

Ideal Cook Book



1914

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Ideal Cook Book



*Mr. W. Gillette
Grove*



Colorado

1914

PREFACE

“Wherein is to be found most excellent and rare,
Devices for conceits in Cookerie,
Found out by the practice of.”

The Ideal Cook Book is a book of selected recipes collected from the members of the Ideal Embroidery Club and their friends.

We have aimed to fill each of the various departments with new and tried recipes, which are both simple and practical.

To all our friends, whose kindly help in contributing to our book has made it possible, we extend our most sincere thanks.

We desire to call your attention to the advertisements in this book. We trust that you will find these business men and women as we have always found them, courteous and reliable, ever ready to meet and supply the needs of their customers.

We recommend you to give your attention to both the advertisements and recipes found in the Ideal Cook Book.

The Committee.

HINTS FOR KITCHEN

Wipe range with brown paper after cooking and it can be kept clean with little trouble.

A basin of cold water will soon lower temperature of an oven.

Turpentine mixed with stove polish prevents rust and gives brighter polish than water.

To clean painted woodwork, use ammonia or kerosene, $\frac{1}{2}$ cup to a gallon of water.

Clean gilt frames with new bread, wet with ammonia.

Boil brass in vinegar to clean.

Clean silver with sal soda and water.

Remove sticky fly paper with gasoline, kerosene, ammonia or alcohol.

Use wood alcohol in water to clean and polish glass.

Remove white spots from furniture by use of camphorated oil or by holding a shovel of hot coals over the spot.

Tough meat will be tender if placed in vinegar water for a few minutes.

To beat whites of eggs quickly, add pinch of salt.

Milk will keep sweet longer in a shallow pan than in a pitcher.

Cold fruit requires cold jars. Hot fruit, hot jars.

Dip the hands in cold water before making pastry.

You can always substitute water for milk or milk for water.

When flour and liquid are to be mixed, always stir liquid gradually into flour if you wish to avoid lumps.

A small quantity of green sage placed in the pantry will keep out red ants.

Use kerosene to clean your stove after blacking your stove.

Remove ink from hands by wetting the fingers and rubbing with the phosphorus end of match.

Lemon juice and salt will remove rust stains from white goods. Let sun shine on goods after having moistened with mixture.

Remove grass stains by saturating with alcohol and then washing in clear water.

Hot milk is better than hot water to remove fruit stains.

Always cut hot bread or cake with a hot knife.

Fold a hot cloth around ice cream or jelly mold for few moments to remove contents without sticking.

WEIGHTS AND MEASURES

- 2½ teaspoonful make 1 tablespoonful
- 4 teaspoonfuls salt make 1 ounce
- 1½ tablespoonfuls sugar make 1 ounce
- 2 tablespoonfuls flour make 1 ounce
- 1 pint white sugar weighs 1 pound
- 1 pint flour weighs ½ pound
- 2 tablespoonfuls liquid weighs 1 ounce
- 1 pint liquid weighs 16 ounces
- 1 cup butter weighs ½ pound
- 2½ cups powdered sugar weighs 1 pound
- 1 solid pint chopped nut meats weighs 1 pound
- 10 eggs equal 1 pound
- A piece of butter size of an egg equals 1½ ounces
- 4 tablespoonfuls equals 1 wine glassful
- 2 wine glassfuls equals 1 gill
- 2 gills equals 1 teacupful
- 2 teacupfuls equals 1 pint
- 1 cup, medium size, equals ½ pint or ¼ pound.

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Time Table For Boiling Vegetables

Beets—1 to 2 hours
 Shell beans—1 hour
 String beans—1½ hours
 Carrots—1 hour
 Potatoes—¾ hour
 Sweet potatoes—¾ hour
 Asparagus—½ hour
 Green corn—½ hour
 Parsnips—1 hour
 Green peas—½ hour
 Onions—¾ hour
 Cabbage—1 hour
 Spinach—2-3 hour
 Squash—1 hour

BAKING

Bread—45 to 60 minutes
 Bread (steamed) brown—3 hours
 Beans (soaked and boiled)—3 to 4 hours
 Bread, white, loaf—45 to 60 minutes
 Biscuits, baking powder—12 to 15 minutes
 Cake, layer—15 to 25 minutes
 Loaf—40 to 60 minutes
 Sponge—45 to 60 minutes
 Fruit—2 to 3 hours
 Cookies—6 to 10 minutes
 Custard (baked in cups)—20 to 25 minutes
 Pudding, rice and bread—45 to 60 minutes
 Steamed plum—2 to 3 hours
 Pie crust—About 30 minutes
 Potatoes—1 hour
 Chicken, 3 to 4 lbs.—1½ to 2 hours
 Duck, domestic—1 to 1½ hours
 Wild—20 to 30 minutes
 Goose, 8 lbs.—3 hours
 Mutton, per pound—10 to 20 minutes
 Ham, 12 to 14 lbs., boiled—4 to 5 hours

SOUPS

“Now good digestion wait on appetite,
And health on both”.

LIMA BEAN SOUP

- 1 cup dried lima beans
- 3 pints cold water
- 2 slices onion
- 4 slices carrots
- 4 teaspoons butter
- 1 cup cream
- 2 T. flour
- 1 teaspoon salt
- ½ teaspoon pepper

Soak beans over night, drain in the morning and add cold water; cook until soft and rub through sieve. Cut vegetables in cubes and cook 5 minutes in half the butter. Remove vegetables, add flour, salt, pepper and stir into the boiling soup. Add cream, reheat, strain and add dots of butter. Serve with croutons. Mary Marker.

BEAN SOUP

1 quart white beans soaked over night. In the morning, pour off water, add fresh and simmer 'till skins slip off easily; throw them into cold water and rub well, the skins will slip off and rise to the top, then pour them off. Now boil beans 'till very soft, allowing 2 pints water to 1 of beans. Mash beans, add thickening, salt and pepper.

Selected.

BEAN SOUP

- 1 pint dried beans
- 3 quarts cold water
- ½ lb. salt pork, cut in strips
- ½ medium size onion, cut fine

Soak beans over night in water; in the morning, drain and put in kettle with the cold water, salt, pork and onions; cook 3 hours, stirring often; season with salt and pepper, and serve. Mrs. Harry Lund.

CONSOMME

3 lbs. lean beef
 1 carrot
 1 turnip
 1 onion
 ½ cup celery
 1 parsnip
 1 red pepper
 1 tablespoon whole cloves
 1 tablespoon chopped parsley

Cover meat with 3 quarts water, let simmer 4 hours; add other ingredients (scrape carrot), cook 1 hour. Strain and let stand over night; skim off grease, clear, strain and serve. Selected.

CHICKEN SOUP

6 cups chicken stock
 2 stalks celery cut fine
 ¼ teaspoon peppercorns
 ½ carrot cut in dice
 1 sliced onion
 ½ bay leaf
 1-3 cup hot boiled rice
 Salt to taste

Add seasonings to stock, heat to boiling point and boil ½ hour; strain and add rice; cook for ½ hour slowly. Selected.

CREAM OF CELERY SOUP

1 pint celery boiled 'till tender, add to boiling milk and rub through sieve before thickening with 2 tablespoons flour and 1 of butter rubbed to a cream with 1 cup boiling water; boil 2 minutes after adding the thickening. Selected.

CROUTONS

Trim crust from stale bread and cut in ½ inches dices; fry golden brown in hot butter or fat; drain and serve hot with soups. Croutons may be browned in hot oven instead of fried if so desired.

OYSTER AND CELERY SOUP

Cook 1 cup finely chopped celery in water 'till tender, put through colander and add to soup made of finely chopped oysters and thicken milk very slightly. Serve in bouillon cups. Romaine M. Kirk.

TOMATO SOUP

- 1 can tomatoes
- 1 pint water
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon each of chopped parsley and onion

Stew all together, strain and thicken with 1 tablespoon each of flour and butter rubbed together.

Mrs. H. H. Kirk.

TOMATO SOUP WITH STOCK

- 1 quart stock
- 1 can tomatoes
- Salt, sugar and pepper to taste

Stew and strain tomatoes, add to boiling stock, season and simmer 10 minutes. Serve hot.

POTATO SOUP

6 large or 10 medium sized potatoes boiled and mashed fine, stir into heated milk and strain, add seasoning, thicken slightly and throw in a tablespoon finely chopped parsley before serving.

BOUILLON

- 4 lb. lean beef
- 2 lb. bone
- 2 quarts water
- 4 cloves
- ½ cup each of carrots, turnips, celery and onion, cut in dice
- 1 tablespoon salt

Wipe and cut meats and bone in small pieces, add water and heat slowly; simmer 5 hours, add seasonings and vegetables and cook 1 hour. Boil down to 3 pints liquid, strain, remove fat and clear. Serve in cups.

CREAM OF POTATO SOUP

- 3 potatoes
- 1 pint of milk
- 1 tablespoon flour
- 1 tablespoon butter.
- 1 tablespoon chopped onion
- 1 teaspoon salt
- Speck of white pepper
- 1 tablespoon finely chopped parsley

Cook potatoes until soft, heat milk in double boiler with

onion; drain and mash potatoes, rub all through strainer and return to double boiler, bind with butter and flour cooked together, add parsley and serve. Mrs. Harry Lund.

SALMON SOUP

1 can salmon
2 quarts of milk
2 tablespoons butter

Bone and chop the salmon. Bring the milk to a boil, add the salmon, butter, salt and pepper to taste.

Mrs. Retta McFarland.

BEEF BOUILLON SOUP

4 lbs. lean beef from middle of the round
2 quarts cold water
 $\frac{1}{2}$ cup each of carrot, turnip, onion and celery, cut in dice
1 tablespoon salt
4 cloves

Wipe and cut meat into small pieces add the water and heat slowly; simmer 5 hours, add seasoning and vegetables and boil 1 hour, boil down to 3 pints, strain, remove fat and clear. Serve in cups. Mrs. Harry Lund.



MEATS

"Something hard to beat
Is nice, tender meat".

DEVEILED OYSTERS

- 1 pint oysters
- 1 cup oyster liquor
- 1 tablespoon butter
- 1 teaspoon Worcestershire sauce

Place butter in frying pan and when melted, add liquor of oysters; add oysters when it comes to boil and cook 'till plump. Season with Worcestershire sauce and salt. Serve in ramekins.

Amy L. Marker.

SCALLOPED OYSTERS

Arrange oysters alternately with cracker crumbs in baking dish. Season with salt, cayenne and minced celery, dot with butter, pour over it 1 cup milk, cover top with buttered cracker crumbs and bake 'till brown. Serve with cranberry jelly and celery.

Mrs. H. H. Kirk.

CREAMED SALMON

- 1 can salmon
- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup milk

Rub butter and flour together, add milk and cook; season and last add salmon and liquid. Serve on toast.

SALMON PATTIES

- 2 eggs
- 1 can salmon
- 6 crackers

Roll crackers, pick salmon apart and take out bones; mix all together and make into small cakes; fry in butter.

Mrs. R. McMillan.

'SCALLOPED TURKEY

Butter ramekins or baking dish and arrange alternate layers of cold diced turkey and boiled rice or macaroni; pour over all white or tomato sauce, covered with cracker crumbs,

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add little lump butter and bake 'till crumbs are brown. Any left over scraps of meat may be used instead of turkey.

Mrs. N. H. K.

SWISS STEAK

1 steak about 1½ to 2 inches thick (either Porterhouse or round) 1 cup flour. Pound flour into steak, season to taste and brown well in plenty of grease. Half cover with water and let steam 15 or 20 minutes, when water will be cooked away. Serve hot with gravy.

Mrs. R. McMillan.

BAKED RICE AND MEAT

1 cup rice, measured before cooking

2 eggs

1 pt. cold minced meat

2 tablespoons dried bread crumbs

1 teaspoon chopped parsley

1 teaspoon onion juice

2 tablespoons melted butter

Season to taste

Line baking dish with cooked rice; mix all other ingredients thoroughly, add gravy, stock or sweet cream to make moist and fill center; cover top with 1-3 of rice, which should be reserved for this. Cover dish and bake for 1 hour. Serve with tomato sauce. Selected.

BEAFSTEAK ROASTED WITH CREAM

1 cup sweet cream, as many slices of beefsteak as will cover the bottom of your roaster. Pound the beefsteak, roll in flour, season; pour over this the cream, cover and set in the oven 'till done.

Mrs. Retta McFarland.

HUNGARIAN GOULASCH

Put 3 tablespoons of salty fat in pan and fry peeled onion 'till brown; remove onion and put in 1½ pound raw veal, cut in small pieces, stir and cook 'till slightly brown, then remove meat to a casserole; add 1 pint hot water or broth, a seasoning of pepper and set in oven to cook. Now place in the frying pan a little more fat and 1 doz. balls cut from pared potatoes, 1 doz. small onions. Place onions in casserole as soon as browned and when meat is well browned, add potatoes and teaspoon salt. A little thickening may be added if desired. Cook all 2 hours. Serve hot from casserole.

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LAMB AND MACARONI

Cook macaroni 'till tender, then arrange in alternate layers with cold roast diced lamb; season with salt, pepper, a few drops lemon juice. Cover all with milk and cover with buttered cracker crumbs and grated cheese and bake.

Amy L. Marker.

BEEF LOAF

3 lbs. round steak
 ¼ lb. bacon
 1 pint cracker crumbs
 3 eggs
 Butter size of an egg
 1½ cup milk
 Salt and pepper

Mix with hands, then press in mold; put boiling water about half way up on mold. Bake 1½ hours.

Nora Webber Lloyd.

OYSTER STUFFING

½ cup bread crumbs
 ½ cup cracker crumbs
 ¼ cup butter
 ½ pint oysters
 2 tablespoons lemon juice
 ½ tablespoon parsley

Moisten with oyster liquor, season with salt and pepper.
 Selected.

POTATO AND WALNUT STUFFING

2 cups hot mashed potatoes
 ½ cup sliced walnut meats
 1 teaspoon grated onion
 1 teaspoon salt
 4 tablespoons cream
 1 tablespoon butter
 1 teaspoon sage
 Yolks of 2 eggs
 ½ teaspoon pepper

Mix well and use with roast goose or duck Selected.

CREAMED CHICKEN WITH RICE

1 young chicken
 1 pint of cream
 1 heaping teaspoon flour

Use Challenge Flour

1 tablespoon butter

1 cup boiled rice

Cut chicken in cubes; add cream and allow to boil. Mix the flour and butter and add to cream and let simmer; stir in rice, season to taste.

Miss Florence B. Marker.

SALMON CROQUETTES

1 can salmon

1 egg

Pinch of salt

A few crackers

½ cup milk or cream

Small piece of butter

Mix all together and fry in butter or lard.

Mrs. G. F. Wissler.

RICE CROQUETTES

1 cup cold boiled rice

1 egg, beaten

1 tablespoon flour

Jelly

Beat the egg and mix with the rice and flour and fry in the fat after you have made a dent in one side. After frying in deep fat, put a spoonful of jelly in each dent.

Mrs. Fern A. Runte.

VEAL HEARTS

4 slices bacon

1 small onion

2 veal hearts

1 pimento

Fry bacon to crisp, remove and fry onions in fat. Slice veal hearts, roll piece in flour and fry in the hot fat, then place them in casserole add to the fat in pan, 1 cup water and minced pimento, salt to taste, pour over hearts and cook for 2 hours. Five minutes before serving add slices of bacon.

Amy L. Marker.

NOODLES

2 eggs, beaten well

Pinch of salt

Flour to make quite stiff, roll in thin sheet and let dry, shave very thin and add to broth of 1 chicken.

Nora Webber Lloyd.

Use Challenge Flour

CHOP SUEY

- 2 lbs. round steak
- 1 lb. lean pork
- 3 large onions
- 2 tablespoons butter
- 4 large stalks celery, or more if you wish
- 1 small head cabbage
- Salt and pepper

Cut the meat into dice; slice the onions into the hot butter and add the cut meat; cut the celery into one-half inch lengths and prepare the cabbage as for cold slaw. Add these to the other ingredients and season with salt and pepper. Cover closely and simmer slowly for 45 minutes, adding a little water if necessary. Serve with hot rice, making a fence around the platter and putting the chop suey inside of this.

Mrs. William Barker, Chicago, Ill.

INDIVIDUAL CHICKEN PIE

Stew chicken until tender, season well, remove bones and place in a baking dish. Thicken the broth with 2 tablespoons flour, a cup of milk, add a little butter if necessary, and when broth is thick and very hot, add to chicken; cover with biscuit and bake in oven

BISCUIT

- 1 quart flour
- 2 teaspoons Royal baking powder
- 1 teaspoon salt
- 1 teaspoon sugar (if desired)
- 1½ tablespoons (heaping) butter or lard
- 1 cup milk

Mix lightly.

Mrs. Harry Marker.

FRIED OYSTERS

- 2 eggs
- Salt
- ½ teaspoon Royal baking powder
- 2 tablespoons white flour
- 1 tablespoon corn meal

Mix to a batter about like fritter batter, with sweet milk; add 1 pint oysters and oyster liquor. Drop by spoonfuls into smoking hot fat and fry. Serve celery and dill pickles with oysters.

Romaine M. Kirk.

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BREAD

“Here is bread, which strengthens man’s heart, and therefore called the staff of life”.

BREAD

Dissolve 1 cake Yeast Foam ($1\frac{1}{2}$ cakes in winter) in $\frac{1}{2}$ glass warm water; add $\frac{1}{4}$ teaspoon sugar; when dissolved, stir in a little flour and stand in a warm place to get light.

Boil 3 medium sized potatoes in about $1\frac{1}{2}$ quarts water; mash fine and pour over this 1 pint of the potato water in which they were boiled, then add flour enough to make stiff batter (not too stiff and beat well). When luke warm add the dissolved yeast which has risen to top of glass. Let stand over night.

First thing in the morning take 2 or more pints warm water, add to this sponge 2 teaspoons salt and flour (warm) 'till sponge is stiff as can well be beaten with spoon. Stand in warm place to rise. When this seems light, pour it into your bread pan, which has warm flour sifted in it; add $1\frac{1}{2}$ tablespoons lard and $1\frac{1}{2}$ tablespoons sugar. Knead stiff, adding as much flour as required. Let rise again. Knead down lightly once again, if you like, and after dough rises again, make into loaves, let rise, bake in moderate oven 45 minutes to 1 hour. Bake according to size of loaf.

Mrs. Harry Marker.

BREAKFAST BUNS

1 cup dough when ready to knead in pans
 $\frac{3}{4}$ cup sugar
 1 cup warm water
 $\frac{1}{4}$ cup melted butter
 Flour to make stiff as dough

Let rise 'till bedtime, make out in small buns and let rise 'till morning. Bake in quick oven.

Nora Webber Lloyd.

BAKED BROWN BREAD

$\frac{1}{2}$ cup sugar
 1 tablespoon of shortening
 3 tablespoons molasses

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Pinch of salt
 2 teaspoons soda, dissolved in 2 cups sour milk
 2 cups graham
 1 cup white flour
 1 small cup raisins

Fill greased cans half full, let rise 1 hour and bake 1 hour.
 Mrs. H. M. Finkbine.

CORN BREAD

2 well beaten eggs
 1/2 cup sugar
 2 cups sour milk
 1 teaspoon salt
 2 cups sifted meal
 1/2 cup flour
 2 tablespoons melted butter
 1 teaspoon soda

Mrs. Harry Lund.

CORN BREAD

1 cup cornmeal
 1 cup flour
 1/2 teaspoon salt
 2 teaspoons Royal baking powder
 1/4 cup sugar
 2 eggs
 1 tablespoon melted butter
 1 cup milk

Mix dry ingredients, add milk to beaten eggs, then add to dry ingredients; add butter and beat well. Bake in quick oven 20 to 30 minutes
 Mrs. R. McMillan.

BUNS

3 cups new milk
 1/2 cup sugar
 1 1/2 cakes yeast
 Thicken with flour, set over night

In the morning, mix 1/2 cup sugar, 1/2 cup butter in the yeast, add flour to make stiff, knead very lightly, let rise and bake.
 Mrs. Retta McFarland.

ROLLS

At night, scald 1 pint milk and let it get lukewarm. Rub thoroughly in 1 quart flour, a dessert spoonful lard and a little salt, a tablespoon sugar, 1/2 yeast cake (dissolved) to

Use Challenge Flour

the milk and pour into the middle of the flour without mixing at all. Let stand until morning, then knead and let stand 'till light, then roll out as for biscuit, cut, roll edges together and stick with a bit of butter. Let rise and bake.

Mrs. R. B. Marker.

BISCUIT

- 1 quart flour
- 1 teaspoon salt
- 1 even teaspoon soda
- Milk
- 2 teaspoons cream tartar
- 1 large tablespoon butter

Mix dry ingredients, rub in butter, mix with milk 'till stiff enough to handle. Do not knead dough, pat it down, to $\frac{1}{2}$ in. thickness. Cut out, bake 15 minutes in hot oven.

Selected.

EMERGENCY BISCUIT

- 2 cups flour
- 1 tablespoon butter
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon Royal baking powder

Mix and sift flour, salt and baking powder; rub in butter, mix to a thick batter with milk. Drop by small spoonful on greased pans. Bake in quick oven.

NUT BREAD

- 2-3 cup sugar
- 3 cups graham flour
- 1 cup white flour
- 1 teaspoon salt
- 2 cups sour milk
- 1 teaspoon soda
- 1 teaspoon Royal baking powder
- 1 cup nut meats

Mix together and bake 1 hour.

Fern A. Runte.

WHEAT MUFFINS

- Yolks 2 eggs
- 2 tablespoons sugar
- 4 tablespoons melted butter
- 1 cup milk
- 2 1-3 cup flour
- $2\frac{1}{2}$ teaspoons Royal baking powder

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Whites of the 2 eggs, beaten light, added last. Bake in quick oven. Mrs. R. B. Graham.

MUFFINS

1 cup milk
 1 egg
 1 tablespoon sugar
 ¼ cup melted butter
 2 cups flour
 1 teaspoon soda
 2 teaspoons cream tartar

Bake in moderate oven 35 minutes

Miss Florence B. Marker.

BROWN BREAD

1 cup corn meal
 1 cup rye meal
 1 cup graham flour
 2 cups sour milk
 ¾ teaspoon soda
 1 teaspoon salt
 ¾ cup molasses

Mix, fill mold 2-3 full and steam 3½ hours. Cover tightly.

CORN PONE

Mix 1 quart cornmeal with cold water into soft dough, adding teaspoon salt and a little melted lard, shape into cakes and bake in hot oven.

GRAHAM GEMS

1 full cup buttermilk
 ½ cup sweet milk
 4 tablespoons sweet cream
 1 tablespoon sugar
 1 teaspoon soda
 1 teaspoon salt

Graham flour to make batter as stiff as cake dough

Mrs. T. E. Carey.

SALLY LUNN

1 pint flour
 ½ teaspoon salt
 2 eggs
 ½ teaspoon Royal baking powder
 ½ cup milk

Use Challenge Flour

$\frac{1}{2}$ cup melted butter

Sift dry ingredients, stir in butter, milk and beaten egg yolks; beat hard, then fold in egg whites beaten stiff. Bake in hot oven.

CREAM BISCUIT

1 quart flour

1 tablespoon lard

Salt

2 heaping teaspoons Royal baking powder

Mix with 1 cup sweet cream. Always move rolling pin from you in making biscuits. Roll these biscuit $\frac{3}{4}$ inch thick; bake in quick oven.

BAKING POWDER BISCUITS

1 quart flour

3 teaspoons Royal baking powder

Salt

1 cup rich, sweet cream

Milk

Sift flour, baking powder and salt together and add the cream; mix well and add enough milk to make a soft dough; mold quickly, handle as little as possible and bake in a quick oven.

Cora E. Diven.

BOSTON BROWN BREAD

1 cup rye meal

1 cup corn meal

1 cup graham flour

2 cups sour milk

$\frac{3}{4}$ teaspoon soda

1 teaspoon salt

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

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a well buttered mold and steam $3\frac{1}{2}$ hours. The cover should be buttered before being placed on mold, and then tied down with a string. Mold should never be filled more than two-thirds full. For steaming, place mold on a trivet in a kettle containing boiling water, allowing the water to come half way up around mold, cover closely and steam, adding more boiling water as needed.

Cora E. Diven.

BAKING POWDER BISCUITS

2 cups flour

2 teaspoons butter

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1 teaspoon salt

2 level teaspoons Royal baking powder

Sift flour, salt and baking powder; rub in butter, then use enough milk to make a soft dough; roll and cut small; brush top with melted butter. Mrs. R. McMillan.

BUNS

In the morning cover $\frac{1}{2}$ yeast cake with $1\frac{1}{2}$ cups lukewarm water; when dissolved, stir in a little flour and let stand 'till noon, then add 2 cups lukewarm water, 1 cup sugar, $\frac{1}{2}$ cup lard and a little salt. Mix into a stiff loaf and when light, knead down. At night make into balls about $1\frac{1}{2}$ inch in diameter, place two to three inches apart in tins; let stand until the next morning, when they will be ready to bake. Mrs. Jas. Kirkwood.

OATMEAL BREAD

2 cups oatmeal, scalded in boiling water (not sloppy)

2 cups bread sponge

$\frac{1}{2}$ cup New Orleans baking molasses

Mix into hard loaf with white flour. Let rise once; mix into tins, raise again and bake. Mrs. Chas. Hanna.



GRIDDLE CAKES, ETC.

"The proof is in the eating".

GRIDDLE CAKES

- 3 cups flour
- 2 teaspoons Royal baking powder
- 2 eggs
- Salt

Mix well together, add enough flour to make a thin batter; bake at once on hot greased griddle. Selected.

CEREAL GRIDDLE CAKES

- 1 cup cold cooked cereal, mashed fine
- 1 beaten egg, yolk and white separate
- ½ teaspoon Royal baking powder

Drop by spoonfuls on hot griddle. Serve with syrup.

Selected.

BANNOCKS

- 2 cups oatmeal, sifted
- 2 teaspoons Royal baking powder
- 1 pint milk
- 2 beaten eggs
- Salt

A little sugar

Mix well, bake on griddle. Serve with syrup.

BANANA FRITTERS

- 1 tablespoon sugar
- ¼ teaspoon salt
- 2 eggs
- 1 cup sweet milk
- 1 heaping teaspoon Royal baking powder
- 2 cups flour

Beat together until smooth; dip slices of banana into batter and drop into smoking hot fat in large spoonfuls and fry to a golden brown. Miss Florence B. Marker.

WAFFLES

- 1 quart flour
- 1-3 teaspoon salt
- 1 teaspoon sugar
- 2 teaspoons Royal baking powder
- 1-3 cup butter
- 3 eggs beaten separately

Sift dry ingredients, rub in butter, add eggs and enough

Use Challenge Flour

sweet milk to make a thin batter. Cook in hot greased waffle irons.
Mrs. H. H. Kirk.

MAPLEINE HOT CAKES

2 cups sour milk
2 level teaspoonfuls Royal baking powder
½ teaspoon mapleine
1 pinch salt
1 egg
Flour to make thin batter

Mix mapleine with milk before making batter. Have griddle smoking hot. Selected.

TIMBALE

2 eggs
1 cup milk
1 teaspoon sugar
¼ teaspoon salt
1 cup flour (a little more may be needed)

Stir eggs slightly with salt and sugar, add milk and flour and beat 'till smooth. Use timbale iron, fry in fat deep enough to entirely cover iron without its touching the bottom of pan. Heat iron in fat before dipping in batter, not letting batter come over top of iron. If batter slips off iron into bowl, the iron is too hot; if it slips off iron into grease, it is not deep enough in fat. Will slip off easily on removing from fat, if fried enough. This recipe will make about 40 timbales.
R. M. K.

PLAIN FRITTER BATTER

1 cup milk
2 eggs
1 cup flour
½ teaspoon Royal baking powder
½ teaspoon salt

Beat 'till smooth, drop by spoonfuls into hot fat, deep enough to cover fritter. Fry a golden brown. Any kind of fruit may be used with this batter. Chop fresh fruits and drain all juice from canned fruits before chopping or slicing.

Romaine Kirk.

OYSTER FRITTERS

Use plain fritter batter, using oyster liquor instead of milk. Oysters may be used whole or chopped and seasoned with salt and pepper.

Use Challenge Flour

VEGETABLES

“The turnpike road to people’s hearts, I find
Lies through their mouths, or I mistake mankind’.”

TURNIP CUBES

Cook 3 cups turnip cubes in boiling, salted water until nearly soft; drain and put in baking dish, add 1½ teaspoon each of salt and sugar, ¼ cup butter and 2 tablespoons water. Cover and cook 'till turnips are soft.

BAKED CORN AND CHEESE

2 cups grated corn
1 cup milk
1 egg
2 tablespoons butter
Salt and pepper to taste

Mix, pour into buttered baking dish, cover with grated cheese and bread crumbs and bake 'till brown.

STUFFED ONIONS

Remove skins from onions and parboil 10 minutes in boiling, salted water. Remove from water and turn upside down to cool. Carefully remove the centers, fill with equal parts of finely chopped, cooked chicken, bread crumbs and onion. Salt and pepper to taste; moisten with cream and refill shell; sprinkle with buttered bread crumbs and brown in oven. Garnish and serve hot. Miss Mary Marker.

BAKED BEANS

Put the beans to soak early in the evening in plenty of water. Change water at bedtime and soak all night. In the morning, parboil for 2 hours, drain off nearly all the water and put in bean pot, placing raw pork, slightly browned, in center, sinking to be level with surface; add a little soda, 2 tablespoons molasses and bake for 6 hours. Keep bean pot closed while baking. As beans bake dry, add a little more water 'till last hour, when none will be needed.

R. M. K.

BAKED VEGETABLES

Cook turnips, squash or cauliflower, cut in small pieces, in salt water 'till tender. Drain and place in casserole with a little minced pepper, lump butter and cup cream or rich

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milk; bake slowly for 15 or 20 minutes, then cover with cream sauce and buttered crumbs and brown. Serve from casserole. Selected.

SURPRISE TOMATOES

Peel medium size ripe tomatoes, cut small place in top and remove all the pulp, drain off juice and cut in small pieces, add chopped celery and nut meats, put back in tomato and pour mayonnaise over top, serve on lettuce leaf.

Nora Webber Lloyd.

ESCALLOPED TOMATOES

Cut the top off good, solid, ripe tomatoes, take out the seeds, fill with the following dressing: Bread crumbs, salt and pepper to taste. Moisten with sweet cream, bake until well cooked.

Mrs. Retta McFarland.

TOMATO SQUARES

½ quart tomatoes
1 tablespoon sugar
Slice of onion
3 cloves
Salt and pepper

Cook for 20 minutes and strain; return to fire and thicken with 2 tablespoons flour mixed smooth with 4 tablespoons of water, add 1 beaten egg and remove from fire, pour into a pan to a depth of ¾ inch. Allow to cool, then cut in squares, dip squares in beaten egg and fine cracker crumbs and fry in deep fat in wire basket. Drain and serve cold. Garnish with parsley and fresh sliced cucumbers. Selected.

SWEET POTATOES WITH PEAS

Boil 6 large, even sized sweet potatoes, mash, season with salt and pepper, moisten with cream 'till they are like pastry, then line buttered patty tins and bake 'till firm. Remove from pans and fill with creamed peas. Amy L. Marker.

HIDDEN POTATOES

Mound well seasoned, light mashed potatoes and cover with ½ cup cream, beaten stiff into which has been added ½ cup grated cheese. Brown in very hot oven.

Romaine M. Kirk.

CANNING CORN

8 cups corn
2 cups water
1 cup sugar

Use Challenge Flour

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

Boil 20 minutes, then seal in glass jars. Wash salt out before using.

Nora Webber Lloyd.

BAKED BEANS

Soak 1 quart white beans in cold water over night. Next morning, drain, cover with cold water, boil $\frac{1}{2}$ hour, then add a pinch of soda and let boil, uncovered, until the skins crack, then drain. Meanwhile, boil $\frac{1}{2}$ pound salt pork about 20 minutes and then put pork and beans in an earthenware bean pot. In a large cup, mix $\frac{1}{2}$ teaspoon ground mustard, 1 teaspoon salt and $\frac{1}{2}$ teaspoon pepper with $\frac{1}{2}$ cup molasses thinned with some of the liquor in which the pork was cooked; pour over the beans, (the liquid should come almost to the top of the beans), and bake slowly about 8 hours. Tomato juice may be added instead of meat liquor. If the liquid evaporates too rapidly, add a little hot water from time to time.

Cora E. Diven.

POTATO CROQUETTES

2 lbs. cooked potatoes

1 tablespoon butter

$\frac{1}{2}$ tablespoon salt

1 tablespoon chopped parsley

1 egg

Pinch of pepper

Mash the potatoes, then add the egg well beaten, mix thoroughly and add the butter, salt, pepper and parsley. Flour the fingers and a baking board. From the mixture into neat croquettes, brush over with beaten egg, then roll in dry bread crumbs; fry in enough smoking hot fat to cover them; drain on soft paper and serve hot.

Cora E. Diven.

HOT SLAW

Shred cabbage fine; put in a pan with tablespoon lard and butter, a little water and season with a little salt and pepper. Let cook slowly until tender, stirring occasionally so as not to brown.

DRESSING

3 tablespoons sugar

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

$\frac{1}{2}$ cup sour cream

Pour over hot cabbage; dish up immediately.

Mrs. David Sheets.

Use Challenge Flour

HOLLANDAISE SAUCE

4 egg yolks

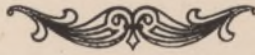
½ lb butter

Juice of 1 lemon

3 tablespoons thick cream

Put the yolks of eggs, lemon juice and a small quantity of butter in a saucepan, stir until thickens, then add the rest of butter gradually; lastly add the cream. This sauce can be served with asparagus, cauliflower or celery.

Miss Florence B. Marker.



PICKLES

“Ask not if its taste be sour or sweet;
The main matter is, and you mustn't forget it,
Its all of it home brewed”.

MUSTARD PICKLES

- 2 quarts sliced tomatoes
- 2 quarts chopped tomatoes
- 2 quarts small tomatoes
- 2 quarts cabbage
- 2 quarts cauliflower
- 2 quarts onions
- 2 quarts cucumbers
- 4 bunches celery
- 6 peppers
- 1 pint horseradish

Let all stand over night in salt water. Let come to a boil 'till onions are cooked, then drain.

DRESSING

- 1 lb. mustard
- 5 cents worth tumeric
- $\frac{3}{4}$ quarts flour
- 1 gallon vinegar, heat the vinegar

Lila McKeever.

CHILI SAUCE

- 9 large ripe tomatoes
- 2 onions
- 1 green pepper
- $\frac{1}{2}$ cup sugar
- 1 cup vinegar
- 1 tablespoon salt
- 1 teaspoon each of allspice, cloves, cinnamon and mustard

Chop onions and green pepper, add tomatoes cut in pieces, and sugar, and boil until thick; add vinegar, salt and spices and boil 5 minutes. Seal in glass jars with parowax.

Mrs. Lund.

GREEN TOMATO PICKLES

Tomatoes, vinegar, spices, onions, sugar.

Slice green tomatoes thin with a few large onions. Boil until tender, but not soft. Drain these and make a syrup

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of 1 pint vinegar, 3 pints sugar, cinnamon, cloves, allspice (whole, not ground) pour this hot over the tomatoes and onions and seal.

Mrs. Fern A. Rnute.

CHOW-CHOW

2 gal. chopped cabbage
 1½ gal. chopped green tomatoes
 1 dozen large onions
 5c worth mixed spices
 3 saucers brown sugar
 Vinegar to suit taste

Slice tomatoes and onion the night before use. Salt and allow to stand over night. In the morning, drain off water and chop, add cabbage, sugar, spice and vinegar and cook 'till all are tender.

Mrs. R. B. Marker.

CUCUMBER PICKLES

2 cups salt to 1 gallon water. Put the pickles in and let stand a couple of days; take out and wash. Put in another water with 2 teaspoons of alum to 1 gallon water; let come to a boiling point; cover and let cool in this water or back of stove. Wash off in cold water, put in jars, pour over vinegar syrup and seal.

Nora Webber Lloyd.

CHERRY OLIVES

Steam the cherries, but do not pit them; fill the jars with the cherries, put tablespoon salt on each and fill up the jars with cold vinegar. They will be ready for use in a couple of weeks, but better when left longer.

Mrs. Retta McFarland.

STUFFED GREEN PEPPERS

1 pint cooked corn
 1 small head cabbage, chopped fine
 1 red pepper, chopped fine
 1 tablespoon each of mustard, salt and whole cloves
 2 tablespoons celery seed

Mix well together before filling peppers, which should have had seeds removed and soaked 12 hours in weak salt brine. After filling peppers, tie on tops and boil 20 minutes, in not too strong vinegar, in which is dissolved 1 pound brown sugar. Fill jars and seal.

R. M. K.

SPICED CRAB APPLES

8 pounds fruit
 4 pounds brown sugar

Use Challenge Flour

- 1 quart vinegar
- 1 cup mixed whole spices

Tie spices in a bag and boil in vinegar and sugar; skim and add fruit. Cook 'till tender, then pack in jars. Let the syrup boil about 5 minutes longer, then pour over fruit and seal.

Miss Bertha Tice.

CORN SALAD

- 1 dozen ears sweet corn
- 2 red or green peppers, chopped
- 1½ tablespoons white mustard seed
- 1½ cups sugar
- 1 large head cabbage
- 2 tablespoons salt
- 3 pints vinegar

Chop corn and cabbage fine. Add vinegar and boil 20 minutes.

PICKLED PEACHES

Scald and peel peaches as tomatoes. For 8 lbs. peaches, allow 4 lbs. sugar, 1 pint vinegar, 1 tablespoon each of ground cinnamon, cloves and allspice, tied in a bag. Let vinegar, sugar and spices come to boil, put in peaches and boil until tender. Throw a few whole spices of each kind into syrup. Seal.

Mrs. Wm. J. McFadden.

LITTLE WHITE ONION PICKLES

Pour boiling water over onions and peel, then cook in strong salt water 5 minutes; take out, fill up bottles and pour hot vinegar over and seal. Use

- 2 quarts white vinegar
- 2 cups sugar
- 2 tablespoons white mustard seed
- 6 drops each of clove and cinnamon oil
- Boil 10 minutes

A small red pepper in jar looks pretty

This takes two grape basketsful of onions.

BET RELISH

- 1 quart beets
- 1 quart cabbage
- 2 cups sugar
- 1 cup horseradish

Cook beets, chop fine, add cabbage, chopped fine; add sugar, teaspoon salt and season to taste with black and red

Use Challenge Flour

pepper, fill jars and pour heated vinegar to fill jars, stir well and seal.

Mrs. H. H. Kirk.

VEGETABLE RELISH

1 peck ripe tomatoes
 6 green chopped peppers
 6 chopped onions
 2 teaspoons allspice
 2 teaspoons ground cloves
 2 teaspoons cinnamon
 3 cups vinegar
 2 cups granulated sugar
 ½ teaspoons cayenne pepper

Boil slowly from 3 to 4 hours. Seal tightly in jars.

Miss Florence B. Marker.

WATERMELON PICKLE

White rind of 1 watermelon
 1 pint vinegar
 2 pints sugar
 Whole cinnamon and cloves to taste

Boil the white rind of watermelon until it is soft enough to run a broom straw through, then drain it well. Boil together the vinegar, sugar and spices. Drop the melon into this and cook a few minutes.

Fern A. Runte.

SPICED STRING BEANS

Wash beans and cook until tender in a little salt water; drain in a colander. To 1 quart vinegar, add 2 whole sticks cinnamon, 1 tablespoon whole allspice and sugar to taste. Boil these together ½ hour. Put beans in jar and pour vinegar over while hot.

Mrs. F. B. Spence.

SPICED PEARS

8 lbs. pears
 1 pint vinegar
 4 lbs. sugar

Tie in thin muslin bag, cloves, allspice and stick cinnamon. Boil this with vinegar and sugar 10 minutes; skim and add pears and cook 'till tender. Put pears in fruit jars; boil down the syrup, pour over and seal.

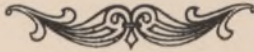
Mrs. David Sheets.

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CORN SALAD

12 ears corn
1 large head cabbage
½ gallon vinegar
½ lb. mustard
½ dozen onions
½ dozen red peppers
2 cups sugar
Celery and salt to suit taste

Lila McKeever.



SALAD AND SALAD DRESSING

"Hot things hot; cold things cold".

CELERY AND GRAPE FRUIT SALAD

- 1 cup chopped celery
- 1 medium sized grape fruit

Beat the yolks of 4 eggs, add 1 cup of diluted vinegar and cook in double boiler until thick and smooth; season with $\frac{1}{2}$ teaspoon salt, 1 tablespoon sugar and a dash of pepper. When cool, add 1 cup whipped cream; pour over the chopped grape fruit and celery and serve.

Cora E. Diven.

CHICKEN SALAD

- 1 chicken
- 3 heads celery
- 1 cup nut meats
- Salad dressing

Chop the meat, salt and pepper to suit taste, then add celery and nuts chopped. Mix well with dressing and serve on lettuce leaf with cranberry jelly. Nora Webber Lloyd.

CAULIFLOWER SALAD

Baked cold cooked cauliflower in bits and lay on a dish. Put 1 cup cold cooked peas in the center, sprinkle with pepper and salt and cover with mayonnaise before serving.

FRENCH CREAM SALAD DRESSING

- 2 tablespoon vinegar
- $\frac{1}{2}$ teaspoon salt
- 3 tablespoons olive oil
- $\frac{1}{8}$ teaspoon pepper

Mix and add 6 tablespoons cream beaten 'till very stiff.
Selected.

CUCUMBER SALAD

Cut medium sized cucumbers lengthwise, scoop out the inside; mix with bits of raw tomato, chopped onion and salad dressing; return to shells; serve cold on lettuce leaves.

NEST EGG SALAD

Line a soup plate with watercress and sliced Bermuda onions; fill up with three sliced hard boiled eggs and sprinkle a little Roquefort cheese on top. Serve with French dressing.

Mrs. Fern A. Runte.

Use Challenge Flour

SALMON SALAD

- 1 can red salmon
- 1 can peas
- 1½ cup diced cold boiled potatoes
- 3 hard boiled eggs

Serve with mayonnaise. May use diced cucumber pickles in place of peas.

Nora Webber Lloyd.

WALDORF SALAD

- 1 cup diced apples
- 1 cup chopped celery
- ½ cup chopped English walnuts
- ¼ cup raisins, cut small

Mix all with sweet salad dressing. Mrs. R. McMillan.

CROWN SALAD

Melt 1 tablespoon gelatine in cold water; dip into this quarters of hard boiled eggs; arrange on flat dish, while still wet, standing each one up near the next but not touching it, in form of a circle. Let stand 'till firm; then fill center with flaked salmon mixed with mayonnaise dressing. Keep on ice 'till ready to serve.

Romaine M. Kirk.

PINEAPPLE SALAD

Halve small oranges, remove pulp, wipe shells dry and set on ice. Cut pineapple in small pieces and mix with French dressing made with oil, lemon juice, salt and a touch of red pepper. Serve very cold on lettuce.

Selected.

SPRING SALAD

- 2 large tomatoes
- 1 small cucumber
- 6 new onions
- 1 green pepper

Slice or dice all and mix with French dressing and serve on lettuce.

MARSHMALLOW SALAD

- ½ lb. marshmallows
- 1 can pineapple
- ½ lb. white grapes
- 2 oranges
- 1 can white cherries
- ½ cup English walnuts

Mix with whipped cream dressing.

Miss Florence B. Marker.

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TOMATO SALAD

- 2 large tomatoes
- 1 Bermuda onion
- 1 finely sliced green pepper
- 2 tablespoons French dressing

Mrs. Fern Runte.

TOMATO AND PEANUT SALAD

Peel and remove centers of ripe tomatoes. Fill centers with cabbage chopped fine, ground roasted peanuts and salad dressing. Serve cold on lettuce leaf.

Amy L. Marker.

PEAR SALAD

Peel large ripe pears, halve, core and drop in cold water 'till ready to serve; chop 1 cup meats, mix with whipped cream salad dressing and fill centers and serve at once. Garnish with parsley.

CHICKEN SALAD

- 1½ cup chopped chicken (not ground)
- 1 cup celery, cut in small pieces
- 1 cup nut meats
- ½ doz. hard boiled eggs
- ½ doz. sweet cucumber pickles cut in small pieces
- 1 cup salad dressing
- ½ cup whipped cream

Mix together and garnish with parsley

Fern A. Runte.

BEEF SALAD

- 2 cups chopped cooked beets
- ½ cup stoned olives

Cover with mayonnaise dressing and sprinkle hard boiled eggs over the top.

Mrs. H. H. Kirk.

BANANA SALAD

Arrange white lettuce leaves on flat dish and on these place a quantity of long strips of fine cut banana. Cover with French dressing. Chopped nuts may be scattered over top. Serve cold.

Selected.

FISH SALAD

Pick fish in large, even pieces, put on ice and just before serving, cover with mayonnaise; dot with capers and place on lettuce.

Selected.

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BEAN SALAD

1 can red kidney beans, drain liquid off, add 4 hard boiled eggs, 5 or 6 pickles, cut in small pieces; a little celery or celery salt. Mix together and cover with salad dressing.

Miss Lottie Malone.

SHERRY SALAD

2 cups chopped apples
2 cups chopped celery
2 cups Malaga grapes
1 cup chopped walnuts

Mix the whole with mayonnaise dressing, garnish with lettuce leaves.

Miss Florence B. Marker.

SALMON SALAD

Take a can of salmon, work smooth, then add
4 tablespoons mayonnaise dressing
1 cup chopped celery
 $\frac{1}{2}$ cup walnuts

Miss Clara Lassen.

TOMATO SALAD

Slice large tomatoes and arrange on lettuce leaves; sprinkle each slice with grated cheese; put a spoonful mayonnaise on top. Serve cold.

Mrs. H. H. K.

PRUNE SALAD

Stew prunes, chill, remove stones. Fill cavities with chopped English walnut meats. Arrange in groups of three, sprinkle with finely chopped nuts. Serve with mayonnaise.

Selected.

POTATO SALAD

1 cup cold cooked diced potatoes
1 cup diced celery
1 cup nut meats
Whites 4 hard boiled eggs, cut in squares

Mix lightly with cream mayonnaise dressing, garnish with lettuce and sprinkle grated egg yolks over top of salad.

CHEESE AND GRAPE SALAD

Take nice white grapes, remove seeds; put on lettuce leaves, cover with French dressing, set on ice to chill and just before serving, sprinkle riced cream cheese over all.

Selected.

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CELERY SALAD

- 2 cups celery
- 1 cup walnut meats
- 2 heaping tablespoons chopped olives
- 1 cup stiff mayonnaise dressing

Cut celery into inch pieces, dry on towel and set on ice. Mix all together just before serving. Use celery leaves as garnish. Be sure your dressing is stiff and don't put it on 'till the last moment.

CABBAGE AND PIMENTO SALAD

Shred cabbage, mix with mayonnaise, pile lightly on dish, garnish with halved English walnut meats and thin strips of pimento.

CHEESE AND JELLY SALAD

Make small balls of cream cheese, mixed with cream and salt, leaving hollow in center, which should be filled with red jelly or currant jam. Serve on crisp lettuce leaves. Cover salad with French dressing. Selected.

BANANA SALAD

Peel as many chilled, ripe bananas as there are persons to be served; split lengthwise, put the halves together with a filling of raisins, walnuts and preserved ginger, chopped fine and moistened with lemon juice. Serve with whipped cream mayonnaise. Helen Graham.

BANANA SALAD

Cut bananas in halves, roll in ground nut meats, after having dipped the banana in salad dressing that is thick and sweet. Serve on lettuce leaf, with a little salad dressing on the side. Miss Lottie Malone.

STUFFED TOMATO SALAD

8 medium sized tomatoes. Scald and peel the tomatoes; slice off their tops, scrape out the seeds and a little of the pulp and fill the cavities with 2 cups of either diced celery or cucumbers mixed with 1 cup mayonnaise dressing. Chill and serve on lettuce leaves. Helen Graham.

OLIVE AND PICKLE SALAD

- 1 bottle olives
- 1 pint cucumber pickles
- 1 cup English walnut meats
- 1 package clear gelatine or lemon jelly

Make your jello and when cool, not hard, put in your

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pickles, olives and nuts and set away to harden. Cut in squares or any desired shape and serve with salad dressing mixed with whipped cream. Fern A. Runte.

POND LILY SALAD

6 hard boiled eggs

Butter

Salad dressing

Take 6 hard boiled eggs, shell and put in vinegar, which cooked sliced beets have been, let remain over night, which will turn the eggs a little pink; cut off the ends of the eggs and carefully remove the yolks; cut the whites carefully so as to look like pond lilies; take the yolks and rub melted butter into them, then carefully fill in the mixture in the whites to form the center; arrange on a platter of lettuce. Serve with French dressing.

POINSETTA SALAD

Arrange large slices of canned pineapple on lettuce leaves. Cut 5 pointed pieces of pimento to represent leaves and arrange on pineapple; fill center with salad dressing and sprinkle with salad dressing and sprinkle with tiny pieces of pimento or fill center with cottage cheese, seasoned and mixed with chopped nuts and sprinkled with pimento and serve dressing from separate dish. Helen Graham.

FISH SALAD WITH CUCUMBERS

Season 1½ cup cold cooked fish or salmon with salt, cayenne and lemon juice. To cream dressing, add 1-3 tablespoon granulated gelatine, soaked in 1½ tablespoons cold water. As soon as dressing begins to thicken, fold in the fish. Turn into individual molds, chill, remove from molds; arrange on lettuce leaves and serve with German dressing mixed with 2 chopped cucumbers. Helen Graham.

OLIVE SALAD

1 ten cent bottle olives

½ doz. small cucumber pickles

2 stalks celery

1 cup nut meats

Seed the olives and chop rather fine, then add the pickles, celery and nuts, also chopped. Dissolve 2 tablespoons pulverized gelatine in half a cup cold water; heat a pint of weak vinegar, stir in the gelatine and pour over the chopped olives, pickles, celery and nuts and set in a cool place until

firm. To serve cut in squares and place a spoonful of mayonnaise dressing on each piece. Cora E. Diven.

BEEF SALAD

6 beets
12 olives
Salad dressing

Boil the beets and chop fine. Mix with the chopped olives and pour over it a hard boiled dressing. Arrange on lettuce or nasturtium leaves and serve. Mrs. Boyd Diven.

PINEAPPLE SALAD

1 can sliced pineapple
10c. worth marshmallows
10c. worth English walnuts

MAYONNAISE DRESSING

2 whole eggs or yolks of 4
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon flour
 $\frac{1}{2}$ cup vinegar diluted
1 teaspoon salt
 $\frac{1}{2}$ teaspoon mustard
1 cup whipped cream

To Serve—Lay a slice of pineapple on a plate, put a spoonful of dressing in the middle, then take your marshmallows, which have been cut up in the dressing, then take English walnuts and break up and put on top and put salad dressing on the plate around the slice of pineapple.

Mrs. T. L. Malone.

STUFFED APPLE SALAD

6 good sized apples. Carefully remove cores and most of the pulp. For filling
12 English walnuts, chopped fine
12 tablespoons diced celery
12 tablespoons diced apple

Mix the apple, celery and nuts in white sauce and fill the cavities of apples. Serve with whipped cream.

WHITE SAUCE

6 tablespoons flour
 $1\frac{1}{2}$ teaspoons butter
Salt and pepper
 $1\frac{1}{2}$ cups milk

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ROYAL SALAD

- 1 fresh pineapple
- 3 oranges
- 3 apples
- 1 stalk celery
- 1 cup whipped cream dressing
- ½ cup nut meats

Garnish with chopped green peppers and pimento.

Miss Florence B. Marker.

CHERRY SALAD

- 1 can cherries (white preferred)
- 3 oranges

DRESSING

Remove the stones from the cherries and cut in quarters; mix with the pulp of the oranges and sweeten to taste; fill cups made of bright red apples, with the mixture and arrange on lettuce leaves. Cover the tops of cups with the following dressing: Beat the yolks of 1 egg until thick and lemon colored and add gradually two-thirds cup of fine sugar, continuing the beating. Flavor with ½ teaspoon vanilla.

Cora E. Diven.

CUCUMBER SALAD

- 1 cup white cherries, seeded
- ½ cup cheese
- ½ cup celery
- ½ cup sliced cucumbers
- ½ cup nut meats

Grate the cheese and pour over the above and then cover with mayonnaise.

Fern A. Runte.

BAKED APPLES

Peel and core as many good sized apples as there are persons to be served. Make a syrup and color red with a little fruit coloring; pour over apples and bake slowly; turn apples in the syrup and be careful to keep whole. When baked, remove from syrup and fill with chopped nuts, black walnuts are especially good, and pour a little of the thick syrup in them. These are nice to serve cold at luncheons with the meat course.

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QUICK SALAD DRESSING

1 egg
 1 teaspoon sugar
 ½ teaspoon mustard
 ¼ teaspoon pepper
 Pinch of salt
 ½ cup vinegar
 1 cup sour cream

Put all together and cook 'till it thickens.

Miss Bertha Tice.

MAYONNAISE DRESSING

Yolks 6 eggs
 1 tablespoon cornstarch
 1 cup sugar
 ½ cup vinegar
 ½ sour cream
 1 tablespoon butter
 Salt and pepper to taste
 Pinch of mustard

Beat eggs and cornstarch together, then add other things and cook in double boiler 'till thick. When sealed, will keep to thin with cream as needed.

Nora Webber Lloyd.

CREAM DRESSING

(To be used in fish salad)

1 teaspoon mustard
 1 teaspoon salt
 2 teaspoons flour
 1½ teaspoon powdered sugar
 Few grains cayenne
 1 teaspoon melted butter
 Yolk 1 egg

1-3 cup vinegar; cook and mix with ½ cup thick cream

Helen Graham.

SALAD DRESSING

2 eggs
 1 large tablespoon butter
 1 tablespoon mustard
 ½ cup vinegar
 Salt and pepper

Use Challenge Flour

SALAD DRESSING

- 2 eggs
- 1/2 cup sugar
- 1/2 cup vinegar

Beat eggs and sugar 'till it foams, then add vinegar slowly; boil 'till thick, stirring all the time, thin with 2 tablespoons sweet cream.

FRENCH SALAD DRESSING

- 1 teaspoon salt
- 1/2 teaspoon white pepper
- 1/4 teaspoon mustard
- 1-3 quart vinegar

Shake well and add enough olive oil to make 1 quart; put in a bottle, cork tightly, shake well before using.

THOUSAND ISLAND SALAD DRESSING

- 2 tablespoons each of finely chopped green peppers, pimentos and fresh green onions
- 4 soup spoons mayonnaise
- 3 soup spoons tarragon vinegar
- 2 soup spoons chili sauce
- Paprika and salt to taste
- 1 hard boiled egg, sliced in crescent

Serve on head lettuce.

Mrs. Walner.

GERMAN DRESSING

- 1/2 cup thick cream
- 3 tablespoons vinegar
- 1/4 teaspoon salt
- Few grains pepper

Beat cream until stiff; add salt, pepper and vinegar very slowly, continuing the beating.

Helen Graham

SALAD DRESSING

- 1 hard boiled egg
- 1 teaspoon salt
- 1 teaspoon each of green and red peppers
- 1/8 teaspoon pepper
- 1/2 cup oil
- 4 tablespoons vinegar

Chop egg and pepper very fine; mix and chill. Place in a bottle or jar and shake well before using. Good on lettuce tomatoes, cabbage or cucumber salads.

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CAKE

"Cake does to the appetite what the sunshine does to the clouds".

WHITE LAYER CAKE

2 scant cups sugar
 1 cup sweet milk
 ½ cup butter
 White of 5 eggs beaten
 2½ cups sifted flour
 3 level teaspoons Royal baking powder
 Flavoring

Cream butter and sugar, add milk, then part of flour, sifting baking powder in flour, then stir in the beaten whites, add flavoring and the rest of flour. Bake in layers.

Theresa Brown.

HOT WATER CAKE

2 cups flour
 2 cups sugar
 2 teaspoons Royal baking powder
 1 cup hot water (boiling)
 Whites 7 eggs (beaten stiff)

Sift flour, sugar and baking powder twelve times, add boiling water, then whites of eggs. Flavor.

Anna Hoffmeister.

EVERY DAY CAKE

1½ cup sugar
 ½ cup butter
 1 cup milk
 2 eggs
 2 teaspoons Royal baking powder
 3 cups flour

Cream butter and sugar; add milk and beaten eggs, then flour and baking powder. Mix thoroughly and bake in layers.

Miss Bertha Tice.

WALNUT CAKE

1½ cup sugar
 ½ cup butter

Use Challenge Flour



Ask Your GROCER

Those who buy SWANS DOWN CAKE FLOUR once always come back for more. ∴ There's such a difference between cakes made of Swans Down and cakes made of ordinary flour.

IGLEHEART'S

SWANS DOWN

Prepared (Not Self-Rising)

CAKE FLOUR

Not like heavy, glutenous bread flour sold in sacks and barrels.

Swans Down Cake Flour is a smooth, creamy, light flour made especially for fine cakes and pastry.



TRY IT

IGLEHEART BROTHERS

Established 1856

EVANSVILLE, INDIANA

185

Here is the Reason for
Swans Down Cake Flour

IT IS INTERESTING—
READ IT!

The excellence of a cake depends upon its lightness, texture, color and taste.

Cake is made light by the enlargement of the cells in the cake batter and this is accomplished in two ways. First, by the expansion of air when heated during baking. The cool air in the batter is enclosed by the beating of the batter, or the eggs. The expanding of the enclosed air bubbles puffs up and expands the batter: the heat also bakes the cake, making the walls of the cells rigid, so that they retain the structure of a sponge.

The other method of enlarging the cells of the cake batter is by the evolution of carbon dioxide, a harmless gas which fills the cells and expands when heated during the baking of the cake. Carbon dioxide is the gas in the bubbles given off by baking powder when it is wet and heated. The action of cream of tartar on soda also gives off carbon dioxide.

This lightness of a cake is greatly affected by the kind of flour used. Flour not made expressly for use in cake baking is rich in gluten, an excellent quality for bread, but detrimental for cake baking. Gluten is a tough, rubbery substance that makes difficult the expansion of the cake batter, because the heated air, or evolved gas bubbles, are not active enough to overcome this strong rubbery gluten. This prevents the cake having a fine grained texture, that is fluffy and light.

Flour with a yellowish or grayish color does not give that beautiful and creamy white color that goes far towards making a cake more palatable. Bread flours have this fault.

The delicacy of taste and flavor is an extremely important factor, for the dainty quality of a cake must not be dominated by the use of a strong and coarse flour.

Swans Down Cake Flour is a special preparation of those elements taken from selected wheat that go to make a flour which gives the best of results in cake and pastry baking.

The proportion of gluten in Swans Down Cake Flour is small and it is of extremely fine and tender quality. The eggs and butter and sugar used in a cake more than make up for the low gluten content, so far as the nutriment value is concerned.

It is best to have a special flour for cake baking. Swans Down Cake Flour is the best we can make and we have made the best of flour for over a half century.

IGLEHEART BROTHERS,

Established 1856

Evansville, Ind., U. S. A.

- 1 cup milk
- 2 cups flour

Whites of 3 eggs, well beaten

Work well the butter and sugar, then add milk, flour, 1 teaspoon Royal baking powder and vanilla; last add the well beaten eggs and 1 cup chopped English walnut meats.

Miss Clara Lassen.

CHOCOLATE CAKE

- 1½ cup sugar
- ½ cup butter
- 2 eggs
- 2-3 cup sweet milk
- 1 teaspoon Royal baking powder
- 2¼ cups flour
- ½ cup grated chocolate
- 1 teaspoon soda
- 1½ cup boiling water

Mix chocolate with the soda and add the boiling water; let stand 5 minutes, when add to cake mixture.

Miss Florence B. Marker.

APPLE SAUCE CAKE

- 3 cups sweetened apple sauce
- 1 cup sugar
- 1 cup shortening
- 4 cups flour
- 2 scant tablespoons soda

Raisins or other similar fruit to suit. Put all ingredients together and mix thoroughly.

Miss Bertha Tice.

RAISIN CAKE

- 1 egg
- 1 cup sugar
- ¼ cup butter
- 1½ cup flour
- 1 very small teaspoon soda
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- ½ teaspoon nutmeg
- 1 cup nut meats

Boil raisins twenty minutes; drain off all the water; use one-half water you drain off raisins for mixing. Dissolve

Use Challenge Flour

soda in the water; stir in raisins last thing. This cake is very good without nuts, but in that case, use $\frac{1}{4}$ cup more flour.
Miss Bertha Tice.

CHOCOLATE CAKE

2 cups brown sugar
 $\frac{1}{2}$ cup butter
 1 cup sour milk or buttermilk
 2 eggs
 $\frac{1}{4}$ cake chocolate
 $\frac{1}{2}$ cup boiling water
 1 teaspoon soda
 2 cups flour
 Flavoring

Cream butter and sugar, beat in eggs, add milk, then flour; pour boiling water over chocolate to dissolve it, adding soda to this, then flavor.

FILLING

2 cups brown sugar
 $\frac{1}{2}$ cup milk
 Butter size of an egg

Boil until creamy, stir until it thickens, then spread on cake.
Theresa Brown.

MAPELINE CAKE

Butter size of an egg
 $1\frac{1}{2}$ cup sugar
 $2\frac{1}{2}$ cups flour
 2 level teaspoons Royal baking powder
 1 cup milk
 1 whole egg, yolks of 2 others
 $\frac{1}{2}$ teaspoon mapleine

Beat well, mixing in the usual order. Bake in a moderate oven.
R. M. K.

MINNEHAHA CAKE

$\frac{1}{2}$ cup butter
 1 cup sugar
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cup flour
 1 teaspoon Royal baking powder
 Whites of 4 eggs, well beaten
 Bake in layers

Use Challenge Flour

FILLING

1/2 cup chopped English walnuts

1/2 cup raisins, chopped fine

Boil 1 cup sugar with enough water to dissolve until it strings, put raisins and nuts in this and pour over white of 1 egg, well beaten; stir until well mixed, spread between layers.

Mrs. T. E. Carey.

CHOCOLATE CAKE

1/2 cup butter

1 1/2 cup sugar

3 eggs beaten together

1/2 cup sweet milk

1 teaspoon soda, dissolved in milk

2 cups flour

Mix thoroughly, then take

1/2 cup sweet milk

1/2 cup grated chocolate

Boil together and add to batter. Miss Bertha Tice.

WHITE COCOANUT CAKE

1 cup sugar

1/2 cup butter

1 cup sweet milk

Whites of 5 eggs

Pinch of salt

2 teaspoons Royal baking powder

1 teaspoon vanilla

2 cups flour.

1/2 cup shredded coconut

Cream butter and sugar, then add milk, flour, salt and baking powder. Beat the whites of eggs stiff and add to the batter, which has been beaten hard 5 minutes. Lastly add flavoring and coconut.

FILLING

1 cup granulated sugar

1/2 cup water

Whites 2 eggs

Flavoring

1 cup nut meats

1/2 cup coconut

1/2 cup marshmallows

Let the sugar and water boil until it will spin a thread;

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just before removing from fire, add the marshmallows and pour on the stiffly beaten whites of eggs, then beat until almost cold and add flavoring, nuts and cocoanut and spread between and on top of cake. Fern A. Runte.

WHITE CAKE

1½ cup sugar
 ½ cup butter
 1½ cup milk
 3 cups flour
 2 teaspoons Royal baking powder
 Whites of 4 eggs

Cream together the sugar and butter, add the milk, then the flour and baking powder and lastly the beaten whites of eggs. Flavor to suit taste. Miss Lottie Malone.

MARBLE CAKE

1 cup sugar
 ½ cup butter (scant)
 Whites of 2 eggs
 1 cup milk
 2 cups flour
 2 teaspoons Royal baking powder
 ½ cup milk, ½ cup chocolate boiled together

Mix butter and sugar very light, then add egg and beat; then milk and flour and flavoring. Put about one-half of butter in pan, then add chocolate to remainder and mix. Put in pan and stir lightly. Miss Bertha Tice.

ANGEL FOOD CAKE (Small)

Whites of 9 eggs
 1¼ cup sugar
 ½ teaspoon vanilla
 1 cup flour
 ¼ teaspoon cream tartar
 Pinch of salt

Sift sugar and flour five times; whip eggs to foam, add cream of tartar and whip stiff, add sugar and fold in, flavor and add flour. Bake in an ungreased pan, 45 minutes, remove from oven, invert the pan and allow to stand until cold. Miss Mary Wissler.

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PLAIN CAKE

1½ cup sugar
 2 tablespoons butter
 Yolks of 3 eggs
 Whites of 2 eggs, using 1 for frosting
 2 teaspoons Royal baking powder
 2 cups flour
 1 cup milk
 Flavoring

Cream butter and sugar, add beaten eggs, stir in milk, then flour, add baking powder to flour and flavor. Bake in layers.

Theresa Brown.

CARAMEL CAKE

½ cup butter
 1½ cup sugar
 Yolks 2 eggs
 1 cup cold water
 2 cups flour
 Beat for 5 minutes, then add
 3 teaspoons caramel
 ½ cup flour
 2 teaspoons Royal baking powder
 1 teaspoon vanilla
 Whites of eggs

Grace Hyndman.

CARAMEL

1 cup sugar
 ½ cup water, cook down and burn, then add ½ cup cold water

BREAD SPONGE CAKE

1 cup butter
 2 cups sugar
 2 cups bread sponge
 3 eggs
 3 cups flour
 1 teaspoon each of soda, cloves, allspice and cinnamon
 ½ cup nut meats
 ½ cup citron (sliced very thin)
 2 cups raisins (plumped in 1 cup hot water, use water too)
 Juice 1 lemon

Mix and let stand in pan 1 hour. Bake in slow oven.

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FROSTING

2 tablespoons butter, creamed with 2 cups powdered sugar; thin with cream; flavor to taste

Edna M. Walner.

RAISIN CAKE

2 cups sugar
 1 cup butter and lard mixed
 2 eggs
 2 teaspoons cinnamon
 1 teaspoon cloves
 Pinch nutmeg
 1 cup sour milk
 1 teaspoon soda
 1 cup raisins
 2½ cups flour

Pour 1 cup boiling water over raisins.

Myrtle Hyndman.

CHOCOLATE CAKE

¼ cake chocolate
 2 cups brown sugar
 ½ cup butter
 1 cup sour milk
 2 eggs
 ½ cup boiling water
 1 teaspoon soda
 2 cups flour
 1 teaspoon vanilla

Cream butter and sugar, add milk and eggs. Dissolve chocolate in water, add soda, add flour last. Ice with filling made of 2 cups brown sugar, ½ cup sweet milk, butter size of an egg.

Mrs. H. M. Graham.

SOUR CREAM CAKE

1 cup sugar
 1 egg
 1 cup sour cream
 1 level teaspoon soda
 1 teaspoon cinnamon
 ½ teaspoon cloves
 ½ teaspoon cloves
 ½ teaspoon nutmeg

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Pinch salt
 1½ cups flour
 1 teaspoon lemon extract

Nora Webber Lloyd.

GINGER BREAD

1 cup white sugar
 ½ cup butter
 1 cup molasses
 1 cup buttermilk
 3 eggs
 1 tablespoon ginger
 1 tablespoon soda
 4 cups flour

Mrs. H. M. Graham.

SOUR CREAM CAKE

3 eggs
 1 cup sugar
 1 cup sour cream
 1 heaping teaspoon soda
 2 rounded cups flour
 Pinch of salt

Beat eggs very light, add sugar and beat. Dissolve soda in cream and add to sugar and eggs, then add flour and flavoring.

Miss Bertha Tice.

ANGEL FOOD

Whites of 11 large eggs or 1½ cup
 1½ cup granulated sugar
 1 teaspoon cream tartar
 1 cup flour
 1 teaspoon extract

Sift dry ingredients three or more times, putting cream tartar with sugar; beat eggs dry, then add sugar by dusting on little at time, then extract and flour same way; don't beat, but fold in. Bake in moderate oven 45 minutes. Remove from oven, leave in pan turned upside down so air can pass under for at least an hour.

Nora Webber Lloyd.

DEVILS FOOD CAKE

2 cups sugar
 ½ cup butter
 ½ cup sour milk
 3 cups flour

Use Challenge Flour

Mix thoroughly, then take
 2-3 cups grated chocolate
 1 teaspoon soda
 1/2 cup boiling water

Mix and stir into batter.

Miss Bertha Tice.

FRENCH CREAM CAKE

1 cup sugar
 3 eggs
 3 tablespoons water
 1 1/2 cup flour
 2 teaspoons Royal baking powder

FILLING

1 1/2 cup milk
 1 cup sugar
 2 eggs
 2 small tablespoons cornstarch
 1/2 cup melted butter
 2 teaspoons vanilla

Heat milk and sugar, then add eggs and cornstarch beaten together; cook 'till thick remove from stove and add melted butter and vanilla; let cool, then split cake and put in filling.

Nora Webber Lloyd.

BANANA CAKE

1/2 cup butter
 1 cup sugar
 3/4 cup milk
 2 scant cups flour
 1 1/2 teaspoon Royal baking powder
 Whites of 4 eggs
 1/2 teaspoon vanilla

Use for filling, boiled icing and sliced bananas.

Mrs. Harry Lund.

MAHOGANY CAKE

1 1/2 cup sugar
 1/2 cup butter
 2 eggs
 1/2 cup chocolate warmed in 1/2 cup sweet milk
 1 cup thick sour milk
 1 small teaspoon soda
 2 1/2 cups flour
 1 teaspoon vanilla

Nora Webber Lloyd.

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JAM CAKE

- 1 cup sugar
- ½ cup butter
- 1 cup jam
- 1 teaspoon soda dissolved in 4 tablespoons sweet milk
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- ½ teaspoon nutmeg
- 3 eggs
- 2 cups flour

Bake in layers.

Lila McKeever.

CHOCOLATE CAKE

- ½ cup butter
- 1½ cups brown sugar
- ½ cup sweet milk
- 10 teaspoons chocolate (grated)
- ½ cup hot water (boiling)
- 2¼ cups flour
- 1 teaspoon soda (scant)
- 1 teaspoon Royal baking powder
- 1 teaspoon flavoring
- 2 eggs, beaten separately

Grate the chocolate, put in a bowl with the soda and pour boiling water on it; let this stand and add to the rest of the cake after it has been made in the usual way.

Fern Runte.

MASHED POTATO CAKE

- 2 cups sugar
- 1 cup butter
- ½ cup sweet milk
- 1 cup mashed potatoes, dressed for dinner and use warm
- 1 cup chopped nuts
- ½ cup melted chocolate
- 3 cups flour
- 2 teaspoons Royal baking powder
- 4 well beaten eggs
- 1 teaspoon vanilla
- ½ teaspoon cinnamon, nutmeg and cloves.

Mix in order given.

Mrs. R. McMillan

JELLY ROLL

- 1 cup sugar
- 3 eggs

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- 3 tablespoons milk
- 1 cup flour
- 1 teaspoon Royal baking powder

Bake in thin sheets, spread with jelly and roll in damp towel.
Nora Webber Lloyd.

ARCHANGEL CAKE

Cream together

- 1 cup sugar
- 1 cup butter
- 2 $\frac{1}{4}$ cups flour
- 1 teaspoon Royal baking powder

Sift baking powder with flour, add to creamed butter and sugar and last the beaten whites of 8 eggs; flavor and bake in angel food pan in a slow oven one hour.

Miss Lottie Malone.

CHOCOLATE CAKE

PART I.

- 1 $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup butter
- 2 eggs
- 2-3 cup sour milk
- 2 cups flour
- $\frac{1}{2}$ teaspoon Royal baking powder

Mix well together.

PART II.

Take 1 teaspoon of soda and pour $\frac{1}{2}$ cup boiling water over it and pour this hot soda over $\frac{3}{4}$ cup chocolate; let cool, then add to No. 1.

Clara Lassen.

AUNT SOPHIA'S SPICE CAKE

- 1 cup butter
- 2 cups brown sugar
- 3 eggs
- 1 cup water
- 2 cups fine chopped raisins
- 3 cups flour
- 1 teaspoon soda
- 1 teaspoon nutmeg
- 1 teaspoon allspice, Cloves and cinnamon.

Mix well and bake.

Mrs. Harry Lund.

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Atlantic, Iowa

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CHECKERBOARD CAKE

LIGHT PART

- 1 $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{2}$ cup water
- Whites 4 eggs
- 2 $\frac{1}{4}$ cups flour
- 1 rounded teaspoon Royal baking powder
- $\frac{1}{2}$ cup butter

Mix as for any ordinary cake, adding eggs last.

DARK PART

- 1 cup brown sugar
- $\frac{1}{2}$ cup butter
- Yolks 4 eggs
- $\frac{1}{2}$ cup water
- 2 cups flour
- 1 teaspoon Royal baking sifted with flour, three times
- 2 tablespoons melted chocolate
- 1 teaspoon each nutmeg, cloves and cinnamon

Bake in layers and put in stripes dark and light with the stripes starting different in each pan. Frost with chocolate frosting. Cut across stripes.

ALPINE CAKE

- 1 cup brown sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup sweet milk
- 1 teaspoon soda
- 2 cups flour
- 2 eggs

Cream sugar and butter together and add the milk; then add the eggs, well beaten, and the soda; mix all together and add the flour. Dissolve a cup of grated chocolate in half a cup of milk; stir in three heaping tablespoons of brown sugar and the yolk of one egg. Boil this set of ingredients for one minute, then mix in with the first set, beating until very light. Bake in two layers and frost with cocoanut frosting.

Cora E. Diven.

CHEAP WHITE CAKE

- 1 cup sugar
- $\frac{1}{2}$ cup butter
- 1 cup sweet milk
- Whites of 2 eggs
- 2 cups flour

Use Challenge Flour

2 teaspoons Royal baking powder
Flavoring and salt

Lila McKeever.

WHITE LOAF CAKE

1½ cup sugar
½ cup butter
1½ cup flour
½ cup cornstarch
½ cup sweet milk
2 teaspoons Royal baking powder
1 teaspoon vanilla
Whites 6 eggs

Cream butter and sugar together and add the milk, flour and cornstarch; beat well and add the vanilla, then the baking powder, which has been dissolved in a little of the milk; then add the eggs beaten stiff and bake in a moderate oven. Frost with chocolate frosting. Mrs. Boyd Diven.

DELICATE CAKE

1 cup butter
2 cups sugar
1 cup milk
2 cups flour
1 cup cornstarch
7 eggs, whites only
½ teaspoon soda
1 teaspoon cream tartar

Cream butter and sugar together, add milk alternately with dry ingredients sifted together; flavor to taste. Fold in egg whites beaten to a stiff froth. Bake in a moderate oven. Mrs. A. L. Hixson.

NUT CAKE

½ cup butter
1½ cup sugar
3 eggs
2½ cups flour
1½ teaspoon Royal baking powder
½ cup milk
1 cup of any nut meats preferred or at hand

Rub the butter and sugar to a light white cream, add the eggs beaten a little, then the flour sifted with baking powder; mix with milk and nuts in a rather firm batter. Bake in moderate oven. Mrs. T. E. Carey.

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IN all receipts in this book calling for baking powder use "Royal." Better and finer food will be the result, and you will safeguard it against alum.

In receipts calling for one teaspoonful of soda and two of cream of tartar, use two spoonfuls of Royal, and leave the cream of tartar and soda out. You get the better food and save much trouble and guess work.

Look out for alum baking powders. Do not permit them to come into your house under any consideration. They add an injurious substance to your food, destroying in part its digestibility. All doctors will tell you this, and it is unquestionable. The use of alum in whiskey is absolutely prohibited; why not equally protect the food of our women and children?

Alum baking powders may be known by their price. Baking powders at a cent an ounce or ten or twenty-five cents a pound are made from alum. Avoid them. Use no baking powder unless the label shows it is made from cream of tartar.

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COOKIES AND DOUGHNUTS

“Famished people must be slowly nurst
And fed by spoonfuls, else they always burst”.

—Byron

GINGER COOKIES

- 1 cup lard
- 1 cup sugar
- 1 cup molasses
- ½ cup boiling water
- 1 teaspoon soda dissolved in the water
- 3 teaspoons ginger
- 2 teaspoons cloves
- 2 teaspoons cinnamon

Enough flour to make a dough stiff enough to roll.

Mrs. A. L. Hixson.

DOUGHNUTS

- 1 cup sugar
 - 3 tablespoons melted butter
 - 2 eggs
 - 1 cup sweet milk
 - 2 teaspoons Royal baking powder
- Mix the sugar and lard, add the other ingredients, then add enough flour to make a soft mixture.

Miss Lucile Donahoe.

CREAM CAKES

- 1 egg in cup and fill cup with sweet milk
- 1 cup sugar
- 2 teaspoons Royal baking powder
- 1 teaspoon vanilla
- 1 large cup flour

Bake in gem pans.

Lila McKeever.

FROSTED CREAMS

- 1 cup molasses
- 1 cup sugar
- 1 cup shortening
- 3 eggs
- 1 tablespoon ground ginger
- 1 tablespoon cinnamon
- ½ cup boiling water
- 2 teaspoons soda

Use Challenge Flour

Boil molasses, sugar and shortening for fifteen minutes; let cool and add other ingredients, leaving out whites of two eggs for frosting. Roll one-half inch, bake in quick oven.

DOUGHNUTS

1 cup sugar
1 cup milk
3 eggs
4 cups flour
1 nutmeg or 1 teaspoon vanilla
4 teaspoons Royal baking powder

Mix sugar and milk, then part of flour and baking powder, then eggs beaten separately, then rest of flour and flavoring.

Miss Bertha Tice.

DOUGHNUTS

2 eggs, beaten light
1 cup sugar
1 cup sour cream
2 cups flour
 $\frac{1}{2}$ teaspoon soda
1 teaspoon cinnamon
1 teaspoon salt

It is more satisfactory to use 2 teaspoons baking powder and scant the measuring of soda.

Nora Webber Lloyd.

SOUR CREAM COOKIES

1 cpl lard and butter
2 cups sugar
4 eggs
 $\frac{3}{4}$ cup sour cream
1 teaspoon soda
5 cups flour

Miss Lucile Donahoe.

PEANUT COOKIES

2 tablespoons butter
1 cup sugar
3 eggs
2 tablespoons milk
 $\frac{1}{4}$ tablespoon salt
2 cups flour
 $\frac{1}{2}$ pint chopped peanuts
2 teaspoons Royal baking powder

Miss Florence Marker.

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GINGER COOKIES

- 1 cup sugar
- 1 cup molasses
- 1 cup (lard and butter mixed)
- 1 cup boiling water
- 1 tablespoon soda dissolved in the water
- 1 tablespoon ginger

Flour enough to mix and roll out soft.

Mrs. H. M. Graham.

SUGAR COOKIES

Cream together

- 2 cups sugar
- 1/2 cup butter
- 3 eggs
- 1 cup sour cream
- 1-3 teaspoon soda in the cream
- 1 heaping teaspoon Royal baking powder in flour
- Flavor to taste

Flour enough to roll

Miss Lottie Malone.

ROCKS

- 1 cup butter
- 1 1/2 cup sugar
- 1 teaspoon cinamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon salt
- 3 eggs
- 2 1/2 cups flour
- 1 teaspoon soda
- 1 tablespoon hot water
- 1 cup raisins
- 1/2 cup nut meats

Cream butter, add sugar, then eggs well beaten; sift together flour, cinnamon, nutmeg and salt; dissolve soda in hot water, then add the rest of ingredients and stir together. Bake in gem pans in moderate oven.

Mrs. G. F. Wissler.

OATMEAL COOKIES

- 2 cups flour
- 2 cups oatmeal
- Pinch salt
- 1 teaspoon cinnamon

Use Challenge Flour

- 1 cup sugar
- 1 cup butter
- 2 eggs
- 6 tablespoons sour cream
- 1 level tablespoon soda
- 1 cup chopped raisins, dredged with flour

Cream butter and sugar, add eggs and salt. Dissolve soda in sour cream and add to first mixture; add flour oatmeal, cinnamon, fold in raisins; drop into greased pan with teaspoon and bake.

Mrs. H. M. Graham.

OATMEAL COOKIES

- 1 cup raisins, cooked in $\frac{1}{2}$ cup water
- Dissolve 1 scant teaspoon soda in a little of this hot water
- 1 scant cup butter
- 1 cup sugar
- 2 eggs
- 3 cups oats
- 2 cups flour

Drop about tablespoon on ungreased pan.

Nora Webber Lloyd.

OATMEAL PATTIES

- 1 cup sugar
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup lard
- 2 eggs
- $\frac{1}{2}$ cup chopped nuts
- 3 cups oatmeal
- 1 cup raisins
- 2 cups flour
- 1 teaspoon cinnamon
- 1 teaspoon soda, dissolved in 1 cup hot water

Mrs. Harry Lund.

OATMEAL COOKIES

- 1 $\frac{1}{2}$ cup sugar
- $\frac{3}{4}$ cup butter
- 1 cup chopped raisins
- 1 cup chopped nuts
- 2 cups Rolled Oats
- 2 cups flour
- 1 teaspoon Royal baking powder
- 1 cup sour milk and cream mixed
- 3 eggs

Use Challenge Flour

1 teaspoon each cinnamon, cloves and nutmeg
 1 teaspoon soda in little milk
 Flavor with lemon

Mix in order given and drop with teaspoon. Bake in quick oven. If they flatten out too much, add a little more flour.
 Mrs. R. McMillan.

CREAM PUFF COOKIES

1 cup sugar
 1 cup shortening
 1 cup white syrup
 1/2 cup sour milk
 2 teaspoons soda
 2 tablespoons vinegar
 2 eggs
 Flour, salt and vanilla

Cream sugar and butter together, then add the yolks of the eggs, the syrup and the milk and beat well, then add the soda, dissolved in the vinegar, and the flour and salt. The dough should be rather soft. Bake in a moderate oven and when done, frost with a frosting made from 1 1/2 cup sugar, 1/2 cup water, 1 tablespoon vinegar. Boil together until it hardens in water, then stir into the 2 whites of eggs which have been left from the cookies.
 Mrs. Guy Diven.

FROSTED CREAMS

1 cup sugar
 1 cup shortening
 1 cup sorghum molasses
 1 teaspoon soda, dissolved in 2-3 cup boiling water
 1/4 teaspoon ginger
 1/4 teaspoon cloves
 1/4 teaspoon cinnamon
 1/4 teaspoon nutmeg
 1/4 teaspoon allspice
 3 eggs

Flour and a pinch of salt

Bake in a dripping pan, frost and cut in squares.

Lila McKeever.

CHOCOLATE WAFERS

2 cups brown sugar
 1/2 cup butter or shortening
 2 eggs
 1 scant cup grated chocolate melted

Use Challenge Flour

1 teaspoon Royal baking powder
Flour and salt

Cream sugar and butter together and add the eggs well beaten, then add the melted chocolate, the baking powder and enough flour to make a dough which can be rolled very thick. Bake quickly. Cora E. Diven.

GINGER SNAPS

1 cup sorghum
1 cup sugar
1 cup shortening

Let these come to a boil, but don't boil too long, then add 1 tablespoon ginger
2 level teaspoons soda
Flour enough to handle

If desired 1 or 2 eggs may be added, but they are very good without. Miss Bertha Tice.

DOUGHNUTS

1 cup sugar
1 cup buttermilk or sour milk
2 eggs
1 teaspoon soda
4 tablespoons melted lard
Salt and nutmeg to taste
Flour

Beat sugar and eggs together, add the melted lard, salt and nutmeg and beat thoroughly; then add the buttermilk and the soda and last of all, flour enough to make a soft dough. Roll out and cut and fry in deep hot fat until golden brown. Cora E. Diven.

OATMEAL COOKIES

1 cup sugar
 $\frac{3}{4}$ cup butter and lard
2 heaping cups oatmeal
Scant $\frac{1}{2}$ cup sour milk
2 eggs
 $\frac{3}{4}$ teaspoon salt
1 teaspoon cinnamon
1 cup raisins
2 small cups flour

Cream sugar and shortening, stir in the eggs, then the oatmeal, then the milk, spices and flour. Drop in small drops about two inches apart and bake. Theresa Brown.

Use Challenge Flour

DOUGHNUTS

2 cups sugar
 4 eggs
 1 cup cream (sweet or sour)
 2 cups buttermilk
 ½ teaspoon soda
 Flavoring to taste
 Flour to hake stiff

Mrs. A. L. Hixson.

CREAM PUFFS

½ pint water
 ½ pint flour
 4 level tablespoons butter
 4 eggs

Put water and butter on to boil; when boiling, add flour, and stir rapidly over fire 'till it forms a smooth dough. Let it get partly cool, then add 1 egg and mix slightly, then 2 more eggs and mix thoroughly, then add the fourth. Let stand at least 1½ hours, then drop by tablespoons on buttered pans. Bake in a moderate oven 35 minutes.

FILLING

1 pint rich milk
 ½ cup sugar
 1 egg
 1 rounding tablespoon cornstarch

Put milk and sugar on to boil in double boiler; mix egg and cornstarch with enough milk to make smooth, and add to milk when boiling hot; cook 'till thick and smooth.

Bertha Tice.

COLUMBIA COOKIES

1 cup butter
 2 cups sugar
 3 eggs
 ¾ cup milk
 2 teaspoons Royal baking powder
 ½ teaspoon flavoring

Flour enough to make a soft dough, roll and sprinkle with sugar.

Mrs. R. B. Graham.

Use Challenge Flour

SMALL NUT CAKES

1 cup buter

1½ cup sugar

½ cup boiling water

3 well beaten eggs

3 cups flour sifted with a level teaspoon soda

1 lb. seeded raisins

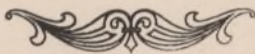
1 lb. English walnuts, chopped

1 level teaspoon cinnamon

Mix thoroughly and drop by teaspoon on a buttered pan, about an inch apart. Bake in a moderately hot oven.

Will keep a long time.

Mrs. T. E. Carey.



Use Challenge Flour

CAKE FILLINGS AND FROSTINGS

FROSTING

1 cup sugar
 1/2 cup water
 1/2 doz. marshmallows
 Whites of 2 eggs

Make syrup and boil 'till it will form a soft ball in water, add marshmallows, allow to melt, stirring often and pour slowly on the beaten whites and beat 'till thick; flavor to taste.

FILLING

1/2 cup chopped nut meats
 1/2 cup cherry preserves
 4 tablespoons of frosting

Mix all together and spread between layers. Ice top and sides of the cake. R. M. K.

CARAMEL FROSTING

1 1/2 cups sugar
 1/2 cup rich milk or cream

Boil 'till begins to thicken, then beat 'till ready to spread. May add chocolate.

LEMON ICING

1 1/2 cups pulverized sugar
 Juice of 1/2 lemon
 1 teaspoon butter

You can use part cream instead of so much lemon juice if you prefer.

Chocolate frosting can be made the same way, using melted chocolate and vanilla for flavoring and thin with cream. Mrs. R. McMillan.

EGG FROSTING

Whites 2 eggs
 5 tablespoons sugar

Cook in double boiler 10 minutes, remove from fire and beat 'till thick.

ICING

Boiled icing that never fails:

3 tablespoons water
 1 cup sugar

When it begins to boil, slowly beat 6 tablespoons into stiffly beaten white 1 egg, then let remainder boil 'till it hairs then gradually beat into mixture. Mrs. R. McMillan.

PUDDINGS

"The way to a man's heart is through his stomach".

MARSHMALLOW DAINTY

- 1½ lbs. marshmallows
- 1 cup whipped cream
- Whites of 2 eggs
- 1 cup diced bananas
- 1 cup nut meats
- 1½ tablespoons sugar

Cut the marshmallows in small pieces, add the whipped cream, eggs, bananas, nuts, sugar and flavor, all to suit the taste. Set in a cool place 1½ hours.

Mrs. Retta McFarland.

SUET PUDDING WITH FOAMING SAUCE

- 1 lb. raisins
 - 1 cup suet
 - ½ cup sugar
 - 1 cup New Orleans molasses
 - 1 cup milk
 - 3 cups flour
 - ½ teaspoon cinnamon
 - ½ teaspoon nutmeg
 - ½ teaspoon soda in 1 tablespoon hot water
- Steam 3 hours

FOAMING SAUCE:

- 1 tablespoon butter
- 3 tablespoons sugar
- Yolks of 2 eggs; whites for foam

1 large tablespoon flour, dissolved in cold water and then add 1½ pints boiling water; add this to the first mixture, boil and then add the stiffly beaten egg whites. Flavor and serve cold on hot pudding.

Mrs. W. C. Williams.

MARSHMALLOW PUDDING

- ½ lb. marshmallows
- 4 egg yolks
- 4 egg whites
- 1 quart milk
- 1 teaspoon grated nutmeg
- ½ cup raisins

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2 slices bread
 ½ teaspoon salt

Beat yolks of eggs, add sugar, nutmeg and milk. Put bread in casserole, cover the mixture of bread with raisins, pour milk over entire mixture and bake in a hot oven twenty minutes. Beat the whites of eggs until stiff, add salt and spread on pudding. Place marshmallows on top of the meringue and put back in oven and allow to lightly brown.

Miss Florence B. Marker.

THANKSGIVING PLUM PUDDING

6 crackers
 3 pints milk
 ¼ cup butter
 1 cup sugar
 ½ teaspoon salt
 1 teaspoon mixed spices
 6 eggs
 1 pound stoned raisins

Soak crackers in milk, cream butter and sugar, add salt, spice and eggs, well beaten, and stir mixture into the milk, add raisins, bake in a pudding dish well buttered, for 3 or 4 hours over low flame, stir several times during the first hour.

Mrs. Harry Lund.

GRAHAM PUDDING

1 cup graham flour
 ½ cup molasses
 ½ cup cold water
 1 cup chopped raisins
 1 egg well beaten
 ½ teaspoon soda
 Spice to taste (about 1 heaping teaspoonful)
 Steam 2 hours

Serve with any good sauce Mrs. Wm. J. McFadden.

BREAD PUDDING WITH LEMON SAUCE

3 or 4 slices buttered bread
 ½ teacup molasses
 ¼ cup currants
 Enough milk to cover and a little nutmeg.

Dice bread and mix molasses, currants and milk and poud over bread and bake a nice brown.

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LEMON SAUCE

- 2 cups hot water
- 1 cup sugar
- 2 teaspoons cornstarch
- Grated rind and juice 1 lemon
- 1 tablespoon butter

Boil sugar and water, add cornstarch, cook and remove from fire and add grated rind and lemon juice and butter. When butter melts, it is ready to serve. Mrs. R. McMillan.

COTTAGE PUDDING

- 1 cup sugar
- 1 cup flour
- 1 teaspoon Royal baking powder, pinch salt sifted together
- 1-3 cup melted butter, break in 2 unbeaten eggs (with butter) and fill cup with milk. Bake in loaf

SAUCE

1 tablespoon flour, 2 tablespoons sugar, butter size of a walnut, stir altogether with a little cream, then put on the stove and add 1 pint boiling water. Let come to boil.

Mrs. G. F. Wissler.

TAPIOCA CREAM

- 3 tablespoons Pearl tapioca
- ½ cups ugar
- 2 cups sweet milk
- Yolks 2 eggs
- ½ teaspoon vanilla

Soak tapioca in milk 1 hour; cook in double boiler ½ hour, mix yolks and a pinch of salt and sugar; add to tapioca mixture and cook until it thickens. Mrs. Harry Lund.

DATE DESSERT

- 1 cup dates
- 1 cup walnut meats
- 1 cup Karo syrup
- 2 eggs
- 2 tablespoons flour
- 1 teaspoon Royal baking powder

Mix together the eggs, flour, syrup and baking powder; add the nuts and dates, pour in a biscuit pan and bake in a moderate oven. Serve with whipped cream.

Mrs. Retta McFarland.

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FROZEN PUDDING

1 pint milk
 1-3 teaspoon salt
 Yolks of 3 eggs
 ½ cup orange juice
 ¼ lb. English walnuts
 ¼ lb. figs, chopped fine
 1 T. gelatine
 1 cup sugar
 1 quart cream
 1 T. vanilla

Make a custard of the eggs, sugar and milk, add softened gelatine and figs while warm; allow to cool, then add nuts, fruit juice and cream. Freeze Miss Mary Marker.

DATE PUDDING

3 tablespoons butter
 ½ cup molasses
 ½ cup milk
 1 2-3 cup flour
 ½ lb. dates
 ½ teaspoon soda
 ¼ teaspoon salt
 ¼ teaspoon cinnamon
 ¼ teaspoon nutmeg

Mix dry ingredients and sift to blend. Dissolve soda in a little warm water; steam 1½ hours. Serve with hard sauce. Mrs. H. M. Graham.

DATE FLUFF

1 cup stoned dates
 1 cup sugar
 1 teaspoon cream tarter
 Pinch of salt
 5 eggs, whites
 2 yolks

Stew dates 'till tender, put through colander and mix with sugar in which cream of tartar has been sifted. Beat whites of eggs stiff with salt, add 2 yolks of eggs and whip again. Mix lightly little at a time with sugar and dates and place in buttered baking dish, sprinkle ½ cup chopped nuts over top; bake about 15 minutes. Serve with cream, plain or whipped. Selected.

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BAKED APPLES WITH FRUIT

Select smooth, medium sized apples; wash and core. Put in a baking pan, pour in boiling water to the depth of one inch. Bake in oven 'till cooked through. Fill space of apple with chopped raisins, bananas, oranges, nuts or any kind of fruit. Pour 1 cup of sugar over them and let stand 30 minutes. Serve hot or cold with whipped cream.

Miss Mary Marker.

FRENCH FRUIT PUDDING

1 cup finely chopped suet
 1 cup molasses
 1 cup sour milk
 1½ teaspoons soda
 1 teaspoon cinnamon
 ½ teaspoon cloves
 ½ teaspoon salt
 1¼ cup raisins (seeded and chopped)
 ¾ cups currants
 2¾ cups flour

Add molasses and sour milk to suet; add 2 cups flour mixed and sifted with soda, salt and spices; add fruit mixed with remaining flour. Turn into buttered mould, cover and steam 3½ hours.

LEMON SAUCE

1 cup sugar
 3 tablespoons flour
 1 lemon, rind and juice
 2 tablespoons butter
 2 cups boiling water

Mix sugar and flour thoroughly, then slowly add the boiling water. Cook 'till it thickens, add lemon rind, juice and butter. If too thick, add more water. Serve at once.

Miss Mary Marker.

STEAMED PUDDING

1 cup molasses
 1 cup sour milk
 1 egg
 ½ cup butter
 2½ cups flour
 1 teaspoon soda
 1 cup seeded raisins
 ½ cup currants
 Steam 2 hours

SAUCE

2-3 cup sugar

1 tablespoon flour

A little nutmeg or jelly, a lump of butter the size of a walnut; pour boiling water over this. Mrs. Retta McFarland.

DATE NUT PUDDING

1 large cup chopped English walnuts

½ lb. dates cut small

1 cup dry bread crumbs

½ cup pulverized sugar

3 eggs

Mix in order given, saving the whites of the eggs to be folded in last. Bake about 15 minutes and serve with whipped cream. Mrs. R. McMillan.

BAKED BANANA CREAM

2 cups cream

½ cup sugar

5 eggs

1 cup bananas

Whip cream stiff and beat eggs without separating; chop bananas fine; stir fruit and cream together lightly, add eggs and sugar, fill buttered baking dish half full, bake until puffed and a delicate brown. Serve at once as it will fall as soon as it cools. Romaine M. Kirk.

CORN PUDDING

2 cups corn cut from cob

½ cup flour

2 eggs

1 1-3 cup milk

1 teaspoon Royal baking powder

Salt, pepper and butter to taste

Bake 20 minutes to ½ hour

Mrs. Chas. Hanna.

BAVARIAN CREAM

1 envelope pink Plymouth Rock gelatine soaked in a bowl containing a scant cup cold water; the gelatine is then readily dissolved by placing the bowl in a pan of hot water. Boil 1 pint milk with 1 cup sugar, cool and add dissolved gelatine. Add a teaspoon vanilla and when the mixture begins to thicken, stir in lightly ½ pint whipped cream. Pour into a mould and cool. Selected.

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PASTRY

“Of tarts there be a thousand kinds so versatile the art,
And as we all have different minds, each has his favorite
tart”.

BUTTER SCOTCH PIE

- 1 cup extra dark brown sugar
- 1 tablespoon browned butter
- 2 tablespoons flour
- 1 egg yolk
- 1 pint milk
- 1 teaspoon vanilla

Cook all 'till thick and frost with white of egg.

Lila McKeever.

BUTTER SCOTCH PIE

- 1 cup “C” sugar
- 2 tablespoons flour
- 1 tablespoon butter
- 2 egg yolks

Beat eggs, then add sugar, flour and butter, moisten with cold water, then add 1½ cups boiling water, cook 'till thick. Fills 1 crust.

Nora Webber Lloyd.

BUTTER SCOTCH PIE

- 1 cup brown sugar
- 2 tablespoons flour
- Butter size of an egg
- Yolk of 1 egg
- 1 cup rich milk
- 1 teaspoon vanilla

Cook like custard, beat well, then pour into crust.

Grace Hyndman.

BANANA PIE

- 2 bananas
- 1 cup milk
- ½ cup sugar
- 2 eggs
- 1½ tablespoons flour

Bake crust, let it cool. Slice bananas into crust. Make custard of milk, sugar, flour and yolks of eggs, let it cool, pour over the bananas. Beat whites of eggs and spread over top; put into quick oven to brown, but do not let pie get heated through.

Mrs. H. M. Graham.

RHUBARB PIE

1 cup stewed pie plant

1 cup sugar

Yolk of 1 egg with 1 tablespoon flour stirred into it

Little salt

Bake without top, and frost.

Grace Hyndman.

BANANA PIE

1 cup sweet milk

½ cup sugar

1 egg

1 heaping teaspoon corn starch

Cool 'till thick as custard, then let cool and add 3 sliced bananas; stir, but don't mash, put in crust and slice 2 more bananas over top; frost with egg or serve with whipped cream.

Nora Webber Lloyd.

CHOCOLATE PIE

¾ cup sugar

2 tablespoons flour

½ tablespoon butter

1 tablespoon chocolate

1 teaspoon vanilla

Moisten with cold water and stir well, then add boiling water and cook 'till thick. One pie.

Nora Webber Lloyd.

CUSTARD PIE

2 eggs

3 tablespoons sugar

Pinch salt

2 cups milk

Nutmeg

Beat eggs and sugar, add salt and milk, pour into crust and grate nutmeg over top and bake.

Mrs. H. M. Graham.

PUMPKIN PIE

For 3 pies:

1 qt. milk

3 cups boiled and strained pumpkin

1½ cups sugar

½ cup molasses

Yolks and whites of 4 eggs, beaten separately

Little salt

1 heaping teaspoon ginger

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1 heaping teaspoon cinnamon

Beat all together and bake with an under crust.

Theresa Brown.

CREAM PIE

1 cup sugar

2 cups flour

4 eggs beaten separately

1 teaspoon Royal baking powder

Flavoring

Bake in pie tins; split open and fill with custard made of
1 pt. milk

1 cup sugar

2 tablespoons flour

2 eggs

Vanilla

Mrs. H. M. Graham.

PEACH CREAM PIE

6 peaches

½ cup sugar

1½ tablespoon flour

1 pint sweet cream

Slice peaches into pan lined with pastry and add the cream mixture; bake with 1 crust. When done, add beaten whites of 2 eggs with 2 tablespoons of sugar, set in oven and brown.

Miss Florence B. Marker.

STRAWBERRY PIE

Fill a freshly baked pie crust with fresh strawberries, sweeten to taste; cover with whipped cream that has been sweetened and flavored.

Miss Mary Marker.

VINEGAR PIES

2 eggs, reserving the whites

1 cup sugar

1 pint water

2 tablespoons vinegar

2 tablespoons flour

Pinch of salt

Mix the flour and sugar together, add the vinegar and water and boil; when boiling, add the eggs and salt. Remove from fire, flavor, pour in crust, frost and put in oven to brown.

Mrs. Retta McFarland.

CARAMEL PIE

- 1 cup sugar
- 1 $\frac{1}{4}$ cups milk
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ cup plum butter
- 2 eggs beaten separately
- 1 tablespoon flour
- 1 teaspoon vanilla

Cream together the sugar and butter, add the rest of the ingredients, pour in crust and bake.

Mrs. Retta McFarland.

RAISIN PIE

- 1 cup raisins
- 1 cup cold water
- 1 egg
- 1 cup sugar
- 2 tablespoons flour
- 2 tablespoons melted butter
- 1 tablespoon cider vinegar
- Pinch salt

Boil together and let cool before putting in pies. Bake with two crusts. Selected.

MINCE PIES

- 8 cups apple (chopped)
- 4 cups chopped lean beef
- 1 cup chopped suet
- 1 cup cranberry sauce
- 2 lbs. seeded raisins
- 3 cups sugar
- $\frac{1}{2}$ cup vinegar
- 2 teaspoons salt
- 1 teaspoon each of cinnamon, cloves and allspice
- $\frac{1}{2}$ teaspoon nutmeg

Mix all the above ingredients, adding more sugar if the vinegar is very sour. The addition of any kind of fruit juices makes it better. Line a pie pan with rich pastry, put in some of the above mixture, cover with another crust and bake. Serve with cheese.

Cora E. Diven.

RAISIN PIE

- 2 cups raisins
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ tablespoon butter
- $\frac{1}{2}$ tablespoons flour

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Pinch salt

Cover raisins with boiling water, add cinnamon and boil 20 minutes; mix sugar, salt and flour; sprinkle $\frac{1}{2}$ on lower crust, add raisins and rest of sugar, etc.; add pieces of butter and upper crust. Selected.

PUMPKIN PIE

2 cups pumpkin
4 eggs
1 cup sugar
2 tablespoons butter
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon ginger
4 cups rich sweet milk

For 2 pies.

Nora Webber Lloyd.

ROCKY MT. PIE

Place closely in a dish lined with a pie crust, the halves of peaches or apples, sprinkle with 2-3 cup of sugar and 1 tablespoon flour, $\frac{3}{4}$ cup milk and bits of butter, sprinkle with grated lemon peel and bake. Nora Webber Lloyd.

PEACH CUSTARD PIE

Take good ripe peaches, either fresh or canned; line pan with pastry, lay in your peaches. Dissolve $\frac{1}{2}$ cup sugar, 1 tablespoon flour in a cup of sour cream; add a little cinnamon; pour over the peaches and bake.

CRUST

1 cup flour
2 tablespoons lard
Little salt. Mix thoroughly

Add little water to make a soft dough. Handle lightly and little as possible in rolling and turning.

Mrs. David Sheets.

RAISIN CREAM PIE

4 cups water
5 eggs (yolks in it, whites for top)
 $\frac{1}{2}$ cup butter
2 cups sugar
2 tablespoons corn starch
2 cups raisins

Make your crust and bake it first, then put in the cus-

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tard. The raisins should be cooked before they are put in the custard. This recipe makes 2 pies.

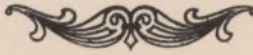
Mrs. D. P. Becker.

COCOANUT PIE

4 eggs
½ cup butter
1 quart milk
1 teaspoon corn starch
1 cup powdered sugar
1 cup shredded cocoanut
½ teaspoon vanilla flavoring

This fills 2 pies.

Mrs. Harry Lund.



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FROZEN AND OTHER DESERTS

"Then farewell heat and welcome frost".

CARAMEL ICE CREAM

- 1 quart milk
- Yolks 3 eggs, or 2 whole ones
- 1 cup sugar
- 1 cup melted sugar

Cook the sugar, eggs and milk in a double boiler and bring to a boil and add the melted sugar. When cool, add 1 pint of cream, flavor and freeze. Fern A. Runte.

MAPLE MOUSSE

- 1 cup maple syrup
- 4 eggs
- 1 pint cream

Cook maple syrup and beaten egg yolks until thick like custard. Cool Whip cream and egg whites; add to custard. Pack in ice and salt for 4 hours. Stir occasionally with spoon. Mrs. Walner.

ORANGE ICE

- 3 cups water
- 2 cups sugar
- 2 cups orange juice
- 1/4 cup lemon juice
- Grated rind of 2 oranges

Mix the water and sugar together and boil 2 minutes; add the orange and lemon juices and grated rind. Let cool; strain and freeze. Mrs. Retta McFarland.

PINEAPPLE SHERBET

- 1 cup grated pineapple
- Juice of 2 lemons
- Juice of 4 oranges
- Syrup of 2 lbs. sugar and 1 quart water poured over fruit

When cool, add another quart water and when partly frozen, add whites of 3 eggs. This makes 1 gallon.

Mrs. Fred Switzer.

APRICOT ICE

- 1 large can apricots
- Juice of 3 lemons and 3 oranges

Put through a sieve and mix with 1/2 cups sugar; add 1 quart of whipped cream and freeze.

Miss Mary Marker.

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NEWPORT DATE CREAM

- 1 quart milk
- 1 pint cream
- 2 cups sugar
- Juice of 1 lemon
- Juice of 1 orange
- 1 lb. dates

Wash and chop dates, blend with milk; add cream, sugar, juice of lemon and orange. Pack in ice and salt and freeze.

Fern Marker Runte.

SHERBET

- Juice of 2 lemons
- Juice of 3 oranges
- 1 can grated pineapple
- 1 teaspoon gelatine
- 2 tablespoons boiling water
- 2 cups sugar
- 1 quart boiling water
- 1 quart cream

Dissolve gelatine in a little cold water; add 2 tablespoons boiling water; add 2 cups sugar to 1 quart boiling water and boil 20 minutes. Cool, strain, add fruit juices and freeze when slightly frozen add cream. This makes about 3 quarts.

Mrs. H. M. Graham.

ICE CREAM

For 1 gallon cream:

- 2-3 rich milk
- 1-3 thick cream
- 3 eggs
- 1 tablespoon corn starch
- 2 small cups sugar

Let part of milk come to a boil, then add eggs and corn starch beaten well together. Flavor.

ORANGE SHERBET

- 4 scant cups sugar
- 2 quarts water
- Boil 10 minutes

Dissolve 2 tablespoons gelatine in a little cold water, then add to sugar and water. Let cool and add juice 10 oranges and 2 lemons, 1 unbeaten egg. Freeze. Mrs. R. McMillan.

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ICE CREAM

For a 4 quart freezer:

3 pints cream

3 pints rich milk

1½ cups sugar

Whip cream before adding milk and sugar. Add flavoring to suit taste. Freeze. Mrs. David Sheets.

ICING

"All beautiful without,
All good and sweet within".

BROWN SUGAR FROSTING

2 cups brown sugar

½ cup sweet cream

Butter size of a walnut

Cook this until it hardens in cold water, then beat and add flavoring and spread on cake. Myrtle Hyndman.

CHOCOLATE FROSTING

½ cup powdered sugar

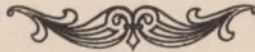
2 tablespoons hot coffee

1 tablespoon vanilla

1 tablespoon butter

1-3 cup chocolate

Nora Webber Lloyd.



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BEVERAGES

"Of a good beginning cometh a good end".

GRAPE JUICE

Cook grapes as for jelly; strain.

3 quarts juice

2 quarts water

1 cup sugar to every quart juice, after water is added

Boil, bottle and seal

Mrs. Purl Brandt.

COFFEE

1 full cup ground coffee

1 egg

A little cold water

Stir together, add 1 pint boiling water, boil up; then add 1 pint more boiling water and set back to settle before serving. Will serve six persons. Mrs. R. B. Marker.

COCOA

1 teaspoon cocoa to each cup. Mix with cold water, add scalded milk or boiling water and boil 1 minute.

RUSSIAN TEA

Pare and slice good juicy lemons and lay a slice in the bottom of each cup; sprinkle with sugar and pour hot, strong tea upon it. Do not use cream.

STRAWBERRY SHERBET

Crush 1 pound strawberries in pan, add 1 quart water, 1 sliced lemon and allow to stand two or three hours. Place $1\frac{1}{4}$ lb. sugar in a stone jar, cover with a cloth and strain strawberry juice into sugar. When sugar is dissolved, strain again and set on ice 'till ready to serve; serve in thin glasses. Place one whole ripe strawberry in each glass.

Mrs. H. H. Kirk.

FRAPPE

Juice 6 oranges

4 lemons

1 can grated pineapple

1 pint raspberry juice

1 pint grape juice

Sweeten to taste and weaken with water. This will make enough to serve eighteen persons. Selected.

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SANDWICHES

“Variety is the spice of life”.

HAM SANDWICHES

½ lb. cold sliced ham

1 cup nut meats

1 doz. small pickles

A little cream,

Grind the ham in food chopper and add ground nut meats with a little cream to spread. Spread on slices of bread and lay a pickle, sliced in two, between each one.

Fern A. Runte.

MELBA SANDWICHES

1 bottle olives

3 tablespoons chopped pecans

1 tablespoon walnuts

2 tablespoons whipped cream dressing

Mix well, add salt and pepper. This is very nice served with graham bread.

Miss Florence B. Marker.

KIMONA SANDWICHES

Chop or put through food grinder the following:

3 sweet peppers

2 hard boiled eggs

½ lb. York state cheese

1 onion

½ teaspoon salt and pinch of paprika

Mix with the following dressing:

1 tablespoon butter

1 tablespoon flour

4 tablespoons vinegar

1 cup cream

Boil until it thickens; let cool. Florence Reiningger.

WINDSOR SANDWICHES

1 cup chopped ham

1 cup chopped chicken

½ cup mayonnaise dressing

Mix well and spread and cut lengthwise.

Miss Florence B. Marker.

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PIMENTO SANDWICHES

1 can pimento chopped very fine
 6 hard boiled eggs chopped
 Juice $\frac{1}{2}$ lemon
 15c. cheese grated

Season and mix all with salad dressing; spread on thin slices of bread with lettuce leaf. Mrs. R. McMillan.

DUBNEY SANDWICHES

6 tablespoons of chopped chicken,
 2 or 3 tablespoons mayonnaise dressing
 1 tablespoon chopped onion
 Salt and pepper to taste

Mix well together and spread on toasted bread and cover with another piece of toast. Mrs. Fern A. Runte.

CHICKEN SANDWICHES

White meat of a chicken, chopped
 2 sticks celery, chopped
 Salt, pepper and vinegar

Let stand awhile, then squeeze dry; mix with 2 table-
 spoons mayonnaise and mix well. Amy L. Marker.

CHICKEN SANDWICHES

$1\frac{1}{2}$ cup chopped chicken
 2 tablespoons green peppers
 1 teaspoon chopped onion
 $\frac{1}{2}$ cup mayonnaise dressing

Mix well, adding salt and pepper to taste.

Miss Florence B. Marker.

JELLY SANDWICHES

Cut fresh bread while yet warm, in as thin slices as possible; butter them evenly, spread over the butter lemon-jelly and sprinkle with grated cocoanut. Roll each slice separately and tie the roll with baby ribbon.

Cora E. Diven.

CHEESE SANDWICHES

$\frac{1}{2}$ lb. cheese
 2 eggs
 1 teaspoon prepared mustard
 1 tablespoon melted butter
 1 tablespoon vinegar

Boil the eggs hard and mash the yolks; add to them the cheese, grated fine; then mustard, butter and vinegar. Mix all together well and spread between thin slices of bread.

Cora E. Diven.

OYSTER SANDWICHES

- 1 egg
- $\frac{1}{2}$ milk
- $\frac{1}{4}$ teaspoon baking powder
- Pinch of salt

Beat all together and add enough flour to make a batter about like pancake batter; a little cornmeal may be added if desired. Dip oysters in batter and fry in deep fat. Place on lettuce leaves between slices of bread.

Romaine M. Kirk.

FIG SANDWICHES

- $\frac{1}{2}$ lb. finely chopped figs
- 1-3 cup sugar
- $\frac{1}{2}$ cup boiling water
- 2 tablespoons lemon juice

Boil all together 'till thick enough to spread. Spread between buttered slices of bread and cut in fancy shape.

DRIED BEEF SANDWICHES

- 10c. worth dried beef
- $\frac{1}{4}$ cup nut meats
- $\frac{1}{2}$ cup celery

Grind the dried beef and chop nut meats and celery and mix with mayonnaise and spread between thin slices of buttered bread.

Nora Webber Lloyd.

EGG SANDWICHES

- 4 hard boiled eggs
- 3 stalks celery
- $\frac{1}{2}$ cup nuts

SALAD DRESSING

Chop the ingredients fine, add a little salt and pepper; mix with the salad dressing and spread between thin slices of buttered bread.

Cora E. Diven.

PEANUT BUTTER

- 1 egg
- $\frac{1}{2}$ teaspoon butter
- 1 teaspoon sugar
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon mustard
- $\frac{1}{2}$ cup vinegar
- 1 tablespoon sweet cream

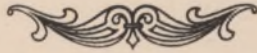
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10c. salted peanuts, ground

Cook 'till it begins to thicken. Nora Webber Lloyd.

MEAT SANDWICHES

Any kind of cold boiled meat put through grinder; mix with salad dressing and a little good cream (sweet or sour), spread slices of buttered white bread. Mrs. Harry Marker.



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EGGS

"There is a best way of doing everything, even if it be to boil an egg".

EGGS A L'ARGENTENIL

Asparagus tips

Eggs

Cream sauce

Take the tips of half a bunch of small asparagus and cut about $\frac{1}{2}$ inch in length. Cook these in water; when done, drain off the water and lay the asparagus tips on a dry towel. Poach 2 eggs and place on toast. Take the asparagus and pour 3 tablespoons of cream sauce over them. Ornament the eggs with this and serve hot.

GOLDEN-A-LA-ROD

6 hard boiled eggs

6 squares buttered toast

$1\frac{1}{2}$ cup cream sauce

Cut up the whites of eggs and stir in the hot sauce; pour this over the toast which has been laid on a plate, and grate the yolks over this.

CREAM SAUCE

Cream $\frac{1}{2}$ cup butter and 2 large tablespoons flour; add $1\frac{1}{2}$ cup milk, salt and pepper and boil. Fern Runte.

SCRAMBLED EGGS WITH CHEESE

4 slices of fresh buttered toast

4 eggs

4 tablespoons milk

4 tablespoons grated cheese

Level teaspoon salt

Little pepper

Over each slice of bread, pour a tablespoon or so of hot milk. Melt a tablespoon of butter in an omelet pan to which add the eggs, milk, cheese, salt and pepper. Cook quickly and stir constantly, lifting up from bottom of pan until contents are firm, but soft. Arrange eggs on toast and serve.

Mrs. Retta McFarland.

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'SCALLOPED CHEESE WITH EGGS

- 1 cup milk
- 2 cups stale bread crumbs
- 1 cup grated mild cheese
- 4 eggs
- 1 teaspoon salt
- 2 tablespoons butter

Scald milk in double boiler, stir into it cheese, bread crumbs, butter and salt; heat slowly, stir into it well beaten yolks of eggs, remove from fire at once and cool; when cool, fold in the beaten whites, turn into buttered baking dish; bake 20 minutes in moderate oven. Selected.

BAKED OMELET

- Yolks 6 eggs, beaten light
- 6 tablespoons milk
- Salt to taste
- Whites 6 eggs, beaten stiff

Mix in order named and pour in baking dish in which a little butter has been melted. Bake about 20 minutes. Selected.

EGGS, SWISS STYLE

Cover bottom of baking dish with fresh butter, then a layer of grated cheese; break eggs on cheese without breaking the yolks; pour over eggs a little cream, another layer of grated cheese, season. Bake in moderate oven 15 minutes. Selected.

EGGS IN RAMEKINS

Butter ramekins, break 1 egg in each, add 2 tablespoons chopped ham, $\frac{1}{2}$ teaspoon chopped parsley, salt, pepper, a bit of butter and 1 tablespoon milk. Bake 'till set.

EGGS IN TOMATOES

Cut off top of ripe tomatoes, remove pulp, slip in 1 egg for each tomato, sprinkle with buttered bread crumbs and bake 'till crumbs are brown. Amy L. Marker.

EGGS IN COLUMBUS STYLE

Hard boil 1 dozen eggs; peel and cut each egg into round center. Cut a small slice off large end of eggs so they may stand upright. Mash yolks, mix with minced tongue, moisten with vinegar, season with salt, pepper and mustard. Fill empty whites, place two parts together and stand on platter. Any remaining filling may be made into dressing by adding vinegar to it. Pour around the standing eggs.

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CUP CUSTARD

4 eggs
1 cup sugar
Pinch of salt
1 quart rich milk
1 teaspoon vanilla
Nutmeg

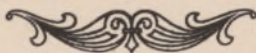
Beat the eggs until very light, add the salt and sugar, then add gradually the milk and beat thoroughly with the egg beater, then add the flavoring and pour into custard cups and sprinkle nutmeg over the top. Set the cups in water and bake about 20 minutes in a moderate oven.

Mrs. Guy Diven.

EGG OMELET

In making an omelet, always beat the whites and yolks separately, then mix together allowing 1 tablespoon of milk to each egg, salt and pepper to taste. Pour into a hot skillet previously buttered, shake the pan until the omelet begins to thicken, then run a knife around.

Mrs. Harry Graham.



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PRESERVES

"A good fire makes a good cook".

GREEN TOMATO PRESERVES

Peel and cut into 1 inch pieces 4 cups green tomatoes; boil in 3 cups water for 5 minutes to which has been added 1 even teaspoon salt; drain. Take 2 cups sugar, $1\frac{1}{2}$ cups water, 1 even teaspoon ginger. Put fruit in and boil until transparent. Ginger root or lemon or both may be used instead of ginger. This improves with age.

Myrtle Hyndman.

CRANBERRY CONSERVE

- 1 quart cranberries
- $\frac{1}{2}$ cup seeded raisins
- 1 orange
- 1 lemon

Put all through meat grinder, add an equal amount sugar, $\frac{1}{2}$ cup broken walnut meats

Cook 'till it thickens. Serve with meat. Selected.

FRUIT CONSERVE

- 1 quart strawberries
- 1 quart gooseberries
- 1 quart currants
- 2 oranges
- 1 pineapple
- 1 quart cherries

Put all through meat grinder.

- 1 doz. apricots
- 1 doz. plums
- $\frac{1}{2}$ doz. peaches

Slice all

Stem strawberries, peel peaches and apricots, stone cherries and pick gooseberries and currants; mix all gently and weigh, allow as many pounds sugar as fruit. Cook slowly about 1 hour.

QUINCE HONEY

Wash, wipe, pare and put through food grinder 5 quinces. Put 5 lbs. of granulated sugar and 1 quart of water into the preserving kettle, add a salt spoon of cream of tartar, stir until sugar is dissolved; boil 10 minutes, add ground quince,

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boil 10 minutes and put at once into tumblers. Cool before covering. Splendid for hot cakes and breads. Jelly may be made from the parings. Mrs. H. M. Graham.

RHUBARB CONSERVE

2 quarts rhubarb, cut in fine pieces

Chopped rind of 3 oranges

Juice and pulp of 6 oranges

Weigh all and add as much sugar as fruit; mix and cook 'till thick; pour in glasses and seal with paraffine.

Romaine M. Kirk.

SUNSHINE PRESERVES

Use equal weights of sugar and strawberries. Put the strawberries in the preserving kettle in layers, sprinkling sugar over each layer. The fruit and sugar should not be over 4 inches deep. Place the kettle on the stove and heat the fruit and sugar slowly to the boiling point. When it begins to boil, skim carefully; boil ten minutes, counting from the time the fruit begins to bubble. Pour the cooked fruit into platters, having it about 2 or 3 inches deep. Place the platters in a sunny window in an unused room for 3 or 4 days. In that time the fruit will grow plump and firm and the syrup will thicken almost to a jelly. Put this preserves cold, into jars. Cherries may be used instead of strawberries. Mrs. H. M. Graham.

GRAPE CONSERVE

4 lbs. California red grapes

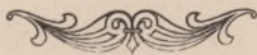
2 lbs. white raisins

1 lb. cranberries

½ lb. shelled almonds

3 lbs. sugar

Cook separately grapes and raisins; strain through sieve and join; add sugar, cook 20 minutes. Add cranberries, cook 15 minutes, add blanched nut meats, cook 5 minutes; pour in jelly glasses to cool. Good with turkey and cold meat. Edna M. Walner.



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CANDY

"Sweets to the sweet".

DIVINITY CANDY

3 cups sugar
 1½ cup rich milk
 1 cup syrup
 ¼ teaspoon cream of tartar
 1 lb. English walnuts

Let cook 'till it forms a soft ball in cold water; remove from fire and beat ½ hour; pour in buttered pans when cool, mark in squares.

Nora Webber Lloyd.

NUT DIVINITY

2 cups sugar
 ½ cup corn syrup
 ½ cup water
 Whites of 2 eggs
 1 cup nut meats

Boil sugar, corn syrup and water until the syrup threads; whip in the beaten whites of eggs and nut meats.

Miss Florence B. Marker.

FUDGE

2 cups sugar
 1 cup cream and milk
 1 cake bitter chocolate

Stir constantly 'till it boils; cook 'till it makes soft ball in cold water; then stir (not beat) until creams; add nuts and flavoring last. Long stirring makes the best fudge.

PEPPERMINTS

2 cups white sugar
 6 tablespoons water

Stir until dissolved; boil exactly 3 minutes; remove from fire and stir in 8 tablespoons powdered sugar mixed with 1 teaspoon peppermint; beat until creamy and drop while still thin on buttered plates.

Mrs. H. H. Kirk.

DIVINITY FUDGE

2 cups sugar
 ½ cup white syrup
 ½ cup cold water
 Pinch of salt

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Chocolate

Boil until passed soft ball stage, then pour into stiffly beaten whites of 2 eggs. Mark in squares and place an English walnut in each square. Nora Webber Lloyd.

COCOANUT CREAM BARS

- 2 teaspoons of butter
- 1½ cup sugar
- ½ cup milk
- ½ cup shredded cocoanut
- ½ teaspoon vanilla

Heat slowly until boiling point, boil 12 minutes, and beat until creamy and the mixture begins to sugar at edges, pour on buttered tins and cut in bars.

Miss Florence B. Marker.

BUTTER SCOTCH

- 1 cup sugar
- 1 cup molasses
- ½ cup butter
- 1 tablespoon vinegar

Boil all together until done; take from fire, add a pinch of soda and pour in pan; when cold, cut in squares.

Mrs. Retta McFarland.

DOUBLE FUDGE

- 2 cups sugar
- ½ cup cream
- 2 squares chocolate
- 1 tablespoon butter

Boil 7 minutes; then beat and spread in buttered pan to cool.

- 2 cups brown sugar
- ½ cup cream
- 1 teaspoon vanilla
- 1 cup chopped walnut meats

Boil 10 minutes, then beat and pour on top of fudge already in pan; when cool cut in squares.

COCOA FUDGE

- ½ cup milk
- 3 tablespoons butter
- 2½ cups powdered sugar
- 6 tablespoons cocoa
- Pinch of salt

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1 teaspoon vanilla

Mix all together; cook 8 to 10 minutes, or until it forms a soft ball in cold water. When nearly cold, add vanilla and beat until it seems like molasses in winter, then pour into buttered pan and cut in squares.

MARSHMALLOWS

Soak 3 tablespoon of gelatine in 9 teaspoons of water 20 minutes. Boil 3 cups of sugar in 15 tablespoons of water 'till it spins a thread, pour over gelatine and beat 20 minutes, add 1 teaspoon vanilla and turn into a pan lined with powdered sugar. When cool cut and roll in powdered sugar.

I. H. G.

SMITH COLLEGE FUDGE

1 cup white sugar
1 cup brown sugar
 $\frac{1}{2}$ cup cream
 $\frac{1}{4}$ cup butter
 $\frac{1}{4}$ cup molasses

Boil rapidly for $2\frac{1}{2}$ minutes, stirring rapidly all the time, then add one section of sweet chocolate grated and boil 5 minutes, stirring rapidly at first, but more slowly at last. Remove from fire, add $\frac{1}{2}$ teaspoon vanilla, 1 cup nut meats and stir slowly until grainy-like fudge. Pour in pan when nearly cold, mark in squares. Mrs. Retta McFarland.

SEA FOAM

6 cups sugar
3 cups water
Whites of 4 eggs
1 cup chopped nut meats
 $\frac{1}{2}$ cup cocoanut

Boil sugar and water until it forms a ball when dropped in water; add the whites of eggs beaten stiff, also nut meats and cocoanut; beat until very stiff, drop in spoonfuls onto buttered plates. Miss Florence B. Marker.

SUE'S LIGHT SURPRISES

I.

2 cups brown sugar
 $\frac{1}{2}$ cup milk
1 cup walnuts

Boil sugar and milk together until it threads in cold water; pour into a buttered pan and set it to cool.

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II.

1 cup white sugar

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

$\frac{1}{2}$ cake chocolate

Boil all together until it forms a stiff ball in water; beat until creamy and pour over the first part so that there are two layers when cool, and cut in squares.

Mrs. L. T. Swank.

FRUIT ROLL

1 lb. pulverized sugar

1 lb. figs

1-3 cup sweet cream

Roll and sift the sugar and stir it into the cream until enough has been added to make a stiff ball. Turn it out on a board which has been dusted with the sugar and knead like bread with the finger tips. When well kneaded, roll out like biscuit dough; cover with a solid layer of the figs which have been run through the food chopper, then roll it like a jelly roll; cut off in slices and lay on buttered plates to harden. Any desired flavor may be added to the cream before mixing with the sugar. Do not try to double this quantity unless you mix it separately, it will not be so creamy.

Cora E. Diven.

MARSHMALLOWS

2 tablespoons Knox's acidulated gelatine

6 tablespoons warm water

2 cups granulated sugar

1 cup boiling water

1 teaspoon vanilla

White of 1 egg

Boil the sugar and the boiling water together until it forms a stiff ball in water, then pour over the gelatine, which has been dissolved in the warm water and the white of 1 egg beaten stiff; beat until quite stiff, then add the vanilla and pour into a buttered pan, which has been dredged with powdered sugar. When cold cut into squares and roll in powdered sugar.

Cora E. Diven.

PINOCHÉ

2 cups brown sugar

1 cup white sugar

1 cup creamy milk

1 tablespoon butter

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Cook until it forms a soft ball, when tested in cold water. Beat 'till it becomes quite thick; pour over buttered platter covered with chopped nuts. Mrs. Harry Marker.

WHITE TAFFY

2 lbs. white sugar
 Enough water to melt sugar
 1 tablespoon butter
 1 tablespoon vinegar
 1 tablespoon vanilla
 1 teaspoon cream tartar

Put all in at once except vanilla; do not stir while boiling. Mrs. Harry Graham.

DIVINITY CANDY

PART I.

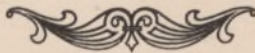
1 cup white sugar
 $\frac{3}{4}$ cup water
 Cook 'till it hairs.

PART II.

3 cups sugar
 1 cup glucose or syrup
 $\frac{1}{2}$ cup water

Cook until it hardens in water; beat whites of 3 eggs very stiff, add part 1 and beat and then part 2 and beat; flavor with vanilla and add 1 pound of nuts.

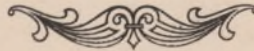
Daisy L. Dooley.



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