

Foster

Grandparents



Food

Fun

Folk Lore



FOOD, FUN & FOLKLORE

This small edition is compiled from a collection of recipes contributed by the Foster Grandparent Club. These 83 Foster Grandparents are providing tender loving care for our Mentally Retarded children at Glenwood State Hospital-School.

*Birthday Greetings
Lizzie 1969
From Hazel S.*

FOSTER GRANDPARENT CLUB

Glenwood, Iowa

December, 1968

LIQUID YEAST

Boil 8 medium sized potatoes then scald 1 cup flour in potato water, run potatoes through sieve and add 2 cakes yeast foam well soaked. Let stand 2 days before using. Set the sponge of a morning using 1 pint for 6 loaves of bread.

Etta Olson

BREAD

1 1/2 cakes yeast foam	Lump of lard
1 cup sugar	1 quart sour milk or
Hand full of salt	2 medium sized potatoes

Put yeast to soak at noon. In the evening either boil the sour milk and strain and use the whay or boile the potatoes, drain and mash and run warm water over them through a sieve and use the water To this water or whay add a pinch of salt, a couple tablespoons sugar and the soaked yeast. Add warm water to make a half crock of liquid then add enough flour to make a stiff batter. Let this stand over night and raise in a warm place, usually in the dish pan over the warm reservoir on the back of the stove. In the morning early add enough warm water to make the amount of dough you want then add the sugar, salt and lard. Mix into a stiff dough that you can handle. Knead well. Put this into a dish pan and cover. Let raise until double in bulk and then punch down. Let raise again, then make about half the dough into oblong loaves, about three loaves to a well greased oblong pan. When raised to nice rounded loaves put into a 350° oven and bake a good hour, until nice and brown all over. When this goes into the oven make loaves of the other half of the dough and repeat the baking after first oven full is out.

The first time I ever baked bread I didn't mix it, I just baked it. My mother left with a lady friend. I baked the first half right but the second half I put the dish pan in the oven and when my mother returned this lady friend said, "Why Mary! were you going to feed the Multitudes? The big loaf of bread I will never forget. I must have been around twelve years old. The sour milk wehy really makes lovely bread, so white and flakey.

Mary Pedersen

PENNY MUFFINS OR ICE BOX ROLLS

2 cups hot water	1/2 cup sugar
2 T. shortening	1 yeast cake
2 eggs beaten	1 t. salt

Add enough flour to make a dough. I make different kinds of rolls. Pakerhouse, clover leaf or just rolls. I have used this recipe all my married years and still do (56 years).

Mrs. Lena Snook

BANANA NUT BREAD

2 cups flour	1/2 cup sugar
3 t. baking powder	2 eggs, beaten
1/2 t. salt	1 cup mashed bananas
1 cup chopped nuts	1 t. lemon juice

Sift dry ingredients together, add nuts. Cream shortening and sugar. Beat eggs until light, add bananas and lemon juice. Add flour mixture stirring until flour is moistened. Bake in greased loaf pan in moderate oven 375°, 1 hour 15 minutes.

Drucilla Hillhouse

BANANA NUT BREAD

1/2 cup butter	1 cup sugar
2 eggs	3 mashed bananas

Cream butter, sugar and eggs then add bananas.

2 cups flour	1/4 cup maraschino cherries
1 t. soda	1/4 cup chocolate chips

Add to above mixture. Bake in a 350° oven 45 minutes.

Hilda Miller

BANANA NUT BREAD

1 cup sugar	1/2 cup shortening
2 eggs	1 t. soda
2 cups cake flour	1/2 cup chopped nuts
pinch of salt	3 medium sized bananas
1 t. vanilla	

Use egg beater to beat bananas. Cream shortening and sugar, add eggs one at a time and beat well. Add bananas, beat two minutes. Add flour, soda, salt and lastly add nuts and vanilla. Bake in loaf pan 45 minutes in 350° oven.

Lottie Nelson

PUMPKIN BREAD

3 1/2 cups flour	2 t. soda
2 cups sugar	2 cups pumpkin (1 can)
1 1/2 t. salt	4 eggs
1 t. cinnamon	1 cup melted Crisco (let cool)
1 t. nutmeg	Add nuts if desired
2/3 cup water	

Mix all together. Makes 3 loaves. Bake in 350° oven 1 hour.

Jessie Doss

BANANA NUT BREAD

1/2 cup shortening	2 cups sifted flour
1 cup sugar	3 teaspoons baking powder
2 eggs	1/2 teaspoon salt
1 cup mashed bananas	1/2 cup nut meats, chopped
1 tablespoon water	

Cream shortening and sugar together. Beat eggs until light and add mashed bananas and lemon juice. Blend with creamed mixture. Sift flour, baking powder and salt and mix gradually into banana mixture. Add nuts. Bake in greased loaf pan in moderate oven, 375° about 1 1/2 hours. Very good.

From my daughter, Mrs. Pauline Stanley, Akron, Colorado.

Hazel Wilson

BANANA BREAD

1 3/4 cup flour	8 medium bananas, mashed
2 t. baking powder	1/2 cup shortening
1/4 t. baking soda	2/3 cup sugar
1/2 t. salt	2 eggs

Set oven at 350°. Sift flour, baking powder, soda and salt together. Peel and mash bananas. Work shortening until creamy. Work in sugar, gradually. Beat eggs, one at a time, into creamed mixture. Stir in dry ingredients and bananas, alternately. Pour batter into a well greased loaf pan. Test bread with cake tester or toothpick.

Emma Cleo Price

DATE NUT BREAD

1 cup chopped dates	1 t. vanilla
1 cup hot water	1/4 t. salt
1 t. soda	1 t. baking powder
3/4 cup sugar	1/2 cup nut meats (chopped)
1 egg	2 cups sifted flour
2 T. melted butter or margarine	

Mix together dates, soda and hot water. Let stand while mixing other ingredients. Beat egg, sugar and butter together, add the sifted ingredients, with date mixture. Add vanilla and nut meats. Bake in a loaf pan in a moderate oven 350° for 45 minutes. (Freezes very well).

Marie Boyce

DILLY CASSEROLE BREAD

Soften 1 pkg. dry yeast in 1/4 cup warm water. Combine in mixing bowl the following:

1 cup creamed cottage chesse, heated to lukewarm
2 T. sugar
1 T. minced onion
1 T. butter
2 t. dill seed
1 t. salt
1/4 t. soda
1 unbeaten egg and the softened yeast

Add 2 1/2 cups all purpose flour to form a stiff dough, beating well after each addition. Cover, let rise in greased bowl in warm place until double in size, about 60 minutes. Stir down dough. Turn into well greased 8" round casserole. Let rise until light (30 minutes). Bake in a 350° oven about 50 minutes or until golden brown. Brush with soft butter and sprinkle with salt. Cut in wedges like pie either hot or cold, spread with butter.

This recipe won \$2,500 in Pillsbury's 12th Bake Off.

Gladys Wolkins

CORN BREAD DELUXE

2 cups cornmeal
2 t. salt
4 T. sugar
4 T. flour
2 t. baking powder

Sift above ingredients into bowl. Add 2 cups boiling water, 4 T. shortening, 4 egg yolks (beat well) and fold in 4 stiffly beaten egg whites. Mix up quickly and pour in greased pan and bake at 400° for 25 minutes.

Drucilla Hillhouse

CRUSTY CORN BREAD

1 cup flour
1 t. salt
3 1/2 t. baking powder
2 T. sugar
1 cup white corn meal
1 egg, beaten
1 cup milk
1/4 cup melted shortening

Combine flour, salt, baking powder and sugar. Mix with corn meal then add egg, milk and shortening, pour in greased pans. Bake 25 to 30 minutes.

If you prefer less flour in your corn bread any part of the flour can be replaced with corn meal, making the recipe to your taste. Very good.

Mildred Anderson

BRAN FLAKE MUFFINS

1 cup sugar	1 cup milk
1 T. shortening (heaping)	2 t. baking powder
1 egg	2 cups of flour
1 cup bran flakes	

Bake at 375° for 25 minutes.

Mollie Dawson

NEVER FAIL DUMPLINGS

1 1/2 cup flour
2 t. baking powder
salt

Sift together 3 times

Beat 1 egg, add
1/2 cup milk

Stir in flour and drop by spoonfuls in boiling broth or fruit. Turn heat down and cover. Cook 10 minutes. Serve at once.

This recipe has been used for at least 3 generations and is always good. The cook book was printed in 1890.

Grace Nebitt

NEVER FAIL DUMPLINGS

1 1/2 cups flour	3/4 t. salt
2 t. baking powder	3/4 cup milk

Stir only until blended. Drop by spoonfuls into boiling chicken. Cook 10 minutes uncovered then ten minutes covered.

Mabel L. Byers

DOUGHNUTS 1896

1 egg	2/3 cup sugar
1 T. melted lard	1 t. soda
1 cup sour milk	nutmeg

Enough flour to make a soft dough, roll, cut and fry in deep fat. There are from my mother's sister.

Etta Olson

1 cup bran flakes
 1 egg
 1 T. shortening (heaping)
 2 T. baking powder
 1/2 cup of flour

Roll in between waxed paper and pat into shape. Bake at 375° for 25 minutes.

NEVER FAIL DUMPLINGS

1/2 cup milk
 Beat 1 egg, add
 Stir in flour and drop by spoonfuls in boiling broth or fruit. Turn heat down and simmer 10 minutes. Serve as once.

This recipe has been used for at least 3 generations and is always good. The cook was pleased to find it.

NEVER FAIL DUMPLINGS

1/2 cup milk
 Beat 1 egg, add
 Stir in flour and drop by spoonfuls into boiling water. Cook 10 minutes. Turn heat down and simmer 10 minutes. Serve as once.

NEVER FAIL DUMPLINGS

1/2 cup milk
 Beat 1 egg, add
 Stir in flour and drop by spoonfuls into boiling water. Cook 10 minutes. Turn heat down and simmer 10 minutes. Serve as once.

Mabel L. Byers

NEVER FAIL DUMPLINGS

1/2 cup milk
 Beat 1 egg, add
 Stir in flour and drop by spoonfuls into boiling water. Cook 10 minutes. Turn heat down and simmer 10 minutes. Serve as once.

PUFFY PLAIN CAKE

- | | |
|------------------------|-------------------------|
| 3/4 cup cake flour | 2 egg yolks |
| 1/2 t. salt | 1 t. vanilla |
| 2 1/2 t. baking powder | 1/2 cup evaporated milk |
| 1 cup sugar | 1/2 cup water |
| 1/3 cup lard | 2 egg whites |

Cream 1/4 cup sugar & shortening, extract, egg yolks and 1 t. milk and water mixture. When fluffy add flour and rest of liquid starting with flour. Beat 2 egg whites and add 1/4 cup sugar. Fold this stiff meringue into batter and pour into two layer cake pans. Bake 20 to 25 minutes at 325° oven.

Brucilla Willhouse

THE BREAD'S CAKE

- | | |
|------------------|------------------------|
| 1 1/2 cups sugar | 1/2 t. cream of tartar |
| 1/2 cup water | 1/4 t. salt |
| 8 egg whites | 1/2 t. vanilla |
| 8 egg yolks | 1/2 t. lemon flavoring |
| 1 cup cake flour | |

Boil water & sugar in 2 quart saucepan. Pour over the stiffly beaten egg whites, beating until cool. Add the well beaten egg yolks, cream of tartar and salt which have been sifted together. Add flavoring and bake in an ungreased angel food cake pan in moderate oven for 1 hour.

Cakes

This recipe was used by my mother-in-law many years before I became a part of the family.

Pearl Brown

LEMON CAKE

- | | |
|----------------------------|---|
| 1 box lemon jello | 1 t. lemon flavoring |
| 1 cup hot water (let cool) | 1 box lemon cake mix (use plain yellow) |
| 2 eggs | 6 wt. cooking oil |

Mix in jello. Bake as usual over 40 minutes. Punch holes in top of cake with fork.

Mix juice of 2 lemons with 2 cups powdered sugar. Spread on cake as usual.

Jessie Olson

FLUFFY PLAIN CAKE

3/4 cup cake flour	2 egg yolks
1/2 t. salt	1 t. vanilla
2 1/2 t. baking powder	1/3 cup evaporated milk
1 cup sugar	1/3 cup water
1/3 cup lard	2 egg whites

Cream 3/4 cup sugar & shortening, extract, egg yolks and 2 T. milk and water mixture. When fluffy add flour and rest of liquid starting with flour. Beat 2 egg whites and add 1/4 cup sugar. Fold this stiff meringue into batter and pour into two layer cake pans. Bake 20 to 25 minutes at 325° oven.

Drucilla Hillhouse

THE BISHOPS CAKE

1 1/2 cups sugar	1/2 t. cream of tartar
1/2 cup water	1/4 t. salt
6 egg whites	1/2 t. vanilla
6 egg yolks	1/2 t. lemon flavoring
1 cup cake flour	

Boil water & sugar to the thread stage. Pour over the stiffly beaten egg whites and continue beating until cool. Add the well beaten egg yolks then flour, cream of tartar and salt which have been sifted together. Add flavoring and bake in an ungreased angel food cake pan in moderate oven for 1 hour.

This recipe was used by my mother-in-law many years before I became a part of the family.

Pearl Evans

LEMON CAKE

1 box lemon jello	1 t. lemon flavoring
1 cup hot water (let cool)	1 box lemon cake mix (can use plain yellow)
4 eggs	6 oz. cooking oil

Mix in jello. Bake in 350° oven 40 minutes. Punch holes in top of cake with fork.

Mix juice of 2 lemons with 2 cups powdered sugar. Spread on cake at once.

Jessie Doss

AUNT MARY'S SPONGE CAKE

2 cups bread sponge 1 package raisins
3 eggs 2 teaspoons soda, cinnamon & cloves
2 cups sugar salt to taste
1 cup shortening(butter & lard)

Mix to good batter, put in greased & floured stem pan. Leave set 1 hour then bake in moderate oven.

This was handed down by my Father's oldest sister in the early 1900's. We have made it many times and it is so good.

Etta Olson

MARDI GRAS PARTY CAKE

Melt:

2/3 cups butterscotch morsels in 1/4 cup water

Cool.

Sift together:

2 1/4 cup flour
1 t. salt
1 t. soda
1/2 t. baking powder(set aside)

Add:

1 1/4 cup sugar to
1/2 cup shortening (butter or oleo)

Cream well the sugar & shortening. Blend in 3 unbeaten eggs one at a time. Blend in butterscotch morsels & mix well. Add the dry ingredients alternately with 1 cup buttermilk or sour milk. (with electric mixer use low speed)

Turn into 2-9 inch round layer pans well greased and floured on bottoms only. Bake at 375° for 25 to 30 minutes. Cool.

Spread filling between layers and on top to within 1/2 inch of edge. Frost sides and top edge with Sea Foam frosting or whipped cream.

BUTTERSCOTCH FILLING

Combine:

1/2 cup sugar 1/3 cup butterscotch morsels
1 T. cornstarch 1 beaten egg yolk (you may omit
1/2 cup evaporated milk the water & use 1 whole egg.)
1/3 cup water

Cook, stirring constantly until thick. Remove from heat. Add 2 T. butter, 1 cup cocoanut and 1 cup walnuts (chopped). Cool.

Gladys Wolkins

SEA FOAM FROSTING

Combine in sauce pan 1/3 cup sugar, 1/3 cup brown sugar. Cook to soft ball stage. Meanwhile beat 1 egg white with 1/4 t. cream of tartar to stiff peaks. Add syrup to egg white in slow steady stream beating constantly until thick enough to spread.

Gladys Wolkins

SOUR CREAM SPICE CAKE

1 1/2 cup sugar	1 t. soda
2 eggs	1 t. vanilla
2 cups flour (sifted)	2 t. cinnamon
1 1/2 cups sour cream	

Bake 25 to 30 minutes.

Ethel Irwin

BANANA CAKE

3/4 cup butter	
1 1/2 cup sugar	
Cream butter and sugar and then add the following:	
2 eggs	1/2 cup sour milk with 1 T. soda
1 cup mashed bananas (ripe)	2 cups flour
1 t. vanilla	1/2 cup raisins or walnuts
1/2 T. salt	

Bake 40 minutes in 350° oven.

Mollie Dawson

NOBLEY APPLE CAKE

3 T. margarine	1 cup sifted flour
1 cup sugar	3 cups diced apples
1 egg (beaten)	1/2 cup chopped nuts
1 t. soda	1 t. vanilla
1/2 t. salt, nutmeg & cinnamon	

Cream margarine & sugar, add egg, mix well and add dry ingredients. Stir in diced apples so they hold their shape. Add nuts and vanilla. Bake in 8x8x2 pan at 350° for 40 minutes. Serve with or without whipped cream or ice cream.

Martha Gray

OATMEAL CAKE

1 cup quick oatmeal	2 eggs
1 1/4 cup boiling water	1 1/2 cup flour
1 stick oleo	1 tsp. cinnamon
1 cup brown sugar	1/2 tsp. nutmeg
1 cup white sugar	1 teaspoon soda

Bake at 350°.

FROSTING

1 cup sugar	4 tablespoons cream
4 tablespoons butter	

Bring to a boil and add:

1 cup cocoanut

1 cup nuts

Spread on top of cake, place under broiler till brown.

Zeta Hurst

NEW FRUIT COCKTAIL CAKE

1 1/2 cup flour	1 teaspoon vanilla extract
1 tablespoon butter or oleo	1 teaspoon almond extract
1 cup sugar	1 egg slightly beaten
3/4 teaspoon salt	1 can (1 lb.) fruit cocktail
1 teaspoon soda	1/2 cup nutmeats, chopped

3/4 cup brown sugar
1 tablespoon butter or oleo
1 tablespoon flour
1/2 cup nut meats

Combine the first nine ingredients in the order given. Grease and flour a pan 11x7x1 1/2. Sprinkle nut meats on bottom of pan. Then add batter. Combine brown sugar, additional butter and flour thoroughly then sprinkle over cake batter. Bake at 350° for 40 minutes or until done. Makes 12 servings. Serve with dream whip or whipped cream or cool whip.

Zeta Hurst

BLACKBERRY CAKE

2 cups sugar	1 cup canned blackberries
1 1/2 cups butter	2 teaspoons cinnamon
3 cups flour	6 tablespoons sour milk
6 eggs	2 scant teaspoons soda

Bake in layers and put together with white frosting.

"Glenwood Cookery"
Methodist Church, 1905

JAM CAKE

1 cup sugar	1 3/4 cup flour
1/2 cup butter or oleo	1 cup jam
1/2 cup heavy sour cream	1 teaspoon each soda, cinnamon, nutmeg, and cloves
3 eggs	

You can use any kind of jam. We prefer blackberry or strawberry.

This cake has been a favorite in our family for many years and was known as Aunt Sallie's (my mother) cake. We picked and made our own blackberry jam.

It was also the first cake I ever baked. I was about 9 years old and had very good luck. We cut a piece of it and sent to a special cousin that was working in Omaha.

Mrs. Zeta Hurst

FRUIT CAKE 1900

1# butter	1# almonds
1# granulated sugar	1# English walnuts
1# brown sugar	1# figs
2# seeded raisins	1/2# coconut
2# seeded currants	6 eggs
3 coffee spoons baking powder	1/4# citron
1 coffee spoon soda dissolved in water	
1 pint molasses	
1 1/2 pints coffee	
2 t. each allspice, nutmeg	
3 t. cinnamon	

Enough flour to make a stiff batter. Put citron and figs through grinder. Bake in loaf pans in medium hot oven 2 1/2 hours. Makes 5 cakes.

My mother baked these cakes since 1900. It was given to her by an elderly neighbor. Wrap cakes in wax paper and store in stone jars, will keep good more than a year, if left alone.

Etta Olson

PLAIN DARK CAKE

1 cup sugar	1/2 cup sour milk
1/2 cup lard	1 t. soda
4 eggs (yolks)	2 cups flour
1/2 cup sorghum	spices to taste

Cream shortening & sugar. Add eggs beaten well. Add sorghum then sour milk with soda. Sift flour & spices. Bake in loaf pan in slow oven. Taken from one of Mother's cook books age unknown.

Adel Saalfield

GRANDMOTHER'S MARBLE CAKE

Light Part

1 1/2 cup sugar
1/2 cup butter
1/2 cup sweet milk
2 cups flour
4 egg whites
1 t. baking powder

Dark Part

1/2 cup sorghum
1 cup sugar
1/2 cup butter
1/2 cup sour milk
2 1/2 cups flour
1/2 t. baking powder
4 egg yolks
1/2 t. soda

This recipe dates back sometime before 1900. How much I do not know. It was passed down from Grandmother Kunzie.

Adel Saalfield

MAYONNAISE CAKE

1 cup sugar
2 cup sifted flour
2 teaspoons soda
2 tablespoons cocoa

1 cup salad dressing
1 cup cold water
vanilla

Geneva Moran

SALAD DRESSING CAKE

3/4 cup salad dressing
1 cup sugar
2 cups flour
1 1/2 t. soda

1 cup cold water
1 t. vanilla
3 T. cocoa
pinch of salt

Mix and bake at 350° for 35 minutes.

Martha Gray

COCOA CAKE

Cream:

2 cups sugar
2 T. butter

Add:

1 1/3 cups sour cream or milk
1 t. soda

2 t. baking powder
3 cups flour
3 heaping T. cocoa
2 eggs
1 t. vanilla

This recipe was copied out of an old M. E. Cook Book that I found after a tornado struck and destroyed a farm house Northeast of Glenwood in March 1913, Easter Sunday. Mrs. Marshall has been deceased for many years. I sometime use this recipe when I make a cake from scratch.

Mabel L. Byers

WACKY CAKE

1 1/2 cups sifted flour	6 T. oil
1 cup sugar	1 t. vanilla
3 T. cocoa	1 t. vinegar
1 t. soda	1 cup cold water
1 t. salt	

Sift together into an ungreased 8 x 8 cake pan all dry ingredients. With a spoon make 3 wells in mixture. In one put oil, in one put vanilla and in the other the vinegar. Over all pour 1 cup cold water. Stir with a fork until all ingredients are moist. Do not beat. Bake 30 minutes at 350° oven. This makes an amazingly moist and tasty cake.

This recipe was used in my home when I was a young girl in Nebraska and in our home when the children were growing up.

Edna Proctor

VIVID RED CAKE OR WALDORF ASTORIA

1/2 cup butter	2 1 oz. bottles red food coloring
1 1/2 cup sugar	2 heaping Tablespoons cocoa
1 cup buttermilk	2 eggs
1 tsp. soda	1 tsp. salt
2 1/4 cup cake flour	1 tsp. vanilla
1 T. vinegar	

Cream butter, sugar and eggs. Make a paste of cocoa and food coloring. Add to first mixture. Add buttermilk alternately with flour, salt & vanilla. Add soda to vinegar. Blend in rest of ingredients. Bake 25 to 30 minutes 350° oven. Put in 2, 9 inch pans. Slice each layer into 4.

Ruth Wilkinson
Leona Dusenberry

FROSTING

3 tablespoon flour	1 cup butter
1 cup milk	1 cup sugar

Cook flour with milk till real thick stirring constantly. Cool to room temperature. Cream butter and sugar and vanilla till real fluffy. Blend well together with spoon until consistency of whipped cream. Frost Vivid Red Cake and put in refrigerator.

Leona Dusenberry

OLD FASHION GINGER BREAD

1/2 cup white sugar 2 eggs (well beaten)
1/2 cup shortening (margarine) 2 cups flour
1 cup molasses or sorghum 1 t. each cinnamon, cloves, ginger
1 cup hot water & allspice
1 t. soda

Cream sugar and shortening together, add beaten eggs, molasses. Add spices to flour, beat well. Last add cup hot water with soda. Bake at 350° oven for about 40 minutes. Serve with whipped cream.

This recipe has been in our family over 75 years.

Marie Boyce

MUSTER DAY GINGER BREAD

1 cup molasses (light preferred) 1 t. ginger
2 T. butter (large) 1/2 t. salt
1 t. soda (dissolved in 3 T. of 2 cups flour
boiling water)

Knead well but not hard. Bake quickly. Roll in sheets and mark with a fork. Makes 2 sheets. After baking, wet the top of the ginger bread with 3 t. milk mixed with 3 t. molasses while bread is hot. This produces a glaze.

Sold by food peddlers at the N. H. Muster and Training between 1800 and 1850. The finished product is a glazed sheet of crisp, cookie-like-pastry. Delicious served with a glass of cold milk. This ginger bread was served at the West during N. H. muster day on many occasions. This recipe is from a real old Almanac.

Anine L. Hansen

ANGEL FOOD CAKE

1 pint egg whites 5 oz. flour
14 oz. sugar 1/2 oz. cream of tartar
5 oz. corn starch

This was a recipe my husband had in World War I. He was a baker in the Navy.

Mrs. Beulah Wirth

SCRIPTURE CAKE

1 cup butter	Judges 5:25
2 cups sugar	Jeremiah 6:20
3 1/2 cups flour	1 Kings 4:22
2 cups raisins	1 Samuel 30:12
2 cups figs	1 Samuel 30:12
1 cup almonds	Genesis 43:11
1 cup water	Genesis 24:20
6 eggs	Isaiah 10:14
a little salt	Leviticus 2:13
1 Tablespoon honey	Exodus 16:31
Spice to taste	1 Kings 10:2
1 teaspoon soda	

In some places the cookbook is ones Bible or again the Bible is one's cookbook.

Mrs. Mae Hicks

*Scings
and
Billings*

WILSON ASTORIA ICEING

1 cup milk
1 t. vanilla
2 t. flour
1 cup butter

Coak flour and milk until thick stirring constantly. Cover sugar and butter and vanilla until fluffy.

With Milkhouse

BOILED CAKE ICING

1 cup sugar
1/2 cup water
1 t. vinegar
1 egg white

Boil sugar, water and vinegar till it threads then add the egg white that has been beaten.

Use Food

ICING

1 egg white
4 T. water
1 scant cup sugar
1/4 t. baking powder

Beat over the boiler until it starts to peak. Sprinkle treated coconut on top.

Milkhouse

*Icing
and
Fillings*

ICEING

1 tablespoon brown sugar
1 tablespoon butter
2 tablespoons light cream

Mix and bring to a boil. add powdered sugar and spread on cake.

Milkhouse

ICEING

3 T. brown sugar
2 T. cream

Put on stove and stir; let come to a boil. Take off and cool.

Milkhouse

WALDORF ASTORIA ICING

1 cup milk
1 t. vanilla
2 t. flour
1 cup butter

Cook flour and milk until thick stirring constantly. Cream sugar and butter and vanilla until fluffy.

Ruth Wilkinson

BOILED CAKE ICING

1 cup sugar
1/2 cup water
1 t. vinegar
1 egg white

Boil sugar, water and vinegar till it threads then add to egg white that has been beaten.

Eva Evans

ICING

1 egg white
4 T. water
1 scant cup sugar
1/4 t. baking powder

Beat over boiling water in double boiler until it stands in peaks. Sprinkle toasted cocoanut over top.

Drucilla Hillhouse

GOOD FROSTING

2 Tablespoons brown sugar
2 tablespoons butter
2 tablespoons light cream

Mix and bring to a boil. Add powdered sugar and spread on cake.

Geneva Moran

NEVER FAIL ICING

5 T. brown sugar
3 T. cream

Put on stove and just let come to a boil. Take off and cool.

Jessie Walter

MARSHMALLOW FROSTING

1 cup sugar
1/2 cup water

Boil above ingredients until it will thread. Beat one egg white and cut about 10 marshmallows into it, pour syrup slowly into this and beat.

Jessie Walter

QUICK TOPPING

For a quick cake topping combine:

1/2 cup light brown sugar
1/2 cup shredded cocoanut
1/2 stick butter or margarine (melted)
1/4 cup chopped nuts

Mix well and sprinkle over cake immediately after it is removed from oven. Broil one minute or until topping is bubbly.

Jessie Walter

WHIPPED BANANA TOPPING

Put into small bowl of electric mixer:

1 banana sliced
1 egg white (unbeaten)
1/8 t. salt
1/3 cup sugar
1/2 t. vanilla or 1 t. lemon juice

Beat on medium speed until fluffy and mixture will hold its shape (about 3 min.). Makes about 1 1/2 cups topping. Chill until ready to use. Should be used shortly after preparation.

Nice to top desserts or for gingerbread.

Anine L. Hansen

APPLE FILLING

Peel and slice green tart apples, put them on the fire with sugar to suit; when tender, remove, rub them through a fine sieve and add a small piece of butter. When cold, use to spread between the layers; cover the cake with plenty of sugar.

White House Cookbook

GOOD DIP FOR PLAIN CAKE

1 pkg. vanilla pudding & pie filling
1/4 t. salt
1 1/4 cup water
1 pkg. frozen raspberry or strawberry or any kind of fruit can be used
2 t. lemon juice
1 T. butter

Combine all. Cook over medium heat till mixture comes to full boil and is thickened. Stir in lemon juice and butter. Can be served hot or cold. Thaw fruit first.

Jessie Doss

ICE CREAM FILLING

Make an icing as follows: Three cups of sugar, one of water; boil to a thick, clear syrup, or until it begins to be brittle; pour this, boiling hot, over the well beaten whites of three eggs; stir the mixture very briskly, and pour the sugar in slowly; beat until cool. Flavor with lemon or vanilla extract. This, spread between any white cake layers, answers for "Ice Cream Cake."

White House Cookbook

PEACH-CREAM FILLING

Cut peaches into thin slices, or chop them and prepare cream by whipping and sweetening. Put a layer of peaches between the layers of cake and pour cream over each layer and over the top. Bananas, strawberries or other fruits may be used in the same way, mashing strawberries and stewing thick with powdered sugar.

White House Cookbook

CHOCOLATE CREAM FOR FILLING

Five tablespoonfuls of grated chocolate, enough cream or milk to wet it, one cupful of sugar, one egg, one teaspoonsul vanilla flavoring. Stir the ingredients over the fire until thoroughly mixed, having beaten the egg well before adding it; then add the vanilla flavoring after it is removed from the fire.

White House Cookbook

LEMON JELLY FILLING

Grate the yellow from the rind of two lemons and squeeze out the juice; two cupfuls of sugar, the yolks and whites of two eggs beaten separately. Mix the sugar and yolks, then add the whites and then the lemons. Now pour on a cupful of boiling water; stir into this two tablespoonfuls of sifted flour, rubbed smooth in half a cup of water; then add a tablespoonful of melted butter; cook until it thickens. When cold, spread between the layers of cake. Oranges can be used in place of lemons.

Another filling of lemon (without cooking) is made of the grated rind and juice of two lemons and the whites of two eggs beaten with one cup of sugar.

White House Cookbook

BANANA FILLING

Make an icing of the whites of two eggs and one cup and a half of powdered sugar. Spread this on the layers, and then cover thickly and entirely with bananas sliced thin or chopped fine. This cake may be flavored with vanilla. The top should be simply frosted.

White House Cookbook

FIG FILLING

Take a pound of figs, chop fine, and put into a stewpan on the stove; pour over them a teacupful of water and add a half cup of sugar. Cook all together until soft and smooth. When cold spread between layers of cake.

White House Cookbook

NO BAKE COOKIES

- 1 cup sugar
- 1 cup white syrup
- 1 lb. jar peanut butter
- 4 cups Special T cereal
- 2 pkg. buttered chips
- 1 pkg. chocolate chips

Mix well and drop on wax paper.

Maggie Boyton

NO BAKE COOKIES

- 3 cups quick oats
- 1 T. cocoa
- 1/2 cup coconut

Mix 2 above ingredients in large bowl.

In a sauce pan put the following:

- 1 cup sugar
- 2 sticks butter or oil
- 1/2 cup milk

Bring to a boil and boil one minute to make a thick sauce. Then pour over oatmeal and mix well. Drop quickly before it sets.

Cookies

Maggie Boyton

UNBAKED OATMEAL COOKIES

- 1 cup uncooked oatmeal (quick)
- 1 T. cocoa
- 1/2 cup coconut
- 1/2 cup chopped hot water

In a sauce pan bring to a rolling boil:

- 1 cup sugar
- 1/2 cup butter
- 1/2 cup milk

Pour over the oatmeal mixture. Mix well. Drop by spoonfuls on waxed paper. Cook and eat.

This was one of my mother's favorite cookie recipes.

Maggie Boyton

NO COOK COOKIES

1 cup sugar
1 cup white syrup
1 12 oz. jar peanut butter

4 cups Special K cereal
2 pkg. butterscotch chips
1 pkg. chocolate chips

Mix well and drop on wax paper.

Maggie Horton

NO BAKE COOKIES

3 cups quick oats
1 T. cocoa
1/2 cup coconut

Mix 3 above ingredients in large bowl.

In a sauce pan put the following:

1 cup sugar
1 stick butter or oleo
1/2 cup milk

Bring to a boil and boil one minute to make a thick fudge. Then pour over oatmeal and drop on wax paper. Work quickly before it sets.

Maggie Horton

UNBAKED OATMEAL COOKIES

3 cups uncooked oatmeal (quick)
3 T. cocoa
1/2 cup coconut
1/2 cup chopped nut meats

In a sauce pan bring to a rolling boil:

2 cups sugar
1/2 cup butter
1/2 cup milk

Pour over the oatmeal mixture. Mix well. Drop by spoonfuls on waxed paper. Cook and eat.

This was one of my mother's favorite cookie recipes.

Mabel Rowe

BUTTERSCOTCH DROPS

2/3 cup shortening	2 t. baking powder
1 cup brown sugar	1/4 cup milk
2 eggs	1/2 cup coconut
2 cups flour	flour

Cream together shortening, sugar and eggs. Combine other ingredients alternately with 1/4 cup milk. Bake in a 350° oven for 10 to 12 minutes.

DeEtta Lightfoot

RANGER COOKIES

1 cup shortening	2 cups flour
1 cup white sugar	1/2 t. baking powder
1 cup brown sugar	1 t. soda
2 eggs	1/2 t. salt

Cream shortening and sugar, blend eggs and dry ingredients sifted together, then add:

1 t. vanilla	1 cup coconut
2 cups corn flakes	1 pkg. chocolate chips

Batter is very stiff. Drop by spoonfuls or make little balls. Makes 60 cookies. They are delicious and keep fresh for a long time.

Laura Etchison

SODA CRAX COOKIES

2 cups sugar
2/3 cup milk

Stir and bring to boil 3 minutes and remove from heat. Add 6 T. peanut butter(have ready) 28 finely crushed soda crax or 46 small size crax, 1 t. vanilla--chopped nuts. Drop at once by teaspoonfuls onto cookie sheet. Let sit until dry. No bake.

DeEtta Lightfoot

BUTTERSCOTCH PEANUT BUTTER COOKIES

2 (6 oz.) pkg. butterscotch chips
1/2 cup cream style peanut butter
4 1/2 to 5 cups of Special K

Melt the chips slowly in a heavy pan or double boiler. When melted add peanut butter stirring thoroughly. Remove from heat and stir in Special K or you can use corn flakes. Stir well and drop by teaspoonfuls on waxed paper. Refrigerate to harden.

Zeta Hurst

BANANA OATMEAL COOKIES

3/4 cup shortening (butter or oleo)
1 cup sugar
1 egg (beaten)
1 cup ripe mashed bananas
1 cup quick oats
1/2 cup chopped nuts
1 1/2 cups flour
1/2 t. soda
1 t. salt
1/4 t. nutmeg
1/2 t. cinnamon

Bake at 450°.

Marie Dalton

HONEY NUT COOKIES

1/2 cup butter
1/4 cup brown sugar
3/4 cup honey
2 cups flour
2 eggs
3 t. baking powder
1/4 cup milk
1 t. vanilla
1/2 t. lemon extract
1 cup chopped nuts

Mix well. Drop by teaspoonfuls on greased cookie sheet. Bake 15 minutes at 350°.

This is an old recipe. It was sent to me from a friend in Maine about 40 years ago.

Hazel Wilkinson

SNOW BALLS

2 cups sugar
1 cup sweet milk
1/2 cup butter
Pinch of salt
3 cups flour
2 t. baking powder
6 egg whites, only

Beat whites & fold in cake mixture. Bake in 350° oven.

Mrs. Mary Lubbe

CARROT COOKIES

1 cup soft shortening, part butter 2 cups all purpose flour
3/4 cup sugar 2 tsp. baking powder
1 cup mashed cooked carrots 1/2 tsp salt
2 eggs 3/4 cup shredded coconut

Mix shortening, sugar, carrots and eggs together thoroughly. Sift dry ingredients together and add to creamed mixture. Fold in coconut. Drop 2 inches apart on lightly greased baking sheet and bake until no imprint remains at 400° for about 8 to 10 minutes. Frost when cool. Yield about 4 dozen.

Icing: Blend together 1/3 cup soft butter and 3 cups powdered sugar. Stir in until smooth about 3 tablespoons of orange juice and 1 1/2 tablespoons grated orange rind.

Leona Dusenberry

SOFT SUGAR COOKIES

2 cups sugar 1 1/2 teaspoons soda
1 cup shortening 2 teaspoons baking powder
1/2 cup sweet milk 2 teaspoons cream of tartar
2 eggs scant teaspoon salt
1 1/2 teaspoons vanilla 5 cups flour

Cream sugar and shortening. Beat eggs and combine with creamed mixture. Sift dry ingredients together. Add the dry ingredients alternately with milk. Cookies may be dropped or rolled and cut.

Drucilla Hillhouse

GRANDMA'S SUGAR COOKIES

1 cup powdered sugar 1/4 t. baking soda
2 cups flour (unsifted) 1/2 t. cream of tartar
1 cup shortening 1 egg
1/2 t. salt 2 t. vanilla

Sift dry ingredients; cut in shortening as for pie crust. Add beaten eggs and vanilla. Form in balls. Roll balls in granulated sugar. Place in ungreased cooky sheet and flatten with tumbler bottom dipped in sugar. Bake 10-12 minutes at 375° until edges are golden. This makes 3 dozen.

Mae Hicks

SNICKER DOODLES COOKIE

1 cup shortening
1 1/2 cup sugar
2 eggs
1 teaspoon soda
1/2 teaspoon salt
2 3/4 cup flour

Cream shortening, sugar and eggs. Add dry ingredients. Make into small balls and roll in 2 teaspoons cinnamon and 2 teaspoons sugar. Bake at 400° , 8-10 minutes.

Mrs. Zeta Hurst

GINGER SNAPS

1 cup sugar
1 cup lard
1 cup sorghum

Mix above ingredients on stove and bring to boil and then add the following:

1 t. soda
1 T. ginger
flour enough to roll, cut and bake

Mother got this from Grandmother after she married into the family about 1897.

Adel Saalfeld

FILLED COOKIES

1 cup sugar
1 cup milk
1/2 cup shortening
1 egg
salt
nutmeg
vanilla
2 tsp. baking powder
1 tsp. soda
about 3 cups of flour

Roll out and cut cookies and put cooked fruit (prunes or apricots or what have you) on one cookie and put another cookie on top. Press edges together with fork and bake at 375° about 10 minutes.

For diabetics use sweet 10 equivalent to the sugar and use fruit sweetened with sweet 10 or use artificially sweetened fruit.

Mrs. W. R. Hiley

BUTTERSCOTCH BROWNIES

Melt 1/4 cup butter, add 1 cup brown sugar. Stir until sugar is melted. When mixture is partly cooled beat in 1 egg, 1/2 cup sifted flour, 1 tsp. baking powder, add 1 cup chopped black walnuts, 1 tsp. vanilla.

Stir only enough to mix. Bake 25 to 30 minutes in a 8 x 8 pan in a 325° oven. Tend to underbake and they will be chewy. Cut in squares. Double for larger recipe.

Madge Johnson

FRESH ORANGE SQUARES

1 cup brown sugar (packed)	1/3 cup finely cut peeled orange
1 egg	1/2 cup chopped walnuts
1 cup flour	

Mix together and bake in 9x9x2 in. greased pan. Bake in 350° oven 30 to 35 minutes. Mix 2 T. grated orange peel and 1/2 cup powdered sugar & 2 t. water. Spread over the cake while warm.

Faye Butcher

OREO CHOCOLATE COOKIES

8 oz. pkg. of dates	1 cup of cream (whipped) or
3/4 cup of water	1 pkg. Dream Whip
1/4 t. salt	1/2 cup nuts (chopped)
2 cups small marshmallows	

Cut dates in small pieces, add salt and 3/4 cup of hot water and cook until thickened then remove from stove, add marshmallows. Stir and let dissolve until cool. Add nuts last. The above must be very cold. Add 1 t. vanilla.

Butter a 8x8 square pan and put layer of crushed and rolled very fine cookie crumbs in bottom of pan. Then layer of cooked dates and marshmallows, then layer of whipped cream. Then repeat for second layer same as bottom and top with 1/4 cup of crushed cookie crumbs. Can be made the day before. Also can double the recipe for larger desserts.

Very rich and many calories but oh, so good!

Marie Boyce

OATMEAL CRISPIES

1 cup shortening	3 cups quick oatmeal
1 cup brown sugar	1 1/2 cup flour
1 cup white sugar	1 teaspoon salt, soda & vanilla
2 beaten eggs	1/2 cup chopped nuts

Thoroughly cream shortening and sugar. Add eggs and vanilla, beat well. Add sifted dry ingredients then oatmeal and nut meats. Mix well. Shape in rolls and wrap in wax paper and chill over night. Slice 1/2 in. thick and bake on ungreased cookie sheet in a 350° oven for 10 minutes. Makes 5 dozen

Zeta Hurst

SPICE BAR COOKIES

1 cup applesauce	1/2 cup raisins
1 teaspoon soda	2 1/2 cups flour
1 cup sugar	1/2 teaspoon vanilla
3/4 cup vegetable	1/4 teaspoon salt
2 1/2 cup flour	

Mix all together, spread on cookie sheet 13x9. Bake in a moderate oven. When cool frost with a thin layer of powdered sugar. You can serve with whipped topping as dessert.

Mrs. Mary Lubbe

CAROL CARRIE

1 cup butter
1 cup sugar
1 cup flour
1 egg
1/2 cup milk

Preheat oven to 350 degrees. Cream butter and sugar. Add eggs and vanilla. Sift flour and baking powder together and add to mixture. Mix well. Shape in rolls and place on parchment paper. Bake for 10 minutes. Let cool.

Apple Pie

Apple Pie Filling

1 cup apples
1 cup sugar
1/2 cup flour
1/2 cup milk
1/2 cup butter
1/2 cup vanilla
1/2 cup cinnamon

Mix all together. Add to pie crust. Bake in a moderate oven. When cool, top with a thin layer of powdered sugar. Can serve with whipped cream as dessert.

Apple Pie Filling

1 cup apples
1 cup sugar
1/2 cup flour
1/2 cup milk
1/2 cup butter
1/2 cup vanilla
1/2 cup cinnamon

Preheat oven to 350 degrees. Cream butter and sugar. Add eggs and vanilla. Sift flour and baking powder together and add to mixture. Mix well. Shape in rolls and place on parchment paper. Bake for 10 minutes. Let cool.

Preheat oven to 350 degrees. Cream butter and sugar. Add eggs and vanilla. Sift flour and baking powder together and add to mixture. Mix well. Shape in rolls and place on parchment paper. Bake for 10 minutes. Let cool.

Maria Carr

ROCK PUDDING

- 1/4 cup butter
- 1/4 cup brown sugar
- 1/4 cup molasses
- 1/2 cup sweet milk
- 1 1/2 cups flour
- 1 egg
- 1/3 t. ginger
- 1/2 t. cinnamon
- 1/2 t. soda
- 1/2 t. baking powder
- pinch salt

Beat the first three of butter, sugar & molasses. Add milk & egg. Stir in flour & spices.

CRISPY COOKIES

Drop 1 tsp. dough on greased 1 1/2 inch pyrex baking dish.

- 1 egg
- 1 cup sugar
- 1 cup sour cream (head)

- 1 1/2 cups flour
- 1/2 t. soda
- 1/4 t. salt
- 1/2 t. baking powder and less soda

Beat eggs, sugar & cream. Add flour & spices. Bake at 350° for 10-12 minutes. Serve with cream.

Desserts

Recipes handed down from my mother.

Clara Walker

HATTERSCOTCH BISCUITS

- 1 1/2 cups brown sugar
- 1/2 cup boiling water
- 1 t. butter
- 1/2 cup vanilla

- 1/2 cup white sugar
- 1/2 cup milk
- 1 t. (ground) butter
- 1 1/2 cups flour
- 2 tps. baking powder
- pinch of salt

Drop by spoonfuls into boiling water and bake 10 minutes.

Per Slice

BROWN PUDDING

1/4 cup butter
1/4 cup brown sugar
1/4 cup sorghum
1/2 cup sweet milk
1 1/2 cups flour
1 egg

1/4 t. cloves
1/2 t. cinnamon
1/2 t. soda
1/2 t. baking powder
pinch salt

Received from one of mother's friends. Date unknown.

Adel Saalfeld

RASPBERRY COBBLER

Empty 2 cans raspberries in 8x13 pyrex baking dish.

Combine: 1 egg
1 cup sugar
1 cup sour cream(beat)

Add: 1 1/2 cups flour
1/2 t. soda
1/4 t. salt
1/2 t. Baking powder and beat again

Pour over raspberries. Bake at 350 for 35 or 40 minutes. Serve with cream either whipped or plain.

Recipe handed down from my mother.

Gladys Wolkins

BUTTERSCOTCH DUMPLINGS

Make a syrup of the following:

1 1/2 cups brown sugar
2 1/2 cups boiling water
Let simmer 15 minutes.

1 T. butter
1/2 tsp. vanilla

Meanwhile make a batter of the following:

1/2 cup white sugar
1/2 cup milk
1 T. (rounding) butter

1 1/2 cups flour
2 tsp. baking powder
pinch of salt

Drop by spoonfuls into the boiling syrup and bake in moderate oven 20 minutes.

Mae Hicks

PEACH COBBLER

2 cups sliced fresh peaches	1 Tablespoon lemon juice
2/3 cup sugar	1 Tablespoon butter
2 tablespoons flour	1 recipe rich shortcake batter

Place peaches in greased baking dish. Sprinkle with mixture of sugar & flour, then lemon juice, dot with butter. Drop dough in six mounds over peaches. Bake in 425° oven 30 minutes. Serves six.

Recipe over 75 years old, used by my mother.

Hazel E. Wilson

DATE DESSERT

2 cups sugar	2 teaspoons baking powder
6 eggs	1/2 package dates, chopped fine
9 tablespoons soda craker crumbs	1 1/2 cups pecans, chopped

Beat egg yolks well, add sugar gradually. Beat well, add cracker crumbs, baking powder, dates and nuts. Whip egg whites very stiff, fold gently into other mixture. Bake in greased baking pan at 350° for 30 minutes. Serve with Lucky or Dream Whip.

Zeta Hurst

PINK SALAD DESSERT

2 3 oz. packages cream cheese	1 9 oz. can crushed pineapple
2 tablespoons mayonnaise	1/2 cup chopped nuts
1 lb. can whole cranberry sauce	1 cup whipping cream
1/4 cup sugar	

Soften cream cheese and blend in mayonnaise and sugar, mix well. Add fruit and nuts. Fold in whipped cream. Put in 9 in. square pan and freeze.

Zeta Hurst

FOOD FOR THE GODS

3 eggs beaten, light	1 cup English walnuts
1 scant cup of sugar	1 cup chopped dates
2 T. flour	1/2 t. baking powder

Bake 20 minutes and serve with whipped cream.

This recipe was passed down from an Aunt to Mother sometime around 1906.

Adel Saalfeld

CREAM PUFFS

1/2 cup butter or margarine 1 cup flour
1 cup boiling water 1/4 t. salt
4 eggs

Melt butter in hot water. Add flour and salt all at once and stir vigorously; cook, stirring constantly until mixture forms a ball. Remove from heat and cool slightly. Add eggs one at a time, beating vigorously after each addition until mixture is smooth. Drop from tablespoon 2 inches apart onto greased baking sheet. Bake in hot oven (450°) 15 minutes. Then to moderate oven 325° 25 minutes. Remove to rack and cool. When thoroughly cool cut side and fill with custard cream filling. Makes 1 dozen puffs.

Lena Snook

FROSTED DELIGHT

1 1/2 cups sifted cake flour 1 cup granulated sugar
1/2 t. salt 2 eggs
1 t. baking powder 1/2 t. vanilla
1/2 cup shortening

Sift flour, salt and baking powder. Cream shortening with sugar until fluffy, add eggs, vanilla and sifted ingredients. Mix well. Spread batter very thin on baking sheet. On this spread 1 cup brown sugar beaten in one egg white with 1 cup of chopped nuts added. Spread this over original mixture and bake in 325° oven for 30 minutes. Cut into squares. This is delicious.

This recipe was sent by a friend from Phoenix, Arizona.

Marie Dalton

OLD FASHIONED BREAD PUDDING

1/3 cup sugar 3 cups scalded milk
1 t. cinnamon 3 eggs (slightly beaten)
1/4 t. allspice 2 T. butter or margarine
1/4 t. ginger 3 cups cubed day-old bread
1/2 cup raisins

Heat oven to 350°. Combine sugar, cinnamon, allspice and ginger. Add scalded milk slowly to eggs. Mix well. Add sugar-spice mixture and butter or margarine; stir until sugar dissolves. Combine bread cubes and raisins in buttered 1 1/2 quart casserole. Pour custard mixture over mix. Place casserole in pan of water. Bake 1 hour or until a knife inserted in center comes out clean. Makes 6 servings.

Jessie Walter

YANKEE OATMEAL PUDDING WITH MAPLE SAUCE

Scald 1 quart milk and pour hot over 2 cups oatmeal, old style.
Let stand overnight.

Two hours before dinner beat together 3 eggs and add:

1/2 lb. suet chopped fine 1/2 cup sugar
1/4 lb. raisins (seeded are best) 1 t. salt
1/4 lb. currants 2 scant t. grated nutmeg

Stir into oatmeal and mix well. Tie pudding in a cloth, plunge into boiling water, cover, keep boiling for 2 hours. (If you are too modern for pudding bags use a double boiler)

Serve with Maple sugar sauce made as follows:

1/2 lb. maple sugar
4 T. hot water
1/4 lb. butter cut in small pieces

Crack sugar and let simmer until clear. Serve hot

This is real good. My grandmother used to make this once in a while.

Anine L. Hansen

MOUNTAIN DEW PUDDING

3 crackers (rolled) 2 eggs (yolks only)
1 pint of milk small piece of butter

Bake 1/2 hour, then take the whites of the eggs and beat to a stiff froth, add one cup of sugar, and put it on top and bake fifteen minutes.

Taken from Modern Home Cook Book and Home Physician by the Federal Book Co., New York in late 1800.

No Name

OLD FASHIONED PUDDING

2 cups milk (heat slowly)

Mix: 2 T. cornstarch, pinch salt, 1/2 cup sugar, 2 eggs (yolk)
1/2 cup milk. Stir into hot milk and stir until thick.

Beat whites with 2 T. sugar and 1/2 t. vanilla then fold into other mixture.

Hazel Bickett

NO BAKE CHEESE CAKE

For crust:

1/2 lb. graham crackers, crushed fine
1/4 lb. melted butter or oleo
1/4 cup powdered sugar

Mix together and line the bottom of an 8x10 pan with most of it, save a little back to sprinkle on top.

Dissolve 1 package of lemon jello in one cup of hot water, add small or medium can of crushed pineapple. Set aside to cool. Cream 3/4 cup sugar and 8 oz. package of Philadelphia cream cheese. Have a large can of carnation milk very cold and ice crystals formed around can. Whip the carnation milk and add to cream cheese and sugar mixture. Blend in jello and pour in pan on top of graham cracker crust and sprinkle rest of crackers on the top. Set in refrigerator until set.

You can use frozen strawberries and strawberry jello or any kind of fruit and jello. And now I make it so diabetics can eat it by leaving out the sugar and adding sweet-ten, equivalent of the amount of sugar, and using the artificially sweetened fruit or pie mixes,

Mrs. W. R. Hiley

STRAWBERRY DELIGHT

1 pkg. strawberry jello
1 cup hot water

Mix and add:

1 large or 2 small pkg. frozen strawberries

Let stand until slightly set then fold in 1 cup cream, whipped. Break angel food cake in small pieces. Put layer of cake in pan, add 1/2 strawberry mixture, then more cake, then rest of strawberry mixture. Chill overnite, cut in squares and serve.

Anna Hopp

A QUICK DESSERT

Place 1 half peach (canned) in a baking dish. Sprinkle brown sugar, a dash of butter on each peach half. Then sprinkle them with quick oatmeal and bake until bubbly. Serve with a dipper of Ice Cream.

Mrs. Cecile Ross

PIES

- 1 cup sifted flour
- 1 teaspoon salt
- 1 egg
- 1 egg yolk
- 1/2 cup cold water
- 1/2 cup vinegar

Mix flour and salt in mixing bowl. Cut in lard. Blend together egg, water and vinegar. Add to flour mixture. This yields 2 dozen crust pies or 4 single crusts. The pastry may be stored in waxed paper or foil and placed in refrigerator.

Brucille Hillhouse

PIES

- 1 cup flour
- 1/2 t. salt
- 1/2 cup shortening
- 2 or 3 T. water

Make 8 minutes in very hot oven, 475°. enough crust for 1-2 pies.

Willie Dawson

Pies

- 1 cup raisins
- 1 cup sugar
- 1 cup sour cream
- 2 eggs
- 1 t. cinnamon
- pinch salt

Very good.

Tom Wood

ONE-CRUST RAISIN PIE

- 1 cup sour cream
- 1 egg
- 1 t. butter
- 1 t. cloves
- 1 T. mustard
- 1 t. cinnamon
- 1 t. salt
- 1 cup sugar
- 1 cup raisins

Cook raisins in 1 cup water. Mix all other ingredients and add drained raisins. Four in baked pie shell.

This was my mother's recipe and she children liked it very much.

Leola Cook

NEVER FAIL PIE CRUST

3 cups sifted flour 5 Tablespoons cold water
1 teaspoon salt 1 teaspoon vinegar
1 cup lard or 1 1/8 cup shortening
1 egg beaten

Sift flour and salt in mixing bowl. Cut in lard. Blend together egg, water and vinegar. Add to flour mixture. This yields 2 double crust pies or 4 single crusts. The pastry may be wrapped in waxed paper or foil and placed in refrigerator.

Drucilla Hillhouse

PIE CRUST

1 cup flour 1/3 cup shortening
1/2 t. salt 2 or 3 T. water

Bake 8 minutes in very hot oven, 475°. Enough crust for 1-9 in. pie.

Mollie Dawson

SOUR CREAM PIE

1 cup raisins 3 eggs
1 cup sugar 1 t. cinnamon
1 cup sour cream pinch salt

Very good.

Eva Evans

SOUR CREAM RAISIN PIE

1 cup sour cream 1 t. cinnamon
1 egg 1 t. salt
1 t. nutmeg 1 cup sugar
1 t. cloves 1 cup raisins
2 T. cornstarch

Cook raisins in 1 cup water. Mix all other ingredients and add cooked raisins. Pour in baked pie shell.

This was my mother's recipe and we children liked it very much.

Jessie Doss

BANANA PIE

Make a banana pie with lower crust only. Bake the crust first then fill it with sliced bananas and powdered sugar. The fruit will soften sufficiently in a few moments. Cover the top with whipped cream and eat at once.

Tena VanRenan

BUTTER MILK PIE

Beat together a heaping cup of sugar and four eggs. Add a half cup of butter, beat thoroughly, and add one and a half pints of fresh buttermilk (country). Line the pie tins with crust. Slice an apple thin and lay in each pie, fill the crust with the mixture and bake with no upper crust.

Tena VanRenan

GERMAN SWEET CHOCOLATE PIE

4 oz. pkg. Baker's sweet chocolate	2 eggs
1/4 cup butter	1 t. vanilla
1 2/3 cup evaporated milk	1 1/2 cups flake coconut
1 1/2 cups sugar	1/2 cup chopped pecans
3 T. corn starch	
1/8 t. salt	

1 unbaked 10 inch pie shell

Melt chocolate with butter over low heat stirring until blended. Remove from heat; gradually blend in milk. Mix sugar, corn starch and salt thoroughly. Beat in eggs and vanilla, gradually blend in chocolate mixture. Pour into pie shell.

Combine coconut and nuts. Sprinkle over fillings. Bake at 375° for 45 minutes. Filling will be soft but will set while cooling. Cool at least 4 hours before cutting.

Edith Delevan

MOCK APPLE PIE

2 crust pastry	1 1/2 cup sugar
1 1/2 cup water	

Combine and boil 2 minutes; let cool. Break 16 soda crackers into bottom crust. Pour cool liquid over top and place top crust over. Bake at 425° 30 to 35 minutes.

Mae Hicks

CHOCOLATE CHIP PIE

Melt 33 marshmallows in 1/3 cup milk using double boiler. Cool. Chop 2 or 3 ounces of chocolate chips. Whip 1/2 pint cream. Add all together and put in baked pie shell. Place in refrigerator to set. Serves 6. Delicious.

Zeta Hurst

RITZ CRACKER PIE

3 egg whites, stiffly beaten	1 cup pecans
1/2 teaspoon baking powder	20 Ritz crackers, crushed
1 cup sugar	1 teaspoon vanilla

Pour into greased pie tin. Bake 30 minutes at 350°. Cool. Cover with whipped cream. (Delicious).

Zeta Hurst

For Pumpkin Pies: Honey meringue made with 1 egg white and 1/2 cup honey. Place in mixer bowl and beat using high speed until mixture resembles seven minute icing. Use as a meringue topping and bake.

Crushed nut brittle adds a delicious flavor to pumpkin pie. Sprinkle over the surface of the pie when it is removed from the oven.

Adding one or two beaten egg whites to the pumpkin custard before it is baked adds a light touch to the finished product.

- 2 T. butter
- 1/2 cup milk
- 1 1/2 cups milk
- 1 egg
- 1 small package of noodles
- 1 small package of butter
- 1/2 c. parmesan
- 1/2 c. parmesan

Make a white sauce of butter, milk, flour and seasoning. Add cheese and stir until smooth. Place noodles, sliced beef and onion in greased baking dish, cover with cheese sauce and bake at 400° for 20 minutes. Serve hot. Cheese may be omitted if desired.

Mildred Anderson

MEATS AND SAUCES

- 1/2 cup chopped onion
- 2 T. butter or margarine
- 1 cup condensed cream of mushroom soup
- dash of pepper
- 1/2 cup milk
- 1 egg
- 2 English muffins, split, toasted and buttered

In medium skillet cook onion in butter or margarine till tender, but not browned. Add milk and pepper. Gradually add milk, stirring constantly. Reduce heat and simmer till soup thickens. Cover over low heat for 15 minutes or till egg is cooked. Place each egg on an English muffin half and top with soup. Sprinkle with whipped parmesan.

*Meats
and
Casseroles*

POT LUCK MEAT

- 1 lb ground beef
- 1 1/4 cup uncooked elbow macaroni
- 1 onion (medium sliced)
- 2-3 oz. can tomato sauce
- 1 2/3 cup uncooked kidney beans
- 1/4 c. salt
- dash pepper
- 1/2 c. grated parmesan
- 1 cup grated cheese

Cook macaroni in salted water, drain and rinse. Brown beef and chopped onion in a little hot fat, add tomato sauce and cook until beef is tender. For 15 minutes add rest of ingredients. Pour into greased casserole and sprinkle cheese on top. Bake in 375° oven for 20 minutes.

Maria Salvo

TUNA AND NOODLE CASSEROLE

3 T. butter	1 small package of noodles
2 T. flour	1/4 t. pepper
1 1/2 cups milk	1/2 t. paprika
1 small can mushrooms	1/2# American Cheese (grated)
1 small package of noodles	

Make a white sauce of butter, milk, flour and seasoning. Add cheese and stir until smooth. Place mushrooms, flaked tuna and noodles in greased baking dish, cover with cheese sauce and bake at 400° for 20 minutes. Serves 6. Cheese may be omitted if desired.

Mildred Anderson

POACHED EGG AL A KING

1/2 cup chopped onion	1/2 cup milk
2 T. butter or margarine	6 eggs
1 can condensed cream of chicken soup	3 English muffins, split, toasted and buttered
Dash of pepper	

In medium skillet cook onion in butter or margarine till tender, but not brown. Stir in chicken soup and pepper. Gradually add milk, blending well. Bring to boiling, reduce heat and gently slip eggs into sauce. Cook, covered over low heat for 15 minutes or till eggs are set. To serve, place each egg on an English muffin half. Top with sauce. Sprinkle with snipped parsley.

Blanche May

POT LUCK DISH

1# ground beef	Dash pepper
1 1/4 cup uncooked elbow macaroni	
3 onions (medium sized)	1/2 t. chili powder
2-8 oz. cans tomato sauce	1 cup grated cheese
1 2/3 cup undrained kidney beans	
3/4 t. salt	

Cook macaroni in salted water, drain and rinse. Brown beef and chopped onions in a little hot fat, add tomato sauce and cook gently for 15 minutes then add rest of ingredients. Pour into greased casserole and sprinkle cheese on top. Bake in 375° oven for 20 minutes.

Marie Dalton

SOUTHERN BEANS & FRANKS

- 1 can (1b) beans & franks in tomato sauce
- 2 t. honey
- 1 t. mustard
- 1/2 t. grated orange rind

Combine all ingredients and heat.

Gladys Wolkins

HAMBURGER SOUP

Brown 1 lb. hamburger, 2 onions in 3 tablespoons oleo. Add 2 cups grated carrots, 2 cans cream of celery soup and 1 tall can V-8 vegetable juice. Cook slowly about 45 minutes.

Especially good if you add 1 can cream chicken soup and 1 cup grated cabbage.

Hazel Bickett

SPANISH RICE

- | | |
|----------------------------|-------------------|
| 1 cup rice cooked & salted | 1/2# cheese |
| 1 pt. tomato juice | 2 onions |
| 2 eggs beaten | 3 t. chili powder |

Top with sliced bacon. Bake in 350° oven about 30 minutes.

Etta Olson

AUNT POLLY'S POT PIE

Over 100 years ago when Aunt Polly didn't have much to cook, she would make what we called Aunt Polly's Pot Pie. Slice potatoes and one onion, cook till nearly done. Add salt, pepper and butter then drop in some dumplings.

Hazel Surface

HOBBLE GOSH

- | | |
|----------------------|------------------------------|
| 1/2 pound hamburger | Salt |
| 1 green pepper | 1 cup elbow macaroni, cooked |
| 1 onion (good sized) | |

Fry first four ingredients and add to macaroni and cook a few minutes. Add tomatoes if desired.

Drucilla Hillhouse

CORN SOUFFLE

6 cups whole kernel corn 3 T. sugar
3 beaten eggs 2 T. flour
2 cups milk 1 t. salt
2 t. melted butter

Mix all together. Put in 8x8 pan. Bake 30 minutes in a 325° oven. Put chopped parsley on top before baking.

Drucilla Hillhouse

FANCY INSTANT POTATOES

2 cups instant potatoes—prepared but omit milk and butter
1 cup cottage cheese 1/4 t. garlic salt
1/2 cup sour cream salt and pepper as desired
3 T. onion 3 egg yolks beaten slightly
1 t. minced parsley 3 stiff beaten whites

Add all but fold in egg whites last. Bake in a 350° oven for 45 minutes.

Hazel Bickett

CORN & BEANS WITH CHEESE

2 cups fresh, frozen or 1 T. cream
 canned green beans 1/4 t. salt
1 can (12 oz.) whole kernel corn
1/3 cup pasteurized cheese spread
Dash pepper

Cook and drain beans. Drain and add corn, simmer until hot. Add cheese spread, cream, salt and pepper. Stir until cheese mixture is blended throughout.

Jessie Walter

SPANISH MEAT BALLS

1# hamburger 1 t. chili powder
1/2 # sausage 1 egg
2/3 cup uncooked rice(quick) 1 onion
2 t. salt

Mix and make into balls, size of egg. Put in pan for oven and pour over them 1 pint tomatoes and 1 1/2 quart water. Bake in 325° oven about 1 hour.

Etta Olson

SOUPER MACARONI

1/2 cup ground cooked ham	1/2 cup milk
1/4 cup onion	1 cup grated cheese
2 T. butter	2 cups cooked macaroni
1 can condensed cream of mushroom soup	2 T. buttered bread crumbs

Lightly brown ham and onion in butter. Stir in soup, milk and 3/4 cup cheese. Heat until cheese melts, stir. Blend the sauce with cooked macaroni. Pour into 1 1/2 qt. casserole. Sprinkle cheese & crumbs on top. Bake at 350° for 30 minutes.

Gladys Wolkins

CHICKEN & RICE CASSEROLE

1 1/2 cups rice	1 chicken cut up & salted & pepper
2 1/2 cups water	2 cans mushroom soup
1 package Lipton's soup	milk to dilute

Spread rice in 13 by 9 in. casserole. Add water and sprinkle water over this. Place chicken, skin side up. Dilute mushroom soup and spread over chicken. Cover with foil. Bake 2 hours at 350°.

DeEtta Lightfoot

ONE DISH MEAL

Here is a good one dish meal. Take the remains from a leg os lamb roast beef or roast pork, chicken or turkey. Grind your left over meat with one onion.

Place in bottom of buttered baking dish. If there is any gravy left put it in also. On top of this pour the contents of a can of yellow corn, salt and pepper. Then fill the dish with mashed potatoes which should beprepared at the start. Left overs can be used if enough. Dot top with butter here and there.

Place in medium oven until top is browned. Serve with green salad and you have a complete meal. Men especially like this.

Anine L. Hansen

A GOOD WAY TO COOK EGGS

Heat and grease muffin irons, take a dozen eggs, break an egg in each muffin ring. Put pepper, salt and a lump of butter on each, then put in the oven. As soon as it is slightly browned, remove with fork. Dish and send to table hot.

No name given

OYSTER LOAF

Buy a large loaf of French bread but unsliced white bread will do, 2-3 dozen oysters, depending on size of oysters and loaf. Slice away the top of the loaf of the loaf about 1/2 inch thick. Remove the bread from the exterior so that the crust is all that is left. Rub the crumbs fine and set them aside. Dredge the oysters in cornmeal, into which a teaspoon of baking powder has been blended and fry in deep fat-400 for 50-55 seconds. Drain. Rub a baking pan with a clove of garlic. Melt 1/4 lbs of butter in the pan, brown the crumbs in this, season with celery seed or celery salt. Mix oysters and crumbs, stuff into crust pour oyster liquor over them and replace top of loaf and bake at 350° for 1/2 hour.

Mrs. Clara Benedict

MAID RITE HAMBURGER

2# hamburger	1 cup chopped onion
1 cup water	salt and pepper

Simmer for 20 minutes. Add 1 cup oatmeal that has been soaked in 1/2 cup water and 1 cup tomato juice. Add 1 cup of catsup and simmer for a short time.

Anna Royston

SALMON LOAF

1 lb. can salmon	1 tablespoon flour
1 cup bread crumbs	1 teaspoon salt
1 egg well beaten	1/2 teaspoon pepper
1 cup milk	Few drops of vinegar or lemon juice

Remove skin and bones from salmon and combine with other ingredients. Pour into greased baking dish and bake in moderate oven.

Drucilla Hillhouse

MEAT LOAF DELUXE

1# ground cured ham	1 egg (beaten)
1/2 # ground fresh pork	1 cup cracker crumbs or bread
1 1/2# ground beef	1 cup milk
1 t. salt & dash of pepper	

Combine and mix well. Shape into loaf pan. Bake at 350° in oven for 1 hour.

Marie Dalton

EVERY DAY MEAT LOAF

2/3 cups dry bread crumbs	1/2 cup grated onion
1 cup milk	1 teaspoon salt
1 1/2 lbs ground beef	1/2 teaspoon pepper
2 eggs, beaten	1/2 teaspoon sage

Soak bread crumbs in milk, add meat, eggs, onion and seasonings. Mix well and form in loaf and put in greased loaf pan. Cover meat with catsup. Bake in moderate oven 45 minutes to 1 hour.

Drucilla Hillhouse

MEAT LOAF

3 slices white bread (cubed)	1 egg
1/3 cup onion chopped	1# ground beef
2 t. green pepper(chopped)	1/2#sausage
1 T. horseradish	1 t. salt
1/2 t. dry mustard	1/4 cup catsup

Form into a loaf and bake half hour at 400° oven.

Gladys Wolkins

MEAT LOAF

1# hamburger	1/4 t. salt
1 cup cereal crumbs	1/4 t. sage
1/4 cup catsup	1/2 cup applesauce
1 egg beaten	

Mix in order given. Bake in a 350° oven for 1 hour. This is moist and soft.

Mrs. M. LaVerne Smalley

BARBECUED BEEF

2# pork spare ribs	1/2 cup water
1 onion	1 t. worcestershire sauce
1/4 cup catsup	1/2 t. chili powder

Cut the ribs in pieces for serving. Place in baking dish. Slice onion over the top and add other ingredients. Cover and cook in moderate oven 350 about 2 hours.

Emma Cleo Price

SAUCY LITTLE MEAT LOAVES

1 1/2 lb. ground beef 1/4 cup chopped onions
3/4 cup quick cook oatmeal 1 egg, beaten
1 teaspoon salt 3/4 cup milk

Shape in small loaves if desired.

Topping:

1/2 cup catsup
2 tablespoons brown sugar
1 tablespoon prepared mustard

Mix above ingredients and spread over meat loaves when ready to bake. Nice to serve on plate lunches.

Jessie Doss

HUNGARIAN GOULASH

Cut in small pieces enough round steak for a meal. (hamburger may be used) Brown in a frying pan, then cover with boiling water and salt to taste. Cheaper cuts of steak can be used in this recipe.

Fry one large onion in butter, also three or four pieces of bacon and add to the steak. Add 2 tablespoons vinegar and 2 teaspoons paprika. Cook until meat is done, keeping covered with water. Thicken with flour to the consistency of thin gravy. Serve with mashed potatoes or cooked rice.

This recipe was one of my mother-in-law's favorites and she had been using them years before I became a part of the family.

Pearl Evans

SCRAPPEL

Scrappele is a delicious dish, and may be kept for several weeks. Take the head, heart and lean scraps of pork, and boil until the flesh slips from the bones. Remove the fat, gristle and bones, then chop fine. Set the liquid in which the meat was boiled set aside until cold, take the cake of fat from the surface, and return the liquid to the fire. When it boils, put in the chopped meat and season with salt and pepper. Let it boil again and thicken with corn meal as in making mush. Cook 1-2 hours, pour into a deep dish and mold. For a breakfast dish cut scrappele into slices and fry brown.

Mrs. Leona Dusenberry

SUGAR CURED PORK

600 lbs. meat
6 qts. barrel salt
1/2 lb. red pepper

1 lb. black pepper
1 lb. salt peter
1 lb. brown sugar

Mix with water to paste and rub well on meat.

Methodist Cookbook

MEAT SALAD

- 1 can 10 1/2 oz kidney beans
- 1 can 10 1/2 oz pea beans
- 1 can 10 1/2 oz lima beans
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- (optional)
- 1/4 cup mayo
- 1/2 cup salad oil
- 1/4 cup vinegar
- 1/2 t. salt
- 1/2 t. pepper
- 1 can sliced celery

Drain canned vegetables and rinse in cold water. Mix with onion and pepper. Combine remaining ingredients and pour over vegetable mixture. Let stand several hours or over night. (This salad is best cold)

Twina Davis
 Fabel Davis
 Mrs. Carroll

MEAT CHINESE SALAD

- 1/4 cup dried beef steak
- 1/8 t. dry mustard
- 1 T. sugar
- 1/2 t. salt
- dash of pepper
- 1 T. oil
- 1/2 cup of shredded cabbage
- 1 T. sliced onion

Place beef in water and boil. Drain and cut into small pieces. Mix with onion. Mix

Salads

Mrs. L. Davis

CHINESE CHICKEN SALAD

- 1 can sliced chicken (drained)
- 1 cup sugar
- 1/2 cup vinegar
- dash of onion
- dash of pepper
- dash of celery
- dash of onion

Mrs. Davis

CHINESE CHICKEN SALAD

- 1 small can of "Frank's" sliced beef
- 1 cup sugar
- 1 cup vinegar
- 1 small onion (chopped fine)
- 1 small onion (chopped fine)
- 1 cup sliced celery

Mix all together and let stand over night in refrigerator.

Mrs. Davis

BEAN SALAD

1 can 303 red kidney beans	1/4 cup sugar
1 can 303 cut wax beans	1/2 cup salad oil
1 can 303 cut green beans	1/4 cup wine vinegar
1/2 cup chopped onion	1/2 t. salt
1/2 cup chopped green pepper (optional)	1/3 t. pepper 1 cup diced celery

Drain canned vegetables and rinse in cold water. Mix with onion and pepper. Combine remaining ingredients and pour over vegetable mixture. Let stand several hours or over night. (stir once or twice)

Thelma Davis
Mabel Rowe
Erma Farwell

SOUR CREAM COLE SLAW

3/4 cup thick sour cream	Dash of pepper
1/4 t. dry mustard	3 T. of vinegar
3 T. sugar	4 1/2 cups of shredded cabbage
1/2 t. salt	2 T. minced onion

Blend sour cream, seasonings and vinegar. Pour over cabbage and onion. Mix well. Serve at once. Enough for six.

Marie E. Boyce

SAUER KRAUT SALAD

1 cup sauer kraut (drained)
1 cup sugar
Grind amount desired of peppers, carrots, celery and onion.

Hazel Bickett

SOUR KRAUT SALAD

1 small can of "Frank's" sour kraut	1 green pepper (chopped fine)
1 cup sugar	1 small onion (chopped fine)
1 cup celery (chopped fine)	

Mix all together and let stand over night in refrigerator.

Mollie Dawson

LINDA SALAD

3 qt. choppe cabbage 5 red peppers
12 medium onions 5 green peppers
12 carrots

Grind in food chopper. Add 1 cup salt and drain 2 hours.

Mix: 3 1/2 pints vinegar
 6 1/2 cups sugar
 1 T. celery salt
 2 T. whole mustard seed

Seal up cold.

Ethel Irwin

HAWAIIAN BEANS

1/4 cup chopped onion 1 lb. can pork & beans
1 tablespoon butter 1 t. prepared mustard
1/2 cup pineapple chunks

In skillet cook onion in butter until golden brown. Add pineapple and cook until pineapple is browned. Stir in beans & mustard. Beat. Makes 3 servings.

Gladys Wolkins

FRUITED BEANS & BEEF

1 lb. can beans & beef in barbecue sauce
1/2 cup drained fruit cocktail
Dash cinnamon

In sauce pan combine ingredients. Heat, stirring now and then.

Gladys Wolkins

MELON SALAD

1 pkg. orange jello. Dissolve jello in 1 cup hot water. Combine 2 T. sherry wine, juice from 1 small can mandarin oranges and enough water to make 1 cup liquid. Add to jello. Add 1 1/2 cups cantaloupe or watermelon balls and mandarin oranges to jello. Let set. Serve with a sour cream dressing if desired.

Hazel Bickett

CORNED BEEF SALAD

2 pkg. lemon jello	2 T. shredded onion
3 cups water, 1 boiling hot	1 cup celery cut up
3 T. vinegar	1 cup shredded carrots
1 can corned beef	1 green pepper chopped
3 dashes garlic salt	1 cup miracle whip salad dressing

Mix together and mold in large pan.

Faye Butcher

JELLO SALAD

In top of double boiler mix the following:

1 pkg. lemon jello	1 cup pineapple juice drained
1 cup tap water	from No. 2 can of crushed
1/2 cup marshmallows cut in	pineapple
small pieces	

Heat until marshmallows are dissolved. Then cool.

Mix:

1 cup salad dressing
1-3 oz. package cream cheese, cut fine
1 cup heavy cream, whipped

Add the drained pineapple. Add this to cooled mixture and pour over any flavored jello which has been prepared.

Madge Johnson

APRICOT SALAD

1/2 lb. Nabisco waffers(ground)

Press in bottom of 9 inch pan and save out some crumbs for the top.

1/2 cup butter	1 1/2 cup sugar
2 eggs, beaten	

Mix together the above ingredients.

Beat whites of eggs until stiff & fold into creamed mixture. Spread on crumbs. Cook 1/2 lb. dried apricots with 3 T. sugar. Cook until well done and mash. Spread on creamed mixture--put in refrigerator. Before serving whip 1 pkg. Dream Whip, spread on top and sprinkle more crumbs on top of Dream Whip.

Marinda Maxwell

TROPICAL SALAD

1 pkg. cranberry orange jello 2 or 3 bananas
1 can mixed tropical fruit 1 cup whipped topping
1 can mandarin oranges

Dissolve jello in 1 cup hot water. Add 1 cup of syrup drained from fruit. Chill until slightly thickened. Whip until very foamy. Fold in whipped topping. Add fruit and let set until firm.

This is my granddaughter's (Jane O'Neal) original recipe and is very good.

Marinda Maxwell

SALAD SUPREME

1 pkg. lime jello 1 small can crushed pineapple
1 1/2 cups boiling water

Put this into a flat pan and let set.

Second Part:

1 pkg. lemon jello
1 1/2 cups boiling water

Let this partly set and then whip. Have ready 1 cup of cream, whipped and add 1 3 oz. pkg. of Philadelphia Cream Cheese. Fold into the lemon jello and put on top of the lime jello mixture. Cut into squares and dot with maraschino cherries.

PIMENTO SALAD

1 can crushed pineapple (drained)
Add 1 jar pimento cheese and 2 cups small marshmallows and 1 pkg. Dream Whip (beaten).

Chill.

Hazel Bickett

QUICK APRICOT SALAD

1 can Wilderness apricot pie mix
1 can chunk pineapple (drained)
2 bananas sliced thin
1 can mandarin oranges (drained)

Mix all together then chill.

Hazel Bickett

ORANGE SHERBET SALAD

- 1 pkg. orange jello
- 1 cup boiling water
- 1 pint orange sherbet (pour right into hot jello)
- 1 small can crushed pineapple (drained)
- 1 can mandarin oranges (drained)

Let all this cool.

Slice 2 bananas in bottom and pour jello mixture on top.

Mabel Rowe

DELICIOUS SALAD

- 1 cup marshmallows (baby ones)
- 1 cup coconut
- 1 small can of mandarin oranges (drained)
- 1 small can of chunk pineapple (drained)
- 1 small jar of maraschino cherries (drained) for color
- 1 small carton of sour cream

Mix well. Best to let stand over night.

Mollie Dawson

SAUCE DRESSING

2 egg yolks or 1 whole egg, beaten 1/4 cup water
1/2 cup sugar 1 T. flour
1/8 cup vinegar 1/4 t. mustard
1 t. butter 1/2 t. salt

Very good for apple salad.

Mrs. Cecilia Jones

SPINACH DRESSING

3/4 cup cream 1 t. salt
1/2 cup vinegar (optional) 1 T. prepared mustard
1/2 cup oil 1 T. paprika
1/2 cup onion 1 T. onion salt or grated onion

Best with hot refrigerator.

Myrtle Jones

WHEAT FLAX SEED DRESSING

1/2 cup sugar 1/2 cup wheat
1/2 cup caraway 1/2 cup flax
1 t. salt
1/4 cup vinegar

Dressings

Mix well. You can add 1 clove of garlic more right than caraway.
The garlic is optional.

Ann Dore

DANISH HORSERADISH MUSTARD

2 T. dry mustard
1 T. sugar

How to make a thick paste (used to spread on bread) should have been spread
a sheet that so it won't rise up. Good for sandwiches. Spread
it thin. Men will like this good & strong.

This mustard recipe is one my grandmother brought from Denmark 25
years ago. My mother always said it when we had dinner on the table
and on Christmas time. It was an old recipe then, so it's really
old now. They used a lot of butter in Denmark and used this in
it for sandwiches. They also used it on a called meat called
Danish bread. It is good on meat or bread.

Myrtle Jones

SALAD DRESSING

2 egg yolks or 1 whole egg, beaten 1/4 cup water
1/2 cup sugar 1 T. flour
1/4 cup vinegar 1/4 t. mustard
1 t. butter 1/2 t. salt

Very good for apple salad.

Mrs. Cecile Ross

FRENCH DRESSING

3/4 cup sugar 1 t. salt
1/2 cup vinegar (scant) 1 T. prepared mustard
1/2 cup oil 1 t. paprika
1/3 cup catsup 1 T. onion salt or grated onion

Beat well and refrigerate.

Mabel Rowe

SWEET FRENCH DRESSING

1/2 cup sugar 1/2 cup salad oil
1/2 cup catsup 1 t. celery seed
1 t. salt 1 t. lemon juice
1/4 cup vinegar

Mix well. You can add 1 clove of garlic over night then remove.
The garlic is optional.

Anna Hopp

DANISH HOMEMADE MUSTARD

2 T. dry mustard
1 T. sugar

Beer to make a thick paste (beer to used should have been opened a short time so it won't foam up). Good for sandwiches. Spread it thin. Men will like this good & strong.

This mustard recipe is one my grandmother brought from Denmark 65 years ago. My mother always made it when we butchered on the farm and at Christmas time. It was an old recipe then, so it's really old now. They used a lot of mutton in Denmark and used this on it for sandwiches. They also used it on a rolled meat called Roe;pulse and Rye bread. It is good on pork or beef also.

Anine Hansen

1 qt. white vinegar
1 cup salt
2 qt. water

1 lb. pickled meat
onion or garlic

Let come to a boil pour over pickles in jar. Add still and seal.

Laura Swainberry

COLD MUSTARD PICKLES

1 gal. vinegar (white) through 2 cups sugar
1/2 cup salt

1 cup dry mustard

Wash pickles and add this mixture till jar is full. Keep covered.

Don't Evans

FOR THE PICKLING

1 quart onion
1 quart cabbage
1/2 lb. red pepper
1/2 cup brown sugar

Pickles
and
Relishes

Put cabbage through chopper. Boil vinegar
and sugar.

Don't Evans

ORANGE JELLY

1/2 cup sugar
1 cup orange juice

1 T. corn starch (sifted)

Boil stirring constantly until it starts to thicken. Add 1/2
cup dried berries, strained. Thick w/ salt. 1 T. butter.

This may be made the day before if desired.

Jessie Walter

Richard
and
William

DILLS

1 qt. cider vinegar 1 t. powdered alum
1 cup salt onion or garlic
2 qt. water

Let come to a boil pour over pickles in jar. Add dill and seal.

Leona Dusenberry

COLD MUSTARD PICKLES

1 gal. vinegar (medium strong) 2 cups sugar
1/2 cup salt 1 cup dry mustard

Wash pickles and add this mixture till jar is full. Keep covered.

Eva L. Evans

RED BEET PICCALILLI

1 quart cooked beets 1 t. salt
1 quart cabbage 2 cups vinegar
1/2 t. red pepper 1 cup sugar
1/2 cup horseradish

Run cabbage, horseradish and beets through chopper. Boil vinegar and sugar. Pour over beets and cabbage.

Eva L. Evans

ORANGE BEETS

1/3 cup sugar 1 T. corn starch (heaping)
1 cup orange juice

Cook stirring constantly until it starts to thicken. Add 1 #2 can diced beets, drained. Pinch of salt. 1 t. butter.

This can be made the day before if desired.

Jessie Walter

SAUER KRAUT RELISH

2 medium sized cans kraut 1 cup sugar
1 onion, diced 1/2 cup vinegar
1 green pepper, diced
1 red pepper, diced

Mix well and let stand 24 hours.

Zeta Hurst

PICCALILLI

1/2 gal. green tomatoes 1 teaspoon cinnamon
1 gal. cabbage 2 tablespoons allspice
2 cups sugar 1 teaspoon salt
1/2 tablespoon mustard seed 3 green & red peppers
1/2 teaspoon black pepper 1 tablespoon cloves

Grind tomatoes & chop cabbage fine. Let tomatoes stand in 1/4 cup salt 2 hours. Drain. Add all ingredients and cook till tender.

This recipe was used over 80 years ago by my mother, Mrs. Alfred Reed of Tabor, Iowa.

Hazel E. Wilson

TOMATO CATSUP

1 gallon cooked strained tomatoes 1/4 t. allspice
4 level t. salt 1 pt. vinegar
1 t. black pepper 1 t. olive oil in each jar
1/2 t. red pepper
1 t. mustard
1 t. cloves

Eva L. Evans

COOKS WIFE RECIPE

- 1/2 cup sugar
- 1 cup sugar
- 1/4 teaspoon salt
- 2 teaspoons corn syrup
- 1 1/2 cups water with
- 1 teaspoon good butter
- 1 teaspoon vanilla

Combine sugar, corn, salt, syrup and milk. Stir until sugar is dissolved. Roll over medium heat to soft ball stage. Add butter and vanilla. Cool to 160 degrees, then beat and pour into pre-buttered with unsalted oat boxes.

Louise Buehler

CANDY CANDY

- 1 lb. styrofoam, colored
- 1 lb. sugar
- 1/2 cup of 2 lemon
- Glaze to taste

Soak styrofoam and dry with a hair dryer. Add glaze to form layer 1/8 inch thick. Pour into hot board, spread to 1/8 to 1/4 inch thickness. Sprinkle with and cinnamon on top. Let stand overnight. Cut and turn pieces over to dry on other side.

This is a good recipe for anyone who wishes something different.

Candy

Louise Buehler

FRUIT NITTLE CANDY

- 1 cup white sugar
- 1 cup white sugar
- 1 cup boiling water

Boil above ingredients until it thickens. Add fruit and stir the mixture and cook until solid again. Add the following:

- 2 tablespoons butter
- 1 teaspoon vanilla
- 1 teaspoon salt

Spread on buttered cookie sheet until cool.

Charlotte Howell

WINE SAUCE

- 1/2 cup sugar
- 1 cup vinegar
- 1/2 cup wine
- 1/2 cup red pepper, sliced
- 1/2 cup black pepper, sliced

Mix well and let stand 24 hours.

John Wynn

PICKLE

- 1/2 gal. green tomatoes
- 1 gal. cabbage
- 1 cup sugar
- 1/2 tablespoon mustard seed
- 1/2 teaspoon black pepper
- 1 teaspoon cinnamon
- 2 tablespoons allspice
- 1 teaspoon salt
- 1 green & red pepper
- 1 tablespoon clove

Grind tomatoes & chop cabbage fine. Let tomatoes stand in 1/2 cup salt 2 hours. Drain. Add all ingredients and cook till tender.

This recipe was used over 50 years ago by my father, Mrs. Alice Reed of Labor, Iowa.

Alice Reed
 Alice E. Reed

TOMATO SAUCE

- 1 gallon cooked strained tomatoes
- 1/2 c. allspice
- 1 level t. salt
- 1 t. vinegar
- 1 t. black pepper
- 1 t. olive oil in each jar
- 1/2 t. red pepper
- 1 t. mustard
- 1 t. cloves

Eve L. Evans

GOATS MILK FUDGE

1/2 cup cocoa	1 1/3 cups goats milk
2 cups sugar	3 teaspoons goat butter
1/4 teaspoon salt	1 teaspoon vanilla
2 teaspoons corn syrup	

Combine sugar, cocoa, salt, syrup and milk. Stir until sugar is dissolved. Boil over medium heat to soft ball stage. Add butter and vanilla. Cool to lukewarm, then beat and pour into pan buttered with unsalted goat butter.

Leona Dusenberry

CARROT CANDY

3 lbs carrots, grated	Juice of 2 lemons
3 lbs sugar	Ginger to taste

Knead together and boil until juice evaporates. Add ginger to taste (about 1 teaspoon). Pour onto wet board, spread to 1/8 to 1/4 inch thickness. Sprinkle sugar and cinnamon on top. Let stand overnight. Cut and turn pieces over to dry on other side.

This is a wonderful and delightful recipe for anyone who wishes something different in a taste treat.

Leona Dusenberry

PEANUT BRITTLE CANDY

2 cups white sugar
2 cups white syrup
1 cup boiling water

Boil above ingredients until it threads. Add two cups raw peanuts and cook until golden brown. Add the following:

2 tablespoons butter
2 teaspoons vanilla
2 teaspoons soda

Spread on buttered cookie sheet until cool.

Charlotte Maxwell

POPCORN BALLS

2/3 cups Karo light corn syrup 1/4 teaspoon salt
2/3 cups sugar

Bring to boil over medium heat & boil 2 minutes stirring constantly. If you want color add a few drops of food coloring. Pour over 2 quarts of popcorn and press into balls.

Hazel Surface

DIABETIC COOKIES

- 1 3/4 cup sifted flour
- 1 tsp. soda
- 1/2 cup oil
- 1 cup sugar
- 1 egg
- 1 tsp. vanilla
- 1/2 cup margarine
- 2 T. brown
- 1 cup diabetic apple sauce
- 1 cup quick cook oatmeal
- 1/2 cup cut flow dates
- (can substitute raisins)
- 1/2 cup hot water

Put 1/2 cup dates cut fine or raisins in 1/2 cup hot water. Let until water is nearly gone. Melt margarine, oil & brown. Mix the above in order given and add all dry ingredients. Let mix the dates or raisins. Bake on cookie sheet lined with wax paper. Drop by spoonful. Bake about 10 minutes in 350° oven until nicely browned.

Marie Joyce

APPLE DATE COOKIES

- 1 1/2 cup sifted flour
- 1 tsp. soda
- 1/2 cup oil
- 1/2 cup sugar
- 1/2 cup applesauce
- 1/2 cup raisins
- 1/2 cup flour
- 1/2 cup sugar
- 1/2 cup margarine
- 1/2 cup butter or margarine
- 1 tsp. vanilla
- 1/2 cup artificial sweetener
- 1/2 cup brown sugar
- 1/2 cup raisins (ground)
- 1/2 cup white raisins (ground)

Diabetic

Mix dry ingredients together. Mix all together and bake at 350° for 15 to 20 minutes. Very good when served with frozen yogurt.

Marie Joyce

DIABETIC PLUMBING CAKE

- 1 very thin pie crust
- 2 T. brown
- 1 1/2 cup cooked pumpkin
- 1 tsp. cinnamon
- 1/2 cup sugar
- 1/2 cup oil
- 1 egg
- 1 1/2 cup milk

Add spices & salt in weight to mix. Beat eggs, add sugar, then remaining ingredients. Mix well. Bake in a 9" pie pan for 10 minutes then 150° for 40 minutes. 3 1/2" dia.

Marie Joyce

DIABETIC COOKIES

1 3/4 cup sifted flour	1/2 cup margarine
1 tsp. soda	2 T. Sucaryl
1/4 tsp. salt	1 cup dietetic apple sauce
1 tsp cinnamon	1 cup quick cook oatmeal
2 eggs	1/2 cup cut fine dates (can substitute raisins)
1 tsp. vanilla	1/3 cup hot water

Cook 1/2 cup dates cut fine or raisins in 1/3 cup hot water. Cook until water is nearly gone. Watch closely, don't burn. Let cool. Mix the above in order given and add all dry ingredients. Last add the dates or raisins. Bake on cookie sheet lined with wax paper. Drop by teaspoonsful. Bake about 15 minutes in 350° oven until nicely browned.

Marie Boyce

APPLE SAUCE CAKE

1 3/4 cup sifted flour	1/2 cup butter or margarine
1 tsp. soda	2 tsp. vanilla
1/4 tsp. cinnamon	1 egg
1/2 tsp. nutmeg	2 1/2 tsp. artificial sweetening
1/4 tsp. cloves	1 cup unsweetened applesauce
1/4 tsp. allspice	1/3 cup raisins(grind)
1/4 tsp. ginger	1/3 cup black walnuts(grind)

Sift dry ingredients together. Mix all together and bake at 350° for 35 to 40 minutes. Very good when served with Dzerta topping.

Vena Forney Kearns

DIABETIC PUMPKIN PIE

1 Very thin pie crust	1/4 tsp. nutmeg
2 T. sucaryl	1/2 tsp. salt
1 1/2 cups cooked pumpkin	2 eggs
1 tsp. cinnamon	1 1/2 cup milk

Add spices & salt to pumpkin to mix. Beat eggs, add sucaryl, then remaining ingredients. Mix well. Bake in a 400° oven for 10 minutes then 350° for 40 minutes. 9 inch pie.

Marie Boyce

WHIPPED TOPPING

1/2 cup water (ice cold) 1/4 to 1/2 cup sugar or
1/2 cup nonfat dry milk 1/2 to 1 t. Sweet 10
2 T. lemon juice

Place in bowl and beat with electric mixer. Chill before serving.
Makes 2 1/2 cups topping.

Addie Helme

SWEET SEASONED VINEGAR

1 cup cider vinegar 1 tablespoon salt
1 teaspoon Sweeta 1 teaspoon black pepper

Combine all ingredients; mix well. Makes about 1 cup.

CRANBERRY SAUCE

4 cups cranberries Sweet 10 to taste
1 1/2 cups water

Bring to a boil. Simmer until berries pop, about 1 minute. Cool.

CUSTARD

2 cups milk Few grains salt
3 egg yolks, slightly beaten 12 drops Sweeta or to taste

Heat milk to scalding point. Pour slowly on egg yolks, stirring constantly. Stir in salt. Cook over hot (not boiling) water, stirring constantly, until mixture coats a spoon. Stir in Sweeta. Chill. Makes 6 servings.

CHOCOLATE PUDDING

3 T. cornstarch 2 cups skim milk
Few grains salt 1/4 t. Sweeta
3 T. cocoa 1 t. vanilla

Combine cornstarch, salt and cocoa. Add milk gradually; stir until well blended. Cook and stir over medium heat until smooth and thick. Remove from heat; stir in Sweeta and vanilla. Cool. Makes 6 servings.

CINNAMON TOAST

4 T. soft butter or oleo 1 t. cinnamon
30 drops Sweeta 4 slices bread

Blend first 3 ingredients. Toast bread on one side. Spread untoasted side with butter mixture. Broil until browned.

Miscellaneous

CHERRY CAKE

1/2 cup butter or oil
1/2 cup sugar
1 egg
1/2 cup flour
1/2 cup cherries
1/2 cup milk

CHERRY CAKE

1/2 cup butter
1/2 cup sugar
1 egg
1/2 cup flour
1/2 cup cherries
1/2 cup milk

Preheat oven to 350 degrees. Grease a 9-inch round cake pan. Mix butter and sugar until light and fluffy. Beat in egg. Sift flour and baking powder together. Add to mixture along with cherries and milk. Mix until just combined. Bake for 30-35 minutes.

CHERRY CAKE

1/2 cup butter
1/2 cup sugar
1 egg
1/2 cup flour
1/2 cup cherries
1/2 cup milk

Preheat oven to 350 degrees. Grease a 9-inch round cake pan. Mix butter and sugar until light and fluffy. Beat in egg. Sift flour and baking powder together. Add to mixture along with cherries and milk. Mix until just combined. Bake for 30-35 minutes.

CHERRY CAKE

1/2 cup butter
1/2 cup sugar
1 egg
1/2 cup flour
1/2 cup cherries
1/2 cup milk

Preheat oven to 350 degrees. Grease a 9-inch round cake pan. Mix butter and sugar until light and fluffy. Beat in egg. Sift flour and baking powder together. Add to mixture along with cherries and milk. Mix until just combined. Bake for 30-35 minutes.

CHERRY CAKE

1/2 cup butter
1/2 cup sugar
1 egg
1/2 cup flour
1/2 cup cherries
1/2 cup milk

Preheat oven to 350 degrees. Grease a 9-inch round cake pan. Mix butter and sugar until light and fluffy. Beat in egg. Sift flour and baking powder together. Add to mixture along with cherries and milk. Mix until just combined. Bake for 30-35 minutes.

1/2 gallon blue cherries 1 1/2 cups sugar
1- 1/2 gallon raspberry cherries 1 large bottle glass
Put cherries with potato starch and mix 1/2 cup 1/2 glass-also.

Mrs. Depp

Waffles

- 1/2 cup flour
- 1/2 cup sugar
- 1 egg

Put the flour in a bowl. Remove rim. Follow half of the flour and sugar (1/2 cup).

Mix flour, sugar and eggs and let stand over night. Beat the mixture. Add water until batter is thick and add more sugar and mix until quite thick. Stirring constantly to prevent burning. Fry in hot oil or butter.

Mrs. Depp

Miscellaneous

ICE CREAM

- 1 pt. whipping cream (1 pint in a bowl)
- 1 egg (beat well) (You can use 1 or 2)

After adding a bit of vanilla or essence, stir in the egg, stirring constantly until it thickens, which will be as soon as it holds. The number of eggs used will vary according to the quantity you would like to have the "ice cream".

Mrs. Depp
Mrs. Depp
Mrs. Depp

I prefer to add 1/2 cup of water or stout milk as it takes away the "ice cream" or rich taste.

This recipe has been in my father's family since my grand-
father was 71 years old and remember when he was a boy he was
how tasty it was on the bread of hungry school children when
returning from school.

Mrs. Depp

PUNCH

2-1/2 gallons lime sherbet 9 bottles 7-up
1- 1/2 gallon pineapple sherbet 1 large bottle ginger-ale

Mix sherbet with potato masher and add 7-up & ginger-ale.

Anna Hopp

RHUBARB MARMALADE

2# Rhubarb
2 Lemons
5 cups sugar

Cut the rhubarb fine. Remove rind. (yellow half of the lemon and slice fine.)

Mix rhubarb, lemon rind and sugar and let stand over night. Next day squeeze lemons strain juice and add juice mixture and cook until quite thick stirring almost constantly to prevent burning. Pour into sterilized jars and seal.

Blanche May

EGG BUTTER

1 pt. sorghum molasses (bring to a boil)
2 eggs (beat well) (You may use 3 or 4.)

After adding a bit of allspice or cinnamon, stir in the eggs, stirring constantly until it thickens, which will be as soon as it boils. The number of eggs used will vary depending on the consistency you would like to have the "Egg Butter".

Vena Kearns
Etta Olson
Hazel Surface

I prefer to add 1/2 cup of water or sweet milk as it takes away the "too strong or rich taste."

This recipe has been in my father's family many, many years. I am 72 years old and remember when my mother baked fresh bread, how tasty it was on the bread to hungry school children when returning from school.

Vena Kearns

WAGONER'S MUSH

First crumble squares of leftover cornbread and a few cold biscuits into a large crock. Mince a large onion and all the bacon scraps of leftover boiled meat scraps into the bread. Add two eggs and use 1 1/2 cups of hot pot liquor. Toss the mixture over and over lightly until well mixed. It will not be soft, but coarse and crumbly.

Have a large iron skillet with two tablespoons of bacon drippings hot on the wood-burning range. Into this skillet spread the mixture then toss and turn it constantly until it is hot thru and a golden brown.

Often this was served with a bowl of wild greens, tastefully cooked and sprinkled with hard-boiled eggs and crisp bacon with a dish of canned peaches for dessert.

Capper's Weekly

SOAP FROM CRACKLINGS

Weigh cracklings, rinds and other scraps of fat. For every 4 1/2 pounds of fat use 1 can of lye, place fat and lye in an iron kettle, cover with water and let stand overnight. Boil the mixture the next day until the rinds are dissolved. Then add water and stir constantly until the mixture is the consistency of honey.

If the fat is sour or rancid, it may be sweetened by boiling it in five parts of water to one part of vinegar. When cool, the fat may be removed from the surface of the water.

If the made soap separates into a hard layer with brown liquid or glycerol beneath, cover the hands with old gloves and cut up the hard layer. Place it and the glycerol into a kettle with about 7 pints of water for each can of lye and bring to the boiling point, stirring slowly while doing so. Boil until it sheets from a spoon.

or

Dissolve a 1-pound can of lye in 3 pints of cold water. When the solution is cold, add 1 1/2 tablespoons borax and 1/2 cup of ammonia. Stir the mixture into 3 pounds of cool melted fat. Continue stirring until the mixture is as thick as honey; then pour into molds. It is a good plan to stir the lye mixture with a stick and to cover the hand with a paper bag while stirring.

No aluminum nor tin utensil should be used for soap making.

My mother used this recipe. It was taken from a recipe book that my mother had.

Marguerite Scheele

TEA KETTLE SOUP

Butter two slices of bread and place in soup bowl. Add salt, pepper and a little cream. Add boiling water from the tea kettle.

WAYS TO PREPARE FISH

Prepare catch as soon as possible. A good fish dinner should be the tasty end of every successful fishing trip.

Two important points when preparing fish are to cook them as soon as possible after hooking and not to overcook. The sweet delicious flavor of fresh fish can be ruined by either mistake. A fine eating fish is carp. Prepare it this way:

Skin a four pound carp and cut into two-inch pieces. Sprinkle with salt and pepper and place in an oiled baking dish. Cover with a generous handful of whole mixed spices. Add a cup of mild vinegar and bake for one hour at 325 degrees.

Another way to bake fish:

Three or four pound fish dressed
1 1/2 teaspoons salt
4 tablespoons butter or other melted fat
3 slices bacon

Rub fish inside and out with salt. Place in greased baking dish or pan. Brush with melted butter or just lay bacon across and bake 40 or 60 minutes in a 350° oven or until fish flakes easily with fork. Baste occasionally with drippings or melted fat.

Esther Good

Every fall my parents ordered some groceries from Sears and Roebuck. Among these was a box about 3 foot square of white soda crackers. We used these in soups and with yellow cheese as sandwiches. Also it was a treat when mother whipped egg whites (always with 2 forks, we had no egg beater) added sugar and flavoring as for meringue and put a blob of this between 2 crackers and topped with a slice or 2 of banana in the blobs. These were very pretty and tasty (browned in oven).

There were always 25 lb boxes of raisins, prunes and dried peaches. One of my favorite desserts was raisins soaked all night on the back of the stove and simmered until plump next morning with sugar and flour mixed and stirred in until thickened, a large piece of butter added and sometimes some lemon flavoring.

We sometimes made a meal of (gallon block) of clabbered milk. We spooned this out in our bowls, added sugar if we wished, and ate this with brown crusts of fresh bread and good homemade butter. We were never without some good home made jam or jell, maybe apple.

Lola Sharpe

SCRAPPLE

The cleaned head, feet, all bones cut out of fresh or cooked meat with what meat clings to them, the liver, heart and all meat scraps not otherwise used, may be utilized for making scrapple. Cook in enough cold water to cover, bring to a boil and cook until meat falls from bones. Strain the resulting liquid or soup from the meat; if it seems too greasy, skim part of the fat off. Carefully pick out all bones and chop meat skin fine, return to meat stock or soup and bring to a boil. Season to taste with salt and pepper. To the boiling meat and stock add slowly, stirring constantly to prevent lumpiness, a mixture of cornmeal, buckwheat flour and wheat middlings. Cook until it is as thick as mush. (The added mixture is 50% cornmeal, 25% buckwheat flour and 25% wheat middlings.) Stir vigorously while the scrapple is allowed to cook for from 10 to 15 minutes. Place in a square dish to cool. Slice to fry when desired.

If you have to warm over meat for a late-comer put it in a HEAVY skillet and cover completely with lettuce leaves. Cover with a tight lid and heat in a moderate oven. The meat flavor will be retained.

Give French toast a crisp coat by adding one tablespoon flour to the egg batter.

Put gelatin in an empty shaker and sprinkle over hot buttered toast. Makes a clever midmorning snack--with coffee.

Stir 1 pint ice cream and 2 cups milk into a package instant pudding. Chill, delicious dessert.

Stir instant potatoes into meat juice. Makes smooth, good gravy.

Cream 1 package cream cheese, 1/4 pound oleo and 1 box powdered sugar. Add a couple drops of milk if necessary. Makes wonderful frosting for cake or cookies.

Well-groomed men of yesteryear used gold toothpicks after eating. These were considered good gifts until dentists declared them harmful to teeth and unsanitary.

MUD PIE

Take one or more kids, dressed clean through, 1 clay bank, 1 pail of water or garden hose attached to hydrant, a small hoe or garden rake for mixer (hands will do), add a generous portion of sand. Mix well, clay, kids and sand and set in sun to dry. Discover kids, wash and serve kids hot or cold.

Glenwood Cookery-1905

HAGGIS

1 lb. lean mutton	1/2 tsp herbs
2 breakfast cups oatmeal	1 large stomach bag and a sheep's pluck
4 onions	salt and pepper to taste
1/2 lb. suet	

The pluck is the liver, heart, lungs and windpipe. Wash the stomach bag in salted water. Boil the pluck for 1 1/2 hours, leaving the windpipe attached but hanging out of the pot in order that all impurities may escape. When the pluck is cooked, leave until cold, then cut away the windpipe and any skin or gristle adhering to it. Mince the rest of the pluck with the mutton and suet. Toast the oatmeal in the oven and chop the onions with the herbs. Put the minced ingredients with the oatmeal, onions, salt and pepper into a bowl. Add about 1 pint of the liquid in which the pluck was boiled and mix all together to a soft consistency. Take the bag and fill it about half full--this allows the oatmeal to swell. Sew it up tightly, prick it several times and then, if the bag is thin, tie it in a cloth. Place it on a drainer or plate at the bottom of the pan. Add plenty of boiling water and boil for 3 to 4 hours. Prick occasionally to prevent bursting. Traditionally this is served for Burn's Night Commemoration Supper. The Haggis should be served with "chappit, neeps and tatties (turnips, potatoes or oatcakes, scones and scottish guidbread (gingerbread and shortbread)).

"Might not taste too bad if you didn't have to see that windpipe jiggling in the pot!" Our rather greenish comment is still, "Lotts a Luck!"

Mail Box News, Sept. 1962

Years ago the ladies wore large hats and a white handkerchief tied around their neck so they wouldn't get a tan as they wanted their skin white and soft.

Mrs. W. R. Hiley

HOW TO COOK A HUSBAND

A good many husbands are utterly spoiled by mismanagement in cooking, and so are not tender and good. Some women go about it as if their husbands were bladders and blow them up--others keep them constantly in hot water--and others let them freeze by their carelessness and indifference. Some keep them in a stew by irritating ways and words---others waste them. Some keep them in a pickle all their lives.

It cannot be supposed that any husband will be tender and good if managed in this way, but they are extremely delicious when properly managed.

Mail Box News, Set. 1961

TOILET OR FACE POWDER

Take a quarter of a pound of wheat starch powdered fine; sift it through a fine sieve, or a piece of lace; add to it eight drops of oil of rose, oil of lemon thirty drops, oil of bergamot fifteen drops. Rub thoroughly together.

The French throw this powder into alcohol, shaking it, letting it settle, then pouring off the alcohol and drying the powder. In that case, the perfume is added lastly.

White House Cookbook

GRANDMOTHER'S COUGH SYRUP

Take half a pound of dry hoarhound herbs, one pod of red pepper, four tablespoonfuls of ginger, boil all in three quarts of water, then strain, and add one teaspoonful of good fresh tar and a pound of sugar. Boil slowly and stir often, until it is reduced to one quart of syrup. When cool, bottle for use. Take one or two teaspoonfuls four or six times a day.

White House Cookbook

BLEEDING AT THE NOSE

Roll up a piece of paper and press it under the upper lip. In obstinate cases, blow a little gum arabic up the nostril through a quill, which will immediately stop the discharge; powdered alum dissolved in water, is also good. Pressure by the finger over the small artery near the ala (wing) of the nose, on the side where the blood is flowing, is said to arrest the hemorrhage immediately. Sometimes by wringing a cloth out of very hot water and laying it on the back of the neck, gives relief. Napkins wrung out of cold water must be laid across the forehead and nose, the hands dipped in cold water, and a bottle of hot water applied to the feet.

White House Cookbook

CURE FOR HICCOUGHS

Sit erect and inflate the lungs fully. Then retaining the breath, bend forward slowly until the chest meets the knees. After slowly rising again to the erect position, slowly exhale the breath. Repeat this process a second time, and the nerves will be found to have received an excess of energy that will enable them to perform their natural functions.

White House Cookbook

DIPHTHERIA

A gargle of sulphur and water has been used with much success in cases of diphtheria. Let the patient swallow a little of the mixture. Or, when you discover that your throat is a little sore, bind a strip of flannel around the throat, wet in camphor, and gargle salt and vinegar occasionally.

White House Cookbook

GRANDMOTHER'S UNIVERSAL LINIMENT

One pint of alcohol and as much camphor gum as can be dissolved in it, half an ounce of the oil of cedar, one-half ounce of the oil of sassafras, aqua ammonia half an ounce, and the same amount of tincture of mophine. Shake well together and apply by the fire; the liniment must not be heated or come in contact with the fire, but the rubbing to be done by the warmth of the fire.

These recipes of Grandmother's are all old, tried medicines, and are more effectual than most of those that are advertised, as they have been thoroughly tried, and proved reliable.

White House Cookbook

FOR SEVERE SPRAINS

The white of an egg, a tablespoonful of vinegar and a tablespoonful of spirits of turpentine. Mix in a bottle, shake thoroughly, and bathe the sprain as soon as possible after the accident. This was published in "Life Secrets", but it is re-published by request on account of its great value. It should be remembered by everyone.

An invaluable remedy for a sprain or bruise is wormwood boiled in vinegar and applied hot, with enough cloths wrapped around it to keep the sprain moist.

White House Cookbook

RELIEF FROM ASTHMA

Sufferers from asthma should get a muskrat skin and wear it over their lungs with the fur side next to the body. It will bring certain relief.

Or soak blotting paper in saltpetre water, then dry, burning at night in the patient's bedroom.

Another excellent recipe: Take powdered liquorice root, powdered elecampane root, powdered anise seed, each one drachm, powdered ipecec ten grains, powdered lobelia ten grains; add sufficient amount of tar to form into pills of ordinary size. Take three or four pills on going to bed. An excellent remedy for asthma or shortness of breath.

White House Cookbook

GRAVEL

Into a pint of water put two ounces of bicarbonate of soda. Take two tablespoons in the early forenoon, and the same towards night; also drink freely of water through the day. Inflammation of the kidneys has been successfully treated with large doses of lime water.

Persons troubled with kidney difficulty should abstain from sugar and the things that are converted into sugar in digestion, such as starchy foods and sweet vegetables.

White House Cookbook

LEANNESS

Is caused generally by lack of power in the digestive organs to digest and assimilate the fat producing elements of food. First restore digestion, take plenty of sleep, drink all the water the stomach will bear in the morning on rising, take moderate exercise in the open air, eat oatmeal, cracked wheat, graham mush, baked sweet apples, roasted and broiled beef, cultivate jolly people and bathe daily.

White House Cookbook

HOW TO KEEP WELL

- Don't sleep in a draught.
- Don't go to bed with cold feet.
- Don't stand over hot-air registers.
- Don't eat what you do not need, just to save it.
- Don't try to get cool too quickly after exercising.
- Don't sleep in a room without ventilation of some kind.
- Don't stuff a cold lest you should be obliged to starve a fever.
- Don't sit in a damp or chilly room without a fire.
- Don't try to get along without flannel underclothing in winter.

White House Cookbook

Cancer: Take the blossoms of "Red Clover" and make a tea of them and drink freely. It will cure cancer in the stomach as well as on the surface.

Copied from "Old Book". Modern Home Cookbook and Home Physician by the Federal Book Co., New York, Late 1800's

Tena VanRenan

GROWING PAINS CURED

Following in our mother's footsteps, we have been routed night after night from our warm quarters, in the dead of winter to kindle fires and fill frosty kettles from water pails thickly crusted with ice, that we might get the writhing pedal extremities of our little heir into a tub of water as quickly as possible. But lately we have learned that all this work and exposure is needless. We simply wring a towel from salted water, a bowl of it standing in our sleeping room, ready for such an emergency. Wrap the limb in it from the ankle to knee, without taking the child from his bed, and then swathe with dry flannels, thick and warm, tucking the blankets about him a little closer and relief is sure.

Good Housekeeping

Put castor oil on warts 4 or 5 times a day and they will disappear.

Years ago the people would cut a grape vine and put the end in a bottle and the ladies washed their hair with this as it was supposed to be good for the hair.

For chilblains soak your feet in hot water that you have put a tablespoon of dry mustard in, it really does the job.

Years ago the ladies of the house cut a cucumber or lemon and rubbed cut side on their face and neck to bleach their skin.

Years ago they put flour in a skillet and browned it to put on babies when they got sore from their diaper and it sure did the job better than anything.

Mrs. W. R. Hiley

When you get something in your eye put a black seed in it.

Mae Hicks

Swamp root used for burns is still used for X-ray burns.

Cactus appled peeled and applied to infections.

Ruth Wilkinson

ERYSIPELAS

Make a poultice of cranberries and apply to face.

Tena VanRenan

BURNS & SCALDS

Common baking soda wet or dry bound on instantly will give instant relief.

The object is to entirely exclude the air from the affected part. Another remedy is to cover the burn well with butter or sweet oil & bind it instantly.

Edna Proctor

HOARSENESS

Horseradish will afford instantaneous relief in most cases.

Hoarseness and tickling of the throat are best relieved by the gargle of the white of an egg beaten to a froth in half a glass of sweetened water.

Gargle with vinegar and salt.

Tena VanRenan

A BLACK EYE

Should this ever happen to you, try a piece of fresh beef or fresh butter or brown paper soaked in vinegar and applied to the eye. Renew the application every few minutes for an hour or 2 and the disagreeable appearance of the black eye will probably be prevented and you will have less explaining to do.

Pearl Evans

SEVERE SPRAINS

Mix in a bottle and shake thoroughly:

1 tablespoon spirits of turpentine
1 tablespoon vinegar
1 white of egg

Bathe the sprain as soon as possible after injury.

Edna Proctor

FEVER BLISTERS

As soon as first soreness is felt start drinking large glasses of apple cider. Drink often. Blisters won't form.

BREAD POULTICE

To make a bread poultice take a pan with clean boiling water in it and throw in coarsely crumbled bread and cover with a plate. When the bread has soaked up most all of the water drain off the remaining water and spread the bread on a clean cloth and apply it. Can be kept moist by dropping warm water on it. Bread poultices are good for swollen bee stings and any kind of inflamed sores.

Pearl Evans

When my sister and I were small my mother used to break a grape vine twig and catch the sap, mix it with water and comb our hair with it, we both had beautiful braids. Hair snarling came into vogue and we ruined our hair.

Mabel Byers

OLD FASHIONED MEDICINAL IDEA

When I started to school my mother encircled my fair neck with a cord from which dangled a piece of asafetida about the size of a large hazel nut. The odor was terrific but it kept off colds and all contagious diseases????

Hazel Bickett

BRINE BATH

A brine bath is often useful in chronic joint afflictions and can be made at home by using coarse salt. The temperature of the water should be about 90°F and the bath should last 15 to 30 minutes.

Blanche May

TOOTHACHE

A mixture of camphor and carbolic acid if applied to a decayed tooth may relieve toothaches arising from it.

Blanche May

Camphorated oil and eucalyptus oil (half & half) is a useful liniment for rubbing on the chest in the bronchial complaints of children.

Blanche May

In small doses camphor acts as a heart stimulant and is used in cases of pneumonia, enteric fever and other diseases. A solution in sterilized oil for hypodermic injection is the preparation usually employed in these cases.

Blanche May

GOOD FOR NEURALGIA

Make a small bag about 4" x 6". Fill with table salt. Sew up 4th side. Put it in a hot oven till it gets as hot as one can stand it. Apply it to the place where the stabbing pain is and leave it on as much as possible and it will relieve the pain in a short time.

Anine Hansen

Whenever an epidemic started in the school or neighborhood we knew what was coming. My mother made a funnel of paper and blew sulphur down our throats. Then the skunk grease or turpentine and lard treatment when you had a bad cold on the chest.

Mrs. Mary Pedersen

PHUMATISM CURE

Take 1/2 pint of sweet spirits of nitre and 1 1/2 oz. of wormwood. Mix, let stand 24 hours, strain. Take teaspoonful before breakfast and supper for 3 days. Wait 3 days and repeat if necessary. Repeat after the second 3 days until all is taken.

COUGH MEDICINE 1895

Virginia Snakeroot	10 cents
Spikenard	10 cents
Esence of Cinnamon	10 cents
Licorice Root	5 cents
Honey	2#

Put roots in about a quart of water and let simmer on back of stove for about 1/2 day. Strain and add honey and set on stove to simmer but (not boil) 1/2 hour. Remove from stove and add cinnamon esence and bottle when cold.

This was passed to Mother from her mother.

Etta Olson

For a burn use raw linseed oil and lime water half and half.

This remedy was given to mother in the late 1890's by our family doctor who was a doctor in the Civil War.

Etta Olson

THE USES OF SASSAFRAS

Tea made from it's roots is excellent for colds.

When pulling away dry fruit, put a bunch of bark on top of a sack and flies and insects will not trouble it. Put dry bark on pantry shelf to keep ants away. Place some in nests to keep away mites.

Use the dry roots for smoking meat. It gives it a nice flavor and keeps away flies.

For burns: green bark, boil it in fresh lard.

FOR SMALL POX

This is a sure remedy: Cures in three days. Take one ounce of cream of tartar, dissolve in a pint of boiling water. Drink when cold, at 8 hour intervals. It can be taken before illness as a preventive as well as a cure. It never leaves marks or causes blindness.

Turpentine and lard warmed and rubbed on chest for cold.

Ice cold cloth on throat for croup.

Goose grease warmed and rubbed on chest for cold.

Gargle vinegar and a little salt and pepper for sore throat.

Chop onions and heat, make poultice.

If you have a hard time going to sleep, try warm milk with a pinch of salt.

A pain your tummy, try a little ginger and sugar in hot water.

A bag of hot and yellow peas...

Some hot water will remove the...

It should be eaten with care to aid digestion.

To heat the water quickly, add a pinch of salt.

A drink of hot lemonade before going to bed will often break up a cold and clear a sore throat.

Put 1/4 teaspoon almond extract to 1 pint of warm chocolate for an improved flavor.

Put 1 teaspoon baking powder in flour in which you roll your children to play. It gives it a lovely flavor.

If onions are served before they are squashed, you will obtain nearly double the amount of juice.

After frying onions, pour a little vinegar in the pan while hot. This will remove onion odor.

To keep dishes from becoming hard spread a thin film of butter or oil also on cover with glass dish.

Glints

Goodbooks authors as well as they say, "And now run under the collar," "Decorate by putting spots in hair," "Dress in a soft plait," "and overnight," "that will be clear."

Marie Walter

A cloth saturated in ammonia and laid in the closet once a few hours will remove any odors or crust caused by mice breathing over.

Hilbert Anderson

If you don't like mice, sprinkle a few drops of suspension in their run way and they will be gone.

HOUSEHOLD HINTS

A bag of hot sand relieves neuralgia.

Warm borax water will remove dandruff.

Salt should be eaten with nuts to aid digestion.

To beat egg whites quickly, add a pinch of salt.

A drink of hot lemonade before going to bed will often break up a cold and cure a sore throat.

Add 1/4 teaspoon almond extract to 1 pint of canned cherries for pie. Improves flavor.

Add 1 teaspoon baking powder to flour in which you roll your chicken to fry. It gives it a lovely flavor.

If lemons are warmed before they are squeezed, you will obtain nearly double the amount of juice.

After frying onions, pour a little vinegar in the pan while hot. This will remove onion odor.

To keep cheese from getting hard spread a thin film of butter on cut side and cover with clean cloth.

Zeta Hurst

Cookbooks confuse me when they say, "And now run under the boiler," "decorate by putting apple in mouth," "dress on a hot platter," stand overnight," "then roll in flour."

Jessie Walter

A cloth saturated in ammonia and left in the closed oven a few hours will loosen any grease or crust caused by pies boiling over.

Mildred Anderson

If you don't like mice, sprinkle a few drops of turpentine in their run way and they will be gone.

To prevent rust on flat irons; Beeswax and salt will make your rusty flat irons as smooth and clean as glass. Tie a lump of wax in a rag keep it for that purpose. When the irons are hot, rub them first with the wax rag, then scour with a paper or cloth sprinkled with salt.

White House Cookbook

To take out rust from clothing use lemon juice and salt. Hang in the sun. This works. I have tried it many times.

Use soap and kerosene in the water to clean woodwork and smoked painted walls.

Mary Pedersen

Washing anything with a zipper on it, always zip it up before putting it in the wash water and it will always work.

To remove lead pencil, crayon, or other marks from wall paper, use an art eraser. It will crumble, but will not smear.

When painting trellises or window screens hang them securely on the clothesline with heavy wire. The articles can be painted on both sides without bother of turning them.

When washing Dacron or mylon curtains, add 2 cups epon salts to last rinse water.

Jessie Walter

A few drops of ammonia in your dish water will help cut the grease.

Wind kinky yarn around a plastic bottle. Dip the bottle in water and when the yarn is dried the kinks will be gone.

An ordinary blackboard eraser makes an excellent polisher for window panes.

Washing soda is one of the safest and most effective water softeners.

Hazel Bickett

I keep a plastic iced tea spoon for cleaning the remainder of jelly, jams and salad dressings from the bottom of jars.

Anna Royston

Sprinkle talcum powder on grease spots at once and let it remain overnight, next day brush or vacuum it off. If spot shows a little repeat and next day brush off.

Peel onions under water, save tears.

To remove mustard stains, sponge with cool water, rub with glycerine, wash in hot suds.

Tomato catsup stain, Dampen stains with cool water and rub with glycerine, wash in hot suds.

A nice way to decorate white frostings is to shave colored gum-drops very thin and stick on. They will curl like little roses.

Marie Boyce

When making apple salad, the apples can be kept white by washing in salt water.

To help rid the house of the cooking odors, put a little vinegar in an open sauce pan on the stove.

Rub butter on scissors before cutting marshmallows or fruit to prevent sticking.

Mrs. M. LaVerne Smalley

So addresses on packages won't smudge and blur apply furniture wax to a cloth and rub lightly over the address after the ink has become thoroughly dry.

Jessie Walter

If you have no place to put your electric blanket control so it is at your finger tips, just buy a soap dish on the type that hangs over the tub. Bend the wire handle to fit the side board of the bed and put the control in the soap dish. The bed covers hide it during the day or you can spray paint it and put ribbon through the edges to dress it up if you like.

Emma Cleo Price

Removing lipstick: On washable material launder in hot soapy water and remove any stain remaining with a chlorine bleach. On non-washable material apply carbon tetrachloride with a saturated cloth and press a blotter on the stain. Repeat this process until stain disappears.

Madge Johnson

To prevent the smoking of a lamp: Soak the wick in strong vinegar and dry it well before you use it. It will then burn both sweet and pleasant and give much satisfaction for the trifling trouble in preparing it. Taken from Mother's cookbook published in 1890 and I have seen Mother Do This Many Times.

Etta Olson.

Eggshell Powder: Take a basket of shells wash them thoroughly until all traces of albumen are removed, brush them to a fine powder with a rolling pin. This powder is then sifted and is again subjected to the same crushing process until it becomes very fine, it is again sifted until it is thoroughly pulverized. Part is mixed with a little cologne when the mass is entirely dry it is again sifted, the results being a soft fine creamy colored powder whose application to the skin tends to greatly beautify it.

Fly Poison: Mix together 1 tablespoon cream of tartar, one of ground black pepper and one of brown sugar.

Fringed napkins will look much better if they are slapped briskly against the ironing board before you begin to iron them. This loosens the fringe and gives you a more professional finish.

Always polish silver in long, horizontal strokes rather than in circles. After polishing, wash silver pieces in very hot suds. Rinse thoroughly and dry with a soft, clean cloth.

Give all wire clothes hangers a coat of colorless nail polish before using them. This prevents the hanger from rusting and protects clothing.

If your child complains about her wool sweater scratching, line the sleeves with discarded nylon stockings. This not only does away with the scratching, but makes the sweater wear longer, because it keeps the elbows of the sweater from wearing through.

A few drops of glycerin added to starch gives linens an extra nice gloss.

TABLE OF MEASUREMENTS

All measurements are level

- 1 saltspoon=1/4 teaspoon
- 3 teaspoons=1 tablespoon
- 16 tablespoons=1 cup
- 2 tablespoons liquid=1 ounce
- 2 cups=1 pint
- 4 cups=1 quart
- 2 tablespoons sugar=1 ounce
- 2 cups granulated sugar=1 pound
- 2 1/2 cups powdered sugar=1 pound
- 2 2/3 cups brown sugar=1 pound
- 2 tablespoons butter=1 ounce; 1/2 lb.=1 cup
- 1 square chocolate=1 ounce
- 4 cups flour=1 pound
- 4 tablespoons flour=1 ounce; 1 qt.=1 lb.
- 4 1/2 cups graham flour=1 pound
- 1 pound suet=4 cups chopped
- 1 large minced onion=1/2 cup
- Grated rind of 1 orange=2 tablespoons
- 1 cup raisins=6 ounces
- 1 ounce salt= 2 1/8 tablespoons

WEDDING ANNIVERSARIES

- | | |
|----------------------|-----------------------------|
| First Year, Paper | Fifteenth Year, Crystal |
| Second Year, Cotton | Twentieth Year, China |
| Third Year, Linen | Twenty-Fifth Year, Silver |
| Fourth Year, Silk | Thirtieth Year, Pearl |
| Fifth Year, Wood | Thirty-Fifth Year, Coral |
| Sixth Year, Iron | Fortieth Year, Ruby |
| Seventh Year, Copper | Forty-fifth Year, Sapphire |
| Eighth Year, Bronze | Fiftieth Year, Gold |
| Ninth Year, Pottery | Fifty-fifth Year, Emerald |
| Tenth Year, Tin | Seventy-fifth Year, Diamond |

INDEX

Breads & Rolls	1
Cakes	8
Icings & Fillings	19
Cookies	24
Desserts	33
Pies	40
Meats & Csseroles	45
Salads	54
Dressings	60
Pickles & Relishes	62
Candy	65
Diabetic	68
Miscellaneous	73
Fun	78
Remedies	81
Hints	90
Table of Measurements	95