water

and pour over all. Bake in slow oven 3/4 hour.

CHERRY COBBLER

Mrs. Merrill Baxter

Mix together:

1 c. sugar

1 Tbsp. cornstarch

Stir in:

1 c. boiling water

Boil 1 minute, then add:

1 can cherries

1/2 Tbsp. butter

1/2 tsp. cinnamon

Pour into baking dish and use any white cake mix or your own white cake recipe on top, bake 30 to 40 minutes. Needs no icing.

HERSHEY DESSERT

Bernice DeBok

1 c. powdered sugar

1 c. nut meats

1/2 c. butter

3 egg whites, beaten stiff

3 egg yolks

14 graham crackers

1 can Hershey syrup

25 marshmallows

Mix together in order as given. Crush graham crackers fine. Sprinkle 1/2 of them in pan, pour chocolate mixture on top of the crackers and put the remainder on the top of dessert.

Chill several hours and serve with whipped cream.

DATE PILLOW

Thelma Lucas

1/2 lb. pitted, dates, cut
fine

1/2 lb. graham crackers,
rolled

1/2 lb. marshmallows, cut
fine

1 c. heavy cream, whipped

1 c. nuts, chopped

1 tsp. vanilla, mixed with
cream

Stir dates, marshmallows, graham crackers and nuts together very thoroughly. Then mix in whipped cream. Reserve 1/4 graham crackers. Stir well and shape into roll about 12 inches long, then roll in graham cracker crumbs.

Wrap in wax paper and slip in food saver bag. Place

DATE PILLOW (Continued)

in the refrigerator to chill. When ready to serve, slice about 1 inch thick and top with whipped cream, custard sauce or orange sauce.

BOYSENBERRY DESSERT

Mrs. Keith Lindeman

1/2 lb. marshmallows

1 c. milk

Heat and let cool, then add 1 cup cream, whipped.

1 1/2 c. Boysenberries
(1 can)

1/4 c. sugar
2 Tbsp. cornstarch

Heat berries and sugar, thicken with cornstarch, let cool.

15 graham crackers

1/4 c. melted butter

Roll crumbs and mix with melted butter. Line pan with 1/2 crumb mixture. Then 1/2 of the marshmallow mixture, then a layer with all the berries.

Then a layer of marshmallow mixture. Sprinkle remainder of crumbs on top.

REFRIGERATOR DESSERT

Virginia Brown
Chariton, Iowa

18 to 20 graham crackers

4 Tbsp. melted butter

Roll crackers, add butter. Press crumbs into 8 by 8 inch or oblong pan, reserving a few to sprinkle on the top.

30 marshmallows

2 Tbsp. milk

1 pkg. frozen strawberries

1 c. whipping cream

Melt marshmallows with milk in top of double boiler, add strawberries which have been thawed. Cool slightly, add whipped cream.

Pour into pan, sprinkle crumbs on top. Chill 10 to 12 hours before serving. Serves 10 to 12.

May be prepared the day before.

SODA CRACKER PIE

Aimee Wright
Milo, Iowa

15 dates, finely cut

15 soda crackers, roll fine

SODA CRACKER PIE (Continued)

1/2 c. nut meats, cut coarse 4 egg whites
3/4 c. sugar 1/2 tsp. cream tartar

Beat egg whites with cream of tartar. Fold in dry ingredients. Bake at 350 degrees for 20 minutes. Serve with whipped cream, ice cream, of fresh fruit topping.

FRUIT ROLL

Alta Bond

Put into pan 8 by 14 inches:

1 1/2 c. sugar 2 c. water (or juice)

Let boil in pan and set aside. Mix:

2 c. flour 1/2 tsp. salt
2 c. sugar 4 tsp. baking powder, sifted
 together

Cut into above mixture:

3 Tbsp. shortening 1/2 c. milk with 1 egg beaten
 in it

Roll out 1/2 inch thick. Cover it with 2 or 3 cups fruit. Roll up like cinnamon rolls. Cut in slices, lay in the hot syrup in the pan and bake at 425 degrees oven for 30 minutes.

Can use pie plant, cherries, apples, canned or fresh.

Write an Extra Recipe Here:

Write Extra Recipes Here:

1/2 c. nut meats, cut coarse
3/4 c. sugar
1/2 tsp. cream tartar
Beat egg whites with cream of tartar. Fold in dry ingredients. Bake at 350 degrees for 50 minutes. Serve with whipped cream, ice cream, or fresh fruit topping.

FRUIT ROLL

Put into pan 8 by 14 inches:
1 1/2 c. sugar
2 c. water (or juice)
1/2 c. 1

Let boil in pan and set aside. Mix:

5 c. flour
5 c. sugar
1/2 tsp. salt
1/2 tsp. baking powder, sifted together

Roll out 1/2 inch thick. Cover with 2 or 3 eggs (fresh). Roll up like cinnamon rolls. Cut in slices, lay in the hot syrup in the pan and bake at 425 degrees oven for 30 minutes. Can use pie plant, cherries, apples, canned or fresh.

Roll out 1/2 inch thick. Cover with 2 or 3 eggs (fresh). Roll up like cinnamon rolls. Cut in slices, lay in the hot syrup in the pan and bake at 425 degrees oven for 30 minutes. Can use pie plant, cherries, apples, canned or fresh.

Write an Extra Recipe Here:

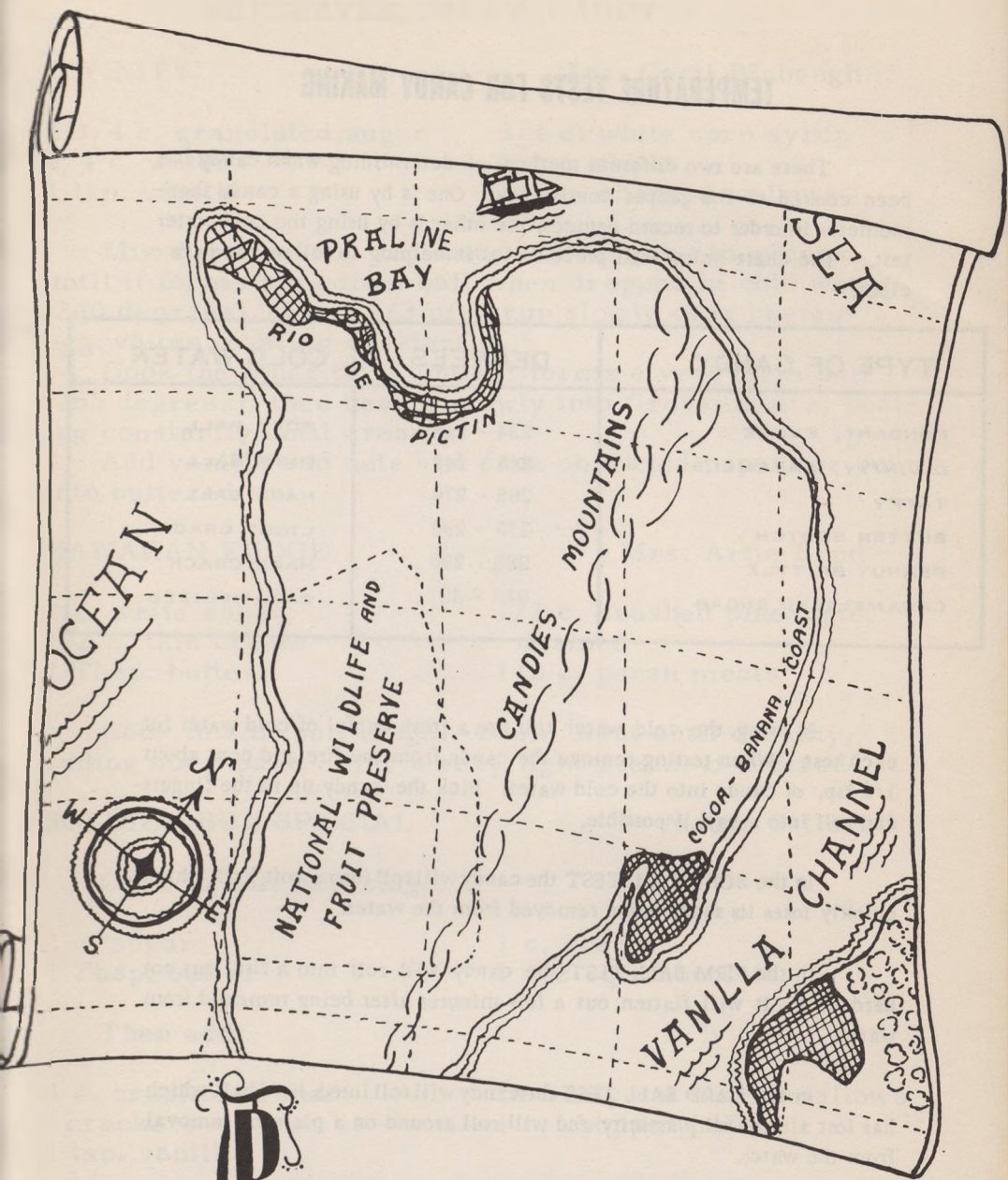
1 c. whipping cream
1/2 tsp. salt

Beat egg whites with cream of tartar. Fold in dry ingredients. Bake at 350 degrees for 50 minutes. Serve with whipped cream, ice cream, or fresh fruit topping.

Put into pan 8 by 14 inches:
1 1/2 c. sugar
2 c. water (or juice)
1/2 c. 1

Let boil in pan and set aside. Mix:
5 c. flour
5 c. sugar
1/2 tsp. salt
1/2 tsp. baking powder, sifted together

Roll out 1/2 inch thick. Cover with 2 or 3 eggs (fresh). Roll up like cinnamon rolls. Cut in slices, lay in the hot syrup in the pan and bake at 425 degrees oven for 30 minutes. Can use pie plant, cherries, apples, canned or fresh.



PRESERVES

GELLY CANDY

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
FONDANT, FUDGE	234 - 238 ⁰	SOFT BALL
DIVINITY, CARAMELS	245 - 248	FIRM BALL
TAFFY	265 - 270	HARD BALL
BUTTER SCOTCH	275 - 280	LIGHT CRACK
PEANUT BRITTLE	285 - 290	HARD CRACK
CARAMELIZED SUGAR	310 - 321	CARAMELIZED

In using the cold water test use a fresh cupful of cold water for each test. When testing remove the candy from the fire and pour about 1/2 tsp. of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In the CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

PRESERVES, JELLY, CANDY

DIVINITY

Mrs. Cecil Blubaugh

- | | |
|---------------------------|-------------------------|
| 2 3/4 c. granulated sugar | 3/4 c. white corn syrup |
| 3/4 c. water | 2 egg whites |
| 1 tsp. vanilla | 3/4 c. chopped walnuts |

Mix sugar, syrup and water thoroughly; then cook until it forms a medium ball when dropped in cold water (240 degrees). Pour 2/3 of syrup slowly over beaten egg whites, beating constantly.

Cook the other third until it forms a very firm ball (255 degrees); then beat it slowly into first mixture, beating constantly until creamy.

Add vanilla and nuts and drop on waxed paper, or pour into buttered tin.

HAWAIIAN FUDGE

Mrs. Artie Bond

- | | |
|-------------------|---------------------------|
| 2 c. white sugar | 1/2 c. crushed pineapple, |
| 1/2 c. thin cream | drained |
| 1 Tbsp. butter | 1/2 c. pecan meats |

Cook to soft ball stage. Cool. Beat until creamy, adding nut meats. Tiny a very light green, if desired.

SOLDIER BOY SPECIAL

Maude Sellers

Cook to soft ball stage:

- | | |
|----------------|---------------------|
| 2 c. sugar | 1 c. cream |
| 1 Tbsp. butter | 1 1/2 sq. chocolate |

Then add:

- | | |
|---------------------|----------------------------|
| 3 c. crushed graham | 24 finely cut marshmallows |
| crackers | 1 c. chopped nuts |
| 1 tsp. vanilla | |

Spread into large pan and cut into squares.

NEVER FAIL FUDGE

Carolyn Jeffries

- | | |
|----------------|----------------------------|
| 4 c. sugar | 1 tall can evaporated milk |
| 1/4 lb. butter | |

Cook to soft ball stage, stirring constantly. Remove

NEVER FAIL FUDGE (Continued)

from heat and stir in:

1 pt. marshmallow creme	2 pkg. chocolate chips
1 tsp. vanilla	nuts, if desired

ORANGE-PEACH MARMALADE

Mrs. E. C. Bennett

12 med. peaches	rind of 1 1/2 oranges
3 med. oranges	sugar

Wash and peel peaches, wash oranges, remove peel from 1 1/2 of the oranges, grind fruit, combine and measure into large preserving kettle; add equal amount of sugar.

Bring to boil. Boil rapidly 25 to 30 minutes, stirring occasionally to prevent burning. Pour into sterilized jars and seal.

STRAWBERRY PRESERVES

Ida White

Put 3 cups cleaned strawberries in a kettle and pour 3 cups sugar in cone, shaped pile in center of berries. As soon as they begin to boil about the edges of kettle, time them, cooking just 20 minutes.

Remove from fire. The following morning, put them into sterile jars and seal. Do not cook more than 3 cups at a time.

GRAPE JELLY WITHOUT BOILING

Gladys Hammock

Select ripe grapes, wash and drain well. Put on slow heat and let them make their own juice. Then drain, heat juice to boiling point, then measure into a measuring cup 1/2 cup grape juice and leave it in the measuring cup.

Put in sugar until the cup is full. Have your containers hot and dissolve the sugar well before turning into glasses.

PINK PEACH PRESERVES

Francis Lee
Fairbury, Nebr.

2 qts. peaches or apricots	8 c. sugar
juice of 2 lemons	3 oranges, sliced thinly
1 c. maraschino cherries (cut in halves)	

Cut whole oranges in thin cross sections. Combine all ingredients except cherries. Boil rapidly until thick. Add cherries, and pour preserves into containers.

M

MEAT SUBSTITUTES

B

EVERAGES

GO DOWN

MISSCELLANEOUSIPPI R. TO

BEWARE!

PEA SOUP FOG
AREA



CIDER ZEA

THEN EGGSACTLY 13 STEPS TO

PASTREE

M

ISCELLANEOUS

THEN TO
DREADED

BLACK OLIVE

PITS

THEN TURNIP TO THE RIGHT TO

PLANTED
TREASURE
X CHEST

TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water (enough to cover food). Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill pack.	Cut: 2 minutes in boiling water Whole: 2 1/2 min. in boiling water
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole	Whole: 4 1/2 min. boiling water Sliced: 3 minutes in boiling water
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water

MEAT SUBSTITUTES, BEVERAGES, MISCELLANEOUS

SANDWICH SPREAD

Vera Edwards

- | | |
|--------------------|-----------------|
| 1 lb. Bologna | 2 eggs |
| 3 med. pickles | 1/3 lb. cheese |
| 3 Tbsp. mayonnaise | salt and pepper |

Grind meat, eggs, pickles and cheese and mix in mayonnaise, salt and pepper.

ORANGE SAUCE

Thelma Lucas

- | | |
|----------------------------------|---------------------------|
| 4 egg yolks (beaten until light) | juice of 2 oranges |
| 1 c. sugar | grated rind of 1/2 orange |

Cook in double boiler until thick. Cool. When cold, add 1/2 cup finely chopped coconut. Store in refrigerator. When ready to serve, add equal amounts of whipped cream and orange sauce.

This is good on ice cream, puddings or cakes.

FRUIT PUNCH

Jessie Littleton

- | | |
|--------------------------------------|------------------------|
| 2 1/2 c. pineapple juice | 1 1/2 c. apricot juice |
| 2 1/4 c. orange and grapefruit juice | 2/3 c. sugar |

Put ice cube in glass and fill little over half full of fruit juice, finish filling with ginger ale.

NOODLES

Dorothy Hawkins

Melt:

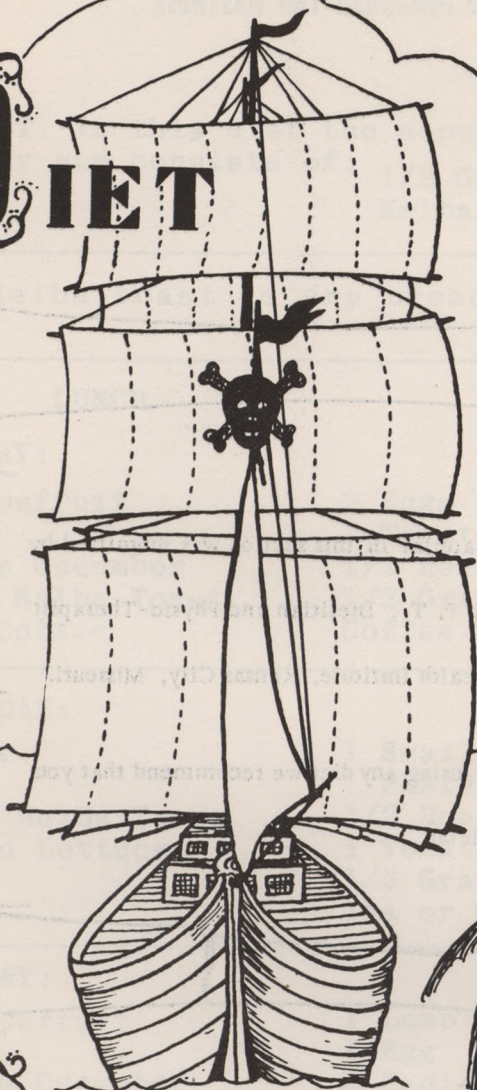
- 2 tsp. shortening

Add:

- | | |
|---|----------------------|
| 4 tsp. cream | 1/2 tsp. salt |
| 4 eggs, beaten | 2 tsp. baking powder |
| enough flour to make a rather stiff dough | |

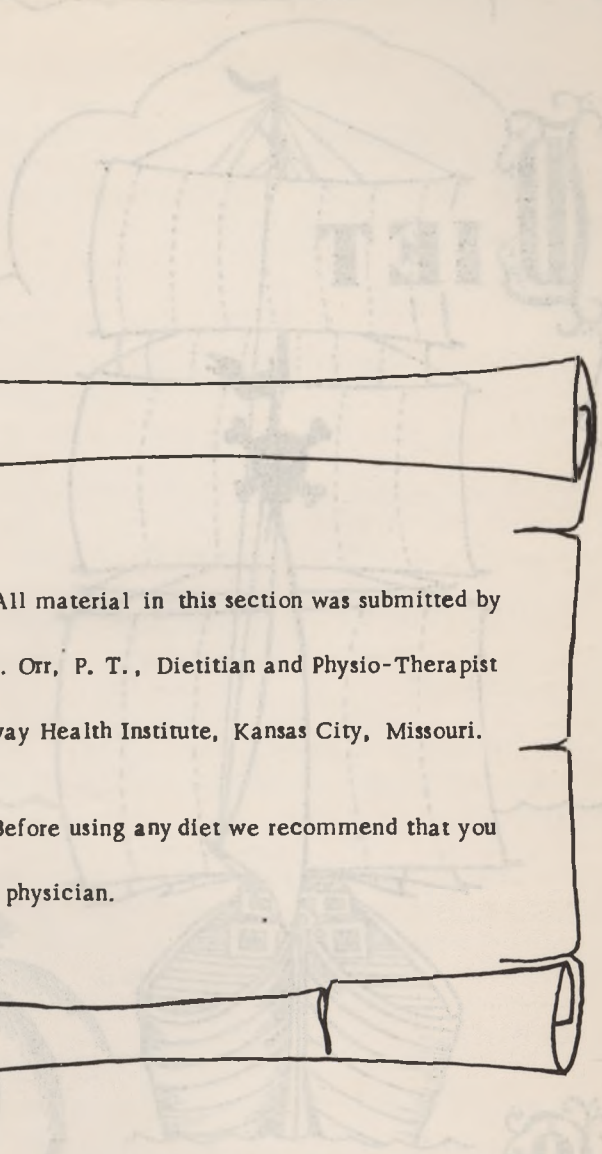
Roll out and put in boiling broth immediately and cook slowly about 15 or 20 minutes.

DIET



SECTION





All material in this section was submitted by
Dr. James D. Orr, P. T., Dietitian and Physio-Therapist
of the Gateway Health Institute, Kansas City, Missouri.

Before using any diet we recommend that you
consult your physician.

EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of: 1/2 Grapefruit
Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

LUNCH

DINNER

FIRST DAY:

1/2 Grapefruit
1 Egg
6 Slices Cucumber
1 Slice Melba Toast
Tea or Coffee

2 Eggs
1 Tomato
1/2 Head Lettuce
1/2 Grapefruit
Coffee

SECOND DAY:

1 Orange
1 Egg
1 Slice Melba Toast
1/2 Head Lettuce
Tea

1 Small Broiled Steak,
PLAIN
1/2 Head Lettuce
1 Tomato
1/2 Grapefruit
Tea or Coffee

THIRD DAY:

1/2 Grapefruit
1 Egg
8 Slices Cucumber
Tea or Coffee

1 Lamb Chop Lean, PLAIN
1 Egg
3 Radishes
1/2 Grapefruit
Tea or Coffee

FOURTH DAY:

1 Tomato
1/2 Grapefruit
1 Slice Melba Toast
Cottage Cheese
Tea

1/2 Grapefruit
Water Cress
1 Small Broiled Steak,
PLAIN
Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH	DINNER
FIFTH DAY:	
1 Orange	1/2 Grapefruit
1 Lamb Chop Lean, PLAIN	1 Tomato
1/2 Head Lettuce	2 Eggs
Tea	1/2 Head Lettuce
	Tea
SIXTH DAY:	
1 Egg	1 Poached Egg
1 Orange	1 Slice Melba Toast
Tea	1 Orange
	Tea
SEVENTH DAY:	
1/2 Grapefruit	1 Lamb Chop
1 Egg	6 Slices Cucumber
1/2 Head Lettuce	2 Olives
1 Tomato	1 Tomato
2 Olives	Tea or Coffee
EIGHTH DAY:	
1 Broiled Lamb Chop, LEAN	1 Egg
1/2 Head Lettuce	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
Coffee	1 Slice Melba Toast
	Tea
NINTH DAY:	
1 Egg	Any Meat Salad
1 Tomato	
1/2 Grapefruit	
Tea	
TENTH DAY:	
1/2 Grapefruit	1/2 Grapefruit
1 Lamb Chop Plain	1 Lamb Chop PLAIN
1/2 Head Lettuce	1/2 Head Lettuce
Tea	Tea

ELEVENTH DAY:

1 Slice Cinnamon Toast	1 Small Broiled Steak,
Tea	PLAIN
	1 Stalk Celery
	1 Tomato
	2 Olives
	Tea

TWELFTH DAY:

1/2 Lobster	1 Broiled Steak, PLAIN
2 Crackers	Cole Slaw
1/2 Grapefruit	1 Tomato
Tea	1 Orange

THIRTEENTH DAY:

1 Egg	1/2 Grapefruit
1 Slice Melba Toast	1 Small Broiled Steak
1/2 Grapefruit	1/2 Head Lettuce
	1 Stalk Celery
	Coffee

FOURTEENTH DAY:

1 Egg	1 Lamb Chop, PLAIN
1 Tomato	1/2 Tablespoonful Catsup
1/2 Grapefruit	1 Slice Melba Toast
1 Slice Melba Toast	1/2 Grapefruit

FIFTEENTH DAY:

1 Egg	1 Small Broiled Steak,
1 Slice Melba Toast	PLAIN
1/2 Grapefruit	1 Small Portion Spinach,
Coffee	PLAIN
	1 Orange
	Tea

SIXTEENTH DAY:

1 Egg	1 Small White Fish,
1 Tomato	Broiled
1/2 Grapefruit	1 Small Portion Spinach,
Coffee	PLAIN
	1 Orange
	Tea

SEVENTEENTH DAY:

1 Lamb Chop, PLAIN
1/2 Head Lettuce
1/2 Grapefruit
Tea

1 Small Broiled Steak,
PLAIN
1 Tomato
1 Stalk Celery
Coffee

EIGHTEENTH DAY:

1 Chicken Leg Broiled
1 Tomato
1/2 Grapefruit
1 Glass Lemonade
NO SUGAR

1/2 Can Pink Salmon
1 Serving Spinach, PLAIN
1/2 Grapefruit
Coffee

NOTE: You may substitute fish or the white meat of chicken any time for the lamb.

If you have not lost the desired weight you will repeat until you have lost the weight you wish.

This diet takes the weight off slowly, but you do not become flabby.

Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOME

MONDAY

BREAKFAST

	Calories
Orange Juice.....	90
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH

Ham Sandwich with Lettuce.....	200
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Vegetable Soup.....	80
Hamburger on a bun.....	200
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,045

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

TUESDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Sweet Roll.....	125
Tea or Coffee, Black	

LUNCH

Tomato Soup.....	100
1 Bran Muffin.....	85
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Chicken Soup.....	70
Egg and Lettuce Salad, Russian Dressing.....	100
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	
Total.....	1,030

WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice.....	70
1 Bran Muffin.....	85
Tea or Coffee, Black	

LUNCH

Chicken Sandwich.....	170
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Tomato Juice.....	50
Sirloin Steak--3 in. square.....	200
Baked Potato.....	100
1 Pat of Butter.....	100
Ice Cream.....	200
Tea or Coffee, Black.	
Total.....	1,175

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

THURSDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH

Egg Salad Sandwich with Russian Dressing.....	160
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Tomato Juice.....	50
Hamburger on a bun.....	200
Vegetable.....	50
Ice Cream.....	200
Tea or Coffee, Black	
Total.....	1,025

FRIDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH

Salmon Salad Sandwich.....	200
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Tomato Juice.....	50
2 Scrambled Eggs.....	160
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	
Total.....	1,035

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

SATURDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Bran Muffin.....	85
Tea or Coffee, Black	

LUNCH

Bacon and Tomato Sandwich.....	225
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Vegetable Soup.....	80
Frankfurter on bun.....	200
Cole Slaw.....	75
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,155

SUNDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Sweet Roll.....	125
Tea or Coffee, Black	

LUNCH

1 Boiled Egg.....	70
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Fruit Cocktail.....	125
Chicken, 1 Slice White.....	65
Gravy.....	40
Peas.....	65
Mashed Potatoes.....	120
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,160

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be substituted.

Rest periods are desirable after meals. Avoid all emotional disturbances during meals and take at least some outdoor exercise daily.

Light tea and coffee are permissible.

BODY BUILDING AND WEIGHT GAINING

The diet should contain at least the following dietary essentials:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

PATRONIZE MERCHANTS ADVERTISED IN THIS COOK BOOK

HIGH CALORIE DIET

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.

HIGH CALORIE DIET

BREAKFAST

- Fruit:** Choice of the following:
One half grapefruit, one sliced orange, one medium sliced peach, baked apple, three stewed figs, or four to six stewed prunes.
- Cereal:** One cup of farina type cereal, with cream and sugar, or oatmeal or whole wheat cereal or one shredded wheat biscuit with cream and sugar. White or whole wheat toast with butter or jam.
- Egg:** Soft boiled, poached, or scrambled egg.
- Beverage:** Light tea or coffee, cocoa, milk or chocolate.
- 10:30 A.M. Egg nog, malted milk, hot chocolate, or cocoa.

LUNCH

- Soup:** Choice of: One cup cream of spinach soup, asparagus soup, or tomato soup.
- Salad:** Choice of: One serving of combination salad, one serving of mixed vegetable salad, or salmon salad. To this should be added one tablespoonful of butter, and one tablespoonful of mayonnaise.
- Bread:** White or whole wheat toast, melba toast, bran or whole wheat muffin.
- Dessert:** Choice of: Chocolate pudding, bread pudding, tapioca pudding, or any flavor of gelatine. Raw fruit is especially good.
- Beverage:** Light tea or coffee, cocoa, milk or chocolate.
- 3:00 P.M. Milk, (hot or cold), cocoa, malted milk.

HIGH CALORIE DIET

DINNER

- Meat:** Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.
- Vegetables:** Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes & one half cup cauliflower. One large baked potato and one half cup broccoli.
- Salad:** Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
- Beverage:** Light tea or coffee, cocoa, malted milk.
- Dessert:** Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.
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P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

WEIGHT CHART

WOMEN

Weight in Pounds.

(With Regular Clothes)

HEIGHT

20-24	25-29	30 and over	(with shoes on)
113	116	119	4' 11"
115	118	121	5' 0"
117	120	123	5' 1"
120	122	125	5' 2"
123	125	128	5' 3"
126	129	132	5' 4"
129	132	136	5' 5"
133	136	140	5' 6"
137	140	144	5' 7"
141	144	148	5' 8"
145	148	152	5' 9"
149	152	155	5' 10"
153	155	158	5' 11"
157	159	162	6' 0"
...	6' 1"

MEN

Weight in Pounds.

(With Regular Clothes)

HEIGHT

20-24	25-29	30 and over	(with shoes on)
...	4' 11"
119	124	127	5' 0"
121	126	129	5' 1"
124	128	131	5' 2"
127	131	134	5' 3"
131	134	137	5' 4"
135	138	141	5' 5"
139	142	145	5' 6"
142	146	149	5' 7"
146	150	154	5' 8"
150	154	158	5' 9"
154	158	163	5' 10"
158	163	168	5' 11"
163	169	174	6' 0"
168	175	180	6' 1"

CALORIC CHART

NOTE: Unless amount of food is otherwise specified the measurement is for a standard plate serving.

FOODS	CALORIES
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BEVERAGES

Cocoa, 1 cup.....	160
Coffee.....	0
Buttermilk, 1 cup.....	85
Milk, sweet, whole, 1 cup.....	165
Tea.....	0

BREAD

Biscuits, baking powder, 2.....	100
Bran muffins, 2.....	100
Corn bread.....	200
Cracked wheat bread, 1 slice.....	55
Rye Bread, 1 slice.....	75
White Bread, 1 slice.....	60

DESSERTS

Angel food cake.....	150
Apple pie.....	200
Baked custard, 1.....	125
Bread pudding.....	200
Chocolate cake.....	400
Gingerbread.....	200
Ice cream, vanilla.....	215
Strawberry shortcake... ..	300

FISH

Fried.....	210
Boiled or steamed.....	100 - 185
Oysters, half-fry (6).....	80
Salmon, canned.....	110
Tuna, canned.....	125

MEAT

Bacon, 3 strips, regular fry.....	175
Beef, roast, lean.....	100
Beef, roast, fat.....	340
Frankfurter, 1.....	150

CALORIC CHART

Ham, smoked, medium fat.....	400
Liver.....	120
Pork chop, 1.....	200
Spareribs.....	330

MISCELLANEOUS

Butter, 1 pat.....	110
Jelly, 1 tablespoon.....	445
Jam, 1 tablespoon.....	60
Macaroni and cheese.....	160
Omelet, 1 egg.....	130
Spaghetti and meat sauce.....	290
Spanish rice.....	155
Sugar, 1 teaspoon.....	20
Whipped cream, 1 level tablespoon.....	35

VEGETABLES

Asparagus.....	15
Beans, green.....	35
Beans, Limas.....	130
Beets.....	45
Carrots.....	45
Cauliflower.....	30
Corn.....	100
Peas, canned.....	65
Peas, green.....	100
Potato, sweet, 1.....	200
Potato, baked, 1.....	100
Potatoes, creamed.....	100
Potatoes, fried.....	100
Spinach.....	20
Tomato, 1.....	25
Turnips.....	35

P A T R O N I Z E
M E R C H A N T S
A D V E R T I S E D
I N T H I S B O O K

INDEX OF RECIPES

Page

APPETIZERS, RELISHES, GARNISHES

Tomato Catsup.....	1
Pickles.....	1
Beet Pickles.....	1
Bright Red Chili Sauce.....	2
Pepper Relish.....	2
Cucumber Relish.....	2
Relish.....	3
Kansas Million Dollar Pickles.....	3
Sweet Pickles.....	3
Watermelon Pickles.....	4
Raw Vegetable Relish.....	4
French Dressing.....	4
Canapes and Appetizers.....	5

SOUPS, SALADS, VEGETABLES

Tangy Beet Salad.....	7
Pepper Ring Salad.....	7
Velvet Salad.....	8
Chili Soup.....	8
Tuna Salad.....	8
Heavenly Salad.....	9
Frozen Fruit Salad.....	9
Potato Fritters.....	9
Creamed Potatoes Supreme.....	9
Spanish Corn.....	10
Fruit Salad.....	10
Layer Pineapple Cheese Salad.....	11
Carrot Loaf.....	11
Cranberry Salad.....	12
Layered Pineapple Cheese Salad.....	12
Cranberry Salad.....	12
24 Hour Salad.....	12
Molded Tomato Salad.....	13
Pineapple, Cottage Jello Salad.....	13
Holiday Salad.....	14
Spiced Grape Salad.....	14
Ginger Ale Salad.....	14

MEAT, FISH, POULTRY

Barbecued Ribs.....	15
Porcupine Meatballs.....	15
Barbecued Meatballs.....	15
Corned Beef Dinner.....	16
Escalloped Chicken.....	16
Turkey Stuffing.....	16
Scalloped Chicken.....	16
Barbecued Spareribs.....	17
Tuna Pot Pie.....	17
Scalloped Liver and Potatoes.....	18
Onion Pie.....	18
Cooked Meat Loaf.....	18
Oatmeal Sausage.....	18
Baked Noodle Dish.....	19
Chicken Loaf.....	19

BREAD, ROLLS, PASTRY

Doughnuts.....	21
Banana Bread.....	21
Chocolate Brownie Pie.....	21
Rhubarb Raisin Pie.....	22
Pumpkin Pie Chiffon.....	22
Lemon Chiffon Pie.....	22
Lemon Pie.....	23
Rich Pecan Pie.....	23
Strawberry Pie.....	23
Rhubarb Pie with Streusel Topping.....	23
Mock Mince Pie.....	24
Whole Wheat Bread.....	24
Waffles.....	24
Boston's Famed Parker House Rolls.....	25
Superior Pancakes.....	25
All Bran Refrigerator Rolls.....	26
Yeast Doughnuts.....	26
Flannel Cakes.....	26
Pie Crust.....	27
Light Rolls.....	27
Angel Food Pie.....	27

COOKIES AND CAKES

White Cookies.....	29
Coconut Macaroons.....	29
Cowboy Cookies.....	29
Pineapple Nut Cookies.....	30
Brownies.....	30
Raisin Filled Sugar Cookies.....	30
Burnt Sugar Cake.....	31
Angel Food Cake Deluxe.....	31
Old Fashioned Applesauce Cake.....	31
Spice Apple Cake.....	32
Butterscotch Sauce.....	33
Daffodil Cake.....	33
Soft Gingerbread.....	33
Frozen Fruit Cake.....	34
Applesauce Cookies.....	34
Chocolate Macaroons.....	34
Refrigerator Date Roll Cookies.....	35
Mrs. Chappell's Cookies.....	35
Chocolate Upside Down Cake.....	36
Whipped Cream Cake.....	36
Butter Chocolate Cake.....	36
Sour Cream Quick Chocolate Cake.....	37
Prune Cake.....	37
Pineapple Upside Down Cake.....	37
Chocolate Crispies.....	37
Carrot Cookies.....	38
Sour Cream Drop Cookies.....	38
Raisin Crisscross Cookies.....	38
Chocolate Cup Cakes.....	39
Banana Chiffon Cake.....	39
Cookies, Snickerdoodles.....	40
Favorite One-Bowl Chocolate Cake.....	40
Easy Butterscotch Icing.....	41
Bakery Icing.....	41
Fluffy Marshmallow Icing.....	41

DESSERTS

English Apple Pie.....	43
Apple Crumb Pie.....	43
Raisin Delight.....	43
Date Pudding.....	44
Refrigerator Ice Cream.....	44
Maple Nut Refrigerator Ice Cream.....	45

Lemon Ice Cream.....	45
Pineapple Ice Cream.....	45
Lemon Ice Cream.....	45
English Apple Pie.....	46
Raisin or Date Pudding.....	46
Apple Dumpling.....	46
Red Cinnamon Apples.....	47
Apple Crisp.....	47
Pineapple Delight.....	47
Marshmallow Pudding.....	48
Burned Sugar Pudding.....	48
Rhubarb Pudding.....	48
Graham Cracker Delight.....	48
Cherry Pudding.....	49
Angel Food Delight.....	49
Apple Rolls.....	49
Cream Puffs.....	50
Raisin Pudding.....	50
Cherry Cobbler.....	51
Hershey Dessert.....	51
Date Pillow.....	51
Boysenberry Dessert.....	52
Refrigerator Dessert.....	52
Soda Cracker Pie.....	52
Fruit Roll.....	53

PRESERVES, JELLY, CANDY

Divinity.....	55
Hawaiian Fudge.....	55
Soldier Boy Special.....	55
Never Fail Fudge.....	55
Orange-Peach Marmalade.....	56
Strawberry Preserves.....	56
Grape Jelly without Boiling.....	56
Pink Peach Preserves.....	56

MEAT SUBSTITUTES, BEVERAGES, MISCELLANEOUS

Sandwich Spread.....	57
Orange Sauce.....	57
Fruit Punch.....	57
Noodles.....	57

EXTRA TREASURED RECIPES

