



Favorite Recipes
from our Best Cooks.

COOK BOOK



A BOOK OF

FAVORITE

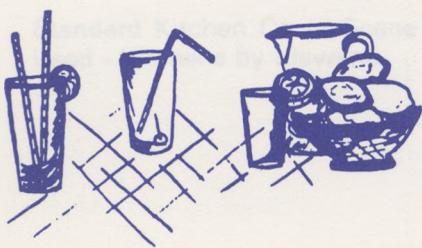
Recipes

Compiled by

Peterson-Harned-Von Maur Employees
Valley West Store



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Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Flour Institute.

Standard Kitchen Cover Scene If Used - Kitchens by Kleweno

EQUIVALENTS

3 tbsps.	1 tbsp.
4 tbsps.	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tbsps.	$\frac{1}{3}$ cup
8 tbsps.	$\frac{1}{2}$ cup
$10\frac{2}{3}$ tbsps.	$\frac{2}{3}$ cup
12 tbsps.	$\frac{3}{4}$ cup
16 tbsps.	1 cup
$\frac{1}{2}$ cup	1 gill
2 cups.	1 pt.
4 cups.	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks.	1 bu.
16 ozs.	1 lb.
32 ozs.	1 qt.
8 ozs. liquid	1 cup
1 oz. liquid	2 tbsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder

1 cup = $5\frac{1}{2}$ ozs.

Cheese, American

1 lb. = $2\frac{2}{3}$ cups cubed

Cocoa

1 lb. = 4 cups ground

Coffee

1 lb. = 5 cups ground

Corn meal

1 lb. = 3 cups

Cornstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup

15 graham crackers = 1 cup

Eggs

1 egg = 4 tbsps. liquid

4 to 5 whole = 1 cup

7 to 9 whites = 1 cup

12 to 14 yolks = 1 cup

Flour

1 lb. all-purpose = 4 cups

1 lb. cake = $4\frac{1}{2}$ cups

1 lb. graham = $3\frac{1}{2}$ cups

Lemons, juice

1 medium = 2 to 3 tbsps.

5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 tbsp. grated

Oranges, juice

1 medium = 2 to 3 tbsps.

3 to 4 medium = 1 cup

Oranges, rind

1 = 2 tbsps. grated

Gelatin

$3\frac{1}{4}$ oz. pkg. flavored = $\frac{1}{2}$ cup

$\frac{1}{4}$ oz. pkg. unflavored = 1 tbsp.

Shortening or Butter

1 lb. = 2 cups

Sugar

1 lb. brown = $2\frac{1}{2}$ cups

1 lb. cube = 96 to 160 cubes

1 lb. granulated = 2 cups

1 lb. powdered = $3\frac{1}{2}$ cups

One ingredient for another

For these

1 whole egg, for thickening or baking

1 cup butter or margarine for shortening

1 square (ounce) chocolate

1 teaspoon double-acting baking powder

Sweet milk and baking powder, for baking

1 cup sour milk, for baking

1 cup whole milk

1 cup skim milk

1 tablespoon flour, for thickening

1 cup cake flour, for baking

1 cup all-purpose flour, for baking breads

You may use these

2 egg yolks. Or 2 tablespoons dried whole egg plus 2½ tablespoons water.

¾ cup lard, or rendered fat, with ½ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with ½ teaspoon salt.

3 or 4 tablespoons cocoa plus ½ tablespoon fat.

1½ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.

Equal amount of sour milk plus ½ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)

1 cup sweet milk mixed with one of the following:
1 tablespoon vinegar. Or 1 tablespoon lemon juice.
Or 1¼ teaspoons cream of tartar.

½ cup evaporated milk plus ½ cup water.
Or 4 tablespoons dry whole milk plus 1 cup water.
Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.

4 tablespoons nonfat dry milk plus 1 cup water.

½ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.

¾ cup all-purpose flour.

Up to ½ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERDAY HERB GUIDE



FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.



FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups; fish dishes; sauces; sweet pickles; bread and rolls.

AVAILABLE whole; ground.



FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

AVAILABLE whole; ground.



FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

AVAILABLE whole; powdered.



FOUND IN United States, Europe.

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.



FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.



FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

AVAILABLE whole; ground.

EVERYDAY HERB GUIDE



FOUND IN India, Western Europe, United States.

IT IS member of mint family with leaves 1 1/2" long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.
AVAILABLE whole; ground.

FOUND IN Turkey, Yugoslavia, Portugal, Greece.



IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.
AVAILABLE as whole leaf.

FOUND IN France, United States

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.

AVAILABLE whole; ground.

FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.

AVAILABLE whole; ground.

FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.

AVAILABLE whole (dried); flaked; as fresh sprigs.

FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.

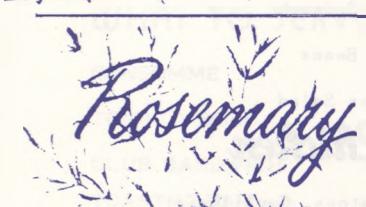
AVAILABLE whole; ground.

FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.

AVAILABLE whole; ground.



What Shall We Have For Dinner??

WHAT TO SERVE WITH Meats

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH *Chicken*

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

What Shall We Have For Dinner??

WHAT TO SERVE WITH Fish

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT-UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.	140° F.	16-18 min. per lb.
Rare			160° F.	20-22 min. per lb.
Medium			170° F.	25-30 min. per lb.
Well Done				Add 10-12 min. per lb. to above time
Rolled Rib	5-7 lbs.	325° F.	170° F.	30 min. per lb.
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.
Geese—Same as turkey of similar weight.				
Duck—Same as heavy chicken of similar weight.				

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1½ lb.	—	—	13-14
	1 inch	1½-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

Stewing

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	3/4 lbs.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total



Sea Food COOKERY



	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL - OCT.
BUTTERFISH	2	3		1	APRIL - DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. - NOV.
EELS		2	3	1	ALL YEAR
FLounder	2	3		1	ALL YEAR
Grouper		1			NOV. - APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. - JUNE
LAKE TROUT	3	1		2	APRIL - NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE - OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	
SHAD	2	1		3	NOV. - MAY
SHEEPSHEAD	3	2		1	DEC. - JUNE
SMELOTS	2	3		1	ALL YEAR
SNAPPERS	2	1	3		SEPT. - MAY
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	ALL YEAR
STRIPED BASS			1		NOV. - APRIL
STURGEON	2	1	3		APRIL - JAN.
SUNFISH	2			1	APRIL - OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL - NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL - NOV.
WHITING			1		MAY - DEC.
WHITEFISH	2	1		3	APRIL - DEC.

HOW TO COOK - 1 EXCELLENT 2 GOOD 3 FAIR

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

**Cooked snap beans,
lima beans, corn, peas,
carrots, in**

Meat and vegetable pie

Soup

Stew

Stuffed peppers

Stuffed tomatoes

Vegetables in cheese sauce

**Cooked leafy vegetables,
chopped, in**

Creamed vegetables

Soup

Meat loaf

Meat patties

Omelet

Souffle

Cooked or canned fruits, in

Fruit cup

Fruit sauces

Jellied fruit

Quick breads

Shortcake

Upside-down cake

Yeast breads

Cooked meats, poultry, fish, in

Casserole dishes

Hash

Meat patties

Meat pies

Salads

Sandwiches

Stuffed vegetables

**Cooked wheat, oat,
or corn cereals, in**

Fried cereal

Meat loaf or patties

Sweet puddings

**Cooked rice, noodles,
macaroni, spaghetti, in**

Casseroles

Meat or cheese loaf

Timbales

Bread

Slices, for

French toast

Dry crumbs, in

Brown betty

Croquettes

Fried chops

Soft crumbs, in

Meat loaf

Stuffings

Cake or cookies, in

Brown betty

Ice-box cake

Toasted, with sweet topping,
for dessert

Egg yolks, in

Cakes

Cornstarch pudding

Custard or sauce

Pie filling

Salad dressing

Scrambled eggs

Egg whites, in

Custard

Fruit whip

Meringue

Souffles

Hard-cooked egg or yolk, in

Casserole dishes

Garnish

Salads

Sandwiches

Sour cream, in

Cakes, cookies

Dessert sauce

Meat stews

Pie filling

Salad dressing

Sauce for vegetables

Sour milk, in

Cakes, cookies

Quick breads

Cooked potatoes, in

Croquettes

Fried or creamed potatoes

Meat-pie crust

Potatoes in cheese sauce

Stew or chowder



Quantities to Serve 100 People



COFFEE	— 3 LBS.
LOAF SUGAR	— 3 LBS.
CREAM	— 3 QUARTS
WHIPPING CREAM	— 4 PTS.
MILK	— 6 GALLONS
FRUIT COCKTAIL	— 2 1/2 GALLONS
FRUIT JUICE	— 4 NO. 10 CANS (26 LBS.)
TOMATO JUICE	— 4 NO. 10 CANS (26 LBS.)
SOUP	— 5 GALLONS
OYSTERS	— 18 QUARTS
WEINERS	— 25 LBS.
MEAT LOAF	— 24 LBS.
HAM	— 40 LBS.
BEEF	— 40 LBS.
ROAST PORK	— 40 LBS.
HAMBURGER	— 30-36 LBS.
CHICKEN FOR CHICKEN PIE	— 40 LBS.
POTATOES	— 35 LBS.
SCALLOPED POTATOES	— 5 GALLON
VEGETABLES	— 4 NO. 10 CANS (26 LBS.)
VEGETABLES	— 4 NO. 10 CANS (26 LBS.)
BAKED BEANS	— 5 GALLON
BEETS	— 30 LBS.
CAULIFLOWER	— 18 LBS.
CABBAGE FOR SLAW	— 20 LBS.
CARROTS	— 33 LBS.
BREAD	— 10 LOAVES
ROLLS	— 200
BUTTER	— 3 LBS.
POTATO SALAD	— 12 QUARTS
FRUIT SALAD	— 20 QUARTS
VEGETABLE SALAD	— 20 QUARTS
LETTUCE	— 20 HEADS
SALAD DRESSING	— 3 QUARTS
PIES	— 18
CAKES	— 8
ICE CREAM	— 4 GALLONS
CHEESE	— 3 LBS.
OLIVES	— 1 3/4 LBS.
PICKLES	— 2 QUARTS
NUTS	— 3 LBS. SORTED

To serve 50 people, divide by 2
 To serve 25 people, divide by 4





how to make
26
new fillings

**QUANTITY
AND
FAMILY SIZE
RECIPES**



for lunch boxes

		6 SERVINGS	24 SERVINGS
Mix Well	Ground ham	1 cup	1 quart
	Drained crushed pineapple	1/2 cup	2 cups (No. 2 can)
	Brown sugar	1 tablespoon	1/4 cup
	Cloves	1/8 teaspoon	1/2 teaspoon

		6 SERVINGS	24 SERVINGS
Mix Well	Corned beef, chopped	1 cup	1 quart
	Chopped onion	1/4 cup	1 cup
	Chopped Kosher pickle	1/4 cup	1 cup
	Tomato juice	1/4 cup	1 cup

		6 SERVINGS	24 SERVINGS
Mix Well	Sliced tongue	3/4 pound	3 pounds
	Cream cheese, softened	3-oz. package	3/4 pound
	Horseradish	1 tablespoon	1/4 cup

		6 SERVINGS	24 SERVINGS
Mix Well	Shredded nippy cheese	1 cup	1 quart (1 pound)
	Chopped pimiento	2 tablespoons	1/2 cup
	Salad dressing	2 tablespoons	1/2 cup

fillings
make the sandwich



for outdoor eating

	6 SERVINGS	24 SERVINGS	
Mix Well	Frankfurters, thinly sliced	3	12 (1 1/2 lbs.)
	Baked beans	1/2 cup	2 cups (1 lb. can)
	Chopped onion	2 tablespoons	1/2 cup
	Chili sauce	1 tablespoon	1/4 cup

	6 SERVINGS	24 SERVINGS	
Mix Well	Sliced roast beef	3/4 pound	3 pounds
	Sliced sweet onion	1 onion	4 onions

	6 SERVINGS	24 SERVINGS	
Mix Well	Peanut butter	3/4 cup	3 cups
	Diced crisp bacon	1/4 cup (8 slices)	1 cup (about 1 1/2 lbs.)

for quick 'n easy snacks

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

LIVER SAUSAGE SALAD SANDWICH		6 SERVINGS	24 SERVINGS	CREAM CHEESE CRUNCH		6 SERVINGS	24 SERVINGS
Mix Well	Liver sausage	1/2 pound	2 pounds	Mix Well	Cream cheese, softened	2 1/2 ounce packages	3 8-ounce packages
	Chopped celery	1/4 cup	1 cup		Diced crisp bacon	1/4 cup (8 slices)	1 cup
	Chopped sweet pickle	1/4 cup	1 cup		Sliced stuffed olives	1/2 cup	2 cups
	Chopped onion	1 tablespoon	1/4 cup				
	Hard cooked egg, chopped	1	4				
	Salad dressing	3 tablespoons	3/4 cup				
TASTY TREAT HAMBURGER				CANADIAN DOUBLE DECKER			
Mix Well	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1 1/2 pounds)	Mix Well	First Layer—Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)
	Ground beef	3/4 pound	3 pounds		Tomato, sliced	1 medium (6 slices)	4 medium 24 slices
	Chopped onion	1/4 cup	1 cup		Second Layer—Fried Canadian bacon	6 slices	24 slices (1 1/2 pounds)
	Chili sauce	2 tablespoons	1/2 cup				
	Worcestershire sauce	1/2 teaspoon	2 teaspoons				
	Salt and pepper to taste						
SPICY HAM SANDWICH				CHAMPION TWO STORY			
Mix Well	Sliced boiled ham, 3/4 pound simmered 15 minutes with:	3/4 pound	3 pounds	Mix Well	First Layer—Sliced cooked chicken	1/2 pound	2 pounds
	Tomato sauce	1 cup (8-oz. can)	1 quart		Second Layer—Hard cooked eggs, chopped	4	16
	Cloves	1/8 teaspoon	1/2 teaspoon		Chopped celery	2 tablespoons	1/2 cup
					Chopped olives	2 tablespoons	1/2 cup
					Chopped sweet pickle	1 tablespoon	1/4 cup
					Salad dressing	2 tablespoons	1/2 cup
					Prepared mustard	2 teaspoons	3 tablespoons



FOR SMALL FRY

BANANA PEANUT BUTTER WINNER		6 SERVINGS	24 SERVINGS	CHICKEN WALDORF SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Peanut butter	3/4 cup	3 cups	Mix Well	Cooked, diced chicken	1 cup	1 quart
	Banana, sliced	3 medium	12 medium		Chopped celery	1/2 cup	2 cups
					Chopped apple	1/2 cup	2 cups
					Chopped nuts	1/4 cup	1 cup
					Salad dressing	3 tablespoons	3/4 cup
SUNSHINE SPECIAL				CALIFORNIA DELIGHT			
Mix Well	Chopped dates	1 cup	1 quart	Mix Well	Peanut butter	3/4 cup	3 cups
	Shredded carrots	1 cup	1 quart		Orange juice	1/2 cup	2 cups
	Chopped nuts	1/2 cup	2 cups		Shredded	1/2 cup	2 cups
	Salad dressing	1/2 cup	2 cups		orange rind	1/2 cup	2 cups
CALIFORNIA DELIGHT				Shredded coconut			
Mix Well	Peanut butter	3/4 cup	3 cups	Mix Well			
	Orange juice	1/2 cup	2 cups				
	Shredded	1 tablespoon	1/4 cup				
	orange rind	1/2 cup	2 cups				
APPLE CHEESE TOASTY				Shredded coconut			
Mix Well	Apple sauce, topped with:	1/2 cup	2 cups	Mix Well			
	American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)				



for hearty lunching

OPEN FACE*

Arrange ingredients on buttered bread in order listed. Place under broiler about 10 minutes or until toasted.

ROYAL LIVER SAUSAGE SANDWICH

	6 SERVINGS	24 SERVINGS
Liver sausage	1/2 pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (1/4 pound)	1 pound (24 slices)

Mix Well

FRANKFURTER CHEESE GRILL

	6 (about 3/4 pound)	24 (about 3 pounds)
Frankfurters, sliced lengthwise		
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

SEAFOOD SUPREME

	1 cup	1 quart
Mix Well		
Crabmeat salad:		
Flaked crabmeat	1 cup	
Chopped green pepper	1/4 cup	1 cup
Salad dressing	3 1/2 tablespoons	3/4 cup
Lemon juice	1 tablespoon	1/4 cup
Tomato, sliced	1 medium (6 slices)	4 medium
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

CHEF'S CHICKEN SANDWICH

	1/2 pound	2 pounds
Sliced cooked chicken		
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)

	1 1/2 cups	1 1/2 quarts
Cheese sauce		



TUNA SOUFFLE SANDWICH

	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can)	6 cups (3 13-ounce cans)
Chopped celery	1/4 cup	1 1/2 cups
Chopped green pepper	1/4 cup	1 1/2 cups
Shredded American cheese	1/2 cup	3 cups (3/4 pound)
Eggs, beaten	3	1 1/2 dozen
Milk	1 1/2 cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	1/8 teaspoon	3/4 teaspoon

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

	6 SERVINGS	24 SERVINGS
ROCKY MOUNTAIN SANDWICH		
Eggs, scrambled	6	2 dozen
Sausage meat, browned	1/4 pound	1 pound
Chopped onion	1/4 cup	1 cup
Chopped green pepper	1/4 cup	1 cup
Salt and pepper to taste		

BAKED SANDWICHES

	4 Servings	24 Servings
HEAVENLY HAMBURGER BAKE		
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	1/4 cup
Ground beef	1/2 pound	3 pounds
Chopped onion	1/4 cup	1 1/2 cups
Chopped celery	2 tablespoons	3/4 cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1 1/2 quarts

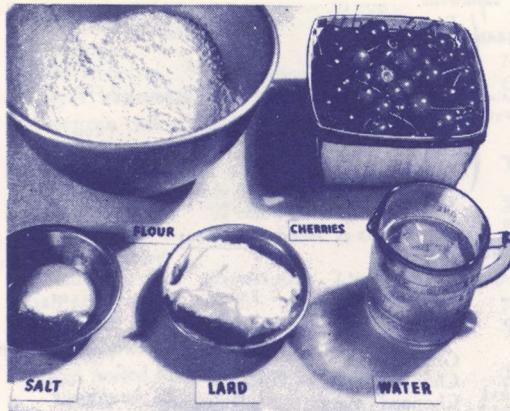
Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2 1/2 in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350°F.) about 45 minutes.



Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2 1/2 in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.



6 Easy Steps TO THE



2 Cut lard into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



1 The ingredients for the perfect pie crust:
1 teaspoon salt, $\frac{2}{3}$ cup lard, 2 cups flour, and cold water.

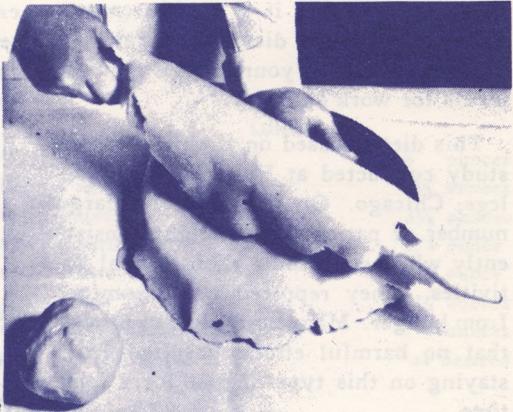


3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds in a ball.

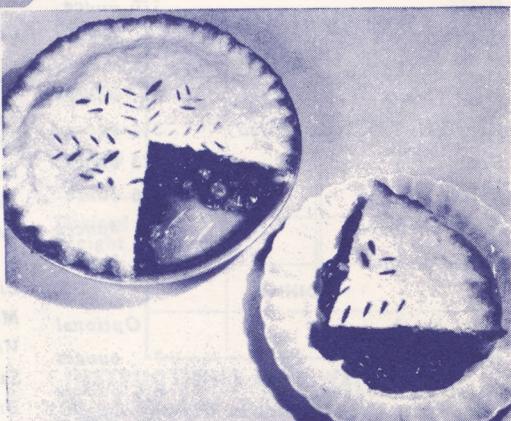
Perfect Pie

...and with the right tools and right way
you can make a perfect pie crust every time.

4 Roll half the dough
to about one-eighth
inch thickness. Lift edge of
pastry cloth and roll crust
onto rolling pin. Line pie
pan, allowing one-half inch
crust to extend over edge.



5 Add filling. Roll out
top crust, making sev-
eral gashes to allow escape
of steam. Place over filling.
Allow top crust to overlap
lower crust. Fold top crust
under the lower and crimp
edges.



6 And here is the per-
fect pie, baked in a
moderately hot oven (425°
F.) for thirty-five minutes.

YOU can Reduce --- with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

YOUR DIET

If your Ideal Weight is 105 to 125 pounds:

BREAKFAST	
<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	½ ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired
LUNCH	
<i>Meat (lean)</i>	3 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired
DINNER	
<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

YOUR DIET

If your Ideal Weight is 125 to 145 pounds:

BREAKFAST	
<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	1 ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired
LUNCH	
<i>Meat (lean)</i>	4 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired
DINNER	
<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—

CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is 145 to 165 pounds:

BREAKFAST		
Fruit		3½ ounces
Eggs (boiled or poached)	2	
Bacon (Canadian-style, broiled)	1	ounce
Toast	2/3	ounce
Butter	1/6	ounce
Coffee		as desired

LUNCH		
<i>Meat (lean)</i>	5	ounces
<i>Vegetable (cooked)</i>	2	ounces
<i>Salad</i>	3	ounces
<i>Bread</i>	2/3	ounce
<i>Butter</i>	1/6	ounce
<i>Fruit</i>	3½	ounces
<i>Milk (skimmed)</i>	7	ounces
<i>Coffee or tea</i>		as desired

DINNER	
<i>Clear broth</i>	<i>Optional</i>
<i>Meat (lean)</i>	9 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

HEI PEI INFORMATION

www

$3\frac{1}{2}$ ounces = approximately $\frac{1}{2}$ cup

BREAD

$\frac{2}{3}$ ounces \equiv 1 thin slice

BUTTER

1/6 ounce = 1/2 pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

$$7 \text{ ounces} = 1 \text{ glass}$$

VEGETABLES

$3\frac{1}{2}$ ounces = approximately $\frac{1}{2}$ cup

YOUR DIET

If your Ideal Weight is 165 to 185 pounds:

BREAKFAST		
<i>Fruit</i>		$3\frac{1}{4}$ ounces
<i>Eggs (boiled or poached)</i>		2
<i>Bacon (Canadian-style, broiled)</i>		2 ounces
<i>Toast</i>		$2/3$ ounce
<i>Butter</i>		$1/6$ ounce
<i>Coffee</i>		as desired

LUNCH	
Meat (lean)	6 ounces
Vegetable (cooked)	3½ ounces
Salad	3½ ounces
Bread	2/3 ounce
Butter	1/6 ounce
Fruit	3½ ounces
Milk (skimmed)	7 ounces
Coffee or tea	as desired

DINNER	
<i>Clear broth</i>	<i>Optional</i>
<i>Meat (lean)</i>	9 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.

Suggested Menus For Your Diet



MONDAY

<i>Breakfast</i>	
Orange juice	
Soft boiled egg	
Broiled Canadian-style bacon	
Toast	Butter
Coffee	
<i>Lunch</i>	
Cold roast beef	
Cauliflower	
Cucumber salad	
Bread	Butter
Baked apple	
Milk	Tea
<i>Dinner</i>	
Clear tomato bouillon	
Broiled lamb chops	
String beans	
Head lettuce salad	
Whole wheat bread	Butter
Sliced peaches	
Milk	Coffee

TUESDAY

<i>Breakfast</i>	
Pineapple juice	
Coddled egg	
Broiled Canadian-style bacon	
Toast	Butter
Coffee	
<i>Lunch</i>	
Hamburger patty	
Baked onion	
Sliced tomatoes	
Bread	Butter
Plums	
Milk	Tea
<i>Dinner</i>	
Baked liver	
Julienne carrots	
Celery and radishes	
Whole wheat bread	Butter
Pears	
Milk	Coffee



WEDNESDAY

<i>Breakfast</i>	
Tomato juice	
Poached eggs on toast	
Broiled ham	
Coffee	
<i>Lunch</i>	
Broiled luncheon meats	
Seven minute cabbage	
Endive Salad	
Bread	Butter
Grapes	
Milk	Tea
<i>Dinner</i>	
Clear broth	
Broiled steak	
Baked squash	
Mixed vegetable salad	
Bread	Butter
Pineapple	
Milk	Coffee

THURSDAY

<i>Breakfast</i>	
Orange slices	
Soft boiled egg	
Broiled Canadian-style bacon	
Toast	Butter
Coffee	
<i>Lunch</i>	
Green peppers stuffed with	
ground meat	
Apple and celery salad	
Bread	Butter
Milk	Tea
<i>Dinner</i>	
Beef bouillon	
Corned beef	
Cabbage	
Tossed salad	
Rye bread	Butter
Sliced peaches	
Milk	Coffee

SUNDAY

<i>Breakfast</i>	
Grapefruit sections	
Broiled ham with poached egg	
Whole wheat toast	Butter
Coffee	
<i>Luncheon or Supper</i>	
Assorted cold meats	
Tossed green salad	
Rye bread	Butter
Strawberries	
Milk	Tea



Dinner

Consommé	
Roast beef	
Asparagus tips	
Beet and onion salad	
Bread	Butter
Cherries	
Milk	Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.



Suggested Menus For Your Diet

MONDAY

Breakfast	Orange juice
Poached egg	Frizzled dried beef
Toast	Coffee
<i>Lunch</i>	
Cold roast veal	
Stewed tomatoes	
Endive salad	
Bread	Butter
Grapes	
Milk	Tea
<i>Dinner</i>	
Barbecued pork hearts	
Mashed rutabagas	
Hearts of lettuce salad	
Whole wheat bread	Broiled grapefruit
Milk	Coffee

TUESDAY

Breakfast	
Honeydew melon	
Soft boiled egg	
Broiled Canadian-style bacon	
Toast	Coffee
<i>Lunch</i>	
Broiled sweetbreads	
Broiled tomatoes	
Pineapple and cottage cheese	
Bread	Butter
Milk	Tea
<i>Dinner</i>	
Roast leg of lamb	
Brussels sprouts	
Bread	Butter
Milk	Blueberries
	Coffee



Breakfast	
Cantaloupe	
Shirred eggs with diced ham	
Whole wheat toast	Butter
Coffee	



WEDNESDAY

Breakfast	
Grapefruit juice	
Coddled egg	Broiled ham slice
Toast	Coffee
<i>Lunch</i>	
Cold roast lamb	
String beans	Carrot sticks
Bread	Butter
Milk	Steamed apple
	Tea
<i>Dinner</i>	
Consonome	
Veal steak with stewed tomatoes	
Mixed green salad	
Rye bread	Butter
Milk	Sliced peaches
	Coffee

THURSDAY

Breakfast	
Apricots	
Poached egg on toast	
Broiled Canadian-style bacon	
Coffee	
<i>Lunch</i>	
Assorted cold meats	
Pickled beets	
Bread	Artichoke hearts
Milk	Pineapple
	Butter
<i>Dinner</i>	
Beef pot roast	
Whole carrots	
Bread	Assorted relishes
Milk	Raspberries
	Coffee

SUNDAY

Breakfast	
Orange juice	
Baked egg in Canadian-style bacon cup	
Toast	Coffee
<i>Lunch</i>	
Deviled beef slices	
Seven minute cabbage	
Carrot and celery salad	
Bread	Butter
Grapes	
Milk	Tea
<i>Dinner</i>	
Clear broth	
Broiled beef steak	
Baked onion	
Sliced tomato salad	
Rye bread	Butter
Watermelon	
Milk	Coffee
<i>SATURDAY</i>	
Breakfast	
Tomato juice	
Soft boiled eggs	
Broiled Canadian-style bacon	
Whole wheat toast	Butter
Coffee	
<i>Lunch</i>	
Broiled kidney	
Diced carrots	
Mixed vegetable salad	
Bread	Butter
Cherries	
Milk	Tea
<i>Dinner</i>	
Tomato bouillon	
Meat loaf	
Asparagus spears	
Cauliflower on tomato salad	
Bread	Butter
grapefruit	
Milk	Coffee
<i>SUNDAY</i>	
Luncheon or supper	
Broiled frankfurters	
Beets	
Cole slaw	
Bread	Butter
Plums	
Milk	Tea
<i>Dinner</i>	
Clear vegetable soup	
Rolled shoulder of veal	
Baked eggplant	
Celery curls	Radish roses
Bread	Butter
Strawberries	
Milk	Coffee



FRIDAY *

Breakfast	Orange juice
Toast	Coffee

<i>Lunch</i>	
Deviled beef slices	
Seven minute cabbage	
Carrot and celery salad	
Bread	Butter
Grapes	
Milk	Tea



SATURDAY

Breakfast	
Tomato juice	
Soft boiled eggs	
Broiled Canadian-style bacon	
Whole wheat toast	Butter
Coffee	

<i>Lunch</i>	
Broiled kidney	
Diced carrots	
Mixed vegetable salad	
Bread	Butter
Cherries	
Milk	Tea



SUNDAY

Breakfast	
Orange juice	
Baked egg in Canadian-style bacon cup	
Toast	Coffee
<i>Lunch</i>	
Deviled beef slices	
Seven minute cabbage	
Carrot and celery salad	
Bread	Butter
Grapes	
Milk	Tea
<i>Dinner</i>	
Clear vegetable soup	
Rolled shoulder of veal	
Baked eggplant	
Celery curls	Radish roses
Bread	Butter
Strawberries	
Milk	Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories	Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
MEAT									
Beef					FISH				
Corned	4	2 sl. 7" x 2" x 5/8"	19.0	346	Bass	4	1 sm. fish	27.3	113
Pot Roasts					Clams	3 1/2	5 med.	12.8	77
Chuck	4	Pc. 2 1/2" x 2" x 1 1/2"	22.3	262	Cod	3 1/2	Pc. 4" x 2 1/4" x 3/4"	16.5	70
Round	4	Pc. 3 1/2" x 2 1/2" x 1 1/2"	23.2	233	Crab, canned	3	3/4 c.	16.1	94
Shank	4	Pc. 3 1/2" x 2 1/2" x 1 1/2"	24.4	194	Finnahaddie	3 1/2	3/4 c.	23.2	96
Roasts					Flounder	3 1/2	Pc. 4" x 3" x 3/4"	19.0	79
Chuck	4	Sl. 4" x 3 1/2" x 1"	22.3	262	Haddock	3 1/2	Pc. 3 1/2" x 3" x 3/4"	17.2	72
Loin	4	Sl. 5 1/2" x 3" x 1 1/2"	20.3	352	Halibut	4	Pc. 4" x 3" x 1 1/2"	20.4	133
Rib	4	Sl. 5 1/2" x 3" x 1 1/2"	20.9	332	Herring, fresh	4	1 fish 7" lg.	22.8	163
Round	4	Sl. 5" x 3 1/2" x 1 1/2"	23.2	233	Lobster				
Steaks					Canned	3	3/4 c.	15.6	74
Club, T-bone, porterhouse,					Fresh	2 1/2	1 av.	12.2	63
Sirloin	4	Pc. 4 1/2" x 2" x 1"	20.3	352	Mackerel	2 1/2	3/4 fish 7" lg.	14.3	119
Flank	4	Pc. 3" x 2 1/2" x 1 1/2"	23.9	181	Oysters	3 1/2	5 med.	6.0	50
Rib	4	Pc. 3" x 3 1/2" x 1 1/2"	20.9	332	Perch	4	2 fish 4 1/2" lg.	23.4	102
Round	4	Pc. 3" x 3" x 1 1/2"	23.2	233	Salmon				
Stews					Canned	3 1/2	3/4 c.	24.7	203
Chuck	4	3 pc. 1 1/2" x 1 1/2" x 1 1/2"	22.3	262	Fresh	3	Pc. 2 1/2" x 2 1/2" x 7/8"	15.7	196
Shank	4	3 pc. 1 1/2" x 1 1/2" x 1 1/2"	24.4	194	Shrimps, can'd	2	3/4 c. or 12 pc. 1" dia.	10.7	49
Stew meat (av.)	4	3 pc. 1 1/2" x 1 1/2" x 1 1/2"	19.0	400	TROUT	3	Pc. 6" lg.	16.1	80
Lamb					White fish	4	Pc. 3 1/4" x 3" x 1 1/2"	23.2	165
Chops					MILK AND DAIRY PRODUCTS				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421	Butter	3 1/2		.1	73
Shoulder	4	Pc. 4" x 3" x 5/8"	18.7	348	Cheese, cottage	2	1/4 c.	9.6	51
Roasts					Cream, coffee	1 1/2	1 T.	.4	29
Leg	4	Sl. 4" x 3" x 1 1/2"	21.6	276					
Shoulder	4	Sl. 5" x 3" x 1 1/2"	18.7	348					
Pork, fresh									
Chops and steaks									
Leg (ham)	4	Pc. 3 1/2" x 3" x 1 1/2"	18.2	408					
Loin		Chop 5/8" th.	19.7	349					
Shoulder	4	Pc. 4 1/2" x 3 1/2" x 1 1/2"	16.1	464					
Roasts									
Boston butt	4	Sl. 4 1/2" x 3 1/2" x 3/4"	19.9	327					
Loin	4	Sl. 4" th.	19.7	349					
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172					
Pork, cured									
Bacon, Canadian style	1	Sl. 2 1/2" dia. x 3/16" th.	6.6	68					
Ham (boiled)	2	Sl. 4 1/2" x 4" x 5/8"	10.6	147					
Veal									
Chops									
Loin	4	Chop 5/8" th.	23.0	211					
Rib	4	Chop 3/4" th.	22.6	241					
Roasts									
Leg	4	Sl. 4" x 2 1/2" x 1 1/2"	22.9	223					
Loin	4	Sl. 4" x 2 1/2" x 1 1/2"	23.0	211					
Rib	4	Sl. 4" x 2 1/2" x 1 1/2"	22.6	241					
Shoulder	4	Sl. 5" x 3" x 1 1/2"	23.3	202					
Steaks									
Cutlet (round)	4	Pc. 4" x 2 1/2" x 1 1/2"	23.4	191					
Shoulder	4	Pc. 5" x 3" x 1 1/2"	23.3	202					
Sirloin	4	Pc. 4" x 2 1/2" x 1 1/2"	23.0	211					
Stew (breast)	4	4 pc. 2 1/4" x 1" x 1"	22.0	271					
Variety Meats									
Brains (beef)	4	2 pc. 2 1/2" x 1 1/2" x 1"	12.6	152					
Heart (av.)	4	1/2 ht. 3 1/2" dia. x 3 1/2" lg.	19.7	157					
Kidney (av.)	4	3 sl. 3 1/2" x 2 1/2" x 1/4"	20.0	164					
Liver									
Beef	3	2 sl. 3" x 2 1/2" x 1 1/2"	17.7	119					
Lamb	3	2 sl. 3 1/2" x 2" x 1 1/2"	18.9	118					
Pork	3	2 sl. 3 1/2" x 2" x 1 1/2"	17.7	116					
Veal	3	2 sl. 3" x 2 1/2" x 1 1/2"	17.1	122					
Sweetbread	4	Pc. 4" x 3" x 3/4"	18.2	216					
Tongue	3	3 sl. 3" x 2" x 3/4"	15.7	191					
Sausages and Cooked Specialties									
Bologna	1	Sl. 4 1/2" dia. x 3 1/2" th.	4.4	65					
Frankfurter	2	2 5/8" dia. x 3 1/2" dia.	9.1	121					
Liver sausage	1	Sl. 3" dia. x 3/4" th.	5.0	77					
Luncheon meat	1	Sl. 4" x 3 1/2" x 3/4"	4.6	81					
Vienna sausage	1	2 pc. 2" lg. x 3 1/2" dia.	5.8	76					
POULTRY									
Chicken									
Liver	3	4 av.	19.9	122					
Roast									
Breast	3	3/4 breast	21.0	110					
Leg	2 1/2	1 av.	14.7	88					
Thigh	2 1/2	1 av.	15.8	95					
Wing	1	1 av.	7.0	37					
Stewed									
Dark meat	3 1/2	3/4 c. (diced)	23.1	139					
Light meat	3	3/4 c. (diced)	20.3	106					
Turkey									
Roast									
Dark meat	3 1/2	Sl. 4" x 3" x 1 1/2"	23.2	177					
Light meat	3 1/2	Sl. 4" x 3" x 1 1/2"	24.5	139					

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults

(Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

MEN

Height	Weight	Ft. In.	
		15-19	20-24
4	11	111	117
5	0	113	119
5	1	115	121
5	2	118	124
5	3	121	127
5	4	124	131
5	5	128	135
5	6	132	139
5	7	136	142
5	8	140	146
5	9	144	150
5	10	148	154
5	11	153	158
6	0	158	163
6	1	163	168
6	2	168	173
6	3	173	178
WOMEN			
Height	Weight	Ft. In.	15-19
5	2	117	120
5	3	120	123
5	4	123	126
5	5	126	129
5	6	130	133
5	7	134	137
5	8	138	141
5	9	141	145
5	10	145	149
5	11	150	153
6	0	155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories	Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Calories
Milk					Lettuce				
Buttermilk	7	1 gl.	7.0	72	Head	3 1/2	1/4 head 4" dia.	1.2	18
Evaporated	4	1/2 c.	8.4	167		1/2	1 leaf	.2	3
Skim	7	1 gl.	7.0	72	Leaf	7/8	2 leaves	.1	2
Whole	7	1 gl.	7.0	138	Mushrooms	3 1/2	5 caps 2 1/4" dia.	2.6	15
Eggs	1 3/5	1 med.	6.4	79	Okra	2	5 pods	1.0	21
POTATOES.					Onions				
White	2	1 small 2 1/2" lg. x 2" dia.	1.2	51	Dried	3	1 onion 2" dia.	1.2	42
VEGETABLES					Green	5/8	3 med.	.2	7
Artichokes	3 1/2	1/2 lge.	2.9	63	Parsley	2	2 sprigs	.1	1
Asparagus	3 1/2	7 stalks 6" long	2.3	27	Pumpkin	3 1/2	1/2 c.	1.2	36
Beans, string	3 1/2	3/5 c.	2.4	42	Radishes	1	3 radishes 1" dia.	.4	7
Beet greens	3 1/2	1/2 c.	2.0	33	Rutabagas	3 1/2	1/2 c.	1.1	41
Beets	3 1/2	2/3 c. or 2 1 1/4" dia.	1.6	46	Sauerkraut	3 1/2	3/5 c.	1.1	18
Broccoli	3 1/2	2 stalks 5" lg.	3.3	37	Spinach	3 1/2	9/4 c.	2.3	25
Brussels sprts.	3 1/2	3/5 c.	4.4	58	Squash	Summer	3 1/2 1/2 c.	.6	19
Cabbage	3 1/2	1/5 hd. 4 1/2" dia.	1.4	29	Winter	3 1/2	1/2 c.	1.5	44
Carrots	3 1/2	2 carrots 5" lg.	1.2	45	Tomatoes				
Cauliflower	3 1/2	3/5 c.	2.4	31	Canned	3 1/2	1/2 c.	1.2	25
Celery	3 1/2	Pc. 8 1/4" lg. or 2 hts.	.2	3	Fresh	3 1/2	1 tomato 2" dia.	1.0	23
Chard, Swiss	3 1/2	1/2 c.	1.4	25	Juice, canned	4	1/2 c.	1.2	28
Chicory	1	10 sm. leaves	.4	7	Turnip greens	3 1/2	3/5 c.	2.9	37
Cucumbers	2	8 sl. 1/2" th.	.4	7	Turnips	White	3 1/2 3/5 c.	1.1	35
Eggplant	2	Sl. 3 1/2" dia. x 3/8" th.	.7	17	Yellow (see rutabagas)				
Endive, French	2	2 stalks	.8	11	PICKLES				
Green pepper	1/2	1/8 c. or pc. 4" x 1 1/4"	.2	4	Olives				
Kohlrabi	3 1/2	5/8 c. (diced)	2.1	36	Green	1/6	1 med.	.1	7

IDEAL WEIGHTS FOR ADULTS*

Ages 25 Years and Over

MEN

Height (With shoes)	Weight in Pounds (As Ordinarily Dressed)		
	Small Ft. In.	Medium Frame	Large Frame
5 2	116-125	124-133	131-142
5 3	119-128	127-136	133-144
5 4	122-132	130-140	137-149
5 5	126-136	134-144	141-153
5 6	129-139	137-147	145-157
5 7	133-143	141-151	149-162
5 8	136-147	145-156	153-166
5 9	140-151	149-160	157-170
5 10	144-155	153-164	161-175
5 11	148-159	157-168	165-180
6 0	152-164	161-173	169-185
6 1	157-169	166-178	174-190
6 2	163-175	171-184	179-196
6 3	168-180	176-189	184-202

WOMEN

Height (With shoes)	Weight in Pounds (As Ordinarily Dressed)		
	Small Ft. In.	Medium Frame	Large Frame
4 11	104-111	110-118	117-127
5 0	105-113	112-120	119-129
5 1	107-115	114-122	121-131
5 2	110-118	117-125	124-135
5 3	113-121	120-128	127-138
5 4	116-125	124-132	131-142
5 5	119-128	127-135	133-145
5 6	123-132	130-140	138-150
5 7	126-136	134-144	142-154
5 8	129-139	137-147	145-158
5 9	133-143	141-151	149-162
5 10	136-147	145-155	152-166

BREAD AND CEREAL PRODUCTS

Cereals				
Bran, whole	3/4	1/4 c.	2.5	67
Cornflakes	1/2	3/5 c.	1.3	56
Farina,	2/3	1/2 c. (sc. 2 T. dry)	2.3	71
enriched	2/3	1/2 c. (3/4 c. dry)	3.1	77
Oatmeal	2/3	1/2 c. (3/4 c. dry)		
Rice	1/3	3/4 c.	.7	36
Puffed	1/3	3/4 c.		
White	1	3/4 c. (2 T. dry)	2.3	105
Wheat	2/3	3/4 c.	2.4	74
Flakes	2/3	3/4 c.	1.2	37
Puffed	1/3	1 biscuit	2.9	103
Shredded	1	1 biscuit		
Breads				
Rye	3/4	Sl. 4" x 3 1/4" x 1/4"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x 1/4"	.6	19
White, enrich	2/3	1 sl. (com'l) thin	1.6	50
Whole wheat	2/3	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	1/2	1 cracker 3" sq.	1.0	54
Saltine	1/2	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2 3/4" x 2 1/2"	.6	25
Zwieback	1/4	1 pc. 3 1/4" x 1 1/4" x 1/4"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0

FRUITS

Apples	3 1/2	1 apple 2 1/4" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3 1/2	3/4 c.	1.2	62
Blueberries	3 1/2	3/4 c.	.6	68
Cantaloupe	4	3/4 melon 5" dia.	.8	29
Cherries, sweet	3 1/2	15 cherries 7/8" dia.	1.2	87
Grapefruit	3 1/2	1/2 med. 3 1/2" dia.	.5	44
Grapes				
Concord	3 1/2	34 av.	1.4	78
Green s'dless	3 1/2	40 sm.	.8	74
Malaga or Tokay	3 1/2	21 av.	.8	74
Honeydew melon	4	1 1/2" sl. 7" melon	.9	48
Oranges	3 1/2	1/2 orange 4" dia.	.9	52
Peaches	3 1/2	1 med.	.5	51
Pears	3 1/2	1 sm.	.7	70
Pineapple	3 1/2	1 sl. 4" dia. x 1/2" th.	.4	58
Plums	2 1/2	1 plum 1 3/4" dia.	.5	39
Raspberries	3	2 1/2 c.	1.1	64
Strawberries	3 1/2	10 strawberries 1" dia.	.8	41
Watermelon	5	1/2 sl. 6" dia. x 3/4" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	1/2 c.	.6	49
Orange	4	1/2 c.	.7	66
Pineapple, can'd	4	1/2 c.	.4	65
Tomato (see vegetables)				

Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture-vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a size that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reusable, or not. If they are reusable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add $\frac{1}{2}$ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use $\frac{1}{4}$ teaspoon ascorbic acid in $\frac{1}{4}$ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

Suggested Maximum Home-Storage Periods To Maintain Good Quality in Purchased Frozen Foods

Food	Approximate holding period at 0° F.	Food	Approximate holding period at 0° F.
Fruits and vegetables		Meat—Continued	
Fruits:		Cooked meat:	
Cherries.....	12	Meat dinners.....	3
Peaches.....	12	Meat pie.....	3
Raspberries.....	12	Swiss steak.....	3
Strawberries.....	12		
Fruit juice concentrates:		Poultry	
Apple.....	12	Chicken:	
Grape.....	12	Cut-up.....	9
Orange.....	12	Livers.....	3
Vegetables:		Whole.....	12
Asparagus.....	8	Duck, whole.....	6
Beans.....	8	Goose, whole.....	6
Cauliflower.....	8	Turkey:	
Corn.....	8	Cut-up.....	6
Peas.....	8	Whole.....	12
Spinach.....	8	Cooked chicken and turkey:	
		Chicken or turkey dinners (sliced meat and gravy).....	6
Baked goods		Chicken or turkey pies.....	6
Bread and yeast rolls:		Fried chicken.....	4
White bread.....	3	Fried chicken dinners.....	4
Cinnamon rolls.....	2		
Plain rolls.....	3	Fish and shellfish	
Cakes:		Fillets:	
Angel.....	2	Cod, flounder, haddock, halibut, pollack.....	6
Chiffon.....	2	Mullet, ocean perch, sea trout, striped bass.....	3
Chocolate layer.....	4	Pacific Ocean perch.....	2
Fruit.....	12	Salmon steaks.....	2
Pound.....	6	Sea trout, dressed.....	3
Yellow.....	6	Striped bass, dressed.....	3
Danish pastry.....	3	Whiting, drawn.....	4
Doughnuts:		Shellfish:	
Cake type.....	3	Clams, shucked.....	3
Yeast raised.....	3	Crabmeat:	
Pies (unbaked):		Dungeness.....	3
Apple.....	8	King.....	10
Boysenberry.....	8	Oysters, shucked.....	4
Cherry.....	8	Shrimp.....	12
Peach.....	8	Cooked fish and shellfish:	
		Fish with cheese sauce.....	3
Meat		Fish with lemon butter sauce.....	3
Beef:		Fried fish dinner.....	3
Hamburger or chipped (thin) steaks.....	4	Fried fish sticks, scallops, or shrimp.....	3
Roasts.....	12	Shrimp creole.....	3
Steaks.....	12	Tuna pie.....	3
Lamb:			
Patties (ground meat).....	4		
Roasts.....	9		
Pork, cured:			
Pork, fresh:			
Chops.....	4		
Roasts.....	8		
Sausage.....	2		
Veal:			
Cutlets, chops.....	9		
Roasts.....	9		
		Frozen desserts	
		Ice cream.....	1
		Sherbet.....	1

How To Convert To Metric System

	WHEN YOU KNOW:	YOU CAN FIND:	IF YOU MULTIPLY BY:*
LENGTH	inches	millimeters	25
	feet	centimeters	30
	yards	meters	0.9
	miles	kilometers	1.6
AREA	square inches	square centimeters	6.5
	square feet	square meters	0.09
	square yards	square meters	0.8
	square miles	square kilometers	2.6
MASS	ounces	grams	28
	pounds	kilograms	0.45
LIQUID VOLUME	ounces	milliliters	30
	pints	liters	0.47
	quarts	liters	0.95
	gallons	liters	3.8
TEMP.	degrees Fahrenheit	degrees Celsius	5/9 (after subtracting 32)

- Metric weights and measures go up (and down) by tens.

Here are some examples :

kilo means a thousand.

Example : a kilometre is a thousand metres.

centi means a hundredth.

Example : a centimetre is a hundredth of a metre.

milli means a thousandth.

Example : a millimetre is a thousandth of a metre.

metre for length

litre for liquids

kilogram for weighing

°C for temperature

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	= 1 tablespoon	15 ml
4 tablespoons	60 ml	= ¼ cup	60 ml
5-1/3 tablespoons	79 ml	= 1/3 cup	79 ml
8 tablespoons	118 ml	= ½ cup	118 ml
16 tablespoons	237 ml	= 1 cup	237 ml
1 fluid ounce	30 ml	= 2 tablespoons	30 ml
8 fluid ounces	237 ml	= 1 cup	237 ml
16 fluid ounces	473 ml	= 2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	= 4 cups or 1 quart	946 ml

Food

1 cup butter or margarine	237 ml	= ½ pound	227 g
1 cup Cheddar cheese grated	237 ml	= ¼ pound	114 g
1 cup eggs	237 ml	= 4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	= ¼ pound	114 g
1 envelope of gelatin (unflavored)		= ¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	= ½ pound	227 g
1 medium lemon (juice)		= 1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	= ¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l

To Remove **STAINS** From Washables

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.

NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover.

CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

*To Remove **STAINS** From Washables*

EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

INK—BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

INK—FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.

If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains.

CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.

NOTE: Mildew is very hard to remove; treat promptly.

To Remove **STAINS** From Washables

MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

PAINT

—oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

—water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

RUST

Soak in lemon juice and salt or oxalic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

SCORCH

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

CAUTION: Severe scorching cannot be removed because of fabric damage.

SOFT DRINKS

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

TEA

Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

Words

The six most important words in the English language:
I admit I made a mistake.

The five most important words: You did a good job.

The four most important words: What is your opinion?

The three most important words: If you please.

The two most important words: Thank you.

The one most important word: We.

The one least important word: I.

More Words

Happiness is like potato salad — when you share it with others, it's a picnic.

Just about the time you think you can make ends meet, somebody moves the ends.

Be careful how you live — you may be the only bible some people read.

A recipe that is not shared with others will soon be forgotten but when it's shared, it will be enjoyed by future generations.

Birthdays

Monday's child is fair of face,
Tuesday's child is full of grace,
Wednesday's child is loving and giving,
Thursday's child works hard for a living.

Friday's child is full of woe,
Saturday's child has far to go,
But the child that is born on the Sabbath day
Is brave and bonny, and good and gay.

PERPETUAL CALENDAR

SHOWING THE DAY OF THE WEEK FOR ANY DATE BETWEEN 1700 AND 2499

Year of the Century		Centuries				Month		Dominical Letter						
		1700, 2100	1800, 2200	1900, 2300	2000, 2400			A	B	C	D	E	F	G
0	*28	*56	*84	C	E	G	A							
1	29	57	85	B	D	F								
2	30	58	86	A	C	E	G							
3	31	59	87	G	B	D	E							
*4	*32	*60	*88	E	G	B	C							
5	33	61	89	D	F	A	B							
6	34	62	90	C	E	G	A							
7	35	63	91	B	D	F	G							
*8	*36	*64	*92	G	B	D	E							
9	37	65	93	F	A	C	D							
10	38	66	94	E	G	B	C							
11	39	67	95	D	F	A	B							
*12	*40	*68	*96	B	D	F	G							
13	41	69	97	A	C	E	F							
14	42	70	98	G	B	D	E							
15	43	71	99	F	A	C	D							
*16	*44	*72		D	F	A	B							
17	45	73		C	E	G	A							
18	46	74		B	D	F	G							
19	47	75		A	C	E	F							
*20	*48	*76		F	A	C	D							
21	49	77		E	G	B	C							
22	50	78		D	F	A	B							
23	51	79		C	E	G	A							
*24	*52	*80		A	C	E	F							
25	53	81		G	B	D	E							
26	54	82		F	A	C	D							
27	55	83		E	G	B	C							

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper *Day of the Month* and at the intersection you will find the *Day of the Week*.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For January 1, 1876, the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.

FIRST AID FOR POISONING

In ALL cases it is important to get the poison out or to dilute the poison. REMEMBER — If anyone swallows poison it is an emergency. (Any non-food substance is a potential poison). Always call for help promptly.

CALL YOUR PHYSICIAN OR POISON CENTER PROMPTLY

SWALLOWED POISONS

1. Make patient vomit, if so directed, BUT NOT IF:

- Patient is unconscious or is having fits.
- Swallowed poison is a strong corrosive such as acid or lye. Give liquids.
- Swallowed poison contains kerosene, gasoline, lighter fluid, furniture polish or other petroleum distillates (unless it contains dangerous insecticides as well, which must be removed). Give liquids.

2. Directions for making patient vomit (if physician orders):

- Give one tablespoonful (one-half ounce) of Syrup of Ipecac for child one (1) year of age, plus at least one cup of water. If no vomiting occurs after 20 minutes, this dose may be repeated one time only.
- If no Syrup of Ipecac is available, give water and then try to make patient vomit by gently tickling back of throat with spoon or similar blunt object. Place patient in spanking position when vomiting begins.

3. Do not waste time waiting for vomiting, but transport patient, if indicated, to a medical facility. Bring package or container with intact label and any vomited material.

EYE OR SKIN CONTACT — Wash thoroughly with tap water.

INHALATION — Remove from exposure to fumes.

CALL FOR HELP PROMPTLY

These common household substances are poisonous:

Group 1

Induce Vomiting

- alcohol
- ammonia
- bleaches
- cosmetics (including nail polish, hair sprays, and permanent wave solutions)
- detergents
- fertilizers
- medicines (including aspirin)

Group 2

Do Not Induce Vomiting

- fuel oils
- furniture polishes and waxes
- kerosene, gasoline, lighter fluid
- lye and other caustics
- paint removers
- paints
- paint thinners, turpentine
- pesticides
- weed killers

FIRST AID IN HOUSEHOLD EMERGENCIES



POISONING: When a poison has been taken internally, start first aid at once. Call doctor immediately.

● **Dilute** poison with large amounts of liquids — milk, or water.

● Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.

● For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.

● For alkali poisons such as lye or ammonia, do not induce vomiting.

● Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.

● If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.

● If breathing stops, give artificial respiration.

SHOCK: Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call ambulance immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

● Keep victim lying down, preferably with head lower than body.

● Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)

● Never give liquid to an unconscious person. Patient must be alert.

● Cover victim both under and around his body.

● Do not permit victim to become abnormally hot.

● Reassure victim and avoid letting him see other victims, or his own injury.

● Fainting is most common and last form of shock. Patient will respond in 30-60 seconds by merely allowing patient to lie head down if possible on floor.

FRACTURES: Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

BURNS: Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an antiseptic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

● If burn case must be transported any distance, cover burns with clean cloth.

● Don't dress extensive facial burns. (It may hinder early plastic surgery.)

WOUNDS: **Minor Cuts**—Apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. **Puncture Wounds**—Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

ANIMAL BITES: Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

HEAT EXHAUSTION: Caused by exposure to heat or sun. Symptoms: Pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

Treatment: Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp. salt to 1 glass water) $\frac{1}{2}$ glass every 15 minutes. Call doctor.

GENERAL DIRECTIONS FOR FIRST AID

1. Effect a prompt rescue.

2. Maintain an open airway.

3. Control severe bleeding by direct pressure over bleeding site. No tourniquet.

4. Give First Aid for poisoning.

5. Do not move victim unless it is necessary for safety reasons.

6. Protect the victim from unnecessary manipulation and disturbance.

10. Carry out the indicated First Aid.

Where to look in the Bible

when

Anxious for dear ones—*Ps. 121; Luke 17.*
Business is poor—*Ps. 37, 92; Eccl. 5.*
Discouraged—*Ps. 23, 42, 43.*
Everything seems going from bad to worse—*II Tim. 3; Heb. 13.*
Friends seem to go back on you—*Matt. 5; I Cor. 13.*
Sorrow overtakes you—*Ps. 46; Matt. 28.*
Tempted to do wrong—*Ps. 15, 19, 139; Matt. 4; James 1.*
Things look "blue"—*Ps. 34, 71; Isa. 40.*
You seem too busy—*Eccl. 3:1-15.*
You can't go to sleep—*Ps. 4, 56, 130.*
You have quarreled—*Matt. 18; Eph. 4; James 4.*
You are weary—*Ps. 95:1-7; Matt. 11.*
Worries oppress you—*Ps. 46; Matt. 6.*

If you

Are challenged by opposing forces—*Eph. 6; Phil. 4.*
Are facing a crisis—*Job 28:12-28; Prov. 8; Isa. 55.*
Are jealous—*Ps. 49; James 3.*
Are impatient—*Ps. 40, 90; Heb. 12.*
Are bereaved—*I Cor. 15; I Thess. 4:13-5:28; Rev. 21, 22.*
Are bored—*II Kings 5; Job 38; Ps. 103, 104; Eph. 3.*

when

Desiring inward peace—*John 14; Rom. 8.*
Everything is going well—*Ps. 33:12-22; 100; I Tim. 6; James 2:1-17.*
Satisfied with yourself—*Prov. 11; Luke 16.*
Seeking the best investment—*Matt. 7.*
Starting a new job—*Ps. 1; Prov. 16; Phil. 3:7-21.*
You have been placed in a position of responsibility—*Joshua 1:1-9; Prov. 2; II Cor. 8:1-15.*
Making a new home—*Ps. 127; Prov. 17; Eph. 5; Col. 3; I Peter 3:1-17; I John 4.*
You are out for a good time—*Matt. 15:1-20; II Cor. 3; Gal. 5.*
Wanting to live successfully with your fellowmen—*Rom. 12.*

to find

The Ten Commandments—*Exo. 20; Deut. 5.*
The Shepherd Psalm—*Ps. 23.*
The Birth of Jesus—*Matt. 1, 2; Luke 2.*
The Beatitudes—*Matt. 5:1-12.*
The Lord's Prayer—*Matt. 6:5-15; Luke 11:1-13.*
The Sermon on the Mount—*Matt. 5, 6, 7.*
The Great Commandments—*Matt. 22:34-40.*
The Great Commission—*Matt. 28:16-20.*
The Parable of the Good Samaritan—*Luke 10.*
The Parable of the Prodigal Son—*Luke 15.*
The Parable of the Sower—*Matt. 13; Mark 4; Luke 8.*
The Last Judgment—*Matt. 25.*
The Crucifixion, Death and Resurrection of Jesus—*Matt. 26, 27, 28; Mark 14, 15, 16; Luke 22, 23, 24; John, Chapters 13 to 21.*
The Outpouring of the Holy Spirit—*Acts 2.*

If you

Bear a grudge—*Luke 6; II Cor. 4; Eph. 4.*
Have experienced severe losses—*Col. 1; I Peter 1.*
Have been disobedient—*Isa. 6; Mark 12; Luke 5.*
Need forgiveness—*Matt. 23; Luke 15; Philemon.*
Are sick or in pain—*Ps. 6, 39, 41, 67; Isa. 26.*

when you

Feel your faith is weak—*Ps. 126, 146; Heb. 11.*
Think God seems far away—*Ps. 25, 125, 138; Luke 10.*
Are leaving home—*Ps. 119; Prov. 3, 4.*
Are planning your budget—*Mark 4; Luke 19.*
Are becoming lax and indifferent—*Matt. 25; Rev. 3.*
Are lonely or fearful—*Ps. 27, 91; Luke 8; I Peter 4.*
Fear death—*John 11, 17, 20; II Cor. 5; I John 3; Rev. 14.*
Have sinned—*Ps. 51; Isa. 53; John 3; I John 1.*
Want to know the way of prayer—*I Kings 8:12-61; Luke 11, 18.*
Want a worshipful mood—*Ps. 24, 84, 116; Isa. 1:10-20; John 4:1-45.*
Are concerned with God in national life—*Deut. 8; Ps. 85, 118, 124; Isa. 41:8-20; Micah 4, 6:6-16.*

Favorite Family Recipes



Expression of Appreciation

Margaret Grunder and Lois Erbstein
wish to thank all who have helped in
the preparation of this cook book by
way of sharing their favorite recipes
with us.

We hope that everyone has as much
fun using it as we have had putting it
together for you.

APPETIZERS,
PICKLES, RELISH

SOUPS, SALADS,
DRESSINGS, SAUCES

MAIN DISHES—
MEAT, SEAFOOD,
POULTRY

MAIN DISHES—
EGG, CHEESE,
SPAGHETTI, CASSEROLE

VEGETABLES

BREAD, ROLLS,
PIES, PASTRY

CAKES, COOKIES,
ICINGS

DESSERTS

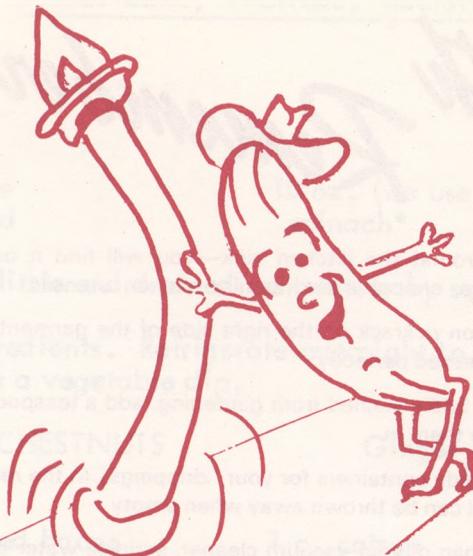
CANDY, JELLY,
JAM, PRESERVES

BEVERAGES,
MISCELLANEOUS

A PERSONALIZED COOK BOOK
IS A GIFT THAT'S APPRECIATED
FOR ALL OCCASIONS

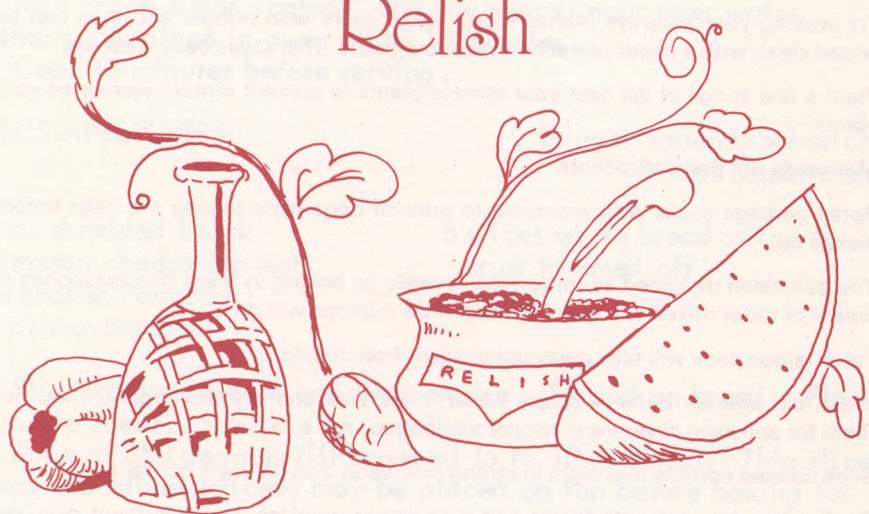


ORDER SEVERAL
FOR GIFTS
WHILE THEY ARE STILL AVAILABLE



APPETIZERS

Pickles & Relish



Worth Remembering

Keep a toothbrush around the kitchen sink—you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather you wash them in.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

To whiten laces, wash them in sour milk.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Marigolds will prevent rodents.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

Fresh lemon juice will take away onion scent from hands.

Wash old powder puffs in soapy water, rinse well and dry thoroughly. Then use them for polishing silverware, copper and brass.

Soak colored cottons overnight in strong salt water and they will not fade.

To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

APPETIZERS, PICKLES, RELISH

SPINACH DIP

Carolyn Kelly
Accessories

1 pt. mayonnaise
1 onion, chopped

10 oz. (we use frozen) chopped
spinach*

*Cooked a little and drained completely by squeezing out all water.

Mix all ingredients. Refrigerate overnight to blend flavors before serving as a vegetable dip.

DON'S WATER CHESTNUTS

Ginger Ireland-Schuricht
Bridal Department

1 lb. thinly-sliced bacon
2 cans water chestnuts
1 c. brown sugar, packed

1 c. catsup
dash soy sauce

Cut each strip of bacon in half lengthwise, then into thirds. Cut each large water chestnut in half. Wrap water chestnuts in bacon, and secure with toothpick.

Bake in a baking dish at 375 degrees for 30 minutes. Drain off grease.

Mix brown sugar, catsup, and soy sauce; pour over water chestnuts. Replace in oven 10 to 15 minutes.

Cool 10 minutes before serving.

DON'S APPETIZERS

Ginger Ireland-Schuricht
Bridal Department

1/2 c. shredded block
Parmesan cheese (do not
use shaker Parmesan)
1/2 c. mayonnaise

6 slices white bread with
crust trimmed off
paprika

Stir together cheese and mayonnaise. Spread on bread. Place on cookie sheet. Sprinkle on paprika.

Bake at 350 degrees till browned (5 to 10 minutes). Thin slices of ham and olives (sliced) may be placed on top before baking for variation.

SHRIMP DIP

Lois Erbstein
Jewelry

1 (8 oz.) carton sour cream	salt and pepper
1 (8 oz.) pkg. cream cheese	red pepper to taste
1/2 c. chopped celery	juice of 1 lemon
1/2 c. chopped onion	2 (4 1/2 oz.) cans shrimp

Blend sour cream and cream cheese until smooth. Fold in celery and onion. Add salt, pepper, and lemon juice. Mash shrimp with fork and add to mixture. Refrigerate several hours before serving.

Serve with crackers. Can be prepared two days in advance.
Makes one quart.

CRABBIES BY NANCY

Lois Erbstein
Jewelry

Mix together:

1 stick margarine or butter	7 oz. can crab meat
1 1/2 tsp. mayonnaise	1 jar Kraft Old English cheese
1/2 tsp. garlic salt	spread
1/2 tsp. Lawry's salt	

Spread above mixture on English muffins (halves or quarters). Place under broiler until melted and bubbly.

TACO DIP

Cathy Walsh
Accessories

Spread 1 small can refried beans in center of large platter; top with 1 package taco seasoning and 8 oz. sour cream (mix together). On top of this, put container of guacamole dip (found in freezer section of store; let thaw first). Sprinkle with grated cheddar cheese, lettuce, sliced ripe olives, and pieces of tomato.

Place plain taco chips around outside, and serve as dip or appetizer.

REFRIGERATOR PICKLE SLICES

LaVonne Neerland

Pack a gallon jar full of sliced cukes and 3 onions (sliced). Mix the following, and add to above in jar:

4 c. sugar	1 1/2 tsp. turmeric
4 c. dark vinegar	1 1/2 tsp. celery seed
1/2 c. salt	1 1/3 tsp. mustard seed

Will keep in refrigerator 9 to 12 months.

HOT TACO DIP

Sandie Pray
Pantry

Melt 1 big box Velveeta in double boiler. Brown:

1 lb. ground beef or pork
1 chopped onion

1 chopped green pepper
2 cloves garlic

Drain. Add to melted cheese and add:

1 jar picante sauce or 1 can
chopped Ro-Tel tomatoes
with chilies
1 can chopped green chilies

1 tsp. ground cumin
1 Tbsp. chili powder
1 tsp. oregano
1/2 tsp. red pepper

Keep in double boiler 1 hour to flavor cheese after combining all.

CREAMY BEEF DIP

Mary Shearer
Floater

1 (3 oz.) pkg. dried beef
2 tsp. vinegar
1 tsp. Worcestershire sauce
1 (8 oz.) pkg. softened cream cheese

1/2 tsp. onion or garlic powder
1/2 c. mayonnaise or salad dressing
1/4 c. chopped green pepper

Cut dried beef into small pieces. Combine all ingredients, and mix well. Heat in small ceramic dish or casserole in oven or microwave until hot, 3 to 4 minutes.

Serve hot with fresh vegetables or chips. Can be chilled and used as spread for crackers.

CHEESE BALL

Kim Rule

1 (8 oz.) pkg. Philadelphia cream cheese
2 (8 oz.) pkgs. creamed cheddar cheese
1/2 tsp. Worcestershire sauce

1/4 tsp. salt
1/4 tsp. seasoning salt
1 Tbsp. grated onion
1/2 c. finely-chopped pecans
4 tsp. dry sherry

Roll in paprika, and chill for 4 hours.

SHRIMP DIP

Al Dutlinger
Shoe Department

2 (8 oz.) pkgs. cream cheese
6 Tbsp. catsup
6 Tbsp. mayonnaise

3 Tbsp. onion, chopped
1 small pkg. shrimp (frozen
cocktail size)

Clean and devein shrimp. Put all in blender; blend. Chill and serve with chips or crackers.

CIGARS (MAKE AHEAD AND FREEZE FOR ANY OCCASION)

CD

4 loaves white thin sandwich
bread
3 (8 oz.) pkgs. cream cheese
2 squares blue cheese

1 1/2 Tbsp. garlic powder
2 eggs
2 lbs. margarine or butter

Take crust off bread, and roll with rolling pin on both sides. Put back in original bags and tie tight so bread does not dry out.

Take cream cheese, blue cheese, and eggs at room temperature and mix together with garlic powder.

Melt margarine and paint it on each side of bread with paint brush, preferably. Take one piece at a time and put cheese mixture at end of bread, and roll up. Put on cookie sheet (you will need plenty of cookie sheets).

Cover and freeze. Bring out when needed.

HANKY PANKY SNACKS

Margaret Grunder
Linens

1 1/2 lbs. ground beef

1/2 c. milk

1 c. chopped onion

1/4 c. ketchup

8 oz. pkg. cream cheese at
room temperature

1 tsp. salt

1 c. condensed cream of mushroom soup

cocktail rye bread or crackers

Cook meat and onions in skillet until beef is browned; drain off fat. Beat cheese, soup, milk, and ketchup and salt together until smooth. Add to meat mixture, combining well.

Spread on bread or crackers on baking sheet, and place in 350 degree oven until heated through. Serve warm.

Freeze well.

OLIVE SPREAD

Bev Chapman
China

1 stick butter (soft)
1 (8 oz.) pkg. Philadelphia
cream cheese (soft)
1 small can chopped black olives, drained

1 small bottle chopped green
stuffed olives, drained
1/4 tsp. garlic powder

Mix into a ball. Delicious for crackers or rye bread.

VEGETABLE DIP

Barb Shoeman
Lingerie

1 c. Hellmann's mayonnaise
1 c. sour cream
1 tsp. dill seed
1 tsp. parsley flakes

1 tsp. seasoned salt
1 tsp. onion flakes
little garlic salt

Good for any vegetable to dip in.

BREAD DIP

Barb Shoeman
Lingerie

1 c. Hellmann's mayonnaise
1 c. sour cream
2 tsp. Beau Monde seasoning

2 tsp. dill weed
2 Tbsp. parsley flakes
2 Tbsp. onion flakes, chopped

Mix all together. Break off pieces of dark Swedish rye or
bucket rye and dip.

WALNUT CHEESE BALL

Raedean Briggs

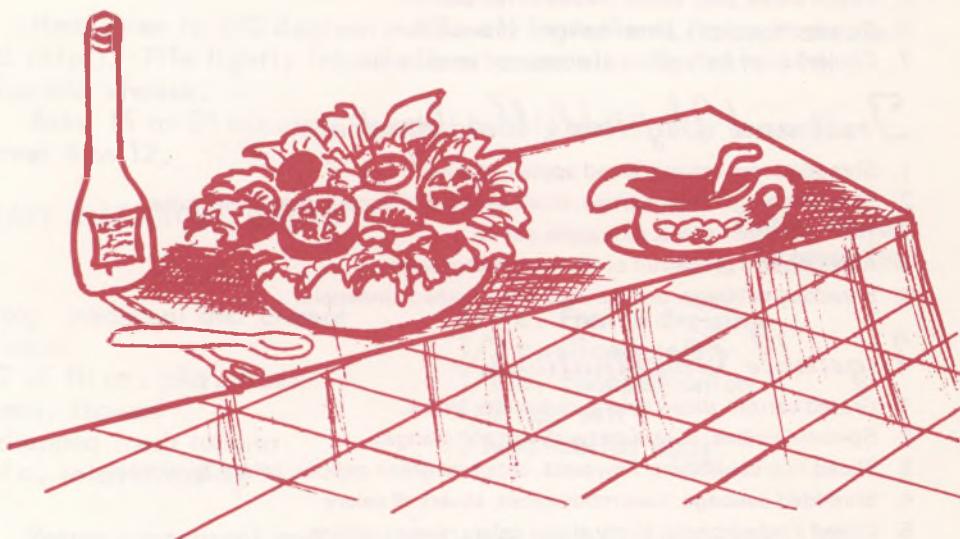
1 (8 oz.) sharp cheddar
cheese, shredded
1 (3 oz.) pkg. cream cheese,
softened
2 tsp. chopped sweet pickle

2 tsp. mayonnaise
1 tsp. mustard
1/2 c. chopped walnuts

Beat cheese and cream cheese together until well blended.
Mix in next four ingredients. Chill until firm enough to shape into
a ball. Roll in nuts to coat. Chill about 12 hours before serving.
Easy to make! Makes one 4 inch ball.

Write your extra recipes here:

soups salads sauces & dressing



Salads and Salad Dressings



For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and Chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and Vegetable Combinations

1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable Combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.

SOUPS, SALADS, SAUCES, DRESSINGS

VEGETABLE MARINADE

Lois Erbstein
Jewelry

2 lbs. carrots (canned)	1 Tbsp. Worcestershire sauce
1 green pepper, thinly sliced	1 tsp. dry mustard
1 large onion, thinly sliced	1 c. sugar
any other vegetable except soft ones (i.e., tomatoes)	1/2 c. vinegar
1 can Campbell's tomato soup	3/4 c. oil
	salt to taste

Bring the marinade ingredients to a boil; pour over vegetables while hot.

Marinate 24 hours and serve hot or cold.

HOT CHICKEN SALAD

Thelma Wignall
Dresses

3 c. cooked chicken, diced	2 (4 oz.) cans mushrooms and juice
1 1/2 c. noodles (uncooked)	1 Tbsp. grated onion
3 c. celery, chopped	1 1/2 c. mayonnaise
2 Tbsp. lemon juice	3/4 c. grated cheddar cheese
1 tsp. salt	crushed potato chips
3/4 c. slivered almonds or water chestnuts	

Heat oven to 450 degrees. Mix all ingredients (except cheese and chips). Pile lightly into shells or casserole. Sprinkle with chips and cheese.

Bake 15 to 20 minutes, or until bubbly and lightly browned.
Serves 8 to 12.

KRAFT MACARONI SALAD

Cathy Walsh
Accessories

1 pkg. macaroni and cheese dinner	1/4 c. French dressing
1/2 of 10 oz. pkg. frozen peas, thawed	1/2 c. sliced celery
1 chopped fresh tomato	1/2 c. chopped onion
3/4 c. salad dressing	1/2 tsp. salt
	3 hard-boiled eggs

Prepare macaroni and cheese dinner per box directions. Add remaining ingredients, and cool.

Serve on lettuce leaf.

TWENTY-FOUR HOUR FRUIT SALAD

LaVonne Neerland

1 can pineapple tidbits
1 lb. green grapes

1 lb. miniature marshmallows
1/4 c. nut meats

Dressing:

yolks of 3 eggs
juice of 2 lemons

2 Tbsp. sugar
1/4 c. half and half

Cook and mix; cool. Fold into 1 pint cream (whipped). Mix with fruit, and refrigerate overnight.

Add nuts just before serving.

POTPOURRIE VEGETABLE SALAD

LaVonne Neerland

1 1/2 c. white vinegar
1 c. salad oil
2 c. sugar

6 tsp. salt
1/4 tsp. pepper

Combine and bring to a boil; cool and pour over vegetables. Mix gently; marinate 24 hours.

1 (16 oz.) can French
cut green beans, drained
1 large onion, chopped
1 green pepper, chopped
1 (16 oz.) can bean sprouts,
drained
1 (4 oz.) can mushroom bits,
drained
1 (12 oz.) can white whole kernel
corn, drained

1 (2 oz.) jar pimento, chopped
1 c. sliced celery
1 small head cauliflower, broken
in small pieces
3 large raw carrots, shredded
1 (8 oz.) can water chestnuts,
sliced thin and drained
1 (15 oz.) can garbanzo beans
(chick peas), drained

SUE'S SPINACH SALAD

LaVonne Neerland

spinach (big bunch)
can each bean sprouts,
water chestnuts

hard-boiled eggs
bacon (crisp and crumbled)

Dressing:

1/2 c. oil
1/4 c. vinegar
1/3 c. catsup

3/4 c. brown sugar
1 Tbsp. Worcestershire sauce
1/3 c. chopped onion

Mix or shake together and serve over spinach mixture just before

serving. Dressing stores well.

SHRIMP MACARONI SALAD

LaVonne Neerland

1 1/2 Tbsp. lemon juice
1 Tbsp. vegetable oil
1 c. (elbow) or 1 1/2 c.
(shell) cooked macaroni
1 1/2 c. diced cooked
shrimp

2 hard-boiled eggs, diced
2 Tbsp. chopped green pepper
1/2 c. chopped celery, tomato,
and green onion
1/4 c. chopped stuffed
olives

Mix lemon juice and vegetable oil. Combine with macaroni. Marinate in refrigerator several hours; stir occasionally. Fold in shrimp and vegetables, and mix well. Blend:

2 Tbsp. cultured sour cream
1/2 tsp. salt

1/4 c. mayonnaise

Fold into macaroni-vegetable mixture; serve on greens. Makes 4 to 6 main dish servings.

Ham substitutes well for the shrimp.

MARY'S ROQUEFORT DRESSING

Mary Shearer
Floater

1 qt. mayonnaise
1 large onion, chopped fine

1 small wedge Roquefort cheese
1 wedge blue cheese

Crumble cheese fine. Mix with mayonnaise and onion. Add enough milk to thin to dressing consistency.

Add salt and pepper to taste

CHERRY JELLO SALAD

Keith Meyer
Draperies

In a large bowl, combine:

1 pkg. cherry Jello

2 c. boiling water

Dissolve. Add 1 cup cold water, and allow to partially set. Then add:

1 can cherry pie filling

1/2 c. crushed pineapple

Mix well; pour into a 9 x 12 inch glass dish. Chill and serve. May top with whipped cream.

TERIYAKI MARINADE

Kathleen Oritz

2 c. soy sauce	2 tsp. Accent
1 c. brown sugar	1 tsp. pepper
1/2 olive oil or salad oil	8 cloves garlic, minced
4 Tbsp. grated fresh ginger (best) or 4 tsp. ground ginger	

I put everything in the blender and mix. Can be kept in the refrigerator.

Great for shish kebobs, chicken, hamburgers, steaks.

LO-CAL FRUIT SALAD

Patti Anderson
Pantry

Note: 1/2 cup = 1 fruit exchange for diabetics.

Sauce:

1/3 c. low fat or skim milk	1 Tbsp. cornstarch
dash salt or substitute	juice from 20 oz. can unsweetened pineapple (crushed)
1 Tbsp. Miracle Whip	

Mix ingredients in order till thoroughly blended. Cook over medium heat till thick. Cool while preparing fruits.

1 large or 2 medium diced peaches	1 (11 oz.) can drained mandarin oranges
1 large or 2 medium diced apples	

Or -

2 medium sectioned oranges	20 oz. can drained pineapple
1 medium diced pear	1/2 c. nuts (optional, but not for diabetics)
1/2 c. celery, chopped fine	
24 red grapes, halved and seeded	

Mix fruit well. Pour sauce over, and mix well (but gently). Yields 10 to 12 servings.

BLEU CHEESE DRESSING

Patti Anderson
Pantry

1 c. sour cream	pinch of garlic powder
2 c. mayonnaise	pinch of ginger (optional)
1 tsp. Worcestershire sauce	2 oz. bleu cheese
1 tsp. lemon juice	

Combine; blend by hand. Let stand (covered) in refrigerator one week (may use sooner, but best if stored one week before use).

FRUIT AND CHEESE SALAD

Nancy Gross

1 can pineapple	1/2 c. mayonnaise
1 (3 oz.) pkg. lemon Jello	1 (5 oz.) jar pimento spread
1 c. hot water	1 c. grated carrots

Drain pineapple; reserve 3/4 cup syrup. Dissolve Jello in hot water; add cheese and mayonnaise, and beat until smooth. Stir in reserved syrup, carrots, and pineapple.

Mold and chill.

TACO SALAD

Marilyn H.

1 can pinto beans, drained	1 diced Bermuda onion
1 to 2 lbs. ground beef, cooked, drained and cooled	6 oz. grated cheddar cheese
2 tomatoes, cut up	1 (8 oz.) bottle Russian dressing
1 large head lettuce	1 (5 1/2 oz.) bag taco Doritos, broken up
1 diced avocado	

Brown and drain meat and cool. Add other ingredients, and toss with dressing. Add some chips on top.

SEVEN LAYER SALAD

Marilyn H.

Put in glass dish in layers. Chill 24 hours.

1 head shredded lettuce	1 pkg. tiny green onions, diced
1 box frozen peas (uncooked)	1 pt. jar Kraft mayonnaise
10 slices crisp cooked bacon, crumbled	1 1/2 c. shredded cheddar cheese on top
4 boiled eggs, sliced	

ORANGE JELLO MOLD

Bev Chapman
China

2 small pkgs. orange Jello	2 cans mandarin oranges
2 c. boiling water	1 pt. orange sherbet

Save the juice from the mandarin oranges, and drain into measuring cup. Add enough water to this juice to make 1 cup of liquid.

Put the Jello in mixing bowl. Pour boiling water and juice from (Cont.)

oranges into Jello, and mix very well. Add 1 pint sherbet to the above mixture; mix until all the sherbet is dissolved.

Pour into mold and add the oranges, and some maraschino cherries for color.

FROZEN STRAWBERRY SALAD

Shirley B. VanDeventer

2 (3 oz.) pkgs. cream cheese
2 Tbsp. lemon juice
1 1/2 c. whipped cream or
Cool Whip
1/2 c. sugar

2 c. fresh sliced strawberries
(or frozen)
1 small can crushed pineapple,
drained
1 c. small marshmallows

Soften cream cheese with lemon juice. Combine with whipped cream. Add sugar with fruit to marshmallows; mix.

Pour into three round pint ice cream containers and freeze until firm.

Slice and place on lettuce leaves. Garnish with whipped cream and fresh strawberry (optional).

LEMON JELLO SALAD

Kim Rule

1 large or 2 small pkgs.
lemon Jello

2 c. 7-Up

Mix all together, and pour into an 8 x 8 inch pan. Cut up 2 to 3 bananas. Add 1 cup drained crushed pineapple to Jello; save 1 cup pineapple juice (if not a full cup, finish with water). Let Jello set.

Cook as follows until thick:

1 c. juice
2 Tbsp. flour

1/2 c. sugar
1 egg, beaten

Cool; fold in 1 tablespoon butter and 1 cup whipped cream or whipped topping.

Spread on top of firmly set Jello, and finish off with light layer of finely-grated American cheese.

GREEN BEAN SALAD

Dorothy Cushing
Gift Department

1 can green beans
1 can wax beans

1 can kidney beans

Drain and cut into 1 inch pieces. Mix:

3/4 c. sugar
1/2 c. vinegar
1/2 c. salad oil
1 small onion, minced

1/2 c. green pepper
1 tsp. salt
1 tsp. pepper

Combine in jar, and shake well. Then pour over the beans. Let stand at least one day in refrigerator.

SEVEN LAYER SALAD

Kim Rule

1 large head lettuce, torn
chopped celery to taste
1 c. Miracle Whip mixed
with 4 tsp. sugar

chopped onion to taste
1 box frozen peas
5 to 6 strips crisp bacon or
bacon bits, crumbled

Sprinkle Parmesan cheese on top. Mix and cover with Saran Wrap. Refrigerate from 2 to 24 hours ahead of time for serving.

BURNT BUTTER SAUCE FOR SPAGHETTI OR MOSTOCCIOLI

CD

1 lb. grated Romano cheese
1 lb. spaghetti or mostaccioli

2 sticks butter

Salt water well for spaghetti. Melt butter in frypan, and watch it. It must begin to burn before pouring over hot spaghetti. Sprinkle cheese over melted butter over spaghetti. Save some cheese for table to use individually.

SPAGHETTI SAUCE WITH MEAT

Mary Ernst
Budget

2 lbs. ground chuck
1 medium onion
3 cloves garlic, minced
2 tsp. oregano (or to taste)
2 (6 oz.) cans tomato paste
1 1/2 cans water
5 cans tomato sauce
2 Tbsp. Prestes for spaghetti (Naples style)

1 Tbsp. garlic salt
2 tsp. salt
1 tsp. pepper
2 tsp. sugar
1 large can tomatoes, chopped
2 small cans mushrooms

Brown meat, onion, and garlic together; add spices. Stir in chopped tomatoes. Add tomato paste and water, tomato sauce, and mushrooms.

Cook slowly for 1 1/2 hours, or until thick. Pour over or mix with hot cooked spaghetti.

FIVE CUP SALAD

1 c. miniature marshmallows
1 c. coconut
1 c. mandarin oranges

Mix and chill.

PECAN AND PEAR SALAD

1 (No. 303) can pears
1 small pkg. lime Jello
2 (3 oz.) pkgs. cream cheese
1 1/2 c. Cool Whip

1 c. chunk pineapple
1 c. sour cream

Jackie Johnson
Better Sportswear

1/3 c. chopped pecans
1/2 c. chopped drained maraschino cherries
1 Tbsp. lemon juice

Drain juice from pears. Heat 1 cup of juice, and dissolve Jello in this. Beat cheese into this mixture. Fold mashed pears in; chill until syrupy. Fold in Cool Whip, nuts, cherries, and lemon juice. Chill.

Use 8 inch pan.

STRAWBERRY SALAD

6 oz. pkg. strawberry Jello
1 1/3 c. boiling water
1 (6 oz.) pkg. frozen strawberries, partially thawed

20 oz. can crushed pineapple
2 mashed bananas
12 oz. carton sour cream

Joyce White

In large bowl, dissolve Jello in boiling water; add strawberries and stir till thawed. Add undrained pineapple and bananas. Mix well; pour 1/2 Jello mixture in baking dish. Refrigerate until firm (leave other out).

When firm, spread sour cream on top. Pour rest of Jello over, and refrigerate for at least four hours.

HOLIDAY SALAD

2 pkgs. lemon Jello

Margaret Grunder
Linens

3 c. hot water

Set like egg white. Add:

2 pkgs. Dream Whip (or 1 large carton)
1 c. grated cheese
1 medium crushed pineapple, drained

1 jar stuffed olives
1 c. chopped pecans

Mix all together; let set.

RED RASPBERRY SALAD

Barb Shoeman
Lingerie

2 pkgs. cherry Jello	1 c. whipping cream
2 c. hot water	2 tsp. sugar
2 pkgs. frozen raspberries	2 c. miniature marshmallows
1 small pkg. cream cheese (soft)	

Dissolve Jello in hot water. Put berries in frozen; stir to thicken.

Beat cream cheese till smooth. Fold in marshmallows, and spread on top of Jello mixture which has set in a 9 x 13 inch cake pan.

RASPBERRY SALAD

Barb Shoeman
Lingerie

1 family-size box raspberry Jello	1 tall can crushed pineapple
2 c. hot water	1 (4 oz.) Cool Whip

Dissolve Jello in hot water; add can of cold pineapple juice; let cool some. Add Cool Whip.

Put all in blender; blend well. Pour into a 9 x 9 inch pan and set.

SPRING SALAD

Maxine Maly
Customer Service

8 oz. soft cream cheese	1 (6 oz.) can frozen
2/3 c. mayonnaise	daiquiri mix
1 large pkg. egg custard mix	

Blend together and add:

1 (1 lb.) can crushed pineapple, drained	1/2 c. pecans
--	---------------

Fold in 1 envelope prepared Dream Whip. Put in loaf pan and freeze.

To serve, slice and serve on lettuce leaf. Serves 8.

Write your extra recipes here:

MAIN DISHES



*meat
fish
poultry*



CORNED BEEF CASSEROLE

4 onions, sliced and
sauteed

12 oz. corned beef
1 c. diced onions

Shirley Clash

(Cont.)

How To Carve Turkey



1. Remove leg: Hold drumstick firmly, pulling gently away from body. Cut skin between leg and body. Press leg downward and cut from body. Separate drumstick and thigh; slice meat from each piece.



2. Cut into white meat parallel to wing, making a cut deep into the breast to the body frame, as close to the wing as possible.



3. Slice white meat. Beginning at front starting half way up breast, cut thin slices of white meat down to the cut. Slices will fall away from turkey as cut. Continue until enough meat has been carved for first servings. Carve more as needed.

Tips TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.
- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.
- Carving is unduly complicated by a dull knife.
- And remember the first rule of carving . . .
"Cut across the grain"

If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

Tips TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.
- When garnishing, don't be over-generous; leave space for the work to be done.
- Servings cool quickly so plates and platter *must* be heated.
- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.

MAIN DISHES-- MEAT, SEAFOOD, POULTRY

BUFFET CHICKEN SCALLOP

Mary Shearer
Floater

1 c. cooked rice
1 c. chopped celery
1 pkg. herb-seasoned stuffing mix
4 c. chicken broth
8 c. cooked chicken or turkey
2 cans cream of chicken soup

1 c. sour cream
1 large onion, chopped
2 Tbsp. margarine
6 eggs, beaten
3 cans cream of celery soup
1 (4 oz.) jar diced pimento
1/2 c. milk

Mix all ingredients together in a large casserole. Bake in 350 degree oven for 40 to 45 minutes.

Optional: The last 10 minutes, you can put some shredded cheese over the top.

Serves 10 to 12 people.

HAM CASSEROLE

Thelma Wignall
Dresses

6 oz. pkg. medium-size
noodles
1/4 c. butter
1 garlic clove, minced
6 oz. can mushrooms,
drained
1/2 c. onion, chopped
1 lb. cooked ham, cubed
(2 c. heaping)

1 Tbsp. flour
1 (8 oz.) can tomato paste
1/4 c. burgundy
1 (10 1/2 oz.) can beef
bouillon, undiluted
1 c. sour cream
1/4 tsp. pepper
Parmesan cheese

Cook and drain noodles according to package directions; set aside.

Saute in butter garlic, mushrooms, and onion. Add ham cubes. Stir in flour, tomato paste, burgundy, and bouillon; simmer 10 minutes. Add sour cream, pepper, and noodles.

Pour into casserole, and top with Parmesan cheese. Bake at 375 degrees for 25 minutes.

Serves 8.

CORNED BEEF CASSEROLE

Shirley Raisch

8 oz. noodles, cooked and
drained

12 oz. corned beef
1 c. diced cheese

(Cont.)

1 can mushroom soup

1 c. milk

Mix all together, and bake at 350 degrees for 40 minutes.

BAKED LASAGNA

Kim Rule

1 lb. Italian sausage

1/2 lb. ground beef

1 clove garlic, minced

1 Tbsp. parsley flakes

1 Tbsp. basil

1 1/2 tsp. salt or 1 tsp.

Italian seasoning

1 (1 lb.) can (or 2 c.) tomatoes,
drained

2 (6 oz.) cans (1 1/2 c.)
tomato paste (or use 3 to 4 c.
spaghetti sauce)

10 oz. pkg. lasagna (wide
noodles)

3 c. cream style cottage

cheese, drained

2 beaten eggs

1 tsp. salt

1/2 tsp. pepper

2 Tbsp. parsley flakes

1/2 c. Parmesan cheese

1 lb. Mozzarella cheese, sliced
thin

8 oz. Mozzarella cheese,
shredded

8 oz. Provolone cheese,
shredded

Brown meat slowly in small amount of olive oil; spoon off excess fat. Add next ingredients down to noodles. Simmer (uncovered) 30 minutes to blend flavors; stir occasionally.

Cook noodles in salted water (with a little olive oil till tender; drain, then rinse in cold water. Combine cottage cheese, egg, seasoning, and Parmesan cheese together.

Place 1/2 the noodles in 13 x 9 x 2 inch baking dish. Cover the bottom of the pan, then start layer of each until all ingredients are used, ending with sauce and topped with cheese; noodles, cottage cheese mixture, then cheese (one layer of Mozzarella), then meat sauce, noodles, cottage cheese, then Provolone cheese and meat sauce. Top with sauce, then layer of Mozzarella cheese, then sprinkle with Parmesan cheese.

Bake at 350 degrees for 45 minutes. Let stand 10 to 15 minutes before cutting.

KOREAN BUL KOGI

Lois Erbstein
Jewelry

2 lbs. sirloin steak

1/4 c. sugar

3 scallions

2 Tbsp. sherry

4 cloves garlic

1/4 c. beef stock

5 Tbsp. soy sauce (Japanese)

1/8 tsp. black pepper

2 Tbsp. sesame oil

Slice steak very thin on the bias; score each piece with an "x".

Chop scallions and crush garlic. Combine these ingredients with remaining seasonings in bowl. Add meat and mix well until steak is coated. Meat may be grilled immediately.

The best results are obtained if meat is marinated 2 hours. Serve with rice. Makes 4 servings. Can use rib steak or flank steak.

BEEF STROGANOFF

Thelma Wignall
Dresses

2 lbs. sirloin tip steak, cut
in strips
1 tsp. Accent
meat tenderizer
4 Tbsp. butter
1 c. chopped onion
1 clove garlic, minced
3 Tbsp. flour
1 tsp. beef extract (B & U)

1 Tbsp. ketchup
1/2 tsp. salt
1/2 tsp. freshly-ground pepper
1 tsp. dill seed
1 c. beef bouillon soup
1 c. mushroom soup
fresh mushrooms
1 c. sour cream

In butter, brown meat and set aside. Sauté onions and garlic, and set aside. Sauté mushrooms and set aside.

To pan drippings, add beef bouillon, beef extract, ketchup, salt, and pepper. Bring to a boil, stirring constantly, and continue boiling for 5 minutes. Add dill seed and mushroom soup. Stir. Add meat, mushrooms, onion, and garlic. Stir and simmer.

Add sour cream, and serve with rice. Serves 4 to 6.

MICROWAVE MEATLOAF

Linda Keller

Mix:

1 lb. hamburger
1 beaten egg
1/4 c. dry bread crumbs or 6
crushed soda crackers
1 small minced onion or 4
green onions
1 Tbsp. minced parsley

3/4 tsp. salt
1/4 tsp. pepper
1 tsp. garlic salt
1/4 c. chopped green pepper
1/4 c. chopped celery
1/2 c. tomato juice

Pat into a ring, and place in microwave-proof 3 quart casserole dish, ring, or bundt pan. Cook on full power for 6 minutes, then drain grease.

Mix:

1/4 c. ketchup
2 Tbsp. brown sugar

2 Tbsp. mustard

(Cont.)

Spread on top of meatloaf, then cook 6 more minutes. Let stand 5 minutes.

Put a Pyrex cup upside down in center of ring. All the grease will go under it.

LASAGNA

Linda Keller

1 lb. hamburger, browned and drained	1 to 2 tsp. sugar
2 (12 oz.) cans tomato paste	1 Tbsp. salt
3 cans water	12 lasagna noodles, cooked and drained
1 1/2 tsp. Italian seasoning	Ricotta cheese or cottage cheese-
1 tsp. oregano	Mozzarella mix

Mix the first 7 ingredients together for the sauce. Then alternate noodles, sauce, and cheese until ingredients are gone. Sprinkle the top with Mozzarella cheese.

Bake at 350 degrees for 35 to 45 minutes.

EASY CHICKEN AND NOODLES

Sheila Deterding
Display

2 pkgs. Reams frozen noodles	2 tsp. parsley
4 cans (5 oz.) each chicken	2 carrots, diced
8 chicken bouillon cubes	4 qts. water
3 tsp. onion, diced	

Bring to boil water, onions, parsley, carrots, and bouillon. Add noodles, and simmer 50 minutes.

Makes 12 servings.

ELECTRIC SKILLET HUNGARIAN GOULASH

Keith Meyer
Draperies

1 lb. bulk sausage	1/2 tsp. dry mustard
4 oz. wide noodles	1/2 tsp. sugar
1/2 c. chopped onions	1 (20 oz.) can stewed
1/2 tsp. salt	tomatoes
1/8 tsp. pepper	1/2 c. water
1 tsp. chili powder	1/2 c. grated cheese

Brown sausage until crumbly, but not hard. Drain off all fat. Add uncooked noodles, onions, and sprinkle with the next 5 seasonings; mix together.

Slice the stewed tomatoes into smaller chunks. Add to skillet along with water and cheese on top. Cover tightly and simmer over low heat until noodles soften, about 30 minutes. Add more water if

necessary.

May also add green pepper and mushrooms, if desired.

CHICKEN ENCHILADA

Mary Lou Debok
Men's Department

3 or 4 chicken breasts
2 (10 1/2 oz.) cans cream
of chicken soup
1/2 tsp. leaf oregano
1/4 tsp. each cumin, ground
sage, and chili powder
2 cloves garlic
salt and pepper to taste
1 can corn tortillas

1 (4 oz.) can whole green
chili peppers, seeded and
chopped
1 lb. longhorn cheese, grated
1/4 lb. Monterey Jack cheese,
grated (mix with the longhorn
cheese)
diced onion

Bake chicken in foil at 350 degrees until done; save juice.
Cool and remove chicken from bones.

Combine soup thinned with the reserved chicken juice, the
seasoning, and garlic. Heat and set aside.

Grease bottom of a 9 x 13 inch pan. Place enough tortillas in
pan to cover the bottom, overlapping in place. Place about 1/3
of chicken meat (cut into pieces) over the tortillas. Add 1/3 of
chilies. Cover with 1/3 of the cheese mixture. Sprinkle a little
of the diced onion over the cheese. Pour 1/3 of the soup mixture
evenly over the top. Continue making layers, ending with cheese.

Bake in oven which has been preheated until bubbling briskly
around the edges.

ABBIE'S EVERYDAY MEATLOAF

Lois Erbstein
Jewelry

2 beaten eggs
3/4 c. milk
2/3 c. bread crumbs
1/2 c. chopped onion
1/2 tsp. ground sage

1/4 to 1/2 tsp. pepper
1 lb. lean ground beef
1/2 to 3/4 lb. ground pork
1 tsp. salt

Sauce:

1/4 c. catsup
2 Tbsp. brown sugar

1 tsp. dry mustard
1/4 tsp. ground nutmeg

Combine eggs, milk, bread crumbs, onion, salt, sage, and
pepper. Add beef and pork, and mix well. Pat mixture into 8 1/2
x 4 1/2 x 2 1/2 inch loaf pan. Bake at 350 degrees for 1 hour.

(Cont.)

Combine remaining ingredients. Spread over meatloaf and bake 15 minutes longer.

Serves 6.

RAISED MEAT BALLS

4 slices bread
1/2 c. milk
2 eggs, beaten
1 lb. hamburger
3/4 tsp. salt
1/4 tsp. pepper

2 Tbsp. chopped onion
2 tsp. baking powder
1 can cream of mushroom soup
1 can cream of chicken soup
1 c. milk

Break bread up in small pieces, and soak in half cup of milk. Add eggs and then add hamburger, salt, pepper, onion, and baking powder; mix well, and shape into balls.

Brown in fat and place in greased baking dish. Mix together soups and milk; pour over meatballs.

Bake at 350 degrees for one hour.

CRUSTY BQ CHICKEN

Lois Erbstein
Jewelry

1 (2 1/2 lb.) fryer,
disjointed

2/3 c. barbecue sauce
4 c. crushed cornflakes

Dip chicken in barbecue sauce, and roll in cornflakes until well coated. Place skin side up in shallow pan lined with foil.

Bake at 350 degrees for one hour, or until tender.

STUFFED PEPPERS

Bev Chapman
China

Cook 1/4 cup instant rice; set aside. Cook 3 large green peppers for 5 minutes; then drain them (cut peppers in half before cooking).

Saute:

1 lb. lean hamburger
1 small chopped onion
garlic powder

pepper
1 tsp. salt

Add the cooked rice and one 8 ounce can of tomato sauce. Simmer a few minutes.

Put peppers in shallow pan, and fill them with meat mixture. Pour another 8 ounce can of tomato sauce over them.

Bake at 350 degrees (covered) for 45 minutes. Uncover and bake another 10 minutes.

UPSIDE-DOWN HAMBURGER PIE

Al Duttlinger
Shoe Department

2 (8 oz.) cans tomato sauce	1 tsp. chili powder
3/4 c. uncooked long grain rice	salt and pepper to taste
1 c. water	1 lb. ground beef
1 large onion, chopped	1 (12 oz.) can whole kernel corn, drained
1 green pepper, chopped	1 c. grated cheddar cheese

Combine 1 can tomato sauce, rice, water, onion, green pepper and chili powder in 2 quart casserole. Season to taste with salt and pepper. Spread ground beef on top; pour corn over ground beef. Cover with 1 can tomato sauce.

Cover and bake at 350 degrees for 1 hour. Uncover and sprinkle with cheese. Return to oven for 10 minutes.

Serves 6 to 8.

BAKED MACARONI WITH MEAT FILLING (PASTITSIO)

CD

1 lb. macaroni	1/2 can tomato paste
2 lbs. ground meat	3 eggs
1 lb. grated cheese (Romano or Parmesan)	1/2 lb. butter, melted
3 small onions, chopped	1/2 c. wine (any) salt and pepper to taste

Boil macaroni in salted water; drain and return to pan. Prepare meat sauce by frying the chopped onions in a little butter; add the meat, tomato paste, small glass of wine, and seasonings. Cook until meat is done, adding a little water or wine if necessary.

Pour half the melted butter over the macaroni, also the grated cheese (save some for topping), and the 3 eggs (slightly beaten). Season and mix macaroni in bottom of baking pan. Cover entirely with meat sauce. Spread rest of macaroni on top. Cover with cream sauce, as follows.

Cream Sauce:

1 qt. milk	1/8 tsp. salt
2 eggs	1/2 of original melted butter
5 Tbsp. cornstarch	

Place remaining melted butter in a saucepan, and add the

(Cont.)

cornstarch and milk, stirring all the while. Cook over a low flame until thickened. Add salt, and remove from fire. When cooled slightly, add the beaten eggs and mix well.

Spread cream sauce over the macaroni, and sprinkle with remaining grated cheese. Bake in moderate oven at 350 degrees for 40 minutes.

Cut in squares and serve.

QUICK SKILLET STEW AND DUMPLINGS

Mary Ernst
Budget

1 lb. lean ground beef	1 tsp. salt
1/2 c. chopped onion	1/2 tsp. thyme
2 (8 oz.) cans tomato sauce	1/8 tsp. pepper
1 (10 oz.) pkg. frozen mixed vegetables, thawed	1 c. biscuit mix
2/3 c. water	1/4 c. plus 2 Tbsp. milk

Brown beef and onion in large skillet; pour off excess fat. Add 1 can tomato sauce, vegetables, water, salt, thyme, and pepper. Stir together well, and bring to boil.

Mix together biscuit mix and milk. Spoon around edge of boiling beef mixture in 5 or 6 mounds. Lower heat and simmer (uncovered) 10 minutes. Pour on remaining sauce. Cover and simmer another 10 minutes.

Serves 4.

FRENCH CHICKEN

Bev Broyles
China

Salt, pepper, and flour chicken. Brown well; place in Dutch oven. Put 1 onion and 2 cloves of garlic, very fine. Brown in chicken pan; add 1 tablespoon Kitchen Bouquet, 1 tablespoon sugar, 1 1/2 cups sauterne wine; pour over chicken.

Cook slowly 2 hours in 350 degree oven. Add 1 can mushrooms and juice and 1 more cup of sauterne wine. Cook 1/2 hour longer. Remove chicken and thicken juice for gravy.

Serve with mashed potatoes or rice.

GLAZED PORK CHOPS

Alberta Hansen
Better Sportswear

1/3 c. brown sugar	1/4 tsp. salt
1/2 tsp. paprika	1/4 tsp. pepper
1/2 tsp. sage	1/2 Tbsp. water
1/2 tsp. dry mustard	2 pork chops

Put pork chops in a shallow baking dish (not overlapping). Make a paste of the other ingredients.

Bake one hour, then 15 minutes more at 350 degrees. Turn pork chops after 45 minutes. Spoon sauce over them, and continue baking.

RICE AND CHICKEN CASSEROLE

Bev Chapman
China

Butter casserole. In bottom of casserole, put 3/4 to 1 cup regular white rice. Simmer the following in pan:

1 can cream of mushroom or	1 pkg. dry Lipton onion soup
1 can cream of chicken soup	1 can Swanson chicken soup

Pour a little over the layer of rice. Place pieces of chicken over this, and pour remaining soup over all.

Bake at 350 degrees for about 1 1/2 hours.

STUFFED PEPPER CUP

Joyce White

Cut off two medium green peppers; remove seeds and membrane. Precook green pepper cups in boiling salted water about 5 minutes; drain. Sprinkle inside of cups generously with salt.

1/2 lb. ground beef	1/2 c. chopped onion
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Cook until meat is slightly browned. Season with:

1/4 tsp. salt	dash of pepper
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Add:

1/2 of a 1 lb. can tomatoes (or 2 medium peeled fresh tomatoes)	1/4 c. uncooked long grain rice (I use Minute Rice)
1/4 c. water	1 tsp. Worcestershire sauce

Cover and simmer till rice is tender, about 15 minutes. Stir in 2 ounces sharp process American cheese (Velveeta works fine), shredded.

Stuff peppers, and stand upright in 10 x 6 x 1 1/2 inch baking dish. Bake (uncovered) at 350 degrees for 20 to 25 minutes.

CHICKEN CASSEROLE

Raedeen Briggs

1 chicken, boiled and cut
up
1 (7 oz.) spaghetti box
Creamettes, uncooked; broken
up into thirds
1 pt. chicken broth

2 cans cream of mushroom soup
1 small onion, minced
1 small jar pimento
4 to 6 hard-boiled eggs, cut up
1/2 lb. shredded Velveeta
cheese

Mix all together and bake in 350 degree oven for 45 minutes in a 9 x 13 inch greased pan.

EGG ROLLS

Kathleen Ortiz
Better Sportswear

1 lb. ground pork or beef
1 tsp. onion powder
1 tsp. garlic powder
1/2 tsp. pepper
1 tsp. Accent
1 Tbsp. soy sauce

3 Tbsp. flour
2 eggs
1 medium-size carrot, grated
fine
2 medium green onions, chopped
fine

Sauce:

1/2 c. white vinegar
1 c. white sugar
1/2 c. water
1/2 tsp. salt
1 Tbsp. pimento, chopped fine

1 Tbsp. cornstarch
2 tsp. paprika
1 Tbsp. green pepper, chopped
fine

Mix all ingredients together. I also use this mixture for sweet and sour meatballs by making small meat balls and baking until brown. Then put in casserole and pour sweet and sour sauce over.

For rolling egg rolls, buy wrappers. Place 1 teaspoon on end of 2 x 2 inch square wrapper. Roll like a pencil; seal edge with cold water, and deep fry.

Bring sauce ingredients to a boil, and cook until clear.

SPAGHETTI IN A PIE

Mary Shearer
Floater

Pie Shell:

8 oz. spaghetti
2 Tbsp. butter

1/2 c. grated Parmesan cheese
2 unbeaten eggs

Sauce:

1 lb. ground beef	1 (15 1/2 oz.) can or jar
1/2 c. chopped onion	spaghetti sauce

Filling:

1 c. cottage or Ricotta	1 c. shredded Mozzarella
cheese	cheese

Microwave Directions: Cook spaghetti as directed and drain. Stir butter, Parmesan cheese, and eggs into hot spaghetti. Form spaghetti mixture into a crust in a 10 inch glass pie plate. Cook (uncovered) 2 to 3 minutes in microwave, or until center is firm.

In a 1 quart glass measuring cup, crumble ground beef and add onion. Cook (covered) 5 minutes in microwave, stirring midway to break up beef; drain. Stir in spaghetti sauce. Cook (covered) until sauce is bubbly, 3 to 4 minutes, stirring once.

Spread cottage or Ricotta cheese over bottom of "crust". Fill pie with sauce mixture. Cook (covered with waxed paper) 6 to 7 minutes. Top with Mozzarella cheese. Cook 1 minute, or until cheese is melted. Let stand 8 to 10 minutes before serving. Cut in wedges. Makes 6 to 8 servings.

Conventional Oven: Brown beef and onions in skillet. Add spaghetti sauce and simmer 5 minutes. Prepare "crust" as directed in microwave directions, but do not bake. Layer ingredients as above.

Bake 30 minutes at 350 degrees. Top with cheese and return to oven until cheese is melted. Let stand before cutting.

OVEN PORCUPINES

Sandie Pray
Pantry

1 lb. ground beef	1/2 tsp. celery salt
1/2 c. uncooked regular	1/8 tsp. garlic powder
rice	1/8 tsp. pepper
1/2 c. water	1 (15 oz.) can tomato sauce
1/3 c. chopped onion	1 c. water
1 tsp. salt	2 tsp. Worcestershire sauce

Preheat oven to 350 degrees. Mix rice, meat, 1/2 cup water, onion, salts, garlic powder, and pepper. Shape mixture by rounded tablespoon into balls. Place meatballs in ungreased 8 x 8 x 2 inch baking dish. Stir together remaining ingredients; pour over meat balls.

Cover with aluminum foil; bake 45 minutes. Uncover; bake 15 minutes longer. Makes 4 to 6 servings. (Cont.)

Skillet Porcupines: Brown meat balls in 2 tablespoons shortening in large skillet; drain off fat. Stir together remaining ingredients, and pour over meat balls.

Reduce heat; cover and simmer 45 minutes. If necessary, add a small amount of water during cooking.

SAUCY STEAKS

Sandie Pray
Pantry

tenderized round steak for 4 or 5	1 Tbsp. oil
1 can beef broth	seasoning
1 can mushroom pieces (or sliced)	3 Tbsp. flour

Dip steak into flour to cover; brown (sear) in hot oil in electric skillet just to seal in juices. Season with salt, pepper, etc. Add mushrooms with juice and beef broth with 1 can water; bring to a boil. Reduce heat and simmer (covered) 1 hour, or till meat is tender.

Remove meat and add flour and water gravy mix to thicken sauce. Makes the best mushroom gravy in town!

CHILI CON CARNE

Kim Rule

1 small onion, chopped fine	1/2 lb. melted cheese
2 Tbsp. butter	(American cheese)
1 c. tomatoes, chopped	1/2 c. cream (optional)
1 c. green peeled chilies (Ortega, chopped)	

Melt butter in onions, tomatoes, salt, pepper, and chilies. Simmer 15 minutes. Add cheese; melt, then add cream.

BEEF AND NOODLES

Thelma Wignall
Dresses

2 lbs. boneless beef roast or sirloin	1 to 2 bouillon cubes
3 Tbsp. oil	1 c. water
1/2 c. onion, chopped	1 can tomatoes
1 clove garlic (or 1/8 tsp. garlic powder)	1 Tbsp. cornstarch
1/2 c. green pepper, chopped	1/4 c. water
	2 Tbsp. soy sauce
	prepared noodles

Cut meat in bite-sized cubes, and brown in hot oil. Remove meat and set aside.

Saute onion, garlic, and pepper in oil. Add bouillon cubes, water, and tomatoes. Add beef and simmer until tender.

Blend cornstarch, water, and soy sauce, and stir into beef mixture to thicken. Stir constantly. Serve over noodles.

Makes 4 to 6 servings.

AUNT MINNIE'S BARBEQUE

LaVonne Neerland

1 medium to large onion
1 lb. ground beef
1 bottle chili sauce

1 small bottle (1 c.) catsup
1 Tbsp. mustard

Brown beef and onion until red is gone. Stir in sauce, catsup, mustard, and simmer until flavors blend. Note: I usually rinse bottles with small amount of water and add to mixture.

Serve on buns. (Inventory 7-82)

STEAK ROLL

Mary Shearer
Floater

1 1/2 to 2 lbs. round steak
1 clove garlic, minced
1/2 c. Parmesan cheese
1 tsp. Italian seasoning
salt and pepper to taste

1 medium onion, chopped fine
4 slices fresh bread, torn into
small pieces
3 hard-boiled eggs
1/2 c. milk

Tenderize steak a little. Take bread pieces; add onions, garlic, cheese, chopped eggs, and seasonings; moisten with milk. Filling should be moist, but not runny.

Spread filling over the meat, and roll in jelly roll fashion. Tie in 3 places to hold together. Brown in hot fat, and place in Dutch oven.

Cook slowly for 45 minutes to 1 hour. Serve with Noodles Alfredo.

Noodles Alfredo:

Cook 1/2 pound noodles in salted water until tender; drain. Mix noodles with:

1/4 lb. butter or margarine
1 c. light cream

1 c. Parmesan cheese

Season with salt, pepper, and garlic salt. Mix thoroughly. Serve in heated casserole.

Serves 5 to 6 people.

BARBECUED HAMBURGERS

Betty Winslow

1/2 lb. ground beef	salt and pepper
1/4 c. milk	1/2 c. bread cubes

Soak bread in milk; mix with other ingredients. Shape into about 6 patties, and brown lightly.

Sauce:

3 Tbsp. barbecue sauce	1 small onion, diced
1/2 c. catsup	

Mix together and simmer 10 minutes. Pour over patties, and bake about 30 minutes.

CHILIGHETTI

Betty Winslow

1 1/2 lbs. ground beef	1/2 tsp. pepper
1 big onion, chopped	1 c. kidney beans
2 tsp. chili powder	1 1/2 c. uncooked spaghetti
1 Tbsp. Worcestershire sauce	2 c. tomato juice
3 tsp. salt	

Brown meat, onion, and all seasonings. In greased casserole, alternate layers of beef, beans, and uncooked spaghetti, beginning and ending with beef. Pour tomato juice over all, and bake 1 hour at 350 degrees. If it becomes dry, add more tomato juice.

Makes 8 servings.

CHICKEN CONTINENTAL

Mary Ernst
Budget

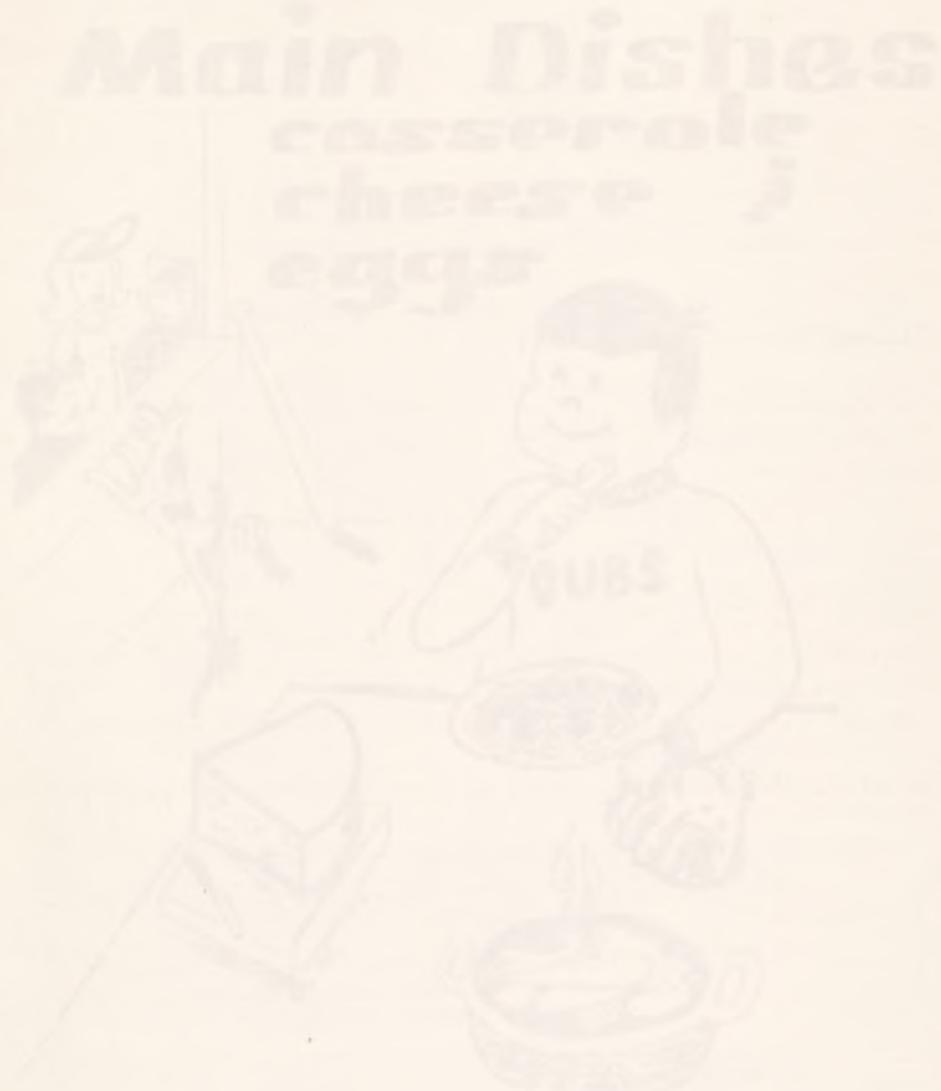
3 lbs. frying chicken, cut in serving pieces	dash pepper
1/3 c. seasoned flour	1 Tbsp. chopped or dried parsley
1/4 c. oleo	1/2 tsp. celery flakes
1 (10 1/2 oz.) can cream of chicken soup	1/8 tsp. thyme
2 1/2 Tbsp. grated onion	1 1/3 c. water
1 tsp. salt	1 1/3 c. Minute Rice

Roll chicken in flour; brown in oleo. Remove chicken. Stir soup, seasonings, and water into drippings. Cook and stir to a boil.

Spread Minute Rice right from the box in 1 1/2 quart casserole. Pour all but 1/3 cup soup mixture over rice. Stir to moisten. Top with chicken and rest of soup mixture.

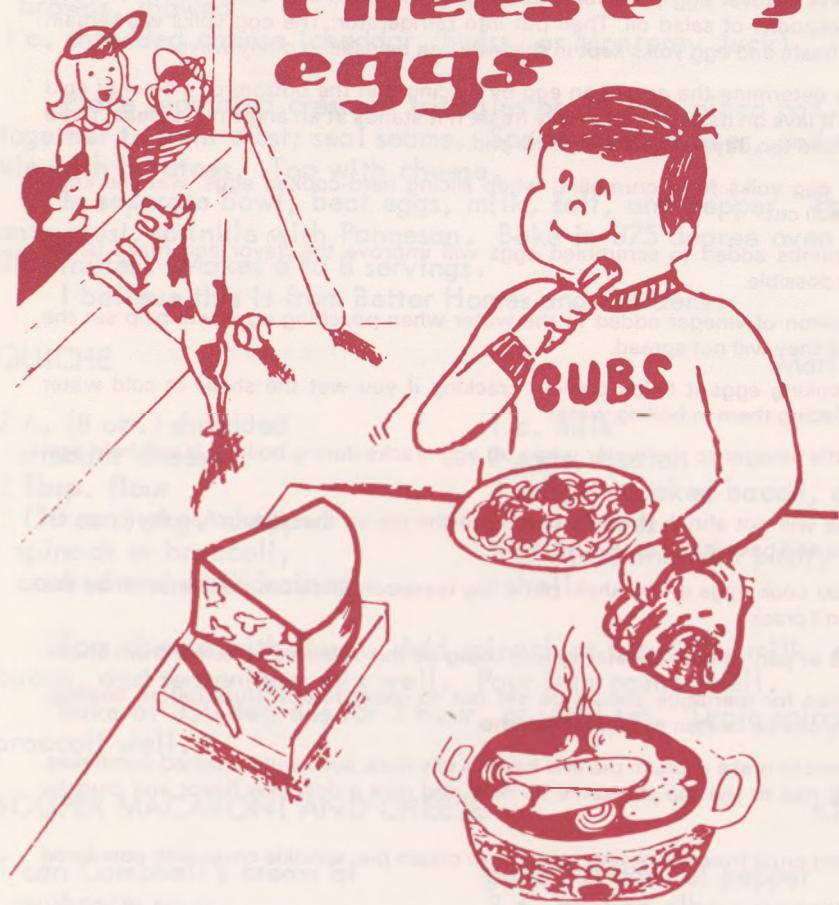
Bake (covered) at 375 degrees for 30 minutes, or until chicken is tender.

Write your extra recipes here:



Main Dishes

casserole
cheese *j*
eggs





To preserve leftover egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

To keep egg yolks from crumbling when slicing hard-cooked eggs, wet the knife before each cut.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

When you cook eggs in the shell, put a big teaspoon of salt in the water. Then the shell won't crack.

Set eggs in pan of warm water before using as this releases all white from shells.

Egg whites for meringue should be set out to room temperature before beating, then they can be beaten to greater volume.

If you want to make a pecan pie and haven't any nuts, substitute crushed cornflakes. They will rise to the top the same as nuts and give a delicious flavor and crunchy surface.

To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

MAIN DISHES--
CHEESE, EGG, SPAGHETTI, CASSEROLE

BREAKFAST PIZZA

LaVonne Neerland

1 lb. bulk pork sausage (fry until browned)	5 eggs
1 pkg. (8) crescent rolls (refrigerated)	1/4 c. milk
1 c. frozen loose pack hash browns, thawed	1/2 tsp. salt
1 c. shredded cheese (cheddar, Swiss, or Monterey Jack)	1/8 tsp. pepper
	2 Tbsp. grated Parmesan

Place separated crescent triangles on 12 inch pizza pan. Press together to form crust; seal seams. Spoon sausage over, and sprinkle with potatoes. Top with cheese.

In separate bowl, beat eggs, milk, salt, and pepper. Pour onto crust; sprinkle with Parmesan. Bake in 375 degree oven 25 to 30 minutes. Makes 6 to 8 servings.

I believe this is from Better Homes and Gardens.

QUICHE

Marilyn H.

2 c. (8 oz.) shredded cheddar cheese	1 c. milk
2 Tbsp. flour	2 eggs, beaten
1 (10 oz.) pkg. chopped spinach or broccoli, cooked and well drained	3 crisply-cooked bacon, or ham pieces
	1 (9 inch) unbaked pastry shell

Toss cheese with flour. Add spinach or broccoli, milk, eggs, bacon, and seasonings; mix well. Pour into pastry shell.

Bake at 350 degrees for 1 hour, or until set. Drain spinach or broccoli well.

SOUPER MACARONI AND CHEESE

Kim Rule

1 can Campbell's cream of mushroom soup	generous dash of pepper
1/2 c. milk	3 c. cooked elbow macaroni
1/2 tsp. prepared mustard	2 c. shredded cheddar cheese
	1 c. French-fried onions

In 1 1/2 quart casserole dish, blend soup, milk, mustard, and pepper. Stir in macaroni and 1 1/2 cups cheese.

Bake at 400 degrees for 25 minutes, or until hot; stir. Top with (Cont.)

French-fried onions and remaining cheese; bake 5 minutes more, or until cheese melts.

Makes about 4 1/2 cups.

CHEESE SOUFFLE

Barb Shoeman
Lingerie

8 or 9 slices sandwich bread

Line sides and bottom of a 9 x 13 inch pan.

1 lb. bacon, fried crisp	3 c. milk
4 eggs, beaten	1 tsp. salt
2 c. sharp cheddar cheese, grated (American)	

Crumble bacon and mix everything together. Pour over bread. This can be made the night before and refrigerated.

Bake at 325 degrees for 1 1/2 hours next morning.

BREAKFAST SOUFFLE

Joyce White

1 1/2 lbs. pork sausage	1 tsp. salt
10 eggs, slightly beaten	3 slices white bread, cubed
3 c. milk	1 1/2 c. grated cheese
1 1/2 tsp. dry mustard	

Brown crumbled sausage. Drain on paper towel. Mix with other ingredients, and pour mixture into greased 13 x 9 x 2 inch pan. Refrigerate (covered) overnight.

Bake (uncovered) at 350 degrees for one hour. Serves 12 to 15.

CORNBREAD CASSEROLE

Carolyn Kelly
Accessories

1 egg, beaten	small can cream style corn
1 c. sour cream	1 stick margarine, melted
small can whole kernel corn, drained	1 box Jiffy cornbread mix

Mix all ingredients in order given, and pour into a greased medium-size (oblong) glass baking dish.

Bake at 350 degrees for 45 minutes. Can be eaten plain or with butter.

CHICKEN 'N STUFFING SCALLOP

Carolyn Kelly
Accessories

Prepare 1/2 of an 8 ounce (1 3/4 cups) herb-seasoned stuffing according to package directions for dry stuffing. Spread in 10 x 6 x 1 1/2 inch baking dish. Top with 1 1/2 cups cubed chicken.

In saucepan, melt:

1/4 c. butter	dash of salt and pepper
1/4 c. all-purpose flour	

Add 2 cups chicken broth; cook and stir until mixture thickens. Stir small amount of hot mixture into 3 slightly-beaten eggs; return to hot mixture. Pour over chicken.

Bake in slow oven 35 to 40 minutes, or till knife inserted off center comes out clean. Let stand 5 minutes to set. Cut in squares, and serve hot with mushroom sauce.

Mix:

1/2 can condensed cream of mushroom soup	2 Tbsp. milk
	1/2 c. dairy sour cream

Heat and stir constantly until hot through. Makes 6 servings.

Write an extra recipe here:

Write your extra recipes here:

Vegetables



BUYING GUIDE

Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

ASPARAGUS—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

BEANS, SNAP—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

BERRIES—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

CABBAGE AND HEAD LETTUCE—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

CUCUMBERS—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

MELONS—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

ORANGES, GRAPEFRUIT, AND LEMONS—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

PEAS AND LIMA BEANS—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

ROOT VEGETABLES—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

SWEET POTATOES—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

VEGETABLES

SOUR CREAM BAKED CABBAGE

Shirley Raisch

1 medium head cabbage	1/8 tsp. pepper
1 tsp. sugar	1 c. sour cream
2 Tbsp. flour	bacon

Shred or slice (in 1 inch strips) cabbage into a greased baking dish. Mix rest of ingredients (except bacon), and pour over cabbage. Cover with bacon slices.

Bake in covered dish 30 minutes in 350 degree oven. Uncover and bake 15 minutes longer.

A VERY DIFFERENT CORN SOUFFLE

Lois Erbstein
Jewelry

2 c. corn kernels	1 c. diced Monterey Jack cheese
1/2 c. melted butter	
2 eggs	1/2 c. cornmeal
1 c. sour cream	1 (4 oz.) can diced green
1 1/2 tsp. salt	chilies

Preheat oven to 350 degrees. Generously butter a 2 quart casserole. Puree 1 cup corn with butter and eggs in blender. Mix remaining ingredients in bowl. Add pureed mixture, and blend well.

Pour into prepared casserole, and bake (uncovered) 50 to 60 minutes. Freezes well.

ANOTHER GREEN BEAN CASSEROLE (THE BEST)

Lois Erbstein
Jewelry

2 (No. 2) cans French green beans	1/2 pkg. dry onion soup mix
1 c. cream of mushroom soup	1/2 pt. sour cream

1 c. crumbled potato chips

Drain cooked beans and add mushroom soup; season to taste. Add onion soup mix and sour cream. Cover with potato chips, and dot with butter.

Bake at 350 degrees for 30 minutes. Serves 6.

ESCALLOPED POTATOES

Cathy Walsh
Accessories

Mix together:

2 lbs. frozen hash browns, semi-thawed	1/2 c. shredded Velveeta cheese
1 c. sour cream	1/2 c. melted butter
1 can cream of chicken soup	1/4 c. dried onion flakes
1 c. milk	1 tsp. salt
	pepper as desired

Place in greased 9 x 13 inch pan. Bake at 350 degrees for 60 minutes.

Serves 10 to 12 people.

JAPANESE RICE MEDLEY

Cathy Walsh
Accessories

1 (3 oz.) can sliced mush- rooms	2 Tbsp. sliced green onion
1 (3/4 oz.) pkg. mushroom gravy mix	2 Tbsp. butter or margarine
1 1/2 c. quick-cooking rice	2 Tbsp. soy sauce
1 (10 oz.) pkg. frozen Japanese style vegetables, thawed	1/4 c. toasted slivered almonds

Drain mushrooms; reserve liquid. Add water to make 1 3/4 cups liquid.

In medium pan, blend water mixture into gravy mix. Add mushrooms, rice, and vegetables, onion, butter, and soy sauce. Bring to boil; reduce heat. Cover and simmer for 5 minutes, till vegetables are tender.

Place in serving bowl; sprinkle with almonds. Serves 6.

FROZEN POTATO CASSEROLE

Shirley Raisch

2 lbs. frozen hash brown potatoes	3 oz. cream cheese (soften)
1 can cream of celery soup	1/2 can milk

Mix soup, milk, and cream cheese together. Pour over frozen potatoes, broken up in a 9 x 15 inch greased baking dish.

Bake at 350 degrees for 1 1/2 hours (covered). Uncover, and put slices of Velveeta cheese on top. Bake 15 minutes, until cheese is melted.

CHEESE POTATO BALLS

Mary Shearer
Floater

2 c. cold stiff mashed potatoes	3/4 c. fine dry seasoned bread crumbs
2 Tbsp. finely-chopped onion	2 Tbsp. water
1 Tbsp. melted margarine	1/4 tsp. salt
1/2 c. grated cheddar cheese	1 beaten egg

Mix potatoes and onions; saute in melted butter. Blend in cheese.

Divide mixture in 8 portions of 1/4 cup each. Shape into balls, and roll in bread crumbs to coat. Add salt and water to beaten egg. Dip crumb-coated balls in egg mixture, then roll them again in dry bread crumbs.

Place on greased cookie sheet, and bake in 400 degree oven for 10 to 12 minutes.

ZUCCHINI CHEESE CASSEROLE

Mary Shearer
Floater

2 lbs. sliced zucchini	1 finely-chopped onion
1/2 c. boiling water	salt to taste
2 eggs, slightly beaten	1/2 tsp. marjoram
1 lb. cottage cheese	1 Tbsp. chopped chives
1 c. cooked brown rice	1/2 c. grated Parmesan cheese

Place zucchini in boiling water. Cover and cook 5 minutes; drain.

Combine eggs, cottage cheese, rice, and onion, salt, marjoram and chives.

Place 1/2 zucchini in bottom of buttered casserole. Top with 1/2 rice mixture; repeat layers. Sprinkle top with Parmesan cheese.

Bake in 350 degree oven for 45 minutes. Serves 4 to 6 people.

CALICO BEAN BAKE CASSEROLE

Keith Meyer
Drapery

Brown 1 pound hamburger and onion in a large pan. Drain well and add:

1 (No. 2) can kidney beans	1 large can pork and beans
1 (No. 2) can lima beans	

(Cont.)

Add sauce:

1/2 c. catsup	1 tsp. dry mustard
1 tsp. salt	2 tsp. vinegar
1/2 c. brown sugar	1/2 c. white sugar

Mix well; put in a baking dish and cover. Bake at 350 degrees for 40 minutes.

THREE VEGETABLE CASSEROLE

Mary Lou De Bok
Men's Department

1 (10 oz.) pkg. frozen lima beans	1 (10 oz.) can cream of mushroom soup
1 (10 oz.) pkg. frozen cauliflower	1 c. grated process cheese (or more)
1 (10 oz.) pkg. chopped broccoli	2 Tbsp. milk
	1 c. French-fried onions

Precook lima beans 3 to 5 minutes. Pour the boiling cooking water over the other two vegetables; drain all.

Layer vegetables in buttered 9 inch casserole. Combine soup, cheese, and milk until blended; pour over vegetables.

Bake at 350 degrees for 30 to 40 minutes. Top the last 10 minutes with the onions.

BROCCOLI CASSEROLE

Marilyn H.

2 (10 oz.) pkgs. frozen chopped broccoli	1 can cream of mushroom soup
1 c. grated cheddar cheese	1 c. mayonnaise
	crushed cracker crumbs for top

Cook broccoli 5 minutes; drain. Add other ingredients and mix. Bake at 350 degrees for 45 minutes.

BROCCOLI CASSEROLE

Ginger Galligan
Stationery

1 pkg. frozen chopped broccoli	1 can cream of chicken soup
1 sauteed onion	1 can mushroom soup
1 small jar Cheez Whiz	3/4 stick margarine
	1 c. Minute Rice

Bake at 350 degrees for 25 minutes.

BAKED CABBAGE

Bev Broyles
China

2 1/2 qts. cabbage, chopped fine	1/2 c. butter
1/4 c. flour	2 c. milk
4 tsp. salt	1 tsp. pepper

Mix all together. Bake in open flat dish in 300 degree oven for about 20 minutes.

GREEN BEAN CASSEROLE

Jackie Johnson
Better Sportswear

2 (No. 2) cans French green beans	garlic salt and seasoning to taste
3 Tbsp. butter	1/4 to 1/2 lb. diced soft
2 Tbsp. flour	cheese
1 c. sour cream	

Drain beans and put in 9 x 13 inch baking dish. Sprinkle garlic salt and pepper over beans. Melt butter; add flour and sour cream. Add cheese and stir until thick and cheese melts.

Bake 30 minutes at 350 degrees. Buttered bread crumbs could be sprinkled on top.

CHEESE SCALLOPED POTATOES

Maxine Maly
Customer Service

10 large potatoes, cooked and diced	1/2 lb. margarine, diced
1/2 lb. American cheese, diced	1 c. milk to moisten
1 green pepper, chopped	salt to taste
1 onion, chopped	pimento (optional)

cornflakes on top (crushed)

Freezes well. Put everything together but milk and cornflake crumbs and freeze.

When ready to bake, add milk and cornflake crumbs and bake slowly. Will take extra time to bake.

VEGETABLE CASSEROLE

Barb Shoeman
Lingerie

1 pkg. frozen broccoli	1 can mushroom soup
1 pkg. frozen cauliflower	1/2 c. cheddar cheese, diced
1 pkg. frozen Brussels sprouts	1 can onion rings (Cont.)

Rolls, Pies, Pastries & Breads





Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

Sweet potatoes will not turn dark if put in salted water (five teaspoons to one quart of water) immediately after peeling.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

Use greased muffin tins as molds when baking stuffed green peppers.

A few drops of lemon juice in the water will whiten boiled potatoes.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil, too.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

It is easy to remove the white membrane from oranges—for fancy desserts or salads—by soaking them in boiling water for five minutes before you peel them.

You can get more juice from a dried up lemon if you heat it for five minutes in boiling water before you squeeze it.

If it's important to you to get walnut meats out whole, soak the nuts overnight in salt water before you crack them.

If the whipping cream looks as though it's not going to whip, add three or four drops of lemon juice or a bit of plain gelatin powder to it and it probably will.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

BREAD, ROLLS, PIES, PASTRY

BANANA BREAD

Tesi Hosford

1 3/4 c. flour	1/3 c. shortening
2 tsp. baking powder	2/3 c. sugar
3/4 tsp. salt	2 eggs
1/4 tsp. soda	1 1/2 tsp. vanilla
1 c. mashed banana (about 3; very ripe)	

Mix flour, baking powder, soda, and salt; set aside. Cream sugar, shortening, and vanilla; add eggs one at a time. Beat until light and fluffy. Add mashed banana. Sift in dry ingredients.

Pour batter into a well-greased bread pan (8 x 4 x 2 inch), and bake at 350 degrees for 50 minutes. Cool on rack.

Makes one loaf.

KEY LIME PIE

Lois Erbstein
Jewelry

Ideally, this pie is made with Florida key limes, but green Persian limes make a good substitute.

1 (13 oz.) can Eagle Brand condensed milk	1/2 c. lime juice
3 eggs, separated	1 tsp. grated lime rind
3 to 6 Tbsp. sugar (depends on your sweet tooth)	

If using Persian limes, add a little green food coloring. Beat egg yolks and add to milk, mixing well. Add juice and rind; mix well, and set aside.

Beat egg whites to peaks (not dry); gradually add sugar, and beat until very stiff and dry. Fold egg and milk mixture into egg whites. Turn into graham cracker crust.

Bake at 375 degrees for 12 to 15 minutes. Top with whipped cream.

SOUR CREAM PIE

Betty Winslow
Dresses

Beat 2 whole eggs or 2 egg yolks slightly; add 3/4 cup sugar to which has been added:

1 tsp. cinnamon	1/4 tsp. cloves
1/4 tsp. nutmeg	1/4 tsp. salt

(Cont.)

Grind 3/4 cup raisins and add 1 cup sour cream. Pour into unbaked pie shell.

Bake at 300 degrees for about 45 minutes, or until done.

CHOCOLATE CREAM PIE

Barb Miller

Layer 1:

2 c. flour	1 c. butter
1/2 c. chopped nuts	

Mix and press into two buttered pie pans. Bake 15 minutes in 325 degree oven; cool.

Layer 2:

1 (8 oz.) pkg. cream cheese	1 (8 oz.) Cool Whip
1 c. sugar	

Blend and spread 1/2 of mixture over cooled crust.

Layer 3:

chocolate pudding pie mix for 2 pies

Cool and spread over cream cheese mixture.

Layer 4:

Spread remaining cream cheese mixture on top; sprinkle with ground plain or toasted pecans.

POTATO BREAD

Keith Meyer
Drapery

1 1/2 c. unseasoned boiled potatoes, mashed quantity	1 c. scalded milk
1/2 c. butter or margarine	2 cakes yeast
2 Tbsp. sugar	1/3 c. lukewarm water
1 tsp. salt	6 c. sifted (3 times) flour

Mash the hot potatoes; add butter, sugar, and salt. Pour in scalded milk; stir to melt butter, and mix well. Cool to lukewarm.

Dissolve the yeast in the 1/3 cup lukewarm water, and stir into the potato mixture.

Stir in 3 cups flour; beat till smooth. Gradually blend in the rest of the flour to make a medium dough.

Tum dough out on a lightly-floured board. Knead 5 to 7 minutes, until smooth and elastic. Place in buttered bowl; brush top with oil. Cover and let rise till doubled.

When doubled, punch down and knead again. Divide into 2 equal parts; cover with towel, and let rise for 10 minutes. Then mold and shape into 2 loaves. Place in 2 buttered loaf pans (glass best). Cover and let rise until doubled again. Optional: Brush with beaten egg white glaze, and sprinkle with poppy seeds.

Bake in 400 degree oven for 10 minutes, then reduce heat to 350 degrees and bake for another 40 to 45 minutes.

Remove and let cool.

ITALIAN ZUCCHINI PIE

Margaret Grunder
Linens

4 c. unpeeled zucchini
1/2 c. margarine
1/2 c. chopped parsley or
2 Tbsp. flakes
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. oregano leaves
8 oz. shredded Muenster

1 (8 oz.) can crescent dinner
rolls
2 tsp. prepared mustard
1 c. chopped onion
1/4 tsp. garlic powder
1/4 tsp. sweet basil leaves
2 eggs, well beaten

Heat oven to 375 degrees. In 10 inch skillet, cook zucchini and onion in margarine until tender, about 10 minutes. Stir in parsley and seasonings. In large bowl, blend eggs and cheese. Stir in vegetable mixture.

Separate dough into 8 triangles. Place in ungreased 11 inch quiche pan or 12 x 8 inch baking dish. Press over bottom and up sides to form crust. Spread crust with mustard. Pour vegetable mixture evenly into crust.

Bake at 375 degrees for 18 to 20 minutes, or until knife inserted near center comes out clean. Let stand 10 minutes before serving.

STOVEPIPE BREAD

Ginger Ireland-Schunicht
Bridal Department

3 1/2 c. sifted all-purpose
flour
1 pkg. dry yeast
1/2 c. milk
1/2 c. water

1/2 c. vegetable oil
1/4 c. sugar
2 eggs
1 tsp. salt

Measure 1 1/2 cups flour into large bowl. Add yeast and blend with mixer 1 minute.

Combine milk, water, oil, sugar, and salt in small pan, and heat till warm. Add to dry ingredients, and beat until smooth. Add eggs and beat well. Turn mixer to low speed, and gradually add 1 cup flour; beat till smooth. Stir in remaining cup of flour by hand. Spoon into two well-greased 1 pound coffee cans. Snap the lid on and raise till dough is nearly at the top.

Remove lids and bake at 350 degrees for 30 to 35 minutes. Cool on racks.

Great sliced for toast.

NEVER FAIL PIE CRUST

Patti Anderson Pantry

Mix well by hand, rubbing flour and shortening together between fingers. Do not squeeze. Continue to rub until the consistency of coarse cornmeal. With a fork, fluff mixture while sprinkling in 2/3 cup ice cold water. Do not stir.

Press dough together by hand until a large ball is formed. Roll on floured board. Do not over-roll or handle excessively.

This amount will make two double crust pies or four shells for cream pies.

BAKED DONUTS

Patti Anderson
Pantry

Combine:

1/2 c. warm water	1/4 tsp. ginger
1 tsp. sugar	2 pkgs. dry yeast

Let stand till bubbling nicely. In large bowl, stir together:

1 1/2 c. warm water 2 c. flour
1 1/2 tsp. salt 1/2 c. dry milk
1/3 c. sugar

Add yeast mixture and beat well. Add:

1/3 c. soft lard (or Crisco)	3 well-beaten eggs
1 1/2 tsp. nutmeg	3 c. flour
2 tsp. grated lemon rind	

Beat thoroughly. Cover with damp cloth, and let double in bulk.

Turn out on floured board, and knead lightly. Roll to 1/2 to 3/4 inch thick. Cut and place on greased cookie sheets. Let rise till very light.

Bake at 400 degrees for 18 to 20 minutes, and glaze while hot in:

Mix very well. Yields 4 dozen.

PEACH CUSTARD PIE

Nancy Gross

Drain and arrange 1 can peach halves (7 or 8 halves) on crust, round side up.

Mix and pour over peaches. Bake at 400 degrees for 35 to 45 minutes.

MICROWAVE CINNAMON BISCUIT RING

Linda Keller

1/2 c. packed brown sugar 1 Tbsp. water
3 Tbsp. butter

Combine above ingredients in a 1 quart dish. Cook on "roast" for 2 minutes, or until butter is melted. Add:

1/3 c. chopped nuts (optional)

Take 1 tin of biscuits and cut the biscuits into quarters. Dump the cut biscuits into the above mixture, and stir until all are covered. Insert a glass into the center of mixture (open end up) like a bundt pan.

Roast 4 minutes; remove the glass, and roast 30 seconds more. If you want, now you can glaze this.

BEER BISCUITS

Dorothy Cushing
Gifts

2 c. Bisquick
2 Tbsp. sugar

1 egg
6 oz. beer

(Cont.)

Grease muffin tins, and have tins hot before dropping dough in. Bake at 400 degrees for 12 to 15 minutes.

ZUCCHINI BREAD

Dorothy Cushing
Gifts

3 eggs	2 1/2 c. flour
1 c. salad oil	1/2 c. wheat germ
1 c. white sugar	2 tsp. soda
1 c. brown sugar	2 tsp. salt
3 tsp. maple flavoring	1/2 tsp. baking powder
2 c. shredded zucchini	1 c. black walnuts

Combine eggs, oil, sugars, and maple flavoring in large bowl, and beat until thick and foamy. Stir in zucchini. Combine dry ingredients, and add to egg mixture. Grease and flour two 5 x 7 inch loaf pans.

Bake 1 hour at 350 degrees. Let cool in pans at least 10 minutes, then turn out and cool on wire racks.

CORNMEAL PIE SHELL

Al Dutlinger
Shoe Department

Sift together:

1 c. sifted flour	1/2 tsp. salt
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Stir in 1/2 cup cornmeal. Cut in 1/2 cup shortening until mixture resembles fine crumbs. Stir in 1/3 cup grated cheddar cheese; sprinkle about 1/4 cup water over mixture gradually, mixing with fork.

Shape into ball; flatten on lightly-floured surface. Roll to about 1/8 inch thickness, and line 9 inch pie pan.

Use with buttermilk or apple pie with crumb topping.

BUTTERMILK PIE

Al Dutlinger
Shoe Department

unbaked cornmeal pie shell	2 c. buttermilk
3 eggs, separated	1/4 tsp. grated lemon rind
1 c. sugar	2 Tbsp. lemon juice
1 Tbsp. butter	meringue (3 egg whites)
1/4 c. flour	

Beat yolks, adding sugar gradually. Cut butter into flour; add buttermilk, lemon peel, and juice; fold in yolks. Pour into pie shell.

Bake at 425 degrees for 10 minutes. Reduce temperature to 350

degrees, and bake 20 to 25 minutes. Cool; add meringue top.

RHUBARB PIE

Al Duttlinger
Shoe Department

1 c. flour	1 egg, beaten
1 tsp. baking powder	2 Tbsp. milk
1/2 tsp. salt	1/4 c. sugar
2 Tbsp. melted oleo	

Mix above and press into greased pie pan. Add about 3 cups diced raw rhubarb. Sprinkle one 3 ounce package strawberry Jello over rhubarb.

Crumb Topping:

1/2 c. flour	1/2 tsp. cinnamon
1 c. sugar	

Sprinkle over pie, then melt 1/2 cup oleo and drizzle over topping.

Bake at 350 degrees about 50 minutes.

RHUBARB BREAD

Al Duttlinger
Shoe Department

1 1/2 c. brown sugar	1 tsp. salt
2/3 c. oil	1 tsp. baking soda
1 egg	1 tsp. vanilla
1 c. buttermilk	1 1/2 c. diced rhubarb
2 1/2 c. flour	1/2 c. chopped nuts

Mix together and pour into two greased loaf pans. Spread each with 1 tablespoon melted oleo, and sprinkle heavily with white sugar and cinnamon.

Bake at 325 degrees for 1 hour.

RYE BREAD

Al Duttlinger
Shoe Department

2 c. warm water	3 c. flour (white or half white, half rye)
1 pkg. dry yeast	1 tsp. caraway seed
1 tsp. sugar	1 tsp. dried onion (optional)
1 c. rye flour	
2 tsp. salt	

Combine water and yeast; add sugar, salt, rye flour, caraway seed, dried onion, and 1/2 cup flour. Mix and let raise 20 minutes. Add remaining flour, and knead well.

Place in warm place, and let raise until double. Punch down and put in greased loaf pan.

Let raise, then bake at 375 degrees about 1 hour.

PINK PARTY PIE

Sheila Deterding
Display

1 can evaporated milk
4 c. diced rhubarb
1 1/2 c. sugar

1 Tbsp. lemon juice
1 pkg. raspberry Jello

Refrigerate evaporated milk the night before. Mix all other ingredients, and cook over low heat (makes own juice). Cool completely.

Whip the milk, and add rhubarb mixture. Pour in cool pie shell. Will freeze well.

STRAWBERRY CHEESE PIE

Alberta Hansen
Better Sportswear

9 inch baked pie shell,
cooled
3 oz. pkg. cream cheese
1 qt. fresh strawberries

1 c. sugar
1 Tbsp. cornstarch
1 c. whipping cream

Spread cream cheese, blended with sufficient cream to soften it, over the bottom of the pie shell.

Wash and hull berries; drain. Place 1/2 of berries (choicest) in the pie shell. Mash remaining berries until juice comes out, and place in pan. Bring to a boil; cook slowly for 10 minutes, stirring. Cool and pour over berries and cream cheese.

Place in refrigerator until cool; top with whipped cream.

QUEEN'S PIE

Alberta Hansen
Better Sportswear

2 c. thick sour cream
4 egg yolks
1 c. sugar
1 baked pie shell

2/3 c. raisins
1/2 tsp. salt
1/2 tsp. nutmeg
use egg whites for meringue

Mix sour cream, sugar, egg yolks, raisins, 1/2 teaspoon salt and 1/2 teaspoon nutmeg. Cook until thick, and pour into baked pie shell. Top with meringue.

STRAWBERRY PIE

Barb Shoeman
Lingerie

1 qt. berries, hulled	1/2 c. sugar
1 c. water	baked pie shell
1 tsp. cornstarch	

Crush 8 berries. Combine sugar and cornstarch in saucepan. Add water and crushed berries; cook until thick and clear. Add a few drops of red food coloring.

Pour hot mixture over whole berries, turning to coat each berry. Turn into baked shell and cool.

Serve with Cool Whip.

BLENDER COCONUT PIE

Loretta Jensen
Dresses

4 eggs	2 c. milk
2/3 c. sugar	1 c. coconut
1/2 c. flour	1 tsp. vanilla
1/4 c. soft margarine	

Combine ingredients in order given; mix in blender. Pour into large pie pan (fill pan to brim).

Bake in 350 degree oven for 50 minutes. Cool to serve.

SOURDOUGH-LIKE BEER BREAD

Margaret Grunder
Linens

5 to 5 1/2 c. flour	1/2 c. water
2 pkgs. dry yeast	1 1/2 c. (12 oz.) warm beer
1/4 c. sugar	3 Tbsp. oil
1 1/2 tsp. salt	cornmeal

In large mixer bowl, combine 2 cups flour, yeast, sugar, and salt; mix well. In saucepan, heat water, beer, and oil until warm. Add to flour mixture; blend at low speed until moistened. Beat 3 minutes at medium speed. By hand, gradually stir in remaining flour to make a soft dough.

Knead on floured surface until smooth and elastic, about 5 minutes. Place in greased bowl; let rise until double, about 1 hour. Punch down; divide into 2 balls, and shape into loaves. Place seam side down on greased cookie sheet sprinkled with cornmeal. With sharp knife, make 3 or 4 diagonal slashes across top. Cover and let rise in warm place until doubled, about 20 minutes.

Bake in 375 degree oven for 30 to 35 minutes.

AMAZING COCONUT PIE

Barb Shoeman
Lingerie

2 c. milk	1/4 c. butter
3/4 c. sugar	1 1/2 tsp. vanilla
1/2 c. Bisquick	1 c. coconut
4 eggs	

Combine first six ingredients in blender. Cover and blend on low for 3 minutes. Pour into greased pie plate. Let stand 5 minutes, then put 1 cup coconut on top.

Bake at 350 degrees for 40 minutes.

Write your extra recipes here:

STRAWBERRY CHEESECAKE

Combine ingredients in order given with 1/2 cup of flour. Mix well and pour into 9" pie plate. Cool for 20 minutes. Top with fresh strawberries. Yummy! SOURDOUGH-LIKE BEER BREAD

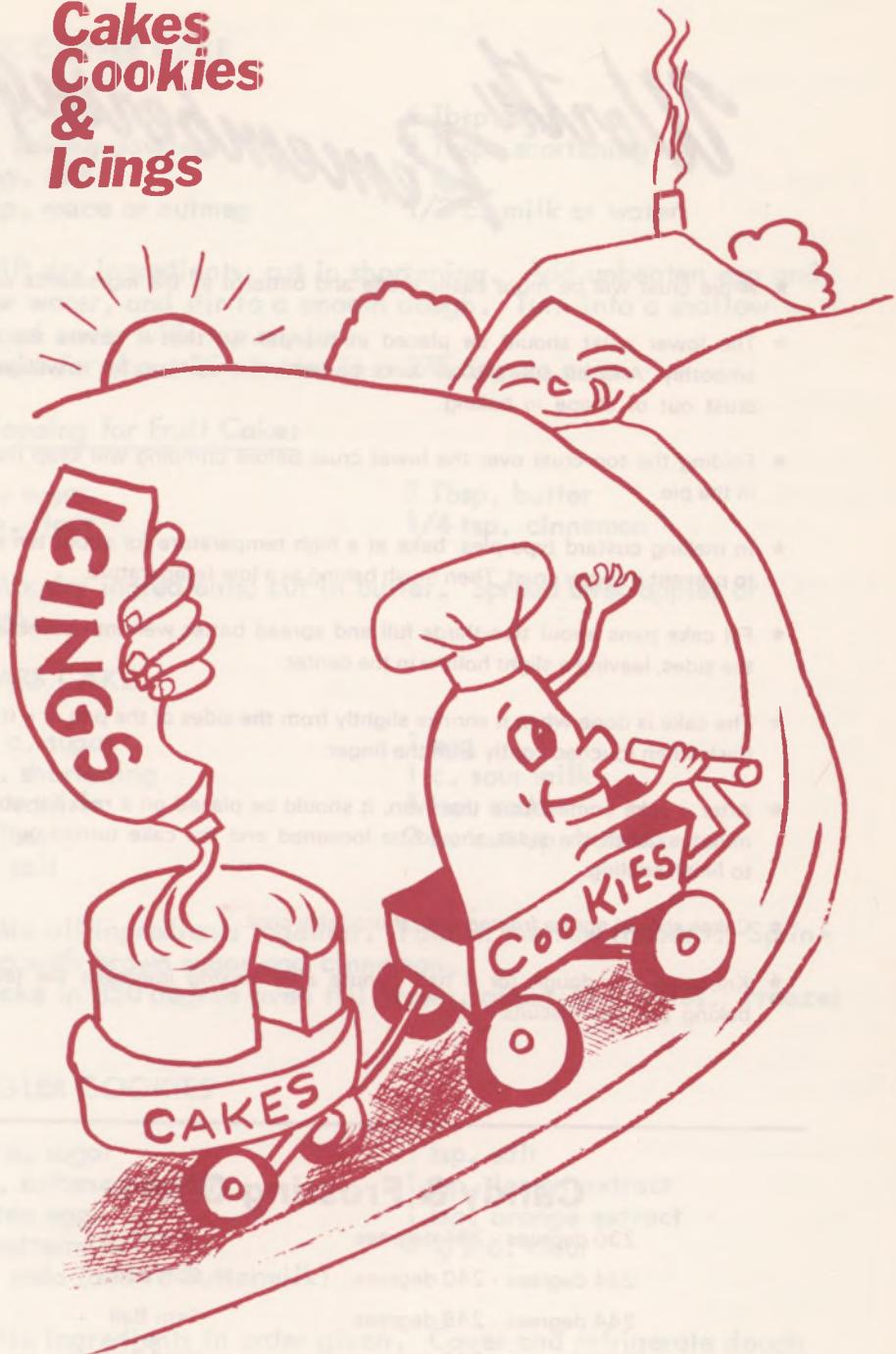
Place in refrigerator until you are ready to use.

Wash and hull berries. Place 1/2 of berries in the blender. Add 1/2 cup cream cheese, blended with sufficient cream to soften. Place the bottom of the pie crust in the bottom of the pie plate. Wash and hull berries. Place 1/2 of berries in the blender. Add 1/2 cup cream cheese, blended with sufficient cream to soften. Place the berries in the blender. Blend until juice comes together. Add 1/2 cup cream cheese, blended with sufficient cream to soften. Place in pie crust. Top with remaining berries. Place in oven at 350 degrees for 45 minutes.

Meanwhile, mix flour, yeast, salt, sugar, and 2 cups water to form a soft dough. Knead for 10 minutes. Place in a greased bowl, cover with a cloth, and let rise until double in size. Punch down and shape into a round loaf. Place on a greased cookie sheet. Let rise again for 15 minutes. Preheat oven to 375 degrees. Place loaf on cookie sheet. Bake for 30 minutes or until golden brown. Remove from oven and let cool.

CAKES, COOKIES, ICINGS

Cakes Cookies & Icings



Worth Remembering

- ★ A pie crust will be more easily made and better if all the ingredients are cool.
- ★ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- ★ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- ★ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- ★ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- ★ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.
- ★ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.
- ★ Cakes should not be frosted until thoroughly cool.
- ★ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

CAKES, COOKIES, ICINGS

QUICK COFFEE CAKE

1 1/2 c. sifted flour	6 Tbsp. sugar
2 tsp. baking powder	2 Tbsp. shortening
1/2 tsp. salt	1 egg
1/4 tsp. mace or nutmeg	1/2 c. milk or water

Sift dry ingredients; cut in shortening. Add unbeaten egg and milk or water, and stir to a smooth dough. Turn into a shallow pan, and cover with top mixture.

Bake for about 25 minutes in a 375 degree oven.

Topping for Fruit Cake:

1/2 c. sugar	2 Tbsp. butter
1 Tbsp. flour	1/4 tsp. cinnamon

Mix dry ingredients; cut in butter. Spread over apples or peaches.

RHUBARB CAKE

1 1/2 c. sugar	1 egg
1/2 c. shortening	1 c. sour milk
1 tsp. vanilla	1 tsp. soda
2 c. flour	2 c. cut up rhubarb
1 tsp. salt	

Mix all ingredients together. Fold in the raw rhubarb. Sprinkle top with brown sugar and cinnamon.

Bake in 350 degree oven till brown, about 35 minutes. Freezes well.

KRINGLER COOKIES

1 1/4 c. sugar	1 tsp. salt
1/2 c. softened butter	1 tsp. lemon extract
2 beaten eggs	1 tsp. orange extract
1 c. buttermilk	3 1/2 c. flour
1 tsp. soda (add to buttermilk)	

Mix ingredients in order given. Cover and refrigerate dough overnight. Using part of dough at a time, roll out as thick as your (Cont.)

finger and as long as a pencil. Place each strip on baking sheet, and shape into figure 8.

Bake at 350 degrees until very lightly browned.

ANOTHER BROWNIE RECIPE

Lois Erbstein
Jewelry

2 eggs	1 tsp. vanilla
1 c. sugar	1/2 c. flour
1/4 lb. butter	1 c. miniature marshmallows
2 squares unsweetened chocolate	1 c. chocolate chips
	1/2 c. chopped nuts

Beat eggs until thick and lemon colored. Add sugar; continue to beat.

Melt butter, chocolate, and chocolate chips over hot water. Add to egg mixture. Fold in flour, then stir in nuts and marshmallows.

Bake in 9 x 9 x 2 inch pan in 350 degree oven for 30 minutes.

BLUEBERRY CHEESE BARS

Lois Erbstein
Jewelry

1 pkg. refrigerator slice and bake sugar cookies at room temperature	1 egg
1 (8 oz.) pkg. cream cheese, softened	1/4 c. sugar
1 (3 oz.) pkg. cream cheese, softened	1/2 tsp. grated lemon rind
	1 1/2 c. blueberry pie filling

Preheat oven to 350 degrees. Press dough evenly in a greased 13 x 9 x 2 inch pan.

Beat cream cheese, egg, sugar, and lemon rind until smooth. Spread cheese mixture over cookie dough. Dollop pie filling on cheese, and swirl through cheese with knife.

Bake at 350 degrees for 35 minutes. Cool on wire rack. Cut into bars, and refrigerate.

CHEESECAKE

Kim Rule

1 large can evaporated milk, chilled	1 (8 oz.) pkg. cream cheese
1 (3 oz.) pkg. lemon Jello	1 c. white sugar
1 c. hot water	1 tsp. vanilla

Crust:

1 pkg. graham crackers	1/4 lb. butter
1 Tbsp. sugar	

Chill one can evaporated milk; chill bowl and beaters, too. Dissolve lemon Jello in 1 cup hot water. Chill Jello until egg white thickness. Beat cream cheese with 1 cup sugar and 1 teaspoon vanilla. Whip mixture until like whipped cream (evaporated milk).

Combine cream cheese mixture and the Jello, and beat with beater, then pour into whipped milk.

For crust, mix graham crackers, sugar, and melted butter together. Spread in two 9 x 9 inch pans; chill.

RED CAKE

Betty Winslow
Dress Department

Cream together:

1 tsp. vinegar (cider)	1 1/2 c. sugar
1 c. plus 1 tsp. Crisco	2 eggs

Mix to paste:

2 tsp. cocoa	1/4 c. or 2 oz. red food coloring
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Add paste mixture to creamed mixture. Sift cake flour, then measure 2 1/4 cups.

1 c. buttermilk	1 tsp. salt
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Add alternately with 1 teaspoon soda and 1 teaspoon hot water mixed together.

Bake at 350 degrees.

CHOCOLATE CAKE WITH FROSTING

Betty Winslow
Dress Department

1/4 c. butter	1/2 c. cocoa
1/4 c. Crisco	1 c. flour
1 1/2 c. sugar	1 c. cake flour
2 eggs, beaten	1 tsp. soda

Combine and add alternately with 1 cup cold coffee. Last, (Cont.)

add 2 tablespoons vinegar.

Frosting:

2 c. sugar	2 Tbsp. cocoa
2/3 c. top milk	1 Tbsp. butter

JAM CAKE

Nancy Means

Use blackberry jam, raspberry, or grape jam, or strawberry preserves may be substituted.

1 c. butter or margarine	1 tsp. allspice
2 c. sugar	1 tsp. nutmeg
1 c. jam	1 tsp. vanilla
1 c. raisins	2 1/2 c. flour
1 c. buttermilk	4 eggs, well beaten
1 tsp. soda	1 c. coconut
1 tsp. cinnamon	

Cream butter and sugar; add eggs. Add spices. Dissolve soda in buttermilk, and add to mixture. Add flour, jam, raisins, coconut and vanilla. Beat well, and turn into three 9 inch layer pans.

Bake 30 to 40 minutes at 350 degrees. To make filling, boil:

1 c. sweet milk	1 Tbsp. flour
1 1/2 c. sugar	2 eggs

Cook until thick, then add:

1 c. chopped black walnuts or pecans	1 c. coconut
1 c. raisins	1 tsp. vanilla

Stir constantly. When cake is cooled, spread between layers and on top.

SUGAR COOKIES

Ginger Ireland-Schunicht
Bridal Department

1 c. butter or margarine	2 eggs
1 c. shortening	1 tsp. vanilla
1 c. powdered sugar	1 tsp. cream of tartar
1 tsp. soda	4 c. flour
1 c. sugar	

Mix all ingredients together. Drop onto greased cookie sheets.

Flatten with bottom of a glass dipped in sugar.

Bake at 375 degrees for 10 to 12 minutes.

YUMMY BROWNIES

Mary Shearer
Floater

Step 1:

1 pkg. German chocolate
cake mix

3/4 c. margarine
1/3 c. evaporated milk

Mix well, and spread 1/2 in greased 9 x 13 inch pan. Bake at 350 degrees for 6 minutes. Set rest aside.

Step 2:

Pour on the crust:

1 c. chocolate chips

1 c. nuts

Step 3:

Melt in double boiler:

1 lb. Kraft caramels

1/3 c. evaporated milk

Pour this mixture over first layer.

Step 4:

Spread remaining cake batter over top. Bake in 350 degree oven 16 to 18 minutes; cool. Refrigerate a short time to set caramel.

Cut in squares.

CHRISTMAS FRUIT COOKIES

Mary Shearer
Floater

1/2 c. butter, softened

1 c. unsifted flour

1 c. light brown sugar,
packed

2 c. chopped pecans

2 eggs

6 slices candied pineapple,
chopped

1 tsp. vanilla

1/2 lb. candied red cherries

pinch of salt

Preheat oven to 300 degrees. In large bowl, with electric

(Cont.)

mixer at high speed, beat butter with sugar until fluffy. Add eggs and beat until light. Add vanilla and salt. At low speed, beat in flour until well combined.

Grease and flour two $11 \times 7 \times 2$ inch pans. Sprinkle 1 cup nuts in each pan. Drop batter on nuts; spread evenly over nuts. Press the candied pineapple and cherries into batter.

Bake 30 to 40 minutes, or until golden brown. Remove to wire rack to cool. Cut into squares while warm.

Makes 4 dozen.

FRESH APPLE CAKE

Mary Shearer
Floater

1 c. brown sugar
1/2 c. Crisco
1 egg
1 1/2 c. flour

1 tsp. soda
1 tsp. cinnamon
2 c. chopped apples (2 to 3 apples)

Topping:

1/2 c. brown sugar
1 Tbsp. butter

1 c. chopped nuts

Cream together brown sugar, shortening; stir in egg. Sift together dry ingredients, and stir into first mixture. Stir in apples, and spread mixture into a well-greased 9 inch pan (dough will be stiff). Combine ingredients for topping, and sprinkle over top.

Bake in 350 degree oven for 35 to 40 minutes. Serve warm with whipped cream.

FRUIT CAKE

Mary Shearer
Floater

5 eggs
1/2 lb. butter
1 c. sugar
1 3/4 c. flour
1/2 tsp. baking powder

3/4 lb. candied cherries
1 lb. candied pineapple
4 c. broken pecans
1 Tbsp. vanilla
1 Tbsp. lemon flavoring

Cream butter and sugar until fluffy. Add well-beaten eggs. Blend chopped fruit and nuts. Mix with 3/4 cup of the flour. Add remaining flour and baking powder to creamed mixture. Add flavoring, fruit and nuts to this mixture.

Pour into a well-greased tube pan which has been paper-lined (waxed paper). Place in cold oven and bake at 250 degrees for about 3 hours; watch closely. Let cool in pan.

Pour a jigger of bourbon over, and wrap in clean cheesecloth

to ripen.

DATE COOKIES

Mary Shearer
Floater

1 c. shortening	3 1/2 c. sifted flour
1 tsp. salt	3/4 tsp. soda
1 tsp. vanilla	5 Tbsp. milk
1 1/2 c. sugar	2 c. pitted chopped dates
2 eggs, well beaten	3/4 c. chopped nuts

Combine first three ingredients. Add sugar gradually and cream. Add beaten eggs. Sift flour with soda, and add alternately with milk. Add dates and nuts.

Drop onto cookie sheets; let stand a few minutes, then flatten with a glass. Sprinkle with colored sugars.

Bake in 375 degree oven for 12 to 15 minutes.

ZUCCHINI DROP COOKIES

Mary Shearer
Floater

1 c. grated zucchini	2 c. flour
1 tsp. baking soda	1 tsp. cinnamon
1 c. sugar	1/2 tsp. ground cloves
1 tsp. vanilla	1/2 tsp. salt
1/2 c. shortening	1 c. chopped nuts
1 egg, beaten	1 c. raisins

Mix together zucchini, soda, vanilla, sugar, butter, and beaten egg. Sift in flour, cinnamon, cloves, and salt; stir to blend. Stir in raisins and nuts.

Drop batter by the teaspoonful onto a greased cookie sheet. Bake at 375 degrees for 12 to 15 minutes.

MARY'S SUGAR COOKIES

Mary Shearer
Floater

1 c. powdered sugar	1 c. vegetable oil
1 c. white sugar	2 eggs
1 c. butter or margarine	1 tsp. vanilla
1 tsp. salt	1 tsp. soda
1 tsp. cream of tartar	4 1/2 c. flour plus 2 Tbsp.

Cream sugar and butter; blend in oil, and beat until fluffy. Add eggs and flavoring.

Sift dry ingredients and add to the creamed mixture. Stir well.

(Cont.)

Roll into small balls and roll in white, colored sugars, or cinnamon-sugar mixture. Bake on ungreased cookie sheet; press down to flatten.

Bake in 375 degree oven for 12 minutes.

PISTACHIO COOKIES

Mary Shearer
Floater

1 pkg. white cake mix	3 Tbsp. 7-Up
1 box instant pistachio pudding	1/2 c. nuts
2 eggs	1/2 c. coconut
1/2 c. salad oil	

Mix all ingredients together until well blended. Drop by teaspoonful on greased cookie sheet.

Bake in 350 degree oven for 10 to 12 minutes.

BROWNIES WITH ICING

Keith Meyer
Draperies

1 c. margarine	1 can chocolate syrup
1 c. sugar	1 c. plus 1 Tbsp. flour
4 eggs	1/2 tsp. baking powder
1 tsp. vanilla	1/2 c. nuts (optional)

Mix well. Bake in an 11 x 15 inch cookie sheet pan for 30 minutes. While still hot, spread with icing.

4 Tbsp. margarine	1 c. sugar
4 Tbsp. milk	

Bring to a boil; boil 30 seconds. Remove and stir in 1 cup chocolate chips; beat until smooth.

Frost while brownies are still warm.

PEANUT BUTTER FINGERS

Keith Meyer
Draperies

Cream:

1/2 c. butter	1/2 c. brown sugar
1/2 c. sugar	

Blend in:

1 egg	1/2 tsp. salt
1/3 c. peanut butter	1/2 tsp. vanilla
1/2 tsp. soda	

Mix well, then stir in:

1 c. sifted flour

1 c. oatmeal

Spread into a greased cake pan. Bake at 350 degrees for 20 to 25 minutes, then sprinkle with chocolate chips while warm, and spread.

Mix and add frosting while warm:

1/2 c. powdered sugar

2 to 4 Tbsp. evaporated milk

1/4 c. peanut butter

Cool, and cut into bars.

CHOCOLATE COOKIES

Keith Meyer
Draperies

Add 1 cup powdered sugar gradually to 3 egg whites, beaten stiff. Mix in:

1 c. ground cracker crumbs

1/2 c. chopped nuts (optional)

1 tsp. vanilla

(English walnuts or pecans)

1 (6 oz.) pkgs. melted chocolate chips (real chocolate best)

Mix well. Drop a rounded teaspoon of batter on greased cookie sheet. Bake 12 minutes at 325 degrees.

Makes about 3 dozen.

HAT COOKIES

Keith Meyer
Draperies

Cream:

1/2 c. oleo

1 c. sugar

Add:

1 egg

1 tsp. vanilla

1/2 c. milk

Then add:

1 3/4 c. flour

1/2 c. cocoa

1/2 tsp. baking soda

Mix well. Before mixing, preheat oven to 350 degrees, and
(Cont.)

cut large marshmallows in half with wet scissors. Mix the above in order. Drop a full rounded teaspoon of batter on a greased cookie sheet. Allow for spreading.

Bake for 12 to 14 minutes, until barely firm. Remove briefly and top with a 1/2 marshmallow, cut side down. Bake for 1 minute longer; remove and cool. When cool, prepare icing in a pan. Combine:

4 Tbsp. butter or oleo	4 Tbsp. powdered sugar
4 Tbsp. cocoa	4 Tbsp. milk

Boil, then add enough powdered sugar to frost. Frost immediately; work fast, covering marshmallow completely.

EASY APPLE CAKE

Lois Erbstein
Jewelry

1 (20 oz.) can Wilderness apple fruit filling	2/3 c. oil
2 c. flour	1 c. sugar
1 1/2 tsp. soda	1 tsp. salt
2 eggs, beaten	1 tsp. vanilla
	3/4 c. chopped walnuts

Spread apple fruit filling over bottom of 9 x 13 inch pan. Combine flour, sugar, soda, and salt; sprinkle over fruit filling.

Blend beaten eggs, vanilla, oil, and 1/2 cup of the walnuts, and pour over ingredients in the pan. Stir with fork only until blended. Smooth batter evenly in the pan.

Bake at 350 degrees for 40 to 50 minutes, or until cake springs back when lightly touched. Pour hot cream topping over warm cake. Sprinkle with remaining walnuts.

Cream Topping:

1 c. sugar	1/2 tsp. baking soda
1/2 c. commercial sour cream	

Combine sugar, sour cream, and soda in saucepan. Cook over medium heat, stirring constantly until mixture comes to a boil. Remove from heat, and pour over cake.

POPPY SEED CAKE

Ginger Ireland-Schunicht
Bridal Department

1 (18 1/2 oz.) pkg. yellow cake mix	1 (3 1/8 oz.) pkg. vanilla instant pudding mix
1/2 c. poppy seeds	2 Tbsp. sugar

1 Tbsp. cinnamon
1 Tbsp. unsweetened cocoa
1/2 c. vegetable oil

1 c. unflavored yogurt
4 eggs

Preheat oven to 350 degrees. Blend all ingredients in large bowl 2 to 3 minutes at medium speed of electric mixer until smooth. Bake in greased and floured bundt pan 50 minutes. Cool 10 to 15 minutes before turning out. Sift powdered sugar on top.

PEANUT BUTTER COOKIES

Susan Lans
Pantry

1 c. brown sugar	3 c. flour
1 c. white sugar	1 tsp. soda
1 c. peanut butter	1 tsp. cream of tartar
1 c. butter or Crisco	1 tsp. vanilla
2 eggs	

Sift flour, soda, cream of tartar together. Cream sugars with Crisco or butter; add peanut butter. Add eggs and beat well. Add dry ingredients.

Roll in balls the size of a walnut. Press down with a fork. Bake at 350 degrees.

GEORGIA POUND CAKE

Patti Anderson
Pantry

1 c. butter (not margarine) 1 2/3 c. sugar

Beat until fluffy; add:

5 eggs, 1 at a time, beating after each

Add:

1 tsp. lemon extract

Mix thoroughly. Fold in:

2 c. plain flour (unsifted)

Place in ungreased 10 inch angel cake pan (round). Bake at 300 degrees for 1 hour and 10 minutes. Cool on rack and remove from pan.

Slice very thin.

CAKE MIX COOKIES

Patti Anderson

Pantry

1 plain (not pudding) cake mix 2 Tbsp. margarine or butter
2 eggs

For crisp, add 2 tablespoons water; for soft, add 1/4 cup water.
Note: When making chocolate chip cookies, add 2 tablespoons brown sugar and 2 tablespoons water only. For peanut butter, only 1 tablespoon water is needed.

This dough may be formed into a roll and sliced, or may be dropped by teaspoons for regular cookies, or rolled with rolling pin and cut into shapes.

An excellent macaroon can be made by adding (instead of shortening) 1/2 cup vegetable oil and 1 cup flaked coconut to cake mix.

Bake at 375 degrees for 8 to 10 minutes.

CREME DE MENTHE BROWNIES WITH FROSTING

Nancy Gross

1 stick oleo	1 can chocolate syrup
1 c. sugar	1 c. flour
4 eggs	nuts

Mix together; pour into a greased and floured jelly roll pan.
Bake 25 minutes at 350 degrees.

Creme De Menthe:

2 c. powdered sugar	2 Tbsp. instant vanilla pudding mix
1 stick oleo	
3 Tbsp. creme de menthe	

Melt oleo; add powdered sugar, pudding, and creme de menthe.
Spread over cooled brownies.

Frosting:

1 1/2 c. sugar	6 Tbsp. milk
6 Tbsp. butter	

Boil 30 seconds. Add 1/2 cup chocolate chips; stir until it begins to thicken.

Frost immediately.

HAWAIIAN WEDDING CAKE

Mary Ernst
Budget

yellow cake mix (with pudding in the mix)	1 c. chopped nuts
1 pkg. vanilla instant pudding	1 c. coconut
1 (8 oz.) Cool Whip	1 c. milk
1 medium-size can crushed pineapple	1 (8 oz.) pkg. cream cheese

Mix cake as directed on package, and bake in a jelly roll pan. Let cool completely, then add the topping.

Topping:

Soften cream cheese and whip with beater. Mix the pudding with just 1 cup of milk. Add to cream cheese; blend well together. Add Cool Whip and blend again. Let this set up a while.

Spread this over the cake; sprinkle pineapple on topping. Make sure this is well drained. Then sprinkle on coconut and nuts.

Put in a cool place until ready to serve.

CREME DE MENTHE BROWNIES

Mary Shearer
Floater

1 c. sugar	1/3 c. Hershey's cocoa
1/2 c. butter or margarine	1/2 tsp. baking powder
1/4 c. creme de menthe	1/2 tsp. salt
1 egg	1/2 c. chopped nuts (almonds, pecans, pistachios)
3/4 c. unsifted flour	

Combine sugar, butter, and creme de menthe. Add egg and blend thoroughly. Stir in remaining ingredients. Spoon into 9 inch square pan.

Bake in 350 degree oven for 30 minutes, or until done. Cool in pan slightly, and cut into squares.

SPICE COFFEE CAKE

Sandie Pray
Pantry

2 c. flour	1/4 tsp. nutmeg
1 c. sugar	1/4 tsp. salt
1 tsp. baking powder	1 c. buttermilk*
1 tsp. soda	1/2 c. melted shortening
1 tsp. cinnamon	1 slightly-beaten egg

*Sweet milk with 1 tablespoon vinegar may be substituted.

(Cont.)

Sift dry ingredients; add buttermilk, shortening, and egg; mix well. Turn into greased 9 x 13 inch baking pan. Combine the following, and sprinkle over batter:

1/2 c. brown sugar
1/2 c. chopped nuts

1/2 tsp. cinnamon
2 Tbsp. butter or oleo

Bake in 375 degree oven for 30 to 35 minutes.

FRIENDSHIP CAKE STARTER

Al Duttlinger
Shoe Department

3/4 c. canned peaches in
heavy syrup, drained and
cut into pieces
3/4 c. canned crushed pine-
apple in heavy syrup, drained

6 maraschino cherries, cut
in half
1 1/2 c. sugar
1 pkg. dry yeast

Combine ingredients, and place in a glass jar with a loose cover. Stir several times the first day, then stir once a day. Do not refrigerate.

At the end of two weeks, the starter has fermented enough to make sauce. I would add 3/4 cup each of juice from peaches and pineapple to get enough juice for starter to use with fruit as follows.

FRIENDSHIP CAKE

Al Duttlinger
Shoe Department

Put in glass jar (don't refrigerate):

1 1/2 c. starter
1 qt. peaches with juice

2 1/2 c. sugar

Dissolve sugar and shake jar once a day for 10 days. Open jar a few times to let gas out. Add:

1 large can crushed pine-
apple with juice

2 1/2 c. sugar

Mix well, and shake once a day for 10 days. Add:

1 large jar maraschino
cherries (no juice)

2 1/2 c. sugar

Mix well. Shake once a day for 10 days. Drain well fruit enough for three cakes, juice enough for three starters. Fruit may be frozen until used (never refrigerate or freeze starter).

Cake:

1 1/2 c. fruit	4 beaten eggs
1 pkg. cake mix (dry)	2/3 c. oil
1 pkg. instant vanilla pudding (dry)	3/4 c. chopped nuts

Mix by hand. Bake in greased and floured bundt or angel food cake pan at 350 degrees for 50 minutes, or until done.

TUPPERWARE SUGAR COOKIES

Kim Rule

1 c. oleo	1 tsp. soda
1 1/2 c. powdered sugar	1 tsp. cream of tartar
1 egg	1 tsp. vanilla
2 1/2 c. flour	1 tsp. almond
dash salt	

Mix butter, powdered sugar, and egg; add everything else. Bake on greased pan at 375 degrees for 6 to 8 minutes.

CARROT CAKE

Dorothy Cushing
Gift Department

1 c. oil	1/2 tsp. salt
2 c. sugar	1 tsp. baking powder
4 eggs	1 tsp. cinnamon
2 c. flour	1 c. chopped walnuts
1 tsp. soda	1 lb. (3 c.) grated carrots

Beat together oil, sugar, eggs; add flour, soda, salt, baking powder, and cinnamon which you have mixed all together. Mix well, then fold in nuts and carrots.

Bake in greased and floured 9 x 13 inch cake pan at 350 degrees for 40 to 50 minutes.

PINEAPPLE NUT COOKIES

Dorothy Cushing
Gift Department

1 c. shortening	1 tsp. vanilla
1 c. white sugar	1 c. nuts, chopped
1 c. brown sugar	4 c. flour
2 eggs, well beaten	1 tsp. soda
1 small can crushed pineapple, drained	

Cream shortening and sugars; add eggs, pineapple, vanilla, (Cont.)

nuts, flour, and soda.

Bake in 350 degree oven on greased cookie sheet for 8 to 10 minutes. May have to add a little more flour, depending on how well you drain pineapple.

This is a 4-H recipe, and always moist and delicious.

CAKE COOKIE BARS

Kim Rule

2 c. brown sugar	1 tsp. vanilla
2 c. white flour	1/2 c. chopped nuts
1/2 c. butter	6 crisp toffee candy bars or
1 tsp. salt	1 c. chocolate chips
1 tsp. soda	1 c. milk

Mix together brown sugar, flour, and butter; reserve 1 cup of this mixture. Beat egg and beat in salt, soda, vanilla, and milk. Add to the brown sugar mixture; mix well.

Pour batter into greased 9 x 13 inch pan. Top batter with the reserved cup of brown sugar crumbs to which you have added the chopped nuts. Crush the candy bars (the chocolate-covered kind), and sprinkle over top of batter (or sprinkle chocolate chips over top).

Bake at 350 degrees for 30 to 35 minutes. Cut into bars when cool.

BOURBON BALLS

Gretchen Galdigan
Stationery

Do not require baking.

3 c. vanilla wafers (about 1 lb.), ground	3 Tbsp. light corn syrup
1 c. pecans, ground	1 1/2 Tbsp. cocoa
1 c. confectioner's sugar	1/2 c. bourbon or rum

Mix all ingredients, and shape into balls the size of an English walnut. Roll in confectioner's sugar.

Serve with Christmas punch or eggnog.

UPSIDE-DOWN APPLE CAKE

Al Dutlinger
Shoe Department

1/4 c. butter	1 1/2 c. flour
2 c. sliced apples	2 tsp. baking powder
1/4 c. chopped almonds	1/2 tsp. salt
1 egg	grated rind of 1 orange
1/2 c. sugar	1/2 c. milk

In 9 inch skillet, melt butter; add apples and nuts. Set aside. Beat egg, adding sugar gradually. Combine dry ingredients, egg, and orange rind; add milk, and mix thoroughly. Pour batter over apples in skillet.

Bake in 325 degree oven for 35 minutes, or until cake is firm. Loosen edges; invert cake on plate. Serve with thick cream, if desired.

Note: Apricots, peaches, or plums may be substituted for apples.

SAUERKRAUT CAKE

Al Duttlinger
Shoe Department

2 1/2 c. flour

1/2 c. sugar

1 tsp. baking powder

3 eggs

1/4 tsp. salt

1 c. water

1 tsp. soda

1 tsp. vanilla

1/2 c. cocoa

2/3 c. sauerkraut, rinsed and
drained well

Mix first 5 ingredients together. Cream butter and sugar; beat in eggs. Add dry ingredients alternately with water and vanilla. Fold in sauerkraut.

Bake in 325 degree oven until it tests done.

FRESH PEACH PIE

Al Duttlinger
Shoe Department

1 c. flour

3 Tbsp. peach Jello

1/4 c. brown sugar

3 Tbsp. cornstarch

1/2 c. soft margarine

1 c. boiling water

1/2 c. chopped nuts

7 peaches, peeled and sliced

1/2 c. sugar

Mix together flour, brown sugar, margarine, and nuts. Press into bottom and sides of 9 inch pie pan. Bake in 350 degree oven for 10 to 15 minutes; let cool.

In medium saucepan, combine sugar, Jello, cornstarch, and boiling water. Cook until thick and clear. Let cool. Stir in sliced peaches; pour into baked crust. Top with whipped cream.

HERSHEY'S CHOCOLATE SLIMS

CD

2 blocks (2 oz.) baking
chocolate

1 c. sugar

1/2 c. butter or margarine

1/4 tsp. salt

1/2 c. sifted all-purpose flour

2 eggs, well beaten

1 tsp. vanilla

(Cont.)

1 c. finely-chopped walnuts confectioner's sugar

Melt chocolate with butter or margarine over very low heat. Sift flour with sugar and salt. Add to the chocolate mixture, and blend well. Stir in the eggs and vanilla; combine thoroughly. Blend in chopped walnuts. Spread in greased $15\frac{1}{2} \times 10\frac{1}{2} \times 1$ inch jelly roll pan or cookie sheet with sides.

Bake in a 400 degree oven for 10 to 12 minutes; remove from oven. Sift confectioner's sugar over the surface. Cut into $1\frac{1}{2} \times 2\frac{1}{2}$ inch bars.

Yields about 38 bars.

PEANUT BUTTER CUPS

Norma Phillips

2 sticks melted margarine
1 $\frac{3}{4}$ c. graham cracker
crumbs

1 c. peanut butter
2 $\frac{1}{2}$ c. powdered sugar

Combine above ingredients, and pat into 9×13 inch pan. Melt 2 cups milk chocolate chips, and frost. When chocolate sets, cut into squares.

Taste like Reese's.

MARBLE SQUARES

Thelma Wignall
Dress Department

1/2 c. margarine, softened
1/4 c. plus 2 Tbsp. sugar
1/4 c. plus 2 Tbsp. brown
sugar, packed
1/2 tsp. vanilla
1 c. flour

1/2 tsp. salt
1 c. chocolate chips
1 egg
1/2 tsp. soda
1/2 c. walnuts

Grease $9 \times 13 \times 2$ inch pan. Heat oven to 375 degrees. Mix butter, sugar, and vanilla thoroughly. Beat in eggs; blend in flour, soda, and salt; mix in walnuts.

Spread in pan. Sprinkle chocolate chips over top of dough; place in oven 1 minute. Remove and run knife through dough to marbelize. Return to oven and bake 12 to 14 minutes; cool.

Makes 2 dozen.

APPLESAUCE CAKE

Alberta Hansen
Better Sportswear

2 c. flour
1 $\frac{1}{2}$ tsp. baking powder
1/2 tsp. soda

1 tsp. cinnamon
1/2 tsp. salt
1/2 c. shortening

Sift dry ingredients together. Cream shortening and sugar. Add eggs, beating each time. Blend in sifted ingredients with applesauce. Fold in nuts and raisins. Combine 2 tablespoons sugar and 1 teaspoon cinnamon. Sprinkle over the batter.

Bake at 350 degrees in a 9 inch square pan until a toothpick comes out clean when tested in center.

BABY RUTH BARS

Alberta Hansen
Better Sportswear

Mix in large bowl.

1/2 c. white sugar 1/2 c. dark corn syrup
1/2 c. white corn syrup 1/2 c. brown sugar

Bring to a boil; turn off heat, and add 1 cup chunky peanut butter. Stir until mixture is creamy. Pour over the cornflakes and nuts.

Pour 2 cups chocolate chips over the top. When melted, spread as icing.

BUTTERSCOTCH MERINGUE BARS

Alberta Hansen
Better Sportswear

1/2 c. shortening
1 1/2 c. flour
1 tsp. baking powder
1/2 tsp. salt
1/2 c. brown sugar, packed

2 eggs
1 c. brown sugar,
1 c. nuts
1 tsp. vanilla

Combine flour, baking powder, salt, and 1/2 cup brown sugar. Cut in shortening. Add egg yolks, and mix until blended.

Beat egg whites until stiff. Add cup of brown sugar slowly; blend thoroughly. Add nuts and vanilla. Spread on top of crumb mixture.

Bake in slow oven at 325 degrees for 30 minutes.

SOFT RAISIN BARS

Alberta Hansen
Better Sportswear

1 1/2 c. raisins	2 eggs
1 c. water	3 c. flour
1 1/2 tsp. soda	1 tsp. cinnamon
1 c. shortening	1/2 tsp. cloves
1/4 tsp. salt	1/2 tsp. nutmeg
1 1/2 c. sugar	

Cook raisins 10 minutes. Dissolve soda in 1 cup water from raisins (add water to make 1 cup, if necessary). Add alternately with flour after eggs have been beaten in. Add raisins last.

Bake in 2 large sheets in 375 degree oven for 30 minutes. Frost with powdered sugar; sprinkle with nuts, if you like.

HELLO DOLLY COOKIES

Marilyn H.

1 stick soft margarine	1 c. chocolate chips
1 c. graham crackers, crushed	1 c. nuts, chopped
1 c. coconut	1 can Eagle Brand condensed milk

Mix margarine and crushed graham crackers. Press into 9 x 9 inch pan, then sprinkle on coconut, chocolate chips, and nuts. Pour sweetened condensed milk over.

Bake in 350 degree oven for 30 to 35 minutes.

CREAM CHEESE BARS

Alberta Hansen
Better Sportswear

1 c. butter	4 Tbsp. flour
1/2 c. sugar	1 c. coconut
2 c. flour	2 tsp. baking powder
4 eggs	1/2 tsp. vanilla
2 c. brown sugar	

Mix together 1 cup butter, 1/2 cup sugar, and 2 cups flour, and pat into a 9 x 13 inch pan. Bake 15 minutes at 350 degrees, or until lightly browned.

Beat eggs, brown sugar, 4 teaspoons flour, coconut, vanilla, baking powder, and nuts. Pour over top of first layer, and bake 15 or 20 minutes at 350 degrees.

Frost with frosting of:

1 small pkg. cream cheese	1 tsp. vanilla
1 lb. powdered sugar	

BUCKEYE BALLS

Joyce White

1 1/2 c. creamy peanut butter
1/2 c. lightly-salted butter
1 tsp. vanilla

1 (16 oz.) pkg. powdered sugar
1 (16 oz.) pkg. chocolate chips
2 Tbsp. solid vegetable shortening

Line a baking sheet with waxed paper. In medium-size bowl, mix peanut butter, butter, vanilla, and sugar with hands to form a smooth dough. Mixture will be very stiff. Shape into balls, using 2 teaspoons for each. Place on waxed paper, and put in refrigerator.

In top of a double boiler over simmering (not boiling) water, melt chocolate and shortening together. Also add roughly 1/3 cup of paraffin. When smooth, pour into a small bowl or measuring cup. Remove balls from refrigerator.

Insert a wooden toothpick into ball, and dip into chocolate so that 3/4 of ball is coated. Return to waxed paper, chocolate side down, and remove pick. Refrigerate 30 minutes longer.

MOLASSES COOKIES

Sandie Pray
Pantry

2 c. sugar
1 c. shortening or oleo
2 c. sour cream (or
evaporated milk and
1 Tbsp. vinegar)
1 c. sorghum molasses
(not Brer Rabbit)

1 tsp. ginger
1/2 tsp. salt
2 tsp. cinnamon
4 tsp. soda
about 5 c. flour (enough for a
soft dough)

Chill before rolling. Makes 10 to 12 dozen. Bake in 350 degree oven.

SEVEN LAYER BARS

Sandie Pray
Pantry

Melt 1 stick oleo in 9 x 13 inch pan. Put a layer of whole graham crackers on the entire bottom of pan, then put 3/4 of a 12 ounce package of chocolate chips on top. Add 1 cup Eagle Brand milk (dribble). Put the rest of both chips on; sprinkle 1/2 cup nuts and a little coconut on top.

Bake 25 minutes at 350 degrees. Cut into squares.

UNBAKED COOKIES

Sandie Pray
Pantry

Boil 1 minute:

2 c. sugar	2 Tbsp. butter or oleo
2 Tbsp. cocoa	1/2 c. milk

Remove from heat, and add:

1 tsp. vanilla	1/2 c. peanut butter
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Blend. Add 2 cups quick oatmeal, and mix. Drop by teaspoon on buttered pan or waxed paper (waxed paper is best). Cool.

SOUTHERN SURPRISE

Nancy Means

Sift together:

2 c. flour	1 1/2 c. sugar
2 tsp. soda	

Add:

2 eggs	1 (No. 303) can fruit cocktail
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Blend and beat 2 minutes. Pour into well-greased and floured 9 x 13 inch pan. Sprinkle over batter:

1/2 c. pecan pieces	1/2 c. brown sugar
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Bake in 300 degree oven for 50 to 55 minutes.

Topping:

1 small can undiluted evaporated milk	3/4 c. white sugar
	1 stick butter

Boil 2 minutes; remove from heat, and add:

1 tsp. vanilla	1 can coconut
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Pour over cake while cake is hot. When cool, cut in squares. The longer you keep the cake, the better it gets.

RHUBARB CAKE

Barb Shoeman
Lingerie

5 c. cut up rhubarb
1 pkg. Jello (strawberry or
raspberry)

1 c. sugar
white cake mix

Put rhubarb in 9 inch pan. Sprinkle with sugar and Jello. Sprinkle dry cake mix over the top, and bake until done.

BROWNIES

Bev Chapman
China

1 c. margarine
4 squares bitter chocolate
4 eggs
1 c. flour

1 c. nuts
1 tsp. vanilla
2 c. sugar

Melt margarine and chocolate in pan on low heat. Cream eggs and sugar. Add chocolate mixture, beating constantly. Add flour, nuts, and vanilla.

Bake at 325 degrees for 30 to 35 minutes. Use Pyrex pan, about 12 x 8 inch. When cool, either dust with powdered sugar or frost.

POPPY SEED CAKE

Barb Shoeman
Lingerie

Soak 1/4 cup poppy seeds in 1 cup buttermilk for 3 hours.
Oil and flour bundt pan.

Cream:

1 c. butter 1 1/2 c. sugar

Add 4 eggs one at a time, and beat after each. Add:

1 tsp. vanilla
2 tsp. baking powder

1 tsp. soda
1 tsp. salt

Fold poppy seed mixture into egg mixture $\frac{1}{3}$ at a time, alternating with 2 1/2 cups flour. Place a little in bundt pan, and sprinkle with $\frac{1}{3}$ cup sugar and 2 teaspoons cinnamon mixture. Place remaining batter, and top with sugar mixture.

Bake at 350 degrees for 40 to 50 minutes.

OATMEAL COOKIES

Margaret Grunder
Linens

1 c. melted oleo	2 c. raisins
1 c. white sugar	1 c. dates
1 c. brown sugar	2 c. oatmeal
2 c. flour	2 eggs, beaten
1 tsp. cinnamon	1 tsp. soda in 1 Tbsp. hot water

You may add nut meats. Make into balls and flatten. Bake at 350 degrees until done.

MARSHMALLOW FUDGE BARS

Barb Shoeman
Lingerie

1 c. oleo	1/2 tsp. baking powder
2 c. sugar	4 tsp. cocoa
4 eggs	2 tsp. vanilla
1/4 tsp. salt	1 c. nuts

Cream oleo and sugar; add eggs and vanilla. Add sifted remaining dry ingredients and nuts. Spread in greased 10 x 15 inch pan. Bake 10 to 15 minutes at 350 degrees.

Remove and cover with tiny marshmallows. Return to oven and bake 3 minutes.

Frosting:

1 1/2 c. powdered sugar	1 tsp. milk
6 tsp. oleo	

Boil 1/2 minute. Remove from heat; add 2/3 cup chocolate chips. Stir until melted, and spread on top of bars.

SOUR CREAM RHUBARB BARS

Margaret Grunder
Linens

1 1/2 c. brown sugar	1 egg
1/2 c. butter	2 c. flour
1 c. sour cream	1 tsp. soda
1 1/2 c. rhubarb	

Beat sugar, butter, and egg till fluffy. Combine flour, soda, and add rhubarb and sour cream.

Topping:

1/2 c. sugar	1/2 c. nuts
1 Tbsp. butter	1 tsp. cinnamon

Bake at 350 degrees for 45 minutes in 9 x 13 inch pan.

RED RHUBARB-RED RASPBERRY PIE

Bev Chapman
China

1 c. frozen red raspberries, defrosted and drained	3 c. rhubarb, cut up (fresh)
1 1/2 c. sugar	1/2 tsp. lemon juice
2 Tbsp. flour	3 Tbsp. tapioca
	1/2 tsp. salt

Blend sugar, tapioca, flour, and salt. Add red raspberries and mix well. Let stand 15 minutes. Add rhubarb to mixture, and let stand 5 minutes. Add lemon juice.

Put in unbaked pie shell, and put top crust on. Bake at 400 degrees for 50 minutes.

CREAM CHEESE BARS

Barb Shoeman
Lingerie

1 pkg. yellow cake mix (without pudding)	1 stick butter
3 eggs	half bag powdered sugar
	8 oz. cream cheese

Mix cake mix, 1 egg, stick butter; press into 9 x 13 inch cake pan. Blend 2 eggs, powdered sugar, and cream cheese. Pour on top of crust.

Bake for 35 minutes in 350 degree oven.

FRYING PAN COOKIES

Barb Shoeman
Lingerie

1/2 lb. dates, chopped	2 eggs
1 c. sugar	1 Tbsp. butter
1 c. chopped nuts	2 c. Rice Krispies
1 pkg. coconut	

Mix dates, sugar, eggs, and butter in frying pan, and cook about 5 minutes. Remove from fire, and stir in nuts and cereal.

When cool enough to handle, roll in small balls, then in coconut. Coconut may be colored for the holidays.

Makes 2 dozen.

SAUCEPAN RAISIN BARS

Barb Shoeman
Lingerie

1 c. oleo	1/2 tsp. salt
2 c. sugar	4 c. sifted flour
2 c. water	2 tsp. soda
2 c. raisins	1 tsp. baking powder
2 tsp. cinnamon	1 c. chopped nuts
1 tsp. nutmeg	2 tsp. vanilla
1 tsp. cloves	

Combine oleo, sugar, water, raisins, spices, and salt in saucepan. Heat to boil; boil 3 minutes. Set aside to cool.

Sift flour, soda, and baking powder into cooled mixture. Mix together and add nuts and vanilla. Pour batter into two oiled and floured cake pans.

Bake at 350 degrees for 20 to 25 minutes. Frost with plain or orange frosting. Cut.

CARROT CAKE WITH ICING

Kim Rule

2 c. flour	1/2 tsp. salt
2 c. sugar	4 eggs, slightly beaten
3 tsp. cinnamon	1 1/3 c. Wesson oil
2 tsp. baking soda	2 jars Junior baby food
2 tsp. baking powder	carrots

Mix dry ingredients, and add eggs, oil, and baby food. Bake 45 minutes at 375 degrees in a greased and floured pan.

Icing:

1 lb. powdered sugar	2 tsp. vanilla
1 stick butter (1/4 lb.)	pecans
8 oz. cream cheese	

PEANUT BUTTER COOKIES

Bev Chapman
China

1/2 c. margarine	1 tsp. vanilla
1/2 c. white sugar	1 3/4 c. flour
1/2 c. brown sugar	1 tsp. soda
1/3 c. peanut butter	1/2 tsp. salt
1 egg	

Blend margarine, sugars, and peanut butter. Add egg and vanilla, then add flour, soda, and salt.

Make into small balls, and roll them in sugar. Press them down with a fork.

Bake at 350 degrees for about 12 minutes. Do not grease pans.

FRESH APPLE CAKE

Maxine Maly
Customer Service

1 c. white sugar

1 c. brown sugar

Cream 1/2 cup shortening; add sugars, then add:

1/2 tsp. salt

2 eggs

Add:

1 tsp. baking powder

2 1/2 c. flour

1/2 tsp. soda

1 c. sour milk or buttermilk

Stir in:

1 1/2 c. fresh apples,
diced

1 1/2 c. nut meats
grated rind of 1 lemon

Pour into 10 x 15 inch pan. Sprinkle top with:

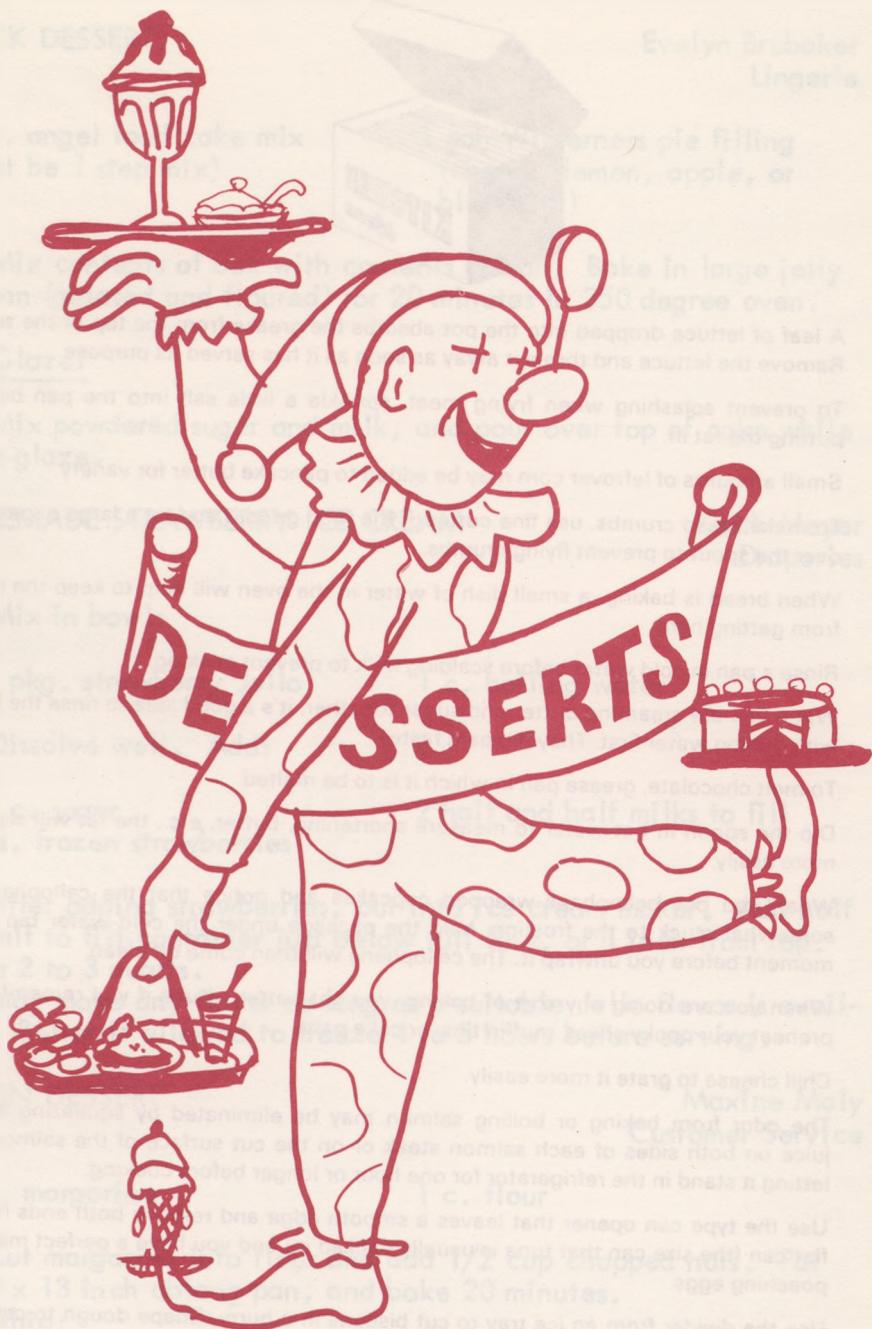
1/2 c. nut meats

2 Tbsp. brown sugar

Bake at 350 degrees till pick inserted comes out clean.

Write your extra recipes here:

Evelyn Brubaker
Lingard





A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Rinse a pan in cold water before scalding milk to prevent sticking.

When you are creaming butter and sugar together, it's a good idea to rinse the bowl with boiling water first. They'll cream faster.

To melt chocolate, grease pan in which it is to be melted.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

When you buy cellophane-wrapped cupcakes and notice that the cellophane is somewhat stuck to the frosting, hold the package under the cold-water tap for a moment before you unwrap it. The cellophane will then come off clean.

When you are doing any sort of baking, you get better results if you remember to preheat your cooky sheet, muffin tins, or cake pans.

Chill cheese to grate it more easily.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothespin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

DESSERTS

QUICK DESSERT

Evelyn Brubaker
Lingerie

1 pkg. angel food cake mix
(must be 1 step mix)

1 can Wilderness pie filling
(cherry, lemon, apple, or
blueberry)

Mix contents of box with contents of can. Bake in large jelly roll pan (greased and floured) for 20 minutes in 350 degree oven.

Glaze:

Mix powdered sugar and milk, and pour over top of cake while hot to glaze.

HOMEMADE STRAWBERRY ICE CREAM

Keith Meyer
Draperies

Mix in bowl:

3 oz. pkg. strawberry Jello

1 c. boiling water

Dissolve well. Add:

2 1/2 c. sugar

2 half and half milks to fill

2 pkgs. frozen strawberries

After adding strawberries, put into ice cream maker. Add half and half to fill container just below full line, or 1 inch from top. Makes 2 to 3 quarts.

May make any flavor as long as a suitable Jello flavor is available. Better if allowed to freeze 4 to 5 hours before serving.

LEMON DESSERT

Maxine Maly
Customer Service

1/2 c. margarine

1 c. flour

Cut margarine into flour and add 1/2 cup chopped nuts. Pat into 9 x 13 inch oblong pan, and bake 20 minutes.

Whip:

1 (8 oz.) pkg. cream cheese

1 carton Cool Whip

(Cont.)

Make up 2 packages instant lemon pudding using 3 cups milk instead of 4.

Layer cheese mix, lemon mixture, and cheese. Top with Cool Whip and chill.

DIRT DESSERT

Raedeen Briggs

Crunch together:

1 pkg. Oreo cookies

3 to 6 Butterfingers

Add 1/2 to 3/4 cup melted butter. Spread 1/2 mixture on bottom of a 9 x 13 inch cake pan. Top with 1/2 gallon softened ice cream (any flavor).

Spread remaining crumb mixture on top; refreeze.

APPLE CRISP

Mary Ernst
Budget

1 c. brown sugar, firmly packed
1/2 c. flour
1/2 tsp. each nutmeg and cinnamon

1/4 tsp. salt
1/4 c. (1/2 stick) butter or oleo
5 c. sliced tart apples (5 to 6 apples)

Mix sugar, flour, spices, and salt. Cut in butter until mixture is crumbly.

Spread apples over bottom of buttered 8 or 9 inch square pan. Sprinkle crumbly mixture over fruit; pat lightly with fingers. Bake (uncovered) at 350 degrees for 40 to 45 minutes, or until apples are tender.

Serve warm with cream or ice cream. Also can be made using fresh peaches instead of apples.

STRAWBERRY VANILLA PUDDING DESSERT

Shirley Raisch

4 1/2 c. angel food cake cubes
1 (3 oz.) pkg. instant vanilla pudding
1 c. milk

1 pt. vanilla ice cream
1 (3 oz.) pkg. strawberry Jello
1 1/2 c. boiling water
1 (10 oz.) pkg. frozen strawberries

Place cubes in 9 x 15 inch pan. In mixing bowl, combine pudding and milk; add ice cream, and beat at low speed until blended. Pour over cubes; set aside until firm.

Dissolve Jello in water; add frozen strawberries. Stir until Jello thickens. Pour over pudding. Chill until set.

ORANGE PINEAPPLE DESSERT

Lois Erbstein
Jewelry

1 c. pineapple juice
1/2 c. orange juice

24 large marshmallows

Bring juices to a boil; add marshmallows, and stir until they melt. Then cool mixture. Whip 1/2 pint whipping cream; add to cooled mixture.

Line bottom of 8 x 8 inch pan with broken vanilla wafers. Pour cooled mixture over wafers. Put more whole vanilla wafers on top. Freeze.

Put in refrigerator about 1 to 2 hours before serving.

LAYERED RHUBARB DESSERT

Cathy Walsh
Accessories

2 c. flour
2 Tbsp. baking powder
1/8 tsp. salt

4 Tbsp. butter
2 eggs, beaten
1/3 c. milk

Sift flour, baking powder, and salt. Cut in butter; add eggs and milk. Pat into 9 x 13 inch pan. Place on top:

4 c. rhubarb, diced, mixed with 1 (6 oz.) pkg. strawberry Jello

Spread over crust. Combine:

2 c. sugar
1 c. flour

1/2 c. butter

Sprinkle over rhubarb mixture. Bake in 350 degree oven for 50 minutes.

Serve with ice cream or whipped cream.

RHUBARB CRUNCH

Thelma Wignall
Dresses

Mix until crumbly, then spread 1/2 of the following mixture into a greased 9 x 9 inch pan:

1 c. flour
3/4 c. quick oatmeal
1/2 c. butter, melted

1 c. brown sugar, firmly packed
1 tsp. cinnamon
dash nutmeg (optional)

Cover oatmeal mixture with 4 cups (generous) diced rhubarb.

(Cont.)

Combine; top with:

1 1/4 c. granulated sugar	1 c. water
2 Tbsp. cornstarch	1 tsp. vanilla
dash of salt	

Cook until thick and clear. Pour over rhubarb. Top with remaining crumbs.

Bake one hour at 350 degrees. Serve warm or cold with ice cream or whipped cream.

Try this with other fresh fruit (Italian plums, cherries, apples, etc.).

PEACH DELIGHT

Mary Shearer
Floater

No. 2 1/2 can sliced peaches (or pineapple) (juice and all)	1 pkg. apple-cinnamon cake mix
1 c. brown sugar	1 small pkg. crushed pecans
	1 stick margarine, melted

Pour fruit in 9 x 11 inch cake pan. Add brown sugar. Spread cake mix over fruit mixture, and sprinkle pecans over that. Top with melted margarine.

Bake at 350 degrees for 45 minutes.

CHOCOLATE TORTE

Sheila Deterding
Display

1 pkg. (2 layer) chocolate cake mix	3/4 c. butter, softened
2 pkgs. (4 oz. each) Baker's German's sweet chocolate	1 (8 oz.) container Cool Whip, thawed

Prepare cake mix as directed on package. Bake in 2 greased and floured round 9 inch pans. Cool. Split layers horizontally.

Melt 1 1/2 package of the chocolate in double boiler; cool. Beat in the butter. Spread 1 layer with half of the chocolate; top with second layer, and spread with half of the whipped topping; repeat layers.

Sprinkle chocolate shavings made from remaining 2 ounce bar on top of cake.

Chill one hour. May be frozen.

CHERRY DELIGHT

Sheila Deterding
Display

1 can Eagle Brand sweetened
condensed milk
1 can cherry pie filling

1 c. chopped walnuts
1 (8 oz.) container Cool
Whip

Mix first 3 ingredients, then fold in Cool Whip. Chill.

Write your extra recipes here:

Write your extra recipes here:

CHOCOLATE KALEIDOSCOPE

1/2 c. melted butter
1/2 c. confectioner's sugar
1/2 c. ground walnuts
1 (8 oz.) container Cool Whip
Melted butter

Cook until thick and shiny. Pour over chocolate. Let stand until cool and set. Cut into squares. Top with Cool Whip.

Bake one hour at 350 degrees. Serve warm or cold with ice cream or whipped cream.

Try this with other fresh fruit (Italian plums, cherries, strawberries, etc.).

PEACH DELIGHT

Mary Shaeffer

1 lb., 2 1/2 c. sliced peaches (or pineapple) juice and all
1/2 c. cake mix
1/2 c. brown sugar

Pour fruit in 9x11 inch cake pan. Add brown sugar. Sprinkle cake mix over fruit mixture, and sprinkle pecans over that. Top with melted margarine.

Bake at 350 degrees for 45 minutes.

CHOCOLATE TORTE

Shella Detweling
Display

1 pkg., 12 layer chocolate cake mix
2 pkgs., (4 oz. each) Baker's
Ghirardelli's sweet chocolate
1/4 c. butter, softened
1 (8 oz.) container Cool Whip,
thawed

Separate cake mix as directed on package. Take in 2 greased and floured round 9 inch pans. Cool. Split layers horizontally.

Melt 1 1/2 packages of the chocolate in double boiler; cool. Reheat in the burner. Spread 1 layer with half of the chocolate; top with second layer, and spread with half of the whipped topping; repeat layers.

Sprinkle chocolate shavings made from remaining 2 packages on top of cake.

Chill one hour. May be frozen.



candies,
Jellies



Jams

&
Canning



WEIGHTS AND MEASURES

AVOIRDUPOIS

1 pound = 16 ounces
1 hundredweight = 100 pounds
1 ton = 20 hundredweight = 2000 pounds
1 long ton = 2240 pounds

EQUIVALENT VALUES

1 square mile	= 640 acres	= 102,400	square rods	= 3,097,600 square yards
1 square mile	= 27,878,400 square	feet	= 4,014,489,600 square inches	
Inches	Feet	Yards	Rods	Furlongs Miles
36	= 3	= 1		
198	= 16.5	= 5.5	= 1	
7,920	= 660	= 220	= 40	= 1
63,360	= 5280	= 1760	= 320	= 8 = 1

APOTHECARIES

1 scrupple = 20 grains
1 dram = 3 scruples
1 ounce = 8 drams
1 pound = 12 ounces

METRIC

1 centigram	= 10 milligrams
1 decigram	= 10 centigrams
1 gram	= 10 decigrams
1 dekagram	= 10 grams
1 hektogram	= 10 dekagrams
1 kilogram	= 10 hektograms
1 metric ton	= 1000 kilograms
1 kilogram	= 2.20 pounds
1 pound avoirdupois	= 0.45 kilogram

(English Units)

LINEAR MEASURE

1 foot = 12 inches
1 yard = 3 feet
1 rod = 5½ yards = 16½ feet
1 mile = 320 rods = 1760 yards = 5280 feet
1 nautical mile = 6080 feet
1 knot = 1 nautical mile per hour
1 furlong = ¼ mile = 660 feet = 220 yards
1 league = 3 miles = 24 furlongs
1 fathom = 2 yards = 6 feet
1 chain = 100 links = 22 yards
1 link = 7.92 inches
1 hand = 4 inches
1 span = 9 inches

SQUARE MEASURE

1 square foot = 144 square inches
1 sq. yard = 9 sq. feet
1 sq. rod = 30 ¼ sq. yards = 272 ¼ sq. inches
1 acre = 160 sq. rods = 43560 sq. feet
1 sq. mile = 640 acres = 102400 sq. rods
1 sq. rod = 625 square links
1 sq. chain = 16 square rods
1 acre = 10 square chains

CUBIC MEASURE

1 cubic foot = 1728 cubic inches
1 cubic yard = 27 cubic feet
1 register ton (shipping measure) = 100 cu. feet
1 U.S. shipping ton = 40 cubic feet
1 cord = 128 cubic feet
1 perch = 24 ¾ cubic feet
1 cubic yard = 27 cu. feet = 46656 cu. inches
1 U.S. liquid gallon = 4 quarts = 231 cu. inches
1 imperial gallon = 1.20 U.S. gals. = 0.16 cu. ft.
1 board foot = 144 cubic inches

DRY MEASURE

2 pints = 1 quart
8 quarts = 1 peck
4 pecks = 1 bushel
1 bushel = 4 pecks
32 quarts = 64 pints
U.S. bushel = 2,150.42 cubic inches
British bushel = 2,218.19 cubic inches

(Metric Units)

LINEAR MEASURE

1 centimeter	= 10 millimeters
1 decimeter	= 10 centimeters
1 meter	= 10 decimeters
1 dekameter	= 10 meters
1 hektometer	= 10 dekameters
1 kilometer	= 10 hektometers
1 inch	= 2.54 centimeters
1 meter	= 39.37 inches
1 yard	= 0.914 meter
1 mile	= 1609 meters = 1.61 kilometers

SQUARE MEASURE

1 square centimeter	= 100 square millimeters
1 square decimeter	= 100 square centimeters
1 sq. meter	= 100 sq. decimeters = 1 centar
1 ar	= 100 centars
1 hektar	= 100 ars
1 square kilometer	= 100 hektars
1 square centimeter	= 0.15 square inch
1 square meter	= 1.20 square yards
1 square kilometer	= 0.39 square mile
1 hektar	= 2.47 acres
1 square inch	= 6.45 square centimeters
1 square yard	= 0.84 square millimeter
1 square mile	= 2.59 square kilometers
1 acre	= 0.40 hektar

CUBIC MEASURE

1 cubic centimeter	= 1000 cubic millimeters
1 cubic decimeter	= 1000 cubic centimeters
1 cubic meter	= 100 cubic decimeters
1 cubic yard	= 0.76 cubic meter
1 cubic meter	= 1.31 cubic yards
1 liter	= 1.06 U.S. liquid quarts
1 hektoliter	= 100 liters = 26.42 U.S. liquid gallons
1 U.S. liquid quart	= 0.94 liter
1 U.S. liquid gallon	= 3.76 liters

CANDY, JELLY, JAM, PRESERVES

FUDGE

Betty Winslow
Dresses

Cut up 16 marshmallows (160 miniature).

2 giant Hershey bars 1 c. nuts
2 (6 oz.) pkgs. chocolate chips

Cook the following for 5 minutes at a rolling boil:

4 1/2 c. sugar 1 tall can evaporated milk
1/8 lb. butter

Add to chocolate-marshmallow mixture. Add 1 tablespoon vanilla and beat.

Pour into large pan.

YUM YUMS

Mary Lou DeBok
Men's Department

24 oz. creamy peanut butter 3 sticks oleo

Melt in heavy pan, and blend together. Remove from heat and stir in 2 pounds of sifted powdered sugar. Mix in 7 cups Rice Krispies.

Form into balls the size of walnuts. In double boiler, melt:

12 oz. pkg. chocolate 2 large Hershey bars
chips 1/2 cake paraffin

Dip balls into melted chocolate, and put on waxed paper.

BAKE-OFF TOFFEE

Ginger Ireland-Schunicht
Bridal Department

1 c. chopped pecans 1/2 c. semi-sweet chocolate
3/4 c. brown sugar, packed chips
1/2 c. butter or margarine

Spread pecans in bottom of 8 x 8 inch square pan which has been buttered.

Heat sugar and butter or margarine to boiling, stirring constantly. Boil over medium heat, stirring, for 7 minutes. Spread

(Cont.)

over nuts. Sprinkle chocolate chips over hot mixture, and put in warm oven till chocolate chips are melted.

When cooled, break into pieces.

RHUBARB JAM

Dorothy Cushing
Gift Department

5 c. rhubarb
4 c. sugar

1 (3 oz.) pkg. strawberry
Jello

Wash and cut rhubarb into 1 inch pieces. Mix with sugar, and let stand overnight, or until juice forms. Boil 15 minutes. Remove from heat, and add 1 package strawberry Jello; stir until it is dissolved. Pour into jars.

You may use raspberry or cherry Jello; they are all good.

FREEZER PICKLES

Al Duttlinger
Shoe Department

Wash and slice 8 cups cucumbers. Soak in salt water 1 hour. Drain and add 1 cup sliced onions.

Put in freezer containers, and pour following cooled mixture over. Bring to boil:

2 c. sugar
1 c. vinegar

2 Tbsp. salt
1 tsp. celery salt

Freeze in containers, or place in refrigerator up to 1 year. Sliced zucchini may be substituted for cucumbers.

ICE CREAM FOR FREEZER

Roy Jessen
Shoes

4 eggs

2 c. sugar

Beat like pudding. Add:

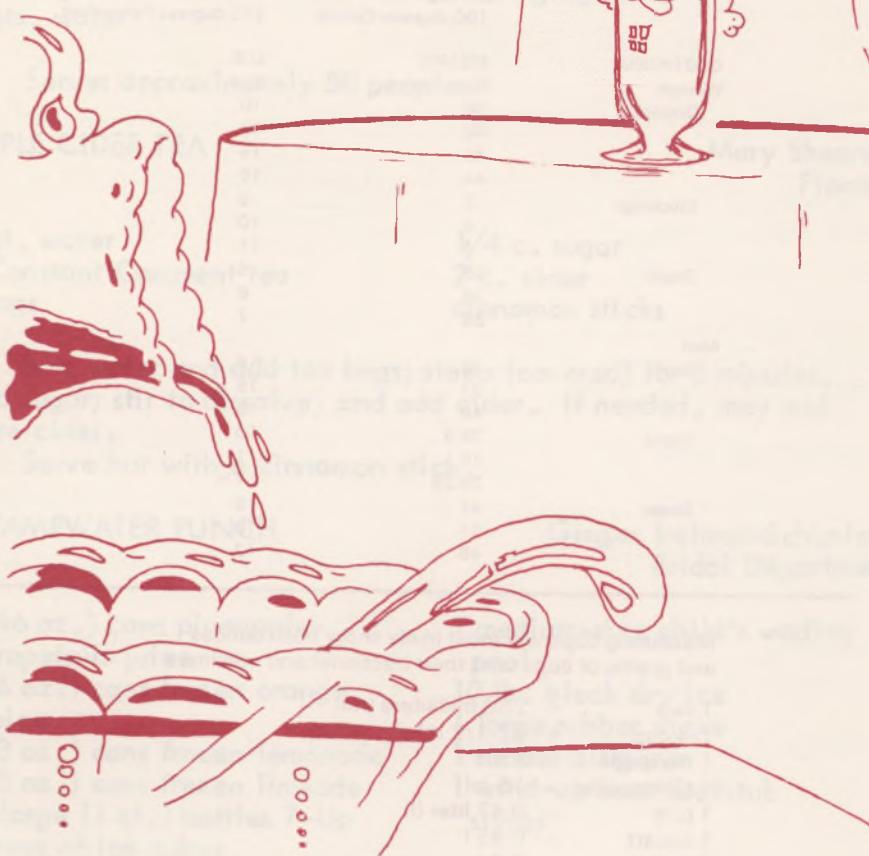
1 pt. cream

1 pt. half and half

Fill with milk. Add a tablespoon vanilla or 1/2 lemon and 1/2 teaspoon vanilla.

Freeze.

Beverages & Miscellaneous



EVERYDAY USE WITH THE METRIC SYSTEM

FOOD

Milk	1 liter	1.06 quarts
Butter	1 kilogram	2.2 pounds
Lemon juice	1 gram	0.035 ounces
Flour	1 liter	4.23 cups
Sugar	1 milliliter	0.067 tablespoons
Salt	1 milliliter	0.203 teaspoons
Water	1 liter	2.1 pints

DISTANCE

1 centimeter	0.4 inches
1 meter	3.3 feet
1 meter	1.1 yards
1 kilometer	0.6 mile

AREA

1 sq. centimeter	0.16 sq. inch
1 sq. meter	1.2 sq. yards
1 sq. kilometer	0.4 sq. mile
1 hectare	2.5 acres

TEMPERATURE

0 degree Celsius	32 degrees Fahrenheit
37 degrees Celsius	98.6 degrees Fahrenheit
100 degrees Celsius	212 degrees Fahrenheit

CLOTHING

	METRIC	U.S.
Women	Size	Size
Dresses	38	10
	40	12
	42	14
	44	16
Stockings	2	9
	4	10
	6	11
Shoes	35	5
	36	6
	38	7
Men		
Shirts	35	14
	37	15
	40	16
Socks	25.5	10
	28	11
	29.25	11 1/2
Shoes	41	8
	44	10
	46	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

1 cup	= 250 milliliters (ml)
1/4 cup	= 62-1/2 ml
1 teaspoon	= 5 ml
1 tablespoon	= 15 ml
1 pint	= 0.47 liter (l)
1 quart	= 0.95 l
1 gallon	= 3.8 l
1 liter	= 2.1 pint
1 liter	= 1.06 quart
1 liter	= 0.26 gallon

BEVERAGES, MISCELLANEOUS

RED PUNCH

Mary Shearer
Floater

1 pkg. cherry Kool-Aid
1 pkg. strawberry Kool-Aid
2 c. sugar
3 qts. water

6 oz. frozen pink lemonade
6 oz. frozen orange juice
1 qt. ginger ale

Serves approximately 50 people.

GREEN PUNCH

Mary Shearer
Floater

1 pkg. lime Kool-Aid
1 pkg. lemon Kool-Aid
2 c. sugar
3 qts. water

6 oz. frozen limeade
6 oz. frozen lemonade
1 qt. ginger ale

Serves approximately 50 people.

APPLE CIDER TEA

Mary Shearer
Floater

1 qt. water
3 Constant Comment tea
bags

1/4 c. sugar
2 c. cider
cinnamon sticks

Boil water and add tea bags; steep (covered) for 5 minutes.
Add sugar; stir to dissolve, and add cider. If needed, may add
more cider.

Serve hot with a cinnamon stick.

SWAMPWATER PUNCH

Ginger Ireland-Schunicht
Bridal Department

8 (46 oz.) cans pineapple-
grapefruit juice
8 (6 oz.) cans frozen orange
juice
8 (3 oz.) cans frozen lemonade
8 (3 oz.) cans frozen limeade
16 large (1 qt.) bottles 7-Up
8 trays of ice cubes
7 bottles Everclear grain alcohol

1 medium-size child's wading
pool
10 lb. block dry ice
1 large rubber snake
1 rubber alligator
1 wind-up boat (bathtub
style)

(Cont.)

Mix first 7 ingredients in wading pool. Add dry ice, snake, alligator, and boat just before party starts. Take care that no guest lays his tongue on the dry ice or drinks any of it.

Crushed pineapple may be added for swamp bilge. Best drunk from Mason jars.

GRANOLA

Ginger Ireland-Schunicht
Bridal Department

5 c. uncooked rolled oats
1/3 c. brown sugar, packed
1/2 c. wheat germ
1/3 c. salad oil

1/4 c. honey
1/4 tsp. almond extract
1 c. raisins
1 c. dried apricots

Spread oats on cookie sheet, and heat at 350 degrees for 10 minutes. Combine oats, brown sugar, wheat germ, salad oil, honey, and almond extract, and mix well.

Spread on cookie sheet again, and bake at 350 degrees for 20 to 30 minutes, turning every 10 minutes. Remove from oven and add raisins and apricots.

Store covered tightly in refrigerator.

STRAWBERRY DAIQUIRI

Linda Keller

9 c. water
2 c. sugar dissolved in water
12 oz. frozen lemonade
12 oz. frozen limeade

2 (16 oz.) pkgs. frozen sliced strawberries
Fifth of vodka

Mix and put in freezer for 24 hours. Stir occasionally. When ready to use, spoon into chilled glass with powdered sugar on rim, and add club soda or 7-Up.

CHAMPAGNE PUNCH

Mary Ernst
Budget

1 pkg. each cherry and strawberry Kool-Aid
2 c. sugar
3 qts. water
6 oz. frozen lemonade

6 oz. frozen orange juice
1 qt. ginger ale (add just before serving)
1 qt. champagne (add just before serving)

Makes 1 gallon. Can be made without champagne.

CARAMEL CORN

Dorothy Cushing
Gifts

8 or 9 qts. popped corn
2 c. brown sugar
1 c. butter or margarine
1 tsp. salt

1/2 c. white syrup
1 tsp. vanilla
1/2 tsp. soda

Boil 5 minutes; stir occasionally. Remove and add soda. Pour over popped corn.

Place in shallow pan and place in 250 degree oven; bake 1 hour, stirring every 15 minutes.

Store in container.

HOMEMADE SUMMER SAUSAGES

Al Duttlinger
Shoe Department

2 lbs. ground beef
2 Tbsp. Tender-Quick salt
2 Tbsp. brown sugar
1/2 tsp. onion salt

1/2 tsp. mustard seed
1/4 tsp. garlic powder
dash nutmeg
pepper as desired

Mix together all ingredients; shape into 3 rolls. Wrap in heavy foil; refrigerate 24 hours.

Remove rolls from refrigerator; place in boiling water, and boil for 1 hour. Remove from water, peel off foil, and let cool before slicing.

Can be frozen.

HOT COCOA MIX

Sandie Pray
Pantry

Mix together:

1 large can Quick
1 large jar Coffee Mate
1 (8 qt.) box instant milk (8 c.)

2 c. powdered sugar

Use 1/4 to 1/3 cup mix for each cup of hot water.

Write your extra recipes here:

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1982

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The plastic binding on this book will provide years of endless service, but like all plastic material it should not be exposed to excessive heat. Examples of this would be direct sun, left in a hot automobile or near the burners of a kitchen stove.

DATES TO REMEMBER

	1982	1983	1984
NEW YEAR'S DAY	Friday January 1	Saturday January 1	Sunday January 1
LINCOLN'S BIRTHDAY	Friday February 12	Saturday February 12	Sunday February 12
VALENTINE'S DAY	Sunday February 14	Monday February 14	Tuesday February 14
WASHINGTON'S BIRTHDAY Observed	Monday February 15	Monday February 21	Monday February 20
ASH WEDNESDAY	Wednesday February 24	Wednesday February 16	Wednesday March 7
ST. PATRICK'S DAY	Wednesday March 17	Thursday March 17	Saturday March 17
PALM SUNDAY	Sunday April 4	Sunday March 27	Sunday April 15
GOOD FRIDAY	Friday April 9	Friday April 1	Friday April 20
EASTER	Sunday April 11	Sunday April 3	Sunday April 22
PASSOVER (First Day)	Thursday April 8	Tuesday March 29	Tuesday April 17
MOTHER'S DAY	Sunday May 9	Sunday May 8	Sunday May 13
NATIONAL MEMORIAL DAY Traditional Always Observed May 30			
FATHER'S DAY	Sunday June 20	Sunday June 19	Sunday June 17
INDEPENDENCE DAY	Sunday July 4	Monday July 4	Wednesday July 4
LABOR DAY	Monday September 6	Monday September 5	Monday September 3
JEWISH NEW YEAR	Sat.-Sun. Sept. 18-19	Thurs.-Fri. Sept. 8-9	Thurs.-Fri. Sept. 27-28
YOM KIPPUR	Monday September 27	Saturday September 17	Saturday October 6
COLUMBUS DAY Observed	Monday October 11	Monday October 10	Monday October 8
HALLOWEEN	Sunday October 31	Monday October 31	Wednesday October 31
ELECTION DAY	Tuesday November 2	Tuesday November 8	Tuesday November 6
VETERANS DAY	Thursday November 11	Friday November 11	Sunday November 11
THANKSGIVING	Thursday November 25	Thursday November 24	Thursday November 22
CHANNUKAH	Saturday December 11	Thursday December 1	Wednesday December 19
CHRISTMAS	Saturday December 25	Sunday December 25	Tuesday December 25

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