

**COOK**

**BOOK**

**OVER 200 SELECTED RECIPES**

*American Legion Auxiliary*

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Raisin Cake 350°

Boil 1 lb. raisins 2 c. water

Boil cool add 2 tps soda  
add 1 c. water

2 c sugar

$\frac{3}{4}$  c shortening & 1 vanilla

2 eggs unbeaten mix

Sift

4 c flour

1 tsp cinnamon

1 tsp nutmeg

$\frac{1}{2}$  tsp. Cloves

$\frac{1}{4}$  tsp salt.

THIS PUBLICATION IS  
DEDICATED TO  
THE  
PAST PRESIDENTS

1948--1950  
Mrs. Mildred Scherrman

1946--1948  
Mrs. Mable Daly

1944--1946  
Mrs. Ella Sanner

1942--1944  
Mrs. Sylvia Koster

1940--1942  
Mrs. Marie Scherrman

1938--1940  
Mrs. Vera Wood





J. P. SCHERRMAN



M E A T S

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GREAT PLAINS SUPPLY CO.



**J. P. SCHERRMAN**



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FARLEY, IOWA

## OMELET WITH CHICKEN LIVERS

4 eggs separated	½ tsp. Salt
1/8 tsp. pepper	¼ cup milk
2 tbsp. butter	½ lb. chicken livers
Flour - salt and pepper	
¼ cup butter	1 tbsp. minced parsley
2 tbsp. minced onion	

Beat egg yolks until thick. Add seasonings and milk. Beat egg whites until stiff. Fold yolk mixture into whites. Melt 2 tbsp. butter in skillet. Turn egg mixture into pan and cook over low heat until brown on one side. Place in 350 degree oven for about ten minutes or until top springs back when pressed with finger. Meanwhile prepare chicken livers by coating them with seasoned flour. Saute them with minced onion in butter about 10 minutes. When omelet is baked, place chicken livers on half and fold other half over and sprinkle parsley over all.

Mrs. Geo. Garrity

## BARBECUED CHICKEN AND PORK CHOPS

2- 2½ to 3 lb. fryers	1½ cups tomato juice
3 thinly sliced onions	¼ tsp. cayenne pepper
2 tsp. salt	¼ tsp. dry mustard
¼ tsp. pepper	4½ tsp. Worcestershire
1 bay leaf	¾ cup vinegar
1 tsp. sugar	1 tbsp. brown sugar
3 minced garlic cloves	3 tbsp. butter

Heat oven 350 degrees. Clean and dry fryers. Cut up. Arrange in single layer, skin side up in roasting pan. Sprinkle with salt and pepper. Pour in enough water to cover bottom of pan - no more.

Arrange onions on fryers, tuck a few under the wings and legs. Bake uncovered at 350 for ½ hour. Then turn bake ½ hour. Meanwhile or a day before make sauce by combining in saucepan 2 tsp. salt, ¼ tsp. pepper and rest of ingredients. Simmer 10 min. After baking 1 hr. pour off all but ¾ cup of liquid. Turn fryers skin side up, pour on sauce. Bake 1 hr. longer, or till fork can be inserted easily. (Pork chops may be used instead of chicken)

Mrs. P. Chesterman

## SALMON CASSEROLE

1 can salmon drained  
 1 cup cooked peas  
 ½ cup of celery chopped fine  
 Mix together

Make a cream sauce of two tbsp. butter melted, add two tbsp. flour, 1 cup milk, liquid from peas and salmon to make one cup.

Chop 1 tbsp onion and simmer in melted butter before adding flour, and liquids. When thick pour over salmon mixture. Cover with crumbs or cornflakes and bake in 400 degree oven until brown.

Mrs. Mc Cormick

## MUSHROOM SALMON LOAF

2 cups salmon flaked  
 1½ cups dry bread  
 ½ cup minced green pepper  
 crumbs  
 2 eggs slightly beaten  
 1 can cream of mushroom soup.

Combine ingredients and mix lightly. Pack firmly into greased small loaf pan. Bake in moderate oven for 1 hr or until done. Turn out on platter and serve with mushroom sauce. Heat mushroom soup with ¼ cup of milk, stirring constantly.

Gen Healy

## BEEF HASH

½ c. diced green pepper  
 ½ c. diced white  
 2 tbsp. butter or margarine  
 onions  
 1 c diced uncooked potatoes  
 2 cups cold finely  
 1 c. beef stock  
 diced roast beef  
 Salt to taste  
 Pepper to taste  
 2 tbsp. minced parsley

Saute pepper and onions over low heat in covered skilled 10 minutes, add all other ingredients except parsley, cook slowly 40 minutes. Add water as needed. When potatoes are tender fold in one tbsp. parsley. Remove hash to serving dish and garnish with remaining parsley.

Francis Larkin

## OYSTER DRESSING

1 large onion  
 ¼ cup butter  
 3 cups soft bread crumbs  
 ½ tsp. salt

(cont. on page 3)

2 cups chopped oysters      ¼ c. oyster liquid  
¼ tsp. sage                      Few grains pepper

Fry onion in butter until brown, add rest of ingredients and mix well.

Mrs. Geo. Garrity

### PINEAPPLE GLAZED HAM RING.

1½ lbs. ground cooked lean ham    ¼ tsp. pepper  
2/3 cup uncooked rolled oats      1 cup milk  
¼ tsp. ground cloves                2 eggs beaten

#### Glaze

½ cup brown sugar                    2 tbsp. vinegar  
1 tsp. prepared mustard            3 pineapple slices

For the ham ring combine ingredients thoroughly  
For the glaze, mix together until smooth. Pour this  
glaze into the bottom of a greased ring mild ½ qt.  
size. Cut pineapple slices in half and place around  
edge of ring mold. Pack ham mixture into mold.  
Bake in moderate oven 350 for 1 hour. Let stand for  
5 minutes before turning out of mold.

Mrs. John Grace

### MEAT BALLS

2 lbs. beef                              1 lb. pork  
   1 lb. veal  
   All above ground fine  
3 eggs                                      1 cup milk  
1 cup cracker crumbs                 Salt  
Pinch of allspice                        Pepper

Mix well and form in small balls. Brown in part  
lard and butter and put in baking pans. Brown a  
little flour in the fat. Make gravy and pour over  
balls. Let simmer or bake 1½ to 2 hours.

Alice Hamilton

### VEAL BIRDS

Cut round of veal in pieces 3 inches square. Rub with  
salt and pepper. Place 1 tablespoon well seasoned  
poultry stuffing on each square. Roll, tie or skewer.  
Brown in hot cooking fat. Place in baking pan. Add ½  
cup water. Cover. Cook slowly until tender.

## SIX LAYER DINNER

- |                           |                       |
|---------------------------|-----------------------|
| 1 layer sliced potatoes   | 1 layer onion         |
| 1 layer browned hamburger | 1 layer green peppers |
| 1 layer rice              | (optional)            |

Pour 1 quart tomatoes over all in casserole and bake in moderate oven 2 hours.

Mrs. Larry Healy

## VEAL STEW

- |                       |                      |
|-----------------------|----------------------|
| 2 Pounds Breast       | 2 cups diced carrots |
| 1 cup canned Tomatoes | Celery salt          |
| 2 tbsp. chopped onion | 1 cup diced potatoes |
| 3 tbsp. cooking fat   | Salt and Pepper      |

Cut veal in cubes. Brown in hot cooking fat. Add onion. Cover with water. Simmer until meat is tender then add vegetables. Season to taste. Simmer until vegetables are tender. 6 servings

## ONE MEAL DISH

- |                             |                 |
|-----------------------------|-----------------|
| 1 lb. ground beef           | 1/3 cup rice    |
| 1 1/2 cup celery (cut fine) | 1 cup water     |
| 1 cup tomatoes              | Onion to taste  |
| 2 tsp. butter               | Salt and pepper |

Place in casserole and bake 2 1/2 to 3 hours.

Gladys Fox

## SALMON CUTLETS

- |                                |                      |
|--------------------------------|----------------------|
| 1 can salmon, boned and flaked | 1 cup cracker crumbs |
| 2 tbsp. flour                  | 1 egg                |
| 1/4 tsp. salt.                 |                      |

Milk enough to moisten, mold in round cakes, dip in flour and fry.

## HAM MEAT LOAF

- |                      |                     |
|----------------------|---------------------|
| 2 cups ground ham    | 1 cup bread crumbs  |
| 1 egg                | 2 tbsp. chili sauce |
| 1 cup ground carrots | 1 cup milk          |

Combine ingredients. Bake in loaf pan in moderate oven 350 about 45 minutes. Serves 6

'Mickey' Kruse

## TURKEY HASH WITH MUSHROOMS

( 4 servings )

½ cup sliced mushrooms	2 tbsp. Butter
2 cups diced cooked turkey	
2 cups diced boiled potatoes	
Salt, pepper, paprika	1 cup cream

Brown mushrooms in butter, add turkey, potato, cream & seasoning. Place in greased casserole, ring mold, or individual baking dishes. Bake at 350 degrees. If you like, press hollows into the surface of hash and break an egg into each. Bake until the eggs are set and serve from baking dish.

## MEAT BALLS RICE AND BEANS

1½ lbs. ground beef	1½ tsp. salt
1/8 tsp. pepper	¼ tsp. celery seed
½ tsp. worcestershire sauce	6. tbsp. milk
3 tbsp. lard or drippings	2 cups tomato juice
1 cup water or liquid from canned beams	2 cups green beans, fresh or canned
½ cup uncooked rice	½ cup chopped onion
¼ cup chopped green pepper	1½ tsp. salt
1/8 tsp. pepper	1 bay leaf.

Combine first six ingredients and shape into 8 balls. Brown on all sides in lard or drippings. Combine rest of ingredients and pour over meat balls. Cover and simmer about 30 minutes.

Gen Healy.

## CHICKEN WITH DUMPLINGS

Select a plump chicken, Dress, Cut in pieces. Place in saucepan. Cover with boiling water. Add 1 teaspoon of salt and ¼ tsp. pepper. Cover. Simmer slowly until the chicken is tender. Prepare dumpling dough. Drop by tsp. into boiling broth. Cover closely. Boil 12 minutes. Serve Chicken and dumplings immediately.

## DUMPLINGS

2 cups Flour	4 tsp. Baking Powder
2 Tbsp. Shortening	1 tsp. Salt
Milk.	

Sift flour, measure, and sift with salt and baking powder. Cut in shortening with 2 spatulas. Add milk until a thick drop batter is obtained. Drop by teaspoonsful into boiling broth. Cover. Boil 12 minutes. Serve at once.

## CHICKEN CROQUETTES

2 cups cold chopped cooked chicken	$\frac{3}{4}$ cup thick White Sauce
$\frac{1}{2}$ tsp. Salt	
1 Tsp. Lemon Juice	1 Egg yolk, Well beaten
$\frac{1}{4}$ tsp. Celery Salt	
1 Egg Slightly Beaten	$\frac{1}{2}$ cup Cracker crumbs
2 tbsp. Cold Water	Paprika

Combine chicken, white sauce, egg yolk, lemon juice, and seasonings. Cool. Form in cones, cylinders, or balls. Roll in crumbs. Dip in egg which has been diluted with the water. Dip in crumbs. Fry in deep fat 385 degrees about 2 minutes. Drain on crumpled absorbent paper. Garnish with buttered peas or asparagus tips. 8 servings.

## FLANK STEAK

Rub flour into flank steak. Brown in hot lard in iron frying pan. Cover with: Salt, pepper, chopped onion, chopped pimentos, can of tomatoes. Cover and bake 45 min.

Mrs. Ambrose Schroeder

## CHOP SUEY

$\frac{1}{2}$ lb. pork (diced)	$\frac{1}{2}$ lb. veal (diced)
$1\frac{1}{2}$ cups celery (diced)	2 tbsp. flour
1 cup water	1 cup onions (diced)
3 tbsp. chop suey sauce	2 tbsp. butter
Salt	Pepper

Combine pork and veal fry until tender and brown. Add vegetables, water, and butter. Cover. Simmer until vegetables are tender. Combine flour and chop suey sauce. Mix to smooth paste. Add to first mixture. Stir until blended. Season to taste. Simmer 15 minutes. 6 servings.

## CHOW MEIN

1 lb. diced lean pork, veal or chicken	
2 cups diced celery	1 tsp. salt
2 tbsp. cornstarch	2 cup chow mein noodles
2 cups water or meat stock	
$\frac{1}{2}$ cup diced onions	2 cups canned bean sprouts
2 tbsp. Soy sauce	
$\frac{1}{3}$ cup cooking fat.	

Fry meat 5 minutes in cooking fat. Add water or stock. Cover, Simmer until meat is tender. Add celery and onion. Simmer 10 minutes. Moisten cornstarch in a little water.

(cont. next page)

Add to first mixture. Add bean sprouts and soy sauce then season to taste. Heat thoroughly. Serve over noodles. ( 6 servings)

Betty Sweeney.

### ITALIAN SPAGHETTI

1 lb. ground beef	1 lb. spaghetti
1 large onion ( cut fine)	1 large pepper or pimento cut fine
2 cups water	1 tbsp. chili powder
1 can tomato paste	
Salt and Pepper to taste.	

Cook and blanch spaghetti. Cook ground beef, loosely in frying pan until partly done, add onion, pepper or pimento, tomato paste, chili powder, water, salt and pepper. Cook all together a few minutes, add spaghetti, and cook until well blended.

Mrs. Ambrose Schroeder

### BARBECUED SPARERIBS

3 to 4 lbs. ribs cut in pieces	1 Lemon
1 Large onion	1 cup catsup
1 tsp. chili powder	1 tsp. Salt
1/3 cup worcestershire sauce	2 Dashes tabasco
2 cups water.	

Put ribs in roasting pan, meat side up. Slice onion thin and place on top of meat.

Roast in oven 450 degrees for 30 minutes. Combine ingredients bring to a boil and pour over ribs. Then bake in oven 350 until tender ( about 1 hour).

Baste ribs with sauce every 15 minutes. Sauce may get too thick and the addition of water will be necessary.

Mrs. John Kruse.

### CHILI CON CARNE

Melt 2 tbsp. bacon drippings or butter. Saute in the fat -- $\frac{1}{2}$  cup chopped onion. Then add 1 lb. ground beef. Stir and brown the beef until it is well done. Then add:

1 pt. tomato juice or soup	1 No. 2 can Kidney beans
2 tbsp. chili powder	
2 tbsp. worcestershire sauce	$\frac{3}{4}$ tsp. Salt
$\frac{1}{4}$ tsp. pepper.	(or garlic salt)

Cover and cook slowly for 1 hour

Mrs. Dan Moran

## FISH FRIED IN BATTER

2 lbs. cleaned fish	1 egg
1/4 cup evaporated or plain milk	1 cup sifted flour
2 tsp. baking powder	1/4 tsp. salt
1/4 cup corn meal.	

Beat egg. Stir in milk -- sift flour and baking powder. Add salt, then corn meal. Stir egg- milk mixture into flour mixture. Mix quickly - sprinkle fish with salt then dip in batter to coat. Fry in deep hot fat until brown.

Mrs. Charles Barnett

## MEAT BALLS.

1 lb. hamburger, onions, egg cracker crumbs, milk, after frying take out. Add tomato soup. Put meat balls back and let simmer over fire. Cook spaghetti and pour meat and gravy over top.

Mrs. Kate Griffin

## SUPPER MEDLEY

Hamburger-- 1 lb.	1/4 tsp. pepper
1 can tomatoes	1 can peas
2 tsp. salt	pkg. spaghetti, (long)
Cheese	

Cook meat, tomatoes, onions, salt and pepper together, until meat absorbs tomatoes. Place this mixture in center of ovenware or sizzling platter. Place peas around meat and cover all with cooked spaghetti. Sprinkle with grated cheese- Place in oven to brown slightly. With a salad, this is an entire meal.

Mrs. Mildred Scherman

## CHICKEN LOAF

2 cup cooked chopped chicken	1 tsp. salt
1 cup bread crumbs	1/4 tsp. pepper
1 tbsp. butter	1 tsp. onion
2 tbsp. flour	1 cup milk
1/2 cup ripe olives	1 egg

Melt butter, add flour and stir in milk. Bring to boiling point, stirring constantly. Remove from the stove; add crumbs, chicken, beaten egg, chopped olives, onion and seasoning. Pour in greased bread pan, one-loaf size and bake in moderate oven 40 minutes.. Delicious served with Tomato sauce...Mrs. E.V. Wood

## PORK CHOPS AND RICE

- |                      |                        |
|----------------------|------------------------|
| 1 lb. pork chops     | ½ green pepper chopped |
| 1 cup raw rice       | ½ Onion, chopped       |
| 1 No. 2 can tomatoes |                        |

Brown pork chops in heavy skillet. Combine rice, cooked, green pepper, onion and tomatoes. Season to taste. Pour over the top of the browned chops. Bake in a slow oven until tender and brown.

Margaret Roling, Rockford, Ill.

## BARBECUED PORK CHOPS

- |                    |                 |
|--------------------|-----------------|
| 8 lean pork chops  | ½ tsp. nutmeg   |
| ½ cup catsup       | 1/3 cup vinegar |
| 1 tsp. salt        | 1 cup water     |
| 1 tsp. celery seed | 1 bay leaf.     |

Brown pork chops in hot fat. Pour over combined remaining ingredients. Cover and bake in moderate oven (325) for 1½ hours. Serves 6.

Mrs. E. V. Wood

## MEAT LOAF

- |                             |                      |
|-----------------------------|----------------------|
| 2 pounds round steak        | ½ pound veal         |
| ½ pound pork                | 1 pint milk          |
| 3 eggs beaten well          | 1 cup tomato catsup  |
| 1 small onion chopped fine  | ½ cup chopped celery |
| ½ green pepper chopped fine | 3 tbsp. cream        |
| A little black pepper       |                      |

Put meat in bowl in and add ingredients in order given. Round steak, veal, pork ground separately. Add more catsup if necessary. Bake in slow oven and baste.

Betty Sweeney

## BARBECUED RIBS

- |                                |                     |
|--------------------------------|---------------------|
| 2 to 3 lbs. ribs cut in pieces | 1 tsp. Chili powder |
| 1 lemon                        | 1 tsp. salt         |
| 1 large onion                  | 2 dashes Tabasco    |
| 1 cup catsup                   | 1/3 c. worcester-   |
| 2 cups water                   | shire sauce         |

Place ribs in shallow pan, meaty side up. On each piece toothpick a slice of unpeeled lemon, and a thin slice of onion. Roast in hot oven 450 30 minutes. Combine remaining ingredients. Heat to boiling then pour over ribs and continue baking in moderate oven (350) until tender-about 1 hour. Baste ribs with the sauce every 15 minutes.

Mrs. Fred Kurt

## MEAT DISH &amp; MACARONI

Even portions of beef, veal and pork, ground or chopped fine. Fry slowly, adding onion, celery, salt, pepper, dash of garlic. Add one large can or quart of tomatoes. Cook or simmer at least 2 hours. Add cooked macaroni. (Approx. 8 oz. box) Put in oven to bake 15 minutes. May be covered with cheese.

Mrs. Ray A. Healy

## TUNA AND MUSHROOM CASSEROLE

Elbow Macaroni--	2 cups cooked	1½ cups Milk
1	7 oz. can of Tuna Fish	1 tsp. grated onion
½	tsp. salt	Dash of pepper
2	eggs.	

Cook Macaroni according to directions. Place Cream of mushroom soup, milk, tuna fish (flaked) onion, salt and pepper in double boiler. Heat thoroughly. Add 2 well beaten eggs. Add cooked Macaroni. Pour in well greased casserole. Bake in Moderate oven 350 for 50 to 60 min. (Yields six portions)

Mrs. Emmet P. Kelly

## ITALIAN SPAGHETTI

1	8 oz. pkg. (long thin) Spaghetti	
1	No. 2 can Tomatoes	1 can Tomato Sauce
1	can Tomato Paste	1 Med. size onion
3	tbsp. Melted fat (bacon)	1 tsp. Salt
½	tsp. pepper.	

Grated Parmesan or cheddar cheese.

Cook spaghetti according to directions ( do not chill) Mix Tomatoes, tomato sauce and paste, onion, fat, salt & pepper. Cook 20 min. Put cooked spaghetti, tomato mixture and cheese in Casserole- first spaghetti, then tomato mixture in layers sprinkling each layer with cheese. Place in oven 350 for 20 minutes or until cheese on top is melted.

Mrs. Emmett P. Kelly

## HOT DOG SAUCE

2	lbs. ground hamburger	1 lb. suet
2	cans tomato sauce	Few whole cloves & few
1	cup water	whole peppers tied in
		cloth bag.

Boil ½ hour.

Mona Elliott

### BARBECUE SAUCE

4 T. Diced onion	1 Tsp. Salt
1 Cup catsup	1 Tsp. paprika
¼ cup water	1 Tsp. Chili Powder
3 T. Vinegar	½ Tsp. Pepper
2 T. Worcestershire	¼ Tsp. cinnamon
¼ tsp. Cloves	1 bay leaf.

Bring to a boil. Store in refrigerator

Mona Elliott

### ITALIAN SPAGHETTI SAUCE

3 small cans Tomato pulp	1 quart tomatoes
2 tbsp. olive oil	(mashed)
1 piece garlic	2 green peppers
1 red pepper	1 lb. veal (cut in
3 lbs. hamburger (scrambled)	1 inch squares)
Salt and pepper to taste	

Ileen Daly

### HAMBURGER STEW WITH SAVORY DUMPLINGS

2 tbsp. Shortening or drippings	
2 tbsp. chopped onions	
1 lb. ground beef	1 tsp. salt
1/8 tsp. black pepper	3 cups water
2 tbsp. chopped green pepper	1 cup sliced carrots
1 cup peas	2 tbsp. flour

Melt shortening in heavy saucepan, add onion and beef and saute lightly. Add salt, pepper, 3 cups water and vegetables and simmer 20 minutes. Make smooth paste of flour and ¼ cup water and add to stew slowly, stirring constantly. Cook until slightly thickened. Drop dumplings by spoon on top stew, cover tightly and steam 15 minutes.

### SAVORY DUMPLINGS

¾ cup sifted enriched flour	1 tsp. baking powder
½ tsp. salt	¼ tsp. each of dry
1 egg, beaten	mustard, poultry seasoning
1/3 cup milk	

Resift flour with other dry ingredients. Combine egg and milk and add to flour mixture, stirring only until flour is moistened.

Mrs. Joe Scherrman

## BARBECUED STEAK

2 lbs. round steak, cut  $1\frac{1}{2}$  inches thick  
 $1\frac{1}{2}$  tsp. salt  $\frac{1}{4}$  tsp. pepper  
 2 tbsp. drippings  $\frac{1}{3}$  cup minced onion  
 $\frac{1}{2}$  cup minced celery 2 tbsp. brown sugar  
 2 tsp. prepared mustard 2 tbsp. worcestershire sauce  
 2 tsp. lemon juice sauce  
 1 can tomato soup undiluted.

Rub salt and pepper into steak and pound with wooden potato masher or meat pounder. Brown in hot drippings in heavy frying pan. Place meat in casserole. Combine remaining ingredients and pour over meat. Cover and bake in 350 oven for  $1\frac{1}{2}$  to 2 hours.

Gen Healy

## CHICKEN LIVERS WITH ONIONS AND MUSHROOMS

12 chicken livers.....Roll them in seasoned flour  
 Melt in a saucepan.....2 tbsp. butter.....  
 Saute in butter until brown: 2 tbsp. chopped onion, 1  
 small can drained mushrooms.  
 Stir and saute them until they are brown.  
 Stir in until lightly browned...1 tsp. flour  
 Stir in slowly... $\frac{1}{2}$  cup chicken or other stock.  
 Add  $\frac{1}{2}$  tsp. Worcestershire sauce.  
 Cook these ingredients for 2 minutes.

Gen Healy

## FROSTED BEEF LOAF

$1\frac{1}{2}$  lbs. ground beef 1 cup fine dry bread  
 3 tbsp. finely chopped onion crumbs  
 2 tsp. salt  $\frac{1}{2}$  tsp. pepper  
 $\frac{3}{4}$  cup milk 1 egg  
 2 tbsp. worcestershire sauce

Combine ingredients and mix well. Pack in greased  $8\frac{1}{2}\times 4\frac{1}{2}$  inch loaf pan and bake in moderate oven 350 for 45 min. Turn onto baking sheet. Spread with mixture of  $\frac{1}{4}$  cup catsup,  $1\frac{1}{2}$  tsp. corn syrup and  $\frac{1}{2}$  tsp. worcestshire sauce. Return to oven and bake 15 min.

Contributed





## CHILI CON CARNE

2 lbs. beef	1 medium onion
2 tbsp. lard	3 cups water
1 - 1/3 tbsp. chili powder	3 cups strained tomatoes
4 cup cooked kidney beans	
6 tbsp. flour	Salt

Melt lard in deep kettle and add finely chopped onion and ground beef. Sear until meat is white and separates in small particles. Let simmer a few minutes then add 2 cups of water, chili powder, beans and tomatoes. Salt to taste, stir well and let simmer until meat is tender. Just before serving make a paste of flour and remaining water and add. Cook 5 minutes.

Mrs. Tony Lehmen

## STUFFED CABBAGE

1½ lbs. Ground Beef	½ tsp. Salt
½ cup rice	¼ tsp. pepper
1 Egg	2½ Tsp. Worcestershire sauce.
1 Fine chopped onion	
1 head cabbage	2 cans Tomato Sauce

Combine above ingredients except for Tomato sauce, and cabbage. Wilt Cabbage leaves in boiling water then roll ingredients in each leaf. Place tooth picks at each end of the roll to hold together.

Then place in tomato sauce to cook.

Cook 45 minutes to 1 hour.

Mrs. John Kruse

## APPLE RAISIN STUFFING

2 cups pared chopped apples	4 cups fine dry bread crumbs
½ cup seeless raisins	
2 tbsp. melted butter	1/3 cup sugar
1 tbsp. lemon juice	1 tsp. grated lemon peel
½ tsp. cinnamon	
½ tsp. salt	¼ cup stock or hot water to moisten

Combine apples, bread crumbs and raisins. Add remaining ingredients. Mix lightly. Mixture should be rather dry; Since apples add moisture during roasting. Enough stuffing for four to five lb. bird. Especially good for duck.

## DUMPLINGS

1 cup flour	$\frac{1}{2}$ tsp. salt
3 tsp. baking powder	6 tbsp. cold water or milk

Sift flour, baking powder and salt. Add enough liquid to make soft dough. Drop by spoon full into hot stew. Steam 10 minutes without raising cover.

Serve at once. Must be enough gravy to make a steam.

## TURKEY DRESSING

7 cups cubed stale bread	2 med. sized onions finely chopped
2 tbsp. butter	2 tbsp. powdered sage
1 tbsp. poultry seasoning	$\frac{1}{2}$ tsp. pepper
1 tsp. salt	$\frac{1}{2}$ c. boiling water
1 tsp. celery salt	
1 cup melted butter	

Fry onions in 2 tbsp. butter until tender. Combine poultry seasoning, sage, salt, celery salt and pepper. Toss lightly with bread, add onions and mix lightly. Combine butter with water. Add gradually to bread tossing lightly. Makes enough for 12 lb. turkey. Add another  $\frac{1}{2}$  cup water for more moist dressing.

## BEEF WITH SWEET SOUR SAUCE

Chop  $\frac{2}{3}$  cup onions, brown in large frying pan with 2 tbsp. fat. Add  $\frac{1}{3}$  cup vinegar

10 ginger snaps, crumbled
2 cups water
$1\frac{1}{2}$ tsp. salt
1 Tbsp. sugar

Simmer until sauce is smooth. Stirring occasionally.

Add  $\frac{1}{2}$  cup pineapple chunks  $\frac{1}{3}$  cup raisins

2 cups cubed cooked beef or pork, Simmer 15-20 minutes

Delicious served over macaroni

Mrs. Ray Healy

## FRENCH FRIED ONIONS

1 egg  
 1/2 tsp. salt  
 4 large white onions, sliced

1 cup milk  
 2 tbsp. butter (melted)

Beat milk and eggs, add flour & salt to make a smooth batter. Add melted butter. Slice onions to 1/4 inch slices. Dip rings in batter & fry till golden brown. Doris Elliott

## TUNA COMBINATION

1 small can tuna  
 1 cup corn flakes

1 large can peas  
 1 can mushroom soup

Combine tuna fish, mushroom soup and corn flakes, and then add peas. Bake in moderate oven about 1/2 hour  
 La Nore Scherrman

## CARROT LOAF

2 c. mashed carrots  
 3 eggs beaten  
 3 T melted butter  
 Salt & Pepper to taste

2 c. bread crumbs  
 1 chopped onion  
 1 cup milk

Mix - Form in Loaf and bake  
 Helen McMahon

## SPANISH RICE WITH CHEESE

1 cup rice uncooked  
 2 tbsp. sugar  
 1/2 lb. cheese cut fine, or grated.

1 qt. tomatoes  
 Salt

Mix together & pour into greased casserole. Bake about one hour, or until rice is cooked.  
 Mrs. Frank Murphy

## BAKED BEANS

Add the following ingredients to a medium sized can of pork and beans.

1/4 cup brown sugar  
 1/2 cup catsup  
 dash of cloves

2 tbsp. worcestershire sauce

Dice onions & bacon & brown in fat. Add to beans and bake 30 minutes. Can be baked on top of stove in heavy kettle.  
 Mrs. Frank Murphy

## NOODLE HAM POT PIE

3 cups cooked noodles  
 1/2 cup bread crumbs

1 cup cooked ham  
 1/2 tsp. salt, pepper

(cont)

1 tbsp. butter

1 cup milk

Grease baking dish and place in alternate layers, cooked chopped ham, cooked noodles and seasoning. Add milk, cover with bread crumbs and dot with butter. Brown in hot oven.

Mrs. Katherine Hosch

## SPANISH RICE

1 cup Rice

Celery

 $\frac{1}{2}$  lb. hamburger

1 onion

2 T. Crisco

 $2\frac{1}{2}$  c. tomatoes

Cook Rice, add 1 cup water. Brown meat and add to rice, celery, onion and tomatoes. Simmer 45 minutes

Mrs. B.E. Lane

## CARROT LOAF

2 cups carrots

1 small onion

2 cups rich sweet milk

2 or 3 tbsp. butter

2 cups grated bread crumbs or crackers

3 eggs separated

Cook carrots in salt water. Mash fine, add butter, bread crumbs, onions, milk, egg yolks, and seasoning. Last fold in the beaten egg whites. Pour in buttered pan. Bake one hour.

Mrs. Katherine Hosch

## BAKED TOMATOES

1 No. 2 can tomatoes

 $\frac{1}{3}$  cup diced green  
pepper $\frac{1}{3}$  cup diced onion $\frac{1}{3}$  cup diced celery

1 tsp. salt

 $\frac{1}{4}$  tsp. pepper

3 tbsp. brown sugar

5 slices cubed bread

 $\frac{1}{2}$  cup grated cheese

Place tomatoes in a greased 6 by 10 by  $1\frac{1}{2}$  inch baking dish. Arrange green pepper, onion and celery evenly over tomatoes. Sprinkle with seasonings and sugar and top with cubed bread and cheese. Bake in a moderately slow oven, 325 for 35 minutes.

Gen Healy

## TUNA &amp; NOODLE CASSEROLE

1 pkg. noodles

1 can tuna

1 can mushroom soup

Potato chips

Cook noodles in salt water, drain, mix tuna with the noodles, put a layer of the noodle mixture in casserole then alternate with mushroom soup and chips. Place in moderate oven bake for 30 minutes.

Mrs. Doris Elliott



cubes. Pour beans into 2 quart casserole. Bury bacon cubes in beans. Add combined remaining ingredients. Cover and bake in slow oven. (300) 6 hours. If necessary, add bean liquor or hot water during baking. Serves 8

Gen Healy

### FISH LOAF

2 cups canned fish	1 egg
¼ cup milk	¾ cup soft bread
½ tsp. salt	"    "    " crumbs
¼ tsp. pepper	1 tbl. lemon juice
3 tbl. parsley minced	3 tbl. green pepper chopped

Drain and flake fish, combine remaining ingredients then add fish. Place mixture in greased loaf pan and bake in hot oven for 30 minutes. Serve hot with tomato sauce.

### Tomato Sauce

1 (8 oz) can tomato sauce	1 can water
1 medium sized onion finely chopped.	1 tart cooking
1 bay leaf crushed	apple finely chopped
2 tbsp. butter	1 clove garlic
2 tsp. salt	minced

Turn tomato juice into saucepan. Fill can with water and add to sauce. Add apple, onion, bay leaf and butter. Add salt to garlic. Rub together with flat side of spatula until garlic is rubbed to paste with the salt. Add to sauce simmer gently for 25 minutes. Strain.

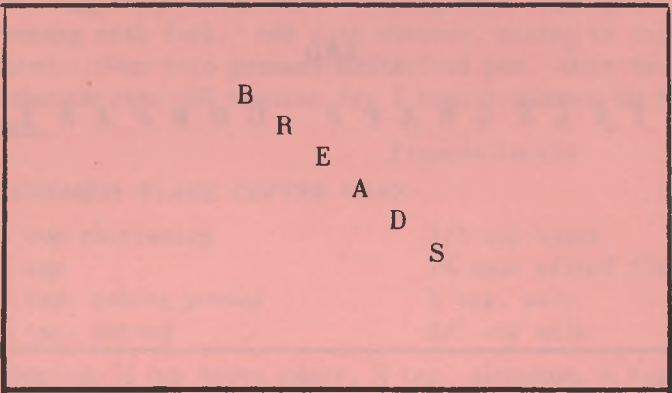
Francis Larkin

### SALMON FLUFF

1 tbsp. butter	1½ tbsp. flour
½ cup milk	1 No. 2 can salmon
1 two ounce can mushrooms	2 tbsp. chopped celery
1 tsp. minced onion	2 tbsp. minced parsley
½ tsp. dry mustard	3 tbsp. cream
Salt and pepper	2 eggs separated
¼ cup buttered bread crumbs	

Make a white sauce of butter, flour, milk. Add other ingredients including unbeaten egg yolks. Mix thoroughly. Fold in stiffly beaten egg whites. Sprinkle buttered crumbs on top. Bake in a pan of hot water until firm - about 40 minutes in a 350 oven.

Gen Healy



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OF  
THE IOWA TELEPHONE  
AND  
TELEGRAPH COMPANY

COMMUNITY INTEREST

This bank is interested in the welfare of this community ....  
and, of course, we are likewise interested in projects of people and organizations within the community. Consequently, we are interested in the welfare of the American Legion Auxiliary of Farley.

\*\*\*\*\*

A suggestion

'Help yourself by helping  
those who help you'.

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## DATE AND NUT BREAD

$\frac{3}{4}$ cup chopped walnuts	1 cup cut-up, pitted dates
$\frac{1}{2}$ tsp. salt	
$1\frac{1}{2}$ tsp. baking soda	
3 tbsp. shortening	$\frac{3}{4}$ cup boiling water
2 eggs	1 tsp. vanilla
1 cup granulated sugar	$1\frac{1}{2}$ cups sifted all-purpose flour

Mix first four ingredients with fork. Add shortening, water let stand 20 minutes. Heat oven to 350 degrees. Beat eggs with fork. Add vanilla, then sugar and flour, beating with fork. Add date mixture, mixing to just blend. Pour into greased 9x5x3 loaf pan. Bake in a moderate oven 350 degrees for 1 hour 5 minutes or till done.

Francis Larkin

## CINNAMON FLAKE COFFEE CAKE

$\frac{1}{4}$ cup shortening	$\frac{1}{3}$ cup sugar
1 egg	$1\frac{1}{2}$ cups sifted flour
2 tsp. baking powder	$\frac{3}{4}$ tsp. salt
$\frac{1}{2}$ tsp. nutmeg	$\frac{2}{3}$ cup milk

Topping:  $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  tsp. cinnamon,  $\frac{1}{2}$  tsp. nutmeg, two tbsp. melted butter,  $\frac{1}{2}$  cup whole wheat flakes.

Blend shortening and sugar, add egg and beat well. Add sifted dry ingredients alternately with milk, being careful not to overmix. Spread in greased pan. Mix sugar, spices, butter, and wheat flakes for topping and sprinkle over batter. Bake in 400 oven about 25 min.

Mrs. Geo. Garrity.

## DOUGHNUTS

1 cup sugar	2 eggs
1 cup sweet milk	$\frac{1}{2}$ Tsp. melted butter
3 cups sifted flour	3 tbsp. Baking Powder
$\frac{1}{2}$ tsp. salt	1 tsp. vanilla

Mrs. George Goodale

## PARKER HOUSE ROLLS

3 cups flour	2 Tbsp. sugar
1 tbsp. lard	$\frac{1}{2}$ yeast cake
Pinch of salt	1 pint milk

Get milk hot and let cool until luke warm Then make a

(cont.)

(Parker House Rolls cont.)

sponge. Let stand 2 hours. until light, then make thick, like bread and let raise again until light.

Mrs. Alfred Temperly

### CINNAMON BUNS

1 cake compressed yeast	1 tsp. salt
1 cup lukewarm water	2 eggs, well beaten
1 cup milk	Grated rind and juice of
½ cup shortening	½ lemon
2/3 cup sugar	1/8 tsp. nutmeg
Sifted flour, 7 cups or more	

Soften yeast in ½ cup lukewarm water, add 1 tsp. sugar. Scald milk and cool until lukewarm. Cream together shortening, sugar and salt, add eggs, lemon and nutmeg. Add lukewarm milk and remaining ½ cup water to softened yeast and blend this liquid with 3 cups mixture and enough flour to make medium soft dough. Knead smooth but keep dough soft. Let rise in warm place until doubled. Divide into 3 parts. Roll each portion in an oblong sheet ¼ inch thick. Brush with butter and sprinkle with cinnamon and sugar. Roll as for jelly roll, cut into 1 inch slices. Place slices, cut side down, in a greased baking pan. Let rise until doubled. Bake about 20 minutes in a moderately hot oven, 350 F. Ice while still warm with a thin powdered sugar icing.

Mrs. Al Connolly

### NUT BREAD

2 cups flour	1 egg
4 t. baking powder	2 tbsp. shortening
2 Tbsp. sugar	½ cup nut meats
1 cup milk.	

Sift dry ingredients several times, reserving a little flour to sift over chopped nuts. Add milk, beaten egg, and melted shortening. Stir in floured nuts. Fill greased bread pan about 2/3 full. Bake 375 40 minutes.

Mrs. N.J. Ernster

### STANDARD WHITE BREAD

COMBINE... 2 cups scalded milk  
 3 tbsp. shortening  
 4 tbsp. sugar  
 2 tbsp. salt  
 COOL..... to lukewarm





Add.... 1 package Fleischmann's yeast softened in  
2 cups lukewarm water.

Blend in...12 cups sifted flour

Place in greased bowl, cover and let rise until dough doubles in bulk ( about  $1\frac{1}{2}$  hours) Punch gas from dough and let rise for about  $\frac{1}{2}$  hour.

Place in greased pans and let rise about  $1\frac{1}{4}$  hours.

Bake in moderately hot oven (400) for about 40 minutes.

LaNore Scherrman

### BANANA NUT BREAD

$1\frac{1}{4}$ c. sifted flour	2 tbsp. B. Powder
$\frac{1}{4}$ tsp. soda	$\frac{1}{2}$ c. chopped nuts
$\frac{1}{2}$ tsp. salt	$\frac{1}{3}$ c. shortening
$\frac{2}{3}$ c. sugar	2 eggs well beaten
1 cup mashed bananas	

Cream shortening and sugar, add eggs. Then add dry ingredients alternately with bananas and nuts. Bake in a well greased loaf pan in a moderate oven 350 about 1 hour.

Mrs. Manderscheid

### 2 HOUR ROLLS

$1\frac{1}{2}$ c. scalded milk	3 tbsp. sugar
1 Tsp. salt	$\frac{1}{3}$ c. shortening.

Mix, pour milk over all this. Dissolve two (2) yeast cakes in  $\frac{1}{2}$  cup warm water, add to batter with one well beaten egg. Add about 4 cups flour ( making a soft dough) Do not mix too stiff. Let rise till double in size. Knead lightly using about 2 cups flour or until dough doesn't appear sticky. Roll out dough, cut in desired shape of rolls. Bake in oven of about 375 - 400 for 10-12 minutes. This recipe can be used for making cinnamon rolls and hamburger buns.

Margaret Roling

### NUT BREAD

3 cups all purpose flour	$\frac{1}{2}$ c. granulated sugar
1 tsp. salt	$4\frac{1}{2}$ tsp. Baking powder
1 cup chopped nutmeats	$1\frac{1}{2}$ cup milk
1 egg beaten	3 tbsp. melted shortening or salad oil.

Sift dry ingredients into large bowl, beat eggs well — add milk & egg to dry ingredients — Mix and add nut meats & shortening — mix again. Bake in greased loaf pan  $10 \times 5 \times 3\frac{1}{2}$  in moderate oven for 1 hour.

Mildred Scherrman

## SPEEDIE ROLL

6½ cups bread flour	2 cups luke warm water
1/3 cup sugar	1 tbsp. salt
2 eggs	1/3 cup shortening
2 cakes compressed yeast	

(1) place lukewarm water, sugar and yeast in mixing bowl. Add salt and 2 cups flour. (2) add eggs and cool melted shortening, beat for 1 minute. (3) gradually add 4½ cups of flour, stirring until dough is stiff. (4) Allow dough to rest in bowl for 20 minutes. You can divide this dough and put in refrigerator. Bake in 375 oven for 20 minutes.

Mrs. Gertrude Ries.

## NUT BREAD

2½ cups flour	3 tsp. B. Powder
¾ cup sugar	½ tsp. salt
½ cup ground walnuts	2 eggs
1 cup milk	

Sift flour, sugar, baking powder, and salt 2 or 3 times. Add nut meats and mix, then add beaten eggs and milk. Bake in loaf pan 350 degrees for 1 hour.

Mrs. Gertrude Ries

## GRAPE NUT BREAD

1 cup grapenuts - soak in 2 cups sour milk for 2 hours.	
1 cup sugar	2 eggs
1 tsp. soda	2 tsp. Baking Powder
1 tsp. salt	1 tsp. vanilla

Add these all to the grapenuts and milk mix well. Then add 4 cups flour and beat well.

Put in 2 loaf pans and bake 350 for 45 min. to an hour.

Take out of pan and grease with butter to soften crust and let cool.

Mrs. R. Klostermann

## OAT MEAL ROLLS

Pour 3 cups boiling water over 1 cup oatmeal.

3 tbsp. shortening. Let stand until luke warm.

Soak ½ cup cake yeast in 1/3 cup luke warm water with 1 tsp. sugar. Let stand until foamy. Then add yeast to Oatmeal with 2/3 cup brown sugar. 1½ tsp. salt.

5 cups flour.

Mix well, knead lightly. Place dough in greased bowl until double. Mold in rolls & let rise and bake

Mrs. Leo Kraus

## RAISED DOUGHNUTS

Combine

1 cup scalded buttermilk	4 tbsp. shortening
3 tbsp. sugar	2 tsp. salt

Cool to lukewarm

Add 1 package yeast dry granular or compressed. Mix well. Blend in 1 egg. Add 3 cups sifted flour, mix until dough is well blended and soft. Roll out on well floured board to  $\frac{1}{4}$  inch thickness. Cut with  $2\frac{1}{2}$  inch doughnut cutter and place on floured baking sheet. Let rise in warm place until double in bulk, about  $1\frac{1}{2}$  hours. Fry in hot fat for about 3 minutes on each side. Drain on absorbent paper, dust with sugar or frost.

Mrs. Katherine Hosch

## BUNS

1 cake yeast (soaked in )	$\frac{1}{2}$ cup warm water
1 tsp salt	2 eggs
5 tbsp. fat	1 cup warm water
5 cups flour	

Mrs. Owen Sweeney

## COFFEE CAKE

4 tbsp. melted fat ( 2 of butter 2 of lard)	
2 cups flour	4 tsp. B. Powder
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ tsp. salt
1 egg	1 cup milk

Mix flour, sugar, baking powder, sugar & salt. Add eggs ( well beaten ) melted fat and milk. Beat well. Top with brown sugar and cinnamon, and bake in a fairly hot oven 20 to 30 min.

## DATE BREAD

$1\frac{3}{4}$ cups boiling water poured over 2 cups cut up dates, cool.	
3 cups flour	1 tsp. soda
2 tsp. baking powder	1 tsp. salt
2 tbsp. sugar	1 egg
1 cup nuts chopped	2 tbsp. melted shortening

Add dry ingredients, and egg to date mixture, blend in shortening and nuts. Pour into greased 4 x 8 loaf pan. Let stand 20 minutes at room temperature. Bake 65 minutes in moderate oven 350 degrees.

## SWEEDISH TEA WREATH

1½ cups milk, scalded	2 yeast cakes
½ cup shortening	½ cup lukewarm
½ cup sugar	7 to 8 cups flour
2 tsp. salt.	

Combine milk, shortening, sugar and salt. Cool to lukewarm. Add yeast softened in warm water. Add eggs; mix thoroughly. Add flour gradually, beat smooth. Knead on lightly floured surface, until smooth, and elastic. Place in greased bowl. Cover with damp cloth. Let rise in warm place until double. Punch down. Divide into 2 equal parts. Roll in ½ in. thick rectangles. Brush with melted shortening, sprinkle each with ¼ cup sugar, 1 tbsp cinnamon, and ½ cup seedless raisins. Roll, shape in rings on greased baking sheets. Snip at 1½ in. intervals, Cover and let rise until double. Bake in moderate oven (350) 35 min. Glaze. Top with walnut halves. Makes 2 tea rings.

Mrs. Dan Moran.

## WHITE BREAD

1 cake yeast	4 cups water
4 tbsp. shortening	4 tbsp. sugar
12 to 12½ cups flour	2 tbsp. salt

Crumble yeast in mixing bowl, add sugar, and mix until the yeast is melted. Add liquid and salt, stir, then sift and measure flour. Add ½ of it. Beat with spoon until dough is almost smooth, add shortening and beat again. Add most of remaining flour, and work it in with the hand until smooth and elastic. Round up and set in a warm place to rise until dough is double in bulk, about 2 hours. Punch down dough. Round up and set to rise again until not quite double in bulk (about 45 minutes) Punch down dough. Mold into loaves and let rise about 1½ hours. Bake 45 minutes in a hot oven for the first 15 minutes (450) then reduce heat to (375) to finish baking.

Mrs. Elmer Link

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## TOMATO SOUP

25 lbs. Tomatoes  
 3 Sweet Peppers  
 10 onions  
 10 tsp. salt  
 1 bunch celery

Four Carrots  
 1 bunch parsley  
 14 Cloves  
 1 tsp. pepper

Dice celery, parsley, onions. Add water and other ingredients and boil 2 hours. Rub through collander and return to fire. Add  $1\frac{1}{2}$  cups flour.  $1\frac{1}{2}$  cups sugar, mixed with cold water until smooth. Cook and stir until well done. Seal while hot.

When wanted use one pint of this stock to one quart milk. Boil stock, add one tsp. soda, then boiling milk.

Francis Larkin

## BLUE AND CREAM CHEESE SPREAD

1 3 oz. pkg. blue cheese  
 1 tbsp. minced onion  
 $\frac{1}{4}$  c. top milk or cream

1 3 oz. pkg. cream  
 cheese

Mash the blue cheese well with the cream cheese, onion and top milk or cream. Use as spread on potato chips or on crackers.

Mrs. Jenning

## GARLIC BUTTERED FRENCH BREAD

$\frac{1}{2}$  c. butter  
 1 long loaf French Bread  
 $\frac{1}{4}$  tsp. salt  
 Paprika

1 or 2 peeled cloves  
 of garlic  
 $\frac{1}{2}$  c. grated Parmesan  
 cheese

Allow the butter to stand at room temperature until soft. Add the garlic and mash slightly with fork. Let the mixture stand at room temperature for 30 minutes or longer. Slice bread diagonally, being careful not to sever completely. Spread garlic butter between slices and over top. Sprinkle loaf with salt, then with grated cheese. Sprinkle with paprika and bake in a moderately hot oven 375 for 15 minutes.

## COCKTAIL SAUCE

$\frac{2}{3}$  c. catsup  
 2 tbsp. horseradish

3 tbsp. Chili Sauce  
 3 tbsp. Lemon Juice

Combine all ingredients, mix well and chill. Serve with fish or shellfish cocktails. Makes 1 cup cocktail sauce.

## SANDWICH FILLING

Using medium blade, put through the food chopper  $1\frac{1}{2}$  cups ham, 2 large stalks celery, 1 medium dill pickle, 2 hard cooked eggs, add 3 tabsp. Mayonaise,  $\frac{1}{2}$  tsp. vinegar,  $\frac{1}{4}$  tsp. onion juice, salt pepper, mix well. Spread on buttered bread. May use left over roast or fowl instead of ham..

Betty Sweeney

## FRENCH DRESSING

$\frac{1}{2}$ c. olive oil, Mazola or Wesson oil	
$\frac{1}{4}$ c. vinegar	1 tsp. salt
$\frac{1}{2}$ c. catsup	1 tsp. paprika
$\frac{1}{2}$ Lemon (juice only)	$\frac{1}{2}$ c. sugar
1 grated onion size of egg	$\frac{1}{2}$ Kernel garlic minced.

Put in jar and shake, Let stand 2 or 3 days

Mrs. Fred Kurt

## SALAD DRESSING (Quick)

$\frac{1}{4}$ cup salad oil	1 tbsp. sugar
2 tbsp. vinegar	1 tbsp. catsup
$\frac{1}{4}$ tsp. salt	$\frac{1}{8}$ tsp. celery salt
$\frac{1}{8}$ tsp. dry or prepared mustard	
pinch of garlic	

Place all ingredients in shaker and shake for half a min.-

Margaret Roling  
Rockford Ill.

## SALAD DRESSING (cooked)

2 Egg yolks	$\frac{1}{2}$ cup vinegar
1 c sugar	$\frac{1}{2}$ tsp. mustard
1 tsp. salt	1 tbsp. butter
$\frac{1}{2}$ c. cream.	

Sugar, salt, mustard, egg yolks, butter, --combined  
Cream and butter last-- boil over slow fire 15 to 20  
minutes.

B. Sweeney

## DRESSING FOR FRUIT SALAD

1 c sugar	1 lemon, juice and grated rind
$\frac{1}{2}$ c. water	
2 eggs	

(cont'd next page)

Then cook and cool. When cool, thin with cream and add lemon juice and grated rind.

Mrs. Harry M. Daly

#### MAYONNAISE DRESSING

5 egg yolks	1 cup water
1 cup sugar	1 cup vinegar
$\frac{1}{4}$ tsp. dry mustard	$\frac{3}{4}$ cup flour
1 tsp. salt.	

Combine flour, salt and mustard, beat yolks and add water, sugar and vinegar; mix with flour mixture. Cook in double boiler until thick. If you like, one can add  $\frac{1}{2}$  cup olives, and  $\frac{1}{2}$  cup chopped sweet pickles and pimentos. Store in refrigerator in jar

Mrs. Dan Moran

#### HOT SALAD DRESSING

2 strips bacon	1 tsp. flour
1 tsp. brown sugar	1 tsp. celery seed
$\frac{1}{2}$ tsp. dry mustard	$\frac{1}{2}$ tsp. salt
Dash of pepper	$\frac{3}{4}$ cup vinegar
1 egg yolk.	

Cut bacon into pieces, fry to light brown. Combine flour, seasonings, vinegar; blend with bacon and drippings. Cook over low heat and stir constantly until thick. Beat egg yolk and stir in a portion of the hot sauce, then combine it with hot sauce and bring to boil before pouring over salad. (Potato, cabbage, cucumber) Makes about  $\frac{1}{2}$  cup.

#### BOILED SALAD DRESSING

$\frac{3}{4}$ cup sugar	3 eggs
1 tsp. dry mustard	$\frac{1}{2}$ cup vinegar
$\frac{1}{2}$ tsp. salt	Dash pepper

Beat eggs, add sugar, salt dry mustard and vinegar. Cook over a slow fire, stir constantly until thick. Good for potato or cabbage salad, when ready to use, cut with cream.

Mrs. Beatrice Simon

#### 10 MINUTE CRANBERRY SAUCE

2 cups Sugar	2 cups water
1 pound (4 cups) cranberries	

Contd next page

Combine sugar and water. Heat to boiling and boil 5 min. Add cranberries and cook until skins pop. About 5 minutes. Remove cranberry sauce from heat and cool. Makes 1 quart sauce.

#### PLAIN SALAD DRESSING

2 eggs beat and then add  $\frac{1}{2}$  cup sugar, 1 heaping tbsp. flour. 1 tsp. dry mustard, 1 tsp. salt, mix Then add  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{2}$  cup vinegar, Mix well then boil till it thickens; store in jar. Will keep for weeks in refrigerator and add sweet cream to the amount you wish to use. Very good on potato salad and egg salad.

Mrs. Wm. Bell



Soften gelatin in cold water, dissolve in boiling water. Add salt, sugar, lemon juice and vinegar. Stir to dissolve sugar. Chill till partially set. Add rest of ingredients. Chill in oiled molds or a shallow pan.

Mrs. Irene Funke

#### FROZEN FRUIT SALAD

1 tbsp. lemon juice	2 bananas, diced
$\frac{3}{4}$ cup diced pineapple	12 red maraschino cherries, chopped
$\frac{1}{3}$ c. commercial French dressing	$\frac{1}{2}$ c. mayonnaise
1 c. heavy cream whipped	2 tbsp. confectioners sugar
$\frac{1}{8}$ tsp. salt	

Pour lemon juice over bananas, combine with pineapple, cherries and French dressing. Chill 2 hours, drain. Fold whipped cream into mayonnaise, add salt and confectioners sugar. Fold in fruit mixture, turn into ice cube tray and freeze. Do not stir. Yield 6 portions.

Mrs. Patt Chesterman

#### SALAD SUPREME

1 pkg. lime jello dissolved in 1 cup warm water.  
 1 cup cottage cheese, mashed fine  
 $\frac{1}{2}$  med. sized cucumber, grated fine.  
 1 small onion grated fine  
 1 cup whipped cream, after whipping, mixed with  $\frac{1}{2}$  cup of salad dressing.

When Jello starts to set add remaining ingredients and pour into mold. Let set until firm, unmold and serve.

Mrs. Patt Chesterman

#### SALMON SALAD

1 can of salmon	1 small onion
10 sweet pickles	3 stalks celery

Cut fine and add mayonnaise to moisten

#### BEAN SALAD

3 hard cooked eggs	1 can drained kidney beans
6 sweet pickles (chopped)	

Mix with salad dressing

Elizabeth Gavin







- 1 small orange sectioned                       $\frac{1}{2}$  c. nuts, chopped  
 2 tbsp. salad dressing                       $\frac{1}{2}$  cup cream

Mix cheese and salad dressing, add cherries and orange sections and nut meats. Whip cream and add to whole mixture. Place in freezing tray.

La Nore Scherrman

### TUNA FISH SALAD

- 1 pkg. lemon jello                              celery  
 2 green peppers                              1 can tuna fish flaked

Let set in an 8 x 10 pan. Serve on lettuce leaf with mayonnaise.

Mrs. B.E. Lam

### GOLDEN SALAD

- 1 pkg. sweetened lemon gelatin      1 c. shredded carrots  
 1 c. crushed pineapple                      2 c. boiling water  
 1 tbsp. Vinegar                              Few grains salt  
 1 cup shredded cabbage.

Dissolve gelatin in boiling water. Cool until partially set. Add vegetables, pineapple, vinegar, and salt. Pour into mold. Chill until firm. Serve on crisp lettuce. Serve with Mayonnaise.

Betty Sweeney

### COMBINATION VEGETABLE SALAD

- 3 c. broken lettuce                               $\frac{3}{4}$  c. fresh spinach  
 $\frac{3}{4}$  c. shredded raw carrots                       $\frac{1}{4}$  cup diced celery  
 6 radishes sliced                               $\frac{1}{4}$  cup sliced green onions  
 $\frac{1}{4}$  c. French dressing

Rub bowl with clove garlic (do not let garlic remain in the bowl) Put all vegetables together in bowl and just before serving pour French dressing over and toss until well mixed.

Lottie Woods

### BEAN SALAD

- 1 qt. beans (string)                              5 strips of bacon  
 $\frac{1}{4}$  c. onion chopped                               $\frac{1}{2}$  c. vinegar  
 1 tbsp. sugar                                       $\frac{1}{8}$  tsp. paprika  
 Salt and Pepper to taste.

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Heat the beans, then drain off the juice, Cut bacon fine and fry crisp. Add onion, vinegar, sugar and seasonings to drippings in skillet. Combine the dressing with the beans. Serve hot.

Doris Elliott

#### HEAVENLY SALAD

3 large apples peeled and diced    4 bananas diced  
 1 can crushed pineapple . . . drain off the juice  
 Some grapes, remove seeds and cut in half.  
 6 marshmallows cut in small pieces.

$\frac{1}{2}$  cup nut meats

Mix with mayonnaise

$\frac{1}{2}$  c. whipped cream

Serve on lettuce leaf.

Mrs. Alice Winters

#### JELLO CRANBERRY SALAD

2 pkgs. lemon jello

3 c. liquid (water and  
 pineapple juice

1 c. drained crushed pine-  
 apple.

1 c. celery cut fine

$\frac{1}{2}$  c. sugar

1 lb. uncooked cranberries  
 ground

$\frac{1}{2}$  c. nut meats cut fine.

Pour hot liquid over jello. Add sugar and stir until dissolved. When it starts to congeal. Add other ingredients. Pour into a mold and chill until firm.

Mrs. W. Manderscheid.

#### PINEAPPLE CREAM PECAN SALAD

2 pkg. Philadelphia Cream Cheese

$\frac{1}{2}$  c. chopped pecans

$\frac{1}{4}$  tsp. salt

$\frac{1}{2}$  tsp. sugar

$\frac{1}{2}$  cup juice from pineapple

1 small can ring pineapple

Let cheese soften then beat. Add juice slowly not to make it too thin. Then add salt, and pecans, and sugar if wished.

Mix well serve in the center of the pineapple ring on a lettuce leaf.

Mrs. John Kruse

#### SWEET POTATO SALAD

1 c. cooked sweet potatoes cubed

2 c. of diced apples

$\frac{3}{4}$  c. raisins

$\frac{1}{2}$  c. pecans chopped

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## SALTY DILL PICKLES

Wash pickles, cut and pack in jars with layers of dill. Make a brine of 3 qts of water, 1 qt. vinegar and 1 cup salt. Bring to a boil and pour over pickles and seal air tight. This is enough for 4 two quart jars.

Betty Sweeney

## CHERRY SWEET PICKLE

Put small cucumbers in brine of 3 gal. of water,  $1\frac{1}{4}$  c. salt and 2 qt. cherry leaves. Let stand 10 to 14 days, stirring each day. Take out of brine and heat slowly 30-45 min. in equal parts of vinegar and water (cut each cucumber) put in jars and pour a syrup of 7 c. sugar, 5 cups vinegar and  $\frac{3}{4}$  oz. mixed spices (discard the red peppers) boiling hot over them and seal.

Mrs. Emmett V. Wood.

## CORN RELISH

1 large head of cabbage	3 tbsp. mustard
3 sticks of celery	2 qt. vinegar
4 large onions	12 ears of corn
2 green peppers	$3\frac{1}{2}$ c. sugar
$\frac{1}{4}$ cup salt.	

Chop, cabbage, onions, celery fine. Cut corn from cobs, mix all. Boil 15 minutes and seal. Very Good.

Mrs. Rose Hoefler

## CHILI SAUCE

12 large tomatoes	4 onions
4 sweet peppers ( or 3 red and 1 green)	
1 pint vinegar	1 cup sugar
1 tbsp. salt	$\frac{1}{2}$ tsp. red pepper
Boil until thick.	

Mrs. Owen Sweeney

## HOT DOG RELISH

5 c. ground cucumbers	3 c. ground onions
2 c. chopped celery	2 c. red peppers
2 sweet red or green peppers	$\frac{3}{4}$ c. salt
$1\frac{1}{2}$ qt. water	1 qt. white vinegar
3 c. sugar	2 tsp. mustard seed
2 tbsp. celery seed.	

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Combine vegetables, add salt and water. Let stand over night and drain. Heat vinegar and seeds to boiling. Add vegetables. Boil 10 minutes, pack in sterile jars and seal.

Mrs. Frank Murphy

#### BREAD AND BUTTER PICKLES

6 qts. cucumbers (sliced thin)	12 onions
6 red peppers	Soak in salt water 2 hrs
Bring to boiling point	
2 qts. vinegar	5 c. sugar
2 tbsp. pickling	½ c. white mustar seed
1 tsp. red pepper.	

Add cucumbers, onions and red peppers. Heat and can (about 12 pints)

Ileen Daly

#### SPLIT PICKLES

Take desired amount of pickles and without washing, soak in salt and water. Let soak and on the 5th night soak in clear water to freshen. On 6th evening split each pickle lengthwise and drop into solution of 2 tbsp. alum to each gallon water used and stir constantly while boiling 7 minutes. Drain and take equal parts of vinegar and sugar and pour over pickles. On 2nd night reheat, on 3rd evening reheat and pack in jars pouring hot syrup over pickles. Seal.

Mrs. Fred Kurt.

#### CHILI SAUCE

12 ripe tomatoes	2 cup brown sugar
2 onions	2 tbsp. salt
2 red peppers	
Chop fine, mix all together and boil for half hour.	

Mrs. Rose Hoefler

#### CORN RELISH

12 large ears corn	1 large head of cabbage
2 green peppers,	2 red peppers
six onions	1 handful salt
2½ cups sugar	

(cont. on next page)

Cover 2/3 with vinegar and boil  $\frac{1}{2}$  hour. Seal in jars. requires about 2 quarts of vinegar and makes about nine pints of relish.

Cut the corn off ears, chop; peppers, onions and cabbage add salt, sugar and vinegar, mix together and boil.

Mrs. Alfred Breitbach

### SWEET DILL PICKLES

Scrub pickles, cut and soak over night in cold water; change water two or three times; wipe dry; either pack in jars or put in juice and then pack in jars. Make a syrup of 1 qt. vinegar, 2 cups sugar, scant  $\frac{1}{2}$  cup salt bring to a boil. Put slices of onion in bottom of jar and also in top of jar add dill and alum (1 tsp. to qt.) in top of jar.

B. Sweeney

### PICKLE RELISH

8 lbs. ground cucumbers	4 green peppers
4 red peppers	6 large onions
1 bunch celery	4 cups vinegar
1 cup water	3 tbsp. salt

Boil slowly  $\frac{1}{2}$  hour and seal in jars.

Method: Put cucumbers and onions through food choppers, chop peppers and celery fine. Add liquid, sugar and salt and boil. This relish is good mixed with ground meat for sandwiches.

Mrs. Alfred Breitbach

### DILL PICKLES

1 gal. white Vinegar	6 cups sugar
$\frac{1}{2}$ cups salt	1 tbsp. mixed whole spices.

Boil this together.

Put 1 piece celery 1 small onion and dill in bottom of jar and fill with pickles and then put celery dill and onion and a finger of spices on top.

Pour hot vinegar mixture over pickles and seal air tight.

Mrs. Elmer Link

## CORN RELISH

18 ears of corn	1½ qt. sugar
1½ qt. chopped onions	¾ cup salt
1½ qts. chopped pickle	1 tsp. mustard seed
1½ qt. ripe tomatoes or more	1 tsp. tumeric
4 sweet green peppers	2 sweet red peppers
1¼ qt. vinegar	

3 tbsp. flour mixed with a little water put in when mixture boils. Boil 45 min. Seal air tight.

Mrs. Elmer Link

## DILL PICKLES

7 cups water	5 cups vinegar
½ cup salt	1 cup sugar

Pour boiling syrup over pickles all ready packed in the jars with dill.

## CASSA BUD PICKLES

7 lbs. pickles, put in salt water strong enough to float an egg. Let stand for 8 days. Then put in clear cold water for 3 days, changing water each day. Then cut pickles, regardless of size. Put in solution of:

1 quart vinegar	3 qts. water
alum size of a walnut or (2 tbsp. powdered)	

Simmer (not boil) from 1 to 2 hours.

Drain off after simmering.

Make syrup of

1 qt. white vinegar	4 lbs. sugar
1 oz. all spice	1 oz. celery seed
1 oz. cassabuds	

Boil syrup and pour over pickles. Drain off syrup and re-heat, for 3 days. On 3rd day pack pickles in jars. Pour boiling syrup over and seal. (If you want them green, add green coloring when making syrup.)

Mrs. Dan Moran

## CHUNK PICKLES

Soak whole cucumbers in water - salt to carry an egg - set in basement 3 days - drain, put in clear water 3 days more, (contd'd next page)



The first step is to identify the main points of the document. This involves reading through the text and highlighting the key information. Once the main points are identified, they should be organized into a logical order. This can be done by creating a list or a flowchart. The next step is to write a summary of the document. This should be done in a clear and concise manner, using the main points identified in the previous step. The summary should be written in a way that is easy to read and understand. Finally, the summary should be reviewed and edited for accuracy and clarity.

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*Sanitone*  
*Dry Cleaning*

JOE MC CABE  
DYERSVILLE, IOWA

*Pick up Every Tuesday  
and Friday in Farley*

Agents; STOUGHTON DRUG  
LUENSMAN TAVERN

Compliments of

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POTOSI, WIS.

## PECAN PUFFS

$\frac{1}{2}$ cup shortening	1 tsp. vanilla
2 tbsps. sugar	1 cup flour (sifted)
1 cup ground pecans	

Bake 10 or 15 min. Refrigerate till cool.

Mrs. Patt Chesterman

## PEACH BAVARIAN CREAM

2 cups chopped fresh peaches	2 tbsps. lemon juice
Dash of salt	$\frac{3}{4}$ cup sugar
2 tbsps. plain gelatin	$\frac{1}{2}$ cup water
$\frac{1}{2}$ cup water	1 cup cream, whipped
1 tsp. vanilla	$\frac{1}{4}$ tsp. almond extract

Combine peaches, lemon juice, salt and sugar. Cover and chill for 15 minutes. Mix well. Soften gelatin in cold water, dissolve over hot water.

Stir into peach mixture and chill until mixture starts to thicken. Fold in rest of ingredients. Pour into mold and chill until firm. Serve with fresh peach sauce.

Mrs. Ray Kinley

## DATE DESSERT

Cut 1 lb. pitted dates into pieces. Mix with 1 tbsp. flour. Beat 3 eggs slightly, blend in 1 tsp. vanilla and  $\frac{3}{4}$  cup sugar. Sift together 6 tbsps. flour, 2 tsp. baking powder, 1 tsp. salt,  $\frac{1}{4}$  tsp. cinnamon,  $\frac{1}{4}$  tsp. cloves. Add to egg mixture. Mix in the floured dates and add 1 cup chopped nuts. Bake in greased 9 inch square pan 350 oven for 30 min. Serve with whipped cream.

Mrs. Ray Kinley

## DATE CRUMBLE

$\frac{3}{4}$ cup lard	1 $\frac{1}{2}$ cup flour
1 $\frac{3}{4}$ cup oatmeal	1 tsp. soda
1 cup brown sugar	

Crumble the above together. Put half of this mixture in bottom of loaf pan. Then add 1 cup raisins cooked and thickened. Cover with remaining crumble and bake.

Dorothy Klosterman

## PINEAPPLE ICE BOX CAKE

½ cup Butter	Graham crackers or
3 egg Yolks	Vanilla Wafers rolled
1 c. shredded pineapple	1 c. sugar
1 tsp. vanilla	½ tsp. salt.

Cream butter and sugar, add yolks and beat 3 minutes. Add vanilla, salt, pineapple and egg whites. Mix lightly. Sprinkle layer ½ in. thick of wafers in pan. Add half pineapple mixture, another layer of wafers, remaining pineapple mixture, and store in refrigerator over night. Top with sweetened whipped cream.

Mrs. Fred Kurt

## APPLE CRUMB

Apples- 10-12 pared	Sugar 1 to 1½ cups (de-
Cinnamon or Nutmeg-1 tsp.	pends on sweetnes of apples)
Brown Sugar - 1 cup	¾ c. shortening
2 c. flour	

Mix together sliced apples, sugar, cinnamon or nutmeg and 2 tbsp. flour. Place in 8x12 baking dish. Cream together butter or shortening and brown sugar. Work in 2 cups flour to make crumb mixture. Sprinkle crumb mixture over apples. Bake 15 min. in hot oven 450 then reduce to 350 and bake 20 to 30 min. longer. If crumb mixture browns too quickly cover with wax paper the last few minutes of baking.

Mrs. Emmet Kelly

## LADIES DESSERT

8 egg whites	2 cups sugar
2 cups dates	2 cups nuts

Pinch of Salt

Beat white stiff, gradually fold in sugar, then add nuts and dates chopped and salt. Pour into pan lined with wax paper and bake for 30 minutes in oven at 350. Serve with whipped cream (Serves 12 people)

La Nore Scherrman

## FRESH PEACH COBLER

Biscuit Crust

2 cups sifted flour	3 tsp. baking powder
¼ tsp. salt	4-6 tbsp. lard

(contd. next page)

$\frac{1}{2}$ -  $\frac{2}{3}$  c. milk

Method: Sift flour, baking powder and salt into bowl. Cut in lard until mixture is fine crumbs. (Use 6 tbsp. for richer crust) Turn on board and roll  $\frac{1}{4}$  inch in thickness and 3 inches larger than 8 x 12 inch baking dish. Fit in pan, crimp edges Use dough left to make strips for top.

Filling:

4 cups sliced peaches

$\frac{3}{4}$  cup sugar

3 tsp. cornstarch

$\frac{1}{4}$  cup light corn syrup

$\frac{1}{2}$  tsp. salt

Mix together, place in pastry lined pan. Bake in hot oven 425 for 25- 30 min.

Mrs. E.P. Kelly

### RICE PUDDING

1 cup uncooked rice (soaked)

$\frac{1}{2}$  c. raisins

$\frac{1}{2}$  cup sugar

1 qt. milk

Bake in oven until rice is soft and has soaked up the milk

Ileen Daly

### LEMON SPONGE PIE

1 c. sugar

3 tbsp. Melted Butter

3 tbsp. flour

1 lemon rind grated and

2 egg yolks (slightly beaten)

juice

1 cup milk

2 egg whites (stiff)

Bake in custard cups in pan with water.

Method: Sugar and shortening mix add egg yolks and mix, then lemon and flour and mix - add beaten egg whites and mix, Pour into custard cups (8) bake at 350 in pan with water.

Betty Sweeney

### MARSHMALLOW ROLL

1 lb. graham crackers

$\frac{1}{2}$  lb. dates-cut finely

$\frac{1}{2}$  lb. Marshmallows cut finely

$\frac{1}{2}$  lb. nuts chopped

1 Tbsp. vanilla

Pour cream over marshmallows and let stand  $\frac{1}{2}$  hour several times. Add nuts vanilla and dates. Roll crackers finely and add. Mix rather stiff and form in roll. Chill-slice Serving with whipped cream.

Helen McMahon

## GLORIFIED RICE

1 pkg. lemon jello	1 cup boiling water
1 cup cooked rice	
Let congeal slightly then add	
½ c. nutmeats	¾ c. crushed pineapple
¾ c. quartered Marshmallows	¼ c. powdered sugar
1 c. whipped cream	
Chill	

## CHOCOLATE ICE BOX CAKE

1 c. powdered sugar	½ c. butter
3 eggs	3-4 tbsp. cocoa
1 pound vanilla wafers	½ cup chopped nuts

Cream butter and sugar, add egg yolks and cocoa; beat well. Fold in stiffly beaten egg whites and nuts. Put layers of wafers and fillings. Let stand overnight in ice box.

## FRUIT COBBLER

2 eggs	1 c. sugar
1 c. flour	
1 tsp. Baking Powder	¼ tsp. salt
½ c. boiling water	½ t.sp. vanilla

Beat eggs well, add sugar and beat, add sifted dry ingredients and boiling water and vanilla last. Put fruit in bottom of baking dish. If raw fruit is used, sprinkle with sugar. Bake 350 for 30 min.

Mrs. B.E. Lane

## CANDIED RHUBARB

3 cups diced rhubarb	¾ cup granulated sugar
½ cup butter	1 cup brown sugar
1 cup flour	

Pour in greased pan, rhubarb. Sprinkle with granulated sugar. Mix well butter, brown sugar and flour. Pour over rhubarb and press down well.

Bake 50 minutes 375 degrees

Mrs. Anna Jane Kurt

## LEMON BREAD PUDDING

6 servings

2½ c. ½ inch bread cubes	2 cups milk
2 eggs, slightly beaten	¾ cup sugar
1/8 tsp. salt	1/8 tsp. nutmeg

(cont'd next page)

Grated rind of 1 lemon  
 3 tbsp. lemon juice                      1/3 c. melted butter  
 1/4 cup of currants or raisins

Soak bread in milk for 1/2 hour. Combine remaining ingredients and mix with bread. Place in a buttered casserole and set in a pan of water. Bake in a moderate oven for 50 minutes or until knife comes out clean when inserted in center.

### CHERRY ROLL

2/3 cup pitted cherries                      1/2 cup sugar  
 1/4 tsp. salt                                      1 tbsp. Crisco

Roll out short cake dough in oblong sheet 1/4 inch thick on a floured board. Spread with fruit mixed with sugar and salt. Dot with Crisco. Roll as for jelly roll. Fasten edges securely by moistening with water and pinching together. Bake in a moderate hot oven 375 until nicely browned about 35 to 40 minutes. Cut in slice while still warm and serve with pudding sauce

#### Cherry Sauce

1 cup cherry juice                              1/4 cup sugar  
 2 tbsp. cornstarch                              1/2 tsp. butter

Heat juice add sugar well blended with cornstarch, cook until thickened, stirring constantly. Add butter after removing from the stove. Other fruit may be used. Serve with whipped cream.

Mrs. Beatrice E. Simon.

### CUSTARD PUDDING

3 eggs    1/2 cup sugar  
 1 1/2 cups milk                                      Salt  
 Vanilla

Cinnamon on top.

Pour into custard cups. Bake 1 hour in 350 degree oven.

Mrs. Mary Vorwald

### APPLE DUMPLINGS

2 1/4 c. sifted flour                              3/4 tsp. salt  
 3/4 cup shortening

Ice water about 7 to 8 tbsp. just enough to make dough stay together.

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Sift flour and salt into mixing bowl add most of shortening and cut it in with a pastry blender or 2 knives until mixture looks like meal 'then add remaining shortening and cut it in pieces the size of a giant pea. Sprinkle water lightly over mixture blend it in with a fork until dough can be just pressed together in a ball. Roll out dough and cut in 7 inch squares. Pare and core an apple on each pastry square. Fill cavity of each apple with cinammon and sugar mixed together and dot it with butter. Moisten points of pastry square. Bring opposite points up over the apple overlapping them. Place about 2 inches apart in an 8 by 12 baking pan. Make the syrup by mixing together in a pan the sugar cinammon butter and water and boil about 3 min. Pour the syrup around dumplings in pan. Bake 40 min.

Syrup.

1 cup sugar	$\frac{1}{4}$ tsp. cinnamon
4 tbsp. butter	2 cups water
Sugar mixture	
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp. cinnamon
1 tbsp. butter	

Mrs. Elmer Link

#### BROWN SUGAR PUDDING

1 cup brown sugar	$2\frac{1}{2}$ cups water
2 tbsp. butter	$\frac{1}{2}$ cup sugar
1 cup sifted flour	2 tsp. B. Powder
$\frac{1}{2}$ cup seedless raisins.	

Combine the brown sugar and 2 cup of the water in a saucepan and boil for 10 minutes, add butter and turn onto a greased  $1\frac{1}{2}$  qt. baking dish. Combine the granulated sugar flour, baking powder,  $\frac{1}{2}$  cup water and raisins, pour this batter into the syrup. (do not stir) Bake 25 min.

Mrs. Gene Hoefer

#### GLAZED STRAWBERRY TARTS

Sift together 1 cup enriched flour and  $\frac{1}{2}$  tsp. salt. Blend 5 tbsp. shortening until particles are the size of rice grains. Sprinkle over mixture, 2 tbsp. cold water. mix with a fork until evenly dampened. Divide into four portions. Roll out each section to size of a tart pan and  $\frac{1}{8}$  inch thick. Fit into pans, pressing sides and let stand 20 minutes to relax dough. Trim edges and prick sides and bottom

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to prevent blisters. Bake in hot oven 450 for 10-15 min. Let cool. Wash and clean 1 qt. strawberries: For the glaze sufficient for 1 cup of sliced berries.

1 tbsp. lemon juice

$\frac{3}{4}$  cup sugar mixed with

1 tbsp. cornstarch

Stir frequently -- simmer over medium heat for 15 minutes. Let cool. Frozen strawberries can be used, only omit sugar. Fill tarts with glaze and cover with whole berries. Whipped cream can also be used.

Mrs. Ray Healy

### APPLE PAN DOWDY

1 qt. peeled and sliced apples

1 cup brown sugar

$\frac{1}{4}$  cup flour

$\frac{1}{4}$  tsp. salt

1 tbsp. vinegar

$\frac{3}{4}$  cup water

1 tsp. vanilla

1 tbsp. butter

Place apple slices in a well greased glass baking dish, Mix sugar, flour and salt, add vinegar and water, stir well cook over low direct heat until thick. Remove from heat and add vanilla and butter. Pour over apple slices.

### TOPPING

1 cup flour

$\frac{1}{2}$  tsp. salt

2 tsp. baking Powder

$2\frac{1}{2}$  tsp. shortening

$\frac{1}{2}$  cup milk

Sift together flour salt, B. Powder, cut in shortening and milk. Stir only until flour mixture is wet. Drop by spoonsful on apple mixture.

Bake in 375 about 35 min. Serve plain or with whipped cream.

Mrs. Gene Hoefler

### GRAHAM CRACKER FLUFF

Soak 1 pkg. of gelatin in  $\frac{1}{3}$  cup cold water.

Mix and cook in double boiler for 1 minute or so:

$\frac{1}{3}$  cup white sugar

$\frac{3}{4}$  cup milk

2 egg yolks

Remove from stove and add gelatin mixture and 1 tsp. vanilla. Put in a cool place until begins to thicken. Then add 2 beaten egg whites and 1 cup cream whipped.

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## Crumb Mixture

2 tbsp. brown sugar

12 graham crackers

3 tbsp. melted butter

1 tsp. vanilla

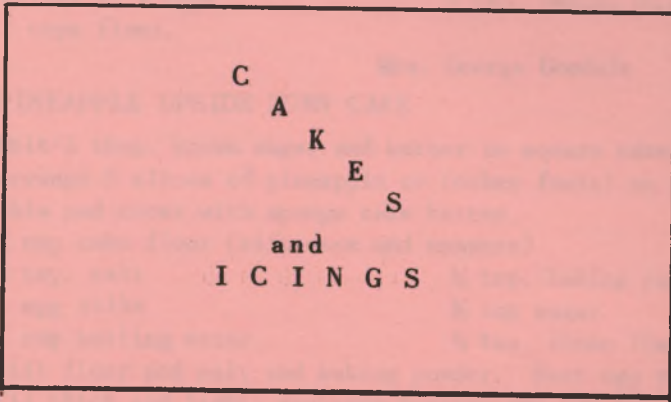
Line bottom of an oblong dish with  $\frac{1}{2}$  crumb mixture. Pour in liquid mix and top with remaining crumbs. Place in refrigerator for 1 hour.

CHOCOLATE CAKE

2 cups sugar  
2 cup butter  
1/2 cup cocoa  
1/2 cup milk  
1/2 cup oil  
1/2 cup vinegar  
1/2 cup baking powder  
1/2 cup baking soda  
1/2 cup salt

CHOCOLATE CAKE

2 cups sugar  
2 cup butter  
1/2 cup cocoa  
1/2 cup milk  
1/2 cup oil  
1/2 cup vinegar  
1/2 cup baking powder  
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CHOCOLATE CAKE

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1/2 cup salt

CHOCOLATE CAKE

1 cup sugar  
1 cup butter  
1/2 cup cocoa  
1/2 cup milk  
1/2 cup oil  
1/2 cup vinegar  
1/2 cup baking powder  
1/2 cup baking soda  
1/2 cup salt





1 cup sour milk

2 cups flour

1 tsp. ginger

1 tsp. soda

Mrs. John Roling

## CHOCOLATE ANGEL FOOD CAKE

1  $\frac{1}{3}$  cups egg whites

1 tsp. cream of tartar

1  $\frac{1}{2}$  cups gran. sugar $\frac{3}{4}$  cups cake flour $\frac{1}{4}$  cup cocoa

1 tsp. vanilla

Beat egg whites slightly, add cream of tartar then beat until they form a peak. Sift sugar and flour separately, then measure and sift together with salt and cocoa, eight times. Bake in angel cake pan in slow oven 275 for 1  $\frac{1}{2}$  hours increasing heat last twenty minutes to 325 so cake will brown on top.

Mrs. Rose Hoefler

## DEVILS FOOD CAKE

1  $\frac{1}{2}$  cups sugar $\frac{1}{2}$  cup cocoa $\frac{1}{2}$  c. shortening1  $\frac{1}{2}$  cups flour

2 eggs

1 tsp. soda

1 cup hot water

1 tsp. vanilla

1/3 cup sweet milk

Mix sugar and lard, add eggs. Then add milk. Mix cocoa with flour then add soda in hot water and cool. add water last.

Mrs. Rose Hoefler

## CHOCOLATE CAKE

2 cups sugar

6 tbsp..Lard

3 eggs

1 c. sour milk

3 cup flour

1 tsp. soda

 $\frac{1}{2}$  tsp. baking powder

1 c. hot water

Vanilla

4 sq. Chocolate

## BOILED RAISIN CAKE

1  $\frac{1}{2}$  cup sugar $\frac{1}{2}$  cup lard

2 eggs

1 tsp. cinnamon

1 tsp. flavoring

2 cups raisins

1 cup water in which the raisins were boiled

boiled without cover

1 large tsp. soda, dissolved in tsp. hot water

2  $\frac{1}{2}$  cups flour

Bake in loaf

Mrs. John Roling

## ONE EGG CAKE

2 cups sifted cake flour	2½ tsp. Baking Powder
¼ tsp. Salt	¼ c. shortening
1 cup sugar	1 egg
1 tsp. vanilla	¾ c. milk

Sift flour, baking powder and salt together. Cream shortening with sugar until fluffy. Add eggs and vanilla and beat thoroughly. Add sifted ingredients and milk alternately in small amounts. Beat well after each addition. Pour into greased pans and bake 350 for 30-35 min. Makes 2 - 9 inch layers

Mickey Kruse

## WHITE CAKE

½ cup butter	¾ cup water
2¼ cups pastry flour	5 egg whites
1½ cups sugar	1 tsp. vanilla
3 tsp. baking Powder	

Cream shortening and sugar well. Add sifted flour and Baking powder alternately with water, mix thoroughly. Fold in egg whites which have been stiffly beaten., and vanilla. Bake in moderate oven at 350 for 20 to 25 minutes.

Mrs. Harry Daly

## SUNSHINE CAKE

11 egg yolks- beat until bubbles then add 1½ cup sugar\* (sifted 5 times)  
 ¾ cups cold water  
 Keep beating until thick and add 1½ cups pastry flour (sifted five times)  
 1½ tsp. baking powder

Flavor with lemon, bake in a hot over for 20 min. and then bake in a moderate oven for 30 or 40 more.

Use all flour and do not measure after you sift it.

Mrs. Ellen Carden

## PRUNELLA CAKE

1/3 cup Butter	2/3 c. sour milk
1 cup sugar	1 1/3 c. flour
2 eggs	2/3 c. prunes
½ tsp. each of soda, salt,	(cooked and chopped)
cinnamon, nutmeg, allspice	
Baking Powder	(cont'd) next page

Cream butter and sugar. Add egg yolks and beat. Then chopped prunes. Add sour milk alternately with sifted dry ingredients -- Lastly fold in beaten egg whites

Helen McMahon

### BANANA CAKE

½ cup Shortening	½ tsp. salt
1½ cups sugar	1 tsp. Baking Powder
2 eggs	½ tsp. soda
1 tsp. vanilla	¼ cup sour milk
2 cups cake flour	1 cup Banana Pulp

Cream shortening, and sugar thoroughly, add eggs well beaten, and vanilla. Add flour, salt and baking powder with soda, and sour milk and banana pulp. Beat ingredients well. Bake at 350 for 50 minutes. Frost with seven minute Frosting.

Mrs. John Kruse

### PINEAPPLE UPSIDE DOWN CAKE

1 egg	½ cup sugar
1 cup flour	1 tsp. baking powder
¼ cup milk	1 tbs. melted lard
1 tsp. vanilla	8 slices pineapple

Mrs. Laurence Schroeder

### SPONGE CAKE

• 3 eggs beaten well	1 cup sugar
a pinch of salt	1 tsp. baking powder
1 cup cake flour	Flavor with Vanilla
½ cup of boiling water	

Sift flour 3 times with baking powder and salt. Bake in small square pan. Grease the pan well.

Mrs. Margaret Link

### CHOCOLATE CHIP CAKE

1½ cups sugar	½ cup shortening
3 egg whites well beaten	2½ cups cake flour
2½ tsp. baking powder	1 cup cold water
1½ tsp. vanilla	1 sq. bitter choc
Pinch of Salt.	

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Using electric mixer - add all the ingredients except the egg whites and chipped chocolate, beat 2 minutes, medium speed. Fold in beaten egg whites, add chipped chocolate. Bake in loaf pan or two layer pans 25-35 minutes in oven about 375.

Flour for cake. Put 2 tbsps of cornstarch in a cup, then fill with all-purpose flour. This is equivalent to 1 cup unsifted cake flour. Sift together 3 times before using.

Margaret Roling

#### SIMPLE CHOCOLATE ICE BOX CAKE

½ cup butter  
1 cup powdered sugar  
3 eggs, beaten separately then add to cream mixture.  
Then add ½ lb. marshmallows  
¾ cup English walnut meats ¼ cup Hershey's choc. syrup  
Crush about 12 graham crackers. Sprinkle bottom of square cake tin with half. Pour in mixture cover with rest of crackers and let set a few hours.

#### WHIPPED CREAM CAKE

1 cup sweet cream  
1 cup sugar  
2 eggs  
½ tsp. salt  
1 tsp. Vanilla  
2 tsp. B. Powder  
1½ cup flour  
Whip cream till firm, drop in eggs, whip until light as foam, add sugar beat again, add salt, Vanilla, whip in flour and B. Powder. Bake in a moderate oven for 30 minutes.

#### YELLOW ANGEL FOOD CAKE

1½ cups sifted cake flour ¼ tsp. salt  
½ tsp. B. Powder 5 eggs, separated  
½ cup cold water 1½ cups sugar  
¾ tsp. cream of tartar 1 tsp. vanilla  
Sift together flour, salt, and B. Powder, beat egg yolks until thick and lemon colored, 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 in. ungreased tube pan in slow oven (325) for about 1 hour. Invert pan to cool cake

## ANGEL DREAM CAKE

White part-- Beat 6 egg whites until frothy. Add pinch of salt and  $\frac{1}{2}$  tsp. cream of tartar. Beat until stiff. Add  $\frac{3}{4}$  cup plus 1 level tbsp. granulated sugar sifted 5 times. Then fold in  $\frac{1}{2}$  cup plus 1 level tbsp. cake flour sifted 5 times, 1 tsp. vanilla

Yellow part-Beat 6 egg yolks until very light, add  $\frac{3}{4}$  cup plus level tbsp. sugar sifted 5 times and  $\frac{3}{8}$  cup of cold water, beat until like whipped cream; fold in  $\frac{3}{4}$  cup plus 1 level tablespoon cake flour sifted 5 times with  $\frac{3}{4}$  tsp. baking powder; 1 tsp. lemon extract.

Pour batters in ungreased angel food cake pan in alternate layers and bake slowly one hour in 300 oven

Mrs. Chas. Arquitt

## APPLE SAUCE CAKE

2 cups all purpose flour	1 tsp. soda
$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ tsp. cloves
$\frac{1}{2}$ tsp. nutmeg	1 tsp. cinnamon
$\frac{1}{2}$ cup butter or other shortening	1 egg
1 cup sugar	1 c. raisins chopped
1 c. nutmeats, coarsely broken	1 c. thick apple sauce unsweetened

Sift, then measure flour, sift 3 times with salt, spices and add B. Soda, Cream butter well, Gradually add sugar.

Mrs. Gene Hoefer

## APPLE SAUCE CAKE

1 cup sugar	$\frac{1}{2}$ c. shortening
1 tsp. soda	1 c. unsweetened apple sauce
$1\frac{3}{4}$ c. flour	1 tsp. cinnamon
Pinch of salt	1 c. raisins (boiled)
$\frac{1}{4}$ tsp. cloves	
$\frac{1}{4}$ tsp. nutmeg.	

Dissolve soda in apple sauce letting it foam in sugar and butter (or shortening) then add spices and raisins  
Bake in a loaf

Lottie Woods

## NEW ENGLAND CHOCOLATE CAKE

2 c. sugar	3 c. flour sifted
6 tbsp. cocoa	1 c. melted shortening

(cont'd next page)





2 tsp. soda	1 tsp. salt
3 eggs	1 c. sour milk
1 c. boiling water	1 tsp. vanilla

Put all ingredients in mixing bowl in order given here. Be sure water is boiling before mixing. Stir until it is smooth. Start oven at 250 and increase heat gradually to 350. Bake 20 minutes at 250 20 minutes at 350. Use two large 9 inch pans. This cake never fails if followed.

Mrs. Joyce Simon

### CHOCOLATE CAKE

1 2/3 c. sugar	1/2 c. butter
3 eggs	1/2 c. cocoa
1/4 tsp. salt	2 c. flour
1 tsp. soda	1 c. cold water
Vanilla	

Combine sugar, butter, and eggs. Add cocoa, Combine other dry ingredients and add alternately with water. Bake 300 about 20 minutes.

Mrs. B.E. Lane

### BANANA CAKE

1 1/2 c. sugar	1/2 c. butter or other shortening
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Cream together.

A pinch of salt.

Add 2 yolks and beat well, then add 4 tbsp. cream. Sour milk may be used instead of cream. Dissolve 1 tsp. soda in sour cream or milk. 1 tsp. baking powder, 1 tsp. vanilla, 2 cups flour, 2 or 3 large bananas beaten with fork. Lastly 2 egg whites beaten stiff. Bake in moderate oven.

Mrs. Kate Griffin

### CHOCOLATE CAKE

2 cups cake flour	1 tsp. soda
3/4 tsp. salt	1/2 c. shortening
1 1/3 c. sugar	2 eggs
2 sq. bitter chocolate	1 c. & 2 tbsp. milk
1 tsp. vanilla.	

Sift flour, soda, & sugar add melted chocolate, eggs, one at a time. Beat. Combine milk and vanilla, add the flour and milk alternately. Bake 350 for 30 min.

Mrs. Anna Jane Kurt

## RICH CHOCOLATE CAKE

1 c. lard	½ c. cocoa
2 c. sugar	2½ c. flour
2 eggs beaten	2 tsp. baking soda
½ tsp. salt	1 c. sour milk
1 c. boiling water	

Cream lard and sugar. Add eggs and sour milk and beat very hard. Sift cocoa, flour, soda, and salt together three times then add to first mixture a little at a time. Finally add boiling water and beat very hard for several minutes. Bake in a moderate oven about twenty-five minutes.

Mrs. Alice Winter

## BANANA CAKE

½ c. shortening	1½ c. sugar
2 eggs	1 tsp. vanilla
1 c. mashed bananas	2 c. sifted flour
1 tsp. soda	1/8 tsp. salt
½ c. sour milk or buttermilk	½ c. dates
½ c. walnuts cut fine	

Mrs. Charles Barnett

## DEVILS FOOD CAKE

1½ c. sugar	½ c. shortening
1 c. sour milk	1 tsp. soda
2 eggs (beaten)	½ c. cocoa in
1 tsp. vanilla	½ c. hot water
Salt	2 c. flour

Beat, Makes 2 large 9 inch layers

Mrs. Alfred Temperly

## I C I N G S

## CHOCOLATE BUTTER ICING

6 Marshmallows	1 sq. bitter chocolate
6 tbsp. milk	1/8 tsp. salt
2 tbsp. butter	2/4 c. powdered sugar

Put marshmallows, Chocolate, milk and salt in top of a double boiler and heat until the marshmallows are melted. Add butter and cool. Add sugar and beat until smooth.

Mrs. W. Manderscheid

## SEVEN MINUTE FROSTING

2 egg Whites	1 1/2 c. sugar
5 tbsp. cold water	1 1/2 tsp. syrup
1 tsp. vanilla	8 Marshmallows

Method: Place egg whites water & syrup in upper boiler, place over hot water, beat constantly with rotary beater and cook 7 min. or until frosting stands in peaks. Add marshmallows and beat until melted.

Betty Sweeney

## FUDGE FROSTING

1 c. sugar	1/3c. milk
2 tsp. cocoa	1/4 tsp. cornstarch
Dash of salt.	

Boil to soft ball stage. Add vanilla, cool slightly, beat and spread.

Ileen Daly

## FUDGE FROSTING

1 1/2 c. sugar	8 tbsp. cream
1 sq. unsweetened choc. cut in pieces	
1 egg yolk	1 tbsp butter
1 tsp. vanilla	

Combine cream, sugar chocolate and egg yolk. Stir thoroughly to dissolve sugar. Cook slowly until the soft ball stage. Add butter and vanilla. Cool to lukewarm. Beat until thick enough to spread.

Mona Elliott

## SEVEN MINUTE FROSTING

2 egg whites unbeaten	1½ cups sugar
Dash of salt	1/3 c. water
2 tsp. light syrup	1 tsp. vanilla

Combine all ingredients - beat with electric mixer. Cook over rapidly boiling water till frosting stands stiff in peaks.

Mrs. Charles Barnett

## CHOCOLATE ICING

Melt 2 sq. chocolate in top of double boiler with 2 tbsp. butter. Remove from fire and add one tsp. vanilla, 2 cups sifted powder sugar, and enough evaporated milk until thick enough to spread.

Mrs. John E. Wood

## EASY CARAMEL FROSTING

½ cup butter	1 c. brown sugar firm-
¼ c. milk	ly packed
1¾ c. confectioner sugar.	

Melt butter. Add sugar and cook over low heat 2 minutes, stirring constantly. Add milk and continue to cook and stir until mixture comes to a boil. Remove from heat and cool, add sifted confectioner sugar gradually until of right consistency for spreading.

Mrs. Alice Winter

## ANGEL FOOD CAKE FILLING AND TOPPING

Mix 6 tbsp. sugar	6 tbsp. cocoa
1/8 tsp. salt	1½ pt. cream whipped

Let stand 1 hour then add 2/3 c. toasted almonds. Cut cake in half. Add a good portion ... Cover top and sides.

Mrs. Anna Jane Kurt

## QUICK CHOCOLATE FROSTING

1 sq. chocolate or 2 tbsp. cocoa	
1½ c. sugar	1½ tbsp. cornstarch

Mix all with 1 c. boiling water and boil till it thickens then add a small piece of butter and 1 tsp. vanilla. Beat well and spread.

Mrs. Wm. Bell

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## APPLESAUCE COOKIES

1 c. sugar	½ tsp. salt
½ c. butter and lard mixed	1½ c. unsweetened applesauce
1 c. raisins	2 level tbsp. soda
1 c. mixed nuts	1/3 tsp. cloves
2¼ c. flour	vanilla
1 tsp. cinnamon almond.	

Drop on greased tin. If using sweet applesauce. Cut down on sugar.

Elizabeth Gavin

## DOUBLE DECK JIFFIES

2 c. graham cracker crumbs	1 c. sweetened condensed milk
1½ c. chocolate bits	
4 tbsp. chopped black walnuts	

Combine ingredients. Line an 8 in. square pan with greased waxed paper. Pour in mixture. Bake in a moderate oven. 350 for 30 min. Cut in squares while still warm.

Put 2 squares or strips together with butter cream frosting with mint.

Gen Healy

## BLARNEY STONES

Cream well

2 c. sugar	*****	4 egg yolks
Sift together		4 tsp. B. Powder
¼ tsp. salt		2 c. flour

Add to first mixture

Then add

1 c. boiling water	1 tsp. vanilla
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Fold in 4 egg whites beaten stiff and bake in a sheet 20 min. at 350. Cut in squares and frost on all sides, roll in chopped peanuts.

Icing for above---1 c. soft butter and powdered sugar to make an icing that spreads easily.

Mrs. Patt Chesterman.

## OATMEAL COOKIES

½ C. lard	½ c. brown sugar
½ c. white sugar	1 tsp. vanilla
1 egg	1 tbsp. milk
¾ c. all purpose flour	1 tsp. soda

(cont'd next page)

½ tsp. salt  
 1 c. chocolate chips or nuts

½ c. oatmeal

Mix sugar and lard and add eggs. Mix soda with flour add oatmeal and chips, Drop from spoon.

Mrs. Rose Hoefler

### DOUBLE BOILER BROWNIES

4 sqs. bitter chocolate  
 ½ c. sugar  
 1 tsp. vanilla  
 1 c. sifted flour

1 c. margarine  
 3 eggs, beaten  
 1 c. chopped nuts  
 ½ tsp. salt

Mix chocolate and margarine in top of double boiler. Cool. Add sugar and eggs and beat until well mixed. Stir in vanilla and chopped nuts. Stir in flour and salt. Beat for one minute. Pour into shallow baking dish, 8 x 12 which has been greased and floured. Bake in a pre-heated, moderate oven 350 for 50 min. When Cool cut 2 - 3 doz.

Mrs. G. Garrity

### FROSTED CREAM COOKIES

1 c. butter or shortening  
 1 c. sugar  
 1 c. dark molasses  
 pinch of salt  
 Yolks of 2 eggs.

1 tsp. ginger  
 1 tsp. cinnamon  
 1 c. sour milk  
 4 tsp. soda

Cream shortening, add sugar, spices and molasses. Dissolve one tsp. soda in egg yolks, & the balance in the sour milk. Add these two mixtures. Add sifted flour, to roll very soft. Bake in moderate oven.

Mona Elliott

### SALTED PEANUT COOKIES

1 c. brown sugar  
 creamed with 1 c. shortening  
 1 c. crushed corn flakes  
 1 c. salted peanuts

1 c. white sugar  
 2 eggs  
 1 c. oatmeal

Sifted-- 1 tsp. baking powder  
 1 tsp. soda  
 2 c. flour  
 1 tsp. vanilla

Heavy dough- Roll in balls, size of walnuts press down and sprinkle with sugar- Bake in 375 oven from 10-12 min. depending on size of cookies.

Mrs. Alfred Temperly

## PEANUT CRUNCH COOKIES

½ cup butter	½ c. peanut butter
½ cup white sugar	½ cup brown sugar
1 egg well beaten	¼ cup flour
¾ tsp. soda	½ tsp. Baking Powder
¼ tsp. salt.	

Cream butter and peanut butter together. Add sugar gradually and cream thoroughly. Add well beaten egg. Sift together and add to creamed mixture. Chill dough well. Form into balls size of walnuts. Flatten with fork dipped in flour--bake on well greased sheet. Bake 10 to 12 min. at 375. Makes about 4 doz.

Mrs. Patt Chesterman

## VANILLA COOKIES

½ cup butter	1 c. sugar
2 eggs	2 tsp. vanilla
¼ tsp. salt	1 tbps. cream
2½ c. flour	1 tsp. Baking Powder

Cream butter and sugar well, beat eggs add to butter and sugar. Add cream, flour, B. Powder. Drop dough about four inches apart on greased cooky sheet. Flatten cookies and bake in a moderate oven.

## CARAMEL ROCK COOKIES

1½ c. brown sugar	1 C. White sugar
1 c. lard	4 eggs
1 tsp. soda dissolved in 1 cup boiling water	
5 cups sifted flour with 1 tsp. baking powder	
1 tsp. vanilla or cinnamon	
1 cup raisins or nuts or ½ of each.	

Form into balls and flatten with fork.

Bake on cookie sheet at 375

Mrs. Tony Lehmen

## FRENCH COOKIES

2 cups brown sugar	1 c. shortening
2 eggs	1 c. black coffee
1 tsp. salt	1 tsp. baking powder
1 tsp. soda	1 tsp. nutmeg
1 tsp. cinnamon	3 c. flour

Nut meats and raisins may be added. Chill dough and drop on cookie sheet. Bake 350 until brown

Mrs. A. Breitbach

## FORK COOKIES

2 c. Brown Sugar	½ tsp. ginger
1 c. Shortening	1 tsp. lemon
2 eggs	1 tsp. vanilla
2 tsp. cream tartar	1 tsp. soda in
¾ c. flour	¼ c. hot water

Cream sugar and shortening --add eggs--then sifted dry ingredients, flavoring & hot water with soda. Form in balls and flatten with a fork dipped in hot water)

Helen McMahon

## PINEAPPLE NUT COOKIES

Cream 1 cup shortening, 1 cup white sugar, 1 cup brown sugar. Add two beaten eggs, 1 small can drained crushed pineapple, 1 tsp. flavoring 1 cup walnuts, 1 tsp. soda sifted with four cups of flour.

Bake at 350 for 10 to 12 min. Can use other well drained fruit.

Mrs. Anna Jane Kurt

## SOUR CREAM COOKIES

1½ cups sugar	¾ c. flour
½ c. shortening	½ tsp. soda
2 eggs	½ tsp. Baking Powder
1 c. sour cream	1 tsp. vanilla

Cream Shortening and sugar, beat eggs, add vanilla, Sifted flour, and baking powder add soda, and sour cream.

Add chocolate bits, or cocoanut or raisins.

Bake in hot oven.

Mrs. John Kruse

## ICE BOX COOKIES

2 cups sugar creamed with 1 cup soft butter	
4 eggs ( well beaten )	4½ c. sifted flour
3 tsps. Baking Powder	½ tsp. vanilla
1 c chopped dates	Nut meats

Method: Mix and make long roll. Wrap in wax paper and place in refrigerator over night. Slice and bake in hot oven.

Gladys Fox

## FROSTED DROP COOKIES

$\frac{3}{4}$ c. butter or other shortening	
1 egg	$\frac{1}{2}$ c. powdered sugar
$\frac{3}{4}$ c. milk	2 c. flour
$\frac{1}{2}$ tsp. baking powder	Vanilla or Lemon
Chopped nuts if desired.	

Cream shortening sugar and egg. Add milk slowly. Sift flour and baking powder twice. Drop by spoonful on Cookie sheet and bake 15 minutes. 300 degrees  
Frost with powdered sugar frosting

Mrs. Grubstick

## CHRISTMAS COOKIES -- RED &amp; GREEN PINWHEELS

$\frac{1}{2}$ c. shortening	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ tsp. nutmeg
1 egg	$\frac{1}{4}$ tsp. almond extract
2 tbsp. milk	12 candied cherries
$\frac{1}{2}$ tsp. baking powder	cut very fine
Red and green coloring	

Make cookie dough from first seven ingredients. Divide into two portions. Add nutmeg and finely chopped cherries and red coloring to one portion. Add almond and a few drops of green coloring to other portion. Color a little deeper than you wish it, since it becomes a little lighter in baking. Roll each portion into a rectangular sheet about  $\frac{1}{4}$  inch thick. Place red portion on green and roll as jelly roll. Wrap in wax paper and chill about 3 hours. Slice roll into  $\frac{1}{4}$  in slices. Place on lightly greased baking sheet and bake at 375 for 8 to 10 minutes.

## BOILED RAISIN COOKIES

2 cups raisins and 1 cup water....boil together five minutes cool and add 1 tsp. soda.

1 c. white sugar	$\frac{1}{2}$ tsp. salt
1 c. brown sugar	3 c. flour
1 c. shortening	1 tsp. baking powder
3 eggs, well beaten	1 tsp. cinnamon
1 tsp. vanilla	$\frac{1}{2}$ tsp. nutmeg
1 c. nutmeats.	

Cream shortening & sugar. Add vanilla and beaten eggs.

(cont'd on next page)

Add raisins and their juice. Sift together the flour and other dry ingredients, add to first mixture and beat well. Add nuts and drop by teaspoons on greased baking sheet. Bake in oven set at about 375 or 400.

### FILLED COOKIES

1 c. sugar	3½ c. flour
½ c. shortening	1 tsp. soda
1 egg	2 tsp. cream of tartar
½ c. sweet milk	
1 tsp. vanilla.	

Mix, roll thin and shape. Put cookies in pan, place a tsp. of filling on each not allowing it to spread to the edge; place another cookie gently on top and bake in 350 oven for 15 min.

Filling: 1 c. chopped raisins      1 tbsp. flour  
 ½ c. sugar      ½ c. water

Cook until thick, about 20 min., stir carefully as it burns easily.

Mrs. E.V. Wood

### CHOCOLATE DROP COOKIES

½ c. shortening	1 egg
1 c. sifted sugar	¼ c. flour sifted
½ tsp. salt	½ tsp. soda
¾ c. buttermilk	2 sq. chocolate
1 c. nuts	

Bake 10-12 minutes at 400

Gladys Fox

### OLD FASHIONED COOKIES

½ c. shortening	1 c. sugar
1 egg	¾ c. flour
½ tsp. salt	2 tsp. Baking Powder
½ c. milk	½ tsp. vanilla

Cream shortening and sugar. Add egg and beat well. Add sifted dry ingredients alternately with milk. Cut with floured cookie cutter. Sprinkle with white or colored sugar. Bake on a greased sheet in a moderately hot 375 oven about 15 minutes.





## RAISIN ORANGE COOKIES

$\frac{3}{4}$ c. seedless raisins	$\frac{1}{2}$ c. shortening
$\frac{1}{2}$ c. granulated sugar	$\frac{1}{2}$ c. brown sugar
1 egg	$1\frac{1}{2}$ c. sifted flour
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ tsp. salt
1 tbsp. grated orange rind	2 tbsp. orange juice

Rinse and drain raisins. Cream shortening and sugars together thoroughly. Blend in egg. Sift together flour baking powder and salt; add to creamed mixture alternately with orange rind and juice. Blend in raisins. Drop by teaspoons onto greased baking sheet. Bake in moderately hot oven 375 10 to 12 minutes. Makes  $4\frac{1}{2}$  doz.

Mrs. Pat Sweeney

## HOLIDAY DATE BARS

4 eggs	2 c. flour
2 tsp. B. Powder	3 c. sugar, Brown
$\frac{1}{4}$ tsp. salt	1 tsp. all spice
1 tsp. cinnamon	1 lb. dates
1 c. nut meats.	

Beat eggs until very light. Then slowly beat in brown sugar. Sift flour, salt, Baking Powder and spices and mix with chopped dates and nuts add to the first mixture and when thoroughly mixed, bake in a well greased shallow pan 12x 16 inch in a moderate oven 350 for 30 minutes. Cut in strips and roll in powdered sugar, or brush lightly with uncooked frosting.

Mrs. Joyce Simon

## COOKIE SQUARES

1 c. sugar	$\frac{1}{4}$ c. shortening
2 egg yolks	$\frac{1}{4}$ c. water
1 tsp. vanilla	$\frac{1}{2}$ tsp. salt
$1\frac{1}{2}$ cups flour	1 tsp. baking powder

Spread on a greased cookie sheet  $1\frac{1}{2}$  inches from edge. Cover with 2 beaten egg whites,  $\frac{3}{4}$  c. brown sugar. Sprinkle with nuts. Bake about 15 minutes. Cut when cool.

Mrs. Ambrose Schroeder

## COCOANUT DROP COOKIES

½ c. butter		½ c. sugar
½ c. brown sugar		½ tsp. salt
1 egg slightly beaten		1 tsp. vanilla
¼ c. water	½ tsp. soda	½ tsp. baking powder
1 c. flour		¾ c. oatmeal
¾ c. grated cocoanut		½ c. chopped nuts

Cream butter and sugar until light and fluffy. Add salt, egg, vanilla & water. Add sifted baking powder, and flour and beat until smooth. Stir in remaining ingredients. Drop from a tsp. on greased cooky sheets. Bake at 375 for 12 min. or until delicately browned.

Mrs. McCormick

## CHOCOLATE REFRIGERATOR COOKIES

1¼ c. butter	1½ c. confectioners
1 egg	sugar
¼ tsp. salt	3 c. cake flour
½ c. cocoa	½ c. chopped pecans
4 oz. sweet chocolate	

Cream butter and sugar until light and fluffy. Add egg and mix thoroughly. Add sifted salt, flour, and cocoa and blend well. Chill dough in refrigerator for about an hour. Press and mold into two long smooth rolls about 1½ inches around. Roll in nuts, pressing them in. Wrap in waxed paper and place in refrigerator overnight. Cut in slices 1/8 in. thick, place on ungreased cooky sheet and bake in 400 oven for 10 min. Frost with melted chocolate.

Mrs. McCormick

## DATE PINWHEEL COOKIES

1 c. shortening	2 c. Brown sugar
2 large eggs	¼ tsp. salt
4 c. flour sifted with 1 tsp. baking powder and 1 tsp. of baking soda. Mix well and it will be quite stiff. Divide into two parts, roll out ¼ inch thick and spread with the following mixture.	

Cut up 1 pack of seeded dates put in stew pan with ¾ c. water and 3 tsp. sugar. Boil till thick and spread on dough roll up like jelly roll and wrap in wax paper put in refrigerator over night then slice in ¼ in thick slices and bake.

Mrs. Wm. Bell

## BUTTER SCOTCH COOKIES

2 c. Light Brown Sugar	1 c. Shortening
3 eggs	1 c. nutmeats
1 tsp. cream of tartar	1 tsp. baking soda
3½ c. flour	½ tsp. salt

Cream sugar and lard. Next add well beaten eggs. Then add nut meats. Add flour mixed and sifted 3 times with the soda and cream of tartar. Form in 2 rolls and let stand over night in the refrigerator. Slice and bake next morning.

Mrs. Alice Winters

## ORANGE DLIGHT COOKIES

Cream

¾ c. shortening  
1½ c. brown sugar (packed)

Add 2 well beaten eggs and  
1 tsp. each of vanilla and orange extract  
and 1½ tsp. grated orange rind.

Stir in ½ tsp. soda in ½ c. sour milk

Sift together 1½ tsp. baking powder  
3 c. flour  
1 tsp. salt

Nuts may be added

Drop by spoonfuls on sheet and bake at 350 for 10 minutes.

When done remove from pan and immediately dip in  
1½ tsp. grated orange rind  
1/3 c. orange juice  
1 c. sugar. Well mixed  
Dip twice to use up glaze

Mrs. E.V. Wood



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Combine  $2\frac{1}{2}$  c. milk, 3 egg yolks, slightly beaten, and add gradually to sugar mixture and mix thoroughly. Add  $\frac{3}{4}$  c. shredded cocoanut. Place over boiling water and cook until thick, about 10 minutes stirring constantly. Remove from heat. Add 3 tbsp. butter and 1 tsp. vanilla. Pour into 19 inch baked pastry shell. Spread with meringue and  $\frac{1}{2}$  c. shredded cocoanut. Bake in moderate oven 350 12 - 15 min.

### GRAHAM CRACKER PIE

16 graham crackers, rolled fine      1 tbsp. flour  
 1 tsp. cinnamon       $\frac{1}{3}$  c. melted butter  
 Mix as for pie crust. Line pie plate with  $\frac{3}{4}$  of mixture

#### Custard Filling

3 egg yolks      1 tsp. vanilla  
 $\frac{1}{2}$  c. sugar      2 Tbsp. cornstarch  
 2 c. milk

Blend sugar and cornstarch. Add beaten egg yolks, to milk and stir into dry ingredients. Cook until mixture coats spoon. Add vanilla and pour into pie shell. Spread meringue on top. Add remaining crumbs, and brown. Serve ice cold.

Mona Elliott

### PINEAPPLE PIE

$\frac{3}{4}$  c. sugar       $\frac{1}{2}$  c. pineapple juice  
 3 tbsp. flour      Pinch of salt  
 1 c. water      2 eggs

Mix sugar and flour, add cold water and pineapple juice. Cook over boiling water until clear. Add 2 beaten egg yolks and cook a minute more. Pour into baked pie shell. Use two egg whites for meringue

Mona Elliott

### CHOCOLATE CHIP PIE

$\frac{1}{2}$  c. milk- heat in double boiler, add  $\frac{1}{2}$  lb. marshmallows and let melt, then take off stove and let cool. Whip 1 cup cream and to this add  $\frac{1}{2}$  oz. bitter chocolate grated. Add this to first mixture and put in graham cracker crust. Save  $\frac{1}{2}$  c. graham crackers to sprinkle on top of pie. Place in refrigerator in freezing compartment until ready to serve.

Mrs. Pat Sweeney

## CUSTARD PIE

Prepare pastry for 9 in. one crust pie and place in a deep 9 in. pie pan. Brush pastry with egg white to prevent it from becoming soggy from the custard.

For custard you need:

3 eggs	½ tsp. salt
¾ c. sugar	1 tsp. vanilla
2 c. rich milk (scalded)	nutmeg

Beat the eggs slightly, add sugar and salt and beat again; scald milk and add slowly, stirring thoroughly, add vanilla and pour into pie shell, sprinkle lightly with nutmeg. Bake about 40 minutes, in hot oven 450 for first 15 min. Then lower to moderate oven 350 to finish.

Mrs. Al Connolly

## CHOCOLATE PIE

4½ tbsp. flour	2 level tbsp. cocoa
7 tbsp. sugar	Pinch of salt
Cinnamon.	

Sift all together

3 c. of boiling water. Pour over the dry ingredients keep stirring till it get stiff. This makes 2 pies, serve with whipped cream or the beaten whites of eggs

Mrs. Margaret Link

## CHOCOLATE CHIP PIE

24 marshmallows	½ c. milk
1 c. cream, whipped	1 sq. unsweetened choc.

Graham cracker pie crust.

Melt marshmallows and milk over low flame, stirring constantly until melted. Cool. Whip cream and chip the square of chocolate. When Marshmallow mixture is cool, add whipped cream and grated chocolate and turn in to crust.

Mrs. Dorie Elliott

## LEMON MERINGUE PIE

1½ c. sugar	3 tbsp. Cornstarch
3 tbsp. flour	½ tsp. salt
2 eggs	Grated rind of 1 lemon
½ c. lemon juice and pulp	½ c. boiling water

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Mix cornstarch and flour and add cold water to make a smooth paste. Add boiling water and cook until thick. Add sugar and salt. Then add 2 beaten egg yolks and lemon juice and rind and cook 2 minutes. Cool and fill baked pie shell. Cover with meringue of 2 egg whites and 4 tbsp. sugar. Brown in oven.

Mrs. W. Manderscheid

### BOSTON CREAM PIE

3 eggs beaten add	1 c. sifted flour
1 tsp. baking powder	2 tbsp. water

Bake in moderate oven

#### Filling

2 eggs	4 tbsp. sugar
½ c. flour	1 pt. milk

Cook until thick and smooth. Split your cake thru center and put filling between. Sprinkle a little powdered sugar over the top to serve as frosting.

Gladys Fox

### RHUBARB CREAM PIE

Melt- 2 tbsp. butter	Add- 2 c. diced rhubarb and
	1 c. sugar

Cook slowly until rhubarb is tender

Combine ¼ c. sugar	2 tbsp. cornstarch
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¼ c. light cream	1/8 tsp. salt
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Add to rhubarb and cook until thick. Cool, pour into baked 8 inch pie shell. Top with meringue.

Bake at 350 12-15 min.

Mrs. Katherine Hosch

### SOUR CREAM PIE

1 c. sugar	1 c. sour cream
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2 egg yolks	— Save whites for meringue
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½ tsp. cinnamon	¼ tsp. cloves
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Pinch of salt	½ c. raisins
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Mix together and pour into an unbaked pie crust.

Bake in slow oven until thick. Cool and top with meringue.

Marie Locher

## GRAHAM CRACKER PIE CRUST

1 1/3 c. graham cracker crumbs      4 tbsp. butter  
4 tbsp. sugar

Combine ingredients, Mix well with finger tips. Press firmly on sides and bottom of pan. Bake in moderately hot oven 375 for 8 minutes. Cool 5 minutes. Slip into refrigerator until filling is ready.

Lottie Woods

## HEAVENLY PIE

3 egg whites (beaten stiff)      3 bananas (mashed)  
3/4 c. sugar      1 tsp. vanilla

Fold the mashed bananas, sugar and vanilla into beaten egg whites. Do not stir. Put into a pie shell and brown. Take from oven and cover with whipped cream. (serve in a short time)

Mrs. Larry Schroeder

## LEMON PIE

1 c. sugar      1/2 c. lemon juice  
1 tsp. grated lemon rind      4 egg yolks  
1 egg white      1 tbsp. cold water  
3 egg whites beaten stiff  
9 inch baked pie shell  
1 c. cream whipped.

Mix sugar, lemon juice, rind, egg yolks. 1 egg white and water together in top of double boiler. Cook, stirring constantly, over low heat until thick and smooth. Cool. Fold into egg whites. Pile lightly into pie shell. Top with whipped cream. Place in refrigerator until serving time.

Mrs. McCormick

## PUMPKIN PIE

1 c. sugar      1/2 tsp. salt  
1 1/2 tsp. cinnamon      2 eggs beaten  
1/2 tsp. cloves      1/2 tsp. allspice  
1/2 tsp. nutmeg      1 1/2 c. pumpkin  
1/2 tsp. ginger      1 2/3 c. evap. milk  
Pastry for 9 inch shell.

(cont'd next page)

Line pie pan with pastry, fluting rim. Blend sugar, spices and salt in mixing bowl. Add eggs, pumpkin, and milk. Pour into unbaked pie shell. Bake in hot oven 425 for 15 min. Then reduce heat to moderate 350 and continue baking 40 min. or until a knife inserted in the center comes out clean. Cool.

### FRESH STRAWBERRY-RHUBARB PIE

1 lb. rhubarb	1 pt. strawberries
1 c. sugar	5 tbsp. cornstarch
$\frac{1}{4}$ tsp. salt	3 eggs
6 tbsp. sugar	

Add 3 tbsp. water to 1 pound washed and finely chopped rhubarb. Cover pan tightly; bring to a boil. Stir in 1 pint washed hulled strawberries. Sift together, directly onto fruit 1 cup sugar, 5 tbsp. cornstarch,  $\frac{1}{4}$  tsp. salt. Cook over medium heat, stirring constantly until thickened about 20 minutes. Add small amount of mixture to 3 slightly beaten egg yolks and blend quickly. Return yolks to mixture and cook, while stirring about 3 minutes longer. Remove from heat and let stand cool. Pour into baked pie shell and frost with meringue.

Bake in a moderate oven about 15 minutes.

Mrs. McCormick

### PEPPERMINT CHIFFON PIE

Chocolate wafer crumbs, 1 cup	Butter melted $\frac{1}{4}$ c.
Wafer halves, 14	Gelatin 1 - 2 tsp.
Cold water, 2 tbsp.	Milk $1\frac{1}{2}$ c.
Eggs separated, 2	Salt $\frac{1}{4}$ tsp.
Sugar $\frac{1}{2}$ c.	Peppermint stick candy $\frac{1}{4}$ cup.

Combine wafer crumbs and butter or margarine. Press evenly over bottom and sides of 9 inch pie pan. Make scalloped edge with extra wafer halves. Soften gelatin in cold water. Scald milk in double boiler. Mix egg yolks, salt and  $\frac{1}{4}$  c. sugar. Stir scalded milk slowly into eggs and then return to double boiler. Cook over low heat until mixture coats a metal spoon- 10 to 15 min. Add softened gelatine and peppermint candy. Stir until dissolved. Chill in refrigerator till thickened. Beat egg whites until stiff in small bowl of mixer at medium speed. Beat in remaining  $\frac{1}{4}$  c. sugar. Fold into gelatine mixture. Pile into crumb shell and sprinkle with grated choc. garnish with whipped cream.

Gen Healy

1 c. white sugar  
 1/2 c. milk  
 1/2 tsp. vanilla  
 Put sugar and milk in a small saucepan and cook over a soft boil in cold water until soft and fluffy. Beat.

RECIPE FOR

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**and Popcorn Syrup**

1 c. brown sugar  
 1/2 c. milk  
 1/2 tsp. vanilla  
 Put the sugar and milk in a saucepan and stirring constantly to avoid scorching, cook over a soft boil in cold water until soft and fluffy. Beat.

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 Put sugar and milk in a small saucepan and cook over a soft boil in cold water until soft and fluffy. Beat.



## FUDGE

2 c. sugar (may use 1 brown)    2 tbsp. cocoa  
 1 c. milk    3 tbsp. White  
 1 tsp. vanilla    syrup

Mix sugar and cocoa, add milk and syrup and cook until forms a soft ball in cold water. Cool and add flavor. Beat.

Mrs. Larry Schroeder

## DIVINITY FUDGE

2½ c. sugar    ½ c. water  
 ½ c. white syrup    2 egg whites  
 Vanilla    beaten stiff

Ileen Daly

## DATE DAINITIES

Stone dates and stuff with following

1 c. powdered sugar    1 tbsp. cream,  
 ½ c. walnut meats    ½ c. pecans  
 ¼ c. cherries cut in quarters.    ½ tsp. vanilla  
 Roll in powdered sugar.

## PECAN PENOCHÉ

3 c. brown sugar    1 c. milk  
 2 tbsp. butter    1½ tsp. vanilla  
 1½ c. nutmeats

Put the sugar and milk into a saucepan and cook, stirring constantly to avoid curdling, until the soft ball stage is reached. Remove from the fire, add the butter, and set aside, without stirring, when lukewarm, beat until thick and creamy. Add the vanilla and nutmeats and mix thoroughly. Pour into oiled pans and when cool cut.

## FUDGE

2 c. sugar    3 Tbsp. cocoa  
 1 c. milk    Butter

Mix together sugar and cocoa and add milk. Boil until mixture forms a soft ball, in cold water. Remove from fire and add butter and one tsp. of vanilla. Beat well, until it begins to set.

Mona Elliott



it forms soft ball. Pour over each piece of candy and top with nut.

Mrs. C.H. Grobstick

### CARAMEL APPLES

12 small red apples	1 c. sugar
½ c. light corn syrup	1¼ c. sweetened
Salt	condensed milk
1 tsp. vanilla	

Insert skewers in washed and dried apples. Combine sugar, salt, corn syrup and condensed milk in heavy sauce pan. Stir until mixed. Cook slowly and stir constantly until a soft ball or 230 is reached. Remove from heat, stir in vanilla and twirl each apple in the syrup.

Elizabeth Gavin

### ENGLISH TOFFEE

1 c. sugar	½ lb. butter
3 tbsp. water	1 tsp. vanilla
3 small Hershey bars	¾ c. pecans
	chopped

Place first four ingredients in saucepan and cook until brown. (about 10 min) Stirring all the while to prevent burning. Pour into buttered pan. Immediately put Hershey bars on top and spread. Sprinkle pecans on top. Cool and break in pieces.

Mrs. John Grau



## HOW TO FOLLOW THE RECIPES

1. Use standard measuring cups and spoons
2. Use level measurements
3. Sift flour once before measuring
4. Recipes are made with all-purpose flour unless otherwise stated.
5. The size and shape of baking pan often affects the quality of your finished product. When you have determined which of your pans is the right size, note it on your recipe.

## HOW TO MEASURE

1. Use one cup to measure all ingredients. Measure dry ingredients first; then fats; then liquids.
2. Measure flour after it has been sifted once.
3. Use two pieces of paper when sifting flour. Sift from one paper to the other.
4. Brown sugar must be firmly packed in the cup to be measured.

## TABLE OF WEIGHTS AND MEASURES

3 (three) teaspoons.....	1 tablespoon
4 tablespoons.....	$\frac{1}{4}$ cup
16 tablespoons.....	1 cup
1 cup.....	$\frac{1}{2}$ pint
1 cup.....	8 ounces (fluid)
2 pints.....	1 quart
4 quarts.....	1 gallon
4 pecks.....	1 bushel
16 ounces.....	1 pound

## EQUIVALENTS

2 cups butter.....	1 pound
2 cups lard.....	1 pound
2 cups granulated sugar.....	1 pound
4 cups flour.....	1 pound
1 $\frac{1}{3}$ cups brown sugar.....	1 cup white sugar
1 square chocolate.....	1 ounce
1 square chocolate ..	3 tablespoons of cocoa (add 2 teaspoons of fat)
Juice of 1 lemon.....	3 tablespoons
Egg whites... about 9.....	1 cup
Egg yolks... about 16.....	1 cup
Macaroni....3 cups.....	1 pound
Noodles...1 cup raw.....	$\frac{1}{2}$ c. cooked
Rice.....1 cup raw.....	4 c. cooked

CONTENT OF COMMON SIZES OF CANS

Can	av. net wgt.	cups
8 Z	8 ounces	1
Picnic No. 1	11 ounces	1 1/3
No. 1 Tall	16 ounces	2
No. 300	15 ounces	1 3/4
No. 2	20 ounces	2 1/2
No. 2 1/2	28 ounces	3 1/2
No. 3	33 ounces	4
No. 10	6 lbs. 10 oz.	13

ADDITIONAL NOTES AND RECIPES

*[The following text is extremely faint and largely illegible. It appears to be a list of notes or recipes, possibly including ingredients and instructions. Some faint words are visible, such as 'No. 10', 'No. 11', 'No. 12', 'No. 13', 'No. 14', 'No. 15', 'No. 16', 'No. 17', 'No. 18', 'No. 19', and 'No. 20'.]*