



Compiled by

Universe Chapter No. 105

Order of the Eastern Star

What Cheer, Iowa

Jean Wilson

HOME
TOWN

the dairy foods
with the

Fresh Clean Flavor



EASTSIDE
SIGOURNEY, IOWA

Worthy Matron	Ramona Armstrong	Marshal	Marie Myerly
Worthy Patron	Dean Armstrong	Organist	Lucille Johnson
Assoc. Matron	Bertha Beeman	Ada	Charlotte Kitzman
Assoc. Patron	Boyd Beeman	Ruth	Wanda Burriss
Secretary	Enid Stanley	Esther	Marjorie Allgood
Treasurer	Frances Karsten	Martha	Julia Ogden
Conductress	Wilmina Henry	Electa	Dorothy King
Assoc. Cond.	Edith Lemon	Warder	Margaret Geyer
Chaplain	Wilda Miller	Sentinel	John Geyer

Car Record

Telephone

STATE LICENSE NO. _____

DRIVER'S LICENSE NO. _____

YEAR _____ MOTOR NO. _____

TYPE _____ MAKE OF VEHICLE _____

CYLINDERS _____ SERIAL NO. _____

WEIGHT _____ MODEL _____

DATE BOUGHT _____

TIRE RECORD

NAME OF TIRES _____ NUMBER OF TIRES _____

SERIAL NOS. _____

PUT ON — DATE _____ SPEEDOMETER
MILEAGE _____

TAKEN OFF — DATE _____ SPEEDOMETER
MILEAGE _____

CAR INSURANCE

AGENT _____

ADDRESS _____

CITY _____ STATE _____ PHONE _____

LIABILITY

COLLISION

FIRE AND THEFT

SERVICES

	Name	Telephone
Airport		
Attorney		
Baby Sitter		
Bakery		
Bank		
Beauty Shop		
Bus Lines		
Carpenter		
Church		
Cleaner		
Club		
Coal Dealer		
Dentist		
Doctor		
Doctor		
Dress, alter		
Druggist		
Electrician		
Electric Co.		
Farm Suppliers		
Filling Station		
Fire Dept.		
Florist		
Game Warden		
Garage		
Gas Co.		
Grocer		
Hardware		
Hospital		

Telephone	Name	Telephone
Insurance Agency		
Laundry		
Landlord		
Milk Co.		
Newspaper		
Oil Burner Repair		
Oil Dealer		
Painter		
Paper Hanger		
Piano Tuner		
Plasterer		
Plumber		
Police Dept.		
Radio Repair		
Railroad Station		
School		
Tailor		
Taxi		
Telephone Co.		
Telegraph Co.		
Television Repair		
Veterinarian		
Water Dept.		
Others		

BIRTHDAY STONES AND FLOWERS

Month	Flowers	Stone
January	Snowdrop or Carnation	Garnet
February	Primrose or Violet	Amethyst
March	Jonquil or Daffodil	Bloodstone or Aquamarine
April	Daisy or Sweet Pea	Diamond
May	Hawthorn or Lily of the Valley	Emerald
June	Rose or Honeysuckle	Pearl or Moonstone
July	Larkspur or Water Lily	Ruby
August	Poppy or Gladiolus	Sardonyx
September	Aster or Morning Glory	Sapphire
October	Cosmos or Dahlia	Opal or Tourmaline
November	Chrysanthemum	Topaz or Citrine
December	Holly or Poinsettia	Turquoise or Lapis Lazuli



Serving by serving . . . foods provide for daily needs

Stars on this page give a very rough idea of how servings from groups of familiar foods contribute toward dietary needs.

A serving that rates 5 stars provides more than 50 percent of the day's need for a nutrient. A 4-star serving provides about 40 percent; 3-star serving, 30 percent; 2-star serving, 20 percent; 1-star serving, 10 percent. Smaller amounts of nutrients are not shown. These ratings are based on daily allowances of nutrients for a moderately active man as recommended by the National Research Council. Some foods within a group have more of a nutrient, some less; but in a varied diet, which is common in this country, a group is likely to average as shown.

Kind of food	Size of serving	Protein	Calcium	Iron	Vitamin A value	B-vitamins			Vitamin C (ascorbic acid)	Food energy (in calories)
						Thiamine	Riboflavin	Niacin		
Leafy, green, yellow vegetables.	½ cup...			★	★★★★				★★	30
Tomatoes, tomato products.	½ cup...			★	★★★			★	★★★	35
Potatoes.....	1 medium.			★		★		★	★	105
Sweetpotatoes.....	1 medium.			★	★★★★★	★		★	★★★	165
Other vegetables...	½ cup...								★	40
Citrus fruits.....	½ cup...								★★★★★	55
Other fruits.....	½ cup...				★				★	70
Milk, cheese, ice cream.	1 cup milk.	★	★★★		★	★	★★			170
Meat, poultry, fish..	4 ounces.	★★		★★	★	★★	★	★★★★		225
Eggs.....	1 egg....	★		★	★		★			80
Dry beans and peas, nuts.	¾ cup beans cooked.	★★	★	★★★		★★	★	★★		215
Baked goods, flour, cereals.	2 slices bread.	★		★		★	★	★		130
Butter, fortified margarine.	1 pat....				★					50
Other fats (includes bacon, salt pork).	2 tablespoons.									230
Sugar, all kinds.....	2 teaspoons.									35
Molasses, syrups, preserves.	2 tablespoons.			★						115

★★★★★ More than 50 percent of daily need.
 ★★★ About 40 percent of daily need.

★★★ About 30 percent of daily need.
 ★★ About 20 percent of daily need.
 ★ About 10 percent of daily need.



Servings and pounds

How much meat to buy for dinner? How many servings will come from a pound of fresh beans, a No. 2½ can, or a frozen package? The food shopper with an eye to thrift and good management learns to buy carefully just what she can use.

The figures below and on the following page can help you decide how much to buy and, when reading market ads, you can use these figures to help decide what are real bargains.

The amount of meat, poultry, and fish per serving varies with the amount of bone and fat. It also varies with the amount of extenders—such as stuffing, potatoes, rice—used with the meat.

Size of serving for each fruit and vegetable is given for whichever way it is most commonly served—cooked or uncooked. Size of serving for dry beans and peas and for cereals and cereal products—except flaked and puffed—is given for the cooked form.

Meat, poultry, fish

MEAT	Amount to buy per serving
Much bone or gristle	½ to 1 pound
Medium amounts of bone	⅓ to ½ pound
Little bone	¼ to ⅓ pound
No bone	⅕ to ¼ pound

POULTRY dressed weight ¹

Chicken:	
Broiling	¼ to ½ bird
Frying and roasting	¾ to 1 pound
Stewing	⅓ to ¾ pound
Ducks	1 to 1¼ pounds
Geese	¾ to 1 pound
Turkeys	¾ to ¾ pound

POULTRY ready-to-cook weight ¹

Chicken:	
Broiling	¼ to ½ bird
Frying, roasting	⅔ to ¾ pound
Stewing	¼ to ⅔ pound
Ducks	¾ to 1 pound
Geese	⅔ to ¾ pound
Turkeys	About ½ pound

FISH

Whole or round	1 pound
Dressed, large	½ pound
Steaks, fillets	¼ pound

¹ Number of servings obtained from a bird depends on the kind, weight, age, sex, grade, and fatness of the bird and the way it is prepared.

Vegetables and fruits

FRESH	Size of serving	Servings per pound ²
Asparagus:		
Cut.....	1/2 cup	4
Spears.....	4-5 stalks	4
Beans, lima.....	1/2 cup	³ 2
Beans, snap.....	1/2 cup	6
Beets, diced.....	1/2 cup	4
Broccoli.....	2 stalks	3-4
Brussels sprouts.....	1/2 cup	5-6
Cabbage:		
Raw, shredded....	1/2 cup	7-8
Cooked.....	1/2 cup	4-5
Carrots:		
Raw, shredded....	1/2 cup	8
Cooked.....	1/2 cup	5
Cauliflower.....	1/2 cup	3
Celery, cooked....	1/2 cup	3-4
Collards.....	1/2 cup	2
Corn, cut.....	1/2 cup	⁴ 2
Eggplant.....	1/2 cup	4
Onions, cooked....	1/2 cup	4
Parsnips.....	1/2 cup	4
Peas.....	1/2 cup	³ 2
Potatoes.....	1/2 cup	4-5
Spinach.....	1/2 cup	3-4
Squash.....	1/2 cup	2-3
Sweetpotatoes....	1/2 cup	3-4
Turnips.....	1/2 cup	4

FRESH	Size of serving	Servings per pound ²
Apricots.....	2 medium	5-6
Berries, raw.....	1/2 cup	4-5
Cherries, pitted,		
cooked.....	1/2 cup	2
Plums.....	2 large	4
Rhubarb, cooked...	1/2 cup	4
For apples, bananas, oranges, and pears, count on about 3 to a pound; peaches, 4 to a pound.		

DRY		
Dry beans.....	3/4 cup	9
Dry peas, lentils....	3/4 cup	7

CANNED		Per can
8-ounce can.....	1/2 cup	2
No. 2 can.....	1/2 cup	4-5
No. 2 1/2 can.....	1/2 cup	6-7
No. 3 cylinder		
(46 oz.).....	1/2 cup	11-12

FROZEN		Per package
Family-size		
packages.....	1/2 cup	3-4
Juices, concentrated,		
6 fluid ounces....	1/2 cup	6

Cereals and cereal products

	Size of serving	Servings per pound
Flaked corn cereals..	1 cup	18-24
Other flaked cereals.	3/4 cup	21
Puffed cereals.....	1 cup	32-38
Corn meal.....	3/4 cup	16
Wheat cereals:		
Coarse.....	3/4 cup	12
Fine.....	3/4 cup	16-22

	Size of serving	Servings per pound
Oatmeal.....	3/4 cup	13
Hominy grits.....	1/2 cup	20
Macaroni and		
noodles.....	3/4 cup	12
Rice.....	1/2 cup	16
Spaghetti.....	3/4 cup	13

² As purchased. ³ In pod. ⁴ In husk.

COMMERCIAL CAN SIZES

<i>Can Size</i>	<i>Weight</i>	<i>Cups</i>
8 oz.	8 oz.	1
No. 1	11 oz.	1½
No. 1½	16 oz.	2
No. 2	20 oz.	2½
No. 2½	28 oz.	3½
No. 3	33 oz.	4
No. 10	106 oz.	13

TABLE OF LEVEL MEASURES AND WEIGHTS

3 teaspoons —1 tablespoon	16 tablespoons—1 cup
2 tablespoons— $\frac{1}{8}$ cup	2 cups —1 pint
4 tablespoons— $\frac{1}{4}$ cup	4 cups —1 quart
8 tablespoons— $\frac{1}{2}$ cup	4 quarts —1 gallon
12 tablespoons— $\frac{3}{4}$ cup	2 cups liquid—1 pound
2 cups granulated sugar —1 pound	
3 cups confectioners sugar—1 pound	
2½ cups brown sugar —1 pound	
3½ cups powdered sugar—1 pound	
4 cups all-purpose flour —1 pound	
5 cups cake flour —1 pound	
1 cup grated cheese — $\frac{1}{2}$ pound	
6 egg yolks — $\frac{1}{2}$ cup	
5-6 egg whites — $\frac{1}{2}$ cup	
10 eggs in shell —1 pound	

ABBREVIATIONS

tsp. or t. —teaspoon	pt. —pint
tbsp. or T. —tablespoon	oz. —ounce
c. —cup	min. —minute
lb. —pound	hr. —hour
qt. —quart	f.g. —few grains

One ingredient for another

For these

1 whole egg, for thickening or baking

1 cup butter or margarine for shortening

1 square (ounce) chocolate

1 teaspoon double-acting baking powder

Sweet milk and baking powder, for baking

1 cup sour milk, for baking

1 cup whole milk

1 cup skim milk

1 tablespoon flour, for thickening

1 cup cake flour, for baking

1 cup all-purpose flour, for baking breads

You may use these

2 egg yolks. Or 2 tablespoons dried whole egg plus $2\frac{1}{2}$ tablespoons water.

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

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

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

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

1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or $1\frac{3}{4}$ teaspoons cream of tartar.

$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.

4 tablespoons nonfat dry milk plus 1 cup water.

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

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

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

Tips

Fidelity Bonds—Indemnify employers for losses resulting from embezzlements of money or property by employees.

Bankers Blanket Bonds—Protect banks against dishonesty of officers and employees, burglary, robbery, misplacement, mysterious disappearance and many other causes of loss or damage. Similar protection also is available for savings and loan associations, insurance companies, stockbrokers, investment bankers and credit unions.

Contract Bonds—Guarantee the fulfillment of the terms of contracts for both public and private construction work, for rendering service and for furnishing supplies.

Court Bonds—Enable litigants to secure the undertakings required by law in order to pursue the remedies available through the processes of courts.

Fiduciary Bonds—Guarantee an honest accounting and the faithful performance of duties by administrators, trustees, guardians, executors, receivers and other fiduciaries.

Public Official Bonds—Guarantee faithful performance on the part of all officials in positions of public trust and an honest accounting of all public funds which they handle.

Public Employees Blanket Bonds—Enable departments, agencies and offices of a state, and other governmental units such as counties, cities, towns, etc., or divisions thereof, to obtain blanket protection against the risk of dishonesty or unfaithful performance on the part of their employees.

License and Permit Bonds—Commonly required by state law, municipal ordinance or by regulation as a condition precedent to the granting of licenses or permits to firms, corporations or individuals desiring to engage in certain lines of business or to exercise certain privileges.

Comprehensive Dishonesty, Disappearance and Destruction Policy—A single, flexible contract that provides merchants, manufacturers and certain other types of insureds with a convenient and economical means of protecting themselves against practically all risks of loss to money and securities.

Money and Securities Policy—Covers losses of money and/or securities occasioned by disappearance, destruction or wrongful abstraction. Available to all types of commercial and industrial enterprises.

Personal Property Floater Policy—A comprehensive form of insurance covering personal property wherever located, against fire, burglary, theft, holdup, larceny, vandalism and many other causes of loss or damage.

Comprehensive Personal Liability Policy—Provides protection against claims for bodily injuries or property damage sustained by others while on the policyholder's premises, or which result from the personal activities of the policyholder or other members of his family, or are caused by his family's pets.

Burglary and Robbery Insurance—Available in many different forms to meet the specific needs of banks, merchants, manufacturers, householders and all other classes of property-owners.

Check Forgery Insurance—Provides reimbursement for losses occasioned by the forgery or alteration of checks, drafts and various other instruments of that character.

Glass Insurance—Provides for the prompt replacement of glass when broken in commercial or residential properties.

INTEREST CALCULATIONS

Rule.—Multiply the principal by as many one-hundredths as there are days, and then divide as follows:

Per cent.	2	2½	3	3½	4	5	6	7	8	9	10	12
Divide by	180	146	120	104	90	72	60	52	45	40	36	30

Table Showing the Number of Days from Any Date in One Month to the Same Date in Any Other Month

From To	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Jan.....	365	31	59	90	120	151	181	212	243	273	304	334
Feb.....	334	365	28	59	89	120	150	181	212	242	273	303
March.....	306	337	365	31	61	92	122	153	184	214	245	275
April.....	275	306	334	365	30	61	91	122	153	183	214	244
May.....	245	276	304	335	365	31	61	92	123	153	184	214
June.....	214	245	274	304	334	365	30	61	92	122	153	183
July.....	184	215	243	273	304	335	365	31	62	92	123	153
Aug.....	153	184	212	243	273	304	334	365	31	61	92	122
Sept.....	122	153	181	212	242	273	303	334	365	30	61	91
Oct.....	92	123	151	182	212	243	273	304	335	365	31	61
Nov.....	61	92	120	151	181	212	242	273	304	334	365	30
Dec.....	31	62	90	121	151	182	212	243	274	304	335	365

Example.—How many days from May 5 to Oct. 5? Look for May at left hand and October at top; in the angle is 153. In Leap-Year add 1 day if Feb. is included.

PERPETUAL CALENDAR

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

Table of Dominical Letters				Month					Dominical Letter																																																																																																													
Year of the Century	Centuries				January, October Feb., Mar., Nov. <i>Jan., Apr., July</i> May June <i>February, August</i> Sept., Dec.					A	B	C	D	E	F	G																																																																																																						
	*Denote Leap-Years	1700, 2100	1800, 2200	1900, 2300						2000, 2400	D	E	F	G	A	B	C																																																																																																					
0	*28	*56	*84	C	B	G	F	A	1	8	15	22	29	Su	Sa	F	Th	W	Tu	M																																																																																																		
1	29	57	85	B	A	E	D	C	2	9	16	23	30	M	Su	Sa	F	Th	W	Tu																																																																																																		
2	30	58	86	A	G	D	C	B	3	10	17	24	31	Tu	M	Su	Sa	F	Th	W																																																																																																		
3	31	59	87	G	F	C	B	A	4	11	18	25		W	Tu	M	Su	Sa	F	Th																																																																																																		
*4	*32	*60	*88	E	G	B	D	C	5	12	19	26		Th	W	Tu	M	Su	Sa	F																																																																																																		
5	33	61	89	D	F	A	C	B	6	13	20	27		F	Th	W	Tu	M	Su	Sa																																																																																																		
6	34	62	90	C	E	G	F	A	7	14	21	28		Sa	F	Th	W	Tu	M	Su																																																																																																		
7	35	63	91	B	D	F	A	G	EXPLANATION Find first the <i>Year of the Century</i> and in line with that figure at the right, in the proper column under the heading <i>Centuries</i> , will be found the Dominical Letter of the year. Then in the table headed <i>Dominical Letter</i> and in line with the proper <i>Month</i> find the letter previously determined. Run down this column until you are in line with the proper Day of the Month and at the intersection you will find the Day of the Week. In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in <i>italics</i> . EXAMPLES On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For <i>January 1, 1876</i> , the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.																																																																																																													
*8	*36	*64	*92	G	F	A	D	E																																																																																																														
9	37	65	93	F	E	G	C	D																																																																																																														
10	38	66	94	E	D	F	B	C																																																																																																														
11	39	67	95	D	C	E	A	B																																																																																																														
*12	*40	*68	*96	B	D	F	E	G																																																																																																														
13	41	69	97	A	C	E	D	C																																																																																																														
14	42	70	98	G	F	A	D	E																																																																																																														
15	43	71	99	F	E	G	C	D																																																																																																														
*16	*44	*72		D	F	A	B	A																																																																																																														
17	45	73		C	E	G	F	G																																																																																																														
18	46	74		B	D	F	A	A																																																																																																														
19	47	75		A	C	E	G	F																																																																																																														
*20	*48	*76		F	A	G	B	D																																																																																																														
21	49	77		E	G	F	E	C																																																																																																														
22	50	78		D	F	A	C	B																																																																																																														
23	51	79		C	E	G	B	A																																																																																																														
*24	*52	*80		A	C	E	F	D																																																																																																														
25	53	81		G	F	A	D	E																																																																																																														
26	54	82		F	E	G	C	D																																																																																																														
27	55	83		E	D	F	A	C																																																																																																														

WEIGHTS AND MEASURES

Apothecaries' Weight

20 grains	1 scruple
3 scruples	1 dram
8 drams	1 ounce
12 ounces	1 pound
Ounce and pound same as in Troy Wht.	

Avoirdupois Weight

27-11/32 grains	1 dram
16 drams	1 ounce
16 ounces	1 pound
25 pounds	1 quarter
4 quarters	1 cwt.
2,000 lbs.	1 short ton
2,240 lbs.	1 long ton

Troy Weight

24 grains	1 pwt.
20 pwt.	1 ounce
12 ounces	1 pound
For weighing gold, silver and jewels.	

Square Measure

144 sq. inches	1 sq. foot
9 sq. feet	1 sq. yard
30 1/4 sq. yards	1 sq. rod
40 sq. rods	1 rood
4 roods	1 acre
640 acres	1 sq. mile

Cubic Measure

1,728 cu. inches	1 cu. foot
27 cu. feet	1 cu. yard
128 cu. feet	1 cord (wood)
40 cu. feet	1 ton (shipping)
2,150.42 cu. in.	1 standard bushel

231 cu. in.	1 U.S. standard gallon
1 cu. foot	about 4/5 of a bushel

Dry Measure

2 pints	1 quart
8 quarts	1 peck
4 pecks	1 bushel
36 bushels	1 chaldron

Liquid Measure

4 gills	1 pint
2 pints	1 quart
4 quarts	1 gallon
31 1/2 gallons	1 barrel
2 barrels	1 hogshead

Long Measure

12 inches	1 foot
3 feet	1 yard
5 1/2 yards	1 rod
40 rods	1 furlong
8 furlongs	1 sta. mile
3 miles	1 league

Surveyor's Measure

7.92 inches	1 link
25 links	1 rod
4 rods	1 chain
10 sq. chains or 160 sq. rods	1 acre
640 acres	1 sq. mile
36 sq. miles (6 miles sq.)	1 township

Paper Measure

24 sheets	1 quire
20 quires	1 ream (480 sheets)
2 reams	1 bundle
5 bundles	1 bale

METRIC EQUIVALENTS

Linear Measure

1 centimeter	0.3937 inch
1 inch	2.54 centimeters
1 decimeter	3.937 inches . 0.328 foot
1 foot	3.048 decimeters
1 meter	39.37 inches . 1.0936 yards
1 yard	0.9144 meter
1 dekameter	1.9884 rods
1 rod	0.5029 dekameters
1 kilometer	0.62137 m.
1 m.	1.6093 kilometers

Square Measure

1 sq. centimeter	0.1550 sq. inch
1 sq. inch	6.452 sq. centimeters
1 sq. decimeter	0.1076 sq. foot

1 sq. foot	9.2903 sq. decimeters
1 sq. meter	1.196 sq. yards
1 sq. yard	0.8361 sq. meters
1 acre	3.954 sq. rods
1 sq. rod	0.2529 acre
1 hectare	2.47 acres
1 acre	0.4047 hectare
1 sq. kilometer	0.386 sq. m.
1 sq. m.	2.59 sq. kilometers

Weights

1 gram	0.03527 ounce
1 ounce	28.35 grams
1 kilogram	2.2046 lbs.
1 lb.	0.4536 kilogram
1 metric ton	1.1023 English tons
1 English ton	0.9072 metric ton

APPROXIMATE METRIC EQUIVALENTS

1 decimeter	4 inches
1 meter	1.1 yards
1 kilometer	5/8 of a mile
1 hectare	2 1/2 acres
1 stere, or cu. meter	1/4 of a cord
1 liter	1.06 qts. liquid . 0.9 qt. dry
1 hektoliter	2 1/2 bus.
1 kilogram	2 1/5 lbs.
1 metric ton	2,200 lbs.

Beverages

Bread

Rolls

BEVERAGES*BREAD*ROLLS***

GRAHAM NUT BREAD - Lois Willhour

1 egg	dash salt
1/2 c. sugar	2 tbsp. shortening
2 c. buttermilk	2 c. white flour
2 c. graham flour	1 tsp. soda
1/2 c. nutmeats	1 c. raisins (boil until plump)

Beat well. Bake 1 hour at 350 degrees.

WHITE BREAD - Edith Lemon

1/2 c. warm water	4 c. flour
1 tsp. sugar	3/4 c. dried skim milk
1/4 tsp. ginger	3 c. warm water
2 pkgs. dry yeast	5 tsp. salt
1/3 c. sugar	1/2 c. soft shortening
2 1/2 c. warm water	10 c. flour

Combine the first 4 ingredients and let stand in a warm place until bubbling nicely. In a large bowl, stir together 1/3 c. sugar, 2 1/2 c. water, 4 c. flour and 3/4 c. dried skim milk. Stir in the yeast mixture, beating well. Cover the bowl and let stand in a warm place until the sponge is well risen and bubbly. Add 3 c. warm water, 5 tsp. salt and 1/2 c. shortening; beat well. Stir in 8 c. flour, mixing until the dough clears the bowl. Spread the remaining 2 cups of flour on a pastry cloth; turn out the dough and knead well, using a little additional flour if necessary to make the dough smooth and satiny. Return to the bowl and dust lightly with flour; cover with a damp cloth, let rise in a warm place for 30 minutes.

Turn out on pastry cloth and knead thoroughly. Divide dough into even portions; shape into loaves. Place in greased pans and let rise until double in bulk, little more than 1 hour. Bake in preheated oven for 45 minutes. The first 20 minutes at 350 deg. then reduce heat to 325 deg. for the remaining baking period. Remove from the oven, brush tops with melted butter and let stand in the pans for 5 minutes. Cool on cooling rack.

This recipe makes 6 medium loaves. Regular size bread pans. The bread stays soft and moist for several days and is a good recipe for the freezer.

PERFECT WHITE BREAD - Margaret Kincaid

1 or 2 pkgs. active dry yeast	1 tbsp. salt
1/2 c. warm water	2 tbsp. soft shortening
1 3/4 c. warm liquid	4 c. flour - plus
3 tbsp. sugar	3 to 3 3/4 c. flour

In mixing bowl, dissolve yeast in warm water. Add all remaining ingredients except last part of flour. Beat with wooden spoon

until smooth and batter falls from spoon in "sheets". Using hand or spoon, mix enough remaining flour until dough cleans bowl, and doesn't stick to fingers.

Knead by folding dough and pushing away with heel of hand in quick rocking motion. Turn dough quarter turn and repeat. Knead about 10 minutes until dough is smooth and blistered.

Place dough in greased bowl. Cover with towel, let rise in warm place 85 deg., until double in bulk, 1 to 2 hours. Punch down by pressing fist firmly into center, pull in edges. Turn upside down in bowl, cover, let rise until double, 45 to 60 minutes.

Begin shaping dough by flattening dough into a strip. Bring each end of strip to center. Roll loaf till smooth. Place in pan. Let rise in warm place until double, 50 to 60 minutes.

Heat oven to 425 deg. Bake 25 to 30 minutes or until deep golden brown. Immediately remove bread from pans.

WHOLE WHEAT BREAD - Helen Graham Nelson

1 qt. milk (warm)	1 c. butter
1/2 c. molasses	2 tbsp. sugar
2 tbsp. salt	2 cakes yeast
3/4 c. wheat germ	1 1/2 c. whole wheat flour

Mix all together then add enough white flour to make a smooth dough. Knead thoroughly, let rise, then shape into loaves. Bake at 300 degrees.

SWEDISH LIMPE BREAD - Lucille Johnson

2 c. water	2 cakes yeast
1/2 c. brown sugar	4 c. white flour
1 tbsp. lard	2 c. rye flour
4 tbsp. molasses	2 tsp. salt
1 tsp. grated orange rind-optional	

Heat water, brown sugar, lard, molasses and orange rind and cool to lukewarm. Add yeast and dissolve. Add 2 c. white flour, 2 c. rye flour and salt. Knead in remaining 2 c. white flour until smooth and satiny.

Place in greased bowl and let rise in a warm place 2 to 4 hours until double in bulk. Knead again, and shape into loaves and place in greased pans. Grease outside of loaves too. Let rise until double, 1 to 2 hours. Bake at 350 deg., 1 hour (or lower according to your oven). Grease crust to soften after baking.

BANANA BRAN MUFFINS - Dorothy Adams

3/4 c. sifted flour	1/3 c. milk
2 1/2 tsp. baking powder	3/4 c. mashed ripe banana-
1/4 tsp. soda	(about 2 large ones)
1/4 tsp. salt	1 egg - well beaten

2 tbsp. sugar
 1 1/2 c. bran flakes
 3 tbsp. melted shortening

Sift flour once, measure, add baking powder, soda, salt and sugar. Sift again. Combine milk, bananas and egg. Add to flour mixture and shortening, then mix only enough to dampen flour. Fold in cereal. Fill greased muffin pans 2/3 full. Bake in hot oven (425 deg.) 15 to 20 minutes. Makes 8 large muffins.

CHOCOLATE COFFEE CAKE - Kathleen Sawyer

1 stick oleo
 2 c. sugar
 2 eggs

Cream together and add 1 tsp. salt, 1/2 c. cocoa, 1/2 c. cold coffee. Mix and add:

2 c. flour
 1 tsp. vanilla
 1 c. hot water
 1 tsp. soda

Blend. Bake 350 deg. for 35 minutes or until done to touch. (Batter will be thinner than usual cake batter.) Makes 1 large or 24 cup cakes.

COFFEE CAKE - Laura Baker

2 c. all purpose flour
 1/2 tsp. salt
 2 1/2 tsp. baking powder

Sift the above ingredients.

1/2 c. butter
 1 egg
 3/4 c. milk
 1/2 c. raisins
 1/2 c. sugar
 1 tsp. vanilla
 1/2 c. nuts

Cream butter and sugar; add egg and vanilla. Next, add dry ingredients alternately with the milk. Last, add raisins and nuts. Bake in moderate oven, 350 deg., 35 or 40 minutes.

SOUR CREAM PECAN COFFEE CAKE - Ruth Mertz

Cream 1/2 c. butter and 1 c. sugar; add 2 eggs one at a time, beat well.

Sift together:

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

Add 1 c. commercial sour cream alternately with the flour mixture, then 1 tsp. vanilla.

Pour 1/2 batter into buttered 9 x 13" pan. Mix together, topping and sprinkle 1/2 of this over the batter. Pour remaining batter over topping and add rest of topping. To make topping:

1/3 c. brown sugar
 1 tsp. cinnamon
 1/4 c. white sugar
 1 c. chopped pecans

Bake in 325 deg. oven for 35-40 minutes.

CARAMEL PECAN ROLLS - Hazel Miller

3/4 c. milk-scalded & cooled to lukewarm
1/4 c. sugar
1/2 c. warm water
3 to 3 1/2 c. flour for soft dough

1 egg - beaten
1/4 c. shortening-melted in warm milk
1 tsp. salt
1 pkg. yeast

Soak yeast in lukewarm water. Stir all ingredients together in the warm milk. After milk cools, add beaten egg and last add yeast mixture. Add 2 c. flour and beat with spoon until smooth. With spoon work in enough remaining flour until dough is easy to handle. Knead for 1 minute. Place in a greased bowl and let rise in a warm place until doubled in bulk.

Combine:

1/3 c. melted margarine
1 tbsp. corn syrup

1/2 c. brown sugar - packed
2/3 c. pecan meats

Pour into greased oblong pan, 13 by 9 1/2 inches. Combine 1/2 cup white sugar and 2 tsp. cinnamon. On floured board, roll dough into 15x9" oblong. Spread with melted margarine and sprinkle with sugar-cinnamon mixture. Roll up tightly, beginning at wide side. Seal edge well. Cut into 1" slices and place in prepared pan. Cover; let rise in warm place (85 deg.) until double, about 1 1/2 hour. Heat oven to 375 degrees. Bake 25 to 30 minutes. Makes 15 rolls.

WHOLE WHEAT ROLLS - Grace McCracken

1 c. shortening or lard
3/4 c. sugar
1 c. lukewarm water
2 beaten eggs
1 1/2 tsp. salt

1 c. boiling water
1 c. All Bran
1 cake yeast or env. granulated yeast
5-6 c. flour

Cream lard and sugar; add hot water and bran. Let set until lukewarm. Mix yeast and warm water and add to first mixture - all at lukewarm temperature. Add other things and beat well. Set in refrigerator with a damp cloth on top. Must get cold clear through; will keep in ice box several days. Form rolls and let rise 2 1/2-3 hours. Bake at 325-350 degrees.

LIGHT ROLLS (White) - Grace McCracken

1 1/2 c. milk
1/4 c. sugar
1 cake yeast

1 tsp. salt
1/4 c. lard or shortening
4 c. flour

Scald milk. Add shortening, sugar and salt. When lukewarm, add yeast which has been dissolved in 1/4 c. warm water. Add flour and knead well. Let rise; when double in size. Then knead down and form into rolls and let rise until light. Bake 20 minutes in a 350 deg. oven.

HALF-BAKED SWEET ROLLS - Selma Brower

2 c. lukewarm milk-let cool 1/2 c. sugar
2 tsp. salt 2 cakes compressed yeast
2 eggs 1/2 c. shortening (lard)
7 to 7 1/2 c. sifted flour

Mix together the milk, sugar and salt; crumble yeast into the mixture and stir until yeast is dissolved. Stir in eggs and soft shortening. Shortening can be melted in warm milk first. Add 4 c. flour and beat until smooth; let rest 10 minutes, then knead. Add rest of flour and let rise twice. Bake at 275 deg. for 30 minutes for half-baked, then when cool put in the freezer. Take out as many as desired; let thaw for awhile, then put in cold oven and bake for 10 minutes at 400 deg.

REFRIGERATOR ROLLS - Pearl Molyneux

1/2 c. warm water 1 tsp. sugar
1 pkg. yeast;
Let stand until the yeast comes to the top. Put in mixing bowl:
1/2 c. sugar 1/2 c. lard
1 tbs. salt 1 egg
2 c. water

Mix in flour enough so that batter does not stick to the hand.

FLUFFY ROLLS - Ethel Hixson

1 cake compressed yeast 1/2 c. warm water
or 1 pkg. dry yeast 1/4 c. sugar
1/4 c. melted butter 1/2 tsp. salt
2 eggs 2 1/2 c. flour

Make a sponge of yeast, 1/2 the sugar and 1/2 c. flour. Let rise until it bubbles, then add beaten eggs, salt, sugar, butter and flour. Knead and allow to rise once, then make into any shape rolls. Let rise until double in size and bake 15 to 20 minutes.

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Candies

Cookies

Cake

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CANDIES*COOKIES*CAKE*ICINGS***

CALICO FUDGE - Kathryn Greiner

1 1/2 c. sugar
2/3 c. milk
4 tbsp. peanut butter

3/4 c. brown sugar
2 tbsp. butter
12 marshmallows

Cook milk, sugar and salt to soft ball stage. Add butter and peanut butter; beat at once until creamy. Pour over marshmallows on buttered pan. Cut when cold. For puffed rice candy, use crisp puffed rice instead of marshmallows.

CARMELS - Kathryn Greiner

1 lb. brown sugar
1/2 lb. butter
1 tsp. vanilla

1 can sweetened milk
1 c. corn syrup

Melt butter in large heavy skillet. Add sugar and heat and stir until it dissolves. Add remaining ingredients and bring to a boil, stirring constantly. Cook the mixture 15 minutes for hard candy, 8 minutes for medium and 5 minutes for soft. Pour into a glass baking sheet to cool then cut it into small squares. Wrap each piece in waxed paper.

PEANUT BRITTLE - Laura Baker

2 c. sugar
1 c. warm water

1 c. white corn syrup

Stir well and cook to 310 deg. Then add 2 tsp. butter. When butter is melted, put in 1 lb. raw peanuts and cook until golden brown. Add 2 tsp. soda (level) and 1 1/2 tsp. vanilla. Stir constantly until it has partially stopped foaming. Spread thin on buttered pan, 15 1/2 x 10 1/2 x 1".

TWO CANDY RECIPE - Mrs. James Souer

(Makes a large batch of chocolate fudge, plus a batch of peanut butter candy.)

4 1/2 c. sugar
3/4 stick butter
2 pts. marshmallow creme
1 12-oz. pkg. chocolate chips
1/2 c. chopped nuts

1 large can condensed milk
pinch salt
1 12-oz. jar chunk style peanut butter (or plain if preferred)
2 tsp. vanilla

Combine the sugar, condensed milk, butter and salt in a large sauce pan. Bring this to a boil and boil for 8 minutes. Start timing from the moment the mixture is in a good rolling boil. Stir frequently. Pour half the mixture into another pan. Bring this to a boil. To one pan, add a pint of marshmallow creme, 1 tsp. vanilla and the jar of peanut butter.

To the other pan, add a teaspoon of vanilla, a pint of marsh-

mallow creme, a 12-oz. pkg. chocolate chips and chopped nuts. Stir the mixtures well and pour them into greased pans. After a couple of hours, cut into squares. These candies keep well when covered and stored in refrigerator.

SCOTCH TOFFEE BARS - Mildred Ploog

(Makes 3 doz. small bars.)

1/3 c. melted butter or margarine	2 c. quick or old fashioned oats - uncooked
1/2 c. firmly packed brown sugar	1/4 c. dark corn syrup
1 1/2 tsp. vanilla	1/2 tsp. salt

Topping:

1 6-oz. pkg. semi-sweet chocolate pieces - melted
1/2 c. chopped nutmeats

Pour batter over oats; mix thoroughly. Add sugar, syrup, salt and vanilla, blending well. Pack firmly into a greased 7 x 11" pan. Bake in preheated very hot oven (450) 12 minutes. Cool thoroughly. Loosen edges and turn out of pan. Spread with melted chocolate. Sprinkle with nutmeats. Chill; cut into bars. Store in refrigerator.

FORK COOKIES - Pearl J. Judd

1 c. shortening	1 1/2 c. sugar
2 eggs	2 tbsp. milk
1 c. ground raisins	4 c. flour
1/2 tsp. salt	1 1/2 tsp. soda
1 1/2 tsp. cream of tartar	

Mix all together as given. Take a little dough as large as walnut, roll in a ball and put in pan. Press with fork. Bake 10 or 12 minutes at 375 degrees.

CHERRY WALNUT BARS - Clela Allison

2 1/4 c. sifted flour	1 1/2 c. brown sugar
1/2 c. sugar	1/2 tsp. salt
1 c. butter or margarine	1/2 c. maraschino cherries - chopped & drained
2 whole eggs	1 c. nutmeats
1 egg yolk	
1/2 tsp. baking powder	

Sift 2 c. flour and white sugar. Cut in butter. Pat in greased 9x13" pan. Bake in 350 deg. oven for 12 minutes.

Beat eggs, egg yolk and brown sugar until fluffy. Sift remaining 1/4 c. flour with baking powder and salt. Blend into egg mixture. Stir in cherries and nuts. Spread over baked crust. Bake 20 to 25 minutes. Cool in pan on rack. Frost with cherry icing. Cut into 4 dozen bars.

Frosting: Combine 1 slightly beaten egg white, 2 tbsp. cherry juice and about 2 c. powdered sugar. Beat until smooth.

MOLASSES SUGAR COOKIES - Vera Atwood

3/4 c. shortening	2 c. flour
1 c. sugar	1/2 tsp. cloves
1/2 c. molasses	1/2 tsp. ginger
1 egg	1 tsp. cinnamon
2 tsp. soda	1/2 tsp. salt

Melt shortening. Add sugar, molasses and egg. Beat well. Mix flour, soda, salt and spices together. Add to first mixture. Mix well. Chill. Form in 1 inch balls; roll in sugar and place on cookie sheet 2 inches apart. Bake in 375 deg. oven, 8 to 10 minutes.

SUGAR ICE BOX COOKIES - Selma Brower

1 c. butter	1 1/2 c. powdered sugar
1 egg	1 tsp. vanilla
2 1/2 c. flour	1 tsp. soda
1 tsp. cream tartar	1/4 tsp. salt

Put in small orange juice cans and chill. Cover open end with foil. When ready to use cut out bottom; push out and slice. Bake on ungreased cookie sheet at 400 deg. for 10 minutes.

EASY CHOCOLATE COOKIES - Geneva Pringle

1 c. brown sugar	1/2 c. shortening
Cream together and add:	
1 egg	1 tsp. vanilla
Mix thoroughly, then add:	
1 1/2 c. flour	1/2 c. cocoa
1/2 tsp. soda	pinch salt

Sift together. Stir into sugar and shortening alternately with 1/2 c. sweet milk. Bake about 8 or 10 minutes at 375 deg. Cool and frost with favorite frosting.

BLACK & WHITE BROWNIES or TOFFEE BARS -

Wilmina Henry

1 c. margarine (2 sticks)	1 c. brown sugar - packed
2 c. flour	1 tsp. vanilla
1 c. chocolate chips	1 c. chopped nuts - (black walnuts)

Mix in order given; pour into ungreased pan, 9x13". Bake at 350 deg. for 20 minutes. Cut into bars while still warm. Cool cookies in pan. Makes 26 bars by cutting in half lengthwise and 13 pieces on each side--or may be cut into squares.

BUTTERFUDGE BARS - Bertha Beeman

2 sq. unsweetened chocolate (2 oz.)	1/3 c. butter 1 c. sugar
2 eggs	3/4 c. flour - sifted
1/2 tsp. baking powder	1/2 tsp. salt
1/2 c. nuts - broken	

Melt chocolate and butter over hot water. Beat in sugar and eggs. Sift dry ingredients together; stir into first mixture. Add nuts. Spread in greased 8" square pan. Bake 30-35 minutes in 350 oven. Cool slightly and spread on topping.

Topping: Brown 1/4 c. butter over medium heat. Blend with 2 c. confectioners sugar. Blend in 2 tbsp. cream and 1 tsp. vanilla. Spread on brownies and melt 1 sq. chocolate (1 oz.) and 1 tbsp. butter. Cool and spread very thin coating over topping. Let set then cut 2 x 1". Makes 32.

FROSTED RAISIN CREMES - Norma Williams

1 1/2 c. sugar	1 c. butter
2 eggs	1 c. cooked raisins &
1 tsp. soda	1 c. liquid
1 tsp. salt	2 1/2 c. flour
1 tsp. cinnamon	

Bake at 350 deg. till cake springs back. Frost with butter icing using maple flavoring. Best baked in cookie sheet with sides. Cut into bars.

PEANUT BUTTER COOKIES - Doris Tinsley

3 c. flour	1/2 c. lard or shortening
1/2 c. butter	1 c. white sugar
1 c. brown sugar	1 c. peanut butter
2 eggs	1 tsp. soda
1/2 tsp. salt	1 tsp. vanilla

Cream fat, add sugar. Add peanut butter, beaten eggs, dry ingredients sifted together and flavoring. Mix well. Shape with hands into small balls (about size of a large marble). Place an inch or two apart on buttered cookie sheet. Press two ways with a fork to flatten and mark. Bake in moderate oven (375) until delicately brown.

SUGAR CUT-OUT COOKIES - Lois Draegert

3/4 c. butter or margarine	1 c. sugar
2 eggs	1/2 tsp. vanilla
2 1/2 c. sifted flour	1 tsp. baking powder
1 tsp. salt	

Cream shortening and sugar. Add eggs and vanilla and beat thoroughly. Sift together remaining ingredients. Stir in. Chill

vanilla. Sift dry ingredients together and stir in. Add nuts. Chill 1 hour. Heat oven to 400 deg. Drop with teaspoon onto lightly greased cookie sheet. Bake 8 to 10 minutes. Cool. Frost with a chocolate icing.

PEANUT BUTTER COOKIES - Helen Bedford

1 2/3 c. sifted flour	1 1/2 tsp. baking powder
dash of salt	1/2 c. butter or margarine
1/2 c. firmly packed brown sugar	1/2 c. peanut butter
1 egg - beaten	1 1/3 c. syrup
1/2 c. peanut butter	1/2 tsp. vanilla

Sift flour, baking powder and salt together. Cream together butter or margarine and sugar; beat in 1/2 c. peanut butter and syrup until blended. Add beaten egg and vanilla, then the sifted dry ingredients, a little at a time. Mix well after each addition. Shape dough into 1 inch balls. Place on ungreased cookie sheet; flatten with fork. Place about 1/2 teaspoon of peanut butter on top of each. Bake in a 350 degree oven for 12 to 15 minutes.

ALASKA LOGS (Cookies) - Helen Graham Nelson

3/4 c. sifted flour	1 c. sugar
1 tsp. baking powder	1/4 tsp. salt
1 c. chopped pitted dates	1 c. chopped walnuts
3 well beaten eggs	

Sift dry ingredients. Stir in remaining ingredients. Pour into greased 8x8x2" pan. Bake in slow oven about 40 minutes. Cut into bars 1/2 in. by 2 in. and roll in granulated sugar to form logs and to coat with sugar. Makes 4-5 dozen.

OLD FASHIONED OATMEAL COOKIES - Elsie Wilhite

1 c. sugar	1 c. shortening
2 eggs	1/4 tsp. salt
2 1/2 c. oatmeal	1 c. buttermilk
2 c. flour	1 tsp. soda
1 tsp. baking powder	1 tsp. cinnamon
1 tsp. nutmeg	1/2 c. raisins
1/2 tsp. salt	

Cream shortening; add sugar. Add eggs, beaten in one at a time. Sift flour, salt, soda, baking powder and spices together. Add alternately with buttermilk. Add raisins. Beat well. Bake on greased cookie sheet.

HONEY CHOCOLATE OATMEAL COOKIES -

Annetta Charbonneaux

2 1/2 c. cake flour or 2 c. unsifted all purpose flour

1/4 tsp. soda	1 c. shortening
1/2 tsp. salt	1 1/4 c. honey
1 tsp. cinnamon	2 oz. chocolate - melted
1 tsp. baking powder	1 1/2 c. rolled oats
2 eggs - beaten	1 c. nuts or cocoanut

Sift flour, baking powder, soda, salt and cinnamon together. Cream shortening and honey. Add beaten eggs, melted chocolate and rolled oats. Mix thoroughly; add sifted dry ingredients and nuts or cocoanut. Drop from teaspoon onto a greased cookie sheet. Bake in a slow oven, 325 degrees for 12 to 13 minutes. Makes approximately 5 1/2 dozen cookies. Nice to use when you have extra honey on hand.

GINGER CRISPS - Annetta Charbonneau

2 c. sifted flour	1 c. sugar
1 tsp. soda	1 egg
1 tsp. cinnamon	1/4 c. molasses
1/2 tsp. ground cloves	1/2 c. nutmeats
1 1/4 tsp. ginger	1/3 c. sugar for coating
1/2 tsp. salt	of cookies
2/3 c. lard	

Sift together flour, soda, cinnamon, cloves, ginger and salt. Cream lard and sugar. Add egg and molasses. Beat. Add sifted dry ingredients to creamed mixture. Add nuts. Mix well. Shape dough into balls about the size of a walnut and roll in sugar. Place on a cookie sheet about 2" apart. (Do not flatten balls.) Bake in a moderate oven for 15 minutes. Yields 4 1/2 dozen. These burn easily. This recipe is not an original but one of my favorites because I can use lard; it creams so nicely.

ORANGE WALNUT COOKIES - Kit Walker

1 c. margarine	1/2 c. granulated sugar
1/2 c. brown sugar	1 egg
2 3/4 c. flour	1 tsp. salt
1 tsp. soda	2 tbsp. orange juice
grated rind 1 orange	3/4 c. chopped nutmeats

Cream margarine and sugars; mix in egg. Add dry ingredients all sifted together. Stir in orange juice, rind and nutmeats. Chill for 2 hours if you want (I don't). Drop from teaspoon on greased baking sheet. Pat each to 1/4 inch thickness. Bake in 400 degree oven, 8 to 10 minutes. Watch carefully. Makes about 5 dozen.

NUT CHOCOLATE BARS - Alice Vail

(A chewy, crunchy bar)

1/3 c. shortening	1 c. brown sugar
-------------------	------------------

good (Vesta Kappeler)

1 egg
 1 c. flour
 1/4 tsp. salt
 1/2 c. chopped walnuts
 1 tsp. vanilla
 1/4 tsp. soda
 1/2 to 1 c. semi-sweet
 chocolate pieces
 Cream shortening and sugar; add egg and vanilla, beat well.
 Sift together flour, soda and salt; add to creamed mixture; mix
 well. Stir in chocolate pieces and nuts. Spread in greased
 11 1/2 x 7 1/2 x 1 1/2" pan. Bake in moderate oven (350 deg.),
 20-25 minutes. Cut into bars while warm. Makes 2 dozen.

LEMON CAKE - Frances Johnston

1 box lemon cake mix
 3/4 c. orange juice
 3/4 c. salad oil
 4 eggs - separated
 Blend in oil and juice and add egg yolks one at a time. Beat egg
 white stiff and fold into batter. Bake in well greased and flour-
 ed angel food cake pan for 45 minutes at 350 deg. While cake is
 still warm, punch holes (about 1/4 in. across) all over the top
 of the cake. Make a thin paste of 1 box powdered sugar, the
 grated rind of 3 lemons and the lemon juice. Pour into the holes
 of the cake while it is still warm.

BANANA SPICE LAYER CAKE - Mabel Hardesty

2 1/2 c. sifted cake flour
 2 1/2 tsp. baking powder
 1/2 tsp. soda
 1/2 tsp. salt
 1/8 tsp. cloves
 1 1/4 tsp. cinnamon
 1/2 tsp. nutmeg
 1/2 c. shortening
 1 1/4 c. sugar
 2 eggs
 1 1/2 c. mashed ripe bananas
 1 tsp. vanilla
 Sift together flour, baking powder, soda, salt and spices. Beat
 shortening until creamy. Add sugar gradually and continue beat-
 ing until light and fluffy. Add eggs, one at a time, beating after
 each addition. Stir in vanilla. Add flour mixture alternately with
 bananas, small amount at a time, beating after each addition.
 Turn into 2 well greased 9 inch layer cake pans. Bake in a
 moderate oven, 375 deg. about 25 minutes.
 Use some mashed bananas and lemon to flavor frosting.

MAPLE NUT CHIFFON CAKE - Marie Myerly

2 c. flour
 3/4 c. brown sugar
 3 tsp. baking powder
 Frosting:
 1 c. brown sugar
 1/2 c. melted oleo
 3/4 c. white sugar
 1 tsp. salt
 Add brown sugar to melted oleo and boil 2 minutes then add
 1/4 c. milk and let come to boil. Add 1 1/2 c. powdered sugar.

Batter: Mix all ingredients together then make a well. Put egg yolks in well and 3/4 c. water and 1/2 c. salad oil, 1 tsp. maple flavoring. Put 1/2 tsp. cream of tartar in 1 c. egg whites and beat. Do not be afraid of over beating. Fold in ingredients into egg whites. Bake in ungreased angel food pan. Bake about 350 deg. for 1 hour 15 minutes.

BURNT SUGAR CAKE - Pearl Molyneux

Melt 1/2 c. sugar in a heavy skillet; heat until medium brown. Add 3/4 c. water, boiling. When cool, add enough of water to make a cupful.

2 1/4 c. sifted cake flour	1 c. sugar
3 tsp. baking powder	1 tsp. salt
1 c. shortening	2/3 c. burnt sugar

Beat 2 minutes. Add 1/3 c. burnt sugar, 2 eggs or 1/2 cup egg, 1 tsp. vanilla; beat 2 more minutes. Bake 350 degrees.

LAZY DAISY OATMEAL CAKE - Mrs. Mildred Ploog

Makes one 9 inch square cake.

Cake:

1 1/4 c. boiling water	1 c. oats (quick or old fashioned)
1/2 c. butter or margarine softened	1 c. granulated sugar
1 c. firmly packed brown sugar	1 tsp. vanilla
1 1/2 c. sifted all purpose flour	2 eggs
3/4 tsp. cinnamon	1 tsp. soda
	1/2 tsp. salt
	1/4 tsp. nutmeg

For cake pour boiling water over oats; cover and let stand 20 minutes. Beat butter until creamy; gradually add sugars and beat until fluffy. Blend in vanilla and eggs. Add oats mixture; mix well. Sift together flour, soda, salt, cinnamon and nutmeg. Add to creamed mixture. Mix well. Pour batter into pan and bake for 50-55 minutes. Do not remove cake from pan.

For Frosting: Combine all ingredients. Spread evenly over cake. Broil until frosting becomes bubbly. Cake may be served warm or cold. Frosting ingredients on page 53.

APRICOT CAKE - Elsie Wilhite

1 c. sugar	1/2 c. butter
1 egg - beaten	1/2 c. apricots - drained
2 c. sifted cake flour	1/4 tsp. salt
1/2 tsp. soda	1/2 tsp. baking powder
1/2 c. water	

Cream sugar and butter; add egg and apricots. Sift dry ingredients together and add alternately with water. Bake in 375

degree oven. Frost with:

1/2 c. apricots 1/2 c. brown sugar

2 tbsp. butter 1/2 c. cocoanut

Boil 3 minutes and pour on cake.

DELICIOUS DATE CAKE - Ethel Dunton

1 c. dates - cut fine

1 1/2 c. boiling water

1 1/2 tsp. soda

Mix and let cool. Cream:

3/4 c. lard or butter

1 c. white sugar

2 beaten eggs

Add creamed mixture to the above, then add the following sifted dry ingredients:

1 3/4 c. flour

3/4 tsp. soda

1 tsp. salt

Put into a well greased pan, 13x9x2". Top with 1 c. nutmeats (chopped), 1 c. chocolate chips and 1/3 c. white sugar. Bake 45 minutes at 350 degrees.

ANGEL FOOD CAKE - Enid Stanley

2 c. egg whites - eggs should

1/2 tsp. salt

be about a week old

2 tbsp. water

2 tsp. cream of tartar

1 tsp. vanilla

1/2 tsp. almond

1 1/2 c. sugar

1 c. unsifted cake flour

Beat egg whites, water, salt and cream of tartar until they start to form peaks, then beat in 1 c. sugar and the flavorings. This may all be done with the electric mixer.

Sift the cup of flour with the remaining half cup of sugar and fold into the egg whites by hand. Bake in angel food cake pan in a 300 deg. oven for 1 hour. Cool upside down.

STRAWBERRY CAKE - Frances Karsten

1 pkg. white cake mix

3 tbsp. unsifted flour

1/3 c. oil

1/2 c. frozen strawberries -

1 pkg. strawberry Jello

thawed

1/2 c. cold water

4 egg whites -

Add egg whites last at high speed or beat before adding them.

Frosting:

1 lb. powdered sugar

1/2 c. margarine

Enough of the strawberries to mix it.

NEVER FAIL CHOCOLATE CAKE - Mrs. Lanson Kapple

3 level tbsp. cocoa dissolved in 1/2 c. boiling water

Add 1 tsp. soda and let stand where warm.

Cream:

2 c. granulated sugar
2 eggs
2 c. flour
1 tsp. vanilla

1/2 c. shortening -
(butter & lard)
1 c. buttermilk

Cream sugar and shortening; add eggs, buttermilk, flour, vanilla and last add the cocoa mixture. Bake in layer or loaf, temperature 325 to 350 degrees.

WHITE FLUFFY FROSTING - Vesta Kapple

1 c. sugar
1/3 c. water
1 tbsp. syrup
dash of salt

Cook to 242 degrees. Beat 2 egg whites until stiff and add cooked mixture and 1 tsp. vanilla.

FROSTING for Lazy Daisy Oatmeal Cake - Mrs. Mildred Ploog

1/4 c. butter or margarine - melted
1/2 c. firmly packed brown sugar
3 tbsp. half & half
1/2 c. chopped nutmeats
2 3/4 c. shredded or flaked coconut

Pies

Puddings

Desserts

Pies

Pastries

Puddings

DESSERTS*PIES*PASTRIES*PUDDINGS***

CHOCOLATE REFRIGERATOR DESSERT - Jean Wilson

2 4-oz. cakes German sweet chocolate	3 tbsp. sugar
3 eggs - separated	3 tbsp. water
dash of salt	1/2 tsp. vanilla
1 large or 2 small angel food cakes	1 c. whipping cream
	salted almonds

Melt chocolate over very low heat or over hot water. Add sugar and water. Cook until smooth, stirring constantly. Remove from heat. Stir in egg yolks, vanilla and salt. Cool. Fold in egg whites, beaten stiff and the cream which has been whipped. Tear angel food cake in bite-size pieces. Put in either a large mold or trays. Place a layer of angel cake in bottom, alternate layers with the chocolate mixture. Sprinkle layers with a few salted almonds if desired. Serves 15.

GRAHAM CRACKER DESSERT - Ada Strasser

Line a 9x15 inch pan with 18 graham crackers that have been crushed then mixed with a little softened butter.

Beat together:

3 eggs	1 1/2 c. sugar
2 level tbsp. flour	1 tbsp. butter
1 #2 can crushed pineapple	

Cook this mixture until thickened, stirring constantly. Pour over this thickened Jello of desired flavor or color, using 2 pkgs. dissolved according to directions. Crush 12 more graham crackers; spread over Jello. Marshmallows, nuts or fruit may be added to Jello, if desired.

CARAMEL CREAM DESSERT - Avis Bobbitt, Delta

1 can Eagle Brand milk	1 pt. whipping cream-whipped
vanilla wafers - crushed	

Place an unopened can of sweetened condensed milk in a pan; cover with hot water; bring to boil and boil for 2 hours. Start timing after water begins to boil. Remove can from water, open it, stir the contents and allow to cool completely. Whip the cream and fold the cool, caramelized milk into the whipped cream. Place a layer of crushed vanilla wafers in a 9x13 inch pan. Pour the whipped cream mixture over the crumbs, then cover with another layer of crumbs. Allow to stand in refrigerator for at least 24 hours before serving. If you wish you can sprinkle nuts on top.

ANGEL FOOD CAKE DESSERT - Bernice McCulloch

1 long angel food cake	1 pkg. frozen strawberries - thawed and drained
1 sm. can crushed pineapple- drained	1/2 c. chopped pecans
1 sm. pkg. Dream Whip, pre- pared according to instructions on package	1 pt. vanilla ice cream

Split cake in half ; spread ice cream between layers. Fold berries, pineapple and nuts into Dream Whip mixture and spread over top and sides of cake. Put in freezer until ready to serve.

CHOCOLATE MINT DESSERT - Frances Johnston

1/2 lb. chocolate sandwich cookies - crushed	1/2 c. butter
2 eggs	1 1/2 c. powdered sugar
3/4 c. whipping cream-whipped	1 1/2 sq. chocolate - melted
1/4 c. nuts - chopped	8 marshmallows - cut up
3/4 c. colored after-dinner mints-crushed or broken up	1/2 tsp. vanilla

Press 2/3 of cookie crumbs into a loaf pan. Cream butter, powdered sugar, eggs and melted chocolate with electric mixer until light and fluffy. Spread over the crumbs. For the third layer, fold marshmallows, nuts, vanilla and mints into whipped cream and spread over chocolate layer. Top with remaining crumbs and chill for at least 12 hours before serving.

GERMAN APPLE SCALLOP - Helen Bedford

4 c. sliced apples	1/2 c. corn syrup
1/4 c. water	1/2 c. butter or margarine
1 c. flour	3/4 c. brown sugar
1 tsp. grated lemon peel	1 tsp. cinnamon

Place apples in a 1 3/4 qt. casserole. Pour syrup and water over apples. Cut margarine or butter into flour until it has the consistency of coarse corn meal. Mix in remaining ingredients. Cover apples with flour mixture. Bake in 425 degree oven. Serve with whipped or plain cream.

RASPBERRY CREAM - Mrs. Luke Vittetoe, Sigourney

1 pkg. raspberry gelatin	1 c. hot water
1 pkg. unthawed frozen raspberries	1/2 pt. vanilla ice cream

Dissolve gelatin in hot water. Stir in raspberries and ice cream. Refrigerate until set, about 20 minutes. Spoon into serving dishes. Store any left over in refrigerator. 6 servings.

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PINEAPPLE BRIDGE DESSERT - Jennie Tinsley, Sigourney
1 1/2 c. crushed vanilla wafers 1/3 c. butter or margarine-
1 #2 can (2 1/2 c.) crushed melted

pineapple 1 pkg. lemon gelatin
1/3 c. butter or margarine 1/2 c. sugar
3 egg yolks 1/2 c. broken walnuts
3 egg whites 1/4 c. sugar

Combine crumbs and melted butter. Line bottom of a buttered 9x9x2" pan with 1 cup of the crumb mixture. Drain pineapple, reserving syrup. Heat syrup to boiling, remove from heat. Add gelatin; stir to dissolve. Cool to room temperature. Cream 1/3 cup butter and 1/2 cup sugar. Add yolks; beat well. Stir in gelatin, pineapple and nuts. Beat whites until soft peaks form; gradually add 1/4 cup sugar, beating till stiff peaks form. Fold into gelatin. Pour into pan, top with crumbs. Chill until firm. Cut in 9 squares.

ICE CREAM DESSERT - Wilmina Henry

Soften 1/2 gallon of ice cream by placing in bottom of refrigerator awhile.

1/2 c. butter - melted 2 1/2 c. Rice Krispies
1 c. chopped nuts 1 can flaked coconut

Mix together; put in pan and bake in 350 degree oven for 30 minutes. Watch carefully until lightly browned. Take from oven, add 3/4 c. brown sugar; mix well and let cool. Place a layer in bottom of pan, put ice cream on top (softened to spreading consistency). Save part of above ingredients to sprinkle on top of ice cream (1/2 gal.). Freeze until ready to serve.

DOUBLE PEACH UPSIDE DOWN CAKE - Ada Strasser

1 can (1 lb. 13 oz.) Cling 2 tbsp. butter
peaches - sliced 1 c. brown sugar
1/4 tsp. nutmeg 1 pkg. (19 oz.) burnt sugar
1/2 pt. whipping cream cake mix
2 tbsp. powdered sugar few drops almond extract

Drain peaches. In each of two layer pans, melt 1 tbsp. butter and sprinkle with 1/2 c. brown sugar. Arrange peaches pinwheel fashion in each pan. Sprinkle with nutmeg. Prepare cake mix as directed. Spoon batter over peaches. Bake in 350 deg. oven 40 to 45 minutes. Cool on racks. Turn out one layer on serving plate, peach side up. Whip cream with powdered sugar and extract and spread over cake layer on plate. Top with remaining layer, peach side up. Chill 1 hour before serving.

Makes 12 servings,

RHUBARB UPSIDE DOWN CAKE - Ethel Dunton

4 tbsp. butter	2 c. rhubarb
2 c. sugar	2 eggs
1/2 c. hot milk	1 c. sifted cake flour
1/4 tsp. salt	1 tsp. baking powder
1/2 tsp. vanilla	

Melt 2 tbsp. butter and add rhubarb and 1 c. sugar. Heat over low flame while mixing batter. Beat eggs thoroughly. Beat in 1 cup sugar, 1/3 cup at a time. Melt remaining butter in milk. Sift together flour, salt and baking powder. Add alternately with milk to batter. Add vanilla. Pour hot rhubarb into buttered 8-inch square pan. Top with batter and bake 30 minutes at 350 degrees. Serve hot or cold with cream. Serves 6. Frozen rhubarb may be also used.

COOKIE CRUNCH PECAN PUDDING - Wanda Burriss

8 cream filled crisp chocolate cookies	1/2 c. butter or margarine
3/4 c. light corn syrup	1/2 c. sugar
1 tsp. vanilla	3 eggs - slightly beaten
	1 c. pecan halves

Crush cookies to make coarse crumbs and use half of them to line the bottom of a buttered 1 quart baking dish. Cream shortening with spoon, add sugar slowly, continuing to cream until light. Slowly stir in syrup, then stir in eggs and vanilla. Fold in nuts and crumbled cookies. Pour mixture over crumbs in casserole; bake at 325 degrees for 1 hour. Serve warm with whipped cream. Serves 6.

CARAMEL RAISIN PUDDING - Rosamond Stout, Delta

1 c. shortening	1 c. sugar
1 c. milk	1/2 tsp. salt
1 c. raisins	3 c. flour

2 heaping tsp. baking powder

Stir all together. Put in buttered pan.

Topping:

2 c. brown sugar	4 c. hot water
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Stir until dissolved and pour over batter. Dot with bits of butter. Bake 30 minutes in moderate oven.

PLUM PUDDING (Steamed) - Nellie Marie Tinsley
(Ye Olde favorite for the festive holiday season.)

2 c. bread flour - sift, place aside.

Prepare:

2 lbs. suet (4 cups) - ground or chopped

2 lbs. seeded raisins

(Optional) 1/2 lb. citron, chopped

Mix and dredge lightly with half the sifted flour. Resift the remaining flour with:

2 tbsp. nutmeg
2 tsp. salt

2 tbsp. cinnamon
1 c. brown sugar

(Optional) 1 tbsp. mace

Combine the dredged and sifted ingredients. Add:

10 egg yolks
5 c. grated bread crumbs

1/2 c. cream

Whip the 10 egg whites and add 1/2 tsp. salt. Fold lightly into the raisin mixture. Pour the batter into greased pudding molds. (I use 3 of the 2 lb. coffee cans.) Tie a cloth over the top of the can tightly with string. Be sure to leave enough extra cloth to knot back across the top for convenience in lifting, if using a canner for steaming. Steam the pudding for 6 hours.

Caution:

(1) Keep boiling water near the 3/4 level on the puddings.

(2) Never let water boil to top of pudding.

(3) Keep additional boiling water to add when necessary.

(My 3 coffee cans allow for 8 to 10 servings on each of the special days, Thanksgiving, Christmas and New Years' Day. Some may prefer smaller puddings, such as 6 1-lb. cans. I do not use the optionals.)

Sauce: Cook and stir in a double boiler until thick

2 c. sugar

1/2 tsp. salt

3/4 c. butter

1 whole orange - grated

4 eggs

(juice, rind and pulp)

SUET PUDDING - Elizabeth Coulon

1 c. ground suet

1 c. dark corn syrup

2/3 c. sugar

1 c. raisins

1 c. chopped dates

1/2 c. black walnuts

1 c. buttermilk with

4 c. flour

1 tsp. soda stirred in.

Mix all together; put in covered container and steam several hours.

DATE PUDDING CAKE - Dorothy Adams

1 1/2 c. brown sugar

1 c. water

Cook few minutes and let cool. Put in mixing bowl:

1 c. white sugar

1 c. dates

1/2 c. nuts

1 c. flour

1 tsp. baking powder

little salt

Mix well and add 1 cup sweet milk. Pour cooled syrup into well greased, floured pan. Pour date and nut mixture in center and bake at 350 degrees. Top with whip cream when served, or cool and top with Dream Whip.

slowly add to raisins. Cook, stirring constantly, until filling thickens, about 4 or 5 minutes. Remove from heat; blend in butter. Cool slightly, then pour into pie shell. Spread meringue over top, brown in 425 degree oven until delicately browned. Cook before serving.

Meringue:

3 egg whites
6 tbsp. sugar
Beat until stiff.

1/4 tsp. cream of tartar

SOUTHERN APPLE PIE - Margaret Stein

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

1 c. chopped unpeeled apple
1/2 c. chopped pecans
1 tsp. vanilla
pinch of salt

Beat egg and sugar until light and fluffy. Sift flour, baking powder, and salt. Fold into egg mixture. Add apple, nuts and vanilla. Pour into greased 8 inch pie plate. Bake at 350 deg. for 30 minutes. Serve with ice cream.

MOTHER'S PIE CRUST - BEST YET - Doris Clubb

3 c. flour
1 whole egg
5 tbsp. water
1 1/2 tsp. salt

1 c. lard or 1 1/4 c. shortening
1 tbsp. cider vinegar

Break egg into a cup; beat slightly. Add water and vinegar. Blend flour, lard and salt with a pastry blender; slowly add egg, water and vinegar mixture. You may handle and roll and work and still this will not fail.

RAISIN-BUTTERSCOTCH PIE - Ruth Mertz

Cover 2 c. raisins with water and boil together. Add 2/3 c. brown sugar. Cook together about a minute, then add 1 pkg. butterscotch pudding and 2 c. water. Cook until thick then add 2 tbsp. butter and cool. Bake as for any two-crust pie.

Wild Game

Meats

Poultry

Sea Food

Wild Game

MEATS*POULTRY*SEA FOOD*WILD GAME***

YORKSHIRE PUDDING - Mrs. Karl Tinsley

1 egg-beaten lightly 1 c. flour
with a fork 3/4 c. milk
1 tsp. salt

To the beaten egg add 1/2 the flour and 1/2 the milk, stirring diligently. Continue stirring and adding flour, milk and salt until a smooth batter results. Allow to stand 1/2 to 1 hour if time permits.

This is to be served with a prime rump roast. When roast is done, pour the fat from the roaster into deep baking dish or skillet and heat grease to "popping" hot. Then pour in batter and place in hot oven, 475 deg. for approximately 15 minutes or until puffed edges are golden brown. Cut into slices or squares and serve immediately. This is best piping hot from the oven.

When the roast is taken from the roasting pan, add 1/2 to 3/4 cup of hot water to the meat broth and drippings in bottom of roasting pan and bring to boiling point. Serve over the Yorkshire pudding.

HAM LOAF - Merle Traeger, New Sharon

1 1/2 lb. fresh ground pork- 1/2 lb. smoked ham
2 eggs 1/2 c. milk
1 1/2 c. bread crumbs

Pour 1 pt. strained tomatoes over loaf. Bake 1 1/2 hour.

GROUND BEEF STROGANOFF - Ramona Armstrong

1 1/2 lb. hamburger 1 clove garlic
1/2 c. chopped onion 1 tsp. salt
2 tbsp. flour 1 tsp. pepper
1/4 c. butter 1 4-oz. can mushrooms
1 can cream chicken soup 2 tbsp. parsley
1 c. sour cream 1 c. ripe olives

hot noodles or rice

Cook onion and garlic in butter till soft; add meat and cook till slightly browned. Blend in flour, salt, pepper, mushrooms and soup. Simmer till meat is tender. Blend in sour cream and bring to a boil. Remove from heat; add olives (cut). Serve on rice or noodles.

ITALIAN SPAGHETTI - Ramona Armstrong

1 lg. can tomatoes (or 1 qt.) 1 can tomato paste
2 tbsp. onion powder garlic powder to taste

Let come to a boil. Cook 1 lb. hamburger till brown, drain grease. Add first mixture to meat, then add crushed red pep-

Drain noodles when done. Grease baking dish and add 1 layer of noodles, meat and cheese; make 3 layers. Add yellow grated cheese on top. Bake slowly. Bake till heated through 1/2 to 3/4 hour or longer.

HOT PORK DISH - Leotta Dalziel

1 small onion	1 lb. lean pork-diced
Med. pkg. noodles - cooked	small can mushrooms
1 c. creamed style corn - (yellow)	1 c. chicken broth or cream of chicken soup
diced green pepper	1/2 lb. grated cheese

Brown pork and onions. Mix together and bake 1 hour at 350 degrees.

NEVER FAIL CASSEROLE - Velma Whyte

1 1/2 lbs. ground beef	1 to 2 tbsp. minced onion
1 c. uncooked rice (long cooking)	
2 cans cream chicken soup	2 soup cans water
1 tsp. salt	dash Tabasco
3 tbsp. minced pimiento	buttered bread crumbs or crushed potato chips

Brown beef until crumbly but not crisp using no more fat than necessary. Combine meat with rice and remaining ingredients. Turn into buttered 8x12 inch baking dish.

Bake at 350 degrees for 2 hours, stirring several times during baking. Cover with buttered bread crumbs or potato chips toward end of baking period.

To serve, cut into squares and top with sauce made by heating 1 can mushroom soup with 1 small can mushrooms with juice. Serves 10 to 12.

MEAT BALL STROGANOFF - Hazel Miller

1 1/2 lb. ground lean beef	3/4 c. chopped raw onion
1/4 c. fine cracker meal	1 clove minced garlic
1 1/2 tsp. salt	1/4 tsp. pepper
3 tbsp. cooking oil	1/2 c. milk

Combine all ingredients except cooking oil. Mix well and shape into small balls (about 1 inch). Brown in oil. After browning, drain off excess fat. Set meat balls aside and make sauce.

Meat Ball Stroganoff Sauce:

1 1/2 c. ripe olives	1/4 c. sifted flour
1 c. commercial sour cream	1 (10 1/2 oz.) can beef consomme
3 tbsp. tomato paste	
1 tsp. Worcestershire sauce	1/4 tsp. salt

Blend flour into sour cream. Add all remaining ingredients except olives that have been cut up in medium sized pieces.

Pour over meat balls and cook covered 10 to 15 minutes. Just before serving, add olives, stir and blend and heat. Makes 5 to 6 servings.

HUTCHINSON CHICKEN - Carolyn Goettsch, Sigourney

1 pkg. elbow macaroni - cooked & drained	1 chicken-cooked, taken off bone; cut in small pieces
1/3 c. grated cheese	1 tbsp. diced red pepper - (or 1/3 can pimiento)

Make a white sauce:

2 c. milk	2 tbsp. butter
2 tbsp. flour	

Put meat in baking dish with 1/2 c. broth and macaroni. Add white sauce, salt and pepper to taste. Sprinkle grated cheese and diced red pepper on top. Bake 1 hour at 350 degrees.

CHICKEN CRUNCH - Clela Allison

1 c. chicken broth	1 can cream mushroom soup
3 c. diced cooked chicken	3 tbsp. minced onion (or dry onion soup mix)
1 c. diced celery	
1/3 c. toasted almonds-optional	1 3-oz. can Chow Mein noodles

Blend broth and soup in 2 qt. casserole. Mix in remaining ingredients except almonds. Bake in 325 degree oven 40 minutes. Just before serving, sprinkle with almonds.

SCALLOPED CHICKEN - Margaret Geyer

1 qt. cubed stewed chicken	
gravy of 1 qt. broth, 4 tbsp. flour & 4 tbsp. chicken fat (cook to thicken)	

Dressing:

1 1/2 qts. bread crumbs	sage
2 tbsp. chopped onions	3/4 c. chicken fat
3/4 tsp. salt	dash of pepper

Mix lightly with fork. Put 1 1/2 layer of chicken in flat pan; cover with dry dressing and pour gravy over top. Grind chicken skin and mix with bread crumbs. Bake about 35 minutes in moderate oven, 350 degrees.

GLORIFIED CHICKEN - Lois Willhour

1 chicken (good fat one) - boil until good & tender, remove from bones	
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1 qt. broth	1 qt. milk
1 pt. bread crumbs	5 egg yolks - beaten
5 egg whites-beaten	

Mix all together and bake. Remove chicken from bones and place in pan; put fixed dressing on top of chicken. Thicken broth as for gravy and pour over chicken and dressing and bake 1 hour or more at 350 degrees.

CHICKEN LOAF - Mrs. Mildred Ploog
Mrs. Margaret Kincaid

Meat of 1 chicken cut in small pieces; grind skin & giblets.
3 eggs-slightly beaten 2 c. crackers or bread crumbs
salt & pepper to taste 3 tbsp. chopped celery
green pepper if desired 1 qt. stock from cooked chicken
(if too fat, remove most of fat)

Mix and turn into a buttered loaf pan with no lid. Set in hot water and bake 45 minutes to 1 hour in a 350 degree oven. Your may cook celery leaves with chicken and not add celery to chicken loaf.

TUNA NOODLE CASSEROLE - Bertha Beeman

1 can tuna 1 can mushroom soup
1 sm. can chow mein noodles 2 hard cooked eggs-sliced
Arrange the ingredients in layers in a greased casserole, ending with noodles. Bake at 350 degrees for 40 minutes. This will freeze well.

FISH SALAD - Mrs. Don Alderdyce, Delta

2 pkgs. lemon Jello 2 c. hot water
1/2 c. white vinegar 1 tsp. salt
Dissolve and cool but not set. Mix:
1 can crab meat 2 c. cut up shrimp
1 c. mayonnaise - 4 tbsp. stuffed olives
(not salad dressing) 1/2 tsp. grated onion
2 sliced hard boiled eggs 1 c. diced celery

Pour liquid over and let set overnight. Serves 12.
Serve with a spiced peach and potato chips this makes a nice luncheon.

TUNA OR SALMON CASSEROLE - Mrs. Ethel Loos
Sigourney, Iowa

Heat:
1 3/4 c. milk 1 can mushroom soup
1 1/2 c. cheese 2 tbsp. butter
Remove from fire and stir in:
1 1/2 c. bread crumbs 1/4 c. diced onion
(1 1/2 slices) 1/4 c. pimiento - diced
2 cans tuna or salmon salt & pepper to taste
Fold in 3 slightly beaten eggs and 3 c. cooked spaghetti.
Bake in moderate oven for 1 hour.

SEA FOOD CASSEROLE - Jean Wilson

1 green pepper-cut fine 1 small onion - chopped
3/4 c. mayonnaise 1 tsp. salt

little pepper
 1 small can shrimp
 1 c. chopped celery
 2 tbsp. lemon juice

1 6-oz. can tuna
 1 tsp. Worcestershire sauce
 1 1/2 c. buttered bread crumbs

Combine all; put in a greased baking dish or casserole. Cover with bread crumbs which have been mixed with 2 tbsp. butter. Bake in a 350 deg. oven, 30 to 40 minutes.

Vegetables

Soups

Salads

Dressing

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Vegetables

Squash

Salads

Dressing

VEGETABLES*SOUPS*SALADS*DRESSING***

SENATE BEAN SOUP - Mrs. Luke Vittetoe, Sigourney, Ia.

1/2 lb. quick cooking navy 1 qt. water
pea-beans 1/2 lb. smoked ham hocks
1 small onion- minced salt & pepper to taste

Wash beans, then run through hot water until beans are white again. Saute onions in butter until brown. Add ham and onions. Heat to boiling. Cover, simmer slowly until beans are tender, about 3 1/2 hours. Just before serving, season with salt and pepper. (2 servings)

HAMBURGER SOUP - Marjorie Allgood

1 lb. hamburger
1 c. chopped onion
Cook together.
1 c. diced potatoes - 1 c. each diced carrots, celery
 (3 c. if desired) and cabbage
1 qt. tomatoes 3 c. water
2 tsp. salt sugar to taste
2 bay leaves 1/4 tsp. thyme
1/4 tsp. basil

Cook until vegetables are tender. Add 1/3 c. Minute Rice last 15 minutes.

BUFFET POTATOES - Margaret Geyer

4 med. baking potatoes 1/2 c. grated cheddar cheese
salt & pepper to taste 3 tbsp. butter
1/2 c. cream

Cut potatoes as for French fries. Cover with seasoning, cheese and cream and butter. Bake in covered casserole, 40-50 minutes in 400 deg. oven.

POTATO SCONES - Jennie Butts

Mix mashed potatoes with enough flour so that it will roll. (Potatoes may be left-overs or fresh-cooked.) With rolling pin roll out pieces of dough into thin pancakes. Fry on hot griddle. May be eaten with butter, or butter and jam or jelly.

TRIPLE BEAN TOSS - Wanda Burriss

1 1-lb. can cut green beans 1 1-lb. can cut wax beans
1 1-lb. can kidney beans 2 tbsp. chopped onion
3/4 c. Italian salad dressing

Drain all beans. Add remaining ingredients to beans and toss to mix. If needed salt to taste. Refrigerate for several hours or overnight. Before serving, toss again then drain. Dash with fresh ground pepper. Makes 6 to 8 servings.

BING CHERRY SALAD - Julia Ogden

Custard:

2 eggs - beaten

1/3 c. lemon juice

1/4 c. butter

2 tbsp. sugar

dash of salt

Mix eggs, sugar, lemon juice and salt and cook in double boiler. Add butter last. After custard is cooked, add 2 c. miniature marshmallows. Let these almost melt. After custard is cool, add 20 oz. can pineapple chunks, 20 oz. can Bing cherries, halved and drained, 1 c. chopped pecans and 1 c. whipped cream. Chill before serving. Serves 10-12.

APRICOT SALAD - Juanita McFarlan

2 pkgs. orange Jello

2 1/2 c. apricot nectar

1 1/2 c. hot water

1 c. miniature marshmallows

Dissolve Jello in hot water. Add nectar, then miniature marshmallows. Set until firm.

Topping:

1/2 c. sugar

1 egg

2 tbsp. flour

1 c. apricot nectar

Mix together sugar, flour and egg; add nectar and cook until thick. Cool. Add 1 c. cream, whipped. (I use Dream Whip) Put topping on salad, then top with grated cheese.

SALAD - Mae Gatewood, Delta, Iowa

2 pkgs. lemon Jello

2 c. water

Let this stand until it starts to get thick. Add 1/2 pt. whipped cream (or dream whip) and whip together then add 1 small can crushed pineapple, 2 c. cottage cheese and if desired 1 c. celery and 1 c. nutmeats.

THREE BEAN SALAD - Bernice McCulloch

1 can green beans

1 can red kidney beans

1 med. onion-cut coarse

3/4 c. sugar

1/3 c. salad oil

1 can yellow wax beans

1/2 c. chopped green pepper-
optional

1/3 c. vinegar

salt & pepper to taste

Drain beans thoroughly. Rinse kidney beans in cold water and drain well. Mix beans, pepper and onion. Combine sugar, salt, pepper, vinegar and salad oil. Pour over beans. Toss lightly and refrigerate for 2 or 3 hours. Extra liquid can be drained off and left on.

FROSTED LIME-WALNUT SALAD - Charlotte A. Kitzman

1 pkg. lime gelatin

1 #2 can crushed pineapple

1 c. boiling water

1 c. sm. curd cottage cheese

1/2 c. finely sliced celery 1/2 c. chopped walnuts
Dissolve gelatin in boiling water and cool until syrupy. Stir in remaining ingredients. Turn into 8x4x4" dish. When firm, frost top and decorate with walnut halves.

Frosting:

1 3-oz. pkg. cream cheese 1 tbsp. mayonnaise

1 tsp. lemon juice

Blend well.

HEAVENLY SALAD - Norma Williams

1 box orange Jello 20 marshmallows

1 box raspberry Jello 1 #2 can crushed pineapple

4 c. boiling water 1/2 c. chopped pecans

2 3-oz. pkgs. cream cheese 2-3 sliced bananas

1 pt. whipped cream or Dream Whip

Add jello to boiling water and stir until completely dissolved. Add cream cheese which has been heated. Cut marshmallows into small pieces and add to mixture while it is still hot. Refrigerate to cool. When it starts to thicken, add whipped cream, pineapple, bananas and nuts. Refrigerate. Serves 15.

CRANBERRY FLUFF SALAD - Ethel Hixson, Evelyn Synhorst

2 c. raw cranberries-ground 3 c. tiny marshmallows

3/4 c. sugar 2 c. diced tart apples

1/2 c. seedless green grapes 1/2 c. broken walnuts

1/4 tsp. salt 1 c. heavy cream-whipped

Combine cranberries, marshmallows and sugar. Cover and chill overnight. Add apples, grapes, walnuts and salt. Fold in whipped cream. Chill and serve. May be used as salad or dessert.

FRENCH DRESSING - Vera Atwood

Combine:

1 can condensed tomato soup 1 c. salad oil

3/4 c. vinegar 1 c. sugar

1 tbsp. salt 1 tbsp. prepared mustard

1 tsp. grated onion 1 tsp. black pepper

garlic salt to taste

Beat on low speed 10 minutes. Keep in refrigerator.

APPLESAUCE SALAD - Geneva Pringle

1 c. hot water 1/2 c. red cinnamon drops

Dissolve in water over low heat. When drops are dissolved and water is boiling, add 1 pkg. cherry Jello. Let cool. Then add

2 c. applesauce (#2 can).