



*Favorite Recipes From
Our Best Cooks*

COOK BOOK

Dorothy Benjamin



A BOOK OF

FAVORITE

Recipes

ST. BONIFACE - ST. MARY'S
ALTAR AND ROSARY SOCIETY

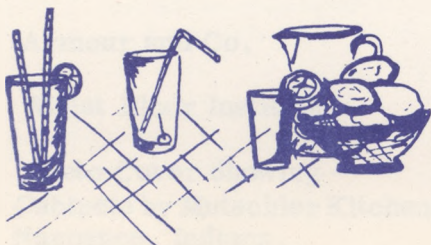
Farmington, Iowa

1974

IN MEMORY OF NEDRA BENJAMIN



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St. Boniface Church



St. Mary's Church

Father David Hlitch, Co-Pastor
Father Dennis Martin, Co-Pastor

Masses:

St. Boniface Church	Saturday 8:00 p.m.
	Sunday 10:30 a.m.
St. Mary's Church	Sunday 9:00 a.m.
Altar and Rosary - Fourth Thursday	7:45 p.m.

Basic Kitchen Information



THUMB INDEX

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.

Energine Cleaning Fluid Co.

Armour and Co.

Wheat Flour Institute.

Photo Cover Showing --
Cabinets by Mutschler Kitchens,
Nappanee, Indiana.

EQUIVALENTS,
WEIGHTS AND MEASURES,
SUBSTITUTE INGREDIENTS.

EVERYDAY HERB GUIDE

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MISCELLANEOUS
INFORMATION

EQUIVALENTS

3 tsps.	1 tbsp.
4 tsps.	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tsps.	$\frac{1}{3}$ cup
8 tsps.	$\frac{1}{2}$ cup
$10\frac{2}{3}$ tsps.	$\frac{2}{3}$ cup
12 tsps.	$\frac{3}{4}$ cup
16 tsps.	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 tsps.

(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

Corstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup

15 graham crackers = 1 cup

Eggs

1 egg = 4 tsps. 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 tsps.

5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 tbsp. grated

Oranges, juice

1 medium = 2 to 3 tsps.

3 to 4 medium = 1 cup

Oranges, rind

1 = 2 tsps. 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 $2\frac{1}{2}$ tablespoons water.

$\frac{7}{8}$ cup lard, or rendered fat, with $\frac{1}{2}$ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with $\frac{1}{2}$ teaspoon salt.

3 or 4 tablespoons cocoa plus $\frac{1}{2}$ tablespoon fat.

$1\frac{1}{2}$ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.

Equal amount of sour milk plus $\frac{1}{2}$ 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 $1\frac{3}{4}$ teaspoons cream of tartar.

$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ 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.

$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.

$\frac{7}{8}$ cup all-purpose flour.

Up to $\frac{1}{2}$ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERYDAY 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



Basil

FOUND IN India, Western Europe, United States
IT IS member of mint family with leaves 1½" 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.



Bay Leaf

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.



Chervil

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.



Oregano

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.



Mint

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.



Rosemary

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.



Marjoram

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.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rollad Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
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
Rollad 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	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1½ 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

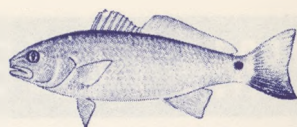
CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

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

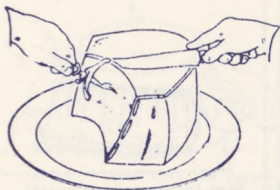


	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL - OCT.
BUTTERFISH	2	3		1	APRIL - DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. - NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPE		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	NOV. - MAY
SHAD	2	1		3	DEC. - JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. - MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV. - APRIL
STRIPED BASS			1		ALL YEAR
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.

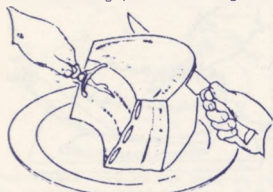
HOW TO COOK — 1 EXCELLENT 2 GOOD 3 FAIR

HOW TO CARVE

STANDING RIB ROAST



Have the butcher separate the backbone from the ribs when you buy the roast. The backbone can be removed in the kitchen after roasting. Insert the fork between two top ribs and slice from outside edge, across the grain.



Make slices an eighth to three-eighths inch thick, cutting along rib with tip of knife to release each slice.



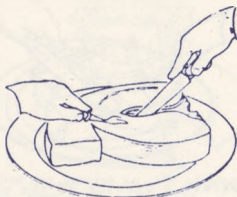
After each cut, lift the slice with the blade of the knife to the edge of the platter or to another plate.

BEEF TONGUE



Make thin even slices after removing excess tissue and cartilage from the large end of tongue.

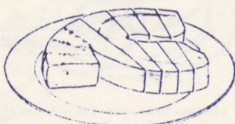
PORTERHOUSE STEAK



Remove bone and place at side of platter.

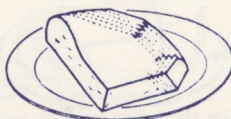


Always cut a steak with the grain.



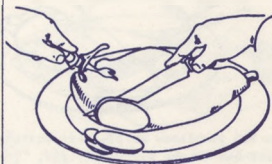
To protect the cutting edge of the knife, a board cut to fit the platter is an excellent aid in serving steak.

BEEF BRISKET

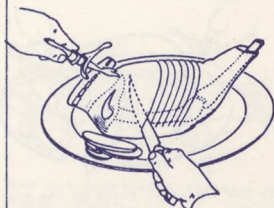


Have round side away from you, when Place round edge on platter as shown. Trim off excess fat and slice in rotation from each of the three sides.

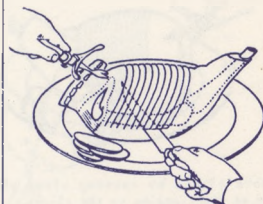
ROAST LEG OF LAMB



Place the shank end at the carver's right. Remove slices lengthwise.



Turn the roast so it rests on the surface just cut. The shank bone now points up from the platter. Insert fork in the left of the roast, and cut slices to the bone.



With the fork still in place, run the knife along the bone, releasing all the slices.

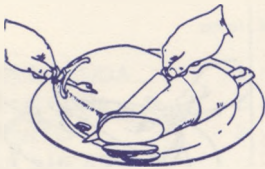
CUSHION LAMB SHOULDER



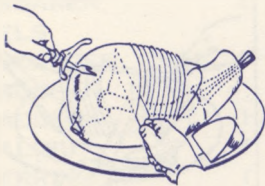
Slice thin as shown.

HOW TO-CARVE

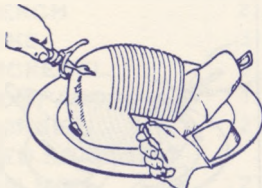
BAKED WHOLE HAM



The ham is placed on platter with the shank end to the carver's right. Insert fork as shown and remove several slices from the thin side.



Turn the ham so it rests on the surface just cut. Hold firmly with fork and cut thin slices down to the bone.



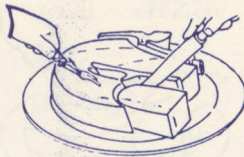
Remove slices by cutting along the bone at right angles to the slices.

HALF HAM

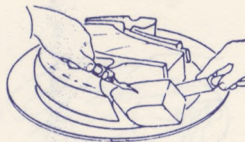


Cut into three sections and turn each section on its side for cutting against the grain. Remove the bone from the end section before slicing.

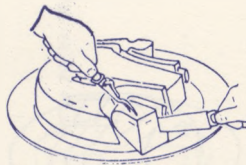
BLADE POT ROAST



Separate a section of the meat by running the knife between two muscles, then close to the bone.

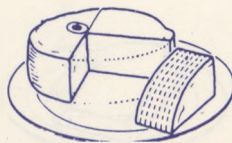


Turn the section so the grain is parallel with the platter. Cut across grain.



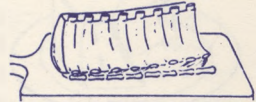
Cut slices from one-fourth to three-eighths inch thick. Separate remaining sections and carve across the grain.

HAM SLICE



Divide the cushion and shank sections. Slice cushion section across the grain beginning at the large end.

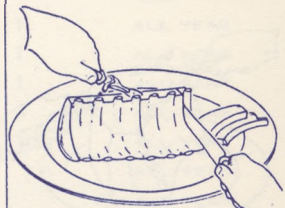
PORK LOIN ROAST



Have butcher saw across the ribs to loosen backbone from the ribs. Backbone becomes loosened during cooking.

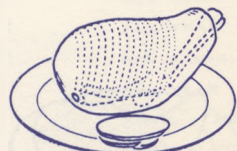


Remove the backbone from the ribs by cutting between it and the rib ends.



Roast is placed so rib side faces the carver. Cut close against both sides of each rib. You alternately make one slice with a bone, and one without.

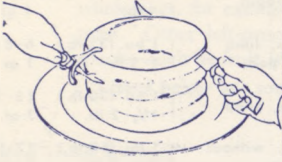
PICNIC SHOULDER



Slice from the small side until the shoulder can rest on this surface. Then make parallel slices releasing the bone.

HOW TO CARVE

ROLLED RIB ROAST

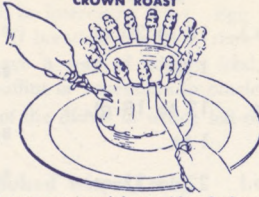


The roast is placed with the larger cut surface down. Push fork firmly into left side of roast, an inch or two from the top. Slice across the grain.



Remove each cord as you come to it. Cut it with the tip of blade, loosen it with fork and allow it to drop to the platter.

CROWN ROAST

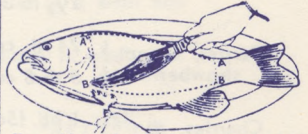


Remove any garnish to side of platter. Slice down between the ribs.

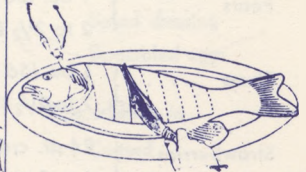


Allow one rib to each slice. Lift the slice on the knife blade, using the fork to steady it.

LARGE FISH



Use silver knife instead of steel. Cut out section A to A, B to B, and then A to B.

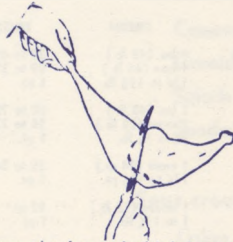


Then cut individual slices 1 to 1½ inches thick.

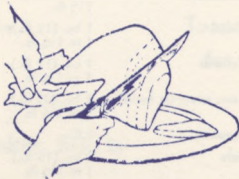
ROAST CHICKEN AND TURKEY



1. With turkey's legs to your right, remove the leg and thigh and place them upon a separate platter.



2. Sever the leg and thigh by cutting through the joint.



3. Remove the wing and cut into two pieces. Carve the leg and thigh in lengthwise slices.



4. Carve the breast in thin slices, cutting at an angle. Slice across the grain.

TO FIGURE YIELD

CANNED FRUIT FROM FRESH **CANNED VEGETABLES FROM FRESH**
LEGAL WEIGHT OF A BUSHEL VARIES IN DIFFERENT STATES. THESE ARE AVERAGE WGTs.

Food	Fresh	Canned
Apples	1 bu. (48 lb.) 2½ to 3 lb.	16 to 20 qt. 1 qt.
Berries, except strawberries }	24-qt. crate 5 to 8 cups	12 to 18 qt. 1 qt.
Cherries, as picked	1 bu. (56 lb.) 6 to 8 cups	22 to 32 qt. 1 qt.
Peaches	1 bu. (48 lb.) 2 to 2½ lb.	18 to 24 qt. 1 qt.
Pears	1 bu. (50 lb.) 2 to 2½ lb.	20 to 25 qt. 1 qt.
Plums	1 bu. (56 lb.) 2 to 2½ lb.	24 to 30 qt. 1 qt.
Strawberries }	24-qt. crate 6 to 8 cups	12 to 16 qt. 1 qt.
Tomatoes . . . }	1 bu. (53 lb.) 2½ to 3 lb.	15 to 20 qt. 1 qt.

Vegetable	Fresh	Canned
Asparagus	1 bu. (45 lb.) 4 lb.	11 qt. 1 qt.
Beans, lima in pods	1 bu. (32 lb.) 4-5 lb.	6-8 qt. 1 qt.
Beans, snap	1 bu. (30 lb.) 1½ 2 lb.	15-20 qt. 1 qt.
Beets, without tops	1 bu. (52 lb.) 2½ 3 lb.	17-20 qt. 1 qt.
Carrots, without tops	1 bu. (50 lb.) 2½ 3 lb.	16-20 qt. 1 qt.
Corn, sweet, in husks	1 bu. (35 lb.) 6-16 ears	8-9 qt. 1 qt.
Okra	1 bu. (26 lb.) 1½ lb.	17 qt. 1 qt.
Peas, green, in pods	1 bu. (30 lb.) 2-2½ lb.	12-15 pt. 1 pt.
Pumpkin	50 lb. 3 lb.	15 qt. 1 qt.
Spinach	1 bu. (18 lb.) 2-3 lb.	6-9 qt. 1 qt.
Squash, summer }	1 bu. (40 lb.) 2-2½ lb.	16-20 qt. 1 qt.
Sweetpotatoes }	1 bu. (55 lb.) 2½-3 lb.	18-22 qt. 1 qt.

Approximate yield of frozen fruits from fresh

FRUIT	FRESH	FROZEN
Apples	1 bu. (48 lb.) 1 box (44 lb.) 1¾ to 1½ lb.	32 to 40 pt. 29 to 35 pt. 1 pt.
Apricots	1 bu. (48 lb.) 1 crate (32 lb.) ¾ to ¾ lb.	60 to 72 pt. 28 to 33 pt. 1 pt.
Berries ¹	1 crate (24 qt.) 1½ to 1½ pt.	32 to 36 pt. 1 pt.
Cantaloups	1 dozen (28 lb.) 1 to 1½ lb.	22 pt. 1 pt.
Cherries, sweet or sour	1 bu. (56 lb.) 1¾ to 1½ lb.	36 to 44 pt. 1 pt.
Cranberries	1 box (25 lb.) 1 peck (8 lb.) ¾ lb.	50 pt. 16 pt. 1 pt.
Currants	2 qt. (3 lb.) ¾ lb.	4 pt. 1 pt.
Peaches	1 bu. (48 lb.) 1 lug box (20 lb.) 1 to 1½ lb.	32 to 48 pt. 13 to 20 pt. 1 pt.
Pears	1 bu. (50 lb.) 1 western box (46 lb.) 1 to 1¾ lb.	40 to 50 pt. 37 to 46 pt. 1 pt.
Pineapple	5 lb.	4 pt.
Plums and prunes	1 bu. (56 lb.) 1 crate (20 lb.) 1 to 1½ lb.	38 to 56 pt. 13 to 20 pt. 1 pt.
Raspberries	1 crate (24 pt.) 1 pt.	24 pt. 1 pt.
Rhubarb	15 lb. ¾ to 1 lb.	15 to 22 pt. 1 pt.
Strawberries	1 crate (24 qt.) ¾ qt.	38 pt. 1 pt.

Approximate yield of frozen vegetables from fresh

VEGETABLE	FRESH	FROZEN
Asparagus	1 crate (12 2-lb. bunches) 1 to 1½ lb.	15 to 22 pt. 1 pt.
Beans, lima (in pods)	1 bu. (32 lb.) 2 to 2½ lb.	12 to 16 pt. 1 pt.
Beans, snap, green, and wax	1 bu. (30 lb.) ¾ to 1 lb.	30 to 45 pt. 1 pt.
Beet greens	15 lb. 1 to 1½ lb.	10 to 15 pt. 1 pt.
Beets (without tops)	1 bu. (52 lb.) 1¼ to 1½ lb.	35 to 42 pt. 1 pt.
Broccoli	1 crate (25 lb.) 1 lb.	24 pt. 1 pt.
Brussels sprouts	4 quart boxes 1 lb.	6 pt. 1 pt.
Carrots (without tops)	1 bu. (50 lb.) 1¼ to 1½ lb.	32 to 40 pt. 1 pt.
Cauliflower	2 medium heads 1½ lb.	3 pt. 1 pt.
Chard	1 bu. (12 lb.) 1 to 1½ lb.	8 to 12 pt. 1 pt.
Collards	1 bu. (12 lb.) 1 to 1½ lb.	8 to 12 pt. 1 pt.
Corn, sweet (in husks)	1 bu. (35 lb.) 2 to 2½ lb.	14 to 17 pt. 1 pt.
Eggplant	1 lb.	1 pt.
Kale	1 bu. (18 lb.) 1 to 1½ lb.	12 to 18 pt. 1 pt.
Mustard greens	1 bu. (12 lb.) 1 to 1½ lb.	8 to 12 pt. 1 pt.
Peas	1 bu. (30 lb.) 2 to 2½ lb.	12 to 15 pt. 1 pt.
Peppern, green	¾ lb. (3 peppers)	1 pt.
Pumpkin	3 lb.	2 pt.
Spinach	1 bu. (18 lb.) 1 to 1½ lb.	12 to 18 pt. 1 pt.
Squash, summer	1 bu. (40 lb.) 1 to 1¼ lb.	32 to 40 pt. 1 pt.
Squash, winter	3 lb.	2 pt.
Sweetpotatoes	¾ lb.	1 pt.

¹ Includes blackberries, blueberries, boysenberries, dewberries, elderberries, gooseberries, huckleberries, loganberries, and youngberries.

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 (26LBS.)
TOMATO JUICE	— 4 NO. 10 CANS (26LBS.)
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 (26LBS.)
VEGETABLES	— 4 NO. 10 CANS (26LBS.)
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

fillings

make the sandwich



for lunch boxes

HAWAIIAN HAM SANDWICH

	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

O'HARA'S SANDWICH

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

TANGY TONGUE SANDWICH

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

CHEESE PIMIENTO SANDWICH

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

for outdoor eating



EAST COAST SANDWICH

	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

ALL AMERICAN FAVORITE

Sliced roast beef	3/4 pound	3 pounds
Sliced sweet onion	1 onion	4 onions

STUDDIED PEANUT BUTTER SANDWICH

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
Mix Well	Liver sausage	1/2 pound	2 pounds
	Chopped celery	1/4 cup	1 cup
	Chopped sweet pickle	1/4 cup	1 cup
	Chopped onion	1 tablespoon	1/4 cup
	Hard cooked egg, chopped	1	4
	Salad dressing	3 tablespoons	3/4 cup

TASTY TREAT HAMBURGER		6 SERVINGS	24 SERVINGS
Mix Well	American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1 1/2 pounds)
	Ground beef	3/4 pound	3 pounds
	Chopped onion	1/4 cup	1 cup
	Chili sauce	2 tablespoons	1/2 cup
	Worcestershire sauce	1/2 teaspoon	2 teaspoons
	Salt and pepper to taste		

SPICY HAM SANDWICH		6 SERVINGS	24 SERVINGS
	Sliced boiled ham, simmered 15 minutes with:	3/4 pound	3 pounds
	Tomato sauce	1 cup (8-oz. can)	1 quart
	Cloves	1/8 teaspoon	1/2 teaspoon

CREAM CHEESE CRUNCH		6 SERVINGS	24 SERVINGS
Mix Well	Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
	Diced crisp bacon	1/4 cup (8 slices)	1 cup
	Sliced stuffed olives	1/2 cup	2 cups

CANADIAN DOUBLE DECKER		6 SERVINGS	24 SERVINGS
<i>First Layer—</i>			
	Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)
	Tomato, sliced	1 medium (6 slices)	4 medium 24 slices
<i>Second Layer—</i>			
	Fried Canadian bacon	6 slices	24 slices (1 1/2 pounds)

CHAMPION TWO STORY		6 SERVINGS	24 SERVINGS
<i>First Layer—</i>			
	Sliced cooked chicken	1/2 pound	2 pounds
<i>Second Layer—</i>			
	Hard cooked eggs, chopped	4	16
	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
	Peanut butter	3/4 cup	3 cups
	Banana, sliced	3 medium	12 medium
SUNSHINE SPECIAL		6 SERVINGS	24 SERVINGS
Mix Well	Chopped dates	1 cup	1 quart
	Shredded carrots	1 cup	1 quart
	Chopped nuts	1/2 cup	2 cups
	Salad dressing	1/2 cup	2 cups

CALIFORNIA DELIGHT		6 SERVINGS	24 SERVINGS
Mix Well	Peanut butter	3/4 cup	3 cups
	Orange juice	1/2 cup	2 cups
	Shredded orange rind	1 tablespoon	1/4 cup
	Shredded coconut	1/2 cup	2 cups

APPLE CHEESE TOASTY		6 SERVINGS	24 SERVINGS
	Apple sauce, topped with:	1/2 cup	2 cups
	American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

CHICKEN WALDORF SANDWICH		6 SERVINGS	24 SERVINGS
Mix Well	Cooked, diced chicken	1 cup	1 quart
	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



for hearty lunching

OPEN FACE

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

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

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)

FRANKFURTER CHEESE GRILL

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

SEAFOOD SUPREME

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

CHEF'S CHICKEN SANDWICH

	6 SERVINGS	24 SERVINGS
Sliced cooked chicken	1/2 pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1 1/2 cups	1 1/2 quarts



ROCKY MOUNTAIN SANDWICH

Mix Well	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

HEAVENLY HAMBURGER BAKE

	4 Servings	24 Servings
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.



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

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



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

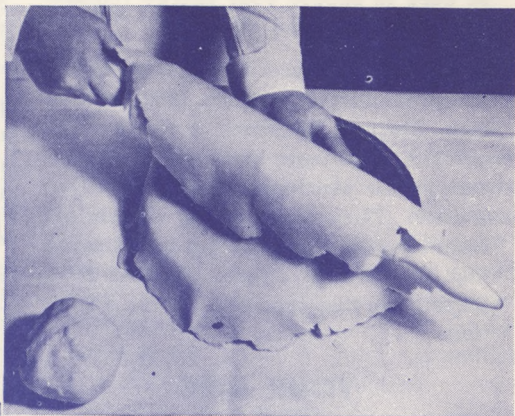
2 Cut lard into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



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

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 several 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 perfect 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

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 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

YOUR DIET

If your Ideal Weight is **145 to 165** pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	2
<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>	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>	Optional
<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

HELPFUL INFORMATION

www

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

YOUR DIET

If your Ideal Weight is **165 to 185** pounds:

BREAKFAST

<i>Fruit</i>	3½ 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

<i>Meat (lean)</i>	6 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

DINNER

<i>Clear broth</i>	Optional
<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

Age _____

Height _____

Weight _____

Desired Weight _____

WEIGHT RECORD

Date	Weight	Date	Weight

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

Breakfast
Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple
Milk Tea

Dinner
Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches
Milk Coffee

TUESDAY

Breakfast
Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums
Milk Tea

Dinner
Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears
Milk Coffee



Breakfast
Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee



WEDNESDAY

Breakfast
Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch
Broiled luncheon meats
Seven minute cabbage
Endive Salad
Bread Butter
Grapes
Milk Tea

Dinner
Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple
Milk Coffee



THURSDAY

Breakfast
Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Green peppers stuffed with ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner
Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches
Milk Coffee

SUNDAY

Luncheon or Supper
Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries
Milk Tea

FRIDAY *

Breakfast
Grapefruit juice
Egg in nest on Canadian-style bacon
Toast Butter
Coffee



Lunch
Tongue and spinach
Pickled beet salad
Pumpnickel Butter
Raspberries
Milk Tea

Dinner
Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon
Milk Coffee

SATURDAY

Breakfast
Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner
Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Milk Apricots
Coffee



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

* For Meatless Fridays ---

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



Suggested Menus For Your Diet

MONDAY

Breakfast

Poached egg
Toast
Orange juice
Friszled dried beef
Coffee

Lunch

Cold roast veal
Stewed tomatoes
Endive salad
Bread
Grapes
Milk
Butter
Tea

Dinner

Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread
Boiled grapefruit
Milk
Butter
Coffee

TUESDAY

Breakfast

Honeydew melon
Soft boiled egg
Boiled Canadian-style bacon
Toast
Coffee

Lunch

Boiled sweetbreads
Boiled tomatoes
Pineapple and cottage cheese
Bread
Milk
Butter
Tea

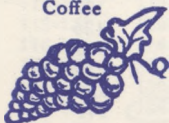
Dinner

Roast leg of lamb
Brussels sprouts
Bread
Blueberries
Milk
Butter
Coffee



Breakfast

Cantaloupe
Shirred eggs with diced ham
Whole wheat toast
Coffee
Butter



WEDNESDAY

Breakfast

Grapefruit juice
Coddled egg
Toast
Broiled ham slice
Coffee

Lunch

Cold roast lamb
String beans
Bread
Milk
Carrot sticks
Butter
Steamed apple
Tea

Dinner

Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread
Milk
Sliced peaches
Coffee
Butter

THURSDAY

Breakfast

Apricots
Poached egg on toast
Boiled Canadian-style bacon
Coffee

Lunch

Assorted cold meats
Pickled beets
Artichoke hearts
Bread
Milk
Pineapple
Tea
Butter

Dinner

Beef pot roast
Whole carrots
Assorted relishes
Bread
Milk
Raspberries
Coffee
Butter

SUNDAY

Luncheon or supper

Boiled frankfurters
Beets
Cole slaw
Bread
Plums
Milk
Tea
Butter



FRIDAY *

Breakfast

Baked egg in Canadian-style bacon cup
Toast
Orange juice
Butter
Coffee

Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread
Milk
Grapes
Tea
Butter

Dinner

Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread
Watermelon
Milk
Butter
Coffee

SATURDAY

Breakfast

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

Lunch

Broiled kidney
Diced carrots
Mixed vegetable salad
Bread
Milk
Cherries
Tea
Butter

Dinner

Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread
Milk
grapefruit
Coffee
Butter



Dinner

Clear vegetable soup
Rolled shoulder of veal
Baked eggplant
Celery curls
Radish roses
Bread
Milk
Strawberries
Coffee
Butter

* 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.)	Cal- ories
MEAT				
Beef				
Corned	4	2 sl. 7" x 2" x 1/4"	19.0	346
Pot Roasts				
Chuck	4	Pc. 2 1/2" x 2" x 1 1/2"	22.3	262
Round	4	Pc. 3 1/2" x 2 1/2" x 1 1/2"	23.2	233
Shank	4	Pc. 3 3/4" x 2 1/2" x 1 1/2"	24.4	194
Roasts				
Chuck	4	Sl. 4" x 3 1/2" x 1 1/2"	22.3	262
Loin	4	Sl. 5 1/2" x 3" x 1 1/2"	20.3	352
Rib	4	Sl. 5 1/2" x 3" x 1 1/2"	20.9	332
Round	4	Sl. 5" x 3 1/2" x 1 1/4"	23.2	233
Steaks				
Club, T-bone, porterhouse,				
sirloin	4	Pc. 4 1/4" x 2" x 1"	20.3	352
Flank	4	Pc. 3 3/4" x 2 3/4" x 3/4"	23.9	181
Rib	4	Pc. 5" x 3 1/2" x 1 1/2"	20.9	332
Round	4	Pc. 3" x 3 1/2" x 1 1/2"	23.2	233
Stews				
Chuck	4	3 pc. 1 1/2" x 1 1/4" x 1 1/4"	22.3	262
Shank	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	24.4	194
Stew meat (av.)	4	3 pc. 1 1/4" x 1 1/4" x 1 1/4"	19.0	400
Lamb				
Chops				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421
Shoulder	4	Pc. 4" x 3" x 5/8"	18.7	348
Roasts				
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	4	Chop 3 3/4" th.	19.7	349
Shoulder	4	Pc. 4 1/2" x 3 1/2" x 3/8"	16.1	464
Roasts				
Boston butt	4	Sl. 4 3/4" x 3 1/2" x 3/4"	19.9	327
Loin	4	Sl. 3 3/4" th.	19.7	349
enderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172
Pork, cured				
Bacon, Canadian style	1	Sl. 2 1/4" dia. x 3/16" th.	6.6	68
Ham (boiled)	2	Sl. 4 1/4" x 4" x 3/8"	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 1/4" x 3/4"	23.4	191
Shoulder	4	Pc. 5" x 3" x 1 1/4"	23.3	202
Sirloin	4	Pc. 4" x 2 1/4" x 1 1/2"	23.0	211
Stew (breast)	4	4 pc. 2 1/2" 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" dia. x 3 1/2" lg.	19.7	157
Kidney (av.)	4	3 sl. 3 1/4" x 2 1/2" x 1/4"	20.0	161
Liver				
Beef	3	2 sl. 3" x 2 1/4" x 3/4"	17.7	119
Lamb	3	2 sl. 3 1/2" x 2" x 3/8"	18.9	118
Pork	3	2 sl. 3 1/2" x 2" x 3/8"	17.7	116
Veal	3	2 sl. 3" x 2 1/4" x 3/8"	17.1	122
Sweetbread				
Tongue	4	Pc. 4" x 3" x 3/4"	18.2	216
	3	3 sl. 3" x 2" x 1/4"	15.7	191
Sausages and Cooked Specialties				
Bologna	1	Sl. 4 1/2" dia. x 1/8" th.	4.4	65
Frankfurter	2	2 5/8" lg. x 3/4" dia.	9.1	121
Liver sausage	1	Sl. 3" dia. x 1/4" th.	5.0	77
Luncheon meat	1	Sl. 4" x 3 1/2" x 1 1/2"	4.6	81
Vienna sausage	1	2 pc. 2" lg. x 3/4" dia.	5.8	76
POULTRY				
Chicken				
Liver				
Roast	3	4 av.	19.9	122
Breast				
Leg	2 1/2	1 av.	21.0	110
Thigh	2 1/2	1 av.	14.7	88
Wing	1	1 av.	15.8	95
			7.0	37
Stewed				
Dark meat	3 1/2	1/2 c. (diced)	23.1	139
Light meat	3	1/2 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

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
FISH				
Bass	4	1 sm. fish	27.3	113
Clams	3 1/2	5 med.	12.8	77
Cod	3 1/2	Pc. 4" x 2 1/4" x 3/4"	16.5	70
Crab, canned	3	3/4 c.	16.1	94
Finnan haddie	3 1/2	3/4 c.	23.2	96
Flounder	3 1/2	Pc. 4" x 3" x 3/4"	19.0	79
Haddock	3 1/2	Pc. 3 1/2" x 3" x 3/4"	17.2	72
Halibut	4	Pc. 4" x 3" x 1 1/2"	20.4	133
Herring, fresh	4	1 fish 7" lg.	22.8	163
Lobster				
Canned	3	1/2 c.	15.6	74
Fresh	2 1/2	1 av.	12.2	63
Mackerel	2 1/2	3/4 fish 7" lg.	14.3	119
Oysters	3 1/2	5 med.	6.0	50
Perch	4	2 fish 4 1/2" lg.	23.4	102
Salmon				
Canned	3 1/2	3/4 c.	24.7	203
Fresh	3	Pc. 2 1/2" x 2 1/2" x 7/8"	15.7	196
Shrimps, can'd	2	3/4 c. or 12 pc. 1" dia.	10.7	49
Trout	3	Pc. 5" lg.	16.1	80
White fish	4	Pc. 3 1/4" x 3" x 1 1/2"	25.2	165
MILK AND DAIRY PRODUCTS				
Butter	1/2		.1	73
Cheese, cottage	2	1/4 c.	9.6	51
Cream, coffee	1/2	1 T.	.4	29

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	20-24
4	11	110	113
5	0	112	115
5	1	114	117
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.)	Cal- ories
Milk				
Buttermilk	7	1 gl.	7.0	72
Evaporated	4	¼ c.	8.4	167
Skim	7	1 gl.	7.0	72
Whole	7	1 gl.	7.0	138
Eggs	1½	1 med.	6.4	79
POTATOES,				
White	2	1 small 2½" lg. x 2" dia.	1.2	51
VEGETABLES				
Artichokes	3½	¼ lge.	2.9	63
Asparagus	3½	7 stalks 6" long	2.3	27
Beans, string	3½	¼ c.	2.4	42
Beet greens	3½	¼ c.	2.0	33
Beets	3½	¼ c. or 2 1¼" dia.	1.6	46
Broccoli	3½	2 stalks 5" lg.	3.3	37
Brussels sprts.	3½	¼ c.	4.4	58
Cabbage	3½	1/5 hd. 4½" dia.	1.4	29
Carrots	3½	2 carrots 5" lg.	1.2	45
Cauliflower	3½	¼ c.	2.4	31
Celery	¾	Pc. 8½" lg. or 2 hts.	.2	3
Chard, Swiss	3½	¼ c.	1.4	25
Chicory	1	10 sm. leaves	.4	7
Cucumbers	2	8 sl. ¾" th.	.4	7
Eggplant	2	Sl. 3½" dia. x ¾" th.	.7	17
Endive, French	2	2 stalks	.8	11
Green pepper	¾	¼ c. or pc. 4" x 1¼"	.2	4
Kohlrabi	3½	¼ c. (diced)	2.1	36

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
Lettuce				
Head	3½	¼ head 4" dia.	1.2	18
Leaf	¾	1 leaf	.2	3
Leaf	¾	2 leaves	.1	2
Mushrooms	3½	5 caps 2¼" dia.	2.6	15
Okra	2	5 pods	1.0	21
Onions				
Dried	3	1 onion 2" dia.	1.2	42
Green	¾	3 med.	.2	7
Parley	¾	2 sprigs	.1	1
Pumpkin	3½	¼ c.	1.2	36
Radishes	3½	1 3 radishes 1" dia.	.4	7
Rutabagas	3½	¼ c.	1.1	41
Sauerkraut	3½	¼ c.	1.1	18
Spinach	3½	¼ c.	2.3	25
Squash				
Summer	3½	¼ c.	.6	19
Winter	3½	¼ c.	1.5	44
Tomatoes				
Canned	3½	¼ c.	1.2	25
Fresh	3½	1 tomato 2" dia.	1.0	23
Juice, canned	4	¼ c.	1.2	28
Turnip greens	3½	¼ c.	2.9	37
Turnips				
White	3½	¾ c.	1.1	35
Yellow (see rutabagas)				
PICKLES				
Olives				
Green	1/6	1 med.	.1	7
Ripe	¾	1 lge.	.2	23
Pickles				
Dill	2	¼ pkle. 5" lg. x 1½" dia.	.3	7
Sweet	¾	1 pkle. 2½" lg. x ¾" dia.	.2	21

IDEAL WEIGHTS FOR ADULTS* Ages 25 Years and Over

MEN

Height (With shoes)		Weight in Pounds (As Ordinarily Dressed)		
		Small Frame	Medium Frame	Large Frame
Ft.	In.			
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 Frame	Medium Frame	Large Frame
Ft.	In.			
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	¾	¾ c.	2.5	67
Cornflakes	¾	¾ c.	1.3	56
Farina				
enriched	¾	¼ c. (sc. 2 T. dry)	2.3	71
Oatmeal	¾	¼ c. (¼ c. dry)	3.1	77
Rice				
Puffed	½	¾ c.	.7	36
White	1	¾ c. (2 T. dry)	2.3	105
Wheat				
Flakes	¾	¾ c.	2.4	74
Puffed	¾	¾ c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	¾	Sl. 4" x 3½" x ½"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x ¾"	.6	19
White, enrch	¾	1 sl. (com'l) thin	1.6	50
Wholewheat	¾	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	½	1 cracker 3" sq.	1.0	54
Saltine	¾	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2¾" x 2½"	.6	25
Zwieback	¾	1 pc. 3¼" x 1¼" x ½"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0

FRUITS

Apples	3½	1 apple 2¼" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3½	¾ c.	1.2	62
Blueberries	3½	¾ c.	.8	68
Cantaloupe	4	¼ melon 5" dia.	.8	29
Cherries, sweet	3½	15 cherries ¾" dia.	1.2	87
Grapefruit	3½	1 med. 3½" dia.	.5	44
Grapes				
Concord	3½	¾ av.	1.4	78
Green s'dless	3½	40 sm.	.8	74
Malaga or Tokay	3½	21 av.	.8	74
Honeydew melon	4	1½" sl. 7" melon	.9	48
Oranges	3½	½ orange 4" dia.	.9	52
Peaches	3½	1 med.	.5	51
Pears	3½	1 sm.	.7	70
Pineapple	3½	1 sl. 4" dia. x ¾" th.	.4	58
Plums	2½	1 plum 1¼" dia.	.5	39
Raspberries	3	¾ c.	1.1	64
Strawberries	3½	10 strawberries 1" dia.	.8	41
Watermelon	5	½ sl. 6" dia. x ¾" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	¾ c.	.6	49
Orange	4	¾ c.	.7	66
Pineapple, can'd	4	¾ c.	.4	65
Tomato (see vegetables)				

Your Spot Removal Guide

SOME GENERAL SPOT REMOVAL POINTERS

① Take spots out promptly. Many spots set with age. ② Whenever possible, determine what made the spot. When you don't know, sponge first with cold water, then with **ENERGINE Fireproof Cleaning Fluid**. ③ Choose your cleansing agent according to the fabric and what made the spot. ④ Always remove spots before pressing a garment. Heat sets many stains, drives grease, and dirt deeper into the fabric. ⑤ In removing a spot, don't rub too hard or too long. To do so may cause a white or worn looking place.

THE SPOT	Use These Steps On Nonwashable Fabrics	Use These Steps On Washable Fabrics
Any unknown spot	(2) (1)	(2) (4)
Adhesive tape	(1)	(1)
Blood	(2)	Soak in cold water; (4)
Chewing gum	(1) (6)	(1) (6) (4)
Coffee, tea	(2) (8) (1) if any grease from cream	(9) (4) (10)
Chocolate, cocoa	(1) (5)	(4) (10)
Egg	(2) (1)	(2)
Ice cream, milk	(1) (2) (5)	(2) (4)
Fruit	(2) (8)	(9) (10)
Grease from foods	(1)	(4)
Grease, heavy or dirty (automobile, bicycle, etc.)	(3) (1)	(3) (4)
Meat juice, gravy	(2) (1)	(2) (4)
Lipstick*	(3) (1) (6) (7)	(3) (4) (10)
Nail polish*	(11) (10)	(11) (10)
Paint (if fresh)*	(12)	(12) (4)
Salad dressings	(2) (1)	(4)
Soft drinks (if fresh; some almost unremovable if set by age, heat or soap)	(2) (8)	(2) (8) (10)
*Stains practically impossible to remove include dried paint, lipstick unless the fabric will stand soap, water and hard rubbing, and, on some but not all fabrics, nail polish.		

Your Spot Removal Guide

THE STEPS

These are the steps referred to in the chart. When more than one step is listed, use them consecutively. When you sponge with water, then **ENERGINE Fireproof Cleaning Fluid** — or the other way around — let the fabric dry in between the two steps. You won't need to carry out all the steps listed after every spot unless it proves stubborn.

- Step 1.** Sponge with **ENERGINE Fireproof Cleaning Fluid**.
- Step 2.** Sponge with cold or lukewarm, not hot, water. Use cold water on soft drink, egg, blood, ice cream, and meat juice stains.
- Step 3.** Rub in petroleum jelly to soften the stain.
- Step 4.** Wash in warm water with a synthetic detergent or soap.
- Step 5.** Moisten spot with cold or lukewarm water. Rub in some pepsin powder and allow to remain for half an hour. Sponge with water.
- Step 6.** Soak for a short while in a bowl of **ENERGINE Fireproof Cleaning Fluid**.
- Step 7.** If color remains, sponge with denatured alcohol. On acetate and colored materials use a mixture of 1 part alcohol, 2 parts water.
- Step 8.** Apply glycerine and rub lightly between hands. Let stand half an hour. Sponge with lukewarm water. For fruit stains, allow the glycerine to remain for several hours.
- Step 9.** Place stained part of article over bowl. Fasten with string. Pour boiling water on stain from height of 2 or 3 feet.
- Step 10.** Sponge with hydrogen peroxide to which sodium perborate has been added (1 teaspoon per pint). Rinse well. Don't use on colored material without testing colorfastness of hidden part of garment.
- Step 11.** Sponge with nail polish remover unless the fabric is acetate. Do not use nail polish remover on acetate. It may cause a hole.
- Step 12.** Sponge with turpentine.

HOW TO USE CLEANING FLUID

- 1**—If the colorfastness of the garment is doubtful, test a hidden part, such as an inside seam, with the cleaning fluid. **ENERGINE Fireproof Cleaning Fluid** will not injure the color of any colorfast material.
- 2**—Brush fabric to remove loose soil.
- 3**—Place an absorbent cloth or clean white blotter under the spot.
- 4**—Moisten a clean cloth, dark if the garment is dark, with cleaning fluid.
- 5**—With quick, light strokes brush the moistened cloth over the spot, covering a larger area than the spot. "Feather out" the cleaning fluid so there is no definite edge. Rub lightly until there is no clear line between the spot and the area around it. Change the cleaning cloth and pad under the spot if they become soiled.
- 6**—If the spot has not come out, repeat the process. It is better to apply cleaning fluid sparingly several times than to saturate a spot with it.

WHAT CAUSES RINGS

Here is what causes rings:

- 1**—The garment is soiled all over. Removing the spot leaves a conspicuous clean area.
- 2**—Wrong cleaning methods. For example, failing to "feather out" the cleaning fluid so there is no definite edge or saturating the spot with cleaning fluid.
- 3**—The fabric water spots because it contains sizing. With a spot made by a substance which contains both water and grease, the cleaning fluid removes the grease but not the water ring. Water rings occur most often on silk and rayon. To remove water rings rub the material against itself, then with a coin or your fingernail rub the ring lightly. If it still remains, hold the spot above the spout of a steaming tea kettle.

SAVE YOUR CLOTHES. Clothes moths regard many stains as delicacies. Keeping spots removed helps to discourage them from lunching on your favorite skirt or sweater.

MAXIMUM STORAGE TIME FOR FROZEN MEATS

Product

Recommended Maximum Storage Time
at 0° F. or lower

Beef	6-8 months
Fresh Pork and Veal	3-4 months
Lamb	6-7 months
Ground Beef	3-4 months
Variety Meats (Liver, Heart, Tongue, etc.)	3-4 months
Smoked Hams, Picnics and Slab Bacon (Whole, Halves or Quarters)	Not to exceed 60 days
Other Cured and Smoked Meats	Not to exceed 60 days
Sliced Bacon	Not recommended for freezing
Bologna, Frankfurters or Wieners	Not recommended for freezing
Fresh Pork Sausage	Not recommended for freezing
Poultry	
Giblets	4 months
Chicken	5-12 months
Turkey	6-12 months



HOW TO WRAP MEAT FOR FREEZING

● For short periods in the freezer (no longer than one to two weeks), prepackaged self-service meats may be frozen in the original store package (film and board or tray). Make sure, though, that there are no breaks in the package.

● For longer periods in the freezer, use special freezer wrapping materials. Either of the following methods of wrapping is recommended:

A single moisture-vapor-proof sheet or bag which may be tied, taped, heat-sealed, or folded. This single sheet should be strong enough to resist puncturing and tearing.

Or a double wrap consisting of:

- An inner wrap of moisture-vapor-proof paper, cellophane, pliofilm, aluminum foil, or other special freezer storage types of packaging materials available on the market. (Ordinary waxed paper is not moisture-vapor-proof and therefore is not satisfactory.)
- An outer wrap of special packaging material or heavy wrapping paper. If an outer wrap of high heat insulating value is used (several thicknesses of wrapping paper, for example), the meat should be inner wrapped and frozen before the outer wrap is applied.

● Meats wrapped in ordinary market paper should be unwrapped and then rewrapped for freezing as outlined here.

● A satisfactory method of making a package for freezing is as follows:

- Use enough paper so the edges may be folded down at least three times.
- Place the meat in the center of the paper.
- Separate individual servings (such as steaks, chops, or ground meat patties) with sheets of freezer paper so they will come apart easily before cooking.
- Bring two edges of paper together above the meat and fold down in 1/2-inch to 1-inch folds until the paper is tight against the meat.
- Press the wrap closely to the meat to force out air.
- Seal edges carefully with freezer tape, or fold over ends at least twice and tie securely.

● Mark each frozen meat package to show contents, number of servings and date of freezing.



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 ½ 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 ¼ teaspoon ascorbic acid in ¼ 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.

WHAT YOU SHOULD KNOW ABOUT ILLNESSES

—AMERICAN
RED CROSS

	HOW SPREAD	PREVENTION	Length of Time from Exposure to Onset	SYMPTOMS	How Long Communicable
WHOOPIING COUGH	Direct contact with infected person by droplet infection or by contact with items freshly soiled by discharge.	Children less than 5 should be vaccinated. Where risk is great, immunize babies by the time they are 2 months old; other children, by 6 months of age. Reinforcing doses may be advisable within a year, and at 2 and 3 years of age.	Commonly 7 to 21 days, usually within 10 days.	Typical "whooping" cough, developing from ordinary cough. Cough may last from 1 to 2 months; suspect any cough when disease is in neighborhood.	For 3 weeks from onset of "whooping" or 5 weeks from onset of first symptoms.
CHICKEN POX	From person to person. Indirectly through articles freshly soiled by discharge from skin and mucous membrane of infected persons.	No immunization. Avoid exposure: 1 attack usually gives immunity.	2 to 3 weeks. Commonly 14 to 16 days.	Small reddish pimples, blisters, usually more on covered than on exposed body parts, which become itchy; slight fever.	At least 7 days and until all pimples are dry; highly communicable in the early stages.
EPIDEMIC MENINGITIS	Contact with nose and throat discharges of patients or carriers.	No immunization. Avoid contact, droplet infection and over-crowding. Stress personal cleanliness.	2 to 10 days. Usually 7.	Usually sudden onset; fever, intense headache, nausea, vomiting, rash occasionally; dizziness, delirium and coma may appear early.	Until 14 days after onset or until laboratory tests prove germs have disappeared from nose and throat.
SCARLET FEVER	Contact with nose, throat or ear discharge of infected person; carriers; contaminated milk or food.	No immunization. Pasteurization of milk. Avoid contact with ill persons.	1 to 5 days.	Sore, inflamed throat; strawberry tongue, fever, nausea and vomiting; later a rash, usually beginning on neck and chest.	Variable. 10 days in uncomplicated cases.
DIPHTHERIA	Contact with discharges from nose, throat or other infected membrane; by carriers; milk may carry disease germs.	All children should be immunized, beginning in infancy, with periodic booster doses. Adults exposed to infection should be given a Schick test to determine susceptibility before immunization; second attacks possible.	2 to 5 days, sometimes longer.	Inflammation of the tonsils, throat and nose with greyish white patches; fever.	Until germs disappear — as shown by laboratory tests of nose and throat.
INFANTILE PARALYSIS (Polio-myelitis)	Contact with nose, throat and bowel discharge of infected person or healthy carriers of the virus.	Immunization against Poliomyelitis is 98% effective if both Salk (injectible) and Sabin (oral) vaccine is used.	Usually 7 to 14 days. (May be 3 to 35 days.)	Majority of cases not recognized; fever, headache, drowsiness, stiff neck and back, irritability.	Variable. For 7 days from date of onset or duration of fever if longer.
MEASLES	Easily spread. Directly from person to person; contact with discharges of nose and throat; through articles freshly soiled with infected secretions.	Immunization against measles is effective in about 95% of cases and is almost mandatory during pregnancy.	About 10 days from date of exposure to onset of fever; 13-15 days to appearance of rash; uncommonly longer or shorter; as long as 21 days if immune serum has been given.	Fever; symptoms of cold in eyes, nose and throat; early eruption in the mouth followed by rash, peeling of skin in convalescence.	During the period or runny eyes and nose, usually about 9 days (from 4 days before to 5 days after the rash appears).

FIRST AID IN HOUSEHOLD EMERGENCIES

(by the American Red Cross)

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

- Dilute poison with large amounts of liquids — milk, salt water, or baking soda and water solution.
- Wash out by inducing vomiting.
- Repeat several times, then give dose of epsom salts (1 heaping tablespoon in glass of water).
- For acid poisons do not induce vomiting, but neutralize with baking soda, lime water or 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 doctor immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down.
- 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.
- 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.

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: When skin isn't broken, apply petroleum jelly or burn ointment to area and bandage snugly with sterile gauze or gauze soaked

in a solution of baking soda (3 tbsp. to qt of water). If burn is deep or covers much of the body, apply sterile gauze or clean cloth with baking soda solution or dry dressing. (Never use grease or ointment). Call doctor and keep victim warm (not hot) and lying down with head covered; avoid exposure to cold.

- 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:** if puncture wound extends deeper than skin surface, try to induce bleeding. 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 ($\frac{1}{2}$ tsp. salt to 1 glass water) in small amounts at frequent intervals. Give coffee or tea. Call doctor.

NINE GENERAL DIRECTIONS FOR FIRST AID

1. Keep the injured person lying down. Put him in a comfortable position, his head level with his body, until you determine whether his injury is serious.
2. Examine. REMEMBER (1) serious bleeding, (2) stoppage of breathing, and (3) poisoning, in that order, must be treated immediately before anything else is done.
3. Keep him comfortably warm. Too much heat is dangerous.
4. Send someone to call a physician or ambulance.
5. Keep calm. Do not be hurried into moving the injured unless it is absolutely necessary.
6. Never give an unconscious person anything to drink.
7. Keep the crowd away.
8. Make the patient comfortable and keep him cheerful.
9. Don't let the patient see his own injury.



Quick-Blooming Color With ANNUALS (One-season flowers)



Planting Chart for Annuals

Name	Height inches	Germ. days	Plants apart inches	Sow in frame month	Sow outdoors month	Set out plants month
Ageratum.....	6-24	8-12	6-10	3	3	5
Allysum, Sweet.....	4-8	12	12	3	4	5
Aster, China.....	12-36	8-10	12-18	4	5	5-6
Calif. Poppy.....	12	5-10	6-8	3	3-11	5
Callendula.....	12-18	10-12	12	3	3-4	4-5
Calliopsis.....	6-36	10-12	6-12	3	3-4	4-5
Candytuft.....	6-12	5-8	4-8	3	3-4-11	5
Canterbury Bell (An.).....	24-30	12-15	18	2-3	4	5
Centaurea (Cocomb.).....	8-24	20-25	12-24	4	5	5
Centaurea (Ragged Robin).....	24	5-20	6-10	3	3-4-11	5
Chrysanthemum (An.).....	24	6-8	12	3-4	5	5
Claudia.....	24	8-10	10	3-4	5	5
Cosmos.....	36-60	5-15	24-30	3-4	4-5	5
Four O'Clock.....	24	15	6-10	3-4	5	5
Galliardia.....	12-18	12-15	12	3	4	5
Larkspur.....	24-36	15-20	10-12	3	4-11	5
Lupine.....	24-36	25-30	12	3	5	5
Margold.....	10-60	5-8	12-30	3-4	4-5	5
Nicotiana.....	24-36	20-25	12	3	4-5	5
Petunia.....	6-12	18-20	10-18	3	3-4-5	5
Phlox Drummond.....	10-15	20-25	8-10	3	4-5	5
Phlox (Annual).....	12	5-8	12	2-3	4	5
Portulaca.....	2-3	18-20	6	4	4-5	5
Salpiglossis.....	24-30	15-20	12	3	5	5
Scabiosa.....	24-36	18-20	10	3	4-5	5
Snapdragon.....	10-36	20-25	12-18	3-4	3-4-11	4-5
Sweet Pea.....	36-72	15-20	6-10	3	4-11	5
Veronica.....	8-12	8-10	12-15	3	4	5
Zinnia.....	12-36	5-8	12-24	3-4	5	5



courtesy Ortho Products

Name	Seeds or plants per 100-ft. row	PLANTING DISTANCES		Depth of planting inches	Ready for use after planting (days)	Yield per 100- ft. row
		Rows apart in inches	Plants apart in inches			
Beans, Bush	1 lb.	18-24	4-6	1/2-2	45-65	50 lbs.
Beans, Lima	1/2 lb.	24	6-10	1/2-2	60-75	60-75 lbs.
Beans, Pole Snap	1/2 lb.	36-48	1/2-2	1/2-2	45-75	50-75 lbs.
Beets	2 oz.	12-18	3	1/2-1	50-80	100 lbs.
Broccoli	1/2 oz. 50 pl.	24-30	18-24	1/4-1/2	80-120	30 ois.
Brussels Sprouts	1/4 oz. 50 pl.	24-30	18-24	1/4-1/2	95-120	30 ois.
Cabbage, Early	1 pkt., 75 pl.	24-30	15-18	1/2	50-65	100 lbs.
Carrots	1/2-1 oz.	12-18	3	1/4-1/2	55-100	100 lbs.
Cauliflower	1 pkt., 45 pl.	24-30	18-24	1/2	55-70	45 heads
Chard, Swiss	1 oz.	18-24	8-12	1/2-1	50-90	100 lbs.
Corn, Sweet	4 oz.	24-36	12-18	1/2	60-90	100 ears
Egg Plant	1 pkt., 50 pl.	24-30	24-30	1/4-1/2	80-90	125 fruit
Endive	1 oz.	18-24	12-18	1/4-1	90-120	50 lbs.
Lettuce, Leaf	1/2 oz.	12-18	6-12	1/4	40-60	50 lbs.
Onion Plants	300	15-18	3-4	2-3	75-100	100 lbs.
Peas	1/2 lb.	18-36	1-3	2-3	50-125	40 lbs.
Peppers	1/4 oz. 50-75 pl.	18-24	15-24	1	70-140	120 pep.
Radishes	1 oz.	12-18	1	1/4-1	25-50	1200 rad.
Spinach	1 oz.	15-24	2-6	1/4-1	40-70	50 lbs.
Tomatoes	1 pkt., 25-50 pl.	24-48	24-48	1/2	50-100	200 lbs.

When and Where to Plant — Give vegetables a fertile soil where drainage is good and that receives six full hours of sun per day. Before you plant, check a zoning map — for the last killing frost in your locality. Then start your vegetable garden one or two weeks later.

How to Plant — Draw a line with a stick for trenches or use a hoe for deeper trenches. Rows should run north and south, so both sides get an equal amount of sunlight.

After sowing, draw the soil back into the trench to cover the seed and tamp it with the flat side of the rake.

Watering — During summer months, irrigation of your home vegetable garden greatly increases yields. Soak once or twice a week.



Planting Chart For Bulbs and Bulbous Plants

Name	Height Inches	Color	Bloom Period Months	Planting Time, Depth (inches)	Habits	Time to Divide
Anemone	24	Various	5-7	Spring, 4 deep 12 apart	Sun, Tender, Good, sandy soil	Dig and store over winter
Begonia, Tuberous	12-15	Various	6-10	May, Shallow 12 apart	Tender, Shade, Sandy, moist soil	Dig and store over winter
Canna	36-60	Various	7-10	May, 4-5 deep 18-24 apart	Tender, Sunny, Near pool	Dig, store over winter, Divide spring
Crocus	6-10	Various	3-4	Fall, 3 deep 3-4 apart	Hardy, in grass or along edges	Seldom
Dahlia	48-60	Various	7-10	Spring, 6-8 deep 30-40 apart	Tender, Sun, Rich soil	Store after frost, Divide in spring
Gladiolus	30-40	Various	7-10	Spring, 6-8 deep 3-6 apart	Sun, Make successive plantings	Dig and store after frost
Hyacinth	10	Various	3-4	Fall, 6-8 deep 6-8 apart	Sun, in beds, Rich soil	Leave undisturbed
Lily, Canada	36-40	Yel-Orange	6-7	Fall, 5 deep 12-15 apart	Sun, Damp, Peat or leaf mold	Leave undisturbed
Lily, Madonna	36-60	White	6-7	Fall, 3 deep 12 apart	Sun, Lime Soil, Plant in sand	Leave undisturbed
Lily, Warren	18-24	Various	6-7	Fall, 4-6 deep 6-12 apart	Sun, Shade, Lime, Light soil	Leave undisturbed
Lily, Neroli	48-95	Orange-Yel	7-9	Fall, 10 deep 12-24 apart	Sun, Shade, Any soil, Lime, Hardy	Leave undisturbed
Lily, Regal	36-72	White	7	Fall, Spr. 6-9 deep, 10-15 apart	Sun, Rich loam	Leave undisturbed
Lily, Turkcap	36-120	Various	7-8	Fall, 5-8 deep 12-24 apart	Sun, Lt. shade, Moist peaty, acid soil	Leave undisturbed
Lily, Tiger	36-72	Orange-red	8-9	Fall, 6-9 deep 19-24 apart	Sun, Lt. shade, Grow anywhere	Leave undisturbed
Lily, Candistella	24-30	Orange-red	8-7	Fall, 6-8 deep 12 apart	Sun, Lime, Easy to grow	Leave undisturbed
Hardy Anemone	24-30	Lilac-pink	8	Fall, 4 deep 10-15 apart	Sun, Lt. shade, any good soil	Leave undisturbed
MonBette	24-36	Various	7-10	Spring, 3-4 deep 3-6 apart	Shade or Sun, Rich soil	Store in North, Leave undisturbed in South
Narcissus	12-18	Various	3-5	Fall, 5 deep 6-12 apart	Sun, Semi-shade, Any soil	Leave undisturbed unless crowded
Tulip	10-32	Various	4-8	Fall, 4 deep 4-6 apart	Sun best, Rich soil	Annually or 2-3 years

Perennial Planting Chart

Name	Height Inches	Color	Bloom Period Months	Propagation	Planting Time	Time to Divide
Alyssum	10-12	Yellow	4-5	Seed	Spring	Does not divide
Anemone	24-36	Various	9-11	Division, Cutting	Spring	When plants crowded
Aster, Hardy	24-60	Various	8-9	Division	Spr., Fall	1-3 yrs.
Bell Flower	36	Various	6	Seed	Fall, Spr.	Does not divide
Blazing Star	48-60	Purple	7-8	Division	Spr., Fall	When crowded
Chinese Bellflower	12-46	Various	7-9	Seed	Spring	Does not divide
Chrysanthemum, hardy	18-30	Various	8-11	Division	Spring	Divide every year to single shoots
Chrysanthemum, maximum	24	White	6-7	Seed, Divis.	Spr., Fall	1-2 yrs.
Columbine	12-24	Various	5-6	Seed	Spring	Does not divide readily
Coreopsis	24-36	Yellow	6-9	Seed	Spr., Fall	Easier to grow from seed
Delphinium	48-72	Various	6	Seed, Divis.	Spr., Fall	When crowded Easier from seed
Digitalis, Giant Shirley	60	Various	6-7	Seed	Spring	Does not divide
Day Lily	24-48	Various	5-10	Division	Spr., Fall	Most kinds seldom divide
Foxglove	24-36	Yellow	6-8	Seed, Divis.	Fall, Spr.	When crowded
Irish, Tall Bearded	8-12	Various	4-9	Seed	Spring	Does not divide
Lavender	24-40	Many	5-6	Division	Midsummer	3-5 yrs., when crowded
Oriental Poppy	12-18	Blue	6-8	Seed, Divis.	Spring	Seldom or never crowded
Phlox	24-36	Various	5-6	Seed, Divis.	Late Summer	Seldom unless crowded
Phlox	12	Various	5	Seed, Divis., Cutting	Fall, Spr.	Best grown from seed
Peony	36-48	Various	5-6	Division	Fall	Seldom unless crowded
Phlox, Border	36	Many	7-8	Division	Spr., Fall	Every 3 yrs.
Phlox, Dwarf	6	Various	5-6	Division	Spring	Every 3 yrs.
Primrose	8-10	Various	4-5	Seed, Divis.	Spr., Fall	When crowded
Scabiosa	18-30	Blue	6-9	Seed	Spr., Fall	Does not divide
Stoke's Aster	12	Blue	6-7	Seed, Divis.	Spring	Seldom, hard to divide
Sweet William	12-24	Many	5	Seed	Fall, Spr.	Best from seed
Thrift	4-8	Red	5-6	Division	Spr., Fall	When crowded
Viola	4-6	Various	4-11	Seed	Spr., Fall	Better from seed

courtesy Ortho Products

If You Have Cake Troubles---

Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or shortening.

Coarse-grained cakes are the result of too much leavening ingredients, too slow an oven, insufficient creaming of shortening and sugar or insufficient beating of batter before addition of egg whites.

Large holed angel cakes are occasioned by insufficient blending of egg whites with the other ingredients. Too little sugar or too fast an oven might produce the same effect.

When a cake "falls" it is occasioned by an insufficient quantity of flour or rising ingredients, by excess temperature or from moving it in the oven after the cake has risen and before the cell walls have become fixed or firm by the heat.

A cake is bready and solid when too much flour has been used.

When too much heat is used a cake presents an uneven surface, crusts over the top before the mixture has risen to its full height and bursts at its weakest place which is usually the top.

A heavy streak at the bottom of a loaf cake is usually caused by using too many egg yolks in proportion to other ingredients, or by baking the cake in too slow an oven.

CAN SIZES

Size	Product	Cups	Servings (Approx.)
No. 2	Fruits, vegetables, juices.....	2 ½	4 to 6
No. 2 ½	Fruits, vegetables.....	3 ½	6 to 8
46 oz.	Juices.....	5 ¾	6 to 8
No. 10	Fruits, vegetables, juices.....	13	18 to 25

MEASURES FOR COOKED AND UNCOOKED FOODS

Food	Weight Unit	Uncooked Measure	Approx. Measure Cooked
Beans, dried			
Lima	1 lb.....	3 cups	7 cups
Navy	1 lb.....	2 cups	6 cups
Red kidney	1 lb.....	2 ⅔ cups	6 ½ cups
Fruit, dried			
Apricots	1 lb.....	3 cups	4 ½ to 5 cups
Figs	1 lb.....	50 to 60	2 ⅔ to 3 cups
Prunes	1 lb.....	40 to 50	3 to 4 cups
Raisins or currants.....	1 lb.....	3 cups	4 cups
Macaroni products			
Macaroni	1 lb.....	3 to 4 cups	8 to 10 cups
Noodles	8 ozs.....	2 ½ cups	5 cups
Spaghetti	8 ozs.....	2 ½ cups	5 cups
Cereals			
Rice	1 lb.....	2 cups	6 cups
Rolled oats	8 ozs.....	5 ½ cups	2 ¾ qts.
Rolled oats (quick).....	1 lb.....	4 cups	8 cups
Nuts			
Peanuts	1 lb.....	2 cups meats	
Pecans	1 lb.....	2 ¼ cups meats	
Walnuts	1 lb.....	2 cups meats	

Finding the Date for Easter

Easter is always the first Sunday after the first full moon after the vernal equinox.

The vernal equinox is the first day of Spring and usually falls on March 20, 21 or 22. It is the day when the sun is moving north and its rays fall vertically on the equator.

So Easter is the first Sunday after the first full moon after the first day of Spring. It may be as early as two days after the vernal equinox if (1) the date of a full moon is the first day after the vernal equinox and (2) the second day is Sunday. It may be as early as March 22nd or as late as April 25th.

The date was decided upon because the early Pilgrims needed the moonlight to help them in their travels to the great Easter events of the time.

Lent begins on Ash Wednesday, which is 40 days, not counting Sundays, before Easter Sunday.



EASTER DATES

1966	April	10	1971	April	11
1967	March	26	1972	April	2
1968	April	14	1973	April	22
1969	April	6	1974	April	14
1970	March	29	1975	March	30

PERPETUAL CALENDAR

Showing the Day of the Week for Any Date between 1700 and 2499

Table of Dominical Letters						Month					Dominical Letter										
Year of the Century		Centuries				January, October Feb., Mar., Nov. <i>Jan., Apr., July</i> May <i>February, August</i> Sept., Dec.					A	B	C	D	E	F	G				
		1700, 2100	1800, 2200	1900, 2300	2000, 2400						I	J	K	L	M	N	O	P			
*Denote Leap-Years											Su	Sa	F	Th	W	Tu	M				
0	*28	*56	*84	C	B						A	G	F	E	M	Su	F	Th	W	Tu	M
1	29	57	85	C	B						A	G	F	E	Tu	Su	F	Th	W	Tu	M
2	30	58	86	C	B						A	G	F	E	W	Tu	M	Su	F	Th	W
3	31	59	87	A	E						C	B	A	G	Th	W	Tu	M	Su	F	Th
*4	*32	*60	*88	E	C						B	A	G	F	Tu	Su	F	Th	W	Tu	M
5	33	61	89	D	C	B	A	G	F	W	Tu	M	Su	F	Th	W					
6	34	62	90	D	C	B	A	G	F	Sa	F	Th	W	Tu	M	Su					
7	35	63	91	D	C	B	A	G	F												
*8	*36	*64	*92	G	B	D	C	B	A												
9	37	65	93	F	A	C	B	A	G												
10	38	66	94	F	A	C	B	A	G												
11	39	67	95	D	C	B	A	G	F												
*12	*40	*68	*96	B	D	C	B	A	G												
13	41	69	97	A	B	A	G	F	E												
14	42	70	98	A	B	A	G	F	E												
15	43	71	99	A	B	A	G	F	E												
*16	*44	*72		D	E	A	G	F	E												
17	45	73		D	E	A	G	F	E												
18	46	74		B	A	D	C	B	A												
19	47	75		B	A	D	C	B	A												
*20	*48	*76		F	A	C	B	A	G												
21	49	77		F	A	C	B	A	G												
22	50	78		D	E	A	G	F	E												
23	51	79		D	E	A	G	F	E												
*24	*52	*80		A	C	E	F	D	C												
25	53	81		A	C	E	F	D	C												
26	54	82		F	A	C	D	C	D												
27	55	83		F	A	C	D	C	D												

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.

Try saying "Good Morning" as though you really meant it

Then (tomorrow, say) try treating some teen-ager like an adult.

Find someone to praise for doing a good job — waitress, bus driver, newsboy, store clerk, anyone.

Show respect for an older person's experience (or fortitude).

Be patient with someone who doesn't understand as quickly as you do.

Write or phone someone having a difficult time. Say you know it's rough, but you have faith in him.

Look pleasant.

If you're white, go out of your way to be polite to a black man or woman; if you're black, to a white.

Do your job a little better. Maybe you'll get some praise, but certainly you'll get more satisfaction.

Help someone — a cripple across a street, a young man or woman looking for a job (whether you can give it or not, give him hope) or an older one, discouraged in his.

Contribute to some church or charity — money if you can, time if you can't.

It just could be that this sort of *understanding* is what this country needs right now.

Try it tomorrow — all day tomorrow. You might be surprised!

Favorite Family Recipes



Expression of Appreciation

The Altar and Rosary Society wishes 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.

We have endeavored to combine the practical with the unusual in order to provide an outstanding book of favorite foods that will be treasured and enjoyed by all.



THUMB INDEX



APPETIZERS,
PICKLES, RELISH

SOUPS, SALADS,
DRESSINGS, SAUCES

MAIN DISHES—
MEAT, SEAFOOD,
POULTRY

MAIN DISHES—
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SPAGHETTI, CASSEROLE

VEGETABLES

BREAD, ROLLS,
PIES, PASTRY

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ICINGS

DESSERTS

CANDY, JELLY,
JAM, PRESERVES

BEVERAGES,
MISCELLANEOUS

Try saying "Good Morning"
as though you really meant it

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

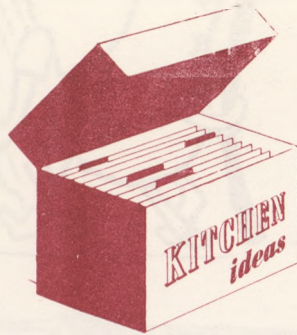


ORDER SEVERAL
FOR GIFTS
WHILE THEY ARE STILL AVAILABLE



Appetizers, Pickles and Relish





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

To remove burned food from oven, place small cloth saturated with ammonia in oven over night, and food can be easily wiped up.

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

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

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

Sweet potatoes will not turn dark if put in salted water (5 teaspoons to 1 quart of water) immediately after peeling.

Soak bacon in cold water for a few minutes before placing in skillet. This will lessen the tendency to shrink and curl.

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

Wax the legs of your chairs and they will not mar the waxed floor when moved about.

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.

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

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

APPETIZERS, PICKLES AND RELISH

DIP

Mae Smith

- | | |
|-------------------------------------|--|
| 5 oz. pkg. Kraft pimiento
cheese | 1 small can deviled ham
1/2 c. Miracle Whip |
|-------------------------------------|--|

For more flavor, add a few drops of Tabasco sauce.

FAVORITE DIP

Genevieve Goodman

- | | |
|-------------------------------|-----------------------------|
| 2 pkg. cream cheese | mayonnaise |
| 2 beef bouillon cubes | sour cream |
| 5 green onions, minced | 1 can minced clams, drained |
| 1/8 tsp. beau monde seasoning | |

Dissolve bouillon cubes in smallest amount of boiling water. Add to creamed cheese. Combine ingredients and refrigerate. When ready to serve, add mayonnaise and/or sour cream for right consistency.

PARTY CHEESE BALL

Gen Goodman

- | | |
|---|------------------------------|
| 2 (8 oz.) pkg. Philadelphia
Brand cream cheese | 1 Tbsp. chopped onion |
| 2 c. (8 oz.) shredded
Cracker Barrel sharp
cheddar cheese | 1 Tbsp. chopped green pepper |
| small amount blue cheese | 2 tsp. Worcestershire sauce |
| | 1 tsp. lemon juice |
| | finely chopped pecans |
| | 1 Tbsp. chopped pimento |

Combine softened creamed cheese and cheddar cheese, mixing until well blended. Add remaining ingredients; mix well. Chill. Shape into ball; roll in chopped nuts.

CHEESE BALLS

- | | |
|------------------------------|-------------------------------|
| 2 c. sour cream | 1/2 tsp. Worcestershire sauce |
| 3/4 c. Cracker Barrel cheese | 1/2 tsp. horseradish |
| 1 onion, grated (large) | 1 tsp. sugar |
| 1/2 c. salad dressing | dash of salt |

CHEESE ROLL

Mrs. Laverne Pezley

- | | |
|--|-----------------------|
| 2 (3 oz.) pkg. cream cheese | 1/4 lb. blue cheese |
| 10 oz. sharp cheddar or
Cracker Barrel cheese | 3 slices Swiss cheese |

(Cont.)

Grate preceding cheese and mix with a dash of Worcestershire sauce. Shape in ball and roll in finely chopped nuts. Serve with crackers.

PICKLED BEETS

Rita Smith

2 c. water	1 Tbsp. cinnamon
2 c. sugar	1 tsp. cloves
2 c. vinegar	

Mix ingredients. Pour over beets and simmer for 15 minutes. Makes enough for about 8 pints.

ARISTOCRAT PICKLES

Nedra Benjamin

Using 3 gallon stone jar slice 2 1/2 gallon of cucumbers thin. Place in brine for 8 days, (brine - 1 pint of salt to 1 gallon of water). After 8 days, drain. Cover with fresh water, alum the size of an egg, or powder equivalent, and simmer slowly for 1/2 hour. Drain. Add fresh water to cover and 1 tablespoon of ground ginger; simmer for 1/2 hour. Drain.

Make syrup of --

1 pt. vinegar	1 pt. water
3 lb. sugar	

Also, these spices in cloth bag (1 teaspoon of whole cloves, 1 teaspoon of whole cinnamon, 1 teaspoon of celery seed, 1 teaspoon of allspice).

Cook 5 minutes. Add pickles and simmer for 1/2 hour. Remove spices and seal in pint jars.

BREAD AND BUTTER PICKLES

Corinne Johnson

8 c. cucumbers, sliced thin	2 tsp. celery seed
2 c. onions, sliced	3 c. sugar
1 c. (scant) salt	3 inch stick cinnamon
2 c. vinegar	4 green peppers

Soak cucumbers and onions in salt for 1 hour. Drain and rinse. Put vinegar, sugar, stick cinnamon and celery seed in granite pan, bring to a boil - add cucumbers, onion and green pepper. Boil for 20 minutes. Seal in hot sterilized jars.

CHRISTMAS PICKLE

Ramona Bumgardner

Cut dill pickles into thin or thick slices as you desire, to measure 1 quart. Add 1/2 cup of pimento cut into pieces and as much clove garlic as desired. Add 2 cups of sugar and sufficient vinegar to cover. Let stand at least 24 hours before serving.

CRYSTAL PICKLES

Norma B. Lutz

14 dill sized pickles

Wash and cover with boiling water for 3 mornings. The 4th morning slice about 1/3 inch thick. Pour over the pickles, cool water in which 1 teaspoon of alum has been dissolved.

Fifth morning - heat to boiling:

1 qt. vinegar

8 c. sugar

1 Tbsp. salt

2 Tbsp. mixed pickling spices

Pour hot syrup over sliced cucumbers for 3 mornings. On fourth morning, pack pickles in jars, pour hot syrup over them and seal.

CUCUMBER RELISH

Mrs. Dale Dobson

2 qt. ground cucumbers

8 - 10 small onions, ground

Mix together and put a handful of salt on cucumber-onion mixture. Let stand overnight. Next morning, pour boiling water over cucumbers and drain real good.

Syrup:

1 1/2 c. sugar

1 tsp. turmeric

1 1/2 c. vinegar

1 tsp. mustard seed

1 tsp. celery seed

Add syrup to cucumbers and cook to boiling and seal in jars.

CUCUMBER RELISH

Rita Smith

Grind:

12 large cucumbers

1 red pepper

6 onions

1 green pepper

Cover with 1/2 cup of salt and let stand for several hours.

Drain ground mixture and add to mixture of:

1 qt. vinegar	1/2 tsp. celery seed
2 1/2 c. sugar	1/2 tsp. mustard seed
3 Tbsp. dry mustard	

Boil for 30 minutes. Add 1 tablespoon of flour mixed smooth with a little vinegar and 1 teaspoon of turmeric for color.

DILL PICKLES

Rosine Kennedy

20 - 30 (4-inch) cucumbers	powdered alum and hot peppers,
fresh dill	if desired
garlic cloves	

Brine:

1 c. coarse salt	1 qt. cider vinegar
1 Tbsp. pickling spice	grape leaves
3 qt. water	

Wash cucumbers. Let stand in cold water overnight. Pack in hot sterilized jars. To each quart jar add 2 heads of dill, 1 clove garlic and 1 hot pepper, and 1/8 teaspoon of alum. Combine salt, spices, water and vinegar. Heat to boiling. Fill jars. Put grape leaf in each jar. Seal.

HEINZ SWEET PICKLES

8-27-76

Corrine Johnson

Wash 75 to 100 pickles, cover with brine made of 1 pint coarse salt to 1 gallon water. Let stand one week. Drain and cover with boiling water to which has been added 1 tablespoon of powdered alum (put in a little more, if desired). Let stand 24 hours. Drain. Split each pickle and again cover with boiling water. Let stand 24 hours. Drain and cover with the following boiling liquid. Place in cloth bag. Boil together:

1 oz. celery seed	1/2 oz. mustard seed
1/2 oz. stick cinnamon	

Add to 5 pints vinegar and 6 pints water. Let stand one week. Then for 3 days, heat liquid, adding 1 cup of sugar each day. The other 4 days just heat liquid. Pack in sterilized jars. Pour boiling liquid over and seal.

SWEET PICKLES

Mrs. Dale Dobson

Wash, then slice cucumbers, place in quart jars. In each quart add 1 tablespoon of salt (do not use iodized salt), 1 teaspoon of powdered alum and enough vinegar to fill jar, seal. Let stand in vinegar solution for 6 weeks or more, then pour off all the vinegar, but do not rinse pickles. Then add syrup solution to pickles.

Syrup:

2 c. sugar
1 c. water

1 tsp. mixed whole pickling spices

Bring to a boil, let syrup cool, add to pickles and reseal.

DILL GREEN TOMATO PICKLES

Catherine Doyle

green tomatoes
garlic
2 qt. water
1 qt. vinegar

1 c. salt
dill to taste
celery, green peppers, cut in
fourths

Use small firm green tomatoes. Pack into sterilized jars. Add to each quart jar 1 bud of garlic, celery, green peppers. Make brine of water, vinegar and salt. Boil with dill for 5 minutes. Pour the hot brine over the pickles in the jar and seal at once. These will be ready for use in 4 - 6 weeks. This amount of liquid fills about 6 quarts.

CHILI SAUCE

Mrs. C. P. Denning

1 qt. peeled tomatoes,
cut up and drain overnight
1 pt. cucumbers
1 pt. onions
2 mangos
2 1/2 c. vinegar

3 c. sugar
1 tsp. paprika
1 tsp. allspice
1 tsp. cinnamon
1/2 tsp. mixed spices

Boil all together 45 minutes. Put in sterilized pint jars and seal.

CORN RELISH

Mrs. Harold Benolken

Combine and bring to boil. Boil 2 minutes.

1/4 c. sugar

1/2 c. vinegar

(Cont.)

1/2 tsp. salt
1/4 tsp. Tabasco sauce

1/2 tsp. celery seed
1/4 tsp. mustard seed

Add mixture to:

1 can (12 oz.) whole kernel
corn
1 Tbsp. chopped green pepper

1 Tbsp. chopped pimento pepper
1 Tbsp. minced onion

Chill. Flavor improves on standing.

HOT DOG RELISH

Karen Glover

4 c. ground onions
4 c. ground cabbage
4 c. ground green tomatoes
12 green peppers
6 sweet red peppers
1/2 c. pickling salt

6 c. sugar
1 Tbsp. celery seed
2 Tbsp. mustard seed
1 1/2 tsp. turmeric
4 c. cider vinegar
2 c. water

Grind vegetables, using coarse blade. Sprinkle with 1/2 cup of pickling salt; let stand overnight. Rinse and drain. Combine remaining ingredients; pour over vegetable mixture. Heat to boiling. Simmer 5 minutes. Seal in hot sterilized jars. Makes 8 pints.

PEPPER RELISH

Mary L. Grell

12 red peppers
12 green peppers

12 onions

Grind peppers and onions. Soak in boiling water for 15 minutes. Drain. Cook 20 minutes with:

1 pt. vinegar
2 c. sugar

1 Tbsp. salt
1 Tbsp. pickling spice

Seal in jars or put in boxes; let cool and freeze.



Soups, Salads, Sauces, Dressings



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

BEAN SALAD

1 can cut green beans
1 can cut wax beans

1 can kidney beans

Drain the beans. Boil together:

1 c. vinegar
1 c. sugar

1 tsp. salt

Cool, then add to 1/2 cup of salad oil. Chop onion (as desired) and pimento and add all to beans. Cover and store in refrigerator. Can add can of drained lima beans, if desired.

CABBAGE CROCK SALAD

1 large head cabbage
2 - 3 onions, as desired
2 green peppers
2 carrots
salt water

2 c. sugar
2 c. cider vinegar
2 Tbsp. celery seed
2 Tbsp. mustard seed

Shred or chop vegetables and let soak for several hours in salt water, using 1 tablespoon of salt to a quart of water. Drain, press out as much liquid as possible, dry with a towel. Heat sugar, vinegar, celery seed and mustard seed until sugar is dissolved. Let cool, then mix with vegetables and chill well. This salad is ready to eat as soon as cold, but will remain crisp and fresh in refrigerator a long time. Store in covered crock or glass or enamel container.

COOL WHIP SALAD

Mae Smith

Drain:

1 small can crushed
pineapple

1 can fruit cocktail
1 can Mandarin oranges

Put in bowl, add:

1 pt. cottage cheese

1 large container of Cool Whip

Mix all above together. Sprinkle 1 package of orange jello over this and mix in. Put in refrigerator.

FROZEN FRUIT SALAD

Ramona Bumgardner

2 (3 oz.) pkg. cream cheese

1 c. mayonnaise

Mix together.

1 c. heavy cream, whipped

1/2 c. maraschino cherries,
quartered

1 No. 2 1/2 can fruit
cocktail, well drained

2 1/2 c. marshmallows

Mix together and put in round quart ice cream container.
Freeze and serve in slices on lettuce or as a dessert.

JELLIED VEGETABLE SALAD

Bea Hayes

To serve 8:

1 Tbsp. 1 tsp. gelatin

4 Tbsp. vinegar

2 Tbsp. cold water

2/3 c. celery, chopped

1 1/4 c. boiling water

1/2 c. pimientos, chopped

1/2 tsp. salt

1/4 c. green peppers, chopped

3/4 c. sugar

1/4 c. onions, ground

1 Tbsp. 2 tsp. lemon juice

2/3 c. tomatoes, diced

1. Dissolve gelatin in cold water, then mix with boiling water.

2. Stir in salt, sugar, lemon juice and vinegar.

3. Place in refrigerator to cool and set.

4. When partially set, add remaining ingredients.

5. Refrigerate until completely set.

POTATO SALAD

Ramona Bumgardner

4 medium potatoes

2 sprigs parsley, or 1 tsp. parsley
flakes

1 hard boiled egg

1 small carrot, grated

1 tsp. caraway seed

1/4 green pepper, chopped
fine

1 Tbsp. sugar
salt and pepper to taste

1 small onion, chopped fine

1 c. mayonnaise

1 stalk celery, chopped fine

2 Tbsp. vinegar

1 tsp. celery salt

1 Tbsp. cream

When all mixed, sprinkle paprika on top. Serves 4 - 5 people. For variety, add 1/2 cup of chopped ham or chopped pickles.

HOT POTATO SALAD

Bea Hayes

To serve 10:

cooked potatoes, peeled	1/3 c. vinegar
1 qt. 1 c.	1/2 c. sliced onions
1/2 c. uncooked bacon,	1 tsp. 1 Tbsp. minced parsley
cut small	1 1/2 tsp. salt
1/4 c. bacon grease	1/4 c. butter

1. Cook potatoes in the jackets and peel and dice while still warm.
2. Cut bacon in 1/4 inch strips across. Fry cut bacon on very low flame. Do not burn.
3. Combine bacon grease and vinegar and bring to a boil.
4. Slice onion in thin rings and then chop.
5. Combine potatoes with onion, parsley, bacon and salt and then pour grease and vinegar mixture over. Stir.
6. Serve hot.

SAUERKRAUT SALAD

Rosine Kennedy

1 can sauerkraut (drained)	artificial sweetener equal to 1 c.
1/2 c. diced green pepper	sugar
1 c. diced celery	2 Tbsp. cooking oil
1/2 c. chopped onion	1/4 c. vinegar
red pepper for coloring	1/4 tsp. salt

Mix well and chill thoroughly. This salad will keep for days and still be delicious.

SAUERKRAUT SALAD

Nedra Benjamin

3/4 c. sugar	1 c. chopped celery
1/4 c. salad oil	1 small pepper
1/4 c. vinegar	1 large onion

Pour over and mix with:

1 large can drained sauerkraut

Let stand in refrigerator for 24 hours.

SPAGHETTI, HAM & CHEESE SALAD

Bea Hayes

To serve 8:

(Cont.)

1 c. spaghetti (uncooked)
2 Tbsp. 2 tsp. onion
2/3 c. tomatoes
1/2 c. American cheese,
diced
1 hard cooked egg

1 c. cooked ham
1/2 c. cooked peas
3/4 c. mayonnaise
1/4 tsp. Tabasco sauce
1/4 Tbsp. salt

1. Cook spaghetti, break into small pieces in boiling salted water until done. Then using a colander, wash in cold water and drain thoroughly.

2. Grind onion and cut tomatoes, cheese, eggs and ham into 1/2 or 1/4 inch dice.

3. Mix all ingredients well together.

CRANBERRY SALAD

Catherine Doyle

1 lb. cranberries, ground
and drained
1 No. 2 can crushed pineapple, drained

1 pkg. small marshmallows
1 c. sugar

Mix above together and fold in 2 packages of Dream Whip.

CRANBERRY SALAD

Mary L. Grelk

Dissolve 1 package of orange jello in 1 1/2 cups of boiling water. Let stand until cool. Grind:

1 1/2 c. cranberries

1 orange

Add 1 cup of sugar and stir well. Let stand for about one hour. Add cranberry mixture to jello and cool.

CRANBERRY SALAD

Corrine Johnson

2 c. ground raw cranberries
2 c. sugar (scant)
2 pkg. lemon jello
2 c. hot water

1 (4 oz.) can crushed pineapple,
well drained (plus enough water
to make 2 c. liquid)
2 c. chopped celery
1 lb. chopped English walnuts

Add a few drops of red food coloring to give a nice red color. Pour into a large pan.

PINEAPPLE-CRANBERRY SALAD - FROZEN

Norma Lutz

1 1/2 c. drained, crushed
pineapple

1 can whole cranberry sauce (1 lb.
can)

1 c. dairy sour cream

1/4 c. pecans, coarsely chopped

Combine all ingredients and spoon into an 8-inch square pan, freeze for several hours or overnight. To serve, cut in squares or slices and arrange on crisp greens.

ALOHA SALAD

Bea Hayes

1 pkg. lime gelatin

2/3 c. nut meats

1 c. hot water

1/3 c. condensed milk

5 oz. crushed pineapple

1/2 c. mayonnaise

1 c. cottage cheese

1. Dissolve gelatin in hot water.
2. Allow to set until partially congealed.
3. Mix in all other ingredients.
4. Pour into molds and let set thoroughly.

BEST EVER SALAD

Catherine Doyle

1 pkg. lemon jello, prepared as directed

9 large marshmallows, cut up
1 large pkg. cream cheese

Stir until dissolved. After mixture thickens, add:

1 c. whipped cream

1/2 c. chopped nuts

1 c. crushed pineapple, drained

Pour into mold.

BLUEBERRY SALAD

Arlene Millmeyer

1 (3 oz.) pkg. lemon jello

1 can blueberry pie filling

1 (3 oz.) pkg. black raspberry jello

1 c. boiling water

1 c. cold water

1 Tbsp. lemon jello

Dissolve jello in boiling water. Add all other ingredients and pour into mold - let set. Top with sour cream mixed with powdered sugar or any desired topping.

CHRISTMAS LAYER SALAD

Catherine Doyle

Lime Layer:

1 pkg. lime gelatin

1 c. hot water

(Cont.)

1 c. pineapple tid-bits,
drained

1/3 c. pineapple juice

Dissolve gelatin in hot water, add pineapple and juice.
Chill until firm.

Cheese Layer:

1 1/2 tsp. unflavored gelatin
1 (8 oz.) pkg. cream cheese

3 Tbsp. cold water
1/4 c. milk

Sprinkle gelatin over cold water to soften. Add cream
cheese, softened with milk. Spread over firm lime layer.

Cranberry (Red) Layer:

2 pkg. strawberry gelatin
1 can whole cranberries

2 c. hot water

Dissolve gelatin in hot water. Add cranberries, cool. Pour
over cheese layer. Chill until firm. Serves 9 - 10 people.

DELICIOUS SALAD

Rosine Kennedy

1/2 c. sugar
1 heaping Tbsp. flour
1 egg, beaten
1 No. 2 can pineapple
1 Tbsp. butter

1 c. heavy cream, whipped
6 bananas, sliced
1 c. nuts
1/4 lb. miniature marshmallows

Combine sugar, flour and stir into beaten egg. Add juice,
drained from pineapple and the butter. Cook over very low heat un-
til thickened and smooth, stirring constantly. Cool, then fold in
whipped cream. Stir this dressing into remaining ingredients. Chill,
spoon into lettuce cups.

HAWAIIAN SALAD

Bea Hayes

To serve 12:

2 c. crushed pineapple
1 c. sugar
1/4 c. lemon juice
2 Tbsp. plain gelatin
1/2 c. cold water
2 oz. American cheese, grated

1 c. whipping cream
1/4 c. green pepper, chopped fine
1/4 c. celery, chopped fine
1 c. mayonnaise
1/16 tsp. onion juice

1. Heat pineapple and while hot, add sugar, lemon juice and gelatin which has been previously soaked 5 minutes in cold water.
2. Stir until sugar and gelatin are thoroughly dissolved.
3. Cool.
4. When beginning to set, add cheese and stiffly beaten cream.
5. Mold until firm.
6. Mix green pepper, celery, mayonnaise and onion juice and use as dressing over this salad.

LIME SALAD

Elaine Peterson

1 pkg. lime jello	1/4 c. cottage cheese
3/4 c. boiling water	1/4 c. chopped walnuts
1 c. whipping cream	1 c. crushed drained pineapple

Mix jello and water. Let set until cool, then fold in rest of ingredients. Pour into one quart mold. Chill until firm.

MAY DAY SALAD

Mrs. Dale Dobson

Combine, cover and cook 3 minutes:

2 c. rhubarb, cut in 1 inch pieces	1/3 c. sugar
	1/2 c. water

Drain, save syrup. Drain 1 No. 2 can of pineapple. Put pineapple juice and saved rhubarb juice together and add enough water to make 1 3/4 cups. Heat to boiling point, add:

1 pkg. strawberry jello	2 tsp. lemon juice
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Chill jello until almost set, then fold in rhubarb and pineapple.

ORANGE FLUFF SALAD

Mae Smith

1 pkg. orange jello	1 c. pineapple, drained
1 c. boiling water	1 c. shredded carrots
12 large marshmallows or 1 c. miniature marshmallows	1/2 c. salad dressing
1 (3 oz.) pkg. cream cheese	1/2 c. whipped cream or 1 pkg. Dream Whip

Dissolve jello in boiling water, add marshmallows and cream cheese. Let stand until syrupy. Add pineapple, carrots and salad dressing. Fold in whipped cream.

PASTEL FRUIT SALAD

Jean Wenke

1 pkg. strawberry Whip 'n
Chill
1 envelope Dream Whip

1 can fruit cocktail (drained)
1 c. small marshmallows
1 can Mandarin oranges (drained)

Prepare Whip 'n Chill and Dream Whip as directed on packages. Combine all ingredients and chill.

PINEAPPLE SALAD

Marie Mansheim

Dissolve 2 packages of lemon jello in 4 cups of boiling water. Add 8 marshmallows and stir until marshmallows are dissolved. Let cool, then add one No. 2 can of drained, crushed pineapple (save juice). Add 2 large sliced bananas, pour in 9 x 13 inch dish and refrigerate. When set, cover with the following topping.

In a double boiler, bring the pineapple juice to a boil. Add:

1/2 c. sugar
2 tsp. flour

1 beaten egg

Cook until thick, then add 2 tablespoons of butter; cool, when cool add 1 cup of cream (whipped). Mix together and spread the topping over jello. Crush 4 - 5 graham crackers and spread over the top. Let set for several hours in the refrigerator.

PINK ZIP

Jean Wenke

Serves four, 12 calories each.

Dissolve in 1 cup of boiling water:

1 envelope D-Zerta strawberry
gelatin

1 envelope of D-Zerta lemon
gelatin

Chill until syrupy. Stir in 1 cup of low calorie ginger ale. Pour into sherbet glasses and chill until firm.

RED-WHITE-BLUE SALAD

Ramona Bumgardner

2 pkg. raspberry jello
1 1/2 c. boiling water
1 pkg. unflavored gelatin
1 c. cold water
1 c. half and half
1 tsp. vanilla

1 (8 oz.) pkg. cream cheese
1 c. nuts
1 c. sugar
1 c. blueberries, drained and
save juice

Add enough water to blueberry juice to make 1 1/2 cups of

liquid. Dissolve 1 package of jello in 1 1/2 cups of boiling water, let set (put in 9 x 13 x 2 inch pan). Soften gelatin in 1 cup of cold water. Bring half and half and sugar to boil. Add unflavored gelatin. Cool, add cheese, nuts and vanilla. Put on top of jello layer. Dissolve other package of jello in 1 1/2 cups of blueberry juice, add the berries. When partly cool - put on top of other layers.

SHERBET SALAD

Ramona Bumgardner

In a large pan bring to boil 1 1/2 cups of water. Add 1 package of orange jello, stir until dissolved. While hot, add 1 pint of orange sherbet and stir until melted. When cool enough add:

4 bananas
2 cans Mandarin oranges, drained
1 large can pineapple tid-bits, drained

Whip 1/2 pint of whip cream and mix thoroughly. Pour into mold - let set until ready to serve. When ready to serve, sprinkle with Angel Flake coconut and garnish with orange slices.

TAPIOCA FRUIT SALAD

Mrs. Harold Benolken
Karen Glover
Carolyn Hocker

2 cans Mandarin oranges
1 tall can crushed pineapple
1 pkg. vanilla tapioca pudding
1 pkg. orange tapioca pudding
3 bananas
1 c. miniature marshmallows

Drain juice from oranges and pineapple. Add enough water to juice to make 3 cups. Cook the 2 packages of pudding using the liquid from the fruit. Cool - add the fruit and refrigerate.

WINTER STRAWBERRY SALAD

Bea Hayes

To serve 8:

2 c. ground cranberries
1 c. sugar
1 1/3 c. crushed pineapple
4 Tbsp. chopped nut meats
1/2 c. marshmallows, cut up
1/2 c. whipping cream

1. Add sugar to ground cranberries and let stand 2 hours.
2. Add pineapple, nut meats and finely cut marshmallows.
3. Mix all together. Whip cream and fold in.
4. Let stand overnight in freezer.

FRENCH DRESSING

Corine Johnson

condensed tomato soup
vinegar

catsup
cooking oil

Use any measure in making amount desired. Beat well at least 30 minutes with electric mixer.

POTATO SALAD DRESSING

Rita Smith

3 eggs
2 Tbsp. flour
5/8 c. sugar
salt and pepper

2 Tbsp. butter
1/4 c. vinegar
1 c. water

Beat eggs and mix dry ingredients together. Gradually add liquid. Blend well. Cook until thick. Add butter, remove from heat. Cool. Add 1 cup of Miracle Whip. Thin with cream when ready to use.

CLEAR COLE SLAW DRESSING

Boil together for 15 - 20 minutes:

1 1/2 c. sugar

2 c. white vinegar

Add:

1 tsp. celery seed

1 tsp. mustard

Cool before using.

SALAD DRESSING

Janet Dobson

1 c. sugar
1 c. vinegar
1 c. water

3 - 4 eggs
2 - 3 Tbsp. flour
pinch of salt

Cook together and cool. Store in refrigerator.

COOKED SALAD DRESSING

Janet Dobson

3 Tbsp. flour
3/4 c. sugar
2 eggs

1/2 c. vinegar
1 c. milk and cream, mixed

Cook until thick.

CHOCOLATE SAUCE

Bea Hayes

To make 1 quart of sauce:

2 c. sugar	1 qt. boiling water
2/3 c. cocoa	3/4 c. butter
1/6 c. cornstarch	1 Tbsp. vanilla
1/2 tsp. salt	

1. Sift together the first four ingredients and place in saucepan.
2. Stir in boiling water thoroughly.
3. Cook over low heat, stirring constantly until thickened.
4. Stir in butter and vanilla thoroughly.

SPAGHETTI SAUCE

Rita Smith

3 lb. hamburger	1 Tbsp. cinnamon
2 Tbsp. oil or shortening	1/2 tsp. oregano
1 large onion	2 cans tomato paste
garlic salt	2 cans tomatoes
1 tsp. chili powder	2 cans tomato soup

Brown hamburger in oil. Add chopped onion and garlic. Add rest of ingredients. Stir well.

Turn burner to simmer and simmer all day, stirring occasionally.

SPAGHETTI SAUCE

4 onions, diced	1 Tbsp. oregano
4 cans whole tomatoes	2 Tbsp. sugar
2 cans tomato paste	1 Tbsp. basil leaves
2 cloves garlic	1 lb. ground chuck

Combine all ingredients. Simmer for forty-five minutes to one hour.

BARBECUE SAUCE

Mrs. Laverne Pezley

1 can tomato soup	2 Tbsp. brown sugar
2 Tbsp. catsup	1 clove garlic or garlic salt or juice
2 drops Tabasco sauce	
2 tsp. mustard	

Stir all together and bake meat in oven. Put over any

(Cont.)

good pork roast, spareribs or wieners.

TEXAS BAR-B-Q SAUCE

Jean Wenke

Mix together:

2 Tbsp. brown sugar

1 Tbsp. paprika

1 tsp. salt

1 tsp. dry mustard

1/4 tsp. chili powder

1/8 tsp. cayenne pepper

2 Tbsp. Worcestershire sauce

1/4 c. vinegar

1 c. tomato juice

1/4 c. catsup

1/2 c. water

Pour over cooked meat and simmer for at least 15 minutes.

Write extra recipes here:



MAIN DISHES

*Meat, Sea Food,
Poultry*



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

MYSTERY BURGERS

Jean Wenke

Mix:

1 lb. ground beef

1 c. crushed potato chips

Shape into patties. Broil until done. Spread both halves of toasted buns with Cheez Whiz. Top with meat patty.

BEEF PIE WITH DRESSING

Bea Hayes

To serve 10:

1/4 c. beef fat

3 c. beef stock

1 qt. 2/3 c. beef (1 inch cubes)

1/3 c. cornstarch

1 1/2 c. onions, ground

1/2 c. water

1/4 tsp. monosodium glutamate

1 qt. 3 c. bread, dry cubed

3/4 tsp. salt

2 tsp. salt

1/2 tsp. black pepper

1 1/2 tsp. sage

1 1/2 c. hot water

1/2 c. fat

1. Melt fat in heavy pot.
2. Brown meat and onions well.
3. Add monosodium glutamate, salt, pepper and beef stock.
4. Cover and cook until meat is tender (about 2 hours).
5. Dissolve cornstarch in first item of water, add to beef mixture, cook until thickened.
6. Mix bread with salt and sage lightly.
7. Saute second item of onions in fat until golden brown.
8. Add to bread mixture.
9. Then add water, mixing lightly, only enough to blend.
10. Pour meat mixture into well greased pan.
11. Crumble bread dressing evenly over top of the meat mixture.
12. Bake at 375 degrees for 45 minutes.
13. Two or three times during the baking period, brush top of dressing with melted butter.

CHICKEN WITH CABBAGE
(Kaposztas Csirke)

Ludy Leffler

3 1/2 lb. chicken, disjointed

1 c. white wine

(Cont.)

1 1/2 tsp. salt	3 Tbsp. fat
1 onion, finely chopped	1/2 tsp. pepper
1/2 head cabbage, chopped	1 Tbsp. lemon juice

Wash the chicken. Simmer in a covered kettle with the wine and salt until tender, about one hour. Brown the onion and cabbage in the fat. Add the pepper, lemon juice, and then the chicken. Cover tightly, and steam all together for 15 minutes. (8 servings).

CHICKEN BREAST BAKE

Genevieve Goodman

6 chicken breasts, halved and boned	1 1/2 c. sour cream
pepper	12 bacon slices
2 cans cream of chicken soup	3 oz. cream cheese
1 pkg. dried beef	dash of sherry (optional)

Pepper, but do not salt chicken breasts. Wrap slice of bacon around each half chicken breast. Place layer of dried beef, torn in bottom of baking dish. Arrange bacon wrapped chicken on beef slices. Cover with mixture of chicken soup, sour cream and cream cheese. Cover, let stand overnight. Bake uncovered 4 hours at 250 degrees or eliminate marinating, cover pan tightly with foil. Place in 325 degree oven for 2 hours. When tender, remove foil to brown slightly. Serve on hot rice or noodles.

CHICKEN SUPREME

Mrs. Harold Benolken

Cook one chicken with onion and a little garlic salt or cloves and garlic. Remove from bones and make a thin gravy with the rest of the broth the chicken was cooked in. In a long pan put one layer of dressing and place deboned chicken over this. Then place the balance of dressing over the chicken. Before adding the last of the dressing, pour a little thin gravy over chicken. After the last layer of dressing is placed over this, add more gravy to add more moisture.

Dressing:

1/2 c. (each) chopped onion and celery	3 tsp. poultry seasoning
2 Tbsp. butter	2 Tbsp. salt
8 c. bread cubes	1/4 tsp. black pepper

Saute onion and celery. Add broth from chicken until well moistened.

CHICKEN A LA KING

Bea Hayes

To serve 8:

1 c. mushrooms, sliced	2 egg yolks
3 Tbsp. green pepper, chopped	1 1/2 tsp. salt
3/8 c. butter	1/8 tsp. Tabasco sauce
9 Tbsp. flour	2 Tbsp. pimientos, chopped
2 1/4 c. chicken stock	2 1/2 c. chicken
	1 1/2 c. half and half

1. Saute mushrooms and green pepper in butter in a covered pan for 10 minutes.
2. Remove mushrooms and green pepper, add flour to hot fat and blend smooth.
3. Heat chicken stock to boiling and gradually add to flour mixture, beating smooth.
4. Heat half and half, add to broth and cook until thickened.
5. Beat egg yolks, mix with a little of hot sauce, then stir well into balance of sauce.
6. Add mushrooms, green pepper, salt, Tabasco, pimientos and cooked chicken.
7. Serve hot on toast or rice or in a rice ring.

Note: So far as possible, use white meat for this dish. Save dark meat for salads and sandwich fillers.

MAID RITE SANDWICHES

Mrs. Walter Burch

1 lb. hamburger	1 Tbsp. lard
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Fry a few minutes and add:

1 onion, minced	1 Tbsp. vinegar
2 Tbsp. sugar	3/4 c. catsup
2 Tbsp. mustard	

Cook until done and spread on hot buns.

JUICY MEAT LOAF

Elizabeth Derr

1 1/2 lb. ground beef	2 tsp. salt
3/4 c. rolled oatmeal	1/4 tsp. pepper
2 eggs, beaten	1 c. tomato juice
1/4 c. chopped onion	

Mix all ingredients and pack firmly into a loaf pan. Bake
(Cont.)

in 350 degree oven for one hour. Let stand five minutes before slicing. Makes 8 servings.

CORN TOSTADAS (Mexican Cooking)
(Tostadas)

Ludy Leffler

8 canned or frozen tortillas	1 c. finely chopped onion
1/2 c. corn or peanut oil	1 c. finely chopped firm-ripe tomato
1 lb. lean ground beef	1 1/2 c. shredded lettuce
salt and pepper	1 1/2 c. shredded sharp cheddar cheese
1 large can commercial taco sauce	

In a skillet over rather high flame, heat the oil and place the tortillas in it one at a time, turning them once and removing them to drain on paper towels almost immediately; prolonged frying makes them overly brittle. Keep fried tortillas warm in a very low oven until ready to assemble the tostadas. Drain off all but about a tablespoon of the oil, and saute the ground beef - until it is well browned and crumble. Season to taste with salt and pepper.

To assemble the tostadas: Place 8 warm fried tortillas on a cookie sheet, top each with part of the ground beef, drizzle over part of the taco sauce, then sprinkle with onion, tomato, lettuce and cheese. Run under preheated broiler until the cheese has just melted, and serve immediately. (8 servings).

HAM LOAF

Bea Hayes

To serve 11:

1 qt. cooked ham, ground	1/2 c. tomato soup
1 qt. 1 c. raw pork, ground	1/2 c. brown sugar
1/3 c. bread crumbs	1/2 tsp. dry mustard
2/3 c. milk	whole cloves
1 egg	

1. Grind and mix ham and pork.
2. Mix in bread crumbs, milk and eggs.
3. Form into loaf or put in loaf pan.
4. Stick whole cloves in rows 1 inch apart across top of loaf.
5. Mix together tomato soup, brown sugar and mustard and pour over loaf.
6. Bake 2 hours at 350 degrees.

Note: Serve with whipped cream in which horseradish has been blended.

HAM LOAF

Mae Smith

Genevieve Goodman

2 1/2 lb. ground ham
2 lb. ground beef
1 lb. ground pork

3 c. crushed graham crackers
3 c. milk
3 eggs

Mix. Bake for 3/4 hour at 350 degrees.

Sauce for Ham Loaf:

2 c. tomato juice
2 1/4 c. brown sugar

3/4 c. vinegar
2 Tbsp. dry mustard

Mix and pour over loaf while baking. Can be made in small individual loaves.

TERRINE OF COUNTRY PATE (French Cooking) Ludy Leffler (Terrine de Veau avec Foie)

3/4 lb. ground pork fat
1/4 lb. ground veal
3 Tbsp. butter or margarine
3/4 c. chopped onion
5 Tbsp. flour
1 1/3 c. milk
3 eggs

2 Tbsp. brandy
2 tsp. salt
3/4 tsp. pepper
1/4 tsp. allspice
1/4 tsp. mace
6 slices bacon
1 can (3 oz.) whole mushrooms,
drained

1. Rinse liver; pat dry with paper towels. Cut into small pieces. Put through food grinder twice, using finest blade. Or, put liver, one-third at a time, in electric blender, and blend at high speed until smooth. Turn into large bowl; stir in pork fat and veal.

2. Preheat oven to 350 degrees. Grease a 5 or 6 cup casserole.

3. In hot butter in medium saucepan, saute onion until tender, about 5 minutes. Stir in flour until well combined. Gradually stir in milk; bring to boiling, stirring constantly. Reduce heat and simmer one minute.

4. Add to liver mixture, along with eggs, brandy, salt, pepper, allspice and mace; stir until well blended. Turn into prepared casserole.

5. Place in roasting pan; pour hot water to 2 inch level around casserole.

6. Bake uncovered, 1 hour and 45 minutes. Let cool at least 1 hour before serving.

7. Just before serving, in large skillet, fry bacon until

(Cont.)

crisp. Drain on paper towels. Pour off all but 2 tablespoons of drippings.

In hot bacon drippings, saute mushrooms until golden. Arrange with bacon over pate. Serve warm, with bread and sweet butter and pickled beets, if desired. Makes 30 buffet servings.

Note: If pate is made ahead of time, garnish just before serving.

LIVER

Mrs. Dale Dobson

Brown liver, put onions over. Pour over liver and onions:

1 c. catsup

1 can tomato soup

Put in oven and bake at 300 degrees until done.

PORK CHOPS WITH BARBECUE SAUCE

Norma Lutz

6 pork chops
flour

barbecue sauce

Dust the pork chops with flour and sear on both sides until browned, then place 1 tablespoon of sauce on each chop. Reduce heat, and cook slowly 5 to 8 minutes. Turn chops and cover with sauce. Cover and cook slowly until tender, about 40 minutes. Serve with sauce.

Barbecue Sauce:

4 Tbsp. minced onion
1 c. tomato puree
3/4 c. water
3 Tbsp. vinegar
2 Tbsp. Worcestershire
sauce

1 tsp. salt
1 tsp. paprika
1 tsp. chili powder
1/2 tsp. pepper
1/4 tsp. cinnamon
dash of ground cloves

Combine all ingredients in order listed. Heat to boiling and use as directed above.

This sauce can be used for other meat to be barbecued.

TURKEY DRESSING (14 - 16 Pound Turkey)

2 bags Pepperidge Farm
dressing
1 small onion
3 or 4 small celery stalks
with leaves

sage or poultry seasoning to taste
few sprigs parsley
1 small can mushrooms, drained,
or fresh ones sauteed if you prefer
and can get them

1/4 lb. pork sausage

giblets from turkey

Brown pork sausage in skillet, add celery (cut up) and minced onion - cook until tender. Add cooked and cut up giblets to the dressing, also minced parsley, mushrooms and other ingredients from the skillet to which 1/4 pound of butter has been added. Let stand until bread crumbs are softened, then stuff bird.

Save the broth from the giblets or add about 1/2 cup of chicken broth. Heat in small pan to which has been added:

1/2 c. red or white cooking
wine (dry)
1 Tbsp. olive oil

1/2 tsp. thyme
1/4 tsp. rosemary
2 Tbsp. catsup

Keep this warm and when turkey is cooking well gradually baste this over it until all is gone.

I like a little sherry in the dressing - not much, but a little.

DRESSING FOR EIGHTEEN POUND TURKEY Janet Dobson

2 lb. bread (21 c. crumbs)
1 c. celery, chopped fine
2 medium onions, chopped fine
cooked giblets
3 beaten eggs
1 tsp. salt

1 tsp. poultry seasoning
1/2 tsp. pepper
1 tsp. sage
1 c. liquid from giblets
1/2 c. melted margarine

SOUR CREAM STEAK (Mexican Cooking) (Bistec Agrio)

Ludy Leffler

2 lb. round steak
1/2 tsp. marjoram
1/4 c. butter
1/2 c. beef broth

salt and pepper
flour
2 onions, finely sliced
1/2 c. sour cream

Mix dry ingredients and sprinkle on both sides of steak. Pound with a wooden mallet. Heat butter in skillet and cook onion slices until golden. Remove and set aside. Add steak to hot fat and fry on both sides until browned. Add beef broth, sour cream and cooked onions. Cover and simmer slowly for about 1 1/2 hours or until meat is tender. Serve with hot noodles. (Serves 6).

SWISS STEAK

Jane Johnson

1/4 c. flour
1 tsp. salt

2 Tbsp. shortening
1 (4 oz.) can mushroom pieces

(Cont.)

dash of pepper
2 lb. round steak, cut 1
inch thick

1 medium onion, finely chopped
1 green pepper, finely chopped
1 c. tomato, canned or fresh

Combine flour with salt and pepper and pound into steak. Brown on both sides in shortening in 10 or 12 inch skillet. Add remaining ingredients. Simmer, covered, on top of range or bake at 350 degrees for 1 1/2 to 2 hours. Serve with vegetable gravy.

PINEAPPLE SWISS STEAK

Jean Wenke

1 can pineapple slices
3 Tbsp. flour
1 tsp. paprika
1/2 tsp. salt
4 lb. steak
3 Tbsp. shortening

water
1 envelope dry onion soup mix
1 Tbsp. cornstarch
2 Tbsp. cold water
small tomato wedges

Preheat oven to 375 degrees. Drain pineapple, reserving syrup. Mix flour, paprika and salt; rub into both sides of steak. In hot shortening, brown steak in iron skillet. Combine pineapple syrup and enough water to measure 1 1/2 cups. Stir together pineapple liquid and onion soup mix; pour over steak. Cover tightly. Bake for 1 1/2 hours or until tender. Remove meat to heat-proof platter. Arrange pineapple slices on meat; keep warm in oven. Mix cornstarch and 2 tablespoons of water; stir into pan liquid. Simmer until clear and thickened. Garnish steak and pineapple with tomato wedges. Serve with gravy. Makes 6 - 8 servings.

TUNABURGER

Bea Hayes

To serve 8:

3/4 c. American cheese
3/8 c. mayonnaise
5/8 c. tuna
1/8 c. green pepper,
chopped

1 Tbsp. 1 tsp. onion, chopped
2 hard cooked eggs
1 Tbsp. stuffed olives, chopped
1 Tbsp. pickle relish

1. Cube cheese, chop eggs and flake tuna.
2. Mix all ingredients together lightly.
3. Split and fill buns and wrap in aluminum foil.
4. Place in oven at 250 degrees for 30 minutes.

SCALLOPED SALMON

Mrs. C. B. Johnson

Slice 4 small cooked potatoes. Flake 1 can of salmon, save oil. Fill a greased casserole with a layer of potatoes, layer of salmon, a can of condensed celery soup, 1/4 cup minced onion. Pour over mixture and sprinkle with paprika. Crushed potatoes may also be used. Bake at 450 degrees for 30 minutes.

SUGAR CURED HAM

Nedra Benjamin

1 gal. water

Add:

1 1/2 lb. salt
1/2 oz. saltpetre

1/2 lb. brown sugar

Make any quantity desired. Boil these and skim and cool. When cool pour over pork, to remain 4 - 5 weeks, according to size of hams. Meat must be well covered. Can be smoked for summer use.

WILD RICE DRESSING

Laura Rider

1 box wild rice (be sure
it's wild rice)
1 medium size loaf of bread,
toasted
1 chicken, stewed

2 onions, sauteed in butter
2 cans mushroom soup, not diluted
1 can mushrooms
2 eggs, beaten

Cook rice as directed on package, then add toasted cubed bread. Add onions, mushroom soup, can of mushrooms, stewed chicken that has been boned and skinned. Add eggs, then enough chicken broth to make the consistency of dressing. Mix well. Bake at 350 degrees for 30 - 40 minutes.

MEXICAN TACOS

Mrs. Modesta R. de Garcia

12 tortillas
salad oil
1 lb. ground beef
2 Tbsp. minced onion
2 1/2 to 3 tsp. chili powder
1 1/4 tsp. salt

1/2 tsp. oregano leaves
1/4 tsp. minced garlic
1 c. canned tomatoes
1 c. shredded lettuce
1 avocado, peeled and sliced

Fry tortillas crisp in 1/2 inch oil, turning with tongs and
(Cont.)

shaping in a "U" - set aside in warm place until ready to use. In saucepan place beef, oil, onion, chili powder, salt, oregano and garlic. Stir and cook 5 minutes or until meat begins to brown. Add tomatoes. Stir and cook 10 minutes, or until mixture has thickened. Spoon into tacos (fried tortillas) top meat - with shredded lettuce. Garnish each with an avocado slice or tomato. 6 servings.

ARROZ CON POLLO (Rice with Chicken)

Mrs. Modesta R. de Garcia

2 1/2 lb. chicken, cut into serving size pieces	2 Tbsp. salt
1/4 c. salad oil	2 tsp. paprika
1/4 minced onion	1 bay leaf
3 c. canned tomatoes, chopped	1/2 tsp. pepper
1 1/2 c. uncooked rice	1/2 tsp. saffron, crumbled
	3 pimientos, chopped

Brown chicken on all sides in salad oil. Mix minced onion and 1/4 cup of water; let stand 8 minutes to soften. Add and cook 5 minutes, stirring frequently. Add 3 cups of boiling water and remaining ingredients except pimiento. Turn into large baking pan. Cover with foil and bake in preheated moderate oven (350 degrees) for 1 1/2 hours or until rice is tender and liquid has been absorbed. Garnish with pimiento. 8 servings.

Write extra recipe here:



MAIN DISHES

*Cheese, Egg , Spaghetti,
and Casserole*





Glycerin makes an excellent lubricant for egg beaters or other kitchen utensils that have moving parts. Unlike oil it will not spoil the taste of food if mixed with it by accident. The glycerin may be applied with a medicine dropper.

Chill cheese to grate it more easily.

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.

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.

Time for cooking vegetables varies with the age of the vegetables and the hardness of the water. Altitude is also a factor. Test them by pricking with a fork.

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

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.

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.

MAIN DISHES --
CHEESE, EGG, SPAGHETTI, AND CASSEROLE

BEAN DINNER

Mrs. La Verne Pezley

3 strips crisp bacon	1/3 c. brown sugar
1 onion	1/4 c. molasses
1/2 c. catsup	2 tsp. prepared mustard

Mix and simmer 2 minutes. In casserole dish add:

1 can pork and beans	1 can bean and bacon soup
1 can red kidney beans	

Arrange slice of lunch meat or Spam on top.

BROCCOLI RICE DISH

Mrs. La Verne Pezley

1 1/2 c. cooked rice	1/2 c. celery
1 small jar Cheez Whiz	1/2 c. onion
1 can cream of mushroom soup	1/4 c. margarine
1 pkg. chopped broccoli	

(Pour hot water over broccoli and then drain.) Place in buttered casserole. Bake 40 minutes in 350 degree oven.

BROCCOLI CASSEROLE

Catherine Doyle

1 pkg. broccoli (frozen)	1 can cream of celery or mushroom soup
1 c. Minute rice	
1 jar Cheez Whiz or Velveeta cheese	hamburger or sausage

Pour broccoli, rice and meat in buttered casserole. Melt cheese in soup and pour over. Bake at 350 degrees for 30 minutes.

CHICKEN CASSEROLE

Arlene Millmeyer

1 large size can boned chicken	1 can chicken noodle soup (undiluted)
1 can mushroom soup (undiluted)	1 can Chinese noodles
	1 tall can condensed milk

Mix all together, sprinkle bread crumbs on top. Drizzle melted margarine over all. Bake in buttered casserole at 350 degrees for 45 minutes.

CHICKEN CASSEROLE

Mrs. Lucille Adam

1 1/2 c. uncooked rice
1 stick butter or oleo
1 can cream of mushroom
soup

1 can chicken broth
1 can onion soup
2/3 can of water
1/4 c. diced onion and celery

Brown onion and celery with butter. Add soup and water. Spread rice in bottom of 9 x 13 inch buttered pan. Pour 1/2 of soup mixture over rice and add chicken pieces, such as legs, wings, thighs, breasts (raw). Pour rest of soup mixture over chicken. Bake in uncovered pan at 275 degrees for 2 1/2 hours.

CHICKEN CASSEROLE

Mrs. Walter Burch

1 c. cooked rice
1 c. diced cheese
1 c. diced celery
1 c. diced chicken
1 c. crackers or dry bread
crumbs

2 Tbsp. butter
1 small chopped onion
2 eggs, beaten
1 c. milk
1/2 tsp. salt

Mix above ingredients together and bake for one hour in covered casserole at 325 degrees.

COTTAGE CHICKEN

Bea Hayes

To serve 10:

1 qt. 1 1/2 c. cooked chicken
1/4 c. butter
1/2 c. flour
1/4 tsp. monosodium glutamate
1/2 tsp. white pepper
3 c. chicken stock

13 oz. bread - dry cubed
2 tsp. salt
1 1/2 tsp. sage
1/3 c. ground onion
1/2 c. chicken fat
1 1/2 c. hot water

1. Cut chicken in medium sized pieces and spread in bottom of a well-buttered baking pan.
2. Melt butter. Sift together flour, monosodium glutamate, salt and white pepper and mix together with butter to a smooth paste.
3. Heat chicken stock and add gradually to butter paste, beating smooth with a wire whip. Cook until thickened.
4. Pour this cream sauce over chicken in baking pan.
5. Mix bread with salt and sage lightly.
6. Saute onions in fat until golden brown.
7. Mix bread and onions, add hot water and mix lightly but well.

8. Crumble dressing evenly over top of the chicken mixture.
9. Bake at 374 degrees for 45 minutes.
10. Two or three times during the baking period, brush top of dressing with melted butter.

CORN WITH SWISS CHEESE CASSEROLE

Loretta Hartrick

- | | |
|---|-------------------------------|
| 1 pkg. crackers | 2 eggs, beaten |
| 1 can whole kernel corn | 1 pkg. Swiss cheese, shredded |
| 1 can cream style corn | 1/2 stick butter |
| 1 small can evaporated milk (add juice from corn to make 1 cup of liquid) | |

(Add dried onion soup to taste.)

Combine all ingredients, topping with crackers and butter.
Bake at 350 degrees.

CUCUMBERS IN CHEESE SAUCE

Ramona Bumgardner

- | | |
|-------------------------------|----------------------|
| 1 medium onion | 1/2 tsp. salt |
| 2 large or 3 medium cucumbers | 1 c. milk |
| 3 c. boiling water | 1 c. shredded cheese |
| 1/4 tsp. salt | dash of paprika |
| 2 Tbsp. flour | soft bread crumbs |
| 2 Tbsp. butter | |

Peel and slice the onion into a saucepan. Peel and slice the cucumbers. Pour 3 cups of boiling water over the onion, then arrange the cucumber slices over the onion, sprinkle with 1/4 teaspoon of salt. Cover and steam until the cucumbers are crisp tender. Drain well. Make a cream sauce with the flour, butter, 1/2 teaspoon salt and milk and cheese. Place the cucumbers and onions in a buttered casserole. Pour the cheese sauce over them and sprinkle with paprika. Cover the top with bread crumbs. Bake for 20 minutes at 350 degrees.

EGG NOODLE STROGANOFF

Mrs. Walter Burch

Cook 4 cups of egg noodles until tender, with 2 teaspoons of salt. Brown:

- | | |
|-------------------|------------------------|
| 1 lb. ground beef | 3 slices bacon (diced) |
|-------------------|------------------------|

Add 1/2 cup of chopped onions and cook until tender, but not brown. Drain off fat.

Blend in:

(Cont.)

1 1/2 Tbsp. flour
3/4 tsp. salt
1/4 tsp. paprika

1/4 tsp. pepper
1 c. cream of mushroom soup

Cook slowly about 20 to 25 minutes and add 1 cup of sour cream.

FROZEN MIXED VEGETABLE CASSEROLE

Catherine Doyle

1 1/2 large bags frozen
mixed vegetables
1 pkg. frozen French fried
potatoes

1 can cream of mushroom soup
1 (6 oz.) jar cream cheese
1 medium onion

Place frozen fries in bottom of buttered casserole. Top with vegetables and onions mixed together. Do not thaw. Heat cheese and mushroom soup and pour over top. Make holes in vegetables to let liquid run through.

Bake at 375 degrees for 30 - 60 minutes, depending on how tender you like the vegetables.

GREEN BEAN CASSEROLE

Donna Doyle

1 can French style green
beans
1 can French fried onions
1 can condensed cream of chicken soup

1/2 c. grated sharp cheddar cheese
3 slices partially cooked bacon
1/2 c. milk

Put alternate layer drained beans and onions in a casserole dish. Mix soup and milk. Pour over beans and onions - sprinkle cheese over top. Arrange pieces of bacon on top of cheese. Bake in moderate oven (350 degrees) for about 30 minutes.

GROUND BEEF - NOODLE CASSEROLE

Thelma Mitchell

1 lb. ground beef
1 medium onion
2 Tbsp. shortening
4 oz. tomato sauce
bit of garlic

salt and pepper
8 oz. noodles
1 c. sour cream
1/4 lb. sharp cheese

Brown onion, then brown beef in fat. Put layer of beef in buttered casserole. Add layer of noodles, then sour cream, add more noodles, top with grated cheese. Bake at 350 degrees for 40 to 60 minutes.

GROUND BEEF & NOODLE DISH

Jean Wenke

1 lb. hamburger	3 oz. mushrooms and liquid
1 1/4 c. celery, chopped fine	1 tsp. salt
1 large onion	pepper
4 oz. noodles	grated sharp cheddar cheese
1 (10 1/2 oz.) can tomato juice	

Brown meat, add celery, onion and 1 tablespoon of water. Cover, steam until tender. Cook noodles and drain. Add to beef mixture, add remaining ingredients except cheese. Put in casserole - spread with cheese. Place dish in cold oven, set at 250 degrees. Bake uncovered until bubbly, about one hour.

HAMBURGER CASSEROLE

Rita Smith

1 lb. hamburger	1/4 tsp. oregano
1 can green beans	salt and pepper to taste
1 can tomato soup	4 - 5 servings mashed potatoes
chopped onion	

Brown hamburger and onion. Drain off fat. Mix in casserole with beans (don't drain) and tomato soup, oregano, salt and pepper.

Drop mashed potatoes into center of mixture. Place in oven for approximately 20 minutes, or until juice begins to bubble.

HAMBURGER DINNER

Rosine Kennedy

1 1/4 lb. ground beef	2 Tbsp. chipped onions
1/2 c. dry bread or cracker crumbs	chili peppers (optional)
1/2 c. milk	salt and pepper to taste

Shape into balls and brown lightly, pour off fat. Butter casserole and put meat balls in bottom. Add 5 medium potatoes (sliced thin), pour over that:

1 can cream of mushroom soup	3/4 can of water
------------------------------	------------------

Cover and bake 40 - 50 minutes in 350 degree oven. Last 5 minutes, remove cover.

HAMBURGER CASSEROLE

Mary L. Greik

Place 1 1/2 pounds of browned hamburger in dish. Cover with 1 box of frozen peas. Pour 1 can cream of celery soup over
(Cont.)

peas. Cover with 1 package of tater tots. Bake at 350 degrees for 50 minutes.

HAMBURGER - VEGETABLE CASSEROLE

Ludgardis Osweiler

Brown hamburger. Add:

1 can mushroom, chicken, celery or onion soup

Put in casserole, add 1 can of mixed vegetables. Top with 1 package of frozen potato puffs. Bake.

HILL BILLY

1 lb. ground beef

1/2 c. onion, cut fine

1/4 c. green pepper, cut
fine

1 can tomato soup

4 oz. Creamettes, cooked

4 c. Velveeta cheese

1 can whole kernel corn

Brown ground beef in small amount of fat. Add onions, green pepper - cook Creamettes according to directions on package. Drain. Mix remaining ingredients and add Creamettes and meat mixture. Bake in 350 degree oven about 30 minutes.

ONE-DISH BEEF DINNER

Karen Glover

1 lb. ground beef

1 small onion, chopped

1/2 tsp. salt

1/4 tsp. pepper

1 can condensed tomato soup

1 can whole kernel corn, drained
(16 oz.)

1 pkg. refrigerated biscuits

Brown beef and onion in fry pan, stirring occasionally. Stir in salt, pepper, tomato soup and corn. Bring to a boil and pour into an 8 inch square casserole or pan. Separate biscuits and arrange on top of mixture. Bake in a hot oven (450 degrees) for 15 to 20 minutes until biscuits are lightly browned. Makes 4 to 5 servings.

KRAUT CASSEROLE

Maxine Hoenig

1 large can kraut

1 can tomatoes

3/4 c. brown sugar

1/4 c. onion

6 slices bacon (chopped)

Fry bacon, drain. Mix all ingredients together and put in casserole dish. Bake at 350 degrees for 1 1/2 to 2 hours, stirring occasionally.

LASAGNA

Rita Smith

2 lb. hamburger
salt and pepper to taste
onion juice and garlic juice
to taste
2 eggs
1 lb. carton cottage cheese

12 oz. can tomato paste
Parmesan cheese
2 pkg. Mozzarella cheese (1
sliced - 1 crumbled)
8 lasagna noodles

Boil noodles in oil water until tender, then let cool so can be handled. Fry hamburger with seasoning and drain excess drippings. Mix cottage cheese, tomato paste and eggs. Using a large deep pan, make alternate layers as follows: 1. lasagna noodles, 2. hamburger, 3. Parmesan cheese, 4. cottage cheese mixture, 5. crumbled Mozzarella cheese.

Then repeat, using sliced Mozzarella cheese on top. Make 2 layers. Bake at 350 degrees for about one hour.

LASAGNE

Colleen Breitenbucher

1 lb. hamburger or Italian
sausage
1 clove garlic or garlic salt
1 Tbsp. whole basil
1 1/2 tsp. salt
2 c. tomatoes
2 (6 oz.) cans tomato sauce
1 small onion
1/8 tsp. oregano
10 oz. pkg. lasagne

3 c. Ricotta or creamy cottage
cheese
1/2 c. Parmesan or Romano cheese
1/2 lb. cheddar cheese
1 lb. Mozzarella cheese, diced
thin
2 tsp. parsley flakes
2 beaten eggs
2 tsp. salt
1/2 tsp. pepper

Brown meat, spoon off excess fat. Add next ingredients. Simmer uncovered 30 minutes, stirring occasionally. Cook noodles in large amount of boiling salted water until tender. Drain and rinse in ice water. Combine remaining ingredients except Mozzarella cheese. Place half of the noodles in 13 x 9 x 2 inch baking dish. Spread with half the cheese-meat mixture and half the Mozzarella cheese. Repeat layer.

Bake for about 30 minutes at 375 degrees. Let stand ten minutes before cutting in squares. Filling will set.

MACARONI DRIED BEEF CASSEROLE

Catherine Doyle

1 c. uncooked macaroni
1 c. milk
3 oz. Velveeta cheese

1 can mushroom or cream of celery
soup
1 pkg. dried beef

(Cont.)

Refrigerate overnight, top with potato chips or browned bread crumbs. Bake at 350 degrees 1 hour.

PLANTATION SUPPER

Kathy Bartholomew

1 lb. ground beef	1 1/2 c. whole kernel corn,
1/2 c. chopped onion	drained
3/4 c. milk	1/4 c. chopped pimento
1 (8 oz.) pkg. cream cheese	8 oz. noodles, cooked
1 can cream of mushroom	1 1/2 tsp. salt
soup	dash of pepper

Brown meat, add onion and cook until tender. Stir in milk, soup and cheese until well blended. Add remaining ingredients and heat. 6 servings.

FLUFFY OVEN RICE

Arlene Millmeyer

1 c. rice	1/2 tsp. salt
5 c. water	

Put into buttered casserole, cover and put into 350 degree oven for about 1 hour and 15 minutes.

7-UP CASSEROLE

Ramona Bumgardner
Mrs. Dale Dobson

1 c. sliced raw potatoes	1 c. cooked peas
1 c. sliced carrots	1/2 c. washed uncooked rice
1/2 c. sliced onions	3 Tbsp. sugar
1/2 lb. hamburger	salt and pepper to taste
2 - 3 c. tomato juice	

Butter a two quart casserole. Place the layer of potatoes, carrots, onions, peas and rice in the order given in the casserole. Season each layer with salt and pepper, then add the hamburger which has been browned in a skillet. Cover all with the tomato juice to which the sugar has been added. Bake in slow oven for 1 1/2 hours.

NEVER FAIL EGG NOODLES

Mrs. Dale Dobson

2 egg yolks, slightly beaten	1/2 tsp. salt
1 Tbsp. lard	1/4 tsp. baking powder
2 tsp. cream	

Mix all together and add enough sifted flour to make a dough

stiff enough to roll out. Roll thin and cut - let dry.

POTATOES SOUR STYLE (Hungarian Cooking) Ludy Leffler
(Savanju Burgonyafozelek)

6 medium-size potatoes, pared	2 Tbsp. flour
1 tsp. salt	1/8 tsp. black pepper
1 bay leaf	2 Tbsp. vinegar
1 1/2 c. boiling water	1/2 c. sour cream
2 Tbsp. fat	

Cook the potatoes with the salt and bay leaf in the boiling water until tender. Reserve the cooking water. Remove the bay leaves and cube the potatoes. Blend the fat and flour over low heat. Add the water from the cooked potatoes, the pepper and the vinegar. Stir over heat until thickened. Combine with the potatoes - add the cream and cover for 5 minutes before serving. (6 servings).

SAUSAGE CASSEROLE Maxine Hoenig

1 lb. sausage	1 c. milk
1 can creamed corn	1 Tbsp. onions
3 eggs	1/4 c. catsup
1 c. bread crumbs	salt and pepper

Fry sausage and drain grease off. Combine sausage, corn, eggs, crumbs, milk, onions, salt and pepper. Spoon catsup over the top. Bake at 350 degrees.

SPAGHETTI PALERMO Jean Wenke

1 lb. hamburger	1 pkg. spaghetti dinner
1/4 tsp. salt	1/2 c. water
dash of pepper	2 c. tomatoes
1/2 c. cracker crumbs	1 medium onion, cut in rings
1 egg, beaten	1/2 lb. sliced cheese
2 Tbsp. oil	1 (6 oz.) can tomato paste

Combine meat, salt and pepper. Mix and shape into 4 or 5 patties. Roll in crumbs, dip in egg, roll in crumbs again. Brown well in oil. Combine herb spice mix and Parmesan cheese from dinner, tomato paste, water and tomatoes. Stir and pour over patties. Add onion rings, cover and simmer 20 minutes. Cook spaghetti as directed on package. Place hot spaghetti in greased shallow two quart casserole; top with sauce and meat patties. Place a slice of cheese on each meat patty. Broil until cheese begins to melt. Makes 4 - 5 servings.

SPANISH RICE

Bea Hayes

To serve 10:

- | | |
|--------------------------------|------------------------------|
| 1/4 c. butter | 1 qt. 1/2 c. cooked rice |
| 3/4 c. onions, chopped | 1/2 tsp. black pepper |
| 1 3/4 c. green pepper, diced | 1 tsp. curry powder |
| 1 c. cooked ham, diced | 2 bay leaves |
| 1 c. cooked bacon, diced | 1/2 c. grated cheddar cheese |
| 1 qt. 1 1/2 c. canned tomatoes | |

1. Melt butter, add onions and green pepper and cook until soft, but not browned.

2. Add all other ingredients except cheese and simmer for 45 minutes.

3. Pour mixture into greased steam table pan, top with grated cheese and place in 350 degree oven until cheese is melted and mixture is boiling hot.

CAPTAINS STEW

Catherine Doyle

- | | |
|-----------------|---------------|
| 2 lb. hamburger | 1 Tbsp. onion |
|-----------------|---------------|

Brown together, pour off liquid. Add:

- | | |
|--------------------------------------|--|
| 1 large can V-8 juice | 1 can cream of celery or mushroom soup |
| 1 large pkg. frozen mixed vegetables | |

Simmer covered for one hour.

OVEN STEW

Catherine Doyle

- | | |
|-----------------------|--------------------------|
| 1 1/2 lb. beef cubes | 4 medium potatoes, diced |
| 1 c. diced celery | 1 No. 2 1/2 can tomatoes |
| 1 medium onion, diced | 1 Tbsp. sugar |
| 6 carrots, diced | 1 1/2 tsp. salt |
| pepper to taste | |

Mix all together in large roaster. Cover with tight lid, do not brown meat or open lid. Bake at 250 degrees for 5 hours.

TATOR-TOT CASSEROLE

Catherine Doyle

- | | |
|-----------------|--------------------------|
| 1 lb. hamburger | 1 can French green beans |
| 1 small onion | 1 pkg. frozen tator tots |

1 can cream of mushroom soup 1 can milk

Brown hamburger and onion, pour off liquid. Place in flat buttered dish, add green beans. Top with tator tots. Mix soup and milk - pour over top. Bake at 350 degrees for 1 hour and 15 minutes.

TUNA RICE DISH

Karen Glover

3 c. cooked rice (1 c. dry rice)	2 Tbsp. flour
2 Tbsp. oleo	1 c. milk
3 Tbsp. green pepper (chopped)	1 can cream of mushroom soup
2 Tbsp. green onions (chopped)	1/2 c. American cheese (grated)
2 Tbsp. celery (chopped)	1 c. chunk tuna

Pour rice into buttered casserole. Saute green peppers, onions and celery in the oleo. Add milk thickened with the flour. Add mushroom soup, cheese and tuna. Pour tuna mixture over rice (or mix all ingredients together).

Top with bread crumbs, cheese or parsley. Bake at 350 degrees for 30 minutes.

WIENER CASSEROLE

Rita Smith

Place in layers in casserole:

thinly sliced raw potatoes	diced cheese
sliced onions	sliced wieners
chopped celery	

Pour over:

1 can cream of mushroom soup diluted with 1/2 can of water

In summer, cover with 6 slices of tomato about 1/2 hour before done. Bake until potatoes are tender in 400 degree oven for at least one hour.

VEGETABLE-MEAT CASSEROLE

Norma Lutz

In a shallow buttered baking dish place a layer of sliced raw potatoes, then a layer of sliced carrots and a little chopped onion. Sprinkle with salt and pepper. Next, place a layer of raw ground beef in little pieces over potatoes and carrots.

Over all, pour:

(Cont.)

1 can cream of chicken soup - thinned with 1/4 c. milk

Repeat all ingredients, including 1/2 of the soup. Top with crushed potato chips and bake for two hours at 350 degrees. Serves 5 - 7 people.

ZUCCHINI CASSEROLE

Ramona Bumgardner

2 c. cooked zucchini
1 1/2 c. cracker crumbs
1 small jar pimentos or 1
green pepper, chopped
fine

3 eggs, beaten
1 c. milk
1 cube oleo
2 c. shredded sharp or longhorn
cheese

Mix together. Pour into buttered casserole. Sprinkle more cheese on top.

Bake in 300 degree oven until bubbly or slightly browned.

Write 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 cantaloups, thick close netting on the rind indicates best quality. Cantaloups 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

SWEET POTATOES A LA BOURBON

2 or 3 lb. of good yellow
sweet potatoes or yams
2 Tbsp. brown sugar

4 or 5 Tbsp. butter
1 or 2 jiggers bonded whiskey (no
sour mash)

Peel sweet potatoes and boil until tender. Drain, put in beater bowl, add the other ingredients and beat until smooth. Really the amounts of whiskey and brown sugar depend on one's taste. Be sure to set aside for a while and reheat before serving, which will take the alcohol out of the dish and leave the flavor!!!!

BEETS SWEET AND SOUR

Mae Smith

1/2 c. sugar
2 Tbsp. flour
1 tsp. salt
dash of pepper

1/4 c. vinegar
1/2 c. beet liquid or water
2 1/2 c. drained cooked or
canned beets

Mix all ingredients and heat to boiling. Serve immediately.

FROZEN CORN

Mrs. Dale Dobson

15 c. corn
1/4 c. salt

3/4 c. sugar
5 c. ice water

Let set ten minutes. Dip out and freeze.

ONION RINGS

Rita Smith

1 c. flour
1/4 tsp. salt
1/2 c. cream
2 Tbsp. melted fat

1 egg white (unbeaten)
6 Tbsp. water (approximately)
2 - 3 large onions
fat for frying

Sift flour and salt into mixing bowl. Add milk, oil and egg whites all at once and beat until smooth. Add just enough water to make medium thin batter.

Dip onion rings into batter. Drop a few at a time into 375 degree fat and fry until golden brown. Drain on absorbent paper and sprinkle with salt. May be kept in oven 15 - 20 minutes. Serves 5.

ONION RINGS

Ramona Bumgardner

Beat 1 egg. Mix in bowl with egg:

2/3 c. water	1 Tbsp. melted shortening
2 tsp. lemon juice	

Mix together:

1 c. sifted flour	1/2 tsp. salt
1 1/2 tsp. baking powder	

Mix dry ingredients with liquids. Dip onion rings into this mixture - deep fry at 375 degrees 3 - 4 minutes.

SPINACH SOUFFLE

Bea Hayes

To serve 5:

1/4 c. butter	2 egg yolks
1/4 c. grated onion	1/2 tsp. salt
1/4 c. fine bread crumbs	1/8 tsp. pepper
1/4 c. milk	1/16 tsp. nutmeg
1 c. cooked spinach	2 egg whites

1. Saute onions in butter until tender but not brown.
2. Mix onions, bread crumbs, milk and cooked spinach, chopped very fine.
3. Beat egg yolks well and mix them and seasonings in thoroughly.
4. Beat egg whites stiff, but not dry, and fold in.
5. Pour into ungreased flat pan. Put this into another pan containing hot water, and bake at 350 degrees for twenty minutes, or until set.
6. Serve topped with 1 ounce (2 tablespoons) of cheese rarebit.

CANNED SOUP

Ramona Bumgardner

1/2 bushel tomatoes	1/2 c. salt
1 large head cabbage	6 large carrots
12 large onions	4 stalks celery
1 qt. green beans	2 red peppers
1 qt. lima beans	2 green peppers

Bring to a boil for two hours. Add --

corn from 12 ears

Boil 1/2 hour longer. Seal.

BUTTERNUT SQUASH A VIN

Anonymous

Cut and peel:

1 good sized squash

Cook until well done. Drain thoroughly. Place in mixing bowl and add:

about 1 Tbsp. sugar

1 Tbsp. butter

Marsala (imported) wine or Harvey's

Bristol cream (imported) sherry to
taste

(Use probably not more than 2 tablespoons of liquor - too much would spoil the taste of the squash.)

Write extra recipes here:

*Bread, Rolls
Pies and Pastry*

Write extra recipes here:



Bread, Rolls Pies and Pastry





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.

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.

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.

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.

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.

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

Small amounts of left over corn may be added to pancake batter for variety.

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

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

BREAD, ROLLS, PIES, PASTRY

MILE-HI MERINGUE

Maxine Hoenig

Dissolve:

1 Tbsp. cornstarch

2 Tbsp. cold water

Add 1/2 cup of boiling water. Stir constantly over heat. Cook until clear. Cool. Beat 3 egg whites until thick. Gradually add:

6 Tbsp. sugar
salt

1 tsp. vanilla

Add cooled mixture and pile on pie. Bake at 375 degrees.

PIE CRUST

Lorene Benolken

1 c. lard

1/2 c. boiling water

Combine and let cool. Add: (with the above after cooled)

1 tsp. salt
3 c. flour

1 tsp. baking powder

Roll out on floured board. (Flaky Crust, never fail.)

PIE CRUST

Catherine Doyle

2 c. flour
1 c. lard
1 tsp. salt

1 Tbsp. vinegar
1 egg
4 Tbsp. water

Mix together.

PIE CRUST

Ramona Bumgardner

Beat together:

1 egg
1 Tbsp. vinegar

5 Tbsp. water

Add:

3 c. flour
1 c. lard

1 tsp. salt

(Cont.)

Mix flour, lard and salt together, then add preceding mixture.

PASTRY MIX

Ramona Bumgardner

7 c. flour	2 c. lard
4 tsp. salt	

Mix flour and salt in large bowl. Cut in shortening to resemble coarse meal. Cover and store in refrigerator. It will keep about a month. Makes 8 - 9 cups. When using take out the amount you need, add water.

NEVER FAIL PIE CRUST

Norma B. Lutz

1 3/4 c. all purpose flour	1/2 c. lard or 1/2 c. plus 2 Tbsp.
1 tsp. salt	vegetable shortening
	1/4 c. water

Sift together the salt and flour. Take 1/2 cup of flour and salt mixture to combine with the 1/2 cup shortening. Cream them well. Mixture will be like thick cream. Add rest of flour mixture and mix well. Pour in the 1/4 cup of water (do not sprinkle it in). More water can be used, if necessary. Mix well and the dough is ready to roll.

ANGEL DELIGHT PIE

Arlene Millmeyer

1 graham cracker pie shell	1 large size Cool Whip, slightly
1 large (16 oz.) Hershey	thawed
bar, melted	

Fold Cool Whip into chocolate with spatula and pour into pie shell. Refrigerate.

BOSTON CREAM PIE

Bea Hayes

To serve 10:

2 eggs	1/2 c. milk
1/4 tsp. salt	1 Tbsp. butter
7/8 c. sugar	7/8 c. cake flour
1 tsp. vanilla	1 tsp. baking powder

1. Beat eggs very lightly.
2. Beat in salt, sugar and vanilla.

3. Add butter to milk and heat to boiling point.
4. Beat in the egg mixture.
5. Sift flour and baking powder together and add to the other mix.
6. Beat together only enough to mix thoroughly.
7. Pour quickly into greased and floured pans.
8. Bake 25 minutes at 375 degrees. Do not open oven when baking.
9. When cool, remove cake from pan and split into two layers.
10. Spread bottom layer with Boston Cream Pie Filler. Do not put filler too close to edge.
11. Place top layer on over filling and sprinkle with powdered sugar using sifter to insure even spread.

Boston Cream Pie Filler:

- | | |
|-------------------|-----------------------|
| 1/2 c. sugar | 1 egg yolk |
| 1/8 tsp. salt | 1 1/2 tsp. butter |
| 1 5/8 c. milk | 1/4 tsp. vanilla |
| 3 Tbsp. flour | 1/2 c. whipping cream |
| 1/8 c. cornstarch | |

1. Add sugar and salt to milk and heat in double boiler.
2. Mix and sift together flour and cornstarch, add a little hot milk, mix smooth and pour back into rest of milk.
3. Add some of hot milk to beaten egg yolks and pour back into milk mixture.
4. Cook until thick - then add vanilla and butter. Allow to cool.
5. Whip cream and fold in.

CHOCOLATE PIE

Ramona Bumgardner

- | | |
|---------------|----------------------------------|
| 1 c. sugar | 1 tsp. vanilla |
| 3 Tbsp. flour | 2 c. milk mixed with 3 egg yolks |
| 3 Tbsp. cocoa | |

Boil until thick. Put into a warm fresh baked pie crust. Beat 3 egg whites, add 2 tablespoons of sugar, put on top and brown.

HICKORY NUT PIE

Jean Wenke

- | | |
|------------------|--------|
| 1 c. brown sugar | 3 eggs |
| 1 c. syrup | |

Mix above well. Add:

1 c. nut meats

1 tsp. vanilla

Mix all thoroughly and pour into unbaked pie shell. Bake in 350 degree oven.

LEMON PIE

Ramona Bumgardner

4 egg yolks
1 1/2 c. sugar
2 c. water

4 heaping Tbsp. cornstarch
1/2 Tbsp. cream of tartar
juice of 1 lemon

Boil until thick. Put lemon rind in pudding mixture while boiling a few minutes, then take out. Boil until thick. Put into a warm fresh baked pie crust. Beat whites of eggs, add 2 tablespoons of sugar, put on top and brown.

LEMON CHIFFON PIE (115 Calories)

Jean Wenke

Crust:

2 Tbsp. butter
2 Tbsp. water

1 1/4 tsp. Sweet-10
1 1/4 c. graham cracker crumbs

Filling:

1 envelope unflavored gelatin
1/2 c. cold water
1/2 tsp. grated lemon peel
1/4 c. unsweetened lemon
juice
1 Tbsp. Sweet-10

1/4 tsp. salt
2 or 3 drops yellow food coloring
1/3 c. nonfat dry milk
1/3 c. ice water
1 Tbsp. unsweetened lemon juice

Crust: In small saucepan, melt butter; remove from heat. Add water and Sweet-10. Stir in crumbs until blended. Press into 9 inch pie pan. Chill.

Prepare filling by softening gelatin in cold water. Add egg yolks, peel, 1/4 cup lemon juice, Sweet-10, salt and coloring. Blend well. Cook over low heat, stirring constantly until it starts to boil. Remove from heat. Cool. Beat egg whites until peaks form. Fold in gelatin mixture. Beat nonfat dry milk, ice water and 1 tablespoon of lemon juice until stiff peaks form. Fold gently, but thoroughly into gelatin mixture. Spoon lightly into crust. Chill until firm - about two hours. Store covered in refrigerator.

OATMEAL PIE

Mrs. Dale Dobson
Maxine Hoenig

3 eggs, well beaten
2/3 c. white sugar
1 c. brown sugar
2 Tbsp. butter

2/3 c. quick oatmeal
2/3 c. coconut
1 tsp. vanilla
1 unbaked pie shell

Blend all ingredients in order given and pour into unbaked shell. Bake 30 to 35 minutes in moderate oven.

PEACH PIE

Catherine Doyle

Melt 20 marshmallows in 1/4 cup of milk. Add:

1 pkg. whip cream

1 can drained peaches

Mix. Pour on graham cracker crust. You can use strawberries or apricots.

PUMPKIN ICE CREAM PIE

Norma Lutz

Crust:

3/4 c. fine gingersnap crumbs
1/2 c. wheat germ

1/4 c. butter or margarine
2 Tbsp. sugar

Filling:

2 pt. vanilla ice cream,
slightly softened (divided)
1 can (15 oz.) pumpkin
1/2 c. firmly packed brown
sugar

1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. nutmeg
1/4 tsp. salt

For crust, combine gingersnap crumbs, wheat germ, butter and sugar. Mix well. Save 1/4 cup of crumb mixture for top of pie. Press remainder on bottom and sides of 9-inch pie pan. Bake at 350 degrees 5 to 8 minutes. Cool on rack.

For bottom layer of filling, spread 1 pint of ice cream in pie shell. Freeze 1 hour.

To make second layer, combine pumpkin, brown sugar, spices and salt. Mix well; stir ice cream into mixture. Spoon onto frozen ice cream layer; sprinkle with remaining crumbs. Freeze pie until firm, about 3 hours. Remove from freezer 15 minutes before cutting and serving. Makes 6 to 8 servings.

PECAN PIE

Bette Burke

3 eggs	2/3 c. brown sugar
1 c. light syrup	dash of salt
3 Tbsp. melted oleo	1 tsp. vanilla
2 Tbsp. flour	1 c. pecans

Beat eggs until begin to get frothy. Stir in syrup. Stir in the remaining ingredients. Bake in unbaked pie shell at 350 degrees for 40 to 45 minutes.

CREAMY RAISIN PIE

Lois Wenke

1 c. raisins	1/2 c. cream or 1/2 c. milk and 1
1/4 tsp. salt	Tbsp. butter
1/2 c. sugar	1 tsp. vanilla
3 Tbsp. flour	2 eggs

Cook raisins in enough water to cover them. Cook until plump. Add salt when cooked enough. Mix together sugar, flour, milk, vanilla and egg yolks and beat well. Stir gradually into the raisin mixture. Stir until cooked and pour into pie shell. Use egg whites for top.

RAISIN BUTTER PIE

Bea Hayes

To make one pie:

1 1/2 c. raisins (seedless)	5 egg yolks
1 1/2 c. water	1/6 c. butter
1 1/4 c. raisin water	1/2 tsp. lemon juice
1 1/2 c. sugar	1/8 tsp. salt
3 Tbsp. cornstarch	

1. Wash raisins. Cover with amount of water indicated and cook until plump.
2. Drain raisins, saving water and measuring for amount of water indicated. (Add more if needed.)
3. Add sugar to raisin water and mix thoroughly. Bring to a boil.
4. Add a small amount of sugar-water mix to well beaten egg yolks and stir in well.
5. Also add small amount of sugar-water mix to cornstarch and dissolve thoroughly.
6. Now, add egg yolk mix and cornstarch mix to rest of raisin water, stir thoroughly and cook until thickened.

7. Add raisins, butter, lemon juice and salt. Stir. Cook well.

8. Pour into pie shells, chill thoroughly, and top with whipped cream.

RHUBARB CUSTARD PIE

Mrs. Harold Benolken

2 c. rhubarb

Cut fine (the rhubarb) - cover with boiling water and let stand for 15 minutes. Pour most of the water off.

1 c. sugar

2 Tbsp. flour

Mix together, add 3 beaten egg yolks. Add to sugar and flour plus 1 teaspoon of lemon extract to the rhubarb and 1 large lump of butter. Cook until thick and the rhubarb is done and let cool. Put into a baked pie shell. Make a meringue of:

3 egg whites

6 Tbsp. sugar

a pinch of cream of tartar

Beat until stiff and stands in peaks. Place over pie and brown in oven.

RHUBARB CUSTARD PIE

Lois Wenke

Beat 2 eggs and add 1/2 cup of sugar to enough rhubarb to fill shell. Add:

2 Tbsp. tapioca or flour

1/2 c. sugar

Put into unbaked pie shell and pour over rhubarb the egg mixture. Cover with crust and over top crust spread rich milk or cream and sprinkle sugar and bake. Makes a nice brown shiny crust.

RUM CHIFFON PIE

Ramona Bumgardner

1 Tbsp. gelatin

1 1/2 c. milk

1/4 c. cold water

3/4 c. sugar

3 eggs, separated

1/8 tsp. salt

Soften gelatin in cold water 5 minutes. Beat egg yolks; add milk, sugar and salt. Cook over low heat, stirring constantly. When mixture coats spoon stir in gelatin and cool until begins to thicken. Beat egg whites until stiff and fold into custard with rum added.

(Cont.)

Put into baked pie shell - cover with whipped cream and cover with chocolate decorations.

OATMEAL BREAD

Karen Glover

1 c. oatmeal	1/2 c. warm water
2 c. boiling water	1 tsp. salt
1 pkg. dry yeast	2 Tbsp. melted shortening
1/2 c. sugar	6 c. sifted flour

Pour boiling water over oatmeal and let stand until luke-warm. Add yeast, warm water, sugar and 1/2 cup of the flour. Mix thoroughly and let stand for ten minutes. Add salt, melted shortening and remaining flour and knead until smooth and elastic. Cover; let rise until doubled. Punch down.

Let it rest for 10 minutes. Shape into two loaves. Let rise again. Bake 50 or 60 minutes at 350 degrees.

APPLE BREAD

Arlene Millmeyer

3/4 c. margarine	1 1/2 tsp. baking soda
1 1/2 c. sugar	3 Tbsp. sour milk
3 eggs	1 1/2 tsp. vanilla
3 c. flour	3 c. raw chopped apples
3/4 tsp. salt	

Cream margarine and sugar. Beat in eggs, one at a time. Sift flour and salt together. Dissolve soda in milk - add vanilla. Stir all ingredients together except the apples. Mix well. Lightly stir in apples. Put batter into two greased loaf pans. Top with a mixture of:

4 Tbsp. margarine	4 Tbsp. flour
4 Tbsp. brown sugar	1 1/2 tsp. cinnamon

Crumble mixture and spread over loaves before baking. Bake at 325 degrees for one hour or until done.

BANANA NUT BREAD

Lois Wenke

2 bananas	dash salt
1 c. sugar	1/2 tsp. baking powder
3 Tbsp. milk	1/2 tsp. soda
1/2 c. butter	1 tsp. vanilla
2 eggs	1/2 c. nuts
2 c. flour	

Mash bananas and mix in order given. Spread on cookie sheet and bake 15 - 20 minutes. Cut in bars and can be frosted or sifted with powdered sugar or served plain.

COTTAGE CHEESE BREAD

Mae Smith

1 c. cottage cheese	5 c. flour
1 egg	2 Tbsp. dill seed
1 pkg. yeast	2 Tbsp. minced onion
1/2 c. lukewarm water	1 tsp. salt
2 Tbsp. sugar	

Blend cottage cheese and egg. Dissolve yeast in warm water and sugar. Add to cottage cheese mixture. Add dill seed, onion, salt and flour. Knead - make into loaves. Bake at 400 degrees until done, 40 - 50 minutes.

DATE NUT BREAD

1 c. boiling water	1 egg, beaten
2 Tbsp. butter	1/2 c. nuts
2 Tbsp. orange rind	2 c. flour
1/3 c. orange juice	1/4 tsp. soda
1/2 c. raisins or dates	2 tsp. baking powder
1 c. sugar	1/2 tsp. salt
1 tsp. vanilla	

Mix dry ingredients, add liquids. Put in greased pan and lay almonds on top. Bake at 350 degrees for one hour until done when tested.

FRUIT BREAD

Ramona Bumgardner

1/2 c. butter	1 c. mashed ripe banana
1 c. sugar	1/4 c. chopped maraschino cherries
2 eggs	1/4 c. chocolate chips
2 c. flour	1/4 c. chopped pecans
1 tsp. soda	

Cream butter and sugar. Add eggs and beat well. Sift flour and soda and add alternately with banana to egg mixture. Mix in remaining ingredients. Pour into oiled loaf pan and bake at 350 degrees for one hour. While still warm, drizzle with powdered sugar icing. Do not leave chips out.

PINEAPPLE WALNUT BREAD

Marilyn Rider

1 can crushed pineapple
2 c. sifted flour
1/2 c. sugar
3 tsp. baking powder
1 tsp. salt
1/2 tsp. baking soda

1/3 c. finely chopped dates
3/4 c. finely chopped walnuts
1 egg, beaten
1/4 c. butter or margarine, melted
1 1/2 tsp. vanilla

Preheat oven at 350 degrees.

Lightly grease 9 x 5 x 3 inch loaf pan. Sift flour with sugar, baking powder, salt and baking soda into large bowl. Add dates and walnuts. Mix well. Add egg, pineapple, butter and vanilla with wooden spoon. Stir just until blended. Turn into pan, bake 1 hour. Cool in pan 15 minutes. Remove and cool on wire rack. To serve, slice thinly and spread with softened cream cheese.

PUMPKIN BREAD

Mrs. Walter Clemenson

3 1/2 c. flour
2 tsp. soda
1 1/2 tsp. salt
3 c. sugar
1 tsp. cinnamon

1 tsp. nutmeg
1 c. cooking oil
4 eggs
2/3 c. water
1 small can pumpkin

Sift dry ingredients, including sugar into one mixing bowl and make a well in center. Add rest of ingredients. Mix together until smooth. Apportion batter into three bread loaf pans that have been greased and floured. Bake at 350 degrees for one hour or until done.

SPOON BREAD

Bea Hayes

To serve 7:

1 c. yellow corn meal
1 c. cold milk
2 c. hot milk
1/8 c. butter

1 tsp. baking powder
1 tsp. salt
3 egg yolks, beaten
3 egg whites, beaten

1. Mix together corn meal and cold milk.
2. Stir in scalding hot milk and cook until thickened.
3. Add butter, baking powder, salt and beaten egg yolks.
4. Fold in stiffly beaten egg whites.
5. Pour into greased baking dish and bake at 350 degrees for one hour.

CREAM PUFFS

Bea Hayes

To make 16:

2 c. water	1 3/4 c. flour
1 c. butter	8 eggs

1. Heat water to boiling and add butter.
2. When butter is melted, add flour and stir constantly until mixture leaves the pan and forms into a ball.
3. Remove from heat and cool slightly.
4. Beat in eggs, one at a time, continuing to beat until mixture is smooth and velvety.
5. Using #20 ice cream scoop, drop by scoopfuls on ungreased bake sheet.
6. Bake at 400 degrees for 40 - 45 minutes, or until dry.

FRENCH PASTRY

Mrs. Dale Dobson

1 c. flour	2 tsp. water
1 stick oleo	

Mix above as for pie crust. Pat very thin on cookie sheet and turn up sides. Bring to boil:

1 c. water	2/3 c. oleo
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Add 1 cup of flour and stir until smooth. Add 3 whole eggs, one at a time, beat well after each egg addition. Add 1 teaspoon of almond extract and spread on top of pastry mix. Bake at 350 degrees for 55 minutes, or until golden brown. Cool and frost.

DOUGHNUTS

Bea Hayes

1 egg, beaten	1 Tbsp. salt
1/2 c. sugar	1/2 c. shortening
1/3 c. mashed potatoes	

Cream well. Add:

2 c. lukewarm milk (scalded)	6 c. flour or enough to make soft dough
2 cakes yeast	

Let rise once, roll out, cut. Let rise and fry.

Glaze: Make a thin icing with powdered sugar, milk and vanilla. Dip in on one side.

DOUGHNUTS

Ramona Bumgardner

2 eggs	1 c. milk
1 c. sugar	3 1/2 c. flour
1 Tbsp. butter	4 tsp. baking powder
1/8 tsp. salt	flavoring

Mix, roll and cut. Fry in deep fat.

COWBOY COFFEE CAKE

Rita Smith

2 1/2 c. flour	1/2 tsp. soda
2 c. brown sugar	1/2 tsp. cinnamon
1/2 tsp. salt	1/2 tsp. nutmeg
2/3 c. shortening	1 c. sour milk
2 tsp. baking powder	2 eggs

Mix flour, brown sugar, salt and shortening until crumbly. Set aside 1/2 cup of this mixture. Add baking powder, soda, cinnamon and nutmeg. Mix well. Add sour milk and eggs and mix well. Pour into two greased and floured cake pans. Sprinkle with crumbly mixture. Bake at 375 degrees for 25 - 30 minutes.

JEWISH COFFEE CAKE

Mrs. Laverne Pezley

1 c. shortening	1/2 tsp. salt
2 c. sugar	1 tsp. vanilla
4 eggs, beaten well one at a time	3 c. flour
1 1/2 tsp. baking powder	1 c. milk

Add milk alternately with dry ingredients.

Topping:

2 tsp. cinnamon	5 Tbsp. sugar
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Grease and flour 10 inch angel food cake pan and put in 1/3 batter and sprinkle with 1/3 topping. Repeat, end with topping. Bake at 350 degrees one hour or until done.

JOANNE'S COFFEE CAKE

2 c. flour	2 tsp. baking powder
1 c. sugar	1 egg and enough milk for 1 c.
1 stick butter	

Mix together until creamy. Spread on foil lined cookie sheet, spread on a can of pie filling (cherry). Mix together:

1 c. sugar
1 stick butter

1 c. flour

Sprinkle over top of filling. Bake at 350 degrees 40 minutes.

JANE CHADIMA'S UNBOHEMIAN KOLACHES OR COFFEE CAKE

Carolyn Hocker
Catherine Doyle

1 (4 oz.) pkg. vanilla
pudding mix
1 1/2 c. milk
1/2 c. butter
2 pkg. yeast

1/2 c. warm water
2 eggs
2 tsp. salt
5 to 5 1/2 c. flour

Make cooked pudding according to package directions using 1 1/2 cups of milk. Remove from heat, stir in butter and cool to lukewarm, stirring occasionally. Dissolve yeast in warm water and stir into pudding. Beat in eggs and salt. Add flour to make moderately soft dough. Turn out onto floured surface and knead 5 - 10 minutes, then place in greased bowl, turn once to grease surface, cover and let it rise in warm place until double. Punch down. Form dough balls the size of a walnut in the palm of the hand and arrange on greased cookie sheet 1 1/2 inches apart. Punch down center of dough ball and fill hollow. Let rise until almost double, then bake at 375 degrees for 15 minutes. Cool on rack and sprinkle with powdered sugar. Makes about 4 dozen.

Cherry Filling: Add a drop of almond and a bit of cinnamon to canned cherry pie filling. This is also good as cinnamon rolls.

FRENCH APPLE SLICES

Corrine Johnson

3 c. flour
1/2 tsp. salt
1 c. sugar
1 1/2 tsp. baking powder
1 c. butter or margarine
2 eggs

2 Tbsp. lemon juice
1 Tbsp. vanilla
6 apples (Golden Delicious preferred), pared, cored and sliced
cinnamon and powdered sugar

Combine flour, salt, 1/2 cup of sugar and baking powder. Cut in 1/2 cup of butter. Beat eggs with lemon juice and vanilla. Stir into flour mixture, blending well. Divide dough in half. Roll 1/2 of dough on floured pastry cloth to fit bottom of 9 x 13 inch pan. Arrange apple slices on dough. Sprinkle with remaining 1/2 cup of

sugar and cinnamon to taste. Dot with remaining butter. Roll out remaining half of dough and fit it over top of apples. Seal edges against pan; perforate top to allow steam to escape. Bake at 400 degrees 10 minutes. Reduce temperature to 350 degrees and continue baking for 45 minutes.

Serve warm with cream cheese or brandied cream cheese. For brandied cream cheese beat 1 tablespoon of brandy into softened 6 ounce package of cream cheese. May also be cooled and cut into bar cookies.

COFFEE CAKE

Catherine Doyle

Cream well:

1 stick butter or oleo

1 c. sugar

Add 2 eggs, one at a time and beat well. Sift together:

2 c. flour

1 tsp. baking powder

1 tsp. soda

Add alternately with:

1 c. buttermilk

1 tsp. vanilla

Mix well.

Topping:

1/3 c. brown sugar

1/4 c. white sugar

1 tsp. cinnamon

1 c. chopped black walnuts

1 c. flaked coconut

Put half of batter into a 9 inch square pan. Sprinkle half of topping over this. Add rest of batter and rest of topping. Bake at 350 degrees for 40 - 45 minutes.

CRULLERS

1 pt. mashed potatoes

pinch of salt

small piece of butter

2 1/2 c. sugar

milk to moisten

Beat above well and let stand until cool, then add:

2 eggs

1 c. milk

6 c. flour
3 1/2 tsp. baking powder

1/2 tsp. nutmeg

Roll out on board and cut out and deep fat fry.

RAISED COFFEE CAKE

Bea Hayes

To serve 12:

1 c. milk
2 yeast cakes
1/8 c. shortening
1/4 c. butter
1/3 c. sugar

1 1/2 tsp. salt
2 tsp. Diamalt
1/4 c. egg yolks
1 1/2 tsp. vanilla
3 1/3 c. flour

1. Heat milk to 110 degrees (lukewarm), add yeast and dissolve thoroughly.

2. Place shortening and butter in cake mixing machine and cream thoroughly.

3. Add sugar, salt, diamalt, egg yolks and vanilla to shortening and mix well.

4. Add milk and yeast mixture to the other mixture.

5. With mixer operating on slow speed, add half of the flour and mix well.

6. Add remaining flour and mix only enough to be absorbed by the flour.

7. Remove dough to well greased bowl or tub and let rise only until half again its original volume.

8. Grease top of dough, cover with wet cloth and place in refrigerator.

9. Cut this into 24 or 25 small pieces. Dip each piece into melted butter, roll in sugar and cinnamon mixture and place in shallow pan.

10. Follow same baking and icing instructions given in recipe for sweet rolls. Bake at 350 degrees for 30 minutes.

SUNNY COFFEE CAKE

Jean Wenke

Sift together:

1 1/2 c. flour
3/4 c. sugar

2 tsp. baking powder
3/4 tsp. salt

Stir in 1 teaspoon of orange rind. Combine:

3/4 c. milk
1 egg, beaten

1/3 c. oleo, melted

(Cont.)

Add liquid ingredients to dry ones, stirring only until well blended. Pour into well greased 5 1/2 cup ring mold. Bake 30 - 35 minutes in 375 degree oven. Cool on rack about 5 minutes. Remove from pan. Spread icing of 1 cup powdered sugar, 2 tablespoons of milk, 2 tablespoons of chopped nuts over cake, letting it dribble over sides.

GOOD QUICK COFFEE CAKE

Arlene Millmeyer

2 c. flour	2 eggs
2/3 c. sugar	1 c. milk
6 tsp. baking powder	1/2 c. salad oil
1/2 tsp. salt	

Sift dry ingredients; add eggs, milk, oil and beat. Pour into greased 13 x 9 inch baking pan and top with:

1/4 c. melted margarine	cinnamon as desired
1/4 c. brown sugar	

Sprinkle the spice and brown sugar over batter and drizzle the melted margarine over it. Bake at 375 degrees for 15 - 20 minutes.

CRISPIE ROLLS

Corrine Johnson

1/2 c. milk (scald)	2 beaten egg yolks
2 Tbsp. shortening	2 1/2 c. flour
1/4 c. sugar	1/3 c. sugar
1 tsp. salt	1 Tbsp. cinnamon
1 pkg. dry yeast	soft butter
1/4 c. lukewarm water	

Combine milk, shortening, 1/4 cup sugar and salt. Soften yeast in warm water, add to soft mixture, add egg yolks. Add flour and beat well for 30 seconds. Turn onto well floured board to rise 10 minutes. Then make into two 8 x 12 inch rectangles. Brush with butter and sprinkle with cinnamon and sugar. Roll each rectangle jelly roll style. Cut in 12 slices from each roll. Roll slices in sugar mixture until 5 to 6 inches round. Let rise 30 minutes. Bake 18 minutes at 300 degrees on a greased baking sheet. Remove from baking sheet as soon as baked.

BUTTER HORN ROLLS

Corrine Johnson
Catherine Doyle

1/2 c. butter	1/2 c. sugar
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3 eggs, beaten
1 c. warm milk
1 tsp. salt

2 pkg. yeast dissolved in 1/2 tsp.
sugar and water
4 1/2 c. flour

Add ingredients in order given except add flour to milk alternately. Let rise until double in bulk. Punch down and put in refrigerator. Leave overnight or you may use it after the dough rises. Roll out for crescents or any desired shapes. Use grated orange, sesame seeds or any flavors desired for coffee cake or caramel rolls. Add orange juice to dough for orange rolls or coffee cake and frost rolls with powdered sugar and orange juice. This is really a "never fail" dough.

DANISH ROLLS

Norma Lutz

1 pkg. yeast
1/4 c. warm water
4 c. flour
1/4 c. sugar

1/2 tsp. salt
3/4 c. butter or 1 1/2 sticks oleo
2 eggs (beaten)
1 c. warm milk

Topping:

1 c. sugar

1 Tbsp. cinnamon

Soften yeast in warm water. Combine sugar, flour and salt. Cut in butter to pie crust texture. Combine eggs, milk and soften yeast. Add to flour mixture and mix until smooth. Cover and refrigerate overnight. Divide in two parts and roll each to a 12 x 18 inch rectangle. Mix sugar and cinnamon for filling and sprinkle over dough. Roll as for jelly roll and cut in one inch pieces. Place cut side down on greased cookie sheet and flatten with palm of hand, the flatter the better. Bake immediately at 400 degrees for 12 to 15 minutes. Makes 2 dozen rolls.

HOT CROSS BUNS

Bea Hayes

To make 3 dozen:

3 yeast cakes
2/3 c. water
5/6 c. brown sugar
5/8 c. shortening
1 1/2 tsp. salt
3/4 tsp. grated lemon rind
1/2 tsp. cinnamon

1/4 tsp. nutmeg
1 egg.
2/3 c. water
1 qt. 1/3 c. flour
3/4 c. raisins
1 c. mixed dried fruit
1/4 c. nut meats

1. Soften yeast in first item of warmed water.
2. Place brown sugar, shortening, salt, lemon rind,

cinnamon and nutmeg on mixer and cream thoroughly.

3. Add eggs, one at a time and cream well.
4. Add second item of water with mixer on slow speed.
5. Continuing to beat on slow speed, add the flour and when this is partially mixed in add the yeast solution.
6. Mix to a soft dough, adding fruit and nuts during last minute of mixing.
7. Approximate time on first rising - 2 hours; second rising - 30 minutes.
8. Cut a cross on top of rolls with a scissors.
9. Bake at 400 degrees for 18 to 20 minutes.
10. As soon as they come from oven, brush tops with melted butter and decorate with cross of plain white icing.

BATTER ROLLS

Mrs. Dale Dobson

- | | |
|------------------------|---------------|
| 1 1/2 c. warm water | 1 egg |
| 1/4 c. sugar | 4 c. flour |
| 2 pkg. yeast (dry) | 1/2 tsp. salt |
| 1/2 c. soft shortening | |

Mix water, sugar and yeast. Stir until dissolved. Add shortening, egg, flour and salt. Beat with spoon. Let rise until light (ready in 1 hour) - stir down. Fill greased muffin tins 3/4 full (2 teaspoons each). Let rise 15 minutes. Bake at 400 degrees for 15 minutes. (I don't bake mine at 400 degrees. Use own judgment on temperature.)

Crumb Topping: Mix --

- | | |
|---------------------------|-----------------------|
| 1/3 c. packed brown sugar | 1/2 tsp. cinnamon |
| 1/4 c. flour | 2 1/2 Tbsp. soft oleo |

Blend with fork to size of pea. This is good on top of fruit pies or coffee cake.

HOT ROLLS

Maxine Hoenig

- | | |
|--------------------|-----------------------|
| 2 c. boiling water | 2 pkg. yeast |
| 1/2 c. sugar | 1/4 c. lukewarm water |
| 1 Tbsp. salt | 2 eggs, beaten |
| 2 Tbsp. shortening | 8 c. flour |

Mix boiling water, sugar, salt and shortening, then cool. Soften yeast in lukewarm water, add 2 teaspoons of sugar and stir into first mixture. Add eggs and 4 cups of flour. Beat. Stir in 4 more

cups of flour. Beat. Stir in 4 more cups of flour and knead. Place in greased bowl. Let rise - knead and let rise again, then make into clover leaf rolls. Bake at 400 degrees.

ORANGE BISCUITS

Combine:

1/4 c. oleo	1/2 c. sugar
1/2 c. orange juice	2 Tbsp. grated orange rind

Cook 2 minutes. Pour into 9 greased muffin tins. Sift:

2 c. flour	pinch of salt
3 tsp. baking powder	

Cut in 3 - 4 tablespoons of shortening. Add 3/4 cup of milk and stir until dough follows fork. Knead 15 seconds. Roll out 1/4 inch thick. Brush with butter; sprinkle with:

1/4 c. sugar	1/2 tsp. cinnamon
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Roll as for jelly roll. Cut into slices. Place cut side down over orange mixture. Bake 20 - 25 minutes at 450 degrees.

SWEET DOUGH BUNS

Karen Glover

2 c. milk	2 eggs
1/2 c. oleo	1/2 c. sugar
2 pkg. yeast	7 - 8 c. flour
1/2 c. warm water	1/2 tsp. salt
1 Tbsp. sugar	

Scald 1 cup of milk and then add oleo. Let yeast dissolve in warm water; to this add 1 tablespoon of sugar. Add 1 cup of cold milk to scalded milk to cool. Beat eggs and sugar. Add milk mixture and yeast mixture. Add 4 cups of flour; stir. Then add 1 cup of flour gradually until you have a total of 7 to 8 cups in all. Add 1/2 teaspoon of salt to last cup of flour. Knead; let rise once. Punch down and make into buns. Let rise and bake at 350 degrees.

BASIC SWEET BREADS

Ramona Bumgardner

Scald 1 cup of milk, add and stir in:

1/2 c. sugar	6 Tbsp. shortening
1 1/2 tsp. salt	

(Cont.)

Cool to lukewarm. Measure into bowl $1/2$ cup of lukewarm water, add 1 tablespoon of sugar, sprinkle or crumble in 2 packages of yeast. Let stand until dissolved, stir. Add lukewarm milk mixture. Add and stir in 2 eggs, well beaten. Add and stir in 4 cups of flour. Stir only enough to dampen flour - to make coffee cake mix together:

$1/2$ c. brown sugar
2 Tbsp. butter

$1/4$ c. chopped nuts

Sprinkle on top of cake. Let rise in warm place until doubled. Bake at 400 degrees for 25 - 30 minutes.

HOLIDAY NUT ROLL

Ludgardis Osweiler

1 $1/2$ pkg. yeast
2 Tbsp. warm water
 $1/2$ c. margarine or butter
3 Tbsp. sugar
3 medium egg whites, unbeaten

$1/2$ c. sour cream
3 $1/2$ c. sifted flour
1 whole egg, beaten - to glaze
unbaked rolls

Dissolve yeast in warm water and stir. Cream butter (add $1/2$ teaspoon salt, if margarine), gradually adding the sugar and blend well. Add eggs, one at a time, beating well after each. Add sour cream and yeast, and blend. Add sifted flour and blend thoroughly. Turn onto well floured board and knead until dough forms a smooth elastic ball. Divide into four balls. Roll each like pie crust, spread with nut filling (below). Roll up like jelly roll, squeezing ends to seal, and keeping filling enclosed. Place on cookie sheets.

Let stand in warm draft-free place, 80 to 85 degrees, about 1 hour to rise. Gently brush with the whole beaten egg. Bake at 350 degrees for 30 minutes, or until nicely browned. Slice into serving sized pieces.

Filling:

4 egg whites, stiffly beaten
1 c. sugar

1 lb. walnuts or pecans, ground

Beat whites to stiff peaks, gradually adding sugar (electric beater). Fold in ground nuts.

LONG JOHNS

Jean Wenke

Mix $1/2$ cup of shortening with 1 cup of water. Let cool. Cream:

1 c. cream

$1/2$ c. sugar

Add:

2 eggs
2 tsp. salt

1/2 tsp. nutmeg

Dissolve 3 packages of yeast in 1/2 cup of warm water. Add 8 - 9 cups of flour, let rest 10 minutes, knead for 5 minutes. Roll out and cut into rectangled size desired. Let rise 1 hour. Fry in deep fat.

Frosting:

1/2 c. brown sugar
1/4 c. butter

2 Tbsp. cream

Boil a few minutes. Add powdered sugar to spread.

ICE BOX ROLLS

Ramona Bumgardner

1/2 c. sugar
3 tsp. salt

3/4 c. butter

Cream as for cake. Beat in 5 eggs, scald and cool 2 cups of milk. Put in 3 cakes of yeast and beat with spoon well. Add 8 cups of sifted flour, beating well. Let set in refrigerator overnight. Make rolls desired.

OVERNIGHT REFRIGERATOR ROLLS

Catherine Doyle

2 pkg. yeast
2 1/2 c. warm water
3/4 c. shortening, soft
3 tsp. salt

3/4 c. sugar
2 eggs, well beaten
8 1/2 c. flour

Soften yeast in warm water. Add shortening, sugar, eggs and 4 cups of flour and salt. Stir and beat until smooth, about one minute. Stir in remaining flour - this will be a soft dough. Cover and store in refrigerator overnight or until needed. When ready to use punch down dough and pinch off whatever is needed, cover remaining dough and put in refrigerator again. This will keep 3 - 4 days. Shape in rolls, place in greased pan, cover with clean towel. Let rise in warm place for one hour or doubled in bulk. Bake at 400 degrees for 15 - 20 minutes.

QUICK CINNAMON BALLS

Mrs. Lucille Adam

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

1/2 c. milk
1 Tbsp. melted shortening
1/4 tsp. nutmeg
1/2 tsp. cinnamon

Sift dry ingredients together. Beat egg, milk and shortening together. Mix with dry ingredients and blend lightly. Drop by teaspoon in hot fat. Drain on paper towels and roll in granulated or powdered sugar.

BEST EVER CINNAMON ROLLS

(Makes 12 Large)

Louise Rider

1/4 c. sugar
1 tsp. salt
1/4 c. soft shortening
1/2 c. scalded milk

1 pkg. dry yeast
1/2 c. warm water
1 egg, room temperature
3 1/2 to 3 3/4 c. flour

Filling:

2 Tbsp. butter

1/2 c. brown sugar, mixed with
2 tsp. cinnamon

Measure sugar, salt and shortening into a large bowl. Add scalded milk and blend. Add yeast to warm water in a small bowl. Let stand 3 - 5 minutes. Stir to dissolve. When milk mixture has cooled to lukewarm, add the egg, half of the flour and the softened yeast. Blend until smooth. Mix in more flour until sides of bowl are cleared. The dough should be soft. Turn dough onto lightly floured board. Knead about 75 strokes, the dough will become smooth and bubbles can be seen beneath surface. Place dough in greased bowl. Turn to grease all sides. Cover and let rise in warm place 1 to 1 1/2 hours. Punch dough down and let rise again 15 minutes. Turn onto board. Roll out to a 15 x 12 inch rectangle. Spread filling on top, roll up, seal by punching edge of dough into roll. Cut roll in 12 even slices. Place in buttered 9 x 13 x 2 inch pan. Cover, let rise 35 - 40 minutes. Preheat oven to 375 degrees. Bake about 25 minutes. Ice with powdered sugar frosting.

BRAN MUFFINS

Arlene Millmeyer

Batter can be kept in refrigerator 3 - 4 weeks and baked as needed.

4 c. Kellogg's all-bran
2 c. Nabisco 100% bran
2 c. boiling water
1 qt. buttermilk
3 c. sugar

1 c. shortening
6 eggs
5 c. flour
5 tsp. baking soda
1 tsp. salt

Pour boiling water over all the cereal, add buttermilk. Cream shortening and sugar; beat in eggs, one at a time. Add the creamed mixture to cereal mixture. Sift flour, soda and salt together twice. Stir into creamed mixture only until dampened. Do not over-mix. Store in refrigerator in small containers, when ready to bake preheat oven to 400 degrees. Spoon batter into greased muffin tins, 2/3 full. Bake 15 - 20 minutes.

LEMON BUBBLE RING

Jean Wenke

5 - 6 c. flour
sugar
1 tsp. salt
2 pkg. yeast
1 c. milk

oleo
2 eggs
grated peel of 2 lemons
1/4 tsp. mace

About 4 hours before serving or early in day: 1. In large bowl, combine 2 cups of flour, 1/2 cup sugar, salt and yeast. In medium saucepan over low heat, heat milk, 1/2 cup water and 1/4 cup oleo until very warm (120 to 130 degrees). (Oleo does not need to melt completely.) With mixer at low speed, gradually pour liquid into dry ingredients; beat until just mixed. Increase speed to medium; add eggs and beat 2 minutes, occasionally scraping bowl with rubber spatula. Beat in 1/2 cup of flour or enough to make a thick batter; continue beating 2 minutes, occasionally scraping bowl. With spoon, stir in enough additional flour (about 2 cups) to make a soft dough.

2. Turn dough onto lightly floured surface and knead until smooth and elastic, about 10 minutes. Shape dough into ball and place in greased large bowl, turning over so that top of dough is greased. Cover with towel; let rise in warm place (80 to 85 degrees), away from draft, until doubled, about one hour. (Dough is doubled when two fingers pressed lightly into dough leave a dent.)

3. Punch down dough by pushing down center with fist, then pushing edges of dough into center. Turn dough onto lightly floured surface; cut dough in half; cover with bowl and let stand 15 minutes. Meanwhile, in small bowl, combine 1/2 cup of sugar, lemon peel and mace; set aside. In small saucepan, melt 2 tablespoons of oleo. Grease 10 inch tube pan.

4. Cut each dough half into 16 pieces. Shape each piece into ball by tucking ends under. Place half of balls in tube pan,

brush with 1/2 of melted butter, sprinkle with 1/2 of lemon mixture. Repeat with remaining balls, melted oleo and lemon mixture. Cover with towel; let rise in warm place until doubled, about 45 minutes. (Dough is doubled when one finger very lightly pressed against dough leaves a dent.)

5. Preheat oven to 350 degrees. Bake 35 minutes, or until golden and loaf sounds hollow when lightly tapped with fingers. Cool in pan 5 minutes; remove from pan and cool on wire rack. Makes one tubular loaf.

BREAD

Bette Burke

1 c. warm water
2 pkg. yeast

1 Tbsp. sugar

Mix in mixer, let stand a few minutes. In a large mixing bowl put 2 cups of warm milk. Pour in yeast mixture and add 1 cup of flour. Mix well and let stand a few minutes. Then add and mix well:

3/4 c. melted margarine
3 eggs (at room temperature)

3/4 c. sugar

Add enough flour until it wraps around the beaters. Then pour out onto a floured surface and knead in the rest of the flour. (Total flour, about 7 cups.) Let rise in large mixing bowl, covered, approximately 1 1/2 hours. Punch down. Let rise until doubled again. Punch down and make it into 3 loaves or into rolls or tea ring. Bake at 350 degrees until golden brown. Baste top of loaves with margarine after removing from oven.

COOL RISE BREAD

Nedra Benjamin

5 1/2 to 6 1/2 c. flour
2 pkg. yeast
1/2 c. warm water
1 3/4 c. warm milk

2 Tbsp. sugar
1 Tbsp. salt
3 Tbsp. margarine or cooking oil

Dissolve yeast in warm water. Add warm milk, sugar, salt and margarine. Stir in 2 cups of flour. Beat smooth. Add remaining flour gradually until soft dough forms. Divide dough in two equal portions. Knead on floured board for 5 - 10 minutes. Cover with plastic wrap, then a towel and let rest for 20 minutes. Shape each portion into a loaf and place in greased bread pan. Brush surface of dough with oil, cover pans loosely with oiled wax paper and plastic wrap. Place pan in refrigerator. Refrigerate 2 - 48 hours.

Remove from refrigerator, uncover and let stand 10 minutes while heating oven. Bake at 400 degrees 30 - 40 minutes.

QUICK METHOD BREAD

Nedra Benjamin

3 pkg. yeast

3/4 c. water

Dissolve and let stand.

1/2 c. sugar

5 tsp. salt

3 1/4 c. lukewarm water

11 1/2 c. sifted flour

5 Tbsp. melted and cooled
shortening

Place sugar, salt and water in large bowl. Add yeast mixture. Add 1/2 the flour and beat well. Add melted and cooled shortening and stir vigorously. Add remaining flour, stirring until well mixed. Place on lightly floured board and knead 5 - 7 minutes. Shape into smooth ball and place in greased bowl. Let rise until doubled in bulk. Punch down and shape into loaves. Place in greased bread pans. Let rise. Bake at 350 degrees 35 - 40 minutes. Makes 4 loaves.

WHITE BREAD (4 Loaves)

Ramona Bumgardner

Sponge: Measure into bowl --

3 c. lukewarm water

4 Tbsp. sugar

2 pkg. yeast

Let stand until dissolved and stir in 4 cups of flour. Beat until smooth. Cover with clean towel. Let rise in warm place about one hour. Scald 2 cups of milk and stir in 4 tablespoons of sugar, 2 tablespoons of salt and 6 tablespoons of shortening. Cool to lukewarm. When sponge is light, stir to break the large bubbles and add lukewarm milk mixture. Add and stir in an additional 10 cups of flour. Turn dough out on lightly floured board and knead. Place in greased bowl. Cover and let rise until double, about 1 hour and 15 minutes. Punch down and divide into 4 equal portions. Shape into loaves and let rise about 1 hour. Bake in 400 degree oven for about 50 minutes.

Write extra recipes here:



Cakes, Cookies, and 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.

CAKES, COOKIES, AND ICINGS

ANGEL FOOD CAKE

Ramona Bumgardner

Sift and measure 1 full cup of cake flour. If cup has space over cup fill to top. Sift with 1 cup of sugar.

12 large eggs (2 c. whites)	1 1/2 tsp. cream of tartar
1/3 tsp. salt	1 1/2 tsp. vanilla

Put all this in bowl and beat until fairly stiff. Add 3/4 cup of sugar, beat until very stiff but not dull looking. Fold in ingredients. Put in large angel food pan. Bake in preheated oven (425 degrees) for 15 minutes, turn heat off and leave in 10 minutes more, no longer.

SMALL ANGEL FOOD CAKE

Corrine Johnson

1/2 c. cake flour, sifted	1/2 tsp. cream of tartar
3/4 c. sugar, sifted	1/2 tsp. vanilla
2/3 c. egg whites	1/4 tsp. almond extract
1/8 tsp. salt	

Sift flour once. Add 1/4 cup of the sugar and sift four times. Beat egg whites, salt, cream of tartar and flavorings in bowl until moist soft peaks form. Add rest of sugar in two additions, then flour in two additions folding sugar and flour. Bake at 375 degrees for 25 minutes, or until done. Frost.

CHOCOLATE ANGEL FOOD CAKE

Corrine Johnson

3/4 c. sifted cake flour	1/4 tsp. salt
1/2 c. sifted sugar	1 1/4 tsp. cream of tartar
6 Tbsp. cocoa	1 tsp. vanilla
1 1/2 c. eggs (about 12)	1 1/3 c. sugar

Measure sifted flour, add 1/2 cup sifted sugar, 6 tablespoons of cocoa and sift together 4 times. Combine egg whites, salt, cream of tartar and flavorings in a large bowl. Beat with sturdy or electric beater until moist soft peaks form. Do not overbeat. Add rest of sugar in 4 additions, beating until blended each time. Sift flour mixture in 4 additions, folding in with large spoon. Each time turn bowl often. Pour into ungreased 10 inch tube pan. Bake at 375 degrees for 35 to 40 minutes. Cool cake upside down resting on cake rack. Then loosen from sides and remove.

CHOCOLATE BUTTERMILK CAKE

Corinne Miller

4 Tbsp. cocoa
1 stick oleo

1 c. Crisco
1 c. water

Mix together and bring to boil. Stir in:

2 c. sugar
2 c. flour
1 c. buttermilk
1 tsp. soda

1 1/2 tsp. cinnamon
2 beaten eggs
1/2 tsp. salt

Pour onto cookie sheet and bake 20 minutes at 400 degrees.
Frost.

EGGLESS APPLE CAKE

Mrs. Franklin Peterson

1 1/2 c. sugar
1/2 c. shortening (scant)
2 c. flour
1 Tbsp. cocoa
1 tsp. salt
1 tsp. soda (scant)
1 tsp. cinnamon
1/4 tsp. cloves

1/4 tsp. allspice
1/4 tsp. nutmeg
1 Tbsp. vinegar
1 c. hot coffee
1 c. apple (fine chopped)
1/2 c. raisins
1/2 c. walnuts

Cream shortening and sugar. Sift all the dry ingredients. Add hot coffee and vinegar, then fold in chopped apples, raisins and walnuts. Bake at 350 degrees for 35 to 45 minutes.

APPLE CAKE PUDDING

Jean Wenke

1 c. sugar

1/2 c. butter

Cream together. Mix 1 egg, 1 teaspoon of vanilla and 1/2 cup of coffee. Add to first mixture. Add:

1 1/2 c. flour
1 tsp. soda
1/4 tsp. salt

1 tsp. cinnamon
1/2 tsp. nutmeg

Mix well, then add 2 cups finely chopped apples. Pour into greased baking pan. Sprinkle with 1/2 cup nuts and 1/2 cup brown sugar. Bake 45 minutes in 350 degree oven. Serve with whipped topping.

FRESH APPLE CAKE

Mrs. Walter Burch

2 1/2 c. flour	1 tsp. salt
2 c. sugar	1 tsp. cinnamon
1 c. cold coffee	1 tsp. vanilla
2 eggs	1 tsp. apple pie spice
1 c. oil	1 tsp. maple flavoring
3 c. coarsely chopped apples	1/2 c. nuts
2 tsp. soda	

In large bowl combine flour, sugar, soda, salt, cinnamon, apple pie spice, apples, oil, coffee, vanilla, maple flavoring and eggs. Beat 3 minutes at medium speed. Stir in nuts. Pour into greased and floured 13 x 9 inch pan. Bake at 350 degrees 45 to 55 minutes. Spread topping over hot cake. Broil one minute, watching carefully.

Topping:

1 c. firmly packed brown sugar	1/2 c. coconut
1 c. crispy rice cereal	5 Tbsp. milk or half and half
1/2 c. chopped nuts	2 Tbsp. butter or oleo, melted

In small bowl combine all ingredients; blend well.

RAW APPLE CAKE

Rita Smith

1 c. shortening	3 c. flour
2 c. sugar	2 tsp. soda
1 egg	2 tsp. cinnamon
1 c. water	1/2 tsp. salt
4 c. diced raw apples	1/2 c. nuts

Cream sugar and shortening, add egg. Add raw apples, then dry ingredients and blend well. Pour into greased and floured 13 x 9 inch pan. Top with 4 tablespoons of sugar, 1/2 cup chopped nuts. Bake at 325 degrees one hour.

APPLE SPICE CAKE

Marie Mansheim

1 c. sugar	1/2 tsp. cloves
1/2 c. shortening	1 tsp. cinnamon
1 egg, beaten	1 tsp. soda
1/2 c. coffee (cold)	1 1/2 c. flour
1/2 c. raisins	1 c. nuts, chopped
1 c. raw apples, cut up	

(Cont.)

Cream the shortening, sugar and egg; add coffee and mix well. Sift in flour, spices and soda. Add raisins, apple and nuts. Bake in moderate oven.

AUTUMN CAKE LOAF

Norma Lutz

1 1/2 c. flour	1/2 c. butter or oleo
1 tsp. baking soda	1 c. sugar
1/2 tsp. salt	1 tsp. vanilla
1 tsp. cinnamon	2 eggs
1/2 tsp. nutmeg	3/4 c. canned pumpkin
1/4 tsp. ginger	3/4 c. chocolate morsels
1/4 tsp. cloves	1/2 c. nuts (coarsely chopped)

Grease bottom of 9 x 5 inch loaf pan. Sift together flour, baking soda, salt and spices. Cream butter in large mixing bowl. Gradually add sugar, beating with mixer until light and fluffy. Add vanilla. Blend in eggs; beat well. At low speed, add dry ingredients, alternately with pumpkin, beginning and ending with dry ingredients. Stir in chocolate morsels and 1/4 cup of nuts. Spread in pan; sprinkle with remaining nuts. Bake at 350 degrees 60 to 70 minutes, or until cake springs back when touched lightly in center. Let cool 15 minutes; remove from pan and allow to cool completely. Drizzle with glaze. Let stand about 6 hours before cutting.

Glaze: Combine 1/2 cup sifted confectioners sugar, 1/8 teaspoon of cinnamon and 1/8 teaspoon of nutmeg. Blend with 1 to 2 tablespoons of cream or milk until glaze is of consistency to drizzle from spoon tip.

BANANA CAKE

Mrs. Harold Benolken

1/2 c. butter	3/4 c. sour milk
1 1/2 c. sugar	1 tsp. soda
2 eggs, beaten	1 tsp. vanilla
2 large mashed bananas	1/2 tsp. baking powder
2 c. flour	

Cream butter and sugar. Combine the other ingredients as given. Lastly, alternate the flour and soda with the sour milk until all is used.

BUTTERLESS, EGGLESS AND MILKLESS CAKE

Mrs. Walter Burch

Put into a saucepan the following articles and boil for three

minutes. Then cool:

1 c. brown sugar	1/2 tsp. salt
1 c. water	1/2 c. nut meats
2 c. seedless raisins	1 tsp. cinnamon
1/3 c. lard	1 tsp. cloves
1/2 tsp. nutmeg	

When cool add 2 cups of flour into which 1 1/2 teaspoons of baking powder has been sifted. Bake in slow oven (325 degrees) for 25 or 30 minutes, or until firm to touch. Serve with whipped cream.

CARROT CAKE

Catherine Doyle

2 c. sugar	2 tsp. cinnamon
4 eggs	2 tsp. soda
1 1/2 c. vegetable oil	2 tsp. baking powder
3 c. grated carrots	1/2 tsp. salt
3 c. flour	1/2 c. ground walnuts

Beat sugar, eggs and oil together. Add carrot and beat again. Sift flour, cinnamon, soda, baking powder and salt together. Add to mixture, add nuts last. Bake at 350 degrees 1 hour and 15 minutes.

CHOCOLATE CAKE

Mrs. Walter Burch

1 1/2 c. flour	1 c. water
1 c. sugar	1 tsp. vanilla
2 Tbsp. cocoa	1/3 c. melted shortening (put in last)
1 tsp. soda	
1 Tbsp. vinegar	

Mix in order given. Bake at 350 degrees for about 25 to 30 minutes.

CHOCOLATE CAKE

Bette Burke
Donna Doyle

2 c. flour	3/4 c. buttermilk
2 c. sugar	3/4 c. margarine (melted)
1 tsp. soda	2 eggs
1 tsp. salt	1 tsp. vanilla
1/2 tsp. baking powder	3/4 c. cocoa
3/4 c. water	

Heat oven to 350 degrees. Grease and flour 2 cake pans or
(Cont.)

9 x 13 inch layer pan. Measure all the ingredients into large mixing bowl. Blend 1/2 minute on low speed, then 3 minutes at high speed. Bake in layer pan 40 to 45 minutes, 2 cake pans 30 to 35 minutes. Cool. Frost with the following.

Chocolate Butter Frosting:

1 stick margarine	1 1/2 tsp. vanilla
5 Tbsp. cocoa (rounded)	1 (1 lb.) box powdered sugar
1/4 c. milk	

Melt margarine and let cool a few minutes. Add cocoa and about 1/2 of the powdered sugar. Mix well with mixer. Alternate adding milk and powdered sugar until desired consistency is reached.

CHOCOLATE CHIP DATE NUT CAKE Mrs. Lucille Adam

1 c. dates, cut up	2 tsp. soda
1 c. boiling water	

Mix above and let stand until cool.

1 c. sugar	1/4 tsp. salt
1 c. Miracle Whip	1 egg
2 c. flour	

Mix above and add date mixture to this. Pour into 9 x 13 inch buttered cake pan. Top with mixture of -- 1/2 cup brown sugar, 1/2 cup nuts and 1 (6 ounce) package of chocolate chips. Bake 40 - 45 minutes at 350 degrees.

CHOCOLATE SHEET CAKE Nedra Benjamin

2 c. white sugar	1 c. water
2 c. flour	1/2 c. buttermilk
1 stick oleo	2 eggs
3 1/2 Tbsp. cocoa	1 tsp. soda
1/2 c. Crisco	1 tsp. vanilla

Mix flour and sugar in large bowl and set aside. Put margarine, cocoa, Crisco and water in saucepan, bring to a boil. Pour over dry ingredients and stir. Add eggs, buttermilk, soda and vanilla. Mix and bake in 11 x 18 inch sheet pan for 25 minutes in 400 degree oven. Start frosting 5 minutes before cake is done --

1 stick margarine	3 1/2 tsp. cocoa
1/3 c. milk	

Bring to boil in same pan as used for the cake. Add 1 cup of nuts, 1 teaspoon vanilla and 1 box of powdered sugar. Pour over hot cake.

DATE CAKE

Maxine Hoenig

1 1/2 c. boiling water	1 1/2 c. dates
1 tsp. soda	1/4 c. butter

Pour together and let stand while you mix 1 egg and 1/2 teaspoon of salt. Mix:

1 c. sugar	1 1/2 c. flour
1 tsp. baking powder	vanilla

Add to date and egg mixture. Bake in moderate oven. When done, cover with topping:

1 c. chopped dates	3/4 c. water
1 c. sugar	1/2 tsp. salt
1 Tbsp. butter	

Cook together. Add 1/2 cup of nuts. Spread on cake.

DATE CAKE (OBLONG)

Bea Hayes

One cake or to serve 18:

2 c. dates, chopped	2 c. flour
1 1/2 Tbsp. baking soda	1 1/2 Tbsp. baking powder
3/8 c. shortening	1 1/3 c. dates, chopped
2 1/4 c. boiling water	1 1/8 c. hot water
2 eggs	1 1/2 c. sugar
1 1/2 c. sugar	1/4 Tbsp. salt
1/2 Tbsp. salt	3/4 oz. butter
4 1/2 oz. chopped nut meats	

1. Mix first four ingredients and set aside.
2. Beat eggs and sugar until light and add salt.
3. Sift together the flour and baking powder; add to the mixture alternately with the first mix and set aside.
4. Using greased oblong cake pan, pour in and bake at 350 degrees for 30 - 40 minutes.
5. Mix together the remaining six ingredients in a saucepan and cook until thick. Pour on top of the cake hot.
6. Allow to cool, cut in pieces and top with whipped cream.

DUMP CAKE

Jean Wenke

1 medium size can crushed
pineapple
1 medium size can cherry
pie filling

1 white or yellow cake mix
1/2 c. chopped nuts
1 cube oleo, cut in slices

In a 9 x 13 inch ungreased pan, dump undrained pineapple, next dump cherry pie filling and finally dump box of cake mix over above. Sprinkle nuts over top. Slice oleo and put over nuts. Bake in 350 degree oven for 50 minutes. Can be served with whipped topping.

FRUIT SALAD CAKE

Ludgardis Osweiler

2 c. flour
1 1/2 c. sugar
1 tsp. soda
1 tsp. baking powder

1/2 tsp. salt
2 eggs
1 can fruit cocktail (2 c.)

Beat all together for 2 minutes. Bake for 35 minutes in 350 degree oven.

Topping:

1 stick oleo
1/2 c. evaporated milk
3/4 c. sugar

1 small can coconut
1/2 c. nuts

Boil together one minute. Spread on hot cake.

FRUIT COCKTAIL CAKE

Jean Wenke

1 No. 303 can fruit cocktail
1 1/2 c. sugar
2 c. flour

2 tsp. soda
1/4 tsp. salt
2 eggs

Mix. Stir well and spread in 9 x 13 inch pan. Cover with 1/2 cup brown sugar, 1/2 cup of nuts and 1 cup of coconut. Bake at 325 degrees for 40 - 45 minutes. Can either serve with whipped cream as is or mix:

1 c. evaporated milk
1 stick oleo

1 1/2 c. sugar

Bring to boil for 2 minutes. Pour over cake 5 minutes after out of oven.

WHITE FRUIT CAKE

Ramona Bumgardner

3 c. sifted flour
1 tsp. baking powder
1/4 tsp. soda
1 c. butter or oleo
2 c. sugar
6 eggs, well beaten

1 1/2 c. broken pecans
3 c. amber raisins
1 1/2 c. sliced citron
1 1/2 c. diced candied pineapple
1 c. diced candied cherries
1/2 c. brandy or light fruit juice

Sift flour once, add baking powder, salt and soda. Sift again. Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each. Add brandy or juice, nuts and fruits. Blend thoroughly, stir in flour mixture. Mix until smooth. Pour into well greased and paper lined tube pan. Set in a shallow pan of hot water; bake at 275 degrees for one hour. Remove water, bake one hour longer. Cool - remove from pan, wrap in wax paper. Store in cool dry place. Makes 10 inch cake.

ORANGE FRUIT CAKE

Maxine Hoenig

1 c. butter
2 c. sugar
4 eggs
1 Tbsp. vanilla
1 (8 oz.) pkg. dates
1 lb. orange slices

2 c. chopped nuts
1 (4 oz.) pkg. coconut or 1/2 c.
4 c. flour
1/2 tsp. salt
3/4 c. buttermilk

Cream butter and sugar until fluffy. Beat in eggs; add vanilla. Mix dates, candy, nuts and coconut with 1/4 cup flour. Sift the remaining dry ingredients in cream mix alternately with buttermilk. Fold in fruit and nuts. Put into well greased 10 inch tube pan or loaf pans. Bake in slow oven (300 degrees) for 2 - 2 1/2 hours. Remove cake from pan and pour on syrup --

1/4 c. orange peel
1/4 c. lemon juice

1/2 c. powdered sugar

Wrap in foil when hot.

OLD TIME FUDGE CAKE

Mrs. Laverne Pezley

2/3 c. butter or margarine
1 3/4 c. sugar
2 eggs
1 tsp. vanilla
2 1/2 oz. unsweetened melted chocolate

1 1/4 tsp. soda
2 1/2 c. sifted flour
1/2 tsp. salt
1 1/4 c. ice water

(Cont.)

Cream together butter, sugar, eggs and vanilla until fluffy, 5 minutes at high speed, scraping bowl occasionally. Blend in cooled chocolate. Sift together flour, soda and salt. Add to creamed mixture alternately with ice water, beating well after each addition. Bake at 350 degrees 30 - 35 minutes.

GRASSHOPPER CAKE

Jean Wenke

4 sq. melted unsweetened chocolate	1/2 c. boiling water 1/4 c. sugar
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Blend thoroughly. Let cool. In large bowl, sift together:

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

Make a well in center of dry ingredients and add:

1/2 c. oil	3/4 c. cold water
7 egg yolks	1 tsp. vanilla

Beat until very smooth. Stir in chocolate mixture, into egg yolk mixture. In large mixing bowl, beat egg whites with 1/2 teaspoon cream of tartar until very stiff peaks form. Pour chocolate batter in thin stream over entire surface of egg whites, gently folding to blend. Turn batter into an ungreased 10 inch tube pan.

Bake in 325 degree oven for 1 hour and 5 minutes until cake tests done. Invert pan. Cool thoroughly.

Grasshopper Filling: Soften 1 envelope unflavored gelatin in 1/4 cup of cold water. Heat together 1/3 cup white creme de cocoa and 1/2 cup green creme de menthe. Add softened gelatin; stir until gelatin is dissolved. Cool. Whip 2 cups of whipping cream. Fold in gelatin mixture. Refrigerate 15 minutes. Split cooled cake crosswise into 3 layers. Spread whipped cream filling between layers and on top of cake. Refrigerate until serving time.

LAZY DAY CAKE

Corrine Johnson

2 eggs	1 1/2 c. flour
1/4 c. butter or oleo	1/4 tsp. salt
1/2 c. milk	2 tsp. baking powder
1 c. sugar	

Sift flour, salt and baking powder together 3 times. Add to first 4 ingredients. Beat thoroughly from 5 to 7 minutes. Bake in

square 8 inch pan 35 minutes at 350 degrees. Remove from oven. Spread with Lazy Day Topping and brown in oven.

Lazy Day Topping:

1/3 c. brown sugar	3 Tbsp. cream
1 c. coconut	1 tsp. vanilla

Mix together. Spread on cake.

MARBLE CAKE

Lois Wenke

1/3 c. shortening	1 1/2 c. flour
1 c. sugar	2 tsp. baking powder
1/2 tsp. salt	2 egg whites
1/2 tsp. vanilla	

Mix as usual for cake. To 1/3 of the batter add 1 square of chocolate melted and mixed with 2 tablespoons sugar, 2 tablespoons of water and 1/4 teaspoon of soda. Put by alternate spoonfuls in an 8 inch cake pan. Bake in 350 degree oven 30 - 40 minutes.

POPPY SEED CAKE

Catherine Doyle

2 c. sugar	3 c. flour
4 eggs	1 1/2 tsp. soda
1 1/2 c. oil	1 large can Carnation milk
1 can poppy seed	1/2 c. chopped pecans

Beat sugar, eggs and oil together. Add poppy seed - beat again. Add flour, soda and milk alternately. Add chopped nuts. Bake at 350 degrees 1 hour and 10 minutes.

QUICK OATMEAL CAKE

Mrs. John Gerhardt

1 1/2 c. boiling water	1 c. rolled oats
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Pour boiling water over the oats and let stand 20 minutes.

1/2 c. shortening	1 c. brown sugar
1 c. white sugar	

Cream above three ingredients together. Add 2 eggs and beat. Stir in cooled oat mixture and add:

1 1/3 c. flour	1/2 tsp. salt
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1 tsp. baking soda
1 tsp. nutmeg

1 tsp. cinnamon
1/2 c. chopped nuts

Spread in a buttered and floured baking pan. Bake for 35 minutes at 350 degrees.

Topping:

1/2 stick butter or margarine
1 c. brown sugar
1 tsp. vanilla

1/2 c. evaporated milk
1/2 c. chopped nuts
1/2 c. coconut

Melt the butter or margarine, blend in other ingredients. Spread on the cake when it first comes from the oven, then brown under the broiler, watch while browning to keep from burning.

POKE CAKE

Rosine Kennedy

1 pkg. white cake mix
2 (3 oz.) pkg. strawberry
gelatin dissolved in 2 c.
boiling water

1 pt. prepared whipped topping
1 box (13 1/2 oz.) strawberry
flavored Whip 'n Chill

Mix cake and bake.

Five minutes before cake is done, prepare the gelatin. Poke holes in cake and pour gelatin over cake. Refrigerate for one hour. Then put on Whip 'n Chill. Let stand one hour. Then put on whipped topping. (Use meat fork and poke a lot of holes in cake.)

SOUR CREAM DEVIL'S FOOD CAKE

Ramona Bumgardner

2 eggs, beaten
1 1/2 c. sugar
1 c. thick sour cream (not
commercial)
1/2 c. cocoa

1 1/2 c. flour
1 1/2 tsp. soda
1/4 tsp. salt
1 tsp. vanilla

Combine eggs, sugar and sour cream. Blend thoroughly. Use enough boiling water to dissolve cocoa. Add to creamed mixture. Sift together flour, soda and salt. Add to mixture in thirds until well blended. Add vanilla. If batter seems too thick add an extra tablespoon of sour cream. Bake at 350 degrees 40 - 45 minutes.

RHUBARB CAKE

Marie Mansheim

2 c. rhubarb, finely diced

Stir in 1/2 cup of sugar and set aside. Cream:

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

1 egg

Sift:

2 c. flour
dash of salt

1 tsp. cinnamon

Add 1 teaspoon of soda to 1 cup of buttermilk or sour milk; add 1 teaspoon vanilla, mix, then add rhubarb. Pour in 9 x 13 inch pan. Bake 1 hour at 325 degrees.

If you do not have buttermilk or sour milk, you can use sweet milk with a teaspoon of vinegar added to it.

Frosting: Warm 2 teaspoons of butter and one (3 ounce) package of cream cheese, 2 teaspoons of vanilla, mix, then add 2 cups of powdered sugar.

TOMATO SOUP CAKE

Ramona Bumgardner

2 c. flour
1 tsp. baking soda
2 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. cloves
1 c. chopped nuts

1 tsp. nutmeg
1 c. sugar
1/2 c. shortening
1 c. raisins
1 c. condensed tomato soup

Sift flour, soda, baking powder and spices together 3 times. Cream shortening with sugar until fluffy. Add sifted dry ingredients and tomato soup alternately in small amounts, beating thoroughly after each addition. Stir in nuts and raisins. Pour into small greased tube pan or loaf pan and bake in 350 degree oven for 60 minutes. Let stand 24 hours before cutting. Cover with cream cheese frosting.

THUNDERBOLT CHOCOLATE CAKE (Sauerkraut Cake)

Ramona Bumgardner

2/3 c. oleo
1 1/2 c. sugar
3 eggs
1 tsp. vanilla
1/4 tsp. salt
1/2 c. unsweetened cocoa

2 1/4 c. sifted flour
1 tsp. baking powder
1 tsp. soda
1 c. water
2/3 c. rinsed, drained and chopped sauerkraut

Cream well butter with sugar. Beat in eggs and vanilla. Sift

together dry ingredients and add alternately with water to egg mixture. Stir in kraut. Pour into two greased and floured 8 inch baking pans. Bake at 350 degrees 30 minutes, or until done. Fill and frost with Mocha Whipped Cream.

Mocha Whipped Cream: Whip 1 1/2 cups of heavy cream with 3 tablespoons of sugar, 1 tablespoon instant coffee, 2 teaspoons unsweetened cocoa and 2 tablespoons of rum until soft peaks form. This cake tastes like German chocolate cake.

OATMEAL CAKE

Mrs. Dale Dobson
Karen Glover

1 1/2 c. boiling water	2 eggs, well beaten
1 c. quick cooking oatmeal	1 1/3 c. flour
1/2 c. shortening, creamed	1 tsp. soda
1 c. brown sugar	1/2 tsp. nutmeg
1 c. white sugar	1 tsp. cinnamon

Pour boiling water over oatmeal. Stir and mix well; let stand for 20 minutes. Mix shortening, brown sugar, white sugar and eggs. Add oatmeal. Sift together flour, soda, nutmeg and cinnamon. Mix into other ingredients and pour into 9 x 13 inch pan. Bake at 350 degrees for 35 minutes.

Topping for Cake (Oatmeal) --

2/3 c. brown sugar	6 Tbsp. butter or oleo
1 c. coconut	1/4 c. cream
1 c. nuts	1/2 tsp. vanilla

Boil 4 or 5 minutes. Beat until cool enough to spread on cake.

WACKY CAKE

Arlene Millmeyer
Ramona Bumgardner
Joanne Gruener

3 c. flour	2 c. sugar
1/2 tsp. salt	2 tsp. soda
1/2 c. cocoa	

Sift dry ingredients all together 3 times and put into a 9 x 13 inch baking pan. Make 3 holes and pour 2 tablespoons of vinegar in one, 1 tablespoon of vanilla in one and 3/4 cup of Wesson oil in last one. Pour over this mixture 2 cups of water and stir with a fork until smooth. Bake in 350 degree oven 30 - 40 minutes. Makes a very moist cake that will keep for days.

TEXAS CAKE

Catherine Doyle

2 c. flour

2 c. sugar

Set above aside. In saucepan:

1 stick oleo

1/2 c. Mazola oil

4 Tbsp. cocoa

1 c. water

Bring to boil, pour over sugar and flour. Mix well. Add 1/2 cup of buttermilk, 1 teaspoon vanilla and 1/2 teaspoon of soda. Bake for 20 minutes in 400 degree oven.

Icing:

1 stick oleo

4 Tbsp. cocoa

1/3 c. buttermilk

Bring to a boil, add 1 box of powdered sugar and 1 teaspoon of vanilla. Add nuts. Ice on warm cake.

PLAIN WHITE CAKE

Corrine Johnson

2 1/2 c. sifted cake flour

1 1/2 tsp. vanilla

3 1/4 tsp. baking powder

1/4 tsp. almond extract

1 tsp. salt

1 c. milk

1 1/3 c. sugar

4 egg whites beaten to a meringue

1/2 c. shortening

1/3 c. sugar

Measure dry ingredients into sifter. Place shortening in bowl. Stir to soften. Sift in dry ingredients, adding flavorings and 3/4 cup of milk until all is dampened. Then beat 2 minutes. Add meringue and remaining milk. Mix well. Turn batter into two 9-inch pans. Bake at 350 degrees for about 30 minutes. Cool and frost.

HELLO DOLLY BARS

Arlene Millmeyer

Karen Glover

1/2 c. butter or margarine
(melted)

1 pkg. (6 oz.) semi-sweet chocolate
bits

1 c. crushed graham crackers

1 c. nuts (chopped)

1 can or c. of coconut

1 can (15 oz.) condensed milk

1 pkg. (6 oz.) butterscotch bits

Pour butter into 9 x 13 x 2 inch pan. Sprinkle graham crackers over the butter. Add coconut, chocolate and butterscotch bits. Add nuts. Pour milk over all and spread to cover. Bake at 350 degrees for 30 minutes. Cut in squares while warm.

BANANA BARS

Mrs. Walter Burch

1/2 c. butter
1 1/2 c. sugar
2 eggs
1 tsp. vanilla
1 c. mashed banana

2 c. (scant) flour
1 tsp. baking powder
1 tsp. soda
1/4 tsp. salt
3/4 c. sour cream

Cream butter, sugar and eggs. Sift dry ingredients and add alternately with sour cream. Bake on a greased cookie sheet at 375 degrees for 30 minutes.

Topping:

1 c. brown sugar
6 Tbsp. milk

1/2 c. butter
2 1/2 c. powdered sugar

Melt butter and brown sugar. Cook for 2 minutes. Add milk and cook for 2 more minutes. Cool. Thicken with powdered sugar and top with nuts.

CHOCOLATE BROWNIES

Maureen Snodgrass

1/2 c. butter
1 c. sugar
2 eggs
2 sq. unsweetened chocolate, melted and cooled

1 tsp. vanilla
3/4 c. sifted flour
1/2 c. chopped nuts

Bake on cookie sheet at 350 degrees until done.

BROWNIES

Catherine Doyle

1 c. sugar
1 stick oleo

1 can Hershey syrup

Beat all together. Add 4 eggs and beat well.

1 c. flour

1 tsp. vanilla

Bake for 20 minutes in 350 degree oven.

Icing:

5 Tbsp. milk
5 Tbsp. oleo
1 c. sugar

1/2 c. chocolate chips
1 c. nuts

Boil 1 minute. Add chips, beat until ready to spread, add nut meats. Put icing on cake while hot.

DREAM BARS

Rita Smith

1/2 c. brown sugar	1 c. flour
1/2 c. melted butter	

Mix above, press into 8x8 inch pan. Bake at 375 degrees for 15 minutes.

1 c. brown sugar	2 Tbsp. flour
1 c. nuts	1/2 tsp. baking powder
2 eggs	1/4 tsp. salt
1 c. coconut	

Beat eggs lightly. Add other ingredients and stir well. Spread over baked mixture. Bake at 375 degrees for 15 minutes. Cut after cool.

EASY MIX COOKIE BARS

Corrine Johnson

2 eggs	1 tsp. baking powder
2 c. moist brown sugar	1 tsp. cinnamon
1 c. oleo	1 c. boiling water
1 c. raisins	1/2 tsp. salt
3 c. flour	1 tsp. vanilla
1 tsp. soda	

Put all ingredients in a 3 or 4 quart bowl in order given. Beat thoroughly. Spread out 1/4 inch thick on cookie sheet. Bake at 375 degrees for 25 minutes, or until a nice brown. Spread with powdered sugar frosting while still hot. Cut into desired squares. Nuts, chocolates or other fruits may be used, if desired.

FUDGE BROWNIES

Karen Glover

4 Tbsp. cocoa	1/2 c. oleo
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Melt above ingredients and cool.

2 c. sugar	1 tsp. vanilla
3 eggs	1/2 c. nuts
1 1/2 c. flour	

Mix all ingredients and bake at 350 degrees for 25 to 30 minutes. Bake in a greased and floured oblong cake pan.

RICH AND DELICIOUS FUDGE BARS

Karen Glover

1/2 c. shortening
1 c. brown sugar
1 egg
1 tsp. vanilla

3/4 c. flour
1/2 tsp. soda
1/4 tsp. salt
2 c. oatmeal

Mix all ingredients; press this mixture in an oblong pan, saving 1 cup for the top.

Fudge Layer:

1 (6 oz.) pkg. chocolate chips

1 Tbsp. butter
1 can Eagle Brand milk

Melt over low flame and add flavoring and nuts. Spread over oatmeal mixture and top with rest of oatmeal. Bake 25 minutes at 350 degrees. Do not over-bake.

OH HENRY BARS

Joyce Bugg

6 c. uncooked oatmeal, quick
1 c. melted butter
1 1/2 c. brown sugar
4 1/2 tsp. vanilla

3/4 c. white corn syrup
1 (12 oz.) pkg. chocolate or butterscotch chips
3/4 c. chunk peanut butter

Mix oatmeal, butter, sugar, vanilla and syrup together. Spread in lightly greased 11 x 17 inch cookie sheet. Bake 15 minutes at 375 degrees. Cool. Melt chips and peanut butter together in top of double boiler. Spread on cooled cut bars.

FROSTED PUMPKIN BARS

Elouise Syfert
Rita Smith

1 c. cooked pumpkin
4 eggs, beaten
1 c. vegetable oil
2 c. sugar
2 c. flour

1 tsp. soda
1 tsp. baking powder
1/2 tsp. salt
2 tsp. cinnamon
1 c. nuts or raisins

Sift flour, soda, baking powder, salt and cinnamon into large bowl. Set aside. Mix pumpkin, eggs, vegetable oil and sugar together in a large bowl - stir in dry ingredients. Place on cookie sheet. Bake at 350 degrees for 20 - 25 minutes.

Icing:

6 Tbsp. butter

1/3 lb. powdered sugar

1 tsp. vanilla
3 oz. cream cheese

1 tsp. milk

Mix butter, vanilla and cream cheese together and add powdered sugar and milk. Spread over pumpkin bars and cut to desired bars.

SWEDISH YUM YUM BARS

Norma Lutz

1 c. flour
1/2 c. butter

3 Tbsp. powdered sugar

Blend these three ingredients with pastry blender. Pat into a 9 x 13 inch pan. Bake at 300 degrees for 12 minutes, or until the following is mixed:

1 1/2 c. brown sugar
2 eggs
1/2 tsp. salt
nuts (as desired)

3 Tbsp. flour
1/4 tsp. baking powder
1/2 tsp. vanilla

Beat all together and pour over hot crust carefully. Return to oven for 20 minutes. Cool and frost with mixture of 1 1/2 cups powdered sugar, 2 tablespoons butter and 3 tablespoons orange juice.

BROWN SUGAR COOKIES

Ramona Bumgardner

3 c. brown sugar
3 eggs
1 c. butter
flour to make stiff

3 Tbsp. sour cream
1 tsp. soda
1 tsp. vanilla

Roll 1/4 inch thick, cut. Bake in 350 degree oven 12 to 15 minutes.

BASIC COOKIE DOUGH

Mae Smith

1 c. shortening
3/4 c. brown sugar

3/4 c. white sugar

Cream shortening, brown sugar and white sugar. Add 2 eggs. Add 1 1/2 cups flour, 1 teaspoon salt, 1 teaspoon soda, 1/2 teaspoon cinnamon, 1 1/2 cups oatmeal, and raisins. Drop on cookie sheet and bake in hot oven for 8 - 10 minutes.

NO NAME COOKIES

Corinne Johnson

Melt $1/4$ cup of butter in 9 x 14 inch pan. Sprinkle 1 cup of graham cracker crumbs over butter. Add:

- | | |
|-----------------------------------|---------------------|
| 1 (6 oz.) pkg. butterscotch chips | 1 c. flaked coconut |
| 1 (6 oz.) pkg. chocolate chips | 1 c. chopped nuts |

Top with 1 can of condensed sweetened milk, dropping by spoonfuls. Bake 25 minutes in 325 degree oven. Do not stir.

BANANA OATMEAL COOKIES

Mrs. Emil Grinnell

- | | |
|---------------------|-----------------------|
| 1 $1/2$ c. flour | $3/4$ c. butter |
| 1 c. sugar | 1 egg, well beaten |
| $1/2$ tsp. cinnamon | 2 mashed bananas |
| $1/2$ tsp. soda | $1\ 3/4$ c. oatmeal |
| $1/2$ tsp. salt | $1/2$ c. chopped nuts |

Sift dry ingredients, cut in butter; add egg, banana, oatmeal and nuts. Mix well, drop on ungreased cookie sheet. Bake at 400 degrees 15 minutes. Makes 36 cookies.

CARROT COOKIES

Karen Glover

- | | |
|----------------------------|--------------------------------------|
| 1 c. sugar | 2 tsp. baking powder |
| 1 c. cooked mashed carrots | 1 egg |
| 1 c. shortening | $1/2$ tsp. vanilla |
| 2 c. flour | $1/2$ tsp. lemon or orange flavoring |

Cream sugar and shortening; add cooked carrots, egg and flavorings. Mix well. Add flour and baking powder. Drop by teaspoon onto cookie and bake in moderate oven. Frost when cool.

Frosting:

- | | |
|----------------------|------------------------------------|
| 2 c. powdered sugar | juice of an orange or frozen juice |
| 2 tsp. melted butter | until frosting is easy to spread |

DATE COOKIES

Ramona Bumgardner

- | | |
|------------------|------------------|
| 1 lb. dates | 1 c. white sugar |
| $1/4$ c. sugar | 2 sticks oleo |
| $1/2$ c. water | 3 eggs |
| 1 c. brown sugar | 1 tsp. vanilla |

1 tsp. soda
4 c. flour

1 c. nuts

Cook together dates, sugar and water until soft and mushy. Mix together brown sugar, white sugar and oleo. Cream until light and fluffy. Add eggs, vanilla and soda and add to the date mixture; add flour and nuts. Drop by spoonfuls on greased cookie sheet. Bake at 350 degrees 10 - 15 minutes.

HICKORY NUT COOKIES

Ramona Bumgardner

3 eggs	3/4 c. hickory nut meats
1/2 c. brown sugar	1 1/2 c. flour
1/2 c. white sugar	1/2 tsp. salt
1/3 c. melted shortening	1/2 tsp. flavoring

Beat eggs; add sugar, nut meats and shortening. Sift flour and salt together. Add to first mixture, add flavoring. Drop from teaspoon far apart on greased baking sheet. Bake in moderate oven 12 - 15 minutes in 350 degree oven.

PEANUT BUTTER COOKIES

Corinne Johnson

2 Tbsp. peanut butter	1 pkg. butterscotch chips
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Melt peanut butter and chips. Add 3 - 4 cups of corn flakes. Drop by teaspoonfuls on cookie sheet. Refrigerate.

M&M CHOCOLATE DROP COOKIES

Janet Dobson

1 c. white sugar	1 tsp. salt
1 c. brown sugar	2 c. flour
1 c. shortening	1 tsp. baking powder
1 tsp. vanilla	1 tsp. soda
2 eggs	2 c. oatmeal
1 c. M&M's	1 c. coconut

Mix in this order - white sugar, brown sugar, shortening, vanilla, eggs, M&M's, flour, salt, baking powder, soda, oatmeal and coconut. Chill. Bake at 375 degrees for about ten minutes. (Can use gumdrops.)

OATMEAL COOKIES

Mrs. Emil Grinnell

Cream together 2 cups of sugar and 1 cup of oleo.
Add:

(Cont.)

2 eggs
1/2 c. raisin water
1 tsp. soda
1 tsp. cinnamon
1/2 c. nuts

2 c. oatmeal
2 1/2 c. flour
1 tsp. baking powder
1 c. raisins boiled in water 15
minutes to make the raisin water

Mix all dry ingredients and add to liquid mixture. Drop on greased pan by teaspoon.

PRIDE OF IOWA COOKIES

Jean Wenke

1 c. brown sugar
1 c. white sugar
1 c. oleo
2 eggs
1 c. coconut
3 c. oatmeal

2 c. flour
1 tsp. baking powder
1 tsp. soda
1 tsp. salt
1 tsp. vanilla
1 c. nuts

Mix all ingredients well. Drop by teaspoonful onto ungreased cookie sheet. Bake 9 minutes in 375 degree oven.

RAISIN DROP COOKIES

Arlene Millmeyer

2 c. raisins

1 c. water

In covered pan simmer until almost all the water is cooked away. Add 1 teaspoon of soda, stir into hot raisin mixture and set aside to cool.

2 c. sugar
1 c. margarine

3 eggs
1 tsp. vanilla

Cream sugar and shortening, beat in eggs, one at a time and add vanilla. Stir this mixture and raisin mixture together.

4 c. flour
1 tsp. baking powder
1 tsp. salt

1/2 - 2 tsp. cinnamon, as desired
1/8 - 1/4 tsp. nutmeg, as desired
1 c. chopped nuts, if desired

Sift dry ingredients together. Stir into raisin mixture. Add nuts. Bake on greased cookie sheet at 375 degrees for about twelve minutes.

SKILLET COOKIES

Corrine Johnson

3/4 c. sugar
1 1/2 c. chopped dates

2 Tbsp. butter

Combine sugar, dates and butter. Cook over medium heat for 10 minutes, stirring constantly. Remove from heat and add:

1 tsp. vanilla
3 c. rice krispies

1/2 c. nuts

BROWN SUGAR COOKIE

Mrs. Dale Dobson

1/2 c. shortening
1 c. brown sugar
1 egg
1 tsp. vanilla

1 1/2 c. flour (little more)
1/4 tsp. soda
1/2 tsp. salt
1/2 - 1 c. nuts

Mix together and bake in moderate oven (350 degrees) 10 - 15 minutes.

SWEET 10 COOKIES

Nedra Benjamin

1/2 c. margarine
1 Tbsp. Sweet 10
1 tsp. cinnamon

1/2 tsp. nutmeg
1/4 tsp. salt

Combine above. Add 1 egg and beat well. Add 1 3/4 cups of flour and 1 teaspoon of soda, alternately with 1 cup of applesauce. Fold in 1 cup of oatmeal. Drop on cookie sheet, greased. Bake at 375 degrees 15 - 20 minutes. Chopped raisins or nuts may be added, if desired. Store in refrigerator.

PUMPKIN COOKIES (Serves 3)

Father Wiebler

5-28-78
First, get a friend to give you a pumpkin from his field. Peel it, cut it up in cubes and simmer over low heat all day, letting the smell seep throughout the house, giving a most delicious aroma. Throw in a pinch of cloves, a dash of cinnamon and some pumpkin pie spice occasionally until it turns a nice pumpkin color. A little bit of salt won't hurt either. When the pumpkin becomes the consistency of pulp, set it aside and you're ready to make pumpkin cookies.

Ingredients needed:

1/2 c. shortening thereabouts
1 c. sugar or as much as
you like
1 egg, beaten (if you have
one in the refrigerator)
2 c. cake flour, or what-
ever you have

1/2 tsp. cinnamon
1/4 tsp. cloves
1/2 tsp. salt
1/2 tsp. soda
1 tsp. baking powder
1 c. or so of the pumpkin pulp
(Cont.)

Cream shortening and sugar together. Beat egg, add to creamed mixture and blend well. Sift all dry ingredients together and add alternately with the pumpkin sauce to the creamed mixture. Be sure to add flour first and last. It should be fairly thick so it kinda lumps up when you go to make the cookies. Drop on well greased cookie sheet, or an old pizza plate if you don't have a cookie sheet. Bake 15 minutes in a moderate oven (375 degrees). Peek in every so often if you're anxious and see how brown the cookies are on the top.

Variations: Add 1 cup of chopped nuts, dates or raisins to the batter, or look in the cupboards and see what you can throw in: leftover cereal, grape-nuts for instance. This is where the fun comes in. If you have some leftover pumpkin pulp, spoon it on top of the cookies after you've dropped them on the cookie sheet. Eat the cookies while they're hot out of the oven -- they taste best that way. They are pretty moist, however, and do keep well, except I never seem to have any left after the first day. Good luck.

(Fr. William F. Wiebler, who learned to cook and bake at Farmington.)

CANADIAN COOKIES

Veronica Ertzinger

1 c. butter	1 c. nuts
2 c. flour	5 Tbsp. powdered sugar
1 tsp. water	1/2 tsp. salt

Cream butter; add sugar, flour and nuts. Slowly add water and 1 teaspoon of vanilla. Form into a ball as big as a hickory nut and chill 1 - 2 hours. Bake until light brown. Roll in powdered sugar while hot. Bake in 350 degree oven.

CHERRY WINKS

Ramona Bumgardner

2 1/4 c. flour	1/2 tsp. soda
1 tsp. baking powder	1/2 tsp. salt

Sift together the flour, baking powder, soda and salt. Set aside. Add 1 cup of sugar gradually to 3/4 cup of shortening, creaming well. Blend in:

2 unbeaten eggs	1 tsp. vanilla
2 Tbsp. milk	

Beat well. Add the dry ingredients, mix thoroughly. Stir in 1 cup of pecans (chopped), 1 cup of cut dates and 1/3 cup of maraschino cherries (drained and chopped). If desired, chill dough for

easier handling. Drop by teaspoonfuls into 2 1/2 cups coarsely chopped corn flakes. Coat thoroughly. Form balls and place on greased baking sheet. Top each with cherry.

CHOCOLATE COOKIES

Arlene Millmeyer

1/2 c. cocoa	1 c. flour
1 c. sugar	1 tsp. baking powder
1/4 c. margarine or butter	1 tsp. vanilla
2 eggs	powdered sugar to roll the dough in

Melt cocoa in melted shortening. Add sugar and mix well. Add eggs, one at a time, beating after each. Stir in vanilla. Sift dry ingredients and mix with other mixture. Drop by teaspoons into powdered sugar and roll until covered with the sugar. Bake on greased cookie sheet at 400 degrees for 7 minutes.

COCONUT COOKIES

Ramona Bumgardner

1 c. brown sugar	2 c. flour
1 c. white sugar	2 tsp. soda
1/2 c. oleo and 1/2 c. vegetable shortening	2 tsp. baking powder
2 eggs	1 tsp. vanilla
2 c. coconut	pinch of salt
2 c. oatmeal	nuts, if desired

Mix as given. Roll in small balls and bake in 350 degree oven 10 - 15 minutes.

DATE WHEEL COOKIES

Catherine Doyle

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

Mix. Divide dough in half, roll out and spread with filling. Roll up and chill in refrigerator overnight. Slice and bake for ten minutes in 350 degree oven.

Filling:

1 lb. dates, cut up	1/2 c. water
1 c. nuts	

Cook until blended well together; cool and spread on cookie dough.

DATE COOKIES

Bette Burke

- | | |
|------------------|----------------------|
| 1 c. margarine | 4 c. flour |
| 2 c. brown sugar | 1/2 tsp. salt |
| 3 eggs | 1/2 tsp. baking soda |

Mix margarine and brown sugar well. Add eggs and beat well. Add remaining ingredients. Chill for about one hour. Roll out to 1/4 inch thickness. Put filling on dough.

Filling:

- | | |
|-------------------------|------------|
| 2 1/4 c. dates, chopped | 1 c. water |
| 1 c. sugar | 1 c. nuts |

Cook until thick. Then spread over the rolled out dough. Roll up, then wrap in wax paper. Refrigerate overnight. Slice 1/4 inch thick. Bake at 350 degrees until beginning to turn brown, about 10 - 15 minutes.

UNBAKED DATE DELIGHT COOKIES

Mrs. Harold Benolken

- | | |
|---------------------|---------------------------|
| 1/2 c. sugar | 1 tsp. vanilla |
| 1 c. chopped dates | 2 c. rice krispies cereal |
| 1 c. chopped nuts | 1 c. shredded coconut |
| 2 eggs, well beaten | |

In a heavy skillet mix sugar, dates and well beaten eggs. Cook over low heat, stirring constantly until thick. Let cool about 3 minutes. Add nuts and vanilla. Carefully work in rice krispies.

Butter bottom of a dish or flat pan. Spread part of coconut on bottom. Then spread the mixture over this evenly. Put remaining coconut over the top. Put in refrigerator. After it sets, cut in desired sized pieces. I use a pan 6 1/2 inches by 10 1/2 inches.

GUMDROP COOKIES

Mrs. Walter Burch

- | | |
|------------------|-------------------------|
| 1 c. shortening | 1 tsp. soda |
| 1 c. brown sugar | 1 tsp. baking powder |
| 1 c. white sugar | 1 c. coconut |
| 2 eggs | 1 c. gumdrops, cut fine |
| 1 tsp. vanilla | 2 c. rolled oats |
| 2 c. flour | 1 c. nuts |
| 1/4 tsp. salt | |

Mix in order given, shape into two rolls and chill in

refrigerator. Slice 1/4 inch thick and bake in 350 degree oven on greased cookie sheet.

ICE BOX COOKIES

Ramona Bumgardner

4 c. flour	2 eggs, beaten
1 c. brown sugar	1 stick oleo
3 tsp. baking powder	1/4 tsp. salt
2 c. granulated sugar	1 Tbsp. vanilla

Roll, let set in refrigerator overnight. Slice thin and bake at 350 degrees 10 - 15 minutes.

MILLION DOLLAR COOKIES

Mathilda Colby

1 c. oleo	2 c. flour
1/2 c. white sugar	1/2 tsp. soda
1/2 c. brown sugar	1/2 tsp. salt
1 tsp. vanilla	1/2 c. nuts
1 egg	

Cream sugar and oleo; add egg and vanilla. Mix dry ingredients and add. Form into balls, roll in granulated sugar; press down with tumbler. Dip tumbler in sugar before pressing down so it doesn't stick. You can decorate with pecans. Bake in 400 degree oven for 10 to 12 minutes.

PECAN PUFFS

Ramona Bumgardner

1 c. butter	1/2 c. powdered sugar
1 tsp. salt	2 c. flour
2 tsp. vanilla	2 c. chopped pecans

Cream sugar and butter. Add vanilla, flour, salt and nuts. Roll in balls size of walnut. Bake at 350 degrees 15 minutes. Roll in powdered sugar while hot and again when cool.

"S"

Ramona Bumgardner

1 lb. butter	1 tsp. almond flavoring
2 c. powdered sugar, sifted	5 c. flour
2 eggs plus extra yolk	

Cream butter, sift sugar and add gradually and cream in. Add flavoring, then add eggs and flour. Blend it in. Bake at 450 degrees. Watch carefully, don't let them get brown.

SKILLET COOKIES

Mae Smith

1 stick margarine
1 c. chopped nuts
1 c. dates, cut up
1 c. sugar

1 egg, beaten
1 tsp. vanilla
2 1/2 c. rice krispies
coconut as needed

Melt margarine, remove from heat; add nuts, dates, sugar, egg and vanilla. Boil together for 4 minutes. Remove from heat and add rice krispies. Drop by teaspoon and roll in the coconut. These are very simple to make and very good.

SNICKER DOODLES

Joanne Johnson

1 c. sugar
1/2 c. brown sugar
1 c. shortening
1 egg
1 tsp. soda

1/4 tsp. salt
2 tsp. cream of tartar
2 c. flour
1 tsp. vanilla

Mix. Roll in balls. Dip in cinnamon sugar. Bake at 400 degrees 10 minutes.

SUGAR COOKIES

Rita Smith
Ramona Bumgardner

3 c. sugar
1 1/2 c. shortening
1 1/2 c. buttermilk
3 tsp. soda dissolved in buttermilk

6 c. flour
2 tsp. salt
2 tsp. vanilla or nutmeg

Cream sugar and shortening. Add buttermilk; blend well. Add dry ingredients and flavoring. Blend well. Roll out on board and cut with cookie cutter. Bake at 450 degrees 8 - 10 minutes.

SUGAR COOKIES (WITH SOUR CREAM) Mrs. Harold Benolken

1 c. sour cream
1 c. butter
1 1/2 c. sugar
2 tsp. baking powder (put in flour)
1 tsp. soda

3 eggs
pinch of salt
2 tsp. vanilla
3 c. or more flour until easy to handle

Cream butter and sugar together; add eggs (beaten) one at a time. Add vanilla. Mix flour, baking powder and soda. Add a little flour to the above mixture before you add the sour cream

alternately with the flour mixture. Bake at 350 degrees in preheated oven.

SWEDISH COOKIES

Ludgardis Osweiler

1/2 c. oleo	1 tsp. soda and 2 tsp. boiling
1/2 c. Crisco	water (mixed together)
1 c. brown sugar	1 tsp. salt
1 c. white sugar	2 tsp. vanilla
2 eggs	1 c. black walnuts (or other nuts),
3 1/2 c. flour	chopped fine

Cream first four ingredients. Add remaining ingredients and form into rolls. Chill, slice, and bake at 325 - 350 degrees. Grease cookie sheets the first time.

VANILLA REFRIGERATOR WAFERS

Jean Wenke

1/2 c. oleo	2 c. flour
1/2 c. butter	1 tsp. baking soda
1 1/4 c. powdered sugar	1 tsp. cream of tartar
1 egg	1/8 tsp. salt
1 tsp. vanilla	

Cream together butter, oleo and powdered sugar. Beat in egg and vanilla. Combine flour, soda, cream of tartar and salt and add to creamed mixture. Mix well. Divide dough in half. Form each 1/2 into 2 inch round roll. Wrap in waxed paper. Chill in refrigerator or freezer. Slice 1/4 inch thick. Bake on ungreased cookie sheet in 350 degree oven 8 to 10 minutes. Cool on rack. Makes 5 dozen. (Rolls can be stored in refrigerator or freezer, sliced and baked whenever desired.)

FLUFFY MERINGUE FOR PIE

Arlene Millmeyer

1/2 c. sugar	1/4 c. water
1/8 tsp. salt	2 stiffly beaten egg whites
1/8 tsp. cream of tartar	

Cook sugar, salt, cream of tartar and water until it spins a thread. Gradually pour over beaten egg whites, beating constantly until it holds shape. Add 1/8 teaspoon of flavoring.

DECORATING FROSTING

Ramona Bumgardner

1 lb. powdered sugar, sifted	1/2 c. vegetable shortening (Cont.)
---------------------------------	--

Mix well, beat whites of 2 eggs until stiff. Mix together, add salt and flavoring. Beat with electric mixer. Add coloring as desired.

CAKE DIP (Topping)

Catherine Doyle

4 Tbsp. flour	1/2 c. sugar
1/4 tsp. salt	1 1/2 c. boiling water

Mix flour, salt and sugar together. Add to the boiling water, stirring constantly. Add 1/4 stick of butter. Serve on cake.

CANDY CANE FROSTING

Yvonne Hoenig

1/3 c. undiluted Carnation milk	4 1/2 c. sifted confectioners sugar
1/2 tsp. peppermint extract	1/4 c. butter
1/4 tsp. salt	1/4 c. crushed peppermint candy

Mix milk, extract and salt in bowl. Add sugar and blend. Add softened butter and stir well. Spread on cake and sprinkle top with candy.

FROSTING

Corinne Miller

4 Tbsp. cocoa	1 stick oleo
6 Tbsp. milk	1 box powdered sugar

Bring to boil milk, cocoa and oleo. Remove from heat; add powdered sugar and beat until smooth. Pour on cake while warm.

EASY CHOCOLATE FROSTING

Joann Gruener

1 1/3 c. sugar	6 Tbsp. milk
6 Tbsp. butter or margarine	1/2 c. chocolate chips

Mix sugar, buttermilk together. Boil one minute. Remove from heat; add chips. Beat until thick or the thickness you like. Frosts a 9 x 13 inch cake.

CHOCOLATE FORTUNE FROSTING

Mrs. Laverne Pezley

2 1/2 oz. unsweetened chocolate	1 egg
2 c. sugar	1/3 c. soft butter or margarine
3 Tbsp. hot water	1 tsp. vanilla

Melt chocolate in mixing bowl over hot water. Remove from heat. With mixer blend in sugar and hot water. Beat in egg, then butter and vanilla. Frosting will be thin at this point so place bowl in ice water, beat until of spreading consistency.

CREAMY CHOCOLATE FROSTING

Dana Wenke

1/2 c. shortening
1 egg

1/2 c. cocoa
1/4 tsp. salt

Blend well, alternately. Add 4 cups of powdered sugar with 1/3 cup milk, mixing until smooth and creamy. Add more sugar to thicken or milk to thin frosting. Add 1 teaspoon of vanilla.

CHOCOLATE FROSTING

Maxine Hoenig

Cream 1/2 cup of butter. Gradually add 2 1/2 cups of sifted powdered sugar, creaming well. Add 1 egg, mix thoroughly. Blend in 3 squares of chocolate, melted. Cool. Add 1 teaspoon vanilla. Beat. Thin with milk if necessary.

QUICK CHOCOLATE FROSTING

Mrs. Walter Burch

1 c. powdered sugar
1 Tbsp. cocoa

2 Tbsp. cream or milk
1 Tbsp. butter

Cook mixture until it boils around edges of pan, then beat until spreading consistency.

CREAM CHEESE FROSTING

Ramona Bumgardner

3 oz. cream cheese
1 1/2 c. powdered sugar

1 tsp. vanilla

Cream all ingredients together until fluffy.

FRENCH DRESSING

Ramona Bumgardner

1/2 c. sugar
1 tsp. salt
1/2 tsp. dry mustard

1/4 c. vinegar
1 can tomato soup
1 c. Wesson oil (put in last)

Blend.

FLUFFY WHITE FROSTING

Arlene Millmeyer

1 c. sugar
1/4 tsp. cream of tartar
1/8 tsp. salt
1/3 c. water

1 Tbsp. white corn syrup
1 unbeaten egg white
flavoring

Cook sugar, cream of tartar, salt, water and corn syrup just until sugar is dissolved. Pour slowly over unbeaten egg white, beating constantly. Add flavoring and beat until of spreading consistency.

COFFEE CAKE TOPPING

Bea Hayes

1 c. butter
1 c. shortening
1 qt. 1 c. sugar
1 2/3 c. brown sugar
7/8 c. cake flour

1/4 tsp. salt
3/4 c. cornstarch
1/2 c. water
pecans

1. Cream butter and shortening.
2. Add sugars, flour and salt sifted together and cream well.
3. Stir corn syrup and water together; mix with other ingredients.
4. Apply a generous coating of this mixture to bottom and sides of a shallow pan 2 inches deep.
5. Sprinkle bottom of pan with 1 ounce (1/4 cup) chopped pecans.
6. Place dough in pan as for other yeast coffee cake.
7. When baked, remove coffee cake from pan immediately (while hot).
8. With a spatula scrape out any pecans and caramel coating which sticks to pan and spread over top of cake. Bake this coffee cake at 350 degrees for 35 minutes.

Write extra recipe here:



Desserts





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.

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

To keep handkerchiefs, socks or other small pieces from wrapping around washing machine wringers, fold them inside towel and run through.

To whiten laces, wash them in sour milk.

To preserve left-over 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.

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.

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 clothes pin 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.

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.

DESSERTS

APPLE CRISP

Joyce Bugg

1 c. sugar	3/4 c. flour
1/4 c. water	1/4 tsp. salt
1/2 tsp. cinnamon	6 Tbsp. butter
6 apples, peeled and diced	

Combine 1/2 cup of sugar, water and cinnamon in 8 x 8 inch baking pan. Slice apples into pan and mix. Blend remaining 1/2 cup sugar, flour, salt and butter until crumbly. Spread over apples, pat smooth. Bake at 375 degrees for 40 minutes, or until apples are tender.

BAKED APPLES SUPREME

4 large Harelson apples (solid, firm apples for baking)	2 brandied peaches 1 c. peach brandy liqueur (from the peaches themselves)
4 Tbsp. brown sugar	

Core the apples and place in baking dish. Over each apple place 1 tablespoon of brown sugar and into the center of the apple place one half of each peach. Squash it in if necessary so that the hole is filled. Pour brandy over the apples and bake in casserole in oven until done. You may enjoy them warm or perhaps cold.

APPLE DUMPLINGS (Makes 9)

Bea Hayes

1 qt. 2 c. sliced apples	1 Tbsp. butter
1/3 c. sugar	1/3 c. drained juice
1/4 c. sugar	1/3 c. sugar
1/8 tsp. salt	1/6 c. corn syrup
1 tsp. cinnamon	1 tsp. lemon juice
1/4 tsp. nutmeg	

Directions (A) Same recipe as pie dough except use milk instead of water.

1. Use fresh apples sliced lengthwise in 1/2 inch slices.
2. Mix apples with first item of sugar and place in colander.
3. Place apples in refrigerator and allow to drain 4 or 5 hours or overnight, saving the juice.
4. Sift together second item of sugar, salt, cinnamon and nutmeg and add this mixture and the butter to drained apples.

(Cont.)

5. Roll out pie dough same thickness as for pie crust in 12 x 12 inch squares, then cut these squares on both diagonals to make 4 triangular pieces from each square.

6. Place 1/2 cup of apple mixture in the center of each piece of dough, wet corners, and fold over to seal. Place dumplings close together in baking pan.

7. Bake 15 minutes at 450 degrees.

8. Meanwhile, mix together the drained juice with enough water added to make quantity indicated above with last item of sugar, corn syrup and lemon juice. Cook to 235 degrees.

9. Pour half of this syrup over dumplings and bake 10 minutes at 350 degrees, add rest of syrup and bake 10 minutes more.

Dumpling Sauce - Vanilla:

To make 16 Servings:

3/4 c. sugar	1/16 tsp. cinnamon
1 Tbsp. 2 tsp. cornstarch	1/16 tsp. nutmeg
1/4 tsp. salt	1/8 c. butter
1 1/3 c. half and half	1/16 tsp. vanilla

1. Sift together and mix the sugar, cornstarch and salt.

2. Scald half and half, add a little to the dry mix and stir smooth.

3. Add paste back to rest of the hot half and half and boil.

4. Remove from heat and add rest of ingredients, stirring in well.

APPLE NUT DESSERT

Norma Lutz

1 beaten egg	1/4 tsp. salt
3/4 c. sugar	1 tsp. baking powder
1/2 tsp. vanilla	1 c. chopped unpared tart apples
1/2 c. sifted flour	1/2 c. broken nut meats

Combine egg, sugar and vanilla. Sift together flour, baking powder and salt. Add dry ingredients to egg mixture and blend well. Stir in apples and nuts. Spread in greased 8 x 8 x 2 inch baking pan. Bake at 350 degrees for 45 minutes. Cut in squares. Serve warm with ice cream.

CHERRY DELIGHT

Kathy Bartholomew

1/2 c. softened butter	1/2 c. sugar
1 pkg. crumbled graham crackers	

Mix the three above ingredients together and press into a

13 x 9 x 2 inch pan, making a small edge on the outside. Bake at 400 degrees for 5 minutes.

1 (8 oz.) pkg. cream
cheese, softened

1 pkg. Dream Whip
1/2 c. powdered sugar

Mix Dream Whip as directed on package. Add cream cheese and sugar and whip until almost smooth. Spread this on top of cooled crust. Top with 1 can of cherry pie filling. Chill and serve.

FRENCH CHERRY DESSERT

Rita Smith

2 c. graham cracker crumbs
1/4 c. soft butter

1/4 c. sugar

Mix together. Press in bottom of 9 x 13 inch pan. Bake for 8 minutes at 350 degrees. Cool.

Prepare 2 envelopes of Dream Whip and beat in:

1 1/2 c. powdered sugar

1 large pkg. cream cheese

Spread over cracker mixture and chill. Top with 1 can of cherry pie filling and serve.

CHEWY BROWNIES JELLO CHOCOLATE PUDDING

Joanne Johnson

Mix contents of package with --

1/2 c. flour

1/4 tsp. baking powder

Melt 1/3 cup of butter, remove from heat and add 2/3 cup of sugar. Beat in 2 eggs, blend in 1 teaspoon of vanilla and pudding mixture. Stir in 1/2 cup of chopped nuts. Spread in greased 8 inch pan. Bake at 350 degrees for 35 minutes.

CHOCOLATE PUDDING

Joyce Bugg

3/4 c. sugar
3 Tbsp. cocoa
4 Tbsp. cornstarch

2 c. milk
2 egg yolks
1 tsp. vanilla

Mix and cook over low heat. Stir constantly and add 1 tablespoon of oleo. Cool.

DATE DESSERT

Ramona Bumgardner

1 c. boiling water
1 c. dates, cut fine

1 tsp. soda

Pour boiling water over dates and soda and set aside to cool.
When cool, mix with the following ingredients:

1 c. sugar
2 Tbsp. butter
1 1/3 c. flour

1/4 tsp. salt
1 tsp. vanilla
1/2 c. nut meats

Bake at 350 degrees in buttered 8 x 12 inch pan until done.

. Topping:

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

3/4 c. water

Boil until thickened, cool and spread over dessert. Nuts may be added on top if desired.

4-LAYER DELIGHT

Mrs. Dale Dobson

1 c. flour
1/2 c. pecans

1/2 c. oleo

Mix above together and press in 9 x 13 inch pan. Bake at 375 degrees for 15 minutes. Cool completely. Mix together:

1 (8 oz.) pkg. cream cheese
1 c. powdered sugar

1 c. Cool Whip

Spread over cooled crust and refrigerate about 15 minutes. Mix 2 boxes of lemon instant pudding with 3 cups of milk. Pour this mixture over cream cheese layer, refrigerate a few minutes. Spread remaining Cool Whip on top and refrigerate until ready to serve. (Use large container of Cool Whip or 2 envelopes dry whip mixture.)

FRUIT PUDDING

Ramona Bumgardner

1 Tbsp. shortening
1 c. sugar

1 tsp. baking powder, heaping

Add enough flour to make like a cake batter. Pour into baking pan 13 x 9 x 2 inches.

(Cont.)

Filling:

1 c. sugar
1 Tbsp. butter

2 c. unsweetened fruit
1 c. boiling water

Stir and pour over top of cake and bake at 350 degrees until done.

QUICK PUDDING

Mrs. Walter Burch

1 c. sugar
1 c. flour

2 tsp. baking powder
dash of salt

Sift above ingredients. Add to the dry ingredients:

1 c. raisins

1 c. dates

Moisten with 1/2 cup of milk. Put in well buttered baking dish.

1 c. brown sugar
2 c. boiling water

1 Tbsp. butter

Blend and pour over batter. Bake in 350 degree oven. Serve plain or with whipped cream.

RITZ CRACKER DESSERT

Jean Wenke

3 egg whites
1 c. sugar
1/2 c. nuts

30 Ritz crackers
1 tsp. vanilla

Beat egg whites until stiff. Fold other ingredients in egg whites. Bake in 9 x 9 inch pan at 350 degrees for 20 minutes.

SCALLOPED PINEAPPLE

1 c. oleo
3 c. sugar

4 eggs, beaten

Blend. Add:

1/4 c. milk
4 c. fresh bread cubes

1 No. 2 1/2 can crushed pineapple

Bake in buttered casserole at 350 degrees for one hour.

PUDDING HASTE

Mae Smith

1/2 c. sugar
1/2 c. milk
1 Tbsp. butter
1 tsp. baking powder

pinch salt
1 tsp. vanilla
about 1 1/4 c. flour (enough to
make a stiff dough)

Sauce:

2 1/2 c. hot water
1 c. brown sugar

1 tsp. vanilla

Bring sauce to a boil and drop batter into it by the teaspoon.
Put in oven to bake at 350 degrees.

PUMPKIN DESSERT

Catherine Doyle
Donna Doyle

1/2 c. oleo
1 pkg. spice cake mix
1 large can pumpkin
4 eggs
1 1/2 c. sugar

1 large can evaporated milk
1/2 tsp. salt
1/2 c. chopped nuts
1 tsp. pumpkin pie spice
1 tsp. cinnamon

Combine oleo and dry cake mix until crumbly. Reserve 1 cup of mixture and pat remaining mixture lightly into 13 x 9 x 2 inch pan. Combine pumpkin, eggs, sugar, milk, salt and spices (is thin). Pour over cake and oleo mixture. Blend reserved cake and oleo mixture with nuts. Sprinkle on top. Bake at 375 degrees for 35 minutes. Serve with whipped cream.

RHUBARB CRUNCH

Mrs. Walter Burch

3 c. diced fresh rhubarb
1 c. sugar

3 Tbsp. flour

Combine. Place in buttered baking dish. Combine:

1 c. brown sugar
1 c. quick cooking oatmeal

1 1/2 c. flour

Cut in 1/2 cup butter and 1/2 cup shortening. Sprinkle over rhubarb mixture. Bake at 375 degrees 40 minutes. Serve warm with cream or ice cream.

RHUBARB ROLLS

Arlene Millmeyer

Make syrup and set aside:

2 c. water
2 Tbsp. flour
2 c. sugar

2 Tbsp. butter
dash of nutmeg

Mix and boil above 3 minutes.

To make dough:

1 c. flour
1 tsp. baking powder
1/2 tsp. salt

1 1/3 Tbsp. butter
1/2 c. milk

Sift flour, baking powder and salt. Cut in butter; add milk and mix. Turn out on floured board and knead about five times. Roll to 1/4 inch thickness. Spread with soft butter. Spread about 3 cups of finely chopped rhubarb over dough. Sprinkle with about 1/4 cup sugar and a bit of cinnamon and nutmeg. Roll up and slice off into 1 1/2 inch thick pieces. Place in deep baking dish, cut sides up. Pour syrup over them and bake at 400 degrees an hour or more.

CRANBERRY ICE

Laura Rider

2 c. raw cranberries
1 large orange with peel

1 large apple with peel

Grind cranberries, orange and apple. Mix together, add 2 cups of sugar. Chill.

ICE BOX DESSERT

Janet Dobson

Crush 16 graham crackers. In saucepan melt 1 pound of marshmallows in 1 cup of milk - let cool. Whip 1 pint of cream (can substitute Dream Whip). Add pineapple, bananas, maraschino cherries to whip cream and marshmallow mixture, add nuts if desired. Put graham crackers in bottom of pan and add 1/2 cup of melted oleo. Press in pan and put other mixture on top and refrigerate.

ICE CREAM FOR HAND FREEZER

Lucille Burke

3 qt. whole milk
1 qt. cream

6 tsp. vanilla
3 c. sugar

(Cont.)

5 Junket tablets dissolved in 5 Tbsp. cold water

Warm milk and sugar mixture slowly, stirring constantly until milk is only lukewarm. Remove from heat; add dissolved Junket tablets, stir and pour at once into freezer can and freeze.

CHOCOLATE PECAN ICE CREAM

Jean Wenke

Combine:

1 pkg. chocolate pudding
mix

1/2 c. sugar

Add 2 1/2 cups of milk. Cook as directed on package. Cool slightly; pour into freezer tray. Freeze partially (about 1 hour). Turn mixture into bowl. Beat until soft. Fold in:

1 c. heavy cream, whipped

1/2 c. chopped pecans

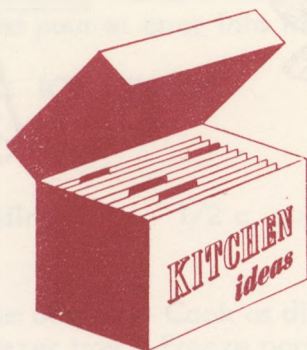
Return to freezer tray and freeze until firm.

Write extra recipes here:



Candy, Jelly, Jam and Preserves





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.

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

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

Dip the spoon in hot water to measure lard, butter, etc., The fat will slip out more easily.

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.

A pinch of salt added to very sour fruits while cooking will greatly reduce the quantity of sugar needed to sweeten them.

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.

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

Fill pots and pans that have been burned with a solution of baking soda, one teaspoon in a quart of hot water. Leave solution in the pan until it has cooled and cleaning will be greatly simplified.

CANDY, JELLY, JAM AND PRESERVES

CHOCOLATE TURTLES

Mathilda Colby

28 caramels

2 Tbsp. cream

Melt over hot water until smooth, add 1 1/2 cups of pecans. Drop by teaspoon on greased cookie sheet. When firm melt 1/2 cup of chocolate chips and spoon over caramel drops.

PENUCHE

Mrs. Walter Burch

1 1/2 c. brown sugar

1/2 c. coconut

1 1/2 c. granulated sugar

1/2 c. dates, chopped

3 Tbsp. butter

1/2 c. nuts

1/3 c. light cream

Combine sugars, cream and butter. Cook to 233 degrees on thermometer and remove from fire. Cool to lukewarm and beat until creamy. Add coconut, dates and nuts and continue beating until mixture holds its shape. Turn out and cut.

PEANUT BUTTER FUDGE

Maxine Hoenig

2 2/3 c. sugar

2/3 c. milk

2/3 c. syrup

Cook until soft ball. Take off the stove and add:

2/3 c. peanut butter
nuts

2 Tbsp. butter

Cool. Beat.

MINT CANDY

Ramona Bumgardner

2 c. sugar - enough water
to melt sugar

1 large Tbsp. Karo syrup

Boil until forms soft ball in water. Take from stove; add flavoring and color. Beat until thick. Drop on wax paper in little pats. Color as desired, also flavoring - peppermint, wintergreen, vanilla, etc. You have to work quickly as it will thicken easily. If it gets too thick place over boiling water until it thins.

MILLION DOLLAR FUDGE

Catherine Doyle

4 1/2 c. sugar
pinch salt

2 Tbsp. butter
1 can evaporated milk

Boil above 6 minutes. Put in large bowl:

12 oz. pkg. semi-sweet
chocolate

1 pt. marshmallow cream
2 c. nut meats

1/2 oz. German sweet chocolate

Pour boiling syrup over ingredients in bowl - beat until chocolate is all melted and pour in pan.

MARSHMALLOW CREME DIVINITY

Mrs. Laverne Pezley

1 1/2 c. sugar
1/3 c. water
pinch of salt

1 tsp. vanilla
1/2 c. chopped nuts
food coloring (optional)

1 pt. marshmallow creme

Cook sugar, water and salt to hard ball stage, do not over-cook. Pour into marshmallow creme in bowl, beating constantly. Add vanilla, nuts and desired amount of food coloring. Beat until thick. Drop from teaspoon onto waxed paper. Cool until set.

QUICK 'N' EASY CHOCOLATE FUDGE

Jean Wenke

1 pkg. chocolate fudge pudding
1/2 c. sugar

1/2 c. brown sugar
1/3 c. milk

Blend well. Cook and stir over low heat until sugar is dissolved. Continue cooking without stirring to a FULL boil. Boil 3 minutes. Remove from heat. Add 2 tablespoons of oleo. Cool 10 minutes. Beat until thickened (4 - 5 minutes). Spread in 8 x 4 inch loaf pan. Cut and cool.

SMOOTH FUDGE

Rita Smith

4 c. sugar
1 large can evaporated milk
1/4 lb. butter

1 pt. marshmallow creme
12 oz. chocolate chips
1 c. nuts

Boil sugar, milk and butter until forms soft ball. Take off heat and add rest of ingredients. Pour into buttered cookie pan.

FUDGE JAVA

Jean Wenke

3 c. sugar	2 Tbsp. light corn syrup
dash salt	1 c. milk
1/2 c. light cream	3 Tbsp. oleo
2 Tbsp. instant coffee powder	1 tsp. vanilla

Combine in heavy 3 quart pan - sugar, salt, cream, coffee powder, corn syrup and milk. Bring to boiling, stirring constantly. Continue boiling, without stirring until candy thermometer registers 234 degrees. Remove from heat. Add oleo and vanilla. Do not stir. Cool to 110 degrees. Beat until mixture begins to thicken and just starts to lose its gloss. Pour into pan. Cut in squares. Makes 1 1/2 pounds.

5-MINUTE FUDGE

Mrs. C. B. Johnson

Mix in saucepan:

2/3 c. undiluted evaporated milk	1 2/3 c. sugar
	1 tsp. salt

Over low heat, bring to boiling, then cook 5 minutes, stirring constantly. Remove from heat and add:

1 1/2 c. miniature marshmallows	1 tsp. vanilla
1 1/2 c. chocolate chips	1/2 c. nuts (optional)

Stir 1/2 minute or until marshmallows melt. Pour into buttered 9 inch pan or drop by spoonfuls on waxed paper.

FUDGE

Louise Rider

4 c. sugar	1 pt. marshmallow creme
1 can evaporated milk	1 tsp. vanilla
1/4 lb. butter or margarine	1 c. walnut meats
2 small pkg. chocolate chips	

Boil sugar, milk and butter to soft ball stage; remove from heat. Stir in chocolate chips, marshmallow creme, vanilla and nuts. Keep stirring until chocolate chips have melted and fudge becomes rather firm. Pour into a large pan. Makes about 4 pounds of candy.

PRETTY HOLIDAY DIVINITY

Corrine Johnson

3 c. sugar	3/4 c. light corn syrup
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(Cont.)

3/4 c. hot water
4 1/4 tsp. salt
2 egg whites

1 pkg. red or green gelatin
1 c. chopped nuts
1/2 c. flaked coconut

Butter sides of heavy two quart saucepan and in it combine first four ingredients. Cook, stirring constantly until sugar dissolves and mixture comes to boil. Cook to hard ball stage (250 degrees) without stirring. Remove from heat. Beat eggs until soft peaks form. Gradually beat in gelatin until stiff peaks form. Pour hot syrup slowly over egg white mixture, beating constantly at high speed until soft peaks form and mixture starts to lose its gloss. Stir in nuts and flaked coconut. Drop by teaspoon on waxed paper.

DATE LOAF CANDY

Mrs. Emil Grinnell

1 c. brown sugar
1/2 c. nuts
3 c. white sugar
1 lb. dates
2 Tbsp. vanilla

2 Tbsp. dark Karo syrup
1 c. cream or milk
butter size of a walnut
1/2 tsp. salt

Cook until forms soft ball in cold water, set aside 5 minutes to cool, then add dates and nuts. Beat until slightly grainy, turn out on wet cloth and roll up.

COCONUT CANDY

Arlene Millmeyer

3 c. sugar
1 1/2 c. evaporated milk

4 Tbsp. butter
4 Tbsp. cold liquid coffee

Cook all to soft ball stage. Add:

1 tsp. vanilla

1/2 c. chopped nuts

Beat until creamy. Pour into a buttered bowl and after it cools spoon out and roll in coconut. Place on waxed paper or a buttered pan.

CHOCOLATE CREAM FUDGE

Mrs. Walter Burch

3 c. sugar
3 heaping Tbsp. cocoa
1/2 c. white syrup
1 c. heavy cream or canned milk

1 Tbsp. butter
1 tsp. vanilla
1 c. nut meats

Mix sugar and cocoa well, add syrup and cream, mixing

well. Cook until soft balls are formed in cold water. Remove from heat, then add butter and vanilla. Beat until starting to thicken, then stir in nuts. Beat until starting to stiffen. Pour in buttered pan. Cut in squares when cool.

BUTTERMILK CANDY

Jean Wenke

2 c. white sugar

1 c. fresh buttermilk

Combine in saucepan. Cook slowly until it forms a soft ball when tried in cold water, then add butter (about size of a walnut). Beat until slightly hardened, then add:

1 c. nuts (a few at a time)

When almost hardened, pour into buttered dish and cut in squares.

BEET-GRAPE JELLY

Mary L. Grelk

3 c. strained beet juice
(water you cook beets in)

1/2 c. lemon juice
1 pkg. Sure-Jell

5 c. sugar

Cook one minute more than Sure-Jell grape jelly calls for. Put in jars and cover with paraffin.

GRAPE JELL WITHOUT COOKING

Laura Rider

Take nice ripe grapes, wash and boil 20 minutes. Measure out 4 cups of juice, let come to boil, then add 5 cups of sugar and stir several times before putting in hot sterilized glasses.

PLUM PRESERVES

Mae Smith

2 lb. plums
3 - 4 c. sugar

1 1/2 c. water

Wash and drain and remove pits. Add sugar and water. Let stand several hours. Boil until plums are tender and syrupy near jelling. Pour into hot jars and seal at once.

RHUBARB PRESERVES

Arlene Millmeyer

4 c. chopped rhubarb
4 c. sugar

1/4 c. water

(Cont.)

Cook 15 minutes, add 1 (3 ounce) package of red raspberry flavor jello. Stir and pour into jars. Refrigerate.

STRAWBERRY PRESERVES

Norma Lutz

Put 1 quart of cleaned strawberries in colander, pour over slowly 2 quarts of boiling water, let drain a bit, put in kettle with 2 cups of sugar. Boil 3 minutes (time from rolling boil). Add 2 more cups of sugar. Boil 5 minutes, skim, let stand until next day. The berries are plump, thick, delicious flavor and ready to put in the jars.

UNCOOKED STRAWBERRY JAM

1 1/2 qt. ripe strawberries
6 c. sugar

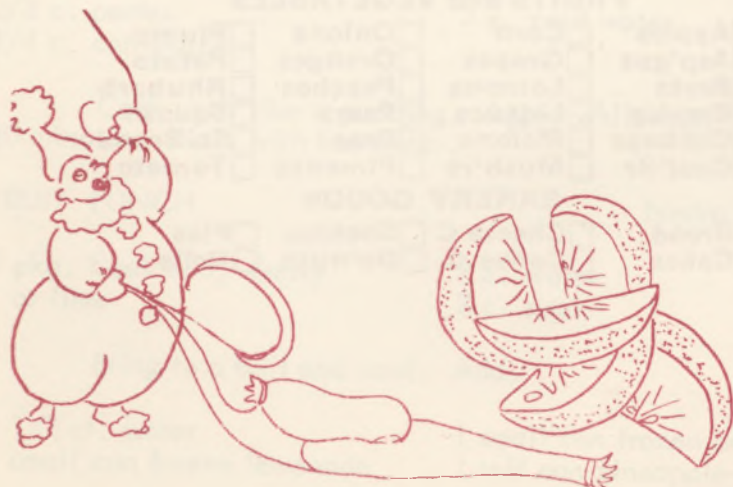
2 Tbsp. lemon juice
1 bottle liquid fruit pectin

Wash and hull berries and crush completely. Add sugar and lemon juice. Stir until sugar is dissolved. This will take about three minutes. Stir in pectin quickly but thoroughly. Ladle quickly into glasses or freezer containers and cover at once with lids. Let stand 24 hours, then store in freezer. Or, if jam is to be used within 2 - 3 weeks it can be stored in refrigerator. Makes 4 1/2 pounds of jam - 9 medium glasses.

Write extra recipes here:



Beverages and Miscellaneous



SHOPPING LIST

As A Reminder Guide In Your Planning

GROCERIES

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| <input type="checkbox"/> Bak. P | <input type="checkbox"/> Extracts | <input type="checkbox"/> Olives | <input type="checkbox"/> Soap |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Flour | <input type="checkbox"/> Peaches | <input type="checkbox"/> S. Chips |
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| <input type="checkbox"/> Cereals | <input type="checkbox"/> G.Beans | <input type="checkbox"/> Peas | <input type="checkbox"/> Spices |
| <input type="checkbox"/> Cheese | <input type="checkbox"/> H.Radish | <input type="checkbox"/> Pepper | <input type="checkbox"/> Starch |
| <input type="checkbox"/> Cin'mon | <input type="checkbox"/> Jello | <input type="checkbox"/> Pickles | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Lard | <input type="checkbox"/> Preserves | <input type="checkbox"/> Syrups |
| <input type="checkbox"/> Cocoa | <input type="checkbox"/> Mac'roni | <input type="checkbox"/> Prunes | <input type="checkbox"/> Tea |
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| <input type="checkbox"/> Cookies | <input type="checkbox"/> Milk | <input type="checkbox"/> Rice | <input type="checkbox"/> Toilet P. |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Mustard | <input type="checkbox"/> Sal.Dres. | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Noodles | <input type="checkbox"/> Salmon | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Cream | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Salt | <input type="checkbox"/> Yeast |

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| <input type="checkbox"/> Beef | <input type="checkbox"/> Fish | <input type="checkbox"/> Liver | <input type="checkbox"/> Sausage |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Franks | <input type="checkbox"/> Pork | <input type="checkbox"/> Steak |
| <input type="checkbox"/> Chops | <input type="checkbox"/> Ham | <input type="checkbox"/> Pork R. | <input type="checkbox"/> Turkey |
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BEVERAGES AND MISCELLANEOUS

CARAMEL CORN

Yvonne Hoenig

2 c. brown sugar	1 tsp. salt
2 sticks oleo	1 tsp. soda
1/2 c. white corn syrup	7 1/2 qt. popped corn

Boil sugar, oleo, syrup and salt for five minutes over medium heat. Remove from heat; add soda. (Mixture will foam.) Pour over popped corn in large shallow pan, stirring to coat each kernel. Bake at 200 degrees for 15 to 20 minutes.

POPCORN BALLS

Yvonne Hoenig

1 pkg. large marshmallows	3 or 4 poppers of corn
1 stick oleo	

Melt marshmallows and oleo together, stirring constantly. Bring to a boil. Add 1 cup of sugar. Pour over the popcorn and make into balls.

STOP VOMITING

1/3 tsp. salt	1 pt. water
1 Tbsp. sugar	

Drink 1/2 glass every 30 minutes until vomiting stops.

VARNISH REMOVER

Catherine Doyle

2/3 c. perfex	3 c. cold water
1/4 c. cornstarch	

Cook until like a pudding. Apply while hot, leave on 15 - 20 minutes. Rinse with hot water.

FRUIT PUNCH

Nedra Benjamin

2 pkg. Kool-Aid, cherry or lime	2 c. water
	2 c. sugar

Bring to a boil and cool. Add:

1 1/2 qt. water	1 small can frozen orange juice
1 small can frozen lemonade	1 tall can pineapple-grapefruit juice

(Cont.)

1 tall can pineapple juice

Freeze, stir occasionally until slushy. Add 1 bottle ginger ale when ready to serve.

GOLDEN PUNCH

Rita Smith

2 (6 oz.) cans frozen
orange juice, concentrated
2 (6 oz.) cans frozen lemon-
ade, concentrate

2 (6 oz.) cans frozen pineapple
juice, concentrate
2 qt. ginger ale
3 qt. water

Combine juices and water. Just before serving, add ginger ale. May be spiked with a pint of vodka. Pour over crushed ice or ice ring. Serves 30 tall glasses.

GWEN'S PUNCH

Janet Dobson

1 box strawberry jello
1 small can frozen lemonade
1 small can frozen orange
juice

1 (46 oz.) can H.C. pineapple
juice
4 bottles (16 oz.) 7-Up

Mix together, can add crushed pineapple and maraschino cherries, if desired.

PUNCH

Ramona Bumgardner

2 cans #5 grapefruit juice
2 cans #5 orange juice
2 qt. ginger ale
2 qt. Canada Dry

1 pt. pineapple juice
1 orange
1 lemon

Slice orange and lemon thin so they float on top of punch. Drop in a few maraschino cherries.

PARTY PUNCH

Mae Smith

1 (6 oz.) can frozen orange
juice
1 (6 oz.) can frozen lemon
juice
1 (6 oz.) can frozen pineapple juice

2 large bottles lemon soda
about 1/2 of a fifth of whiskey or
gin
2 large bottles of Tom Collins mix

Serves 35 - 40.

SUMMER PUNCH

6 oz. can lemonade
1 (6 oz.) can orange juice
3 qt. water
2 c. sugar

1 pkg. cherry Kool-Aid
1 pkg. strawberry Kool-Aid
1 qt. ginger ale

INSTANT HOT CHOCOLATE

Janet Dobson
Ramona Bumgardner
Rita Smith
Corinne Miller

1 (20 qt.) box powdered milk 1 (1 lb.) box powdered sugar
1 (2 lb.) can Hershey's in- 1 (16 oz.) jar coffee creamer
stant or Nestle's Quik chocolate

Put in large container and mix well. Use $\frac{1}{3}$ cup of mix to a cup of hot water.

KOOL-AID PUNCH (Makes 5 Gallon)

Janet Dobson

8 pkg. strawberry Kool-Aid 1 large bottle Realemon juice
1 (46 oz.) can orange juice 2 bottles ginger ale
1 (46 oz.) can pineapple 8 c. sugar (cook sugar and 1 qt.
juice water together until sugar is
1 large bottle grape juice dissolved)

Add sugar-water to Kool-Aid, then add the juices and 15 quarts more of water. Add ginger ale before serving.

TOM & JERRY

1 $\frac{1}{2}$ dozen eggs

Beat eggs 20 minutes. Add:

2 qt. bourbon 1 $\frac{3}{4}$ gal. whole milk
2 c. sugar 1 $\frac{1}{2}$ gal. bulk ice cream
2 tsp. vanilla

This can be made a day ahead.

GRAPE WINE

20 lb. grapes

Cover with 6 quarts of boiling water. Let stand 3 days.

Strain and add 10 pounds of sugar. Skim every day until ferments, then bottle.

MINCEMEAT

1 qt. suet	3 qt. apples
1 lb. raisins	1 qt. cooked beef or hogs head
4 lb. sugar	1 tsp. cinnamon
1 tsp. allspice	1 tsp. nutmeg

Grind suet, apples and meat and rest of day cook about 1/2 hour over medium heat, stirring frequently. Can hot. Makes about 5 quarts.

MUSTARD

Ramona Bumgardner

3 - 1 oz. dry mustard	1 c. vinegar
-----------------------	--------------

Soak above several hours. Beat:

2 eggs	1 c. sugar
1/2 tsp. salt	

Mix with mustard, cook slowly until coats spoon. Cool and seal.

FEATHER PANCAKES

Nedra Benjamin

1 c. milk	2 Tbsp. Mazola oil
1 egg, beaten	1 c. sifted flour
1/2 tsp. salt	2 Tbsp. sugar
2 Tbsp. baking powder	

Mix oil, egg and milk. Sift dry ingredients together and add to above mixture. Add 2 more tablespoons of milk. Bake on hot griddle.

HOT SANDWICHES

Jean Wenke

1/4 lb. American cheese, cubed	2 Tbsp. onion, chopped
3 hard cooked eggs, chopped	2 Tbsp. stuffed olives, chopped
1 can tuna	2 Tbsp. sweet pickles, chopped
2 Tbsp. green pepper, chopped	1/4 c. mayonnaise

Mix all ingredients well. Put in buns, wrap in foil. Pierce

foil for steam. Place in 250 degree oven for 30 minutes.

POPCORN BALLS

Mrs. Walter Burch

5 qt. popped corn	1/2 c. corn syrup
2 c. sugar	1/2 tsp. vinegar
1 1/2 c. water	1 Tbsp. vanilla
1/2 tsp. salt	

Put the good popped corn in dish pan. Boil sugar, water and syrup until it forms medium hard ball in cold water. Add salt and vinegar. Cook to crack ball stage or 260 degrees. Add vanilla and stir very little, pour over corn, stir to get it all coated and roll into balls.

OVEN CARAMEL CORN

Mrs. Dale Dobson

Mrs. Walter Burch

2 c. brown sugar	1/2 tsp. salt
2 sticks oleo	1 tsp. soda
1/2 c. syrup (white or dark)	8 or 9 qt. popped corn, unsalted
1/4 tsp. cream of tartar	

Mix sugar, oleo, syrup, cream of tartar and salt together in a two quart pan. Bring to a boil, stirring often, and boil for 3 minutes. Remove from heat; add soda and stir well. This will foam up a little. Keep stirring until soda is well mixed through syrup and foaming dies down some. Syrup will turn odd color. Pour popped corn into a very large bowl or bowls, mix or stir with wooden spoon until corn is evenly coated. Put in a large flat pan with sides large enough so popped corn won't fall off sides. Takes 2 hours at about 200 or 250 degrees. Stir about every 15 minutes.

VERA'S CATSUP

1 qt. thick tomato juice	1/2 c. celery, chopped fine, or 1
1/2 c. sugar	tsp. celery seed
1/2 c. vinegar	1 tsp. garlic salt
1 onion, chopped fine	1/2 tsp. pepper

Mix and cook 30 minutes. Add 1 heaping tablespoon of corn-starch mixed with small amount of water. Cook until thick, seal.

TURKEY PUDDING

Lois Wenke

dash of salt	2 tsp. baking powder
2 c. flour	

(Cont.)

Mix together and add 1/2 cup raisins. Add milk to make a stiff dough. Put into a cloth (such as a small sack or piece of dish towel or similar cloth) bag and allow room for expansion and then close bag with rubber band. Put bag with dough into a pan of boiling water. Pan should be plenty big to accommodate the cloth and boil for 1/2 hour, covered. Turn out of bag and cut into desired pieces.

Sauce: For sauce, beat 1 or 2 eggs and use cream or whole milk, cinnamon and sugar to taste.

This recipe was handed down from my dad's family. When he was a boy his grandmother made this pudding quite often and always made such a large one they all thought it looked like a turkey when she turned it out of the bag, so here's Turkey Pudding.

GOLDEN WAFFLES

2 c. flour	1 1/4 c. milk
3 tsp. baking powder	6 Tbsp. melted shortening or salad oil
1/4 tsp. salt	
2 Tbsp. sugar	2 egg whites, beaten stiff
2 egg yolks	

CARAMEL DUMPLINGS

Lois Wenke

In heavy skillet brown 1 1/2 cups of sugar, add 2 cups of boiling water, 1 tablespoon of butter and 1/2 teaspoon salt. Bring to rolling boil. Add dumplings by spoonful of the following mixture and boil about 15 minutes covered over low heat.

1/2 c. sugar	1/4 tsp. salt
1/2 c. milk	1 tsp. baking powder
1 Tbsp. butter	

Stir in flour to make soft dough and drop into above.

Write extra recipe here:

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1975

JANUARY							JULY						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
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PROGRAMS OF SERVICE AND FUND RAISING PROGRAMS
FOR CHURCH, SCHOOL AND CIVIC ORGANIZATIONS

Unbaked Cookies

2 c. sugar $\frac{1}{2}$ c. cocoa
 $\frac{1}{2}$ c. crunch peanut butter $\frac{1}{2}$ c. milk
 $\frac{1}{4}$ c. butter or oleo 3 c. uncooked oatmeal

Combine all ingredients except oatmeal in saucepan. Bring to boil, stirring constantly & boil 1 min.

Pour over oatmeal; blend well & drop from teaspoon onto waxed paper. Cookies keep shape without refrigeration.

As variation, use brown sugar; then omit cocoa & use coconut for part of oatmeal.

Mrs. Norman Barker

Diabetic Cookies

$1\frac{1}{2}$ c. water 2 eggs
 $\frac{1}{3}$ c. shortening $\frac{1}{2}$ t. salt
2 c. seedless raisins 1 t. soda
 $\frac{1}{2}$ t. nutmeg 1 t. baking powder
2 t. cinnamon 2 c. flour
2 t. water 1 T. sweetener

Boil water, shortening & raisins, nutmeg & cinnamon together for 4 min. Let cool. Beat in the eggs one at a time. Dissolve salt, soda & sweetener in the 2 T. water. Add to egg mixture. Add dry ingredients. Drop by teaspoonsful on greased baking sheet. Bake 8 to 10 min. at 350.

Mrs. Clarence Witt

11-9-74

Diabetic Chocolate Chip Cookies

$\frac{1}{2}$ c. soft margarine $1\frac{1}{2}$ t. vanilla
4 t. liquid no-calorie sweetener
1 egg 1 c. + 2 T. flour
2 t. baking powder $\frac{1}{2}$ t. each salt & soda
 $\frac{1}{2}$ c. water
 $\frac{1}{2}$ c. semi sweet chocolate chips
 $\frac{1}{4}$ c. chopped nuts

In small mixer bowl, combine margarine, sweetener, vanilla & egg. Beat at high speed $1\frac{1}{2}$ minutes or until light & fluffy. Add remaining alternately with water. Blend at low speed until well combined. Stir in nuts & chocolate chips. Drop by teaspoonful of dough on ungreased cookie sheet. Bake at 425 for 10 - 12 min. 48 calories per cookies.

Try to get them brown next time

Mrs. Clarence Witt

Date Pin Wheel Cookies

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. brown sugar	1 egg
2 c. sifted flour	$\frac{1}{2}$ t. soda
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ t. cinnamon

Filling:

1 lb. cut up dates $\frac{1}{3}$ c. sugar
 $\frac{1}{2}$ c. water $\frac{1}{2}$ c. chopped nuts
Combine ingredients & cook over med. heat until it thickens. Cool & stir in nuts.

Cream butter & sugars until fluffy. Add egg & beat well. Sift flour, salt & cinnamon. Stir into creamed mixture & blend well. Chill dough. Roll out on floured board into a rectangle $\frac{1}{2}$ " thick. Spread with date filling. Roll up like jello roll & wrap in waxed paper. Chill thoroughly or freeze. Slice about $\frac{1}{3}$ " thick & bake on lightly greased sheet at 375 for 12-15 min.

Pearl DeHart