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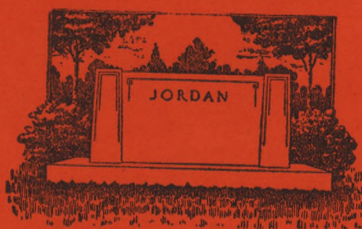
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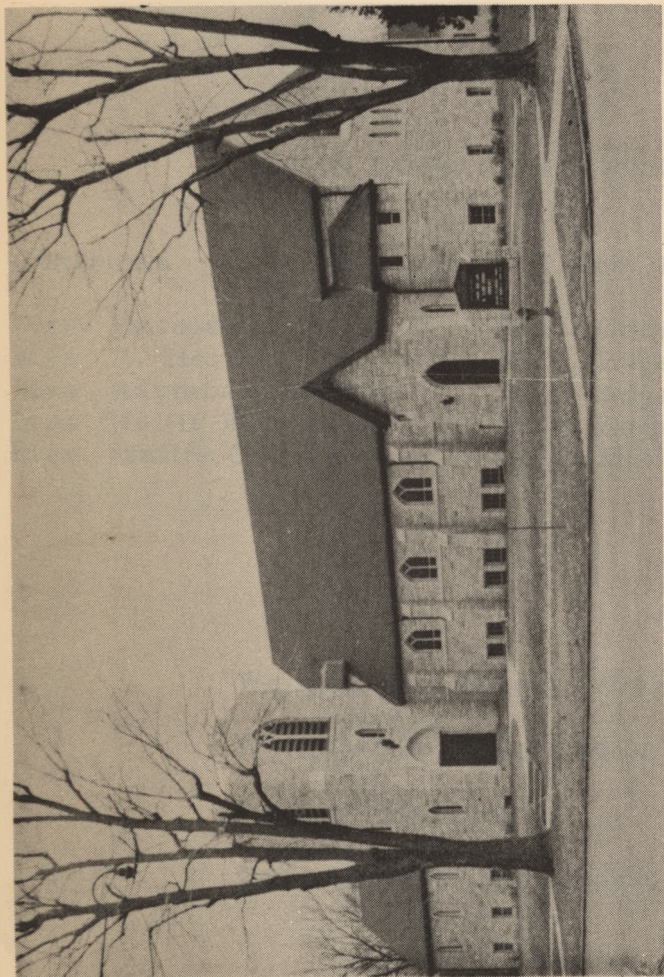
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FIRST BAPTIST CHURCH

CONSTRUCTED IN 1949

BOONE, IOWA

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Mrs. Marion Rogers

We may live without friends,

We may live without books,

But civilized men

Cannot live without cooks.

OFFICERS

President Mrs. Harold Olson
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COOK BOOK COMMITTEE

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We may live without friends,

We may live without books,

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Cannot live without cooks.

APPE- TIZERS



PICKLES



REL- ISHES



CANAPE TRAY

(FOR PARTIES, TEAS OR BEFORE DINNER)

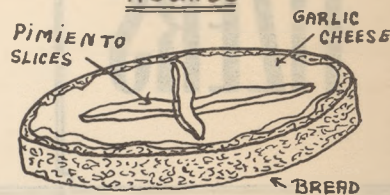
FOR THE BASE OF THE CANAPES CUT BREAD IN SMALL DESIGNS OF YOUR CHOICE AND TOAST ONE SIDE ONLY. (SMALL ROUND CRACKERS MAY BE SUBSTITUTED.) ON THE UNTOASTED SIDE OF THE BREAD BUILD CANAPES USING ANY PREFERRED IDEAS, SOME SUGGESTED ONES FOLLOW--

FOR THE CENTER OF THE TRAY SLICE AN ORANGE (OR ANY CITRUS FRUIT) IN HALF, PLACING OPEN END DOWN ON TRAY. INSERT TOOTHPICK IN SKIN OF FRUIT ABOUT 3-4THS OF AN INCH. ON EXPOSED ENDS OF PICKS PLACE STUFFED OLIVES, RED & GREEN MARASCHINO CHERRIES, PICKLED ONIONS, BITS OF VIENNA SAUSAGES, BLACK BING CHERRIES STUFFED WITH SOUR CREAM CHEESE ETC.

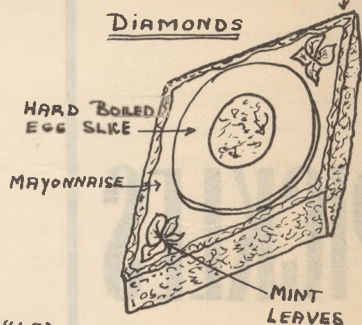
PLACE THE CANAPES (ALL OF ONE KIND TOGETHER) AROUND THE CENTERPIECE OF FRUIT HALF.

USE LARGE TRAY BUT IF SMALL INDIVIDUAL TRAYS ARE DESIRED BE SURE AT LEAST ONE OF EACH KIND OF CANAPE APPEARS ON EACH TRAY.

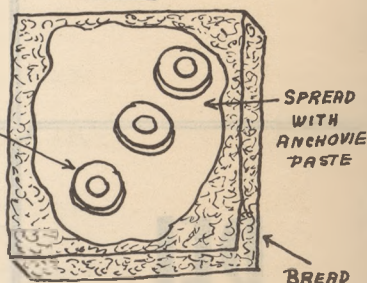
Rounds



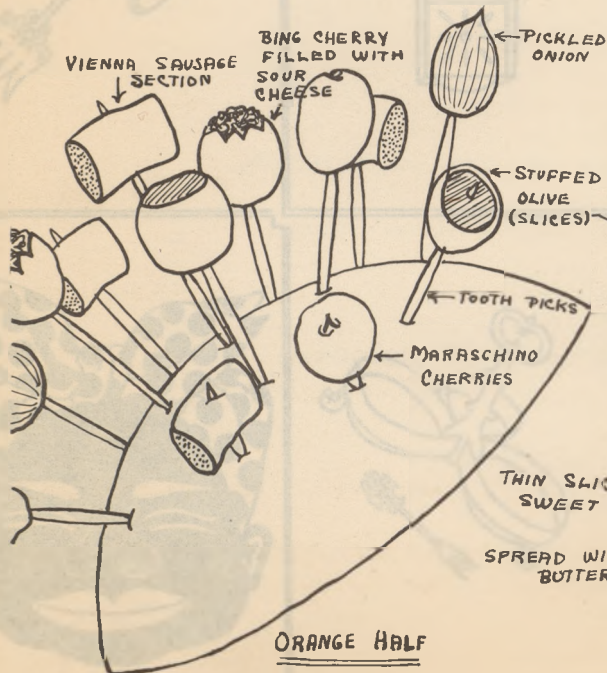
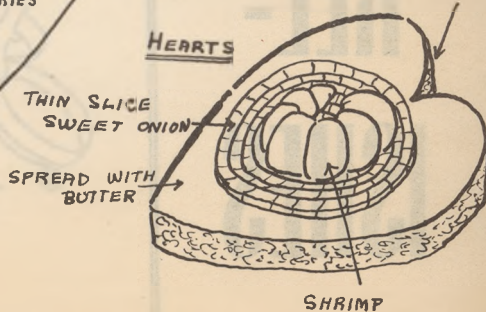
Diamonds



Squares



Hearts



APPETIZERS, PICKLES, RELISHES

BING CHERRY OLIVES

Mrs. H. M. Panethere
Kansas City, Kansas

Wash cherries and leave on stems. Pack in sterilized jars. Add 1 Tbsp. salt and 1 c. vinegar to each quart jar. Fill up with cold water and seal.

BREAD AND BUTTER PICKLES

Mrs. George Knowles

12 large cucumbers	2 Tbsp. celery seed
6 large onions	2 Tbsp. white mustard seed
1 1/2 c. vinegar	1 Tbsp. curry powder
2 c. sugar	

Soak in cold water overnight, then peel, slice and sprinkle with salt. Let stand. Boil 40 minutes.

BREAD AND BUTTER PICKLES

Mrs. E. R. Swain

10 cucumbers	6 onions
--------------	----------

Slice and soak 2 hours in 1/2 c. salt to 1 qt. water. 1/2 hour before draining put ice with pickles. Drain and bring to boil in the following:

2 c. vinegar	2 c. sugar
2 tsp. mustard seed	2 tsp. celery seed
1 tsp. ginger	1 tsp. turmeric
1/2 tsp. black pepper	

Pack jars and seal.

SOURSWEET CHERRY OLIVES

Lucille Harrington

2 qts. cherries	4 Tbsp. salt
1/2 c. sugar	3 c. vinegar
3 c. water	

First wash cherries with stems on. Pack in sterilized jars.

Combine salt, sugar, vinegar and water. Bring to a boil and pour over cherries. Seal at once. Makes about 4 pints.

CHERRY CHUNKS (A Sweet Pickle)

Mrs. Ernest Jackson

1 c. salt
1 c. vinegar
1 1/2 gal. water

whole 4 inch cucumbers
cherry leaves

Place pickles and cherry leaves in alternate layers in stone jar. Cover with brine and weight down with plate so that brine covers contents. Let stand for 10 days. Then drain off brine and wash pickles 3 times. Heat them to boiling point in a solution of equal parts vinegar and water.

Drain and cut into 1/2 inch chunks. Place into sterilized jars and cover with hot syrup of:

1 1/2 c. sugar
1 Tbsp. mixed pickling spice

1/2 c. Heinz white vinegar

Multiply the amount of syrup to take care of amount of jars filled. This amount fills a little over 1 qt. Seal jars and let stand several weeks before using.

CRISP PICKLE SLICES

Doris Buechler Finck

(LIKE BREAD AND BUTTER PICKLES)

4 qts. sliced medium sized cucumbers
6 med. white onions, sliced
2 green peppers, cut up
1/3 c. salt

5 c. sugar
1 1/2 tsp. turmeric
1 1/2 tsp. celery seed
2 Tbsp. mustard seed
3 c. vinegar

Do not pare cucumbers; slice thin. Add onions and peppers. Add salt, cover with cracked ice. Mix thoroughly. Let stand 3 hours. Drain well. Combine remaining ingredients. Pour over cucumber mixture. Heat just to boiling. Seal in hot, sterilized jars.

Makes 4 pints.

DILL PICKLES

Mrs. Kenneth Buechler

Select medium size cucumbers, scrub with brush and pack in sterilized jars. To each quart add:

2 bunches dill
1 tsp. mustard seed

1 piece of alum size of a grape

Fill jar with following hot brine:

DILL PICKLES (Continued)

1 c. vinegar
1 Tbsp. salt

2 c. water

Seal.

DILL PICKLES

Mrs. Ida Williams

6 c. water
6 c. vinegar

1 c. coarse salt

Method: Heat to boiling and pour over packed cucumbers to which has been added a grape leaf in bottom of jar, 1 bunch of green dill and alum the size of a hickory nut. Seal.

DILL PICKLES

Mrs. Herman Cline

5 c. water
1/2 c. salt

2 c. vinegar
alum size of hickory nut

Heat this liquid and pour over cucumbers which have been washed and packed in sterilized jars. Add as much dill as desired, usually 1 head on bottom and top.

BING CHERRY OLIVES

Mrs. Herman Cline

1. Wash cherries, leave stems on.
2. Pack in sterilized jars.

4 Tbsp. coarse salt
3 c. vinegar

1/2 c. sugar
3 c. water

Method: Combine ingredients and boil one minute. Cool slightly and pour over prepared cherries in sterilized jars. Seal.

BEST PICKLES ON EARTH (SWEET)

Lucille Harrington

2 c. coarse salt

1 gal. boiling water over
2 gal. of cucumbers

Let stand 1 week. Pour off brine - rinse and cover with boiling water - let stand 24 hours.

Again cover with boiling water to which a piece of alum the size of a walnut has been added. Let stand 24

BEST PICKLES ON EARTH (SWEET) (Continued)

hours, then drain and split each pickle.

Syrup:

8 c. sugar	2 Tbsp. celery seed
1/2 c. mixed spices	2 oz. cinnamon sticks
1/2 c. ground horseradish	2 qts. mild vinegar

Mix above - heat to boiling point. Pour on cucumbers three succeeding mornings. Pack in jars while hot or leave in open jar, and use as you like.

SWEET PICKLES (12 DAY)

Mrs. Mabel Erickson

75 small pickles

Cover with 1 c. salt and cold water. Let stand 1 week. Drain off and pour on boiling water. Next day pour off water and cover with boiling water. 11th day cover with:

5 c. sugar	7 c. vinegar
1/2 oz. celery seed	2 oz. cinnamon
a little stick of cinnamon	some ground cloves
	a few whole cloves

Put ground spices and celery seed in a bag. Pour above mixture over pickles. 12th day pour off syrup, straining it through cloth. Pack pickles in jars; heat the syrup, pour over them and seal. Makes 8 or 10 pints.

SWEET PICKLES

Katherine Olson

Soak 9 lb. cucumbers in a brine (strong enough to float an egg) for 3 days. Drain and soak in fresh water for 3 days, changing the water each day.

After soaking let simmer 2 hours in water to cover and alum the size of a walnut. Drain, and while still hot pack in sterilized jars. Add 1 tsp. mixed pickling spices to each quart and fill jars with a syrup made by boiling together:

3 pts. vinegar	6 c. sugar
----------------	------------

These pickles must be cut, and I usually take the little hot peppers from the spices before adding them.



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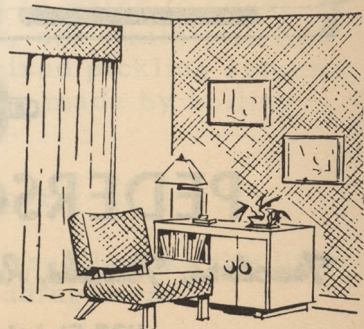
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BOONE, IOWA

SWEET (CASSIA BUD) PICKLES

Mrs. Leona McElroy

Cut lengthwise 75 2 or 3 inch cucumbers. Add 1 c. coarse salt to 1 gal. water. Boil, then cool and cover cucumbers. Weight down and soak for 3 days; then drain.

Freshen by putting in cold water for 3 days, changing water each day.

To cook: Cook pickles for 30 minutes in 1 gal. of water, adding 2 Tbsp. of powdered alum. Wash off alum water. Put in jar, covering with syrup.

To 1 gal. vinegar use:

5 lb. sugar

1 pkg. whole allspice

1 pkg. cassia buds

Boil, and pour over cucumbers. Repeat for 3 days. Can be stored in stone jar or quart fruit jars.

SWEET DILL PICKLES (CHUNK PICKLES)

Hazel Frazier

Put cucumbers in salt water 3 days, then put in half water and half vinegar. Bring to a boiling point; do not boil. Let cool in this. Then pack in jars and cover with syrup of:

4 c. sugar

3 c. vinegar

Bring to boil and fill jar. Seal. Put dill in top of jar.

WATERMELON PICKLES

Minnie Buechler

Cut white part in strips, cover with cold water. Let stand overnight. Drain. Cover with boiling water, cook tender. Drain. Pour boiling syrup over. Let stand overnight. Drain.

Syrup:

1 2/3 pts. vinegar

11 c. sugar

9 drops oil of cinnamon

9 drops oil of cloves

Repeat process for 5 days, heating the syrup to boiling each day. On 5th day heat pickles in syrup to boiling, put in hot jars, and seal.

10 DAY PICKLES

May Warren

75 small cucumbers

10 DAY PICKLES (Continued)

Cover with 1 c. salt and cold water. Let stand 7 days. Drain off salt water and pour on boiling water. Next day pour off water and split pickles. Add 1 Tbsp. alum and cover with boiling water again. Next day pour off water and cover with boiling water again. Next day pour off water and cover with:

5 c. sugar	7 c. vinegar
1/2 oz. celery seed or any desired spices	

Pour this over the pickles and let stand overnight. Next day pack pickles in jars and heat liquid and pour over. Seal.

CHILI SAUCE

Mrs. Eugene Buechler

36 med. size tomatoes, well ripened	6 med. onions
4 Tbsp. salt	2 bunches celery
2 c. sugar or more	4 c. vinegar - diluted 1/2
	pinch black pepper
	hot red peppers to taste

Put tomatoes, onions and celery through food chopper. Mix all ingredients together and cook to desired consistency. Chop red pepper fine and put in small amount at a time until hot enough to suit taste. Can boiling hot and seal in jars.

CHILI SAUCE

Mrs. O A. Borg

1 gal. ripe tomatoes (cooked and run through colander)

6 large onions	4 green peppers
2 ripe sweet peppers	1 bunch celery
1 tsp. turmeric	1 tsp. dry ginger
1 c. brown sugar	2 Tbsp. salt
1 qt. vinegar	

Grind or choip onions, peppers and celery, add rest of ingredients. Cook down thick, bottle or can, and seal.

CORN RELISH

Marie Jenkins

18 ears sweet corn	1 head cabbage
1 bunch celery	1/2 c. salt

CORN RELISH (Continued)

4 onions	1/2 lb. sugar
mustard (almost a box)	3 pts. vinegar

Boil about 15 minutes or until corn is done. Stir to keep from sticking. Can and seal.

CRANBERRY RELISH

Maude Olson

2 c. cranberries, washed and sorted	2 apples, minus seeds and core
1 orange, minus seeds, but including skin	2 c. sugar

Put through food chopper, add sugar; mix thoroughly. Let stand in refrigerator a few hours, before serving.

This relish will keep for weeks in your refrigerator.

CRANBERRY RELISH

Hazel Frazier

4 c. cranberries	2 oranges
2 apples	2 c. sugar
nuts, if desired	

Mix well and serve. Will keep for week in refrigerator.

HEALTH RELISH

Hazel Knose

2 med. heads cabbage	8 med. carrots
2 red peppers	2 green peppers
	12 med. onions

Grind all ingredients on coarse knife. Add 1/2 c. salt and let stand 2 hours. Drain and add:

6 c. vinegar	6 scant c. sugar
1 Tbsp. white mustard seed	1 Tbsp. celery seed

May be sealed or left in open jar.

MUSTARD SAUCE

Mrs. Geo. Nelson

A mustard cocktail sauce to be served with seafood as a change.

To make, combine 1/4 c. prepared mustard with 1/4 c. of heavy cream, 1 Tbsp. lemon juice, and a dash of salt.

OLIVE RELISH

Emma Jane Muench

5 hard cooked egg yolks	1 c. vinegar
1 c. water	1 c. sugar
1/4 tsp. dry mustard	1/2 c. butter, melted
3/4 c. flour	1 tsp. salt

Mix dry ingredients, add liquids and stir smooth. Cook till thick, then add 5 egg yolks, chopped, and cook 1 minute. Lastly add:

1 c. chopped olives	1/2 c. chopped pimientos
---------------------	--------------------------

PEPPER RELISH

Marie Jenkins

1 doz. each ripe and green sweet mango peppers	4 large onions
2 1/2 c. sugar	1 qt. vinegar
2 Tbsp. mustard seed	2 tsp. salt
	4 stalks celery or 2 heaping Tbsp. celery seed

Grind peppers and onions. Cut celery in small pieces. Cover with strong hot salt water - let stand 15 minutes. Drain and pour heated vinegar seeds and sugar and salt over mixture. Bring to a good boil, then can and seal. A spoonful of above added to mayonnaise to make Thousand Island Dressing for head lettuce.

TOMATO CATSUP

Hazel McCall

1 gal. ripe tomatoes	1 c. sugar
1 pt. vinegar	8 med. onions
2 Tbsp. salt	

Put in a bag and add to above mixture:

1 tsp. cinnamon	1 tsp. red pepper
1 tsp. cloves	1 tsp. allspice
1 tsp. mustard	1 tsp. paprika

Boil 2 hours, stirring often so it will not burn. Seal in hot sterilized jars.

HORSERADISH RELISH

Mrs. Belle Kintzley

3 Tbsp. bottled horseradish	1 Tbsp. granulated sugar
1/2 tsp. prepared mustard	1/2 tsp. salt
1/4 c. heavy cream, whipped	

HORSERADISH RELISH (Continued)

Combine horseradish, sugar, mustard and salt. Fold in whipped cream and chill in the refrigerator for an hour or so before serving. Serve as an accompaniment to baked ham. Serves 6.

MANGO RELISH

Florence E. Patterson

12 mangoes (or peppers) 16 onions
4 red, 4 green, 4 yellow,
if available

Chop onions and mangoes in food grinder. Cover with 1 Tbsp. salt and boiling water. Let stand 1/2 hour, then drain well and add:

2 stalks celery, chopped fine 2 c. vinegar
2 c. sugar

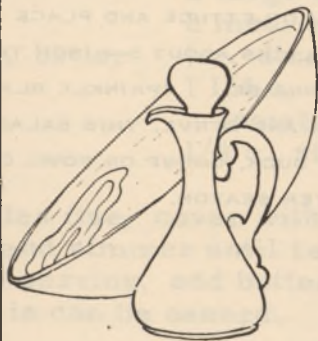
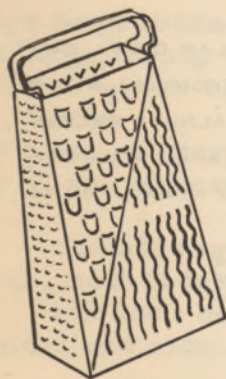
Boil 1/2 hour and seal while hot.

A delicious relish for barbecues.

Write Extra Recipes Here:



SOUPS



VEGE- TABLES



SALADS

SPECIAL SALAD

(GOOD AT THANKSGIVING OR CHRISTMASTIME)

HEAD CRISP, CHILLED LETTUCE
CAN CRANBERRY SAUCE, CHILLED

1 PACKAGE BLACK WALNUTS
MAYONNAISE



MAKE BED OF CHILLED LETTUCE AND PLACE IN SALAD DISH. CUT CRANBERRY SAUCE IN SLICES ABOUT 3-4 INCH THICK (ROUNDS) & TOP WITH PLENTY OF MAYONNAISE. SPRINKLE BLACK WALNUTS FREELY ON TOP OF MAYONNAISE AND SERVE, THIS SALAD IS ESPECIALLY DELICIOUS WITH TURKEY, DUCK, GOOSE OR FOWL OF ANY KIND. IT IS BEST DURING THE WINTER SEASON.

TO ADD ZEST ...

TO SHRIMP SALAD

FRY ONE SLICE OF BACON (FRY CRISP) FOR EACH SHRIMP SALAD TO BE SERVED. DICE AND MIX THOROUGHLY WITH THE SHREDDED SHRIMP. THE BACON ACCENTS THE FLAVOR OF THE SHRIMP.

TO VARIOUS SOUPS

A SLICE OF LEMON IN BLACK BEAN SOUP WILL SHARPEN THE FLAVOR AS WELL AS ENHANCE THE LOOKS OF THE CUP OF SOUP.

RUB THE BOTTOM OF THE SOUP CUP WITH A SLICED WHOLE GARLIC TO ACCENT THE FLAVOR OF NAVY BEAN SOUP.

ADD SLICED PIMIENTOS (WITHOUT THE LIQUID) TO ASPARAGUS SOUP JUST BEFORE REMOVING FROM FIRE TO SERVE. DO NOT COOK PIMIENTOS IN SOUP FOR THIS WILL DESTROY THE ASPARAGUS FLAVOR.

SOUPS, VEGETABLES, SALADS

TOMATO SOUP

Esther Buechler

- | | |
|---|-------------------|
| 6 onions | 1 bunch of celery |
| 1 large green pepper, run
through food chopper | |

Cook with 1 pk. ripe tomatoes. Run all through a colander. Now add:

- | | |
|---------------|--------------|
| 1/2 c. sugar | 1/2 c. flour |
| 1/2 c. butter | 1/4 c. salt |

Cook 10 minutes and seal in jars - open kettle method.

VEGETABLE SOUP

Grace Stickel

- | | |
|-------------------------------------|--|
| 1/4 head cabbage | 2 large carrots |
| 1 large turnip | 2 med. onions |
| 1/2 c. green beans, butter
beans | 1 c. diced celery |
| 3 Tbsp. butter | 1 1/4 c. or 1 can of canned
tomato soup |
| 2 Tbsp. oatmeal | 1/4 c. rice |

Cut all vegetables fine, cover with 2 1/2 qts. cold water, salt to taste, and simmer until tender.

1/2 hour before serving, add butter, tomato soup, oatmeal and rice. This can be canned.

KRAUT SOUP

- 12 med. sized potatoes

Cover with water and boil until tender. Mash in the water. Add sauer kraut to taste (almost a quart). Boil. Fry bacon - add bacon fat to soup. Salt to taste. Boil. Serve with crisp strips of bacon.

EASY BAKED BEANS

Mrs. Kenneth Buechler

- | | |
|-------------------------|------------------------|
| 1 #2 can pork and beans | 1/4 c. brown sugar |
| 1 slice bacon, diced | 1 Tbsp. sorghum |
| 1 small onion, diced | 1/4 tsp. ground cloves |
| 2 Tbsp. catsup | |

Method: Mix together and put in baking dish and bake 45 minutes in moderate oven.

HARVARD BEETS

Mrs. Helen Beal

2 c. beets, cooked and diced (half water)

Cook:

1/3 c. sugar

1 level Tbsp. cornstarch

1/2 c. mild vinegar

a little salt

Add beets and simmer 1/2 hour and add 2 Tbsp. of butter.

CARROTS CREAMED WITH MUSHROOM SAUCE

Dorothy Loomis

16 - 20 small carrots

1 tsp. salt

1 can condensed cream of
mushroom soup

1/2 c. milk

Cook scraped carrots in boiling water until tender. Drain. Pour hot mushroom sauce and milk over carrots and heat. Sprinkle with spring garnish:

1 Tbsp. chopped onion or
chives

2 Tbsp. chopped parsley
2 radishes, sliced thin

BOILED CAULIFLOWER (WITH WHITE SAUCE)

Mrs. Grace Mitchell

Remove the green leaves from the cauliflower and cut off any bruised or dirty spots. Place it, top downward, in a deep bowl of cold, salted water and allow it to stay there about half an hour to draw out dust, and other impurities.

Cook it, whole or broken into flowerets, in boiling water, uncovered. Just before cooking is completed (15-30 minutes) salt the water. Lift out the cauliflower carefully and allow it to drain in a warm place. Pour medium white sauce over it. We like to melt a little cheese in the hot white sauce before we pour it on the cauliflower.

Sometimes the white sauce is put on the table in a sauce boat, or the cauliflower is served with melted butter and paprika.

Sometimes boiled cauliflower is sprinkled with grated cheese and buttered crumbs and baked to a light brown at 400 degrees.

WHITE SAUCE

Mrs. John Robertson

Thin: 1 Tbsp. butter
1 Tbsp. flour
1 c. milk

Medium: 2 Tbsp. butter
2 Tbsp. flour
1 c. milk

Thick: 3 Tbsp. butter
3 Tbsp. flour
1 c. milk

Melt butter, add flour, and blend until smooth, then add milk and cook.

CORN FRITTERS

Mrs. Harry Baker
(Anna)

Sift together:

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

Beat 2 eggs. Add:

1/2 c. milk 1 Tbsp. melted shortening

Mix into flour mixture. Add 1 3/4 c. whole kernel corn or 1 12-oz. can. Drop by spoonfuls into hot fat, about 2 1/2 inches in pan, 365 degrees, about 5 minutes.

ESCALLOPED EGGPLANT

Gene E. Smith

1 eggplant (1 1/2 or 2 lb.) 2 Tbsp. bacon fat
1 can celery or mushroom 2 Tbsp. onions, chopped
soup 1 can celery or mushroom
1 tsp. salt soup
1/8 tsp. pepper 5 Tbsp. grated cheese

Topping:

3 or 4 slices bacon, chopped 2 Tbsp. grated cheese
fine

Peel eggplant and cut into 1/2 inch cubes. Cook in boiling salted water with 1 Tbsp. lemon juice for 10 or 15

ESCALLOPED EGGPLANT (Continued)

minutes. Then drain. Cook chopped onion in bacon fat until soft but not brown. Add celery soup, pepper, grated cheese. Heat until cheese is melted.

Add eggplant. Put in buttered casserole. Sprinkle with cheese and chopped bacon. Brown under broiler.

ESCALLOPED POTATOES

Mrs. Raymond Mitchell

1 qt. sliced raw potatoes	3 Tbsp. flour
2 c. scalded milk	1 tsp. salt
4 Tbsp. butter	1/4 tsp. pepper

Cover the bottom of a baking dish with a layer of sliced potatoes. Sprinkle with salt and pepper, dot with pieces of butter and dredge with flour. Repeat till the material is used. Pour over all the scalded milk. Bake in a moderate oven about an hour.

ORANGE SWEET POTATOES

Maude Olson

6 med. sized potatoes

Cook with skins on, until tender, remove skins. Arrange in baking dish and pour over the following:

1 c. orange juice	2 tsp. grated orange rind
1 Tbsp. cornstarch	3 Tbsp. butter
1/2 c. brown sugar	1/2 c. granulated sugar

Cook, stirring until thickened. Pour over potatoes. Cover; bake in 350 degree oven 15 minutes; uncover and bake 10 or 15 minutes longer.

DELICIOUS SWEET POTATOES

Marie Jenkins

Cook sweet potatoes. Mash. Place slices of pineapple in baking dish. On each slice place a spoonful of sweet potatoes. Make a hole in sweet potatoes and pour in some pineapple syrup. Put on a marshmallow. Place in oven for about 5 minutes to brown. Serve hot.

MASHED SWEET POTATOES

Marie Jenkins

2 1/2 c. cubed sweet potatoes	
1/2 tsp. salt	2 Tbsp. butter

MASHED SWEET POTATOES (Continued)

4 Tbsp. sugar	1 c. milk or cream
1/4 c. crushed pineapple	1/3 tsp. nutmeg
	6 maraschino cherries

Cook potatoes until tender. Add butter and mash. Add sugar, salt and cream. Mix well and put in shallow dish. Make into a mound, leaving hole in center. Add remainder of butter in bits and sprinkle nutmeg. Fill hole with mixture of pineapple and cherries, which have been cut in pieces. Place in oven to brown for about 5 minutes.

Serves 6.

FRENCH DRESSING

Mary Sturtz

1/3 c. sugar	1/3 c. vinegar
2/3 c. Mazola oil	1 tsp. salt
1 1/2 tsp. paprika	1 tsp. celery seed
2 tsp. grated onion	

Beat until thick.

FRENCH SALAD DRESSING

Mrs. Harry (Anna) Baker

Mix:

1 can condensed tomato soup	1 tsp. paprika
1/4 tsp. salt	1/2 c. sugar
1/2 c. vinegar	1 Tbsp. grated onion
1 tsp. celery seed	

Mix well. Add slowly 1 c. Mazola oil and beat vigorously for 4 or 5 minutes.

FRENCH DRESSING

Lillian Ferry

1 can tomato soup	3/4 c. sugar
3/4 c. vinegar	3/4 c. Mazola oil
1 tsp. mustard	1 tsp. salt
1 green pepper, ground	1 small onion, ground

Beat with egg beater until well mixed.

FRENCH DRESSING

Mrs. Donald Johnson

1 c. sugar	2 tsp. salt
2 tsp. paprika	1 c. salad oil

FRENCH DRESSING (Continued)

1/2 c. vinegar

1 c. catsup

Grate half of 1 medium sized onion - mix well. Put in jar in refrigerator. This dressing keeps well for a long period of time if kept in a cool place. Shake well before using.

FRUIT SALAD DRESSING

Mrs. Truman Caldwell

1 1/2 c. pineapple juice

2 Tbsp. vinegar

2 heaping Tbsp. sugar

1 Tbsp. flour

2 Tbsp. butter

1 egg

Beat egg well, add juice, vinegar and sugar and heat to boiling point.

Cream the flour and butter together. Add to cooked mixture. Beat until smooth. When cool, whipped cream may be added if desired.

Good for all fruit combinations.

HONEY SALAD DRESSING

May Warren

2/3 c. sugar

1 tsp. dry mustard

1 tsp. paprika

1/4 tsp. salt

1 ts . celery seed

1/2 c. honey

5 Tbsp. vinegar

1 Tbsp. tomato juice or
catsup

1 Tbsp. grated onion

1 c. Mazola oil

RUSSIAN SALAD DRESSING

Mrs. Mary Barger

1 c. Wesson oil

1 c. brown sugar

1/2 c. vinegar

2/3 c. catsup

1 tsp. salt

2 tsp. paprika

1 large onion, grated

1 clove of garlic in bottom
of jar

Mix oil, sugar, vinegar, catsup, and other ingredients, and shake before using.

SALAD DRESSING

Daisy DeHaven Reid

1 c. Wesson oil

1/2 c. sugar

3/4 c. catsup

1/2 c. vinegar

1 Tbsp. onion juice

1/2 tsp. paprika
juice of 1 lemon

SALAD DRESSING (Continued)

Put in glass jar and shake well before using.

SALAD DRESSING (COOKED)

Sharon Lou Olson

4 eggs	1 c. cream
1 c. sugar	1 1/2 tsp. salt
1 c. water	1 1/2 tsp. dry mustard
1 c. vinegar	1/3 c. flour

Beat eggs, add water, vinegar and cream. Mix the dry ingredients and stir into the liquid mixture and cook.

SALAD DRESSING

Gladys Erickson

3/4 c. heavy mineral oil	1 can Campbell's tomato soup
1/2 c. sugar	1/2 c. vinegar
1 tsp. salt	1 tsp. celery seed
3 buds of garlic	1 Tbsp. minced onion

Mix with beater.

WESSON OIL DRESSING

Mrs. Mabel Nelson

2 tsp. salt	2 tsp. dry mustard
2 tsp. paprika	2 tsp. celery seed
3/4 c. sugar	1/2 c. vinegar
2 c. salad oil	2 Tbsp. grated onion

Mix with egg beater; add vinegar and oil alternately.

BING CHERRY SALAD

Mary E. Stark

#2 1/2 can Bing cherries	1 c. almonds
1 c. water	1 c. juice
1 pkg. cherry jello	8 chopped olives

CHICKEN SALAD

Mrs. Herbert Carlson

1 chicken

Cook and cut in small cubes or pieces.

equal amount of celery	1 can peas
tart salad dressing	

Serve on lettuce leaf. Also macaroni if desired.

CHRISTMAS SALAD

(Serves 10 - 12)

Gertrude Pollard

Mrs. Claude A. Pollard

1 #2 1/2 can fruit cocktail
(drained well)
1 pkg. red jello
1 c. mayonnaise

1/2 pkg. lemon gelatin
1 pkg. cream cheese or 1 c.
grated American cheese

Dissolve 1/2 pkg. lemon gelatin in 1 c. juice drained from cocktail, and heated to boiling point.

Cool. Combine cheese and mayonnaise and add to the gelatin. Dissolve red jello according to directions on box. Cool.

Place 1/2 the drained fruit in loaf pan. Cover with 1 c. jello. Chill until set. Pour in cheese and mayonnaise mixture. Chill again until set. Top with remaining fruit and jello. Chill well. Serve on lettuce.

COMBINATION SALAD

Mrs. Elizabeth Ferry

1 small box spaghetti,
cooked
1 large green pepper,
chopped
1 small onion

1 c. chopped carrots
1 c. chopped celery
1 small can pimiento
1 small head cabbage
1 tsp. salt

Mix finely chopped ingredients and seasoning with Miracle Whip or any salad dressing. Chill and serve. Makes 1 gallon.

COTTAGE CHEESE SALAD

Gertrude Stark

Boil 5 minutes - pour over lemon jello:

1 c. sugar

1 c. water

juice of 1 lemon

1 pt. cottage cheese

Drain and dice pineapple.

raw cream - 1/2 pt.

lemon jello

Fold in cream (whipped) with pineapple. Put in refrigerator.

CRAB SALAD

Dorothy Loomis

3 pkgs. lemon gelatin

season to taste

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CRAB SALAD (Continued)

2 cans tomato juice	2 cans crab meat
1 small can tomato sauce	1 small bunch celery
1 large bottle stuffed olives	2 or 3 Tbsp. vinegar

Heat tomato juice same as water. Add tomato sauce, then vinegar and seasoning. Take from fire and add other ingredients. Let set in ice box. Serve garnished with mayonnaise and paprika.

Makes 16 medium sized molds.

CRAB MEAT SALAD

Mary E. Stark

1 can crab meat	1 hard boiled egg per person
chopped celery as desired	few chopped sweet pickles
a trace of onion	few chopped stuffed olives
	dressing

Will serve 5 or 6 persons.

CRANBERRY SALAD

Mrs. Ernest Jackson

2 pkgs. lemon jello	1 lb. raw cranberries, ground
2 c. boiling water	1 c. sugar
2 c. cold water	1 #2 can crushed pineapple

Make jello according to directions on package, using half hot and half cold water to hurry setting. When syrupy add berries and pineapple, which has been mixed with sugar thoroughly. Serves 8 to 10.

CRANBERRY SALAD

Mrs. W. H. Oxenford

1/2 lb. raw cranberries	1 c. sugar
1 c. finely chopped apple	1 pkg. lemon or orange jello
1 orange	1 1/2 c. boiling water
1/2 c. Tokay grapes	

Method: Dissolve jello and sugar in boiling water; cool. Grind cranberries and orange. Combine cranberries, apple, orange and grapes with gelatin mixture. Pour into molds and chill till firm. Serve with cooked salad dressing, mayonnaise, cream cheese dressing, or Miracle Whip.

CRANBERRY SALAD

Edna Rasmus

1 pkg. cherry gelatin	1 c. hot water
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CRANBERRY SALAD (Continued)

1 c. sugar	1 c. pineapple syrup
1 Tbsp. lemon juice	1 c. ground raw cranberries
1 orange, ground	1 c. drained crushed pineapple
1 c. chopped celery	1/2 c. chopped walnuts

Dissolve gelatin in hot water. Add sugar, lemon juice and pineapple syrup. Stir to dissolve. Chill until partially set. Add remaining ingredients. Chill in oiled shallow pan or individual molds until firm.

Serves 8.

CRANBERRY SALAD

Mrs. Roy L. Beckett

4 c. cranberries (1 qt.)

Add hot water to the juice from 1 small can pineapple until you have 3 1/2 c. together. Cook until berries are done (5 minutes). Add 2 c. of sugar while berries are cooking.

Dissolve 2 Tbsp. gelatin in 1/2 c. cold water. Add to berries as soon as they are removed from fire. Let set until cool and beginning to harden and then add pinch of salt, 1 c. white nut meats, 1 c. diced pineapple, and 1 c. white seeded grapes.

Serve with whipped cream or dressing as you desire. This is a must for us at Thanksgiving and Christmas time.

CREAM CHEESE SALAD

Mrs. Marvin Davis
Mrs. E. M. Torrey

(Can be prepared the day before)

2 pkgs. Philadelphia cream cheese	1/2 to 1 lb. marshmallows
1/2 pt. whipping cream	1 small can crushed pineapple

Method: Cream cheese with fork in bowl, cut marshmallows real small into cheese; mix well. Drain juice from pineapple, add pineapple to cheese, whip cream before adding to cheese. Then add a little salad dressing.

Must stand in refrigerator several hours before serving. Better to stand overnight.

FROZEN SALAD

Mary E. Stark

1/2 lb. pkg. pimiento cheese	1/2 lb. marshmallows
1/2 c. salad dressing	small can crushed pineapple
1/2 pt. whipping cream	
(measure before whipping)	

FROZEN FRUIT SALAD

Mary E. Stark

2 eggs, beaten	2 Tbsp. vinegar
8 marshmallows	

Put in top of double boiler till marshmallows melt. Add #2 can fruit cocktail and 1/2 c. whipped cream (measured before whipping).

FROZEN FRUIT SALAD

Mrs. W. H. Oxenford

1 Tbsp. unflavored gelatin	1/2 c. mayonnaise
1/4 c. cold water	1 c. heavy cream
1 #1 can (2 c.) fruit cocktail	1 3-oz. bottle maraschino cherries

Method: Soften gelatin in cold water; dissolve over hot water; cool. Add fruit cocktail with its syrup and mayonnaise. Fold in whipped cream. Pour into refrigerator tray. Dot with cut cherries. Freeze until just firm. This salad may be chilled until firm or can be served chilled instead of frozen.

GRAPE SALAD

Mrs. Ethel Winter

1 lb. Tokay grapes	1/2 c. celery, cut small
1/2 lb. marshmallows	1/2 pt. whipping cream
1/2 c. nut meats	2 Tbsp. salad dressing

Combine. Serve on lettuce or use plain.

HEALTH SALAD

Hazel Frazier

2 c. grated carrots	1 c. chopped cabbage
1/2 c. chopped celery	2 Tbsp. chopped onion
1 Tbsp. chopped green pepper	1 1/2 tsp. salt
2/3 c. salad dressing	1/4 tsp. paprika

Mix, chill and serve on lettuce leaves.

LIME SALAD

Mrs. Marvin Davis

1 pkg. lime jello	2 Tbsp. sugar
1/4 tsp. salt	1 c. hot water
1 c. pineapple (crushed) and juice	1/2 c. pecan nuts
2 Tbsp. mayonnaise	1 c. cream - whipped
	1/2 lb. cottage cheese

Dissolve jello, sugar and salt in hot water. When cool add all ingredients, folding whipped cream and mayonnaise in last.

MRS. LANE'S SALAD

Mary E. Stark

1 can Campbell's tomato soup	3 pkgs. Philadelphia cream cheese
---------------------------------	--------------------------------------

Beat till smooth. Dissolve 2 pkgs. lemon jello in 2 c. hot water. Add to soup mixture. Add:

1 c. mayonnaise	1 med. onion, minced
1 green pepper, minced	1 1/2 c. celery, cut fine
1 med. sized cucumber, diced	1/2 c. nut meats (may be omitted)

PINEAPPLE AND CHEESE SALAD

Mrs. Howard Snedden

1 pkg. lemon jello	1/2 c. pineapple juice
1 c. hot water	1 c. crushed pineapple
1 c. marshmallows, cut up	3/4 c. grated cheese, American
1/2 pt. whipping cream	

Dissolve jello in hot water. Add pineapple juice to it and chill. When begins to set, add pineapple, marshmallows and cheese. Beat whipping cream and fold in.

PINEAPPLE AND CHEESE SALAD

Mary Stickel

1 c. grated pineapple boiled with	
1 c. sugar	juice of 1 lemon

Dissolve 1 env. Knox gelatin in 1/2 c. cold water (or pkg. lemon jello in 1 c. hot water).

Add to pineapple mixture and let set. When it begins to thicken, add:

PINEAPPLE AND CHEESE SALAD (Continued)

1 c. grated cheese
1 c. whipped cream

1 c. salad dressing

Let set. Serve with lettuce and mayonnaise.

Lime jello can be used also, with white cherries, also pineapple juice, cherry juice or pineapple marmalade.

PINEAPPLE SALAD

Maude Olson

1 large can pineapple, cut
in inch pieces

1/2 lb. marshmallows

Mix together:

1 Tbsp. sugar

1 Tbsp. flour

Beat 1 egg and stir in sugar and flour mixture. Then add the juice of pineapple, about 2/3 cup. Add:

1 Tbsp. butter

1 Tbsp. vinegar

1 Tbsp. cream

Cook this until thick, cool, and pour over pineapple and marshmallows.

QUICK SALAD

Emma Jane Muench

1/4 head lettuce

2 apples (do not peel)

2 bananas

1 orange

1 sack marshmallows

Cut all up in cubes, or shred.

1 c. nuts

1/4 pt. cream, whipped

2 Tbsp. mayonnaise

Mix together and pour over above.

SPAGHETTI SALAD

Hazel Knose

1 can tuna fish

4 hard cooked eggs

1 pkg. spaghetti, cooked

1 bunch celery, diced

1 small onion, minced

5 sweet pickles

Add salad dressing and salt to taste.

SALAD

Mrs. Marion Rogers

- | | |
|--------------------------------|----------------------------|
| 1 pkg. lemon jello | 1 pkg. lime jello |
| 1 can Borden's sweetened milk | 1 carton cottage cheese |
| 2 Tbsp. horseradish - optional | 1 #2 can crushed pineapple |
| | 1 c. nut meats |
| | 1 c. salad dressing |

Dissolve jello in 1 1/2 c. boiling water - let cool. Add cottage cheese, nut meats, salad dressing last.

This makes a large amount for parties or dinners.

SALAD

Mrs. Roy L. Beckett

- 1 pkg. lime jello dissolved
in 1 c. boiling water

When it has jelled beat 1 c. Miracle Whip and add jelled jello. Add:

- | | |
|--------------|------------------------|
| 1 c. carrots | 1 c. crushed pineapple |
| 1/2 c. nuts | |

Let set in refrigerator. This is a salad that will stay stiff for quite awhile in hot weather. When I double I use 1 lemon and 1 lime pkg. jello.

TOMATO CREAM CHEESE SALAD

Mrs. Art Wilson, Jr.

- | | |
|-----------------------|-----------------------------------|
| 1 can tomato soup | 3 pkgs. Philadelphia cream cheese |
| 2 Tbsp. gelatin | 1 c. mayonnaise |
| 1/2 c. cold water | 1/2 c. green pepper |
| 1/2 c. chopped celery | |
| 1/4 c. onion, chopped | |

Makes 18 medium servings.

Heat the soup, add cheese. Stir till melted. Add gelatin, which has been soaked in the 1/2 c. cold water. Cool. Add the chopped vegetables. Chill. Serve on lettuce leaf.

24 HOUR SALAD

Minnie Buechler

- | | |
|---|----------------------|
| 1 large can pineapple, diced | 30 marshmallows, cut |
| 1 can white cherries, halved and pitted | nut meats |

24 HOUR SALAD (Continued)

Dressing:

juice of 1 lemon
1/4 c. cream

4 Tbsp. sugar
2 beaten eggs

Cook thick. When cool add 1 c. cream, whipped. Add fruit and nuts, place in refrigerator for 24 hours. Serve on lettuce. Top with maraschino cherries.

SALAD SUGGESTIONS

Gene E. Smith

Fruit Combinations:

1. Apples, celery and nuts.
2. Apples, oranges, pineapple, white cherries.
3. Pineapple, white grapes, red cherries, nuts and marshmallows.
4. Grapefruit, green peppers, and celery.
5. Oranges, white grapes, pimientos, pecans.
6. Oranges, pineapple, cottage cheese, green peppers.
7. Bananas, lemon juice, celery, nuts, red cherries.
8. Dates, cheese, oranges, nuts and celery.
9. Apples, pimientos, nuts and cucumber.
10. Peaches, almonds and celery.
11. Peaches, marshmallows, nuts and pineapple.
12. Dates, cherries (white), pineapples, nuts and marshmallows.

Meat Combinations:

1. Chicken, veal, celery, green pepper, pimiento and eggs.
2. Veal, eggs, pickles and celery.
3. Pork, celery and eggs.
4. Chicken, peas, pimiento, celery.
5. Ham, stuffed olives, egg, cucumber.

Vegetable Combinations:

1. Green beans, pimiento, celery.
2. Tomato, celery, nuts and eggs.
3. Asparagus, green pepper, cottage cheese.
4. Beets, egg, cucumber and olives.
5. Green peppers, stuffed with cottage cheese, nuts and pimientos.
6. Tomatoes stuffed with ham, celery and pickles.

FROZEN SALAD

1 c. cream, whipped

1 c. salad dressing

Mix; if not tart enough add 2 Tbsp. lemon juice.

Fruit part:

2 bananas, cut in slices

3 oranges, cut in pieces

1/2 c. drained, crushed

1/2 c. cherries

pineapple

a few white grapes, if
available

Pour in pan or dish and freeze in refrigerator. Let stand 5 hours or overnight.

LIME GINGER ALE SALAD

Florence E. Patterson

Dissolve 1 pkg. lime jello and pinch of salt in 1/2 c. boiling water. Cool.

Add 1 1/2 c. ginger ale. When slightly thickened, add:

1/2 c. each chopped

celery, apples, and nut
meats

Chill and serve on lettuce with favorite salad dressing.

P A T R O N I Z E

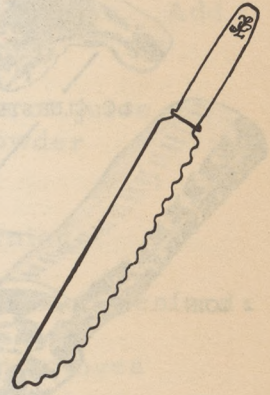
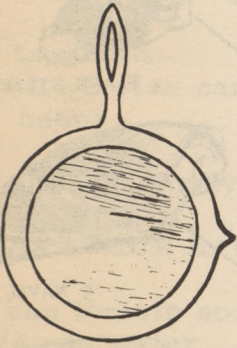
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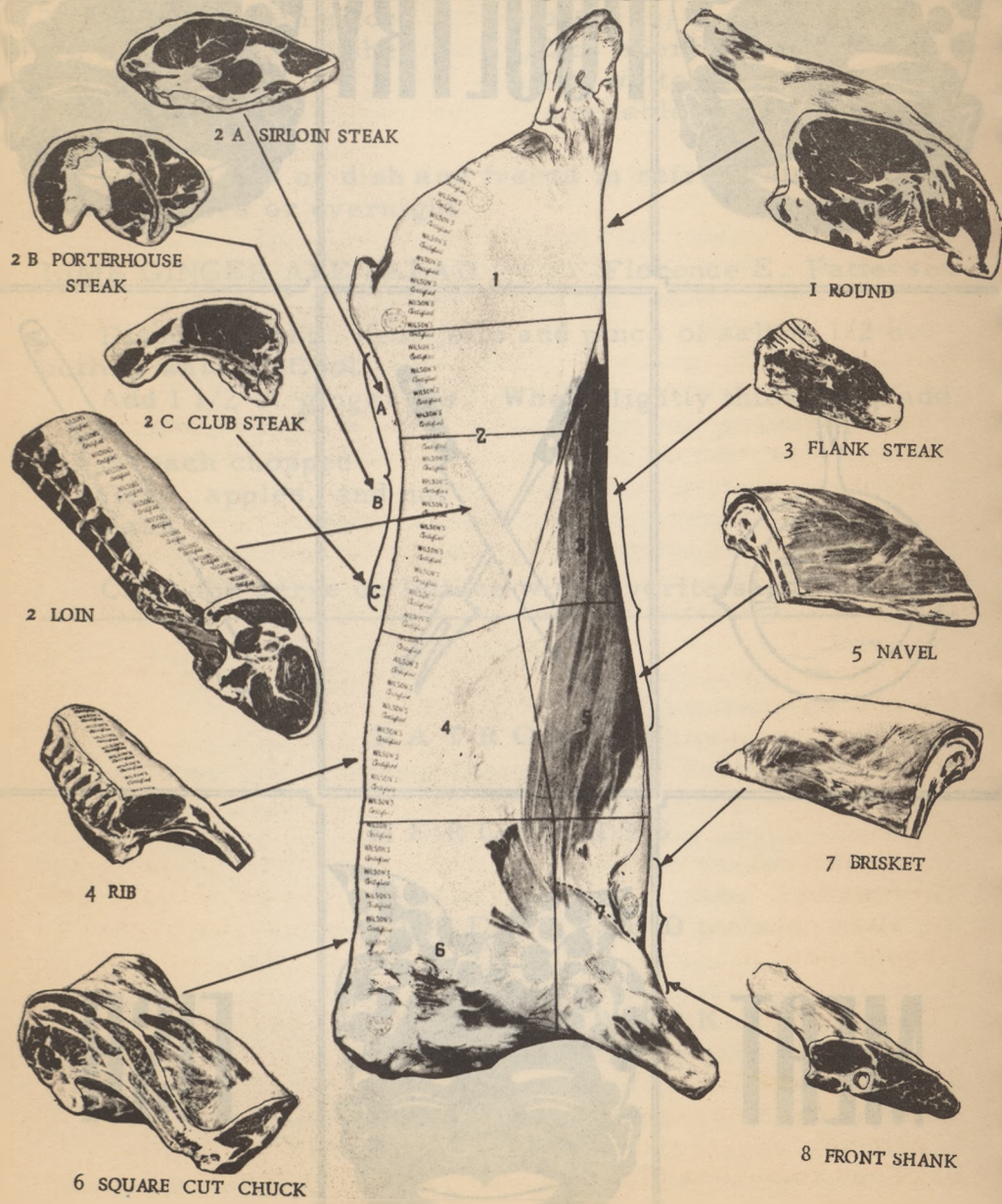


MEAT



FISH

Beef Cuts



Illustrations furnished through the courtesy of Wilson & Company, Inc.

Esther Buechler

7 onions 6 qts. tomato juice

This will make 12 quarts of chili.

Doris Buechler Finck

2 tsp. salt	1 qt. tomatoes or juice
1 #2 1/2 size can red kidney beans	1 tsp. chili powder

Cook slowly 1 hour. Stir to prevent burning.

Mrs. W. H. Oxenford

Simmer 5 minutes, add sliced cooked beef or pork and simmer half hour. Improved by preparing day before using and reheating to serve. Serve in hamburger buns. Ground beef may also be used with this sauce.

Mrs. Charles Buechler

-27- Boone, Iowa

HOT DOG RELISH (Continued)

6 sweet red peppers

1/2 c. salt

Grind vegetables, using coarse blade. Sprinkle with 1/2 c. salt. Let stand overnight. Rinse and drain thoroughly. Combine remaining ingredients; pour over vegetable mixture. Heat to boiling. Simmer 3 minutes. Seal in hot sterilized jars. Makes 8 pints.

CHEESE SOUFFLE

Mrs. W. E. Schultz

2 Tbsp. butter

few grains cayenne

3 Tbsp. flour

1/2 c. American cheese,

1/2 c. milk, scalded

grated

1/2 tsp. salt

3 eggs

Make sauce of first 5 ingredients. Add cheese and remove from fire. Beat until cheese is melted. Add yolks of eggs beaten, until lemon colored. Cool mixture. Cut and fold in whites of eggs. Pour into buttered baking dish. Bake 20 minutes in moderate oven, 410 degrees, in pan of hot water. When done, inserted knife comes out clean. Serve immediately for luncheon. Serves 8.

ONE DISH MEAL OR GROUND BEEF RICE PIE

Emma Jane Muench

1 lb. ground beef

1/2 c. dry bread crumbs or

1/4 c. chopped onion

use cracker crumbs,

1/2 c. green pepper,
chopped

rolled oats, or any dry
cereal

1 1/2 tsp. salt

1/2 can tomato juice or 2

1/2 tsp. pepper

8-oz. cans tomatoes,

3 c. cooked rice

strained

Mix all together.

Line casserole with pie crust and fill with above mixture. Pour 1/2 can tomato juice over top and cover all with grated cheese. Bake at 350 degrees for 35 minutes. Will make 6 large servings or can be reheated for another day.

BAKED ONE DISH MEAL

Mary Stickel

Place 6 slices of bacon in bottom of baking dish. Over this put 1 lb. ground round steak, seasoned. Slice 1 onion over meat, then a layer of sliced carrots. Add 1 can peas, drained, over this a thick layer of sliced raw potatoes.

BAKED ONE DISH MEAL (Continued)

Sprinkle a little salt and flour between each layer, cover with water and bake 1 hour.

SUBSTITUTE FOR MEAT

Anna Newland

6 eggs, boiled

4 large potatoes, boiled
(slice 1/2 inch thick)

When cold, alternate in dish and season.

Sauce for same:

1 Tbsp. melted butter

add sliced onion

Let brown. Remove and add 1 Tbsp. flour. Let brown. Add 1 pt. milk. Season and pour over contents. Put in 375 degree oven, sprinkle with bread crumbs and bake 1/2 hour.

HERBY HAMBURGER STEAKS WITH MUSHROOM SAUCE

Mrs. E. R. Swain

2 c. soft bread crumbs

1 Tbsp. salad oil

1 lb. ground beef

2 Tbsp. chopped parsley,
optional

1 Tbsp. chopped onion

salt and pepper

1/4 c. water

Combine ingredients; form in flat patties. Brown on both sides in hot fat. Pour over cream of mushroom sauce. Simmer 5 to 10 minutes. Serves 6.

Cream of Mushroom Sauce:

1 10 1/2 oz can condensed milk
cream of mushroom soup

Mix mushroom soup and milk; heat thoroughly.

MACARONI HAM LOAF

Mrs. Lloyd Snedden

Grind:

2 c. cooked macaroni
or noodles

1 onion
green pepper

1/4 lb. Longhorn cheese

1 can Spam

MACARONI HAM LOAF (Continued)

Mix:

1 1/2 c. hot milk

1/2 c. butter

Pour milk and butter over 1 1/2 to 2 c. bread crumbs and 4 beaten egg yolks.

Beat whites separately and add to mixture last. Add seasoning. Put in large casserole or cake pan. Bake at 300 to 325 degrees for 1 hour or until set.

MACARONI DRIED BEEF CASSEROLE

Mrs. Ivan Buechler

1/4 lb. dried beef, shredded 1/4 c. chopped onion

1/4 c. chopped celery 1/4 c. fat

4 Tbsp. flour 2 c. milk

2 c. cooked macaroni 1/2 tsp. salt

1/4 tsp. pepper 1 Tbsp. parsley, minced

1/3 c. American cheese,
grated

Cook onions, celery and dried beef in the hot fat until onions are slightly browned. Stir in flour and add milk gradually, stirring until slightly thickened. Add macaroni, seasonings and parsley.

Pour into a 1 1/2 qt. casserole, greased. Sprinkle the cheese over the top of the macaroni mixture. Bake in a 350 degree oven for 15 to 20 minutes. Serves 6.

MACARONI AND TUNA

Mrs. Herbert Carlson

Cook macaroni.

layer of macaroni

layer of tuna

Salt and dot with bits of butter. Pour over cream sauce. Sprinkle with cheese. Bake in moderate oven until brown.

TUNA CASSEROLE

Mrs. Melvin A. Howell

1 7-oz. can tuna

1/2 lb. cottage cheese

1/2 tsp. salt

1/8 tsp. pepper

1/4 c. dry bread crumbs

2 beaten eggs

1/4 c. grated cheese,
optional

TUNA CASSEROLE (Continued)

Combine all ingredients in the order mentioned. Place in greased casserole and sprinkle with grated cheese if desired. Set dish in pan of hot water and bake 30 minutes at 350 degrees. Serves 4.

BAKED DISH

Gertrude Stark

1 med. pkg. noodles, cooked in salted hot water

1 can tuna fish (fill can with milk) 1 can Campbell's mushroom soup

2 hard boiled eggs, chopped grated cheese on top

Bake until brown.

TUNA DISH

Minnie Buechler

Cook 1 medium size pkg. noodles; drain. Add:

3 cans mushroom soup

4 or 6 hard boiled eggs,
diced

1 can tuna

1 20¢ pkg. potato chips

Put in baking dish. Bake 1 hour slowly. When about done, put corn flakes over top.

TUNA FISH CASSEROLE

Mrs. Raymond Mitchell

1 can tuna fish

1 can cream of mushroom
soup

1 small pkg. potato chips

1 small pkg. noodles

Cook the noodles till done, then combine with the other ingredients and put in casserole. Bake for half an hour in a moderate oven.

ESCALLOPED TUNA AND HOME MADE NOODLES

Mable Leland

1 can tuna fish flakes

1 c. mushrooms, chopped

1 c. ground cheese

1/2 green pepper, chopped

salt and pepper

Make alternate layers of noodles and other ingredients. Cover with a sauce of 1 can of mushroom soup diluted with milk.

ESCALLOPED TUNA AND HOME MADE NOODLES (Continued)

Make enough noodles for the number to be served, usually 2 eggs for 6 people.

BAKED CHICKEN SUPREME

Mrs. Lloyd Snedden

Cook 1 chicken in salted water. Take meat from bones and cut up. GRIND skin.

Dressing:

6 to 8 c. soft bread crumbs	1 stalk celery, cut
1 med. onion, cut	1/3 c. chicken fat or butter
2 eggs, beaten	1/2 tsp. baking powder
	1 1/2 to 2 c. milk

Fry onions in fat in large skillet; add crumbs, celery, seasoning and baking powder; milk and egg; toss. Put in baking pan in layers. Add broth until you can see it. Bake. Serve with a can of mushroom soup.

CHICKEN COMPOTE

Mrs. M. L. Utterback

1 boiled chicken, diced	1 can peas, drained
8 med. sized boiled potatoes, diced	1 can mushrooms or oysters, diced
1 small can pimientos, chopped	1 qt. cracker crumbs
	1 1/2 qt. chicken broth, thickened slightly

In a large casserole place cracker crumbs, (half of the amount), peas, potatoes, pimiento, chicken, mushrooms or oysters. Pour thickened broth over all and last add remainder of cracker crumbs. Bake 30 - 40 minutes in moderate oven.

CHICKEN-ETTE

Mrs. B. A. Pollard

1 lb. veal heel

1 lb. pork steak

Slice pork like steak. Cook all until tender, then pick apart.

2 slices bread

2 eggs, beaten

Mix all together. Pour 1 1/2 c. broth over it. Bake slowly for 1 1/2 hours.

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SERVICE



DE LUXE

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

CHICKEN LOAF

Mrs. Melvin A. Howell

1/2 stewed chicken, diced	2 eggs, slightly beaten
1 c. milk	2 stalks celery, optional
1/4 loaf dry bread	salt and pepper to taste
enough chicken broth to moisten bread thoroughly	

Method: Pour milk over diced chicken; add to broken bread pieces; add eggs and celery, season to taste. Place in shallow baking dish and cover with enough chicken broth to moisten thoroughly. From time to time add broth to keep the top moist. Serves 8. Bake for 1 hour at 350 degrees.

CHICKEN LOAF

Mrs. Harry (Anna) Baker

1 5 or 6 lb. hen	1 pt. milk and broth
3 eggs	1/2 tsp. dry mustard
about 1/2 loaf toasted bread	

Mix - put in baking dish and cover with crushed corn flakes. Bake 1 1/2 hours at 275 degrees.

CITY CHICKEN LEGS

Gladys McVicker

1 slice fresh ham 3/4 inch thick	1 slice veal steak 3/4 inch thick
2 eggs, beaten	cracker crumbs or breakfast food crumbs

Trim off ham fat, cut meat in 1 1/2 inch squares. Place 4 pieces meat squares on wooden meat skewer - pork 1st, veal, pork, veal. Last piece at end of skewer. Press pieces firmly together with palm of hand. Salt and pepper legs - roll in crumbs. Dip in beaten egg, then roll in the crumbs again. Brown in hot fat. Place in uncovered dish with 1/2 c. water. Bake 1 1/2 hours at 350 degrees.

ESCALLOPED CHICKEN

Minnie Buechler

Cook a 5 lb. fat hen until tender; remove meat from bones.

1 qt. broth	1 qt. milk
1 loaf bread broken in small pieces	6 eggs, beaten salt and pepper

ESCALLOPED CHICKEN (Continued)

Mix together, put in loaf pan. Bake 2 hours in slow oven. Sprinkle crushed corn flakes over top 15 minutes before removing from oven. Will serve 15 - 18.

MOCK CHICKEN

Mary Stickel

1 1/2 lb. solid veal

1 1/2 lb. solid pork

Boil together until tender.

1 1/2 c. chopped celery
6 soda crackers

3 hard boiled eggs

Grind meat, eggs and crackers in food chopper and add celery; add salt and pepper to taste. Mix well and add enough broth to stick together. Pack firmly into a bowl. Slice when cold for sandwiches or serve at meal.

HAM LOAF (8 servings)

Mrs. E. H. Barnes

1 lb. smoked ham, ground
1/2 lb. veal, ground
2 Tbsp. chopped green
pepper
2 c. corn flakes crumbs

1/2 lb. lean pork, ground
1 1/2 tsp. salt
2 eggs, slightly beaten
1 c. milk

Bake in 350 degree oven 1 hour.

HAM LOAF

Minnie Buechler

1 lb. smoked ham
1 lb. lean pork, all ground
2 beaten eggs
3/4 c. tomato soup

1 lb. lean beef
1 c. bread crumbs
1/2 tsp. pepper
1/4 c. water

Bake slowly 1 1/4 hours.

HAM LOAF

Agnes Robertson

1 lb. veal

1 lb. ham

Grind.

4 Tbsp. catsup
1/2 c. milk
1 c. mushrooms, optional

1 onion, minced
2 eggs, beaten light

HAM LOAF (Continued)

1/8 tsp. pepper

1/2 tsp. salt

HAM LOAF (Serves 50)

Mrs. Marvin Davis

4 lb. ham

4 lb. pork

4 lb. beef

can use some onion

salt and pepper

2 c. scalded milk

2 c. tomato juice

8 eggs

4 c. rolled Post Toasties

Mix with hands. Makes 3 loaves. Bake at 350 degrees for 30 minutes, 300 degrees for 2 1/2 hours.

HAM LOAF

Mrs. Mary Barger

1 1/2 lb. ground smoked ham 1 1/2 c. ground veal

1 c. oatmeal

1 c. rich milk

Mix and put into loaf pan, sprinkle with pepper (no salt), 1 can of tomato soup and 1 c. ground cracker crumbs. Mix into paste and spread over loaf. Bake in a moderate oven 2 hours.

HAM LOAF

Mrs. B. A. Pollard

1 lb. ham

2 lb. lean pork,

Grind together.

2 c. toasted bread (break
finely with hands)

1 egg
milk enough to moisten
a little pepper

Mix all together. Bake in an open pan in slow oven 2 hours at 325 degrees, basting occasionally with own juice.

PINEAPPLE HAM LOAF

Mrs. Chas. Buechler

1 1/2 lb. smoked ham

1 1/2 lb. fresh pork

Grind together.

2 eggs

1 c. cracker crumbs or
bread crumbs

1 c. tomato juice

PINEAPPLE HAM LOAF (Continued)

1/4 tsp. pepper

Can add chopped green pepper or onions.

Bake in buttered pan 1 hour. Put pineapple slices under or lay on top. Pour pineapple juice over loaf before baking.

BAKED HAM WITH NOODLES

Mrs. John Robertson

2 c. cooked noodles

3 c. ground ham

3 Tbsp. fat

3 c. milk

1/2 c. bread crumbs

salt and pepper

3 Tbsp. flour

Melt fat, add flour; mix; add milk and stir. Add 1/2 tsp. salt. Put in baking dish.

One layer of noodles, one of ham, until all is used, putting white sauce on each layer.

MEAT BALLS

Mrs. Chas. B. Jennings

1 lb. ground beef

4 Tbsp. grated carrots

4 Tbsp. grated celery

1 Tbsp. onion, grated

1/4 c. bread crumbs

2 eggs

Mix into balls and brown in fat. Place in casserole and pour over 1 c. of tomato juice or tomato paste or plain tomato soup and bake slowly for 1 hour.

MEAT BALLS WITH CABBAGE

Mrs. O. A. Borg

1 lb. hamburger

2 c. cooked rice

1 small onion, cut fine

1 egg

salt and pepper

milk

Mix the same as for meat loaf. Shape into balls, wrapping a cabbage leaf around each meat ball. Then brown them in skillet. When brown place in covered dish in oven and bake in moderate oven until tender.

MEAT BALLS (MEXICANA)

Mrs. Charles E. Anderson

1/2 lb. ground beef

4 Tbsp. rolled oats, uncooked

1/3 c. tomato juice

1 small onion, chopped fine

1/2 tsp. salt

1/2 tsp. Worcestershire

sauce

MEAT BALLS (Continued)

1/8 tsp. pepper

Combine ingredients as listed, shape into balls, pan fry until brown. Add to the following sauce, cover and simmer for 25 minutes or put in a casserole and bake slowly.

Sauce:

1 #2 can tomatoes	1 small bay leaf
1 onion, med. size, chopped fine	1/2 tsp. chili powder
1 #2 can whole kernel corn, drained	1/4 tsp. salt

Serves 6 people.

MEAT BALLS

Gertrude Stark

Brown pepper and onion in fat. Add:

1 can tomato soup	1/2 can water
1 c. rice *	1 1/2 lb. hamburger, seasoned *

* Cook 1 hour in above mixture.

MEAT BALLS

Mabel Nelson

1 qt. tomato juice	1 Tbsp. sugar
salt	

Heat to boiling.

1 lb. pork, ground	1 lb. beef, ground
2 eggs	1 c. bread crumbs
1 c. milk	little sage, nutmeg and
2 slices chopped onion	chili powder

Mix together. Roll in flour and form in balls. Let stand 30 minutes. Drop in boiling tomato juice and simmer in oven about 2 hours.

Turn balls in oven once in a while.

PORCUPINE BALLS

Katherine Olson

1 lb. hamburger	1/3 c. rice, uncooked
1/2 c. milk	1 med. onion, minced
salt and pepper to taste	

Mix and form into cakes, place in a baking dish. Pour over 1 pint tomatoes or tomato soup. Bake uncovered 35 minutes. Cover and bake 35 minutes more.

SWEDISH MEAT BALLS

May Warren

1 lb. round steak, ground	1 lb. pork butts, ground
2 egg yolks	4 slices bread cut up and soaked in milk
1 1/2 tsp. salt	1 small onion, grated
little pepper	1/4 c. milk or enough to make into soft balls
10 whole allspice kernels, crushed	

Fry until brown, add water and cook 1 hour. Can be placed in oven.

VEGETABLE MEAT BALLS

Mrs. Eugene Peace

3 slices bread	1 c. hot milk
3/4 lb. ground beef	salt and pepper
1/4 lb. ground pork	1/4 c. chopped carrots
1 egg	3 Tbsp. grated onion
3 Tbsp. chopped parsley	2 c. tomatoes
1 Tbsp. Kitchen Bouquet	1 c. hot water
1/2 c. chopped celery	1 c. peas

Soften bread in milk, drain; add egg. Mix meat, add seasoning, grated onion and chopped parsley. Combine meat, mix with egg mix, form balls, roll in flour and brown in hot fat. Add tomatoes and Kitchen Bouquet, simmer 10 minutes and add water, chopped carrots and celery. Let simmer 30 minutes more and add peas. Heat thoroughly and serve.

MEAT LOAF

Mary E. Stark

1 lb. round steak	1/2 lb. veal
1/2 lb. lean pork	2 eggs
2 tsp. onion	2 Tbsp. catsup
salt and pepper to taste	2 c. mashed potato
1/2 c. sweet milk	

MEAT LOAF (Continued)

Beat with eggs and onion. Brown on top of stove, finish in slow oven.

MEAT LOAF

Mrs. Elizabeth Ferry

3 lb. ground beef	2 c. mashed potatoes
4 eggs	3 c. bread crumbs
1 c. milk	2 to 3 tsp. salt
1/4 tsp. pepper	1/2 c. catsup
1/2 tsp. poultry seasoning	

Moisten bread crumbs with milk and eggs. Add potatoes, meat, catsup and seasonings. Mix well.

Put in loaf pan, greased. Add 2 c. hot water and steam for about 1 1/2 hours with cover on; 1/2 hour without cover till brown. Oven, 375 degrees.

MEAT LOAF

Lois Musgrave

1 lb. ground round steak	1/4 tsp. pepper
2 Tbsp. melted butter	1 c. crackers
1 egg, beaten	1 c. milk
2 Tbsp. onions, chopped	1 tsp. salt
2 slices bacon	

Combine all ingredients except bacon. Form in loaf. Lay slices of bacon across top. Bake in moderate oven, 375 degrees for about 2 hours. If desired, substitute 1/2 c. uncooked oat cereal for 1/2 c. cracker crumbs. Serve with tomato sauce.

SPANISH PORK CHOPS (8 servings)

Gladys McVicker

8 thick pork chops	1/2 c. catsup or tomatoes
1 c. water	2 tsp. Worcestershire
mustard	sauce or 2 tsp. vinegar
salt - pepper	

Method: Rub chops on both sides with dry mustard, salt and pepper. Place in roaster. Pour catsup, water, and vinegar over them. Cover. Bake 2 hours in moderate oven 350 degrees.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

PORK CHOP CREOLE

(Continued) Elma Reichenberg

Brown 1 pork chop for each member of the family, line bottom of baking dish with chops. Line potatoes around edge of meat and fill the center with sliced carrots and salt.

Pour over all a can of tomato soup and bake in oven 1 hour at 350 degrees. Very, very good!

BARBECUED RIBS

Mrs. Truman Caldwell

2 1/2 lb. pork ribs

Combine:

1 Tbsp. celery seed

1 Tbsp. chili powder

1/4 c. brown sugar

1 Tbsp. salt

1 tsp. paprika

Rub this mixture on the ribs. To what is left, add:

1/4 c. vinegar

1/2 c. catsup

1/2 c. tomato soup

Heat this and pour over ribs. Baste as they cook. Bake until tender in moderate oven.

MEAT BALLS

Mrs. J. K. Mitchell

1 lb. ground beef

onion to taste

1 c. cooked rice

salt and pepper

chopped green pepper

Mix all ingredients well and form into balls. Fry in skillet, then add:

1 can tomato soup

1 can cream of mushroom
soup

Let simmer for 30 minutes to 1 hour.

BAKED PORK CHOPS AND CORN

Chops 3/4 inch thick - season, flour and sear.

Mix a medium sized can of corn with 2 beaten eggs, pimiento, salt and pepper. Pour over chops in frying pan and bake in a moderate oven about an hour or until thoroughly done.

SCALLOPED PORK AND VEAL

Margaret J. Ripley

2 1/2 lb. pork butts

2 1/2 lb. veal

Cook until tender and cut in cubes.

4 c. liquid from meat

8 slices bread

Pour hot liquid over bread and stir. Add meat and season to taste.

4 eggs, beaten

Add eggs last - turn into buttered pan and bake 1 1/4 hours in medium oven. 18 servings.

RICE CASSEROLE

1 c. washed, uncooked rice

1 lb. hamburger, browned

1 large onion

1 small can mushroom soup

2 c. celery cut

salt and pepper

2 Tbsp. soy sauce

Put rice in bottom of baking dish, spoon remainder over rice. Celery on top with soy sauce. Bake an hour in moderate oven.

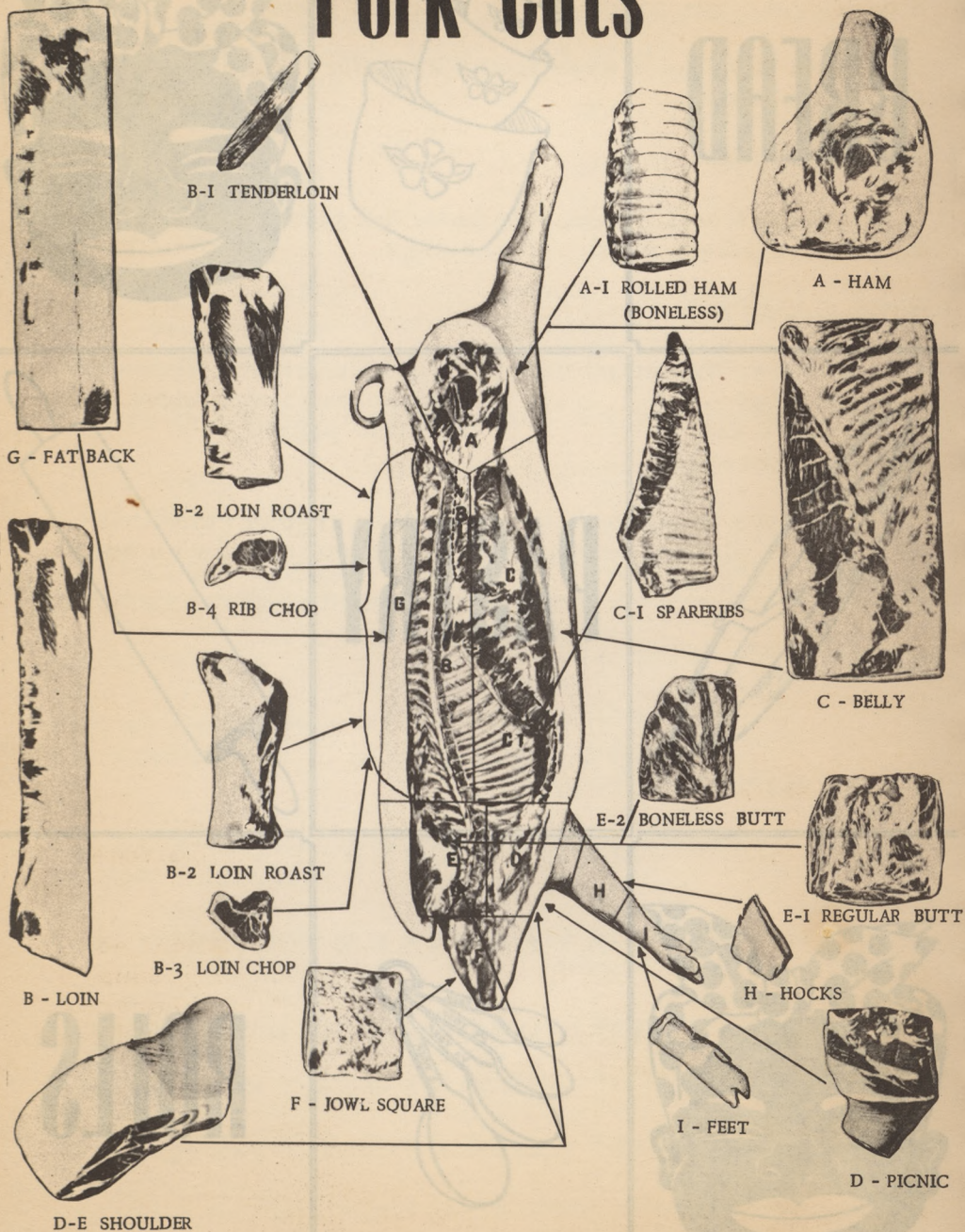
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I N T H I S B O O K

Pork Cuts



Illustrations furnished through the courtesy of Wilson & Company, Inc.

BREAD, PASTRY, ROLLS

BANANA BREAD

Mrs. John Risher

1/2 c. shortening	1 c. sugar
2 eggs	1 tsp. salt
4 Tbsp. milk (or 3 Tbsp. sour milk)	2 bananas, mashed
1/2 tsp. soda (put soda in milk)	1/2 c. nut meats
	1/2 tsp. baking powder
	1 tsp. vanilla
	2 c. flour

Sift flour before measuring. Then sift flour and salt and baking powder and sugar in a bowl, add shortening and eggs. Beat. I use my mixer then add banana and nut meats. Bake in a greased loaf pan for about 1 hour at 375 degrees.

BANANA BREAD

Mary Sturtz

1/2 c. butter or Crisco	2 c. flour
1 c. sugar	1/2 tsp. salt
2 eggs, beaten	1/2 c. chopped nuts
1 tsp. soda	2 bananas, well crushed

Cream butter, add sugar, beaten eggs; sift flour and soda. Bake about 45 minutes in slow oven.

BANANA TEA BREAD

Mary Attey

1 3/4 c. sifted flour	1/2 c. shortening
2 tsp. baking powder	2/3 c. sugar
1/4 tsp. soda	2 eggs, well beaten
1/2 tsp. salt	1 c. mashed ripe bananas (2 to 3 bananas)

Sift flour, sugar, baking powder and salt. Beat shortening until creamy in a mixing bowl, add sugar gradually, add egg, and beat well. Add flour mixture with bananas, a small amount at a time. Turn into a well greased bread pan. Bake in a moderate oven 1 hour.

BANANA BREAD

Mrs. R. M. Knuse

2 c. flour	1 c. sugar
1 tsp. baking powder	1/2 tsp. soda
pinch of salt	

BANANA BREAD (Continued)

Sift all dry ingredients in a mixing bowl. Add:

1/2 c. shortening	3 Tbsp. milk
1 egg	2 fair sized bananas, mashed
1/2 c. black walnut meats	well

Mix lightly. Bake in a loaf bread pan 40 minutes, 350 degrees.

BANANA BREAD

Mrs. Zola Robertson

1 3/4 c. sifted all purpose flour	1/2 c. nuts
2 tsp. baking powder	1/3 c. shortening
1/4 tsp. baking soda	2/3 c. sugar
2 eggs	1 c. (2 or 3) mashed ripe bananas

Start oven at 350 degrees or moderate. Grease a 8 1/2 x 4 1/2 x 3 inch loaf pan. Sift flour, measure; sift again with baking powder, soda and salt. Beat the eggs until thick as heavy cream. Chop the nuts coarsely. Work the shortening until light. Gradually add the sugar, continuing to cream until mixture is fluffy. Stir in the beaten egg, mixing well. Add flour mixture alternately with the mashed bananas, beating well after each addition. Stir in the nuts, pour mixture into the greased loaf pan and bake for 1 hour and 10 minutes.

Remove from pan and cool thoroughly before slicing. If you have some left, wrap it in waxed paper or aluminum foil and store in a cool place. Keeps moist for at least a week.

BANANA NUT BREAD

Mildred Wickstrom

1/2 c. shortening	2 c. flour
1 c. sugar	3 tsp. baking powder
2 eggs	3 Tbsp. water
1 c. mashed bananas	1/2 tsp. salt
1 c. nut meats	1 tsp. lemon extract

Sift flour, salt and baking powder. Stir in the nut meats. Cream sugar and shortening. Add well beaten eggs. Beat in bananas and lemon juice. Add flour mixture to creamed mixture, stirring only until flour is moistened. Bake in loaf pan at 375 degrees 1 hour and 15 minutes.

DATE NUT BREAD

Mrs. George Anderson

1 c. chopped dates	1/4 tsp. baking powder
1 1/2 c. boiling water	1/2 tsp. salt
1 egg	1 c. chopped nuts
3/4 c. sugar	1 Tbsp. melted shortening
2 1/4 c. sifted flour	1 tsp. vanilla
2 tsp. soda	

Pour water over dates and let stand while preparing other ingredients. Beat egg until light and add sugar gradually. Sift flour, soda, baking powder and salt and stir in nuts. Add dates and flour mixture alternately to the egg mixture. Stir in shortening and vanilla and pour in greased loaf pans. Bake in moderate oven, 350 degrees, 1 hour, 15 minutes, or until done.

NUT BREAD

Hazel McCall

3 c. flour	1 egg
3 tsp. baking powder	1 c. milk
1 c. sugar	1 c. nut meats
1 tsp. salt	

Mix flour, baking powder, sugar and salt and sift 3 times. Add well beaten egg with milk and nuts. Let stand 20 minutes in well greased loaf pan and bake 45 minutes at 350 degrees.

ORANGE NUT BREAD

Mrs. E. H. Barnes

rind of 2 large or 3 medium oranges	1 1/2 c. sugar
1 c. milk	1 beaten egg
3 c. flour	1 Tbsp. melted butter
1 tsp. salt	3 tsp. baking powder

Add 1 c. nut meats to flour.

Pass the orange rind through the food chopper. Add water to cover and soak until tender, then add the sugar and cook to a thick syrup. Cool. To this add the beaten egg, milk and butter and work in the flour, which has been sifted with the baking powder and salt. Form into 1 large or 2 small loaves, turn into greased pans, and bake about 45 minutes in a moderate oven.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

GRAPE NUTS BREAD

Mrs. George Anderson
Mrs. S. A. Davis(Effie)
Ft. Dodge

2 c. sour milk or buttermilk
1 c. Grape Nuts 1 tsp. soda

Combine and let soak 1 hour.

1 1/2 c. brown or white sugar
1 Tbsp. butter
2 tsp. baking powder
2 beaten eggs
1/2 tsp. salt
4 c. flour

Sift flour, baking powder and salt. Mix sugar and beaten eggs. Alternate flour mixture and Grape Nuts mixture to egg and sugar. Add melted butter.

Pour into greased bread pans and bake 45 minutes to 1 hour or until done, 350 degrees.

ALL-BRAN MUFFINS

Sharon Lou Olson

1 c. All-Bran 1/4 c. sugar
3/4 c. milk 1 egg
1 c. sifted flour 2 Tbsp. soft shortening
2 1/2 tsp. baking powder 1/2 tsp. salt

Combine milk and All-Bran. Sift flour, baking powder, and salt together. Add sugar, egg and shortening. STIR ONLY UNTIL COMBINED. Fill greased muffin pans 2/3 full. Bake in moderately hot oven - 400 degrees - about 25 minutes. Yield: 9 wonderful muffins.

You can sprinkle with cinnamon-sugar topping before baked.

Topping:

Mix together: 1/4 c. sugar
1/4 tsp. cinnamon

PLAIN MUFFINS

Janet Kay Olson

2 c. flour 1 c. milk
3 tsp. baking powder 1/4 c. melted shortening
1 tsp. salt 1 Tbsp. sugar
1 egg

Sift dry ingredients together. Melt fat and let it cool.

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IN THIS BOOK

PLAIN MUFFINS (Continued)

Make a hole in the dry ingredients and add the liquid ingredients. Fill in greased muffin tins $\frac{2}{3}$ full. Bake at 415 degrees 20 minutes. You may place 1 tsp. brown sugar and $\frac{1}{2}$ tsp. butter in the bottom of each cup or place 1 tsp. jelly in the top of each muffin before baking.

CORN MUFFINS

(Mrs. Geo.) Ethah Nelson

2 c. corn meal	1 c. milk
4 tsp. baking powder	1 Tbsp. melted butter
2 c. boiling water - and	1 tsp. salt
it must be boiling	2 eggs

Sift the corn meal and salt together and scald with the boiling water. Add cold milk to the mixture quickly to keep the meal from lumping. Add eggs and beat well.

Just before putting into the oven, add baking powder, and, last, the melted butter. Pour in greased muffin pans, and floured. Bake to a golden brown at 475 degrees. Split each muffin and put in a pat of butter.

MY BEST GINGERBREAD

Mrs. Marion Rogers

$\frac{1}{2}$ c. shortening	1 tsp. ginger
1 c. sugar	$\frac{1}{2}$ tsp. cloves
1 egg	$\frac{1}{2}$ tsp. salt
2 $\frac{1}{2}$ c. sifted all purpose	1 c. sorghum
flour	1 c. hot water
1 $\frac{1}{2}$ tsp. baking soda	
1 tsp. cinnamon	

Cream together shortening and sugar. Add eggs; beat well. Sift together flour, baking soda, cinnamon, ginger, cloves and salt. Combine molasses and water; add alternately with flour mixture to creamed mixture. Line 8 x 8 x 2 inch greased pan with greased waxed paper; pour in batter. Bake in moderate oven, 350 degrees, 50 to 60 minutes. Cool 5 minutes. Remove from pan.

OZARK GINGER BREAD (GLORIFIED)

Lelah Keighley

$\frac{1}{2}$ c. lard	1 tsp. each of cloves, cinna-
$\frac{1}{2}$ c. butter, both melted	mon, allspice, ginger, and
$\frac{1}{2}$ c. sugar	sift together 3 times with
1 c. molasses	the flour

OZARK GINGER BREAD (GLORIFIED) (Continued)

2 eggs	1 c. boiling water using
2 1/2 c. flour	1/2 c. to dissolve 1 tsp.
1 c. raisins	soda
1 c. nut meats	

The batter will be thin. This makes a large ginger bread.

DRESSING FOR GINGER BREAD, CAKES OR SPONGE CAKE

Mable Leland

1 c. brown sugar	2 Tbsp. cornstarch
1 Tbsp. butter	

Cook until thick, cool and add whipped cream or thin cream.

Pour dip over cake and serve with drink.

FLUFFY WAFFLES

Mrs. Milo Davis

2 c. flour	5 tsp. baking powder
1 1/2 c. milk	4 eggs
2 Tbsp. sugar	1 tsp. salt
	8 Tbsp. melted butter

Mix well together and bake on waffle iron.

DOUGHNUTS IN RHYME

Agnes Robertson

1 c. sugar, 1 c. milk
2 eggs, beaten as fine as silk
Salt and nutmeg, lemon will do,
Baking powder, teaspoons two.
Lightly stir the flour in
Roll on pie board, not too thin;
Cut in diamonds, twists or rings,
Drop with care the doughy things
Into fat that briskly swells
Evenly the spongy cells.
Watch with care the time for turning -
Fry them brown, just short of burning.
Roll in sugar, serve when cool.
Price a quarter for this rule.

DONUTS

Mrs. M. R. Cole

1 c. sugar
3 Tbsp. vegetable shorten-
ing
1 c. sweet milk
2 eggs

4 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
flour to make soft dough

DOUGHNUTS

Mrs. Leonard Struthers

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

2 eggs
1 c. sour milk
1 tsp. vanilla
2 Tbsp. melted butter
1/2 c. boiling water
1 tsp. soda

Method: Sift together dry ingredients. Combine eggs, sour milk, vanilla and melted butter. Add to dry ingredients. Dissolve soda in boiling water and add to mixture. Stir lightly. Most successful when used in a donut maker.

STEAMED BROWN BREAD

Mrs. R. E. Gunn

1 c. whole wheat flour
1 c. corn meal - yellow
1 c. white flour
2 c. sweet milk

1/2 to 1 c. country molasses
1 level tsp. soda
1 egg
1/4 c. shortening
1/2 tsp. salt

Stir all ingredients together. Pour into hot greased cans. Steam 3 hours. Bake 1/2 hour.

YEAST NUT BREAD

Mrs. R. E. Gunn

1 c. canned milk

1 c. hot water

OR

2 c. milk - scalded and
cooled
1 c. sugar
flour as needed

1 or 2 cakes Red Star yeast
2 eggs
1 tsp. salt
3 Tbsp. shortening
2 c. nuts, rolled or chopped
but not too fine

Add the nuts just before putting the bread in pans.

YEAST NUT BREAD (Continued)

Black walnuts are preferred but shortening need not be used with them. English walnuts and black walnut flavoring can be used.

DATE-NUT BREAD

Jessie Johnston

1 pkg. dates, pitted	1 1/2 c. boiling water
2 level tsp. baking soda	2 Tbsp. shortening
2 eggs	pinch of salt
1 1/2 c. sugar	3 c. flour
2 tsp. baking powder	1 c. nut meats

Soak dates in boiling water and soda. Cream shortening, sugar and eggs. Add sifted dry ingredients and nuts. Bake in tin cans. Fill tins half full. Bake 1 hour, 350 degree oven.

SHORT BREAD

Ruth M. Johnston

1 1/4 c. flour	1/8 tsp. salt
1/2 c. butter	1/4 c. sugar

Cream butter, add sugar and cream, then add flour and salt. Beat and mix thoroughly. Bake in a pan lined with heavy paper. Do not grease. Makes one 9-inch square. Bake in slow oven, 325 to 350 degrees 35 minutes.

PIE CRUST

Emma Jane Muench

3 c. flour	1 tsp. salt
1 egg	1 Tbsp. vinegar
1 c. lard	5 Tbsp. water

Cut lard into flour and salt until the consistency of corn meal. Mix egg with vinegar and water. Add to flour mixture and stir with a fork. Roll thin for pie crust.

DELICIOUS PIE CRUST

Lucille Harrington

Measure into mixing bowl:

2/3 c. shortening	1/2 c. boiling water
-------------------	----------------------

Pour over shortening and cream. To this add:

DELICIOUS PIE CRUST (Continued)

2 c. flour

1 tsp. salt

Mix just enough to mix in all flour. Let chill 1 hour or until mixture has cooled. Roll out between two sheets of waxed paper. If needed, sprinkle lightly with flour.

HOT WATER PASTRY

Lois Musgrave

1 1/2 c. flour

1/4 c. boiling water

1/2 tsp. salt

7 Tbsp. shortening

1/4 tsp. baking powder

Sift dry ingredients. Pour boiling water into mixing bowl. Add shortening. Beat until smooth. Sift in dry ingredients. Beat until mixture forms a smooth ball. Chill thoroughly. Roll as plain pastry.

LEMON PIE

Ruth M. Johnston

1 1/3 c. sugar

1/2 tsp. salt

3 egg yolks, beaten

1/3 c. lemon juice

4 Tbsp. cornstarch

2 c. boiling water

2 tsp. lemon, rind

Blend sugar, cornstarch, salt; stir into boiling water. Cook and stir till thick and clear. Stir in egg yolks, cook 2 minutes longer. Remove from stove. Add lemon juice and rind. Put in baked pie shell.

ANGEL FOOD PIE

Mrs. Milo Davis

1 c. sugar

2 Tbsp. cornstarch

butter size of walnut

2 c. milk

2 egg whites

1 tsp. vanilla

pinch of salt

Heat milk, melt butter in milk, add mixed sugar and cornstarch. Boil until thick, stirring constantly. Add vanilla. Fold in egg whites, well beaten, with salt. Put in a baked crust. When cold, top with whipped cream, sweetened with sugar and flavored with vanilla.

ANGEL FOOD PIE

Mrs. Clarence Snedden

4 1/2 Tbsp. cornstarch

3 Tbsp. sugar

3/4 c. sugar

1 1/2 tsp. vanilla

ANGEL FOOD PIE (Continued)

1 1/2 c. boiling water	1 baked pastry shell - 9"
3/8 tsp. salt	1/2 c. cream, whipped
3 egg whites	1/2 sq. bitter chocolate, grated

Mix cornstarch and sugar in a sauce pan or top of double boiler. Add boiling water, stirring constantly, and cook until thick and clear. Add salt to egg whites and beat until stiff; add 3 Tbsp. sugar and vanilla, beating until egg whites are creamy. Pour hot cornstarch mixture slowly over the egg whites, beating continuously. Cool slightly and fill pastry shell. Cover with whipped cream (flavoring added if desired) and sprinkle grated chocolate (or nut meats) over top.

This pie should be made at least 2 hours before serving. Serves 8.

BUTTERSCOTCH PIE FILLING

Mary Sturtz

Brown together:

1/2 c. brown sugar	1 Tbsp. butter
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When brown, add:

2 c. milk	2 egg yolks
1/2 tsp. salt	2 Tbsp. flour
1/2 c. white sugar	flavoring to taste

Put into baked pie shell. Beat egg whites for over top. Brown.

RED CHERRY PIE

Mrs. W. H. Oxenford

1/2 c. cherry juice	2 Tbsp. butter
1/2 c. sugar	2 c. pitted cherries
3 Tbsp. flour	1 recipe plain pastry
1/8 tsp. salt	

Cook juice, sugar, flour and salt till thick. Add butter, and pour over cherries in pastry-lined pie pan. Make lattice top; flute edge. Bake in 450 degree oven for 10 minutes then in 350 degree oven for 30 minutes.

Makes one 9-inch pie.

CHOCOLATE CRUSTED CHIFFON PIE

Mrs. J. W. P.

Sift together:

1 1/4 c. sifted flour
1/4 c. cocoa

1/3 c. sugar
1/2 tsp. salt

Cut in 1/2 c. shortening, add 1/2 tsp. vanilla. Sprinkle 2 to 3 Tbsp. cold water over mixture. Roll on floured board. Place in pan. Put dough trimmings in pan and bake for topping.

Filling:

Soften 1 Tbsp. (1 envelope) gelatin in 1/4 c. milk. Combine 4 egg yolks slightly beaten, 1 1/4 c. milk, 1/3 c. sugar and 1/2 tsp. salt.

Cook over boiling water until thickens. Beat and chill after adding gelatin mixture. Beat 4 egg whites stiff with 1/4 c. sugar. After gelatin mixture is slightly set, fold in egg whites. Pour in pie shell and chill. Top with 1 c. heavy whipped cream. Sprinkle with dough trimmings.

EGGNOG PIE

Mrs. Art Wilson, Jr.

1 tsp. gelatin
1 Tbsp. cold water
1 c. milk
1/2 c. sugar
2 Tbsp. cornstarch

1/4 tsp. salt
3 egg yolks, beaten
1 Tbsp. butter
1 tsp. vanilla
1 c. heavy cream, whipped
nutmeg

Soak gelatin in cold water. Scald milk in top of double boiler. Combine sugar, cornstarch and salt. Mix together thoroughly. Add to scalded milk and cook until smooth and thick. Cook 15 minutes longer, stirring constantly. Stir a small amount of mixture into beaten egg yolk. Return to double boiler and cook a few minutes longer. Add gelatin, butter, cool and add vanilla. Fold whipping cream into custard mixture. Pour in shell. Sprinkle with nutmeg and chill.

LEMON CHIFFON PIE

Mrs. Leonard Struthers

3 egg yolks
3/4 c. sugar

1/4 c. lemon juice, unstrained
4 Tbsp. lemon flavored
gelatin

LEMON CHIFFON PIE (Continued)

1/4 tsp. salt	1/2 c. boiling water
1 Tbsp. grated lemon rind	3 egg whites
1/4 tsp. cream of tartar	

Method: Beat egg yolks (with spoon) in top of double boiler. Stir in half the sugar, then the salt, rind and lemon juice. Cook over boiling water, stirring occasionally until mixture thickens and coats the spoon (about 10 minutes).

Stir hot water into gelatin, then beat the hot custard into it with a rotary beater. Cool thoroughly until mixture begins to set. Beat slightly to break up and let stand while making meringue.

Make a meringue by beating the egg whites with cream of tartar until stiff. Then gradually beat in the other half of sugar. Carefully fold the meringue into the cooled custard. Pile into cooled baked pie shell. Place in refrigerator until set and well chilled (at least 2 hours) before serving.

ORANGE PECAN PIE

Mrs. Milo Davis

1 c. sugar	4 Tbsp. flour
1/8 tsp. salt	1 c. milk
3 egg yolks	2/3 c. orange juice and pulp
2 tsp. grated orange rind	1 tsp. butter
1/2 c. pecan nut meats	

For meringue: 3 egg whites and sugar. Cook sugar, flour, salt, milk, egg yolks, orange juice, pulp and rind, butter and nut meats over low heat, stirring constantly. Top with meringue and brown in oven.

PINEAPPLE PIE

Doris Buechler Finck

1 small can grated pineapple	1/4 c. water
1 c. sugar	2 Tbsp. cornstarch
pinch of salt	2 egg yolks
juice of 1 lemon	2 Tbsp. butter

Cook. Cool slightly. Pour in baked crust. Cover with meringue.

PUMPKIN PIE FOR BAKED PIE SHELL (9 inch pie)

Mrs. Melvin A. Howell

Mix together:

PUMPKIN PIE FOR BAKED PIE SHELL (Continued)

2 c. cooked pumpkin	1 c. brown sugar
1/2 c. white sugar	1 tsp. each of cloves and
1/2 tsp. nutmeg	cinnamon
1/2 tsp. ginger	1/4 c. flour
	1/2 tsp. salt

Add to above:

1/2 c. milk (slowly)	3 egg yolks
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Cook slowly until thick; stir constantly. Pour into baked pie shell and let stand a few hours or overnight before serving. If desired, meringue may be made of 3 egg whites. Bake at 350 degrees until brown.

KEIGHLEY PUMPKIN PIE

Ray Keighley

1 c. pumpkin	2 eggs
small c. sugar	1 c. milk
1/4 tsp. ginger	1/2 tsp. cinnamon
1/2 tsp. baking powder	1/4 tsp. salt
1/2 tsp. vanilla	1 tsp. molasses
1 tsp. flour	

Bake 50 minutes. Makes 1 pie.

PENNSYLVANIA PUMPKIN PIE

Mrs. George Anderson

2 c. pumpkin	3 eggs
1 c. brown sugar	1/4 tsp. salt
1/2 tsp. grated nutmeg	1/2 tsp. ginger
1/8 tsp. ground cloves	1/8 tsp. allspice
1/4 tsp. cinnamon	3 c. scalded milk
1 Tbsp. melted butter	

To the pumpkin add beaten eggs, brown sugar, salt and spices and mix thoroughly. Add scalded milk and butter. Pour into unbaked pie shell and bake 1 hour, 450 degrees, for 10 minutes, and then 300 degrees remaining time.

RHUBARB PIE

Lillian Ferry

2 c. fresh rhubarb	2/3 c. sugar
2 heaping Tbsp. flour	3 egg yolks
	water

RHUBARB PIE (Continued)

Cut rhubarb in pieces. Beat egg yolks, then add sugar and flour. Mix together with rhubarb and small amount of water. Place in freshly rolled pie crust and bake all together.

Make a meringue of the 3 egg whites and 3 Tbsp. of sugar.

RHUBARB-PINEAPPLE PIE

Mrs. Belle Primrose

4 c. rhubarb (cut in pieces
and blanched)

Mix together:

	1 c. sugar
2 Tbsp. flour	1/2 tsp. salt

Add 2 egg yolks beaten light and pineapple. Mix with the cut up rhubarb thoroughly. Pour into unbaked pie crust.

Bake until rhubarb is tender, 425 degrees, first 10 minutes. Remove from oven.

Cover with meringue made from the beaten egg whites and 2 Tbsp. sugar. Brown in oven.

1 small can crushed pine-
apple or 1 med. can
pineapple chunks, drained

SILVER CREAM PIE (LEMON CHIFFON)

Mrs. M. R. Cole

grated rind of 1/2 lemon	4 egg yolks
3 Tbsp. lemon juice	1/2 c. sugar

Cook in double boiler until thick. While that is cooking, soak 1/2 Tbsp. Knox gelatin in 1/3 c. water. When ingredients in double boiler are thick, remove and beat thoroughly with electric or Dover beater, then add the soaked gelatin.

Beat the 4 egg whites until very thick; add 1/2 c. sugar and beat plenty.

Fold the yolk mixture into the whites very carefully. Pour into baked pie crust. Let stand in refrigerator for 2 hours.

Serve with whipped cream.

SOUTHERN PECAN PIE

Mrs. Grover Crouse, Jr.

4 Tbsp. butter
2 Tbsp. flour
3 eggs

1 c. sugar
3/4 c. Karo
1 tsp. vanilla
1 c. chopped pecans

Mix sugar and flour and add to creamed butter, add Karo.

Beat eggs well and stir into mixture, then add flavoring and nuts. Pour filling into unbaked pie shell. Bake in slow oven 325 degrees about 45 minutes or until a silver knife inserted in the center comes out clean.

STRAWBERRY CREAM PIE

Hazel Frazier

4 Tbsp. sugar
1/4 tsp. salt
3 egg yolks, slightly beaten
1 pt. fresh strawberries,
washed and hulled
dash of salt

5 Tbsp. cake flour
2 c. milk
1 c. shredded coconut
1 baked 9 inch pie shell
1/2 c. sugar
2 Tbsp. water
1/4 tsp. vanilla

Combine sugar, flour and salt in top of double boiler. Add milk and egg yolks, mixing thoroughly. Place over rapidly boiling water and cook 10 minutes, stirring constantly. Remove from water, add 1/2 c. coconut, and vanilla. Cool.

Reserve about 1/2 c. large strawberries for garnishing pie. Slice remaining berries into pie shell, then fill with cooled filling.

Place egg white, sugar, salt and water in top of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water and beat 1 minute then remove from fire and continue beating 1 minute or until mixture will stand in peaks. Add flavoring.

Pile lightly on filling. Slice strawberries lengthwise and arrange flat side down with points toward center around meringue. Sprinkle with remaining coconut. Serve at once.

STRAWBERRY SPONGE PIE

Edna Rasmus

Dissolve 1 pkg. strawberry jello in 1 c. hot water. Add pinch of salt. Add 1 c. sugar to 1 pt. crushed strawberries. Let stand 15 minutes.

Add juice from berries to the jello mix. Chill until

STRAWBERRY SPONGE PIE (Continued)

thickened. Whip. Fold in berries and $1/2$ c. heavy cream, whipped. Put filling in the following pie shell and chill.

Cream:

3 Tbsp. powdered sugar, 7 Tbsp. butter
sifted

Work in $1\ 1/2$ c. chocolate wafer crumbs. Press firmly into a 9-inch pie pan.

This strawberry filling makes a very good dip for angel food cake. Use 1 c. cream whipped in place of $1/2$ c. as in pie.

RHUBARB CUSTARD PIE

Mrs. Janet Buck

2 $1/2$ c. rhubarb 2 egg yolks
2 Tbsp. cornstarch 1 c. sugar
2 Tbsp. butter

Method: Beat egg yolks until fluffy. Mix sugar, cornstarch, butter and beaten yolks together. Pour in pie shell and bake in slow oven $1/2$ hour. Remove and make a meringue from egg whites, then return to oven and bake approximately $1/2$ hour or until meringue is brown.

Makes 8 inch deep or 9 inch pie.

GLAZE FOR ROLLS

Lillian Ferry

$1/2$ c. white Karo syrup 1 c. sugar
rind and juice of $1/2$ orange $1/2$ c. hot water
(shred or finely chop
orange rind)

Bring ingredients to boil and let stand.

HOT ROLLS

Mrs. Ernest Jackson

1 c. boiling water 1 cake yeast
3 Tbsp. shortening 2 Tbsp. warm water
 $1/4$ c. sugar 1 tsp. sugar
1 tsp. salt 1 egg, beaten
3 $1/2$ to 4 c. flour

Combine boiling water, shortening, sugar and salt and let cool to lukewarm. Add yeast, which has been dissolved

HOT ROLLS (Continued)

in the warm water and sugar. Add egg and flour. Let stand to raise in bowl which has been lightly greased. When doubled in bulk, turn out onto floured board and knead till easy to handle. Shape into desired type of rolls and place in baking pans to raise till doubled in bulk. Bake at 425 degrees in oven about 12 to 15 minutes.

PARKER HOUSE ROLLS

Daisy DeHaven Reid

2 cakes yeast	2 eggs
1 c. canned milk diluted	1/2 c. sugar
with 3/4 c. water	2 tsp. salt
7 1/2 c. flour	1/2 c. butter

Crumble yeast in bowl, add liquid, which has been scalded and cooled. Add sugar, beaten eggs, salt and flour and work well. Work in melted butter. When dough has been well mixed, knead until smooth on board. Set to rise in greased bowl for 1 1/2 hours. Knead down and allow to rise 30 minutes. Dip in melted butter. Bake in oven 385 degrees. Makes 2 1/2 dozen rolls.

ROLLS (REFRIGERATOR)

Mrs. Marie Schroeder

Put 1 cake of yeast and 1 tsp. sugar into 3/4 c. of warm water. Let stand 20 minutes.

Dissolve:

1/2 c. sugar	1/2 c. shortening in
	2 c. warm water

Add:

4 c. flour	1 beaten egg
	yeast

Beat until smooth. Let stand 1/2 hour or until light, then add:

2 tsp. salt	about 4 c. flour
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Knead until smooth. Let rise until double in size. Part of this dough may be used and rest put in greased bowl, and covered with oiled paper. Take out of refrigerator about 2 hours before ready to bake and make into rolls as soon as removed from refrigerator.

REFRIGERATOR ROLLS

Mrs. Robert Beal

1 pkg. yeast, compressed or dry	1/4 c. lukewarm water
2 tsp. salt	1 c. milk
1/2 c. shortening	1/4 c. sugar
	3 eggs, beaten
	4 1/2 c. sifted flour

Soften yeast in lukewarm water. Scald milk - add salt, sugar and shortening. Cool to lukewarm. Add 2 c. flour. Beat well. Add softened yeast and eggs. Blend thoroughly. Add remaining flour to make soft dough. Turn out on lightly floured board and knead until satiny. Place in lightly greased bowl. Cover and let rise in warm place (80 to 85 degrees) until doubled - about 1 hour. Punch down. Form into smooth ball. Grease surface lightly, cover and put into refrigerator. When wanted, remove dough from refrigerator and punch down.

Mold at once in any desired shape. Or, if preferred, let dough stand in warm room for an hour before molding. Place rolls in greased pans and let rise until doubled. Bake in hot oven, 425 degrees, 15 to 20 minutes.

DELICIOUS HOT CROSS BUNS

Mrs. Charles E. Anderson

2 c. sifted enriched flour	1/2 tsp. salt
3 tsp. baking powder	1/2 tsp. cinnamon
2 Tbsp. sugar	1/4 tsp. allspice
4 Tbsp. shortening	1/2 c. milk
1 egg	1/2 c. currants or chopped raisins

confectioners' icing

Sift dry ingredients into mixing bowl, add shortening and cut in like coarse meal; stir in the fruit. Beat egg and milk together until well mixed. Stir into flour mixture. Spread dough into a well greased 9-inch square cake pan, divide into buns. Take a knife. Cut a cross in center of each square. Bake in a preheated oven, 425 degrees, for 15 minutes or until done. While still warm, drizzle frosting in cross.

Dough may be dropped or cut in rounds and baked on a cookie sheet for crusty sides.

RYE BREAD

Mabel Nelson

3 c. potato water
enough flour for thin batter

1 cake dry yeast

Let stand until light and foamy.

5 Tbsp. shortening
1 c. molasses
white flour - enough to knead

salt
1 c. rye flour
1 tsp. anise seed

BLUEBERRY COFFEE CAKE

Mrs. Grover W. Crouse, Jr.

Sift together:

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

1/2 c. sugar
1/2 tsp. salt

Add and cream:

1/4 c. shortening

Stir in:

1 beaten egg
1 tsp. lemon rind

1/2 c. milk
1 c. well drained blueberries

Pour in greased baking dish 6 x 10 inch. Bake 25 minutes at 425 degrees.

1/2 c. chopped nuts may be sprinkled on top of batter. Also 3/4 c. of well drained blueberries, before baking.

STREUSEL FILLED COFFEE CAKE

Rachael Coulston

(Mrs. L. T. Coulston)

Filling and Topping:

Milwaukee, Wisconsin

1/2 c. nut meats
1/2 c. brown sugar

2 tsp. cinnamon
2 tsp. flour
2 Tbsp. melted butter

Mix sugar, flour, cinnamon; blend in melted butter; stir in chopped nuts. Mix well.

Coffee Cake:

1 1/2 c. flour

3/4 c. sugar

STREUSEL FILLED COFFEE CAKE (Continued)

3 tsp. baking powder	1/4 c. shortening
1/4 tsp. salt	1/2 c. milk
	1 tsp. vanilla

Method: Sift flour, then measure. Sift flour, baking powder, sugar and salt together. Cut in shortening until like corn meal.

Blend in beaten egg mixed with milk. Add vanilla and beat just enough to mix well. Pour 1/2 of batter in greased heavy pan. Sprinkle with 1/2 mixture, add remaining batter. Sprinkle again with mixture.

Bake 30 minutes in 325 degree oven. Serve warm.

COFFEE CAKE WITH STREUSEL TOPPING

May Warren

1 1/2 c. flour	1/4 c. butter
3 tsp. baking powder	1 egg
1/4 tsp. salt	1/2 c. milk
3/4 c. sugar	

Sift flour, baking powder, salt and sugar together. Rub in butter until mixture is like coarse meal. Blend in the beaten egg mixed with the milk. Beat just enough to mix well. Pour half of batter in greased pan. Sprinkle half of Streusel mixture. Add remaining batter and sprinkle remaining Streusel mixture. Bake in quick oven.

2 tsp. cinnamon	1/2 c. brown sugar
2 Tbsp. melted butter	2 Tbsp. flour
1/2 c. chopped nuts	2 or 3 Tbsp. fresh orange peel

COFFEE ROLL

Mae Kling

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

Mix like pie crust, then add:

3 eggs, beaten light	1 c. lukewarm milk
1 pkg. Red Star yeast	

Crumble yeast in milk, then add to flour mixture. Let rise till light. Make out into 2 rolls on a floured board. Spread with melted butter and cinnamon and brown sugar.

COFFEE ROLL (Continued)

Roll up like a jelly roll. Put on cookie sheet. Let stand 1 hour and bake at 350 degree temperature for 1/2 hour.

WHOLE WHEAT ROLLS (Or Bread)

Mrs. R. E. Gunn

2 c. milk, scalded and cooled or 1 c. condensed milk and 1 c. hot water	2 eggs 1 tsp. salt 1/2 c. sugar
1 or 2 cakes Red Star yeast	3 Tbsp. shortening
fine whole wheat flour, as needed	

ICE BOX ROLLS

Margaret J. Ripley

1 c. sugar	1/2 c. lard or vegetable shortening
2 eggs, beaten	1 1/2 tsp. salt
1 pkg. dry yeast	1/2 tsp. soda
3 c. warm water	1/2 tsp. baking powder

Cream shortening and sugar, add beaten eggs. Then add 2 3/4 c. warm water. Add yeast that has been soaking a few minutes in 1/4 c. warm water. Add flour, salt, soda and baking powder to make a sponge. Beat well about 5 minutes with a spoon. Let rise. Then add enough flour to make a soft dough (just so you can knead it).

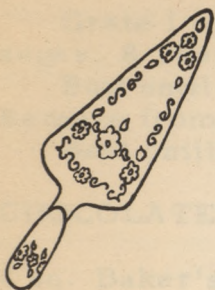
Place in refrigerator. Dough will keep well in refrigerator and you can bake a few rolls at a time if desired.

P A T R O N I Z E

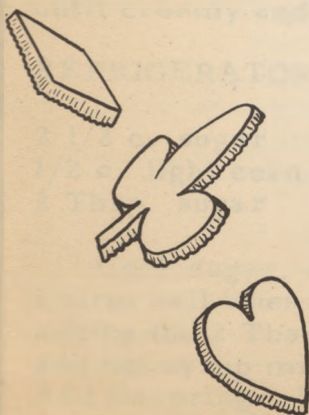
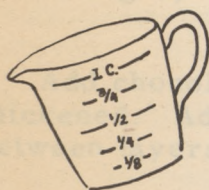
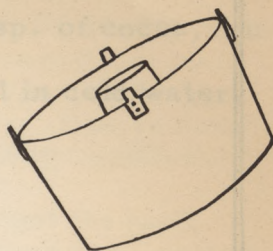
M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K



CAKES



COOKIES



COOKIES



CAKES, COOKIES

CHOCOLATE FROSTING

Mrs. O. A. Borg

Grate 1 square chocolate or use 2 Tbsp. of cocoa, 1 c. sugar, 8 Tbsp. sweet cream.

Boil until creamy or forms a soft ball in cold water. Remove from fire. Add 1 tsp. vanilla.

Beat until cool and spread on cake.

CHOCOLATE FROSTING

4 sq. Baker's unsweetened
chocolate

Cut in pieces. Add to 1 1/4 c. milk. Heat until chocolate is melted. Beat with Dover beater.

Mix:

4 Tbsp. cake flour (sifted with sugar)	1 c. sugar 2 Tbsp. butter 1 Tbsp. vanilla
---	---

Add chocolate mixture to sugar mixture. Cook until thickened. Add butter and vanilla. Beat well. Spread between layers and on top and sides of cake.

FUDGE FROSTING

Mrs. Glen Franklin

1 1/2 c. sugar	3/8 c. milk
6 Tbsp. butter	1 tsp. vanilla
1/4 c. cocoa	1/4 tsp. salt

Method: Combine ingredients. Boil 2 minutes. Beat until creamy and put on cake immediately.

REFRIGERATOR FROSTING

Mrs. B. A. Pollard

2 1/2 c. sugar	1/2 c. water
1/2 c. light corn syrup	2 egg whites
2 Tbsp. sugar	1 tsp. vanilla

Cook sugar, syrup and water to 242 degrees, or until a firm ball when tested in cold water. Beat egg whites, adding the 2 Tbsp. sugar. Beat thoroughly, then slowly add hot syrup mixture, beating until it will hold its shape. Add flavoring. Spread on cake, or put into a tightly covered jar and keep in refrigerator.

REFRIGERATOR FROSTING (Continued)

If it becomes slightly stiff, add a few drops of hot water and mix well.

SEA FOAM FROSTING

Mrs. Herman Cline

1 egg white, unbeaten	3/4 c. brown sugar, firmly packed
pinch of salt	
2 1/2 Tbsp. water	1/2 tsp. vanilla

Beat all together, except vanilla, with rotary egg beater, and cook in double boiler 4 minutes or until frosting stands in peaks. Remove from fire, add vanilla.

Beat until thick enough to spread on cake.

WHITE MOUNTAIN CREAM ICING

Dorothy Loomis

1 c. sugar	1 tsp. vanilla
1/3 c. boiling water	white of 1 egg

Cook sugar and water together till it forms a thread. Pour over beaten egg white. Beat until right consistency to spread. Pour over cake.

WHITE SEVEN MINUTE FROSTING

2 c. sugar	6 Tbsp. water
whites of 2 eggs	1/4 tsp. cream of tartar
vanilla	

Mix all together. Cook 7 minutes over hot water, stirring with Dover beater. Mixture should drop - not run - from spoon when ready to spread.

ANGEL FOOD CAKE

Mrs. Ivan Buechler

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

Sift flour once, measure and sift flour four more times. Beat egg whites and salt on large platter or on a crock with a flat wire whisk. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully 2 Tbsp. at a time, until all is used. Fold in flavoring.

ANGEL FOOD CAKE (Continued)

Then sift small amount of flour over mixture and fold in carefully; continue until all is used. Pour batter into ungreased angel food pan and bake at least an hour, in a slow oven. Begin at 275 degrees, and after 30 minutes, increase heat slightly, 325 degrees. Remove from oven and invert pan for an hour or until cold.

CHOCOLATE ANGEL CAKE

Mrs. Eugene Buechler

3/4 c. cake flour	5 Tbsp. cocoa
3/4 c. sugar	1 3/4 c. egg whites
3/4 tsp. salt	1 1/2 tsp. cream of tartar
3/4 c. sugar	1 tsp. vanilla

Sift cocoa with flour and sugar 4 times. Beat egg whites with salt until frothy; add cream of tartar and beat until stiff but not dry. Add remaining 3/4 c. sugar, 1 Tbsp. at a time, folding in thoroughly. Add vanilla with last addition of sugar. Sift flour mixture over top, a little at a time, and fold in lightly with a down-up-over motion.

Bake in 10-inch angel cake pan in a 325 degree oven 75 minutes. Invert pan to cool.

YELLOW ANGEL FOOD CAKE

Esther Buechler

1 1/2 c. sifted cake flour	1/4 tsp. salt
1/2 tsp. baking powder	5 eggs, separated
1/2 c. cold water	1 1/2 c. sugar
3/4 tsp. cream of tartar	1 tsp. vanilla

Sift together flour, salt and baking powder; beat egg yolks until thick; add water and beat until light and fluffy. Gradually beat in sugar, fold in dry ingredients a little at a time. Beat egg whites with cream of tartar until stiff but not dry. Fold into egg yolk batter; add vanilla. Bake in 10-inch ungreased tube pan in slow oven, 325 degrees, for about 1 hour. Invert pan to cool.

YELLOW ANGEL FOOD CAKE

Mrs. H. M. Panethere
Kansas City, Kans.

13 egg yolks	1 scant c. cold water
1 level Tbsp. cream of tartar	1 1/2 c. sugar
2 c. sifted flour	1 level tsp. baking powder
	1 tsp. extract
	1/4 tsp. salt

YELLOW ANGEL FOOD CAKE (Continued)

Add cream of tartar to egg yolks and beat 20 minutes. Add sugar and beat 10 minutes. Add baking powder to flour and add flour and water alternately. Add nuts if desired. Bake in slow oven 1 hour.

Do not turn upside down.

APPLE SAUCE CAKE

Gladys McVicker

1 1/2 c. sugar	1/2 c. butter
2 c. apple sauce - unsweetened	1 tsp. cinnamon
1 tsp. allspice	1 tsp. cloves
2 tsp. soda	2 1/2 c. flour
1 c. each seedless raisins and nut meats	1 egg

Bake 45 minutes in moderate - 350 degree - oven.

BLACK WALNUT CAKE

Mrs. Nellie Fairchild

1 c. sugar	1/2 c. shortening
1/2 c. sweet milk	4 egg whites
2 c. cake flour - measured after sifting	2 level tsp. baking powder
1 c. black walnuts	1 tsp. vanilla

Bake in a loaf.

BRIDE'S DELIGHT CAKE

Mrs. Ethel Winter

2 c. sugar	4 egg whites
1/2 c. shortening	3 tsp. baking powder
1 1/2 c. sweet milk	1/2 tsp. salt
3 c. cake flour	1 tsp. vanilla

Cream shortening and sugar. Add milk and flour alternately. Fold in beaten egg whites. Bake in 3 layers in moderate oven - 350 degrees - for 30 minutes or 35 minutes.

BURNT SUGAR CAKE

Katherine Nelson

Caramelized Syrup:

Put 1/2 c. sugar in a skillet and stir until melted a good deep brown. Add 1/2 c. hot water. Stir together.

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IN THIS BOOK

BURNT SUGAR CAKE (Continued)

(More syrup may be made at one time as it will keep in a closed jar.)

Sift together:

3 c. sifted cake flour	3 tsp. baking powder
	1/2 tsp. salt
1/2 c. shortening	1 c. water
1 1/2 c. sugar	1 tsp. vanilla
3 egg yolks, well beaten	2 Tbsp. caramelized syrup
	3 egg whites, stiffly beaten

Cream shortening and sugar together. Add beaten egg yolks and beat. Add flour alternately with water. Add caramelized syrup and egg whites last. Bake in two 9-inch cake pans 20 - 25 minutes in 375 degree oven or a loaf pan.

Makes a large loaf cake.

Frost layer cake with 7 Minute Icing. I add caramelized syrup to powdered sugar frosting for loaf cake.

CHOCOLATE ROLL

Edna Rasmus

5 egg yolks	1 c. confectioners' sugar
4 Tbsp. flour	3 Tbsp. cocoa
1/2 tsp. salt	1 tsp. vanilla
	5 stiffly beaten egg whites

Beat yolks until thick and lemon colored, add sifted dry ingredients and beat until well blended. Add vanilla and fold in egg whites. Spread on greased pan lined with wax paper. Bake in moderately hot oven, 400 degrees, 15 to 20 minutes. Turn out on towel. Remove paper, roll up for 1 minute. Unroll; cool and spread with whipped cream. Roll like jelly roll and sprinkle with powdered sugar.

Serve with a chocolate sauce.

CHERRY CAKE

Mrs. Robert Beal

1 c. sugar	1 1/2 c. flour
1/4 c. shortening	2 tsp. baking powder
2 eggs, beaten	1 tsp. vanilla
1/2 c. sweet milk	

Mix like cake and put in large loaf cake pan. Sprinkle top with flour then cover with about 1 qt. of fresh pitted

CHERRY CAKE (Continued)

drained cherries and sprinkle with brown sugar and cinnamon on top of cherries. Bake in 350 degree oven.

CHOCOLATE CAKE

Mrs. O. A. Borg
(Mildred)

2 c. flour	1/2 c. cocoa
1 tsp. soda	1 1/2 c. sugar
1/2 c. shortening	2 eggs
1/2 tsp. salt	1 c. water
	1 tsp. vanilla

Cream shortening and sugar, add egg yolks, next add sifted flour, soda and cocoa alternately with water. Add vanilla and fold in beaten egg whites. Bake at 350 degrees.

RED DEVILS FOOD CAKE

Mrs. Ida Williams

1 1/2 c. sugar	1/4 c. cocoa
2 eggs, not beaten (turn under before adding boiling water)	1 tsp. soda
	1 c. boiling water
	1 tsp. baking powder in 1 1/4 c. flour

Mix shortening and sugar together, then add ingredients as called for. Beat vigorously and bake in a hot oven, 40 minutes at 375 degrees.

SIMPLE COCOA CAKE (DARK)

Mrs. John Roberts on

1 1/4 c. sugar	1/2 c. shortening
1 tsp. salt	2 eggs

Add and mix to:

1/2 c. cocoa	1 tsp. soda
	1 c. hot water

Add:

1 tsp. baking powder	1 1/2 c. all purpose flour or
1 tsp. vanilla	1 3/4 c. cake flour

Then mix well and bake about 35 or 40 minutes in 350 degree oven.

COFFEE CAKE

Mrs. George Anderson

1 c. Crisco	3 c. flour
1 1/2 c. white sugar	3 tsp. baking powder
3 eggs	1/2 tsp. salt
1 c. milk	1 tsp. vanilla

Sift flour, baking powder and salt. Cream shortening, and sugar, add beaten eggs then alternate flour and milk to shortening and sugar. Add vanilla.

Filling:

1 c. brown sugar	3 tsp. cinnamon
1/2 c. English walnuts	1/2 c. black walnuts

If you don't have black walnuts use English walnuts and 1/2 tsp. black walnut flavoring. 1/2 c. melted butter.

Spread half of the batter in a large flat pan, sprinkle with 1/2 of the filling, then the rest of the batter and remaining filling. Pour melted butter over top. Bake in a moderate oven, 300 degrees, 45 minutes.

CHOCOLATE CAKE

Mrs. Raymond Mitchell

1/3 c. shortening	1 1/3 c. sifted flour - all
1 c. sugar	purpose
1 egg	1/2 c. sifted cocoa
1 tsp. vanilla	1/4 tsp. salt
1 tsp. soda	1/4 tsp. cinnamon
	1 c. sour milk

Cream sugar and shortening together. Add beaten egg, then the vanilla. Add the dry ingredients alternately with the sour milk. Bake in two 8-inch layer cake pans. Bake in moderate oven. Cake may also be baked in a long loaf pan.

CHOCOLATE CAKE

Mae Kling

2 Tbsp. cocoa dissolved in enough warm water to make a paste	1/2 c. shortening
2 c. sugar	1 tsp. vanilla
3/4 c. sour milk	1/4 tsp. salt in
2 beaten eggs	2 1/2 c. flour -
	2 tsp. soda in flour

Last, add 1 c. boiling water.

CHOCOLATE MAYONNAISE CAKE

Nettie Gardner
Seattle, Wash.

2 c. sifted cake flour 1 c. sugar
1 1/2 tsp. soda 3 Tbsp. cocoa

Sift together, then add:

1 c. mayonnaise 1 c. boiling water
1 tsp. vanilla

RED DEVILS FOOD CAKE

Mrs. R. M. Kruse

6 tsp. cocoa - thicken in 1 c. water. (Prepare this first.)

2 c. sugar 1/2 c. shortening
1 c. water 2 egg yolks beaten and mixed
1 level tsp. baking powder well with 3 Tbsp. of water
1 tsp. soda mixed with taken from this cup
cocoa

Cream sugar, shortening, egg yolks with water; add cocoa with soda, and rest of water. Add 2 c. sifted flour. Mix well. Remove from beater and stir in by hand 1/2 c. flour with baking powder sifted together.

Bake in loaf pan, 30 minutes, at 350 degrees.

RED DEVILS FOOD CAKE

Katherine Nelson

Mix together:

2 c. sugar 1/2 c. cocoa

Add:

2/3 c. shortening

Cream all together and add:

2 eggs, unbeaten

Beat well together.

1 1/2 c. boiling water 2 1/2 c. flour
1/2 tsp. salt 2 tsp. soda (hold back 1/2 c.
of the boiling water to
add with the soda, at the
last)

RED DEVILS FOOD CAKE (Continued)

Note: The batter for this cake is very thin when ready to pour into loaf pan for baking in a moderate oven, 350 degrees, for about 35 minutes or until cake is done.

Makes a large loaf cake.

DAD STEWART'S CUP CAKES

Mrs. Mary Harden

5 1/2 Tbsp. butter or shortening	5 Tbsp. cocoa
1 c. sugar	1/2 tsp. salt
1 egg	1 tsp. sifted soda
1 2/3 c. sifted cake flour	4 Tbsp. boiling water
1 c. buttermilk or sour milk	1 tsp. vanilla

1. Cream butter and sugar together, add egg and beat until well mixed.
2. Sift flour, cocoa and salt together.
3. Add sifted dry ingredients and milk alternately.
4. Dissolve soda in boiling water and stir into cake batter. Add vanilla. Bake in oven 350 degrees for 20 - 30 minutes.

ONE EGG CAKE

Mrs. Mary Harden

2 c. sifted cake flour	1 c. sugar
2 tsp. baking powder	1 egg
1/4 tsp. salt	1 tsp. vanilla
4 Tbsp. butter	3/4 c. milk

Sift dry ingredients together. Cream butter and sugar, add egg and beat. Add flour mixture alternately with milk. Makes 2 layers or a loaf cake. Bake in 350 degree oven 25 minutes.

DATE CAKE WITH TOPPING

Mrs. Marvin Buechler

1 1/2 c. boiling water	1/4 c. butter
1 1/2 c. dates, chopped	1 c. sugar
1 1/2 c. flour	1/4 tsp. salt
1 egg	1 tsp. soda
1 tsp. baking powder	1 tsp. vanilla

Pour boiling water over dates, butter and soda. Stir until dates are broken up. Let stand until cool. Beat egg, salt and vanilla until thick. Add sugar, flour and baking powder. Beat well; add date mixture. Bake in flat pan, moderate oven.

DATE CAKE WITH TOPPING (Continued)

Topping for Date Cake:

1 c. dates, chopped	1 c. sugar
3/4 c. hot water	1/3 tsp. salt
1/3 c. nuts, chopped	

Cook over low flame until thick and glossy. Spread on cake when cool.

DATE CAKE

Mrs. Nellie E. Fairchild

1 c. sugar	1/2 c. shortening
2 eggs	2 c. flour
1 c. nuts	1 c. dates
1 c. boiling water	1 tsp. soda
1 tsp. baking powder	1/2 tsp. salt

Pour boiling water over dates, add soda; let all stand together until cool. Add eggs. Put baking powder, and salt in flour, and add to batter.

Spread for top of cake:

1 c. chopped dates	3/4 c. water
1 c. sugar	1 Tbsp. butter
1/8 tsp. salt	1/3 c. nuts

Cook all ingredients except nuts until thick and well blended about 5 minutes. Add nuts, let cool. Spread over top of cake. May be topped with whipped cream, and serve.

DATE CAKE

Ida Mae Franklin

1 c. chopped dates	3 1/2 Tbsp. butter
2 tsp. soda dissolved in	1 egg
1 c. boiling water	1 c. sugar
pinch salt	1 1/2 c. flour
1 c. chopped nuts	

Bake in slow oven for 1 hour. Serve topped with:

1 c. chopped dates	1 c. sugar
1/2 c. water	

Boil until thick.

ICE CREAM CAKE

Mrs. J. K. Mitchell

1 1/2 c. sugar
2 c. cake flour
2 tsp. baking powder
1/2 c. butter

1/2 c. sweet milk
6 egg whites
1/2 tsp. salt
1 tsp. flavoring

Cream butter, sugar and 1/4 of the milk. Cream well. Sift dry ingredients. Add to creamed mixture rest of milk and 1/2 of the flour. Beat. Beat eggs to stiff froth. Add rest of dry ingredients alternately with eggs. Add flavoring. Bake in moderate oven, 350 degrees, in 2 layers, 30 - 35 minutes.

Icing and Filling:

Cook 2 c. sugar with 1 c. boiling water. Cook till it will hair. Beat 2 egg whites to which have been added a pinch of salt. Then add 1/4 tsp. cream of tartar. Pour syrup over beaten egg whites. Beat till creamy. Flavor and color if desired.

MARASCHINO NUT CAKE

Mrs. Harold Olson

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

1/4 c. maraschino cherry
juice
16 maraschino cherries,
cut in small pieces
1/2 c. milk
1/2 c. nut meats

Sift dry ingredients into a bowl. Add the shortening and liquid and beat vigorously until thoroughly mixed or about 2 minutes. Add the unbeaten egg whites and beat 2 minutes more.

Fold in chopped nuts and bake in moderate oven, 350 degrees, 30 to 35 minutes.

MOTHER'S MOLASSES CAKE

(Mrs.) Belle Primrose

1 c. sour cream

1 egg, beaten

Add:

1 c. molasses

Sift:

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

MOTHER'S MOLASSES CAKE (Continued)

Mix together well. Pour into layer cake pans. Bake 20 minutes. Serve while warm with cream filling.
(Baking temperature - 350 degrees.)

Cream Filling:

Boil until thick:

1/2 c. brown sugar	1 Tbsp. cornstarch
1/2 tsp. salt	1 c. sweet cream
1 tsp. vanilla or maple flavoring extract	

MIRACLE WHIP CAKE (CHOCOLATE)

Mrs. Clarence Snedden

Sift together:

2 c. sifted flour	4 Tbsp. cocoa
2 tsp. soda	1 c. sugar

Mix with above mixture:

1 c. Miracle Whip salad dressing	1 c. cold water
	1 tsp. vanilla

Bake 30 minutes in 350 degree oven.

ORANGE KISS-ME CAKE (Quick-Mix Method)

Elmonian Yeaman

Bake at 350 degrees for 40 to 50 minutes. Makes 12 x 8 x 2 or 13 x 9 x 2 inch cake. Cake may be baked in two 8 or 9-inch round layer pans at 350 degrees for 35 to 45 minutes. All ingredients should be at room temperature.

Grind:

1 large orange, pulp and rind (reserve juice for topping) with	1 c. raisins
	1/3 c. walnuts

Sift:

2 c. sifted Pillsbury's Best enriched flour	1 tsp. soda
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ORANGE KISS-ME CAKE (Continued)

1 tsp. salt

1 c. sugar

Add:

1/2 c. shortening

3/4 c. milk

Beat for 2 minutes, 300 strokes, until batter is well blended. (With electric mixer blend at low speed, then beat at medium speed for 2 minutes.)

Add:

2 eggs, unbeaten

1/4 c. milk

Beat for 2 minutes. Fold orange-raisin mixture into batter. Pour into well-greased and lightly-floured 12 x 8 x 2 or 13 x 9 x 2 inch pan. Bake in moderate oven, 350 degrees, 40 to 50 minutes.

Orange-Nut Topping:

Drip 1/3 c. orange juice over warm cake. Combine:

1/3 c. sugar

1 tsp. cinnamon

1/4 c. chopped walnuts

Sprinkle over cake; decorate with orange slices.

ORANGE CAKE

Mrs. E. M. Torrey

Blend in mixing bowl:

1/2 c. Crisco

1 c. sugar

Add:

2 whole eggs

1 tsp. soda in

2 c. sifted flour

3/4 c. sour milk

1 tsp. baking powder

Grind: (twice)

3/4 c. raisins

rind of 1 orange

Add.

Mix at medium speed for 2 minutes. Bake in loaf pan at 350 degrees. When cake is done, spread the juice of 1

ORANGE CAKE (Continued)

orange and $1/2$ c. sugar over the top and return to the oven for 2 or 3 minutes.

PINEAPPLE CAKE

Mrs. Robert Beal

$1/2$ c. butter	$1/2$ c. water
$1\ 1/2$ c. sugar	$2\ 1/2$ c. cake flour
1 tsp. vanilla	3 tsp. baking powder
1 c. crushed pineapple	$1/8$ tsp. salt
	3 egg whites

Cream butter, slowly beat in sugar; add vanilla. Add pineapple and sifted dry ingredients alternately with water. Fold in stiffly beaten egg whites. Bake in well oiled layer cake pans in a moderate oven, 350 degrees, for 25 minutes.

Creamy Nut Icing:

Melt in sauce pan $1/2$ c. shortening (part butter adds flavor). Remove from heat. Blend in $2\ 1/2$ Tbsp. flour and $1/4$ tsp. salt. Stir in slowly $1/2$ c. milk. Bring to a boil, stirring constantly. Boil 1 minute. (If mixture curdles icing will not be affected.)

Stir in $1/2$ c. brown sugar, packed in cup. Remove from heat. Stir in 2 c. sifted confectioners' sugar. Set sauce pan in cold water. When cool beat until consistency to spread. Stir in $1/2$ tsp. vanilla and $1/2$ c. nuts, coarsely chopped.

PINEAPPLE ICE BOX CAKE (Serves 12)

Gertrude Stark

$1/2$ lb. vanilla wafers, crushed	1 c. sugar
1 small can sliced pine- apple (drained and diced)	$1/2$ c. butter
	1 c. chopped nuts

Line a deep loaf pan with waxed paper. Put in a layer of crushed wafers, then a layer of other ingredients which have been creamed together, alternate layers - finish with wafers on top. Pack down hard and let stand in ice box overnight. Turn out - slice. Serve with whipped cream. May be made 24 hours before serving.

PINEAPPLE UPSIDE DOWN CAKE

Mrs. Kenneth Buechler

1/2 c. Crisco or other
shortening
1 c. sugar
2 eggs
2 c. flour

3 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla
3/4 c. cold water

Cream shortening and sugar. Add beaten eggs. Sift dry ingredients and add alternately with cold water and vanilla. Beat well.

Grease pans and sprinkle with 1 1/2 c. brown sugar and 4 Tbsp. butter. Arrange slices or 1/2 pt. pineapple with red cherries or 1/2 qt. apricots. Pour over this the cake batter and bake at 350 degrees. Turn cake upside down on plate after taking out of oven.

SOUR CREAM CAKE

2 eggs
1 c. sugar
1 tsp. vanilla
1 3/4 c. flour

1 1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. soda

1 cup Sour Cream

Break eggs in bowl, beat and add sugar, cream and vanilla. Sift and measure flour; sift all dry ingredients together and add to first mixture. Stir well and bake in a 375 degree oven until cake shrinks a bit from sides of pan. Bake in a 10 x 14 inch loaf pan or 2 layer pans.

WALNUT CAKE

Dorothy Loomis

1/2 c. butter
1 c. sugar
yolks of 3 eggs
1/2 c. milk

1 3/4 c. flour
2 1/2 tsp. baking powder
whites 2 eggs
3/4 c. nut meats

Mix ingredients in order given. Bake 45 minutes in moderate oven. Cover with White Mountain Cream. Decorate with nut meat halves, one for each square served.

Delicious if made with butternuts.

WHITE CAKE

Lois Musgrave

1 c. sugar
1/2 c. shortening
4 egg whites

3 tsp. baking powder
1/4 tsp. salt
1/2 c. milk - OR:

WHITE CAKE (Continued)

1 tsp. almond
2 c. cake flour

1/4 c. evaporated milk and
1/4 c. water

Cream sugar and shortening. Sift flour, measure, and sift with baking powder and salt. Add alternately with milk to creamed sugar and shortening. Beat well. Add flavoring. Carefully fold in stiffly beaten egg whites. Pour into well oiled layer pans. Bake in moderate oven, 375 degrees, about 20 minutes.

WHITE CAKE

1 1/2 c. sugar
1 c. milk
1 tsp. vanilla
5 egg whites

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

Makes a large cake.

MALTED GRAHAM CRACKER CAKE

Mrs. Marvin Buechler

1 c. sugar
1/2 c. shortening
1/2 tsp. salt
2 tsp. baking powder
24 malted graham crackers

2 eggs
1 c. milk
1 c. chopped nuts
1 c. chopped dates

Cream sugar and shortening. Add egg yolks and beat well. Roll crackers fine and add these with milk, then add baking powder, nuts and dates; fold egg whites, which have been beaten stiff, into mixture. Bake in hot oven, 400 degrees, for about 45 minutes.

SOUR MILK DEVILS FOOD CAKE

Mixture #1:

1 c. butter

2 c. sugar

Cream together with a pastry mixer.

Mixture #2:

1 c. sour milk

4 beaten egg yolks

Combine.

SOUR MILK DEVILS FOOD CAKE (Continued)

Mixture #3:

3 c. cake flour measured after sifting	2 tsp. baking powder 1/2 tsp. soda 1/4 tsp. salt
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Sift together.

Mixture #4:

4 sq. or oz. unsweetened chocolate, cut in pieces	4 Tbsp. boiling water
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Combine.

4 egg whites, beaten

Add mixtures #2 and #3 alternately to #1. Add #4. Fold in beaten egg whites last with an egg whip. Fit oiled papers in two 8-inch deep cake tins. Pour mixture into tins and bake at 325 degrees for about 40 minutes.

WHITE CAKE

3 c. cake flour - sifted, then measured	3 tsp. baking powder 2 c. sugar 1/4 tsp. salt
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1/4 lb. butter (1/2 c.)
whites of 4 eggs
1 tsp. vanilla

1 1/2 c. water or half milk
and water
1/8 tsp. cream of tartar,
added last

Sift flour, baking powder and 1/4 tsp. salt together. Cream butter and sugar, using a pastry mixer. Add milk and water with flour mixture alternately. Add egg whites beaten stiff last with vanilla. Bake in two round deep pans at 350 degrees.

WHITE WHIPPED CREAM CAKE

3 egg whites
1 c. whipping cream
1 1/2 c. sugar
1/8 tsp. salt

2 tsp. baking powder
1/2 c. cold water
1 tsp. vanilla
2 c. flour

WHITE WHIPPED CREAM CAKE (Continued)

Beat egg whites stiff. Whip cream and fold into the egg whites. Sift all dry ingredients together 3 times and add alternately with the water, to which has been added the vanilla. Bake in a large oblong pan in a moderate oven for about 25 minutes.

DARK FRUIT CAKE

Mrs. Glen Franklin

2 c. shortening	1 c. fruit juice
3 c. brown sugar	1/2 c. buttermilk
6 eggs	1/2 c. sorghum
2 lb. currants	1/2 tsp. salt
1 1/2 lb. raisins	1 tsp. soda
1/2 c. chopped citron	1/2 tsp. nutmeg
1/2 lb. candied cherries	1/4 tsp. allspice
2 Tbsp. each candied lemon and orange peel	3 tsp. cinnamon
2 Tbsp. candied pineapple	4 c. sifted flour
	nut meats

Method: Add fruit juice to fruit and let stand overnight. Cream butter; add sugar and beaten eggs. Sift dry ingredients together; add to the fruit with the sorghum, buttermilk. Pour in pans lined with waxed paper. Cover top with waxed paper. Bake at 250 degrees for 2 hours. Remove from pan, leave waxed paper on and store.

ANGEL FOOD COOKIES (8 dozen)

Mrs. Lawrence Hitsman

1 c. sugar	1/2 tsp. salt
1 c. brown sugar	1 tsp. soda
1 1/2 c. shortening	2 tsp. baking powder
3 1/2 c. flour - maybe more	

Cream sugars, shortening, egg yolks and vanilla; sift flour, salt, soda and baking powder. Stir into creamed mixture. Use enough flour to be able to roll the dough into balls, but not too stiff.

APPLE SAUCE COOKIES

Mrs. Marie Schroeder

1 c. thick unsweetened sauce	1 c. sugar
1/2 c. shortening	1 egg
1/2 tsp. salt	1 c. raisins
1 c. nuts	2 c. flour
1 tsp. soda	1 tsp. baking powder

APPLE SAUCE COOKIES (Continued)

1 tsp. cinnamon (scant) 1/4 tsp. nutmeg

Method: Stir soda, sugar and shortening into apple sauce. Beat in egg. Sift the flour, baking powder and salt, sprinkle over raisins and nuts. Add to first mixture. Drop by spoonfuls on an oiled cookie sheet. Bake in moderate oven. Makes about 2 1/2 or 3 dozen.

BROWNIES

Mrs. Cecil Ferry

Melt over hot water, mix until smooth and set aside:

1 pkg. chocolate chips 1/3 c. shortening

Sift together and set aside:

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

Beat until thick and lemon colored:

2 eggs 1/2 c. sugar

Add flour mixture. Stir in chocolate mixture and 1 tsp. vanilla. Pour into 8 inch square greased and floured pan. Sprinkle 1 c. chopped nut meats on top and press lightly into batter. Bake at 375 degrees. Time: about 25 minutes.

CHOCOLATE CHIP COOKIES

Mrs. Ivan Buechler

1/2 c. shortening 1/2 tsp. soda
1/2 c. white sugar 1/2 tsp. salt
1/4 c. brown sugar 1 7-oz. pkg. semi-sweet
1 egg, well beaten chocolate chips
1 1/4 c. cake flour 1/2 c. chopped nut meats
1 tsp. vanilla

Cream shortening, add sugar a little at a time and cream until light and fluffy; add egg; beat well. Sift flour, measure, sift with soda and salt. Add in two parts. Add chocolate chips, nuts and vanilla. Mix thoroughly, drop from a tsp. onto a greased baking sheet. Bake in a moderate oven 350 degrees, 12 minutes.

Makes 4 dozen.

CHOCOLATE DROP COOKIES

Mrs. W. E. Schultz

1 c. brown sugar	1/2 tsp. soda
1/2 c. butter, melted	2 oz. or 2 sq. chocolate
1/2 c. milk	1 c. black walnut meats, chopped
1 egg	1 tsp. baking powder
1 tsp. vanilla	1/4 tsp. salt
1 1/2 c. flour	

Conventional Cake method for mixing.

Add melted chocolate to creamed fat and sugar mixture. Add floured nuts last. Drop from tsp. on slightly greased sheet. Bake in moderate oven, 15 to 20 minutes, 410 degrees. Spread frosting on hot cookies.

Frosting:

1/2 egg	1/4 c. cream, milk or water
1 3/4 to 2 c. powdered sugar	2 oz. or 2 sq. chocolate, melted

Blend egg, cream and sugar well. Add melted chocolate last.

LEMON CRISSCROSS COOKIES

Janet Kay Olson

1/2 c. soft shortening (part butter)	1 3/4 c. flour
3/4 c. sugar	3/4 tsp. cream of tartar
1 egg	3/4 tsp. soda
1 Tbsp. milk	1/4 tsp. salt
	1/2 tsp. lemon extract

Mix thoroughly together shortening, sugar and egg. Stir in milk and lemon extract. Sift together and stir in dry ingredients. Roll into balls the size of a walnut. Place balls about 3 inches apart on an ungreased baking sheet. Flatten with fork dipped into flour, making a crisscross pattern. Bake 8 to 10 minutes in a moderately hot oven, 400 degrees.

CHOCOLATE COOKIES

Mrs. Henry Snedden

6 Tbsp. butter or butter substitute	3/4 c. chopped nuts
1 1/2 sq. unsweetened chocolate	3/4 c. sugar
6 Tbsp. milk	1 egg, well beaten
1/3 tsp. soda	1 1/8 c. flour
1 tsp. salt	1 tsp. baking powder
	1 tsp. vanilla

CHOCOLATE COOKIES (Continued)

Melt chocolate over hot water. Cream butter or butter substitute and sugar. Add chocolate and eggs. Mix thoroughly. Sift flour, measure, and sift with baking soda, baking powder and salt. Add alternately with milk to first mixture. Add flavoring and nuts. Mix thoroughly. Drop by teaspoonfuls onto well-oiled baking sheet. Bake in hot oven, 400 degrees, 10 - 12 minutes.

30 servings. If desired, cookies may be iced.

CHOCOLATE DROP COOKIES

Mrs. Cecil Ferry

1 c. brown sugar
2 well beaten eggs

1/2 c. shortening

Add:

2 sq. melted chocolate

Sift together:

1 3/4 c. flour
1/2 tsp. salt

1/2 tsp. soda

Add alternately with:

1/2 c. milk

1/2 tsp. vanilla

Lastly add 1/2 c. chopped nut meats, and bake at 325 degrees on a greased cookie sheet. Frost if desired when cooled.

CHOCOLATE CHIP OATMEAL COOKIES

Esther Buechler

3/4 c. brown sugar
1 c. shortening
4 tsp. hot water
2 pkgs. chocolate chips
1 tsp. vanilla

3/4 c. white sugar
2 eggs, unbeaten
1 c. nut meats
2 c. quick-cook oatmeal

Mix all together in large bowl - now add 2 1/4 c. flour, 1 tsp. salt, 1 tsp. soda and 1 tsp. baking powder sifted together.

Drop by rounded teaspoonfuls on oiled pan. Press down. Cover top with cream and sprinkle on sugar and bake in a moderate oven.

CHOCOLATE PINWHEELS COOKIES

Maude Olson

- | | |
|-----------------------|--|
| 1 1/2 c. sifted flour | 1/2 c. butter |
| 1 tsp. baking powder | 1/2 c. sugar |
| 1/8 tsp. salt | 1 egg yolk, unbeaten |
| 3 Tbsp. milk | 1 sq. unsweetened chocolate,
melted |

Sift flour once, measure, add baking powder and salt. Cream butter, add sugar gradually; cream till fluffy; add egg yolk and milk; mix well.

Divide dough in two parts. To one part add chocolate and blend; chill till firm enough to roll. Roll each half into rectangular sheet, roll on waxed paper, then it is easy to handle. Place chocolate half on top of plain and roll up like a jelly roll. Chill in refrigerator for 6 or 7 hours. Slice 1/8 inch thick and bake on cookie sheet in hot oven, 375 degrees, about 5 minutes.

COCONUT COOKIES

Mrs. Laura Needham

- | | |
|------------------|----------------------|
| 2 c. brown sugar | 1 c. butter |
| 2 eggs, beaten | 1 tsp. vanilla |
| | 1 tsp. lemon extract |

Sift these 4 times:

- | | |
|----------------|------------------------|
| 3 3/4 c. flour | pinch salt |
| 2 tsp. soda | 2 tsp. cream of tartar |

Mix and beat well. Take a little ball of dough and press down and make creases across with fork.

Mix 1 c. coconut with flour.

COCONUT BROWNIES

Mrs. Melvin A. Howell

- | | |
|--------------------------------------|-------------------|
| 1/2 c. butter or other
shortening | 1/2 c. flour |
| 1 c. sugar | few grains salt |
| 7 Tbsp. cocoa | 1 c. chopped nuts |
| 2 beaten eggs | 1 tsp. vanilla |

Cream butter and sugar; add cocoa and cream well. Add eggs, flour and salt; mix thoroughly. Add nuts and vanilla. Bake in greased 8-inch pan at 350 degrees about 30 minutes. Cool and cut in squares.

COCONUT KISSES

Mrs. Eugene Baker

2 stiffly beaten egg whites	1/2 c. chopped nut meats
1 c. brown sugar	1 c. moist shredded coconut
2 c. corn flakes	1/2 tsp. vanilla

Beat egg whites and sugar. Fold in corn flakes, nut meats and coconut. Add vanilla. Drop from tsp. onto well-greased cookie sheet. Bake in moderate oven, 350 degrees, 15 to 20 minutes. Place pan on damp towel; remove immediately with spatula. If cookies stick to pan, return to oven to soften.

Makes 1 1/2 dozen.

DATE COOKIES

Mrs. Carl Franklin

1 c. brown sugar	1 tsp. soda
1/2 c. white sugar	1/4 tsp. salt
1/2 c. plus 1 Tbsp. shortening	3 c. flour
2 eggs	1/2 c. nut meats
1/2 c. hot water	1 c. dates

Cream sugar, shortening and eggs. Pour hot water over dates. Sprinkle soda on dates. Add salt and sugar mixture to dates, then add flour and nut meats. Mix well. Drop cookies by teaspoonful on cookie sheet. Bake at 375 degrees. Makes 6 dozen.

CHERRY-DATE COOKIES

Mrs. Marvin Buechler

Cream:

1 c. shortening	2 c. brown sugar
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Add:

2 slightly beaten eggs	1 tsp. vanilla
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Beat well. Cut up:

1 8-oz. bottle maraschino cherries	1 lb. pkg. dates
	1 c. nut meats

Drain juice from cherries (1/2 c.) and add 1 tsp. vinegar and to this mixture add 1 tsp. soda. Combine with creamed mixture; add fruit and nuts and 2 2/3 c. flour. Raisins may also be added to the fruit mixture. Bake at 350 degrees.

1 1/2 c. brown sugar	1 tsp. baking powder
1 c. butter	1 tsp. soda
3 eggs	1/2 tsp. salt
1/2 c. hot water	3 c. flour
1 1/2 c. cut dates	1 c. nuts
1 tsp. vanilla	1 tsp. maple flavor

Cream fat, sugar and salt; beat in eggs and flavoring. Put dates in dish with soda and pour the 1/2 c. hot water over dates. Add last after dry ingredients are added. Add nut meats last. Drop and bake 15 minutes in moderate oven.

Note: Will burn easily.

FILLED ICEBOX COOKIES (DATE)

Irene Snedden

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

Cream shortening and sugars, eggs, and beat well. Sift flour, soda and salt, and add it to first mixture. Roll out 1/2 inch in thickness; spread with filling made of:

1 lb. pitted dates	1/2 c. sugar
1/2 c. water	

Cook until thick. Spread over rolled out dough. Roll in a roll. Chill. Cut in slices and bake in moderate oven, 350 degrees.

DATE COOKIES

Mrs. Elmer Erickson

1 c. shortening	1 tsp. soda
1 c. white sugar	1 tsp. salt
1 c. brown sugar	1 tsp. vanilla
4 eggs	

Method: Mix the sugar and shortening, then add eggs and then take 2 c. flour and sift with salt and soda. Stir in - mix dough. Put in ice box for a few hours or overnight. Then cook:

1 lb. dates	3/4 c. sugar
3/4 c. water	1/2 c. nut meats, cut fine

DATE COOKIES (Continued)

Roll dough thin, spread the date mixture over the dough. Roll up before putting in ice box overnight. Slice thin and bake in 350 degree oven.

DREAM BARS

Mrs. B. A. Pollard

1/2 c. butter
1 c. flour

1/2 c. brown sugar

Mix. Press in pan. Bake 10 minutes.
Beat 2 eggs. Add:

1 c. brown sugar
1 tsp. baking powder
1 c. chopped nuts

2 Tbsp. flour
1 1/2 c. coconut
pinch of salt

Spread over top. Bake 20 minutes more.

DAINTY SQUARES

Delilah Bender
Orinda, Calif.

1/2 c. butter

1 c. flour

Mix together till crumbs. Press in pan and bake 5 minutes, 350 degree oven.

1 1/4 c. brown sugar
2 Tbsp. flour

2 eggs

Beat all together, then add nuts. Pour over top of above and bake 25 minutes.

nut meats

When baked, frost top and cover with coconut. Cut in squares.

OATMEAL ICEBOX COOKIES

Irene Snedden

Cream together very thoroughly:

1 c. shortening
1 c. brown sugar

1 c. white sugar

Add and beat thoroughly:

2 eggs, well beaten

1 tsp. vanilla
-89- Boone, Iowa

OATMEAL ICEBOX COOKIES (Continued)

Sift together:

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

Add the sifted dry ingredients to the sugar, shortening and egg mixture and mix thoroughly. Then add to this, and mix thoroughly:

3 c. QUICK cooking oatmeal

Shape into 3 long rolls, wrap in waxed paper, and chill in refrigerator. Slice and bake on a greased cookie sheet about 12 minutes or until nicely browned in a 350 degree oven.

COOKIES

Mae Kling

1/2 c. Crisco 1 c. sugar
2 eggs 2 c. raisins

Cook raisins and take 6 Tbsp. of juice; let cool, then add 2 2/3 c. flour, 1 tsp. soda, 1/4 tsp. salt, 1/2 tsp. cinnamon, 1/4 tsp. cloves, and then add nut meats.

Drop by teaspoonfuls on cookie sheet. Bake at 350 degrees 12 to 15 minutes.

OATMEAL DROP COOKIES

Mrs. Ida Williams

3/4 c. shortening 2 eggs
1 tsp. baking powder 1 tsp. cinnamon
1 tsp. vanilla 3 c. quick Quaker oatmeal
1 c. sugar 1 c. and 2 Tbsp. flour
1/4 tsp. salt 1/3 c. milk
1 c. seedless raisins

Mix all ingredients and drop by spoonfuls on cookie sheet and bake.

ICE BOX OATMEAL COOKIES

Mrs. Leona McElroy

1/2 c. butter 1 1/2 c. sifted flour
1/2 c. lard or shortening 1 tsp. soda
1 c. white sugar 1 tsp. salt
1 c. brown sugar 3 c. quick oatmeal

ICE BOX OATMEAL COOKIES (Continued)

2 eggs
1 tsp. vanilla

1/2 c. nut meats
1/2 c. coconut

Cream fat, add sugar; cream until smooth. Drop in eggs and beat. Add sifted flour, soda, salt, then oatmeal. Knead to mix. Add nuts and coconut. Shape in 2 rolls. Wrap well, chill overnight. Slice with sharp knife and bake 12 - 15 minutes at 375 degrees.

JELLY FILLED COOKIES

Mrs. Charles Buechler

1 c. white sugar

5 1/2 Tbsp. shortening

Cream together. Then add:

1 egg, beaten
2 tsp. baking powder
1/2 tsp. vanilla

2 c. flour
1/4 tsp. salt
1/4 c. sweet milk and
dry ingredients that have
been sifted together

Roll thin. Cut top ones with doughnut cutter. Place 1/2 tsp. jelly between them then bake in 375 degree oven.

JUMBO RAISIN COOKIES

Mrs E. M. Torrey

Add 1 c. water to 2 c. raisins. Boil 5 minutes and cool. Cream:

1 c. shortening

Add:

2 c. sugar

3 eggs

Beat well. Add 1 tsp. vanilla and cooled raisin mixture. Add:

1 c. chopped nuts

Sift together:

4 c. sifted all purpose flour
1 tsp. soda
1/4 tsp. each nutmeg and
allspice

1 tsp. baking powder
1 1/2 tsp. cinnamon

JUMBO RAISIN COOKIES (Continued)

Add to raisin mixture and blend. Drop by teaspoonfuls on greased cookie sheet. Hot oven, 400 degrees, 12 to 15 minutes.

HEALTH COOKIES

Mary Attey

- | | |
|----------------------------------|----------------------|
| 1 c. butter or any shortening | 2 c. Rice Krispies |
| 1 c. brown sugar | 2 c. oatmeal |
| 1 c. white sugar | 2 eggs |
| 1 c. coconut or nuts, or raisins | 1 tsp. baking powder |
| 2 c. flour | 1 tsp. soda |

Mix ingredients. Drop by half teaspoonfuls on cookie sheet. Add enough milk if too dry. Bake in a moderate oven.

These are chewy cookies - good for children.

ICED BROWNIES

Elma Reichenberg

Cream:

- | | |
|------------|---------------|
| 1 c. sugar | 1/2 c. butter |
|------------|---------------|

Add:

- | | |
|----------------------------------|----------------------|
| 2 sq. chocolate or 6 Tbsp. cocoa | 3 well beaten eggs |
| 1/4 tsp. salt | 3/4 c. flour |
| 1 tsp. vanilla | 1 tsp. baking powder |
| | 1 c. nut meats |

Sift flour, salt and baking powder together. Bake about 20 minutes. Cool in pan.

Icing:

- | | |
|-------------------------|------------------|
| 1 1/2 c. powdered sugar | 1/3 c. butter |
| 1/2 c. cream | 1/2 tsp. vanilla |

Boil sugar, butter and cream until small amount forms in cold water. Remove from fire - add flavoring. Cool slightly - beat until creamy. Spread on Brownies, when icing is set, pour 2 1-oz. cakes unsweetened chocolate, melted, over it. Cut in rectangles when cold and chocolate is hard.

SOUR CREAM COOKIES

Mrs. Truman Caldwell

1 c. butter or Crisco
2 c. sugar
1 c. sour cream
2 eggs

1 tsp. soda
1 tsp. baking powder
spices to taste
flour to make a soft dough

Cream shortening and sugar. Add soda to sour cream and add to mixture. Add eggs, spices and baking powder, mixing well. Use no more flour than necessary to make a soft dough. Roll in sheet and cut. Bake in moderate oven.

MOLASSES COOKIES

Mabel Nelson

Mix together thoroughly:

3/4 c. shortening
1 egg

1 c. brown sugar
1/4 c. molasses

Sift together and stir in:

2 1/4 c. sifted flour
1/4 tsp. salt
1 tsp. cinnamon

2 tsp. soda
1/2 tsp. cloves
1 tsp. ginger

Chill dough - roll in balls size of large walnut. Dip tops in sugar. Place sugar side up 3 inches apart on a greased baking sheet. Sprinkle each cookie with 2 or 3 drops of water. Bake at 375 degrees for 10 - 12 minutes. Bake just until set but not hard.

OATMEAL COOKIES

Edna Rasmus

1 c. granulated sugar
3/4 c. shortening
1 Tbsp. milk
1/2 tsp. salt
1 tsp. soda

1 c. brown sugar
2 eggs
1 tsp. vanilla
1 tsp. baking powder
2 c. flour
2 c. oatmeal

Cream sugar and shortening, add eggs, milk and vanilla. Then sifted dry ingredients, plus oatmeal. Chill dough for several hours. Take dough about size of a walnut, roll into a ball, then put out in pan. Bake in moderate oven, 350 degrees.

PINEAPPLE COOKIES

Mary Attey

2 c. flour	1/2 c. shortening
1/2 c. brown sugar	1/2 c. white sugar
1 c. strained crushed pineapple	1/2 c. nut meats
1/4 tsp. salt	1 egg
1 tsp. baking powder	1/4 tsp. baking soda
	1 tsp. vanilla

Drop by teaspoonfuls on cookie sheet. Frost with any kind of frosting. Add pineapple juice--powdered sugar frosting.

PINEAPPLE COOKIES

Mrs. Cecil Ferry

1/2 c. shortening	1 tsp. salt
1 c. brown sugar	1 tsp. baking powder
1 tsp. vanilla	2 c. flour
1 egg, well beaten	1/2 c. raisins
1 tsp. soda	1/2 c. crushed pineapple

Cream shortening and sugar until creamy. Add vanilla and beaten egg. Then raisin and pineapple mix. Sift dry ingredients and add to creamed mixture. Bake on greased cookie sheet at 375 degrees.

You can use apple sauce with 1/2 tsp. cinnamon added to dry ingredients, if you do not have the pineapple on hand.

EGG YOLK COOKY

Mrs. Eugene Buechler

9 egg yolks, beaten well	1 1/2 c. brown sugar
1 c. soft shortening (part butter)	
1 tsp. soda	2 tsp. baking powder
1/4 tsp. salt	1 tsp. lemon flavoring
1 c. raisins	1/2 c. nut meats
grated orange rind or lemon rind	2 c. flour

Beat egg yolks until lemon colored. Add sugar and shortening and beat well. Add dry ingredients and flavoring. Fold in flour and bake on greased cookie sheet 8 minutes in a 350 degree oven.

CRISP WHITE SUGAR COOKIES

Katherine Nelson

4 c. flour	1 tsp. soda
1/2 tsp. salt	1 1/2 c. sugar (1/2 c. brown

(Cont'd.)

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CRISP WHITE SUGAR COOKIES (Continued)

1 1/2 c. shortening	sugar, and 1 c. white
1/2 c. sour milk or	sugar may be used)
buttermilk	2 eggs
1 tsp. vanilla	

Sift flour first and measure, then sift with soda, salt and sugar. Cut shortening into dry ingredients until fine as corn meal.

Combine beaten eggs, milk and vanilla. Add to dry ingredients. Chill for several hours, or overnight. Roll thin on lightly floured board. Cut with cookie cutter which has been dipped in flour. Sprinkle with sugar. Bake on cookie sheet in 400 degree to 425 degree oven for about 10 minutes. Put a seeded raisin or nut meat in center of each cookie, if desired.

OATMEAL COOKIES

Anna Newland

2 c. brown sugar	1/2 c. white sugar
1 c. flour	2 c. oatmeal
1/2 c. melted shortening	pinch of salt
1/2 c. hot water in which	
dissolve 1 tsp. soda	

Mix all together. Drop from spoon. Bake in moderate oven, 12 to 15 minutes.

OATMEAL CHOCOLATE BIT COOKIES

Mrs. Donald Johnson

1/2 c. shortening	1/2 c. brown sugar
1/2 c. white sugar	

Cream together, then add:

1 egg, beaten	1 Tbsp. water
1/2 tsp. vanilla	3/4 c. sifted flour

Sift with:

1/2 tsp. soda	1/2 tsp. salt
1 1/2 c. oatmeal	1 1/2 c. chocolate bits

Mix well, drop about 2 inches apart on a greased cookie sheet. Bake 15 to 18 minutes at 375 degrees. Makes 48 cookies. Drop by tsp. but do not flatten out.

DATE ROLLED COOKIES

Mrs. E. H. Barnes

1 c. white sugar
1 c. shortening
4 c. flour
1/2 tsp. salt

1 c. brown sugar
3 eggs
1 tsp. soda
1 tsp. vanilla

Cook and cool:

1 lb. dates
1/2 c. water

1/2 c. sugar
add nuts

Spread over cooky dough and roll like jelly roll.

Roll dough out thin; let stand overnight. Slice thin and bake.

COCONUT BROWNIES

Mrs. Melvin Howell

1/2 c. butter or other
shortening
2 beaten eggs
few grains salt

1 c. sugar
7 Tbsp. cocoa
1/2 c. flour
1 c. chopped nuts
1 tsp. vanilla

Cream butter and sugar. Add cocoa and cream well. Add eggs, flour and salt; mix thoroughly. Add nuts and vanilla.

Bake in greased 8-inch pan at 350 degrees about 30 minutes. Cool and cut in squares.

FILLED COOKIES

Mrs. E.E. Risher

1 c. chopped raisins
1/2 c. sugar

1/2 c. water
1 Tbsp. flour

Boil mixture until thick, stirring constantly over low fire.

Dough:

1 c. sugar
1 egg
3 1/2 c. flour
1 tsp. soda

1/2 c. shortening
1/2 c. sweet milk
2 tsp. cream of tartar
1 tsp. vanilla

Roll dough thin - cut out - spread with filling and place another cookie on top. Bake in moderate oven until brown.

DATE ICE BOX COOKIES

Jessie Johnston

1 c. white sugar
1 c. butter
4 c. flour (bread)
1 tsp. vanilla

1 c. brown sugar
3 eggs
1 tsp. soda
pinch of salt

Cream shortening, add sugar and eggs; beat well. Sift flour, salt and soda; add to first mixture. Roll to 1/2 inch thick and spread with the following mixture:

1 lb. dates
1/2 c. nut meats

1/2 c. sugar

Cook until thick. Cool before spreading. After spreading on cookie dough roll like a jelly roll, set in a cool place overnight. Slice and bake.

FROSTED GINGER OR MOLASSES COOKIES

Margaret J. Ripley

Put in cup:

1/4 c. melted lard

1/4 c. boiling water

Fill cup up with molasses:

2 tsp. soda (1 in liquid and
1 in flour)

1 1/2 tsp. ginger
1/2 tsp. cinnamon
flour enough to make a soft
dough

Chill, roll, cut and bake. Frost with lemon powdered sugar frosting.

SUGAR COOKIES

Margaret J. Ripley

1/4 c. brown sugar
3/4 c. white sugar
1 c. shortening (some
butter)
1 egg
1 tsp. cream of tartar

1 tsp. soda
1 tsp. ginger
1 Tbsp. cream
2 c. flour
1/2 tsp. salt
1 tsp. vanilla

Mix in order given. Chill. Roll in small balls, place on cookie sheet, mash with flat bottomed glass and sprinkle with sugar.

Bake in 425 degree oven.

GINGER COOKIES

Miss Edna Goetzman

2 c. shortening
2 c. molasses or sorghum

2 c. brown sugar

Put all together and let come to a boil. Remove from fire and add:

2 level Tbsp. soda

2 level Tbsp. ginger

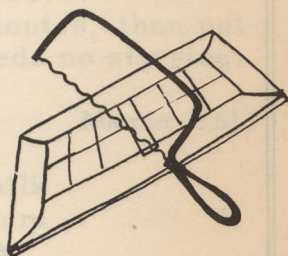
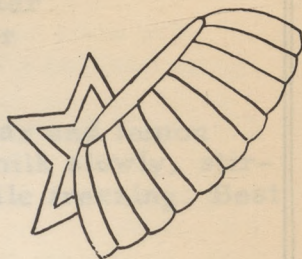
Let cool, then add:

4 eggs

enough flour to roll

Makes about 5 dozen cookies.

Write Extra Recipes Here:



DESSERTS



DESSERTS

LIME SHERBET

Ruby Browning

1 pkg. lime flavored gelatin 1 c. hot water
1 c. dark syrup 1/2 c. sugar
juice and rind 2 lemons 1 qt. milk

Dissolve gelatin in hot water, add sugar and lemon juice and grated lemon rind. Then add milk slowly, stirring constantly. Stir every half hour while freezing. Best eaten same day as made.

REFRIGERATOR SHERBET

Grace Stickel

1/2 c. orange juice and Fill cup with crushed pine-
pulp (grate rind, juice apple or juice
1 lemon) 3/4 c. sugar

Let stand until milk is whipped. 1 can evaporated milk, whipped. Then whip together with above.

First boil the can of milk for 4 or 5 minutes, then put in cold place until ready for whipping--needs no stirring.

BREAD CRUMB PUDDING

Marie Cole

3 c. dry bread crumbs 1 c. sweet milk
1/2 c. butter - melted 1/2 c. sorghum
1 c. raisins 1/2 tsp. soda
if desired, add cinnamon
and nutmeg

Soak bread in milk. Add melted butter and sorghum to which soda has been added.

Cook in double boiler 2 hours. Serve with favorite sauce.

BROWN PUDDING

Mrs. E. R. Swain

1 c. brown sugar 2 c. water
small piece of butter

Put these ingredients into iron skillet and boil before adding following batter:

1 tsp. butter 1/2 c. sugar
1/2 c. milk 1 c. flour

BROWN PUDDING (Continued)

2 tsp. baking powder	1 c. raisins
1 tsp. cinnamon	1/2 tsp. nutmeg
1/4 tsp. cloves	

Mix until very stiff and drop by spoonfuls into boiling syrup and bake in quick oven. Serve with whipped cream.

CHERRY PUDDING

Mrs. Henry Snedden

1 egg	1/2 c. milk
1 c. sugar	1 c. flour
1 pt. cherries	1 tsp. baking powder

Cream egg and sugar. Sift flour and baking powder together and add alternately with milk to sugar and egg mixture. Sweeten cherries and put in square cake pan. Pour batter over cherries and bake in 350 or 375 degree oven for 25 or 30 minutes.

COTTAGE PUDDING

Anna Newland

1 c. sugar	1 small Tbsp. butter
1 c. milk	2 eggs
2 c. flour	2 tsp. baking powder
pinch salt	

Bake in moderate oven.

Sauce for same:

1 c. sugar	1 Tbsp. flour
1 Tbsp. butter	flavoring desired

Mix thoroughly; add scant pint boiling water. Boil till slightly thick.

DATE PUDDING

Mrs. John Risher

1 1/2 c. dates, cut fine	1 tsp. soda
1/4 c. shortening	

Pour 1 1/2 c. hot water over the above ingredients; let cool. Beat 1 egg. Add:

1/2 tsp. salt	1 c. white sugar
1 tsp. vanilla	

DATE PUDDING (Continued)

Mix well.

1 1/2 c. all purpose flour 1 tsp. baking powder
(sift before measuring)

Pour date mixture into egg mixture. Add flour and baking powder - stir well. Add 1/2 c. nut meats. Bake in moderate oven until done, 30 to 35 minutes.

DATE PUDDING

1 c. dates 1 Tbsp. milk
1 c. nut meats 2 eggs
1 scant c. sugar 1 Tbsp. flour
1 tsp. baking powder pinch salt

Bake 1 hour or until it shrinks back from pan. Bake in pan of water. Serves 10.

Cool and serve with whipped cream.

DATE PUDDING

Agnes Robertson

1 1/3 c. sugar 1/3 c. butter
1 lb. dates, ground with 1 tsp. soda dissolved in a
1 c. hot water over them little hot water

Put in among these ingredients:

1 c. nut meats 2 1/2 c. flour

Bake in slow oven. Makes a big one. You can steam in top of cooker if you wish, or bake.

COLD PLUM PUDDING

Elma Reichenberg

1 pkg. lemon jello 1 pt. boiling water
dash salt 3/4 c. raisins, finely
3/4 c. cooked prunes, choipped
finely chopped 1/4 c. citron, finely chopped
3/4 c. walnut meats, 3/4 c. grape nuts
finely chopped 1/2 tsp. cinnamon
1/4 tsp. cloves

Dissolve jello in boiling water, add salt and chill. When slightly thickened, add fruits, nuts, grape nuts and spices. Turn into mold and chill until firm. Serve with whipped

COLD PLUM PUDDING (Continued)

cream flavored with nutmeg or with pudding sauce.

Serves 8, and makes a delicious pudding.

GRAHAM CRACKER PUDDING

1 c. white sugar

1/2 c. chopped nuts

yolks 3 eggs

1 c. rolled graham crackers

1/2 tsp. baking powder

Lastly fold in the whites of 3 eggs, stiffly beaten.
Bake 20 minutes.

Sauce:

butter size of an egg

1/2 c. orange juice

1 c. brown sugar

1 egg

Cook until thick. Serve.

MOCK SUET PUDDING (Serves 12)

Mrs. Claude Pollard
Doris Buechler Finck

1/2 c. butter

1 c. molasses

1 c. cold water

1 c. raisins

3 c. sifted flour

1/2 c. nut meats

1 large tsp. soda

1/2 tsp. salt

Mix butter, molasses, cold water; add flour, soda and raisins, salt and nuts. Steam 2 hours.

Makes two 1-lb. can (coffee) cans.

Yankee Sauce for same:

3/4 c. white sugar

1/8 tsp. salt

2 Tbsp. butter

3 Tbsp. cornstarch

2 c. boiling water

1 1/2 to 2 Tbsp. vinegar or
lemon juice

Blend dry ingredients. Add hot water and butter. Cook until clear. Remove and add vinegar. Serve sauce hot.

RHUBARB PUDDING

Mrs. Marvin (Arlene) Buechler

Cream:

1 c. sugar

1 egg

RHUBARB PUDDING (Continued)

Add: $\frac{1}{2}$ c. sour cream to which
 $\frac{1}{2}$ tsp soda has been added

Stir in 1 c. flour, which has been sifted with $\frac{1}{4}$ tsp. salt and 1 tsp. cinnamon.

Add 2 c. raw rhubarb, cut up, and beat all together. Bake in moderate oven.

STEAMED PUDDING

Mrs. E. E. Risher

1 c. suet	1 c. molasses
1 c. sour milk	1 c. raisins, nuts and dates
1 egg	$\frac{1}{2}$ c. flour to make soft
1 heaping tsp. soda	batter
cinnamon	

Steam 3 hours, filling baking powder 1 lb. cans $\frac{1}{2}$ full.

APPLE CRUNCH

Hazel McCall

5 med. size apples	1 c. flour
1 c. sugar	1 egg
1 tsp. baking powder	$\frac{1}{4}$ tsp. salt

Peel and slice apples as for apple pie. Arrange in a shallow pan. Sweeten to taste, using part brown sugar. Sprinkle with nutmeg and cinnamon; dot with butter.

Sift flour, sugar, salt and baking powder into a bowl. Add the egg and mix well with a fork or finger tips until crumbly. Pour over apples - shake slightly so that the mixture will settle down through the apples.

Bake in 350 degree oven 40 minutes. Serve with whipped cream or ice cream.

BUTTERSCOTCH SAUCE (For Ice Cream)

Sharon Lou Olson

1 $\frac{1}{4}$ c. brown sugar	$\frac{2}{3}$ c. corn syrup
4 Tbsp. butter	$\frac{3}{4}$ c. heavy cream

Cook sugar, syrup and butter together until a soft ball is formed - 236 degrees - when dropped in cold water. Take from fire, stir in cream, beating thoroughly.

BAVARIAN CREAM

Mrs. Carl Franklin

2 pkgs. lemon or orange jello	2 pts. hot water
1 c. chopped nut meats	1 can crushed pineapple
	1/2 pt. whipping cream

When jello starts to set add whipping cream - whipped - to the jello. Beat well, then add the pineapple and nut meats. Let set until firm. Makes 10 large servings.

PEACH COBBLER

Mrs. Mary Barger

1 c. sugar	3 Tbsp. shortening
1 egg, beaten	1/2 tsp. salt
1/2 c. milk	1 1/2 c. pastry flour
1 tsp. baking powder	8 to 10 peaches

Add sugar to egg and beat until creamy. Add shortening and beat until blended. Add dry ingredients sifted together, alternately with milk, in baking dish. Put peaches, sprinkle with sugar to suit taste, pour batter over this and bake in moderate oven 1 hour.

Serve warm with cream.

RHUBARB COBBLER

Mrs. Harland Reed

Place 3 c. of diced rhubarb, 10 marshmallows, cut in half, and 3/4 c. sugar in bottom of greased oblong baking pan.

Prepare a cake of:

1 c. sugar	1 3/4 c. sifted flour
1/2 c. lard	3 tsp. baking powder
2 eggs	1/4 tsp. salt
1/2 c. milk	

Put cake mixture over top of rhubarb. Bake at 350 degrees for 1 hour. Take from oven. Let stand 5 minutes. Turn out of pan.

Serve with whipped cream or plain, cold or hot.

ANGEL DELIGHT

Mrs. Charles E. Anderson

1 angel food cake - small	1 1/2 c. grated pineapple or sliced peaches
1 c. fruit juice	
1 c. boiling water	1 qt. cream - whipped
1 Tbsp. sugar	pinch salt
1/2 box Knox gelatin - dissolved in 1/4 c. water	

ANGEL DELIGHT (Continued)

Break cake in pieces and put $1/2$ in bottom of glass cake pan, cover with the drained fruit. (1 cup), add rest of cake and fruit, and cover with the following:

Dissolve gelatin in boiling water, add fruit juice. When beginning to set, whip. Add whipped cream, sugar and salt.

DATE ROLL

Mrs. Minnie Chiles

1/2 lb. graham crackers	1 lb. dates
1 c. nut meats	1/2 lb. marshmallows
1 c. coffee cream	

Save out 4 crackers and roll rest firmly. Add to the cream mixture. Roll into a roll and wrap in waxed paper. Chill 12 hours. Slice and serve with whipped cream.

DESSERT

Mrs. Herbert Carlson

Combine:

1 c. drained fruit cocktail	1 large banana, sliced
1 orange, cut in sections	1/4 c. walnuts
1/2 c. heavy cream, whipped	

Chill in serving dishes. Top with maraschino cherry. Serves 4.

FROSTY FRUIT FREEZE

Mrs. Charles E. Anderson

8 oz. can fruit cocktail	1 3-oz. pkg. cream cheese
1 tsp. French dressing	

Drain juice from fruit cocktail and blend with cheese and French dressing; add fruit. Pour into molds and freeze. Serve on shredded lettuce, without a salad dressing, as the salad melts the fruit juices - mask the salad greens and make them good.

GRAHAM CRACKER DESSERT

Mrs. Minnie Chiles

1 c. milk	24 marshmallows
-----------	-----------------

Heat until scalding and cool.

10 graham crackers, rolled and put into bottom of pan.

GRAHAM CRACKER DESSERT (Continued)

small can maraschino
cherries

small can of pineapple
1 c. whipped cream

Put with the preceding mixture and pour over the crackers. Set in ice box to chill. Slice and serve.

CUSTARD DESSERT (Lemon)

Mrs. Marvin Davis

Custard:

Cook in double boiler the following:

6 egg yolks, beaten
3/4 c. lemon juice

3/4 c. sugar
1 1/2 tsp. grated lemon rind

Soften 1 Tbsp. Knox gelatin in 1/4 c. cold water and add to above. When cool fold in 6 egg whites, beaten stiff, to which has been added 3/4 c. sugar.

Break 1 home-made angel food cake or 1 1/2 boughten cakes in large pyrex cake pan lined with waxed paper or which has been oiled. Cover with custard and put in refrigerator. When serving, spread whipped cream on top and add maraschino cherry.

LEMON FROZEN DESSERT

Mrs. Howard Snedden

1 1/2 c. butter cookie
crumbs

1 c. sugar

2 c. whipped cream

6 eggs (separate white and
yolks)

1/2 c. Karo - white

1/2 c. lemon juice

2 Tbsp. lemon rind, grated

Beat egg whites until they will hold peak. Add sugar gradually, then add syrup. Beat egg yolks until lemon colored and then add. Whip the cream and add. Fold in lemon juice and rind. Place in tray and freeze. If desired, you can omit the lemon rind and add a little extra juice.

EASY ORANGE ICEBOX DESSERT

Mrs. Chas. Buechler

1 c. orange juice (can use canned juice)

3/4 c. sugar

3 Tbsp. flour

2 Tbsp. melted butter

3 egg yolks

EASY ORANGE ICEBOX DESSERT (Continued)

3 egg whites
1/2 tsp. vanilla

1/2 tsp. lemon extract

Mix juice, sugar, flour, butter and beaten egg yolks. Cook till thick. Then cool and add extracts; fold in beaten egg whites. Pour between ground vanilla wafers or graham crackers. Chill, cut in squares, serve with whipped cream.

PINEAPPLE DESSERT (Serves 8)

Mrs. Claude A. Pollard

1/2 lb. graham crackers, rolled	1/2 c. melted butter
1 1/4 c. powdered sugar	2 eggs
1/2 pt. whipping cream	1 tsp. vanilla
	1 small can crushed pineapple, drained

Method: Cream butter and sugar. Add yolks one at a time; beat thoroughly. Add beaten egg whites and vanilla. Place layer of cracker crumbs in pan. Add egg mixture, then whipped cream containing pineapple. Cover top with remainder of cracker crumbs. Place in refrigerator 24 hours. Serve with whipped cream.

FROZEN PINEAPPLE TORTE

Mrs. E. R. Swain

3 egg yolks	dash of salt
1/2 c. sugar	1 9-oz. can crushed pineapple, drained
2 Tbsp. lemon juice	2 Tbsp. sugar
3 egg whites	2 c. vanilla wafer crumbs
1 c. heavy cream, whipped	

Beat egg yolks, salt and 1/2 c. sugar; add pineapple syrup and lemon juice. Cook over hot water until mixture coats spoon, stirring constantly. Add pineapple; cool. Make meringue of egg whites and 2 Tbsp. sugar. Fold in whipped cream and custard. Coat sides of oiled refrigerator tray with wafer crumbs. Spread half the remaining crumbs over bottom. Pour in custard mixture; cover with remaining crumbs.

Freeze firm, about 3 to 4 hours. Serves 6 to 8.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

FROZEN PINEAPPLE CHEESE SALAD

Mrs. Art Wilson, Jr.

2 pkgs Philadelphia cream cheese	1/4 c. Miracle Whip dressing
1 c. whipped cream	1/2 lb. marshmallows
	1 c. crushed pineapple

Method: Soften cheese, combine cheese with salad dressing. Add marshmallows, cut up. Add pineapple and whip cream. Chill until firm.

PINEAPPLE BLITZ TORTE

Mrs. Herbert Carlson

1/4 c. butter	1/2 c. sugar
4 well beaten egg yolks	1 c. cake flour
1/4 tsp. salt	2 1/2 tsp. baking powder
1/3 c. milk	

Thoroughly cream butter and sugar; add egg yolks; beat thoroughly. Add sifted dry ingredients, alternately with the milk. Pour into two waxed paper lined 8-inch square pans. Bake in moderate oven, 350 degrees, 15 minutes. Now slide cakes out on oven rack and top with:

Meringue Topping:

4 egg whites	3/4 c. sugar
1 tsp. vanilla	3/4 c. chopped walnuts

Beat egg whites to stiff foam, add sugar, 1 Tbsp. at a time; continue beating until mixture forms moist, lustrous peaks. Add vanilla and spread meringue gently on the partially baked layers. Sprinkle chopped nuts over the meringue; return to oven. Bake 15 minutes longer at 350 degrees. Cool. Remove from pan and fill.

Pineapple Filling:

1 1/2 Tbsp. confectioners' sugar	1/4 tsp. vanilla
1 c. crushed pineapple, well drained	1 c. heavy cream, whipped

Fold in sugar, pineapple, vanilla into whipped cream. Place one layer of cake, meringue side down, on a cake plate. Spread with filling. Place the second cake layer on top of the filling, meringue side up.

This is very delicious!

SALAD OR DESSERT

Mrs. Mary Barger

1 pkg. orange jello
2 small pkgs. Philadelphia
cream cheese
1/2 c. salad dressing
1 c. whipping cream

1 pkg. lime jello
2 doz. marshmallows
1 c. drained crushed pine-
apple

Dissolve orange jello in 2 c. hot water. Add cheese and marshmallows. Stir in while jello is hot and cheese and marshmallows dissolved. Let cool (not set), add the pineapple, salad dressing, and whipped cream.

Mix all together and put in large pan to set until firm. Then dissolve lime jello in 2 c. of hot water; cool, but not set. Pour over top of orange mixture that is set and put in refrigerator. Will serve at least 12.

TAPIOCA DESSERT

Ida Mae Franklin

2 egg yolks
1/3 c. Minute tapioca
1/4 tsp. salt

4 c. milk
1/2 c. sugar
2 egg whites
1 tsp. vanilla

Mix egg yolks and 1/2 c. milk in pan. Beat well. Add tapioca and 1/4 c. sugar, salt, and remaining 3 1/2 c. milk. Bring to rolling boil, stirring constantly. Remove from fire.

Beat egg whites till stiff, add 1/4 c. sugar, then stir tapioca mixture into egg whites. Add vanilla - chill in refrigerator.

TRIFLE

Miss Vesta Roberts

12 Ladyfingers
2 pkgs. jello - any flavor
1 can crushed pineapple

canned white cherries
1/2 c. English walnuts, if
desired

Prepare jello in the usual way. When cold and slightly thickened, add the fruit. Pour over the Ladyfingers (which have been placed in a pan about 1 1/2 inches apart) when the mixture is slightly jellied. Chill until set. Serve with a custard poured over it.

Whipped cream may also be used as a garnish.

Custard:

1 c. sugar

1 Tbsp. cornstarch

TRIFLE (Continued)

1 1/2 Tbsp. flour
1 pt. milk

2 egg yolks
2 egg whites

Cook sugar, cornstarch, flour, egg yolks and milk together until done. Cool and fold in beaten egg white.

When cold, pour over the Trifle.

WHIPPED CREAM DESSERT

Mrs. Leonard Struthers

1/2 lb. marshmallows
1/2 c. milk
1/2 pt. whipping cream
frozen berries or pineapple, drained

15 graham crackers
1/4 c. melted butter
1/4 c. sugar

Method: Put marshmallows and milk in top of double boiler and melt.* Set aside to cool. Roll graham crackers fine and mix with melted butter and sugar. Pack a layer (1/2 of this mixture) in a flat pan. Then put on a layer of marshmallow mixture. Next spread frozen berries or pineapple. Spread remaining marshmallow mixture, then top with the other half of graham cracker mixture. Place in refrigerator and leave overnight. Cut into squares and serve.

*Then fold in whipped cream.

P A T R O N I Z E

M E R C H A N T S

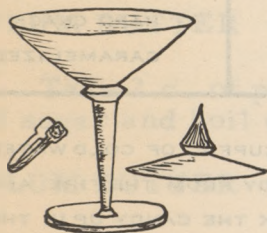
A D V E R T I S E D

I N T H I S B O O K

CANDY



JELLY



PRE- SERVES



TEMPERATURE TESTS FOR CANDY MAKING

THERE ARE TWO DIFFERENT METHODS OF DETERMINING WHEN CANDY HAS BEEN COOKED TO THE PROPER CONSISTENCY. ONE IS BY USING A CANDY THERMOMETER AND THE OTHER IS BY USING THE COLD WATER TEST. THE CHART BELOW WILL PROVE USEFUL IN HELPING TO FOLLOW CANDY RECIPES.

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

IN USING THE COLD WATER TEST USE A FRESH CUPFUL OF COLD WATER FOR EACH TEST. WHEN TESTING REMOVE THE CANDY FROM THE FIRE AND POUR ABOUT 1-2 TSP. INTO THE COLD WATER. PICK THE CANDY UP IN THE FINGERS AND ROLL INTO A BALL IF POSSIBLE.

IN THE SOFT BALL TEST THE CANDY WILL ROLL INTO A SOFT BALL WHICH QUICKLY LOSES ITS SHAPE WHEN REMOVED FROM THE WATER.

IN THE FIRM BALL TEST THE CANDY WILL ROLL INTO A FIRM BUT NOT HARD BALL. IT WILL FLATTEN OUT A FEW MINUTES AFTER BEING REMOVED FROM THE WATER.

IN THE HARD BALL TEST THE CANDY WILL ROLL INTO A HARD BALL WHICH HAS LOST ALMOST ALL PLASTICITY AND WILL ROLL AROUND ON A PLATE ON REMOVAL FROM THE WATER.

IN THE TEST FOR LIGHT CRACK--CANDY WILL FORM BRITTLE THREADS WHICH WILL SOFTEN ON REMOVAL FROM THE WATER.

HARD CRACK CANDY WILL FORM BRITTLE THREADS IN THE WATER WHICH WILL REMAIN BRITTLE AFTER BEING REMOVED FROM THE WATER.

IN CARAMELIZING THE SUGAR FIRST MELTS THEN BECOMES A GOLDEN BROWN. WILL FORM A HARD BRITTLE BALL IN COLD WATER.

CANDY, JELLY, PRESERVES

GRAPE JELLY

Mrs. Nellie E. Fairchild

4 qts. grapes after they
are washed and picked
from stems

3 Tbsp. vinegar

Cook together until done, then strain, while hot. Take 2 c. of juice and 3 c. of sugar - bring to a boil, but do not boil. Pour in glasses.

RIPE GRAPE BUTTER

Mrs. Minnie Chiles

2 lb. stemmed washed
ripe grapes

2 lb. sugar

Crush grapes and add sugar. Boil over hot fire 18 minutes. Remove and put through sieve while hot. Boil one minute and seal.

PLUM BUTTER

Mrs. Minnie Chiles

Take 2 c. of plums and rub thoroughly. Cook with 2 c. of sugar and boil until stiff.

PLUM BUTTER

Mrs. Ernest Jackson

4 c. plum pulp

7 c. sugar

Wash and cook any type plum, rub through colander. Combine with sugar and boil exactly 10 minutes. Pour into glasses and seal with paraffin.

PLUM SUNSHINE

Mrs. Nellie E. Fairchild

Take nice, tame plums - cut in two - take out seed, then run through food chopper, using large knife. Take 1 c. plum pulp, 2 c. sugar. Put on stove and cook hard for 3 minutes.

PINEAPPLE-APRICOT MARMALADE

Mrs. Harold Olson

2 fresh pineapples

2 lb. dried apricots

Soak the apricots overnight; in the morning drain, then

PINEAPPLE-APRICOT MARMALADE (Continued)

grind the prepared pineapples and apricots; add as much sugar as you have pulp and boil 15 minutes or until thick.

DATE LOAF(CANDY)

Mrs. Leonard Struthers

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

2 c. dates.
1 c. nuts
powdered sugar

Method: Cook sugar, milk and butter until it forms a lump in cold water. Add dates and nuts and beat until hard. Shape into rolls and roll in powdered sugar. Slice.

DIVINITY

Katherine Nelson

Combine in sauce pan:

2 c. sugar
1/2 c. water

1/2 c. light corn syrup

Cook, stirring until sugar dissolves. Then cook over low heat without stirring to hard ball stage, 265 degrees. Test by dropping a few drops into a cup of cold water.

Have ready: 2 egg whites, beaten with an 1/8 tsp. salt in a large bowl.

Slowly pour hot syrup over the egg whites; continue beating until mixture begins to thicken. Then add:

1 tsp. vanilla

1 c. nut meats

Beat until mixture will hold its shape. Drop from tsp. onto a waxed paper.

COFFEE DIVINITY

Mrs. Carl Franklin

2 c. sugar
1/2 c. white corn syrup
2 egg whites
2/3 c. chopped nut meats

1 c. double strength coffee
1/2 tsp. salt
1 tsp. vanilla

Combine sugar, coffee, corn syrup, in sauce pan. Cook, stirring constantly, until sugar is dissolved.

Continue cooking without stirring until a firm ball is formed when a small amount is dropped in cold water or when 265 degrees is registered on the candy thermometer. Remove from heat. Add salt to egg whites and beat until stiff.

COFFEE DIVINITY (Continued)

Slowly add coffee syrup, beating constantly. Continue beating until candy will hold shape. Drop from spoon onto waxed paper.

Makes 1 1/4 pounds. Nut meats may be added if desired.

COCOA FUDGE

Mrs. Carl Franklin

2 c. granulated sugar
tiny pinch of salt
1 Tbsp. butter

3 Tbsp. cocoa
3/4 c. milk
1 Tbsp. cornstarch
1 tsp. vanilla

Blend sugar, cocoa, salt and cornstarch. Then add milk and butter. Cook over slow fire until soft ball stage is reached or 238 degrees. Remove from fire and add vanilla. Do not stir. Put pan in cold water. When candy no longer feels hot, beat until it is creamy. Turn out on buttered pan and mark in squares.

CHOCOLATE FUDGE

Katherine Nelson

4 Tbsp. butter

Brown in pan - add 2 1/2 squares chocolate, melting in butter. Add:

3 c. sugar
1/3 c. corn syrup

1 c. condensed milk

Mix well and boil over rapid fire for about 5 minutes. Watch closely to keep from sticking. Remove and let cool. Then add salt and vanilla and nuts, if desired. Beat until nearly solid. Pour into pan.

FONDANT

Mrs. Harry (Anna) Baker

3 c. sugar
3/4 c. white syrup
1 tsp. vinegar
butter size of walnut

1 c. cream or condensed
milk
pinch of salt

Cook to firm ball stage - let cool, then beat. Pour in pan and mark when cool.

CHOCOLATE FUDGE

Mary Attey
Mrs. Milo Davis

4 c. sugar
1/4 lb. butter

1 tall can evaporated milk

Put in a flat pan and boil until it reaches the soft ball stage. Stir constantly. Take from stove and stir in:

2 pkgs. chocolate tidbits
1 tsp. vanilla

1 pt. jar marshmallow
creme
1/2 c. nut meats

Pour in buttered pan.

SIX MONTHS FUDGE (Makes 6 pounds)

Mrs. Art Wilson, Jr.

Boil for 4 1/2 minutes or until soft ball forms in cold water:

4 1/2 c. sugar
1 small tsp. butter

1 large can Carnation milk

Melt:

2 pkgs. chocolate chips
1 lb. nut meats
1 16-oz. milk chocolate bar

1 pt. marshmallow creme
or 35 marshmallows

Combine - beat till creamy. Pour in dish.

UNCOOKED FUDGE

Lucille Harrington

First butter a small pan or pie tin, rubbing butter right into the corners.

Next break 1 egg into a small mixing bowl. Then measure carefully 3 Tbsp. of heavy cream into the bowl.

Melt 4 Tbsp. of butter and pour into the bowl.

Add 1 tsp. vanilla. Beat these all together with an egg beater.

Now empty about 1/2 pkg. (1 lb.) of confectioners' sugar and 1/2 c. of cocoa into the bowl. Beat with a spoon until all lumps are gone. Add the rest of the sugar and beat until it is all mixed in. Pat into your buttered pan.

If you like put some walnut meats on top. Set it in your refrigerator and let it cool for about 2 hours. Cut into squares.

UNCOOKED FUDGE (Continued)

This can be used for frosting for a fudge cake if you add about 1 tsp. of cream - to make it spread easier.

PEANUT BRITTLE CANDY

Mildred Wickstrom

1 1/2 c. sugar	1/2 tsp. soda
2/3 c. white Karo	1 tsp. cold water
2/3 c. hot water	1 tsp. vanilla
3 Tbsp. butter	1/2 tsp. salt
2 c. raw peanuts	

Cook the sugar, Karo and hot water together, stirring until it boils. Cover and boil 3 minutes. Remove cover and boil until it forms hard ball in water. Add butter and peanuts. Let simmer, stirring constantly, until it reaches desired shade. Remove from fire and quickly stir in soda, cold water, vanilla and salt, which have been dissolved together. Mix thoroughly and pour out quickly on buttered pan. When cold, break into pieces.

SEA FOAM CANDY

Lois Musgrave

2 c. sugar	2 egg whites
1/2 c. water	1/8 tsp. salt
1 tsp. vanilla	1/8 tsp. cream of tartar

Combine sugar, water, salt and cream of tartar. Cover and boil 5 minutes. Uncover. Wipe sides of pan with damp cloth. Boil without stirring to firm ball stage, 245 to 248 degrees. Pour slowly, beating constantly, over stiffly beaten egg whites. Add flavoring.

Continue beating until candy holds its shape when dropped from spoon. Drop by spoonfuls onto waxed paper.

POPCORN BALLS (12 Large Balls)

Gladys McVicker

2 c. white Karo syrup	1 c. sugar
1 Tbsp. butter	1 1/2 Tbsp. vinegar

Boil until mixture forms a soft ball in water.
To make 12 small balls use:

1/2 c. syrup	1/4 c. sugar
1 tsp. butter	1 tsp. vinegar

CRACKER JACKS (3 Quarts)

1 c. sugar
1/3 c. water
1/2 tsp. salt

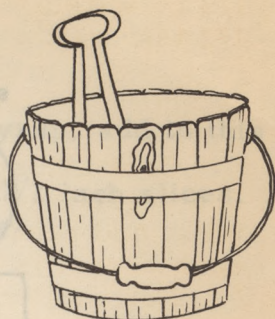
1/3 c. molasses
1/4 c. butter
1/2 c. salted peanuts
3 qts. unseasoned popped
corn

Cook all ingredients except peanuts and popped corn to 280 degrees or until syrup forms a brittle ball in cold water. Add peanuts and pour over popped corn. Stir until each kernel is coated with syrup.

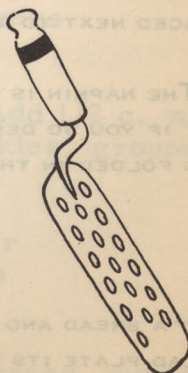
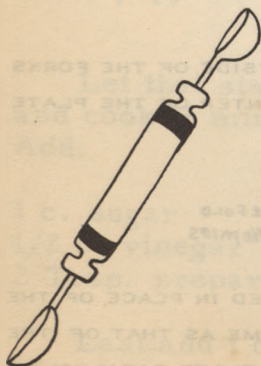
For vanilla popcorn balls use above, except add vanilla, using 1/3 c. white corn syrup in place of molasses, omitting peanuts.

Cook to 270 degrees or brittle ball. Pour syrup over corn and stir well. Form into balls.

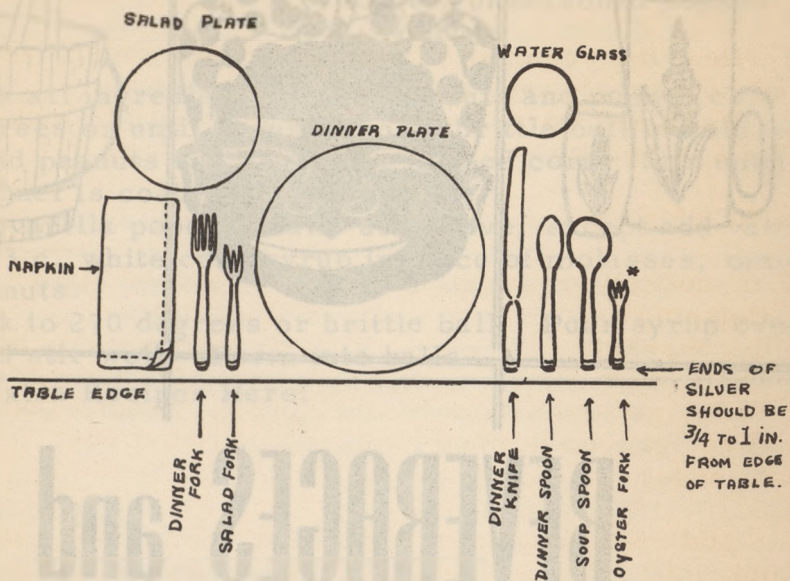
Write Extra Recipes Here:



BEVERAGES and MISCELLANEOUS



DINNER PLACE SETTING



* NOTE: OYSTER FORK IS ONLY FORK EVER TO APPEAR ON RIGHT SIDE OF PLATE. IT MAY BE BROUGHT IN AT TIME COURSE, FOR WHICH IT IS TO BE USED, IS SERVED.

THE SALAD FORK IS PLACED NEXT TO THE DINNER PLATE IF THE SALAD IS TO BE CONSUMED WITH THE MEAL OR IF THE SALAD IS TO BE THE COURSE AFTER THE MEAT COURSE (AS PICTURED ABOVE). HOWEVER, IF THE SALAD IS TO BE SERVED FIRST (AS AN APPETIZER) THE SALAD FORK SHOULD THEN BE PLACED NEXT TO THE NAPKIN AND THE DINNER FORK PLACED NEXT TO THE PLATE.

THE NAPKIN IS PLACED (PREFERABLY) ON THE OUTSIDE OF THE FORKS BUT IF YOU SO DESIRE IT MAY BE PLACED IN THE CENTER OF THE PLATE AND FOLDED IN THE SQUARE FOLD.



SQUARE FOLD
FOR NAPKINS

IF A BREAD AND BUTTER PLATE IS GOING TO BE USED IN PLACE OF THE SALAD PLATE ITS LOCATION ON THE TABLE IS THE SAME AS THAT OF THE SALAD WITH THE BUTTER SPREADER PLACED ON THE PLATE PARALLEL TO THE EDGE OF THE TABLE.

BEVERAGES AND MISCELLANEOUS

APPLE RINGS

Mrs. Raymond Mitchell

6 apples
1 c. water

1 c. sugar

Heat the sugar and water to make a syrup, add to this red hots or 1/4 tsp. cinnamon.

Wash and core apples, slice in about 1/2 inch slices. Place in boiling syrup and cook till tender.

MINCEMEAT

12 c. cooked ground beef
(heaping)
2 lb. currants
3 Tbsp. salt
2 Tbsp. ground allspice
1 Tbsp. ground nutmeg
12 c. sugar

12 c. ground apples
4 lb. raisins
3 c. vinegar - or more
1 Tbsp. ground cloves
4 Tbsp. ground cinnamon
2 c. ground suet

Add meat broth and water, enough to cook, and stir. Cook until fruit is thoroughly done. Put in hot jars and seal. Will can about 10 quarts.

SANDWICH SPREAD

Mrs. Roy L. Beckett

Grind fine:

1 pt. green peppers

Cut small:

2 red peppers

2 green peppers
1 tsp. salt

Let that stand a bit. Then proceed: Add 1/2 c. water and cook 15 minutes, then add 6 sweet pickles, ground. Add:

1 c. sugar
1/2 c. vinegar
2 Tbsp. prepared mustard

2 Tbsp. flour
3 whole eggs

Last add 1 c. sour cream. When thickened, put in pint fruit jars and seal while hot.

Delicious!

2 qts. sugar	2 qts. tea
1 qt. lemon juice	(5 Tbsp. to 2 qts. boiling water)
1 qt. orange juice	
1 qt. strawberry juice -	1 qt. grape juice
or strawberry soda pop	2 1/2 gal. ice water

This makes 4 gallons. 2 qts. ginger ale or your choice of soda may be added just before serving.

PUNCH DRINK

Mrs. Minnie Chiles

Pour 2 c. boiling water over 2 tsp. tea and grated rind of 3 lemons. Let stand, covered, 15 minutes in another dish. Put 2 c. of sugar and juice of 3 lemons. Strain the first part and pour over second part. When ready to use, put one part syrup to 3 parts water.

TOMATO JUICE

Wash and cut up ripe tomatoes. Cook thoroughly. Run through sieve; heat juice to boiling.

Put 1 Tbsp. sugar and 1 tsp. salt in each quart jar. Pour hot juice in and seal.

TOMATO COCKTAIL

Mrs. Eugene Buechler

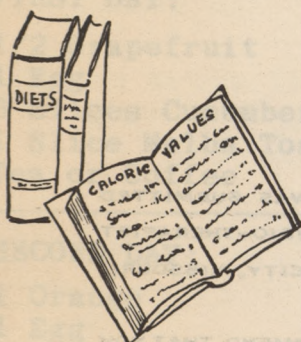
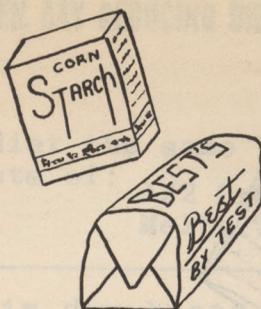
2 qts. tomatoes - peeled	2 stalks celery
and cut up	2 onions - golf ball size
8 whole cloves	1 Tbsp. sugar
1 c. water	3 tsp. salt
1/4 tsp. pepper	1 bay leaf

Boil all together well and strain. Can boiling hot.

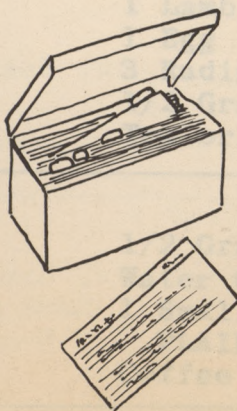
SERVINGS FOR 100 PEOPLE

4 pks. potatoes	13 cans peas or beans - 8
12 glasses of jelly or	servings to 1 can
marmalade	17 pies (6 to 1 pie)
2 lb. coffee	4 gal. vegetable salad
14 loaves bread (16 slices	16 doz. rolls
to 1 loaf)	4 to 6 gal. mashed potatoes
3 qts. salad dressing	1 gal. gravy
25 lb. meat loaf	35 lb. Swiss steak - 3 serv-
30 lb. chicken for creaming	ings to 1 lb.
5 gal. baked beans	4 lb. butter on tables
2 lb. butter if creamed and spread	

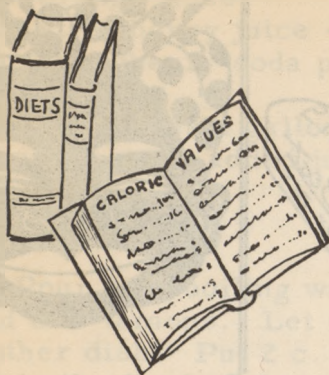
CALORIC



and DIET



SECTION



ALL MATERIAL IN THIS SECTION WAS SUBMITTED
BY DR. JAMES D. ORR, P. T., DIETITIAN AND PHYSIO-THERAPIST
OF THE GATEWAY HEALTH INSTITUTE, KANSAS CITY, MISSOURI.

BEFORE USING ANY DIET WE RECOMMEND THAT YOU
CONSULT YOUR PHYSICIAN.



EIGHTEEN DAY REDUCING DIET

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

NOTE: Melba toast is dry bread toasted without butter.

LUNCH

DINNER

FIRST DAY:

1/2 Grapefruit	2 Eggs
1 Egg	1 Tomato
6 Slices Cucumber	1/2 Head Lettuce
1 Slice Melba Toast	1/2 Grapefruit
Tea or Coffee	Coffee

SECOND DAY:

1 Orange	1 Small Broiled Steak,
1 Egg	PLAIN
1 Slice Melba Toast	1/2 Head Lettuce
1/2 Head Lettuce	1 Tomato
Tea	1/2 Grapefruit
	Tea or Coffee

THIRD DAY:

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

FOURTH DAY:

1 Tomato	1/2 Grapefruit
1/2 Grapefruit	Water Cress
1 Slice Melba Toast	1 Small Broiled Steak,
Cottage Cheese	PLAIN
Tea	Coffee

EIGHTEEN DAY REDUCING DIET

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

ELEVENTH DAY:

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

TWELFTH DAY:

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

THIRTEENTH DAY:

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

FOURTEENTH DAY:

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

FIFTEENTH DAY:

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

SIXTEENTH DAY:

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

SEVENTEENTH DAY:

1 Lamb Chop, PLAIN	1 Small Broiled Steak,
1/2 Head Lettuce	PLAIN
1/2 Grapefruit	1 Tomato
Tea	1 Stalk Celery
	Coffee

EIGHTEENTH DAY:

1 Chicken Leg Broiled	1/2 Can Pink Salmon
1 Tomato	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
1 Glass Lemonade	Coffee
NO SUGAR	

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

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

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

Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

MONDAY

BREAKFAST

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

LUNCH

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

DINNER

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

Total.....1,045

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

TUESDAY

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

LUNCH

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

DINNER

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

Total.....1,030

WEDNESDAY

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

LUNCH

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

DINNER

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

Total.....1,175

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

THURSDAY

BREAKFAST

Calories

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

LUNCH

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

DINNER

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

Total.....1,025

FRIDAY

BREAKFAST

Calories

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

LUNCH

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

DINNER

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

Total.....1,035

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

SATURDAY

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

LUNCH

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

DINNER

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

Total.....1,155

SUNDAY

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

LUNCH

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

DINNER

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

Total.....1,160

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

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

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

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

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

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

Portions should be made fairly large.

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

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

Light tea and coffee are permissible.

BODY BUILDING AND WEIGHT GAINING

The diet should contain at least the following dietary essentials:

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

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

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

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

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

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

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

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HIGH CALORIE DIET

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

HIGH CALORIE DIET

BREAKFAST

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

LUNCH

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

HIGH CALORIE DIET

DINNER

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

P A T R O N I Z E

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A D V E R T I S E D

I N T H I S B O O K

WEIGHT CHART

WOMEN

Weight in Pounds.

(With Regular Clothes)

HEIGHT

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

MEN

Weight in Pounds.

(With Regular Clothes)

HEIGHT

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

CALORIC CHART

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

FOODS	CALORIES
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BEVERAGES

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

BREAD

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

DESSERTS

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

FISH

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

MEAT

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

CALORIC CHART

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

MISCELLANEOUS

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

VEGETABLES

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

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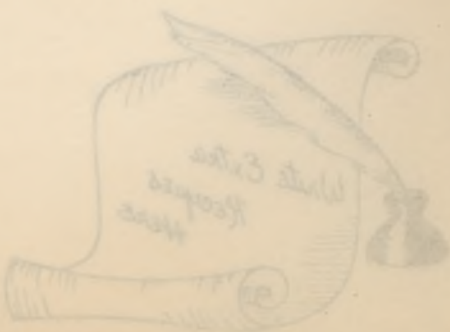
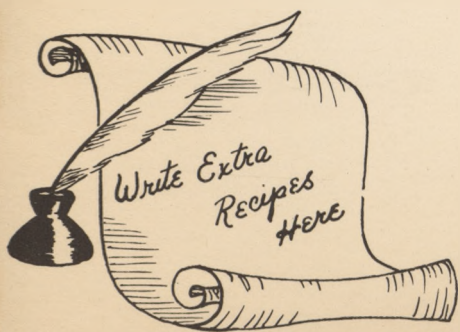
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