



A vintage-style illustration of a woman in a kitchen. The woman, with dark hair and a white apron, is leaning over a red kitchen counter. She is holding a large green leafy vegetable, possibly a head of lettuce, in her hands. The kitchen counter has a red and white checkered cloth on it. In the background, there are red kitchen cabinets and a window. The overall style is reminiscent of mid-20th-century graphic design.

# KITCHEN KAPERS

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Oct. 16<sup>th</sup> 1952  
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Cedar Rapids,  
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Chartered March 26, 1848



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## COLFAX REBEKAH LODGE NO. 4

### O F F I C E R S

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Vice Grand .....	Alice Nelson
Secretary .....	Opal Miller
Financial Secretary .....	Daisy Mitchell
Treasurer .....	Ethel Powell
Right Support to Noble Grand .....	Marie B. Sittler
Left Support to Noble Grand .....	Adelaide Schmidt
Right Support to Vice Grand .....	Maxine Sears
Left Support to Vice Grand .....	Maybel Wilsey
Flag Bearer .....	Betty Head
Warden .....	Rita Fae St. Clair
Conductor .....	Claudine Cagle
Chaplain .....	Kate Carlisle
Inside Guard .....	Garnet Hoeye
Outside Guard .....	Clara Christie
Musician .....	Dora Montgomery
Junior Past Noble Grand .....	Clara Vandervort



Colfax Rebekah Lodge No. 4, the fourth Rebekah lodge to be instituted in Iowa was chartered February 18th, 1879 by B. S. Merriam of Keokuk Lodge No. 13, the Grand Master of the Grand Lodge of the Independent Order of Odd Fellows of Iowa. It has had many varied honors in the 72 years of existance. It has grown from the 49 charter members to a membership of 250 up to the present time. It has the distinction of assisting in the organization of the Rebekah Assembly of Iowa and the honor of having the first President of the Assembly, Sister Carrie Dimond, who served in 1888-1889, presiding in Des Moines in 1889.

The "Beautiful Work" of the Rebekah Degree was exemplified by the Degree Staff of Colfax Lodge at that session. The Captain of the Degree Staff was Brother A. J. Dimond.

The members who organized the lodge chose for its name, Colfax in honor of the founder of the Rebekah Degree, Schuyler Colfax.

Colfax Lodge also had the honor of having the second Secretary of the Rebekah Assembly, Sister S. Elizabeth Matheny, who served continuously in that office for 45 years, a record never equalled by any other Assembly in the United States.

Colfax Lodge meets regularly on the 2nd and 4th Tuesdays of each month in the IOOF Hall. The 2nd meeting night of the month is social night. Visiting members are cordially welcome.

The Presiding Officers and sick Committee call regularly on all members who are ill and especially try to visit all out-of-town Rebekahs who are ill in the two Keokuk Hospitals.

All women 18 years of age, of full white blood and good moral character are eligible to membership in the Rebekah Order.

RECIPES FROM THE KEOKUK GAS SERVICE COMPANY  
COOKING SCHOOL

**BROILER LUNCHEON:**

Spread buttered slices of bread with baked beans. Sprinkle generously with grated American cheese. Top with bacon strips. Put in broiler until cheese melts and bacon is crisp. Serve on large platter with olives and pickles. Use parsley for garnish.

**BROILER DINNER:**

Ground beef shaped into "T-Bones." Tomato halves and Niblet Corn under broiler rack. Broil 20 min.

**DINNER BROILER MEAL:**

Under rack of broiler, place can green beans, cold sliced cooked potatoes. Top of rack: 1/2 in. sliced smoked ham. Score fat on ham about every in. to keep ham from curling. Broil 10 min. Turn ham, add sliced pineapple, peach halves. Fill peach halves with mince-meat or a marshmallow. Broil 6 or 8 min. Serve on large plate or platter. Use garnish.

**OVEN MEAL: (350 deg. F. 1 hr.)**

meat loaf	baked potatoes
carrots	apple crumb

Apple-crumb - Place 4 c. bread and sliced apple in greased baking dish. Mix 1 c. brown sugar, 1/2 c. butter, 1/2 c. flour until crumbly. Sprinkle mixture over apple. Bake covered.

**IOWA HASHED BROWN POTATOES:**

(Indiana Style)

Pare 4 large baking potatoes. Place medium sized skillet over flame. Add 1 tbsp. bacon or ham fat. While grease is getting hot, shred potatoes on medium flat grater, put in skillet and turn heat to very low. Dot butter over entire surface of potatoes. Salt and pepper to taste. Turn flame up slightly and cover, when butter is melted remove cover. When bottom is very brown turn with a spatula as you would a pancake. Brown other side. Allow 10-15 min. total time. Garnish with parsley. If cooked too long they become soggy. (1 potato cooked in 6 in. skillet is enough for 2 people.)



# APPETIZERS CANAPES RELISHES



FOR THOSE *W*rite IN RECIPES

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Cheese Canapes - (Mrs. Reinwater).

1 Roll Smoke Cheese

1 pkg (8 slices in pkg) or  $\frac{1}{2}$  " Snappy cheese (old English)

1 " ( " " " ) " " Mild cheese

Cut & mash altogether adding heavy cream as needed.

Put into the Blender of an Electric Mixer & turn until smooth and spread on Nabisco Ritz crackers (small round crackers) & serve with mixed Fruit juice. "Good."

Fruit juice.

2 large cans Pineapple juice.

4 small cans frozen Orange juice.

1 small can frozen Lime.

Mix altogether. Serve in glasses with crushed ice & red cherry. "Good."

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An appetizer  
should always be served,  
Makes guests compliments  
most well deserved.

## OYSTER OR SHRIMP COCKTAIL (Individual)

6 oysters or 8 fresh  
cooked or canned shrimp  
1/2 tbsp. mazola  
1/2 tbsp. lemon juice  
1 tsp. chili sauce  
1/2 tsp. horseradish  
1/4 tsp. celery salt  
2 or 3 drops worcestershire  
sauce

Beat together the ingredients for the cocktail sauce, pour this over the fish and serve in small cocktail glasses set in cracked ice. Garnish with cress or parsley and cut lemon.

## HORS d'OEUVRES ITALIAN

Anchovies	Sardines
Sliced salami	Pimento
Olives	Cabbage, onion and green
Radishes or hearts of	pepper chopped together
lettuce	Mazola
Tarragon or Italian vinegar	Karo

For each person allow two slices salami, two sardines, one anchovy, one pimento, a tbsp. of the chopped cabbage mixture, two olives and two radish roses. Put the cabbage in the center, arrange the other ingredients around it and garnish with the olives and radishes. Make a dressing of the Mazola, Karo and vinegar and pour over.

## DRESSING FOR HORS d'OEUVRES

Combine 1 tsp. Karo, 1/2 c. Mazola, 3 tbsp. tarragon or Italian Vinegar, 1/2 tsp. salt and 1/8 tsp. pepper. Beat and serve.

## ANCHOVY CANAPES

Spread canape wafers or small rounds of toasted or untoasted bread with anchovy paste. Top with finely chopped pickle.

## STUFFED CELERY

12 stuffed olives, 2 tsp. onion juice, 1/2 c. grated cheese, salad dressing, salt and paprika, 12 celery sticks. Add minced olives, onion juice, salad dressing and seasoning to cheese. Fill celery stalks and chill.

## GRAPEFRUIT COCKTAIL

2 c. grapefruit pulp, 1/2 c. diced pineapple, 1/2 c. pineapple juice, 2 tbsp. lemon juice, 4 tbsp. sugar, 3 red cherries. Mix fruit juices and chill. Serve in glasses, top with cherries.

## GINGER ALE COCKTAIL

1/2 c. sugar, 2 c. water, 1 c. pineapple juice, 1 c. grapefruit juice, 1/4 c. lemon juice, 4 c. ginger ale. Boil sugar and water together 10 min. Cool, add fruit juices and chill thoroughly. Just before serving add the ginger ale. Any sweet fruit juice may be substituted for the pineapple juice. 1/2 c. lemon juice may be substituted for the grapefruit juice.

## TOMATO COCKTAIL

3 c. tomato juice, 1/2 c. orange juice, 1 1/2 tbsp. lemon juice, 1 1/4 tsp. sugar, 2 tsp. chopped onion, a little salt and pepper and paprika. Combine all, mix well and put in ice box for 1 hr. at least. Strain and pour over crushed ice in cocktail glasses.

## DELIGHT COCKTAIL

2 c. unsweetened pineapple juice, 1 c. tomato juice, juice of 2 lemons. Mix well and let stand 1 hr. before using. Serve very cold.

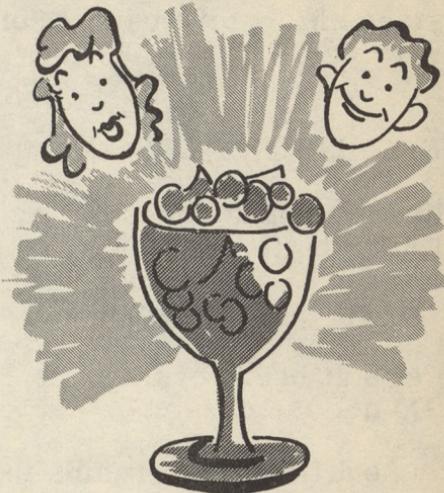
## CAVIAR CANAPE

Cut bread in small rounds with biscuit cutter and toast. Cover with caviar, putting a few drops of lemon juice over the caviar. Chop the yolk of hard boiled egg fine and put a thin layer of that over all.

## FRUIT COCKTAILS

Combine 1 c. cooked, stoned prunes, 1 c. orange sections, 1 c. diced apple with 1/2 c. Karo, and 1/3 c. water. Chill.

Combine 1 c. pitted white cherries, 1 c. diced peaches, 1/2 c. shredded apple, 1/3 c. Karo, 2 tbsp. water. Chill.



## SHRIMP-TOMATO ASPIC

1 envelope, or 1 tbsp., unflavored gelatin  
2 1/4 c. (1 No. 2 can) tomato juice  
1 tsp. salt

2 tsp. prepared horseradish	1 tsp. lemon juice
1/2 lb. cleaned cooked fresh shrimp, or 1-5 oz. can cleaned drained shrimp	dash of pepper
1 1/2 tsp. grated onion	1/2 tsp. worcestershire
water cress	lemon wedges
mayonnaise or salad dressing	

Fruit cocktail  
is a beautiful sight,  
Makes the dinner  
an extra delight.

Soften gelatin in 1/4 c. tomato juice, dissolve over boiling water. Stir dissolved gelatin into remaining seasoning, chill until mixture is thick and syrupy. Oil lightly 4 teacups. Arrange shrimp around bottoms of cups, spoon in thickened tomato mixture, chill until firm. Unmold on serving platter, serve with water cress, lemon wedges, and mayonnaise or salad dressing.

## SHRIMP LOUISIANNE

Into the butter, rub the flour, add the onion, garlic, pepper, and parsley, all chopped fine. Brown and add tomatoes. Then season. Add the shrimp and let cook for 15 min. and then add the worcestershire sauce.

## DELIGHT COCKTAIL

2 c. unsweetened pineapple juice, 1 c. tomato juice, juice of 2 lemons, mix well and let stand 1 hr. before using. Serve very cold.

## ENGLISH MONKEY

1 c. American cheese  
1 lump butter  
2 eggs  
salt and pepper to taste  
1 c. milk  
1 c. soft bread crumbs  
(Do not use crusts)



Meal seem flat?  
Want to embellish?  
A little sharp cheese  
and a dish of relish.

Soak the bread crumbs in the milk about 15 min., add eggs slightly beaten. Melt the cheese and butter together, then add soaked bread crumbs, milk and egg mixture. Season to taste and serve on crackers.

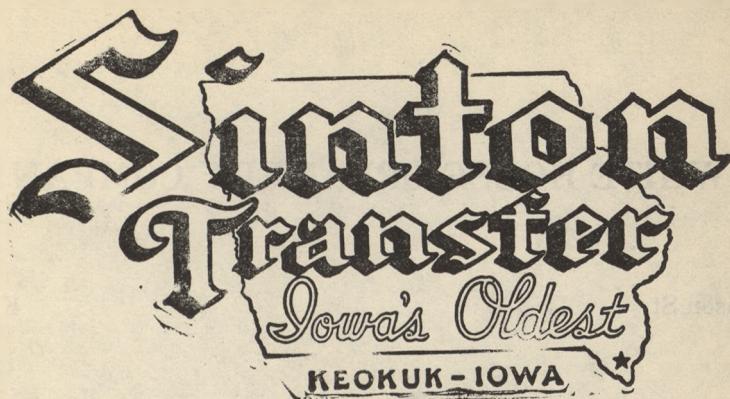
## PICCALILLI RELISH

A piccalilli, or any tart pickle relish, may be attractively served in green pepper cases. Choose small green peppers and cut in thirds, lengthwise. Remove seeds and fill with relish. Arrange around roast loin pork.

## GREEN TOMATO RELISH

1 peck green tomatoes	5 small onion
1 tsp. each black pepper,	7 c. sugar
ground cloves, cinnamon	4 tsp. celery seed
1/2 tsp. allspice and cayenne pepper	
1 c. salt	1 qt. vinegar
1 c. of mustard seed	

Grind tomatoes, add salt. Let stand overnight. Drain. Add onions and other ingredients. Boil for 15 min. and can.



*Time flies ...*

*It's later than  
you think!*



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# BEVERAGES



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## COCOA

3 tbsp. cocoa  
1/2 tbsp. cornstarch  
pint of water  
1/2 c. karo, Red Label  
1/4 tsp. salt  
pint of milk

Bring the milk and water to boiling point, stir in the cocoa, salt, cornstarch and Karo, blended. Boil 2 or 3 min. and serve. A drop or two of vanilla may be added if desired.

## QUICK COCOA (INDIVIDUAL)

2 tsp. cocoa  
few grains salt  
top milk or light cream



You want to gain weight  
and you want to be burly?  
Drink lots of chocolate  
and go to bed early.

boiling water  
1 tbsp. karo, Red Label

Stir the cocoa, salt and Karo together in a cup, almost fill with boiling water and dilute to taste with top milk or cream.

## STRAWBERRY MILK SHAKE

1 qt. strawberries	3/4 c. sugar
5 c. milk	1/4 tsp. salt
1/2 c. cream	2 1/2 tsp. lemon juice

Crush strawberries and press through a coarse sieve; there should be at least 1 2/3 c. puree. Combine with milk and cream, add remaining ingredients, and mix thoroughly. Chill well before serving. Top each glass with a spoonful of whipped cream. Serves 8 to 10.

## FROSTED GRAPE JUICE COCKTAIL

2 c. grape juice	3 tbsp. lemon juice
1 pt. ginger ale	

Mix and chill grape and lemon juice. When ready add ice - cold ginger ale to fruit juices. Frost glasses by dipping rings first in lemon juice and then in sugar.

## EGGNOG

6 eggs  
6 tbsp. granulated sugar  
6 tbsp. whiskey  
1/2 pt. whipping cream

Use a mixmaster if available. Separate whites and yolks of eggs and measure all ingredients placing each in separate dish. Whip cream stiff, then slowly add sugar and whiskey. Place whipped cream and beaten egg whites in a large bowl, and fold the beaten egg whites in a large bowl, and fold the egg yolk - sugar - mixture into them, stirring as little as possible. This eggnog will stand up for some time if each ingredient is beaten stiff, and the finished mixture is not stirred enough to bread down. Serve with nutmeg, if desired.

## LOGANBERRY PUNCH

4 c. loganberry juice  
1 c. hot water  
1/2 c. sugar  
2 lemons

1 orange  
4 fresh mint leaves  
6 c. cold water  
6 c. cracked ice

Dissolve the sugar in hot water, and mix with cold water and cracked ice, then add the loganberry juice, the lemons and orange thinly sliced, and the mint leaves. Place in punch bowl and serve.

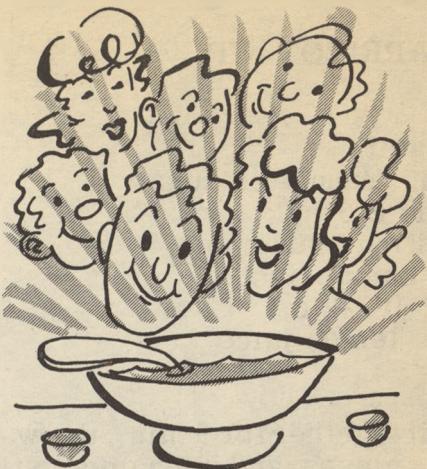
## TEA AND FRUIT PUNCH

2 tbsp. tea  
2 c. sugar  
1/2 c. orange juice  
4 lemons

3 oranges  
4 c. ginger ale  
2 c. water  
6 maraschino cherries



If you're giving a tea  
and expecting a bunch,  
Check this recipe  
for delicious punch.



Boil the water, add the tea and sugar, and let stand for half a min., then strain. Add the orange juice and the juice of the lemons, and the oranges thinly sliced, the cherries each cut in four parts, and the ginger ale. Pour this over 8 c. (or 2 qts.) of cracked ice in a punch bowl.

### MERRY PUNCH

2 c. bottled cranberry juice cocktail	
3/4 c. powdered sugar	2 c. canned grapefruit
1 large bottle ginger ale	juice
lemon or lime slices	

Makes 2 qts.

### PUNCH

First make 1 qt. syrup as follows: Dissolve:

3 c. sugar	3 c. water
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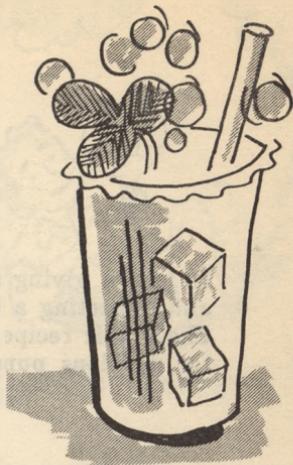
Add 2 tsp. vanilla, 2 tsp. almond extract, then juice of 2 lemons, stir well and add 4 qts. of water. This makes 5 qts. of punch. Add juice of 6 oranges, 2 c. fruit juice and 1 qt. ginger ale.

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## HOT APRICOT NIP

1 c. water  
2 tbsp. granulated sugar  
4 whole cloves  
3 in. stick cinnamon  
12 oz. can apricot  
nectar (1 1/2 c.)  
2 tbsp. lemon juice

Boil together for 5 min., the water sugar, cloves and cinnamon stick. Strain and add remaining ingredients. Reheat and serve hot. Serves 4.



## MINT PUNCH

Make your limeade  
with a sprig of mint,  
Add cherry juice  
for a colorful tint.

2 c. sugar  
1 qt. water

Make into syrup. Place 2 qts. of washed mint leaves in 1 qt. of plain water and bring to boil, simmer 5 min. Let cool and then strain through cloth. Combine mint water and syrup. Add juice of 6 lemons and a few drops of green coloring. Immediately before serving add 1 qt. of ginger ale and pour over crushed ice.

## LEMONADE

1/2 c. sugar  
1 c. hot water  
4 c. cold water

1 lemon, sliced very  
thin  
the rind of 1 lemon  
the juice of 4 lemons

Dissolve sugar in hot water, add the rind of the lemon, and cool. When cool, add the juice of the four lemons and the cold water and strain. Serve in glasses with cracked ice and a slice of the lemon.

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# **BREAD and ROLLS**



FOR THOSE *Write* IN RECIPES

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The right kind of bread  
baked by a new bride,  
Can make hubby's head  
swell with pride.

## BOSTON BROWN BREAD

1 c. AllBran  
1 c. flour  
1 c. sour milk  
1/2 c. raisins

1 tbsp. molasses  
1/2 c. sugar  
1 tsp. soda  
1/4 tsp. salt  
1/4 tsp. baking powder

Put the milk and allbran together first. Then add sugar, molasses, raisins and remainder of dry ingredients sifted together. If recipe is doubled add 1 beaten egg. Bake for 1 hr. at 325 degrees.

## BANANA NUT BREAD

2 c. sugar  
1/2 c. spry  
2 eggs  
3 c. flour

1 1/2 tsp. soda  
8 to 10 tbsp. sour milk  
3 bananas  
1/2 c. chopped nuts  
pinch of salt

Mix in order given. Add soda to sour milk. Mash bananas thoroughly before adding to mixture. Bake in 2 loaf tins in a slow oven for 1 hr.

**PATRONIZE OUR ADVERTISERS**

## REFRIGERATOR ROLLS

1 c. cold cooked mashed potatoes	1 scant tsp. soda
1 tsp. salt	1 cake yeast
1 c. shortening	1 c. sugar
2 heaping tsp. baking powder	1 qt. milk (sweet) scalded, cooled

Mix ingredients in order given and add enough flour to make a batter. Let rise 1 1/2 hrs. Make into a stiff dough. Place in refrigerator and when ready to use make into small balls. Let rise 1 1/2 hrs. and bake in 350 degrees oven for about 25 min.

## NO-KNEADING BREAD ROLLS

1 cake Fleischmann's yeast	2 tbsp. sugar
1/4 c. lukewarm water	1 c. boiling water
1/4 c. shortening	1 egg
1 1/4 tsp. salt	3 1/2 c. flour

Dissolve yeast cake in lukewarm water. Place shortening, salt and sugar in a separate bowl. Add boiling water, stir until ingredients are dissolved. When lukewarm add yeast. Add the beaten egg. Stir in flour to make a soft dough. (Begin with 3 c. of flour and add as much more as necessary for a soft dough. 3 1/2 c., average amount.) Grease a large bowl, place dough in it and cover with a plate. Chill dough 2 to 24 hrs. Pinch off dough, place in greased muffin tins, 1/3 full. Brush tops with melted butter. Rolls will rise in min. Remove at once from pan. Makes 2 doz.

Knowing how much kneading  
your bread dough is needing,  
Is a secret you need to know  
else you'll have too much dough.





## SIXTY MINUTE ROLLS

3 c. flour  
2 cakes Fleischmann's yeast  
1/4 c. lukewarm water  
1 1/4 c. milk  
3 tbsp. sugar  
1/4 tsp. salt  
4 tbsp. lard

Dissolve yeast in lukewarm water. Place milk, sugar, salt, and lard in sauce pan and heat to lukewarm. Add yeast and flour, mix well, cover and let stand in warm place 15 min. The dough is very soft and rather difficult to handle but do not add more flour and do not knead or punch down. With tsp. cut off pieces of dough and with well greased hands shape into balls and place 3 balls in each well

Too much flour  
too much mixing,  
Too much milk  
too much fixing.

Either one will  
take its toll,  
When your making  
leaven rolls.

greased muffin tin. Cover and let stand in warm place for 15 min. Bake in hot oven 450 F. for 10 min.

## BUTTERSCOTCH ROLLS

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

3/4 c. milk (about)  
FILLING:  
1/3 c. butter  
1/3 c. firmly packed brown sugar

Prepare biscuit dough and roll in oblong 1/4 in. thick, spread with cream mixture of butter and brown sugar, roll as for jelly roll and cut in 1 in. slices. Place slices in greased pan or muffin pans and bake in hot oven (400) for 15 to 20 min. Yields approximately 10 rolls.

### Household Hint:

To freshen left-over muffins, cover with damp cloth and warm in moderate oven.

warm place until light and knead until smooth. Place in refrigerator until ready to use. Keep tightly covered, let rise 2 hrs., after making out in rolls. Bake.

## SOURTHERN CORN BREAD

2 c. cornmeal	1 scant tsp. soda
2 tbsp. cornstarch	1 tbsp. Karo
1 tsp. salt	1 egg, well beaten
2 c. sour milk or buttermilk	2 tbsp. Mazola

Combine the ingredients in the order enumerated. Beat well, pour into medium sized dripping pan oiled with Mazola and bake 30 min. in a hot oven, 375 degrees F.

## HEALTH MUFFINS

4 c. Bran	
1 c. rolled oats put through	
food chopper	
1 1/2 c. bread flour	
2 tbsp. cornstarch	
5 tsp. baking powder	
1 c. raisins put through	
food chopper	
2 tsp. salt	
1 c. Karo	
1/4 c. Mazola	
1 egg	
2 c. milk	

Combine the ingredients, transfer to muffin pans oiled with Mazola, and bake 25 to 30 min. in a moderate oven, 350 to 375 degrees F. This will make 18 medium sized muffins. They will keep several days, and may be served split, toasted and buttered.

## QUEEN OF MUFFINS

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

Cream butter, then blend sugar with it. Beat eggs and add. Sift flour and baking powder and add alternately with milk. Bake in greased pans about 25 min.



Ol'e Moss Hitchback  
was southern bred,  
Liked his hamhock  
with corn-pone bread.

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## BREADS AND ROLLS\*\*\*\*\*

### POTATO DOUGHNUTS - Ruth Wolf

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2 c. mashed potatoes	1 c. sweet milk
3 well beaten eggs	3 tbsp. melted butter
1 1/2 c. sugar	a little salt
flour stiff enough to roll and roll only small pieces at a time	6 tsp. calumet baking powder

When potatoes are still a little warm add the sugar and then the milk and then the balance of ingredients. Makes about 5 doz. with a medium size cutter.

### ORANGE COFFEE CAKE - Mrs. Robert Christie

1/2 c. shortening	1 egg
1 c. sugar	grated rind of orange

Cream together.

2 c. flour (unsifted)
1 tsp. soda

1/2 tsp. salt
---------------

Sift together.

1 c. sour milk
----------------

Add milk and flour mixture alternately and gradually to creamed sugar and egg. Add c. raisins and chopped nuts if desired. Bake in a moderate oven 375 deg. for 35 min. While cake is hot pour over juice of 1/2 orange, 1/2 c. sugar, mixed together.

### WALNUT ORANGE LOAF - Maxine Sears

3 c. sifted flour	1 c. milk
4 tsp. baking powder	2 tbsp. melted shortening
1 tsp. salt	1/4 c. brown sugar
1 c. chopped English walnut meats	
1 egg, beaten	1/2 c. orange marmalade

Sift flour, baking powder and salt into mixing bowl. Add walnuts. Mix egg with remaining ingredients. Add to flour and beat well. Pour into greased 9x3x3 in. pan. Let stand 20 min. Bake in moderate oven (350 deg. F.) 65-70 min. or till done. Cool on rack.

### POTATO DOUGHNUTS - Kate Carlisle

2 1/8 c. sugar	1 tsp. nutmeg
1 tbsp. crisco	1/2 tsp. salt
2 1/2 c. mashed potatoes	6 1/2 c. flour (sifted)
3 eggs well beaten	4 1/2 tsp. baking powder
1 c. sweet milk	

Add sugar to hot mashed potatoes, stir in crisco and beaten eggs, sift flour, baking powder, salt and nutmeg together and add with the milk; roll out soft as can be

handled and fry in deep hot lard. Makes 4 doz.

**QUICK COFFEE CAKE - Glendora Willoughby**

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

Mix well, and bake 20 min. in hot oven with mixture cinnamon, butter and sugar on top.

**NUT BREAD - Mrs. Maybel Wilsey**

1 c. sugar	1 egg beaten
1 tsp. salt	2 c. milk
4 c. flour	1 c. broken nutmeats
4 tsp. baking powder	

Mix dry ingredients, add egg to milk and combine with dry ingredients. Place in 2 small bread tins. Let stand 20 min. Bake in moderate oven 1/2 hr. or until well done. Better day after it is made.

**GINGER BREAD - Very good - Mrs. Lula Reuther**

2 eggs beaten lightly	1 tsp. ginger
1 c. sugar	1 tsp. cinnamon
1 c. sorghum	1 tsp. salt
2 tsp. soda dissolved in hot water	
2 1/2 c. flour	1 c. hot fat
	1 c. boiling water

Bake very slow in a very moderate oven.

**PEANUT BUTTER MUFFINS - Mae K. Crist**

Cream 2 tbsp. peanut butter with 2 tbsp. of shortening, 1/4 c. sugar and cream altogether. Sift together 3 tsp. baking powder with 1/2 tsp. salt and 2 c. flour, 1 c. milk. Fill muffin pans 3/4 full and bake in 400 deg. oven about 25 min.

**NUT BREAD - Mae K. Crist**

4 c. flour	1 c. sugar
4 tsp. baking powder	1 c. nutmeats
1 c. milk	1 egg
	1/4 tsp. salt

Beat egg light and put milk in then rest of ingredients. Let raise 1/2 hr. before baking in 350 deg. oven. This makes 2 small or 1 large loaf.

**BAKING POWDER BISCUITS - Mrs. Lena B. Montgomery**

2 c. of kitchen tested flour	1 heaping tsp. sugar
4 tsp. baking powder	2 tbsp. butter

1 tbsp. lard      1 PINCH SALT  
Mix with 1 c. milk. Bake at 500 deg.

### MUFFINS - Adelaide Schmidt

Cream:

1/3 c. butter

Add:

1/4 c. sugar

2 c. flour

1/4 tsp. salt

4 tsp. baking powder

1 egg beaten

(level)

3/4 c. sweet milk

Bake about 25 min. in a hot oven.

### BUTTERFLY ROLLS - Adelaide Schmidt

1 cake compressed yeast dissolved in a cup of lukewarm water. Add 1 tbsp. of sugar. Put in bowl and add:

1/4 c. sugar

1/4 tsp. salt

3 eggs beaten light

1/2 c. melted butter or

4 c. flour

shortening

Mix with spoon only, and cover with wax paper. Place in icebox overnight. When you want to use it divide dough in 3 parts, and using as little flour as possible roll out like pie crust until about 1/4 in. thick. Brush with melted butter and cut into wedge shapes and roll from large end. When raised brush top with butter and allow to raise about 2 hrs. Makes 36 rolls.

### BISCUITS SUPREME - Nettie Wheatley

2 c. flour

2 ~~1/2~~ c. sugar ~~1/2~~ tsp.

1/2 tsp. salt

1/2 c. shortening

4 tsp. baking powder

2/3 c. milk

1/2 tsp. cream of tartar

Sift together dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Add milk all at once and stir until dough adheres to fork. Roll 1/2 in. thick. Cut desired size. Bake in oven 450 deg. 10 or 12 min. Makes 16 medium size biscuits.

### ICEBOX ROLLS - Alta Striker *Past President* Mason City

1 cake compressed yeast      1/2 c. lard or other

1 c. lukewarm water      shortening

1 c. potato water      2 eggs

1 c. mashed potatoes      1 tsp. salt

1/2 c. sugar      7 or 8 c. flour (enough to make soft dough)

Put sugar, lard, potato water and mashed potato in bowl; let cool to lukewarm, add yeast soaked in the cup of lukewarm water; add eggs, salt and flour and mix down; let rise till double in bulk, put in refrigerator until ready to use. Dough will come up once or twice, but can be punched down. Can be kept in refrigerator several days, or until it begins to sour.

**DATE BREAD** - Doris Huffman *Past President*  
Mason City, Iowa

1 tbsp. butter	1 egg
1 c. sugar	1 tsp. salt
1 c. dates	3/4 c. nutmeats
1 c. boiling water	1/2 tsp. vanilla
1 tsp. soda	1 tsp. nutmeg
2 c. cake flour	

Add dates and soda to boiling water and cool. Mix ingredients, bake 40 to 50 min. in moderate oven.

**BANANA NUT BREAD** - Etta Park Myers

1/2 c. butter	2 c. bread flour
1 c. sugar	1 tsp. soda
2 eggs	1/4 c. nutmeats
3 crushed bananas	1/2 tsp. salt

Crush bananas and whip until very light. Cream butter, sugar and eggs, then add flour, soda and nuts. Add bananas. Bake at 350 deg. F. for 1 hr.

**BUTTER RINGS** - Fredda Hardesty

3 c. flour	1/2 c. butter
2 tbsp. sugar	2 tsp. sugar
1 tsp. salt	1 cake yeast (compressed)
1/4 c. milk	1/2 pt. sweet cream
	3 egg yolks

Sift flour, 2 tbsp. sugar and salt. Add butter and work until mealy. Heat milk and add 2 tsp. sugar. Cool, then add yeast. Add cream and egg yolks. Stir this into the flour, mixing to a smooth dough. Place in greased bowl and store in refrigerator overnight. Next morning divide dough into pieces and roll into long narrow strips. Put them together in two's and twist, roll into small knots and place in pan and let rise for 1 1/2 hrs. or until dough is light. Bake in a moderate oven 25 min. While still warm spread with thin powdered sugar icing and sprinkle with nutmeats.

# CAKES COOKIES PASTRIES



FOR THOSE *Write* IN RECIPES

---



## HEINZY COOKIES

Little miss Mable  
sat at the table  
eating her coffee and pie,  
She put in her thumb  
and pulled out a plum  
and yelled ....

**I THOUGHT THIS WAS APPLE!!**

### CRUSTLESS APPLE PIE

6 medium sized tart, firm apples	
1/3 to 1/2 c. white sugar	1/2 c. brown sugar
1 tsp. cinnamon	1 c. sifted flour
3/4 c. water	1 tsp. baking powder
1/2 tsp. salt	
3/8 c. (6 tbsp.) shortening, part butter for flavor	

Peel apples and cut into eights. Place in saucepan with white sugar, cinnamon and water and cook until apples are partially done (about 10 min.) Then place in deep greased 9 in. pie pan. Cream shortening, add brown sugar gradually and cream well. Sift flour, baking powder and salt together and add to creamed mixture working with pastry blender until completely mixed. Sprinkle over apples in pie pan. Bake about 45 min. in 350 degree oven. Serve with whipped cream.

### STRAWBERRY PIE

1 baked pastry shell, 1 qt. strawberries, 1 c. sugar, 3 tbsp. cornstarch, 1 c. whipping cream. Reserve half the berries, selecting the choicest ones and place in baked pastry shell.

Mash the remaining berries until the juice is well extracted. Bring to boiling and add the sugar mixed with the cornstarch. Cook slowly for about 10 min., stirring occasionally. Let cool and pour over the uncooked berries in the shell. Place pie in refrigerator until very cold. Top with sweetened whipped cream.

## DAINTY COOKIES

3/4 c. finely chopped nuts  
1/4 c. shortening (soft)  
1/4 c. soft butter  
1/4 c. brown sugar  
(packed in cup)  
1 egg  
1/2 tsp. vanilla  
1 c. sifted flour  
1/4 tsp. salt

Mix together thoroughly, shortening, butter, sugar, egg and vanilla. Sift flour and salt together and stir into mixture. Roll in balls size of a small walnut. Beat slightly with fork 1 egg white. Dip balls in egg white. Roll in finely chopped nuts. Place about 1 in. apart on greased baking sheet. Bake for 5 min. in a 375 degree oven. Remove from oven. Immediately press thumb gently in top of each cookie. Return to oven and continue baking about 8 min. longer. Makes about 2 doz. cookies. To add an extra decorative effect, when cookies are cool, place in indentation, a bit of chopped candied fruit, bright jelly or flavored confectioners sugar icings.

## PEANUT CRUNCH COOKIES

1/2 c. butter	1 egg (well beaten)
1/2 c. peanut crunch	1 1/4 c. flour
1/2 c. white sugar	3/4 tsp. soda
1/2 c. brown sugar	1/2 tsp. baking powder
1/4 tsp. salt	

Cream butter and peanut crunch together. Add



Lock and key won't be too strong  
to keep your cookies on the shelf,  
When you try these recipes  
and you'll really treat yourself.

sugar and cream thoroughly. Add beaten egg. Sift flour once before measuring. Sift flour, soda, baking powder and salt together and add to creamed mixture. Chill dough. Then form into balls the size of a walnut and flatten with a fork dipped in flour. Place on greased cookie sheet. Bake 10 to 12 min. in a 375 degrees oven. Makes 4 doz. cookies.



When baking a cake  
you must agree.  
You must set the oven  
to the closest degree.

## CHERRY TIP TOP CAKE

1 No. 2 can red sour cherries	
2/3 c. sugar	1 c. pastry flour
2 tbsp. butter	1/2 tsp. baking soda
2 eggs (well beaten)	1 tsp. cream tartar
1 c. granulated sugar	1/2 tsp. salt
1/2 c. scalded milk	1/2 tsp. lemon extract

Drain cherries thoroughly. Place fruit and sugar in a 10 in. round or sq. pan about 2 in. deep. Dot with butter. Add sugar to beaten eggs gradually and continue beating. Then add sifted dry ingredients and mix well. Add milk and flavoring. Pour cake mixture over fruit. Bake in a moderate oven 350 degrees for 50 min. Loosen cake from sides and turn out on plate at once. Serve warm or cold, plain or with whipped cream.

## CREAMY FUDGE CAKE

2 sq. unsweetened chocolate  
1/2 c. boiling water  
2 1/8 c. sifted cake flour  
1 1/3 c. sugar  
1 tsp. soda  
1/2 tsp. cream of tartar  
1 tsp. salt  
1/3 c. vegetable shortening  
2/3 c. milk  
1 tsp. vanilla  
1/3 to 1/2 c. egg whites

Mix chocolate and boiling water to a smooth paste. Sift dry ingredients into large bowl. Add shortening, milk, and vanilla. Beat vigorously with spoon for 2 min. by clock (150 strokes per min.) or mix

with electric mixer on slow to med. speed for 2 min. Add unbeaten egg whites and beat for 1 more min. Add the chocolate paste. Beat another min. Pour batter into prepared pans, 2 layer pans 8 in. Bake for 25 to 30 min. in a 350 degrees oven. Ice with brown beauty icing.



Some kinds of cakes  
stand little abuse,  
But if they fall  
there's no excuse.

## SOUR CREAM CAKE

1 1/2 c. sugar, 2 eggs, 1/2 pt. heavy sour cream, 2 c. flour after sifting, 1 tsp. baking powder, and 1/2 tsp. salt in flour, add following mixture to batter: 3/4 c. of boiling salted water, 3 tbsp. cocoa and 1 tsp. soda. Bake in 3 layers or in a loaf. Spread bottom and sides of pan with mixture. Cover bottom of pan with apricots and prunes, pour in batter mixture and bake in an 8x8 pan. Serve with whipped cream.

## BRIDGE PIE

1 c. dates (cut fine), 1/2 c. nuts (cut fine), 2 eggs beaten separately, 4 tbsp. cream, 1 c. sugar, 1/4 c. butter. Mix all but the whites. Fold these stiffly beaten, in last. Bake in raw crust about 30 min. at 350 degrees. Serve with whipped cream. Cheese balls go well with this.

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## CAKES, COOKIES AND PASTRIES\*\*\*\*\*

### ICE WATER CAKE - Ruth Wolf

Webster Groves, Mo.

2 c. sugar	1 1/2 c. ice water
1/2 c. shortening	3 tsp. baking powder
3 1/2 c. cake flour	4 egg whites
pinch of salt	1 tsp. vanilla

Cream shortening and sugar, save 1/2 c. sugar to mix with egg whites. Sift flour and baking powder and salt. Mix creamed shortening alternately with ice water and flour, add vanilla. Last mix in egg whites beaten with 1/2 c. sugar. Bake at 350-375 deg. oven, about 35 min. or until done.

### DATE CAKE - Francis Calvert

1 c. chopped dates

Sprinkle 1 tsp. soda over them and add 1 c. boiling water. Let cool. Cream 1 tbsp. butter, 1 c. sugar, 1 beaten egg, 1 tsp. vanilla, 1 1/2 c. sifted flour, 1/2 tsp. salt. Add to above date mixture, pour in pan and bake 40 min. at 350 deg. oven.

### FILLED ANGEL FOOD CAKE - Carita Vollers

1 large angel food cake

#### FILLING:

8 egg yolks beaten well

add 1 c. sugar and 1 pinch of salt

Bring to a scald 2 c. of milk in double boiler. Add the first mixture slowly and boil until thick. Soak 1 envelope of Knox gelatin in 1/2 c. of cold water for 5 min., and add to the cream and 1 tsp. vanilla. When cool add 1 pt. of whipped cream. Cut cake in half lengthwise and spread the filling on top of lower half and let stand in cool place for 10 or 15 min. until filling is firm before placing top half on evenly. Then spread the remaining filling on top and sides of cake and let stand overnight. Spread a thin layer of whipped cream over top of cake when ready to serve.

### CHERRY CAKE - Mrs. Maybel Wilsey

1 c. sugar	1 tsp. cloves or nutmeg
3/4 c. butter	1 tsp. soda in milk
1/2 c. sour milk	2 c. flour
2 eggs well beaten	1 tsp. baking powder
1 tsp. cinnamon	

1 c. cooked cherries squeezed and floured

Cream sugar and shortening. Add well beaten eggs. Mix soda with sour milk and add to mixture. Mix cherries with a little flour and add. Sift flour, baking powder and spices and stir into mixture. Pour into a medium size cake pan that has been greased. Bake 40 to 50 min.

### DEVILS FOOD CAKE - Betty Head

1 c. sugar	2 tsp. soda
4 tbsp. cocoa	3/4 c. salad dressing
2 c. flour	1 c. water

Sift dry ingredients together. Add salad dressing and water and mix thoroughly. Bake in greased cake pan in a moderate oven 350 deg. for 45 min.

### DATE-NUT CAKE A LA MODE - Betty Head

(9 servings)

1 tsp. baking soda	1/4 c. butter or margarine
1 c. dates, pitted and chopped	
1 c. boiling water	1 c. sugar
1 1/2 c. flour	1 egg
1/2 tsp. baking powder	1 tsp. vanilla
1/4 tsp. salt	1/2 c. chopped nuts
	1 qt. vanilla ice cream

Add soda to dates and pour boiling water over all, let stand until cool. Sift dry ingredients together. Cream butter, add sugar, and mix well. Add egg, sifted dry ingredients, vanilla, then dates and nuts and mix thoroughly. Bake in a greased cake pan in a moderate oven, (350 deg.) for 45 min. Cool and wrap in 2 thicknesses of waxed paper, if you plan to store it for a few days. To serve, cut into sqs. and top with vanilla ice cream. A few chopped dates or nuts may be sprinkled over the top.

### UPSIDE DOWN CAKE - Florence M. Wahlgren

1 c. brown sugar in skillet 1/4 c. butter melted together

When cool add 1 c. nutmeats and 1 c. diced pineapple, apricots or other fruit. I use the round rings of pineapple.

3 egg yolks and whites well beaten

1 c. sugar 8 tbsp. pineapple juice

1 tsp. vanilla 1 1/8 c. flour

1 1/4 tsp. baking powder

Mix the above and pour over the first mixture in the skillet and let bake in slow oven for 45 min. Serve with whipped cream.

### APPLE CAKE - Mrs. L. L. Vorkies

1 c. sugar	1 tsp. soda
1/2 c. shortening	1 tsp. cloves
add 1 egg	1 tbsp. cinnamon
1 c. ground raw apples	1/2 tsp. nutmeg
2 c. flour	1 c. nuts
	1/2 c. raisins

Combine sugar, shortening and egg. Add dry ingredients, apples, nuts and raisins. Add 1/2 c. water if apples are not juicy enough.

### LAZY DAISY FROSTING: Mrs. Clara Wornstaff

While cake is warm combine 1 1/2 c. brown sugar, 3 tbsp. butter and 1 c. cocoanut, spread on cake and brown under the broiler.

### PINEAPPLE ICEBOX CAKE - Rosa M U Heninger

1 cube or 1/4 lb. butter	Sigourney, Iowa
1 c. sugar	1 pinch salt
2 egg yolks	1 c. nutmeats (preferably
1 small can crushed pineapple	pecans)
	2/3 lb. vanilla wafers, crushed

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Assembly  
of Iowa.

Beat together until creamy butter, sugar and egg yolks, add pineapple, salt and nutmeats and beat well; line 9x9 in. pan with wax paper; put half of wafers in bottom of pan, add filling and top with rest of wafers. Chill and let stand 24 hrs. before serving. To serve cut in 3 in. sqs. Place on top a big tsp. of whipped cream; place in center of cream 1/2 of canned apricot, bottom side up, and place in center a maraschino cherry. Place cake on lace doily to serve. For afternoon tea serve with after dinner mints, candies, salted nuts and tea or coffee.

### BUTTERSCOTCH CAKE - Mrs. Charles Miller

1/4 c. shortening	1 egg
1 c. syrup	1 tsp. vanilla

Beat thoroughly, then mix in 1 pkg. pudding mix, beat again thoroughly. Add 2 c. cake flour, 3 tsp. baking powder and 1/2 tsp. salt, alternately with 1 c. milk. Bake in 350 deg. oven 35 min.

### DEVILS FOOD CAKE - Esther L. Hick

Altoona, Iowa

1/2 c. shortening	1 tsp. vanilla
1 tsp. salt	1 3/4 c. sugar

1/2 c. cocoa	1 tbsp. hot water
1 c. cold water	1 tsp. soda
2 c. sifted flour (cake)	3 egg whites

Mix in order listed; bake 45 min. either loaf or layer.  
 Dissolve soda in tbsp. hot water then add to batter.

### MARASCHINO CHERRY CAKE - Mrs. W. C. Mitchell

3/4 c. shortening	3 tsp. baking powder
1 1/2 c. sugar	1/4 tsp. salt
1/2 c. water or milk	6 egg whites
3 c. sifted flour (cake)	1/2 tsp. lemon extract
1/2 c. maraschino cherries and juice	1/4 tsp. almond extract

Cream shortening, add sugar gradually and cream again. Add water or milk and chopped cherries. Fold in sifted dry ingredients, fold in the stiffly beaten egg whites and flavoring. Cover with white icing and decorate with pink icing put through decorating tube.

Time 50 to 60 min.

Temp. 325-350 deg.

### PRUNE CAKE - Geraldine Davis

3 eggs	1 tsp. nutmeg
1 1/2 c. sugar	1 c. buttermilk
2 c. flour	1 c. melted shortening
2 tbsp. cocoa	1 tsp. vanilla
1 tsp. soda	1 c. prunes, cooked and sliced
1 tsp. cinnamon	1 c. nutmeats
1 tsp. cloves	

Beat eggs, add sugar and prunes; add buttermilk with soda; then add the shortening and flour alternately. Have rest of dry ingredients mixed with flour; add vanilla and nutmeats. Can be baked in 3-8 in. round pans or 2-9 in. sq. pans. Bake 30-40 min. at 350 deg.

### BURNT SUGAR CAKE - Ethel Turtle

Caramel Syrup:

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

Caramelize 1 c. of sugar in skillet until almost burnt, add water and cook to a thick syrup, but not so thick that it is hard to add to cake when cold.

### CAKE:

1 1/2 c. sugar	1 c. water
1/2 c. butter	3 tbsp. caramel syrup
3 egg yolks	2 tsp. baking powder
2 c. sifted cake flour	2/3 c. sifted cake flour

1 tsp. vanilla

3 egg whites

Cream butter and sugar when it is light and fluffy add the well beaten egg yolks (it isn't necessary to beat them separately with an electric beater.) Add 2 c. of flour and c. of water alternately beating well add syrup and beat 5 min., add baking powder to the 2/3 c. of flour; sift together add vanilla. Fold in stiffly beaten egg whites. Bake in 2-9 in. cake pans. This is thin cake batter that develops into a cake of light texture. Cool 5 min. before removing from pans. Temp. 350 deg. Time 25 to 30 min.

**SNIPPY DOODLES - Mrs. Clayton E. Peck**

2 tbsp. shortening

1 tsp. baking powder

2/3 c. sugar

1 tsp. cinnamon

1 c. cake flour

1/2 c. milk

1/8 tsp. salt

1 beaten egg

Thoroughly cream shortening and sugar; add sifted dry ingredients alternately with milk and egg. Spread thin in waxed-paper-lined 9x13 in. pan. Bake in moderate oven (350 deg.) 15 min. Sprinkle with sugar and continue baking 10 min. Cut in sqs. Serve warm or cold.

**STARLIGHT MINT COOKIES - Margery Evans**

Sift together:

1 c. sugar

3 c. flour

1/2 c. brown sugar

1 tsp. soda

Blend in 2 eggs

1/2 tsp. salt

2 tbsp. water

Cream:

1 tsp. vanilla, beat well

1 c. butter

Add dry ingredients. Chill at least 2 hrs. Enclose 1 Rockwood Mint Wafer in tbsp. of chilled dough. Place 2 in. apart on a greased cookie sheet. Top each with a walnut half. Bake in a 375 deg. oven for 10 to 12 min.

**OATMEAL COOKIES - Rita Fae St. Clair**

1 1/4 c. sugar

1 1/4 tsp. cinnamon

1 c. shortening

2 c. flour

2 eggs

3 c. rolled oats

1 c. raisin water

1/2 pkg. raisins

1 tsp. soda

Cream sugar and shortening, add beaten eggs. Cook raisins and use 1 c. raisin water with soda dissolved in it. Add flour, rolled oats and raisins. Bake in moderated oven.

## GOLDEN NUT COOKIES - Fredda Hardesty

1 1/2 c. sugar	1 tsp. baking soda
1 c. butter or margarine	1 tsp. cream of tartar
3 egg yolks	pinch of salt
2 c. flour	1 tsp. vanilla
	1/2 c. nuts

Cream sugar and shortening add egg yolks, sift dry ingredients together and add vanilla and nuts. Roll dough into small marbles and roll them in granulated sugar. Bake at 375 deg.

## GUMDROP COOKIES - Georgia A. Jester

4 eggs	1 tsp. baking powder
2 c. light brown sugar	1 tsp. cinnamon
1 tbsp. cold water	1/3 c. chopped nuts
2 c. flour	1 c. cut gumdrops
pinch of salt	

Buy the gumdrops which come in sticks of yellow, green, white, orange and red. Cut into small pieces. Beat eggs until they are light. Add brown sugar and water and continue to beat. Add the dry ingredients sifted together. Beat until smooth and add the nuts and gumdrops. Spread about 1/2 in. in a lightly greased pan and bake for 30 min. in a moderate oven (350 deg.) Frost while still warm with an icing made of powdered sugar and orange juice with the addition of a little grated orange rind. Spread frosting thinly. Cut into sqs.

## CHOCOLATE DROP COOKIES - Alberta M. Jester

1/2 c. shortening	1/2 tsp. soda
1 c. light brown sugar	1/4 tsp. salt
1 egg well beaten	1 sq. chocolate or 1/4 c. cocoa
1/2 c. milk	
1 1/2 c. flour	1 c. chopped nuts
	1 tsp. vanilla

Cream shortening, add sugar and the well beaten egg. Add the flour, sifted with the other dry ingredients, alternately with the milk. Stir in the melted chocolate, the vanilla and the nuts. Bake on a greased cookie sheet 10 min. Ice with chocolate icing.

## CARAMEL REFRIGERATOR COOKIES - Mrs. Lucille Workman

1 c. shortening	1 tsp. vanilla
2 c. brown sugar	2 1/2 c. all purpose flour
2 eggs well beaten	1/4 tsp. soda
1/2 c. nutmeats, chopped	1/2 tsp. salt

Have the shortening room temperature and cream well. Add sugar and cream until fluffy. Add eggs, nuts and vanilla. Sift together the dry ingredients, add to the first mixture and blend thoroughly. Mold in a roll or in a well greased deep bread pan, cover with wax paper and chill in refrigerator overnight. Slice with a sharp knife to thickness desired and bake in well greased cookie sheet 10 to 12 min. in a 425 deg. oven.

### REFRIGERATOR BUTTERSCOTCH COOKIES - Orpha Mallon

3/4 c. shortening 1 egg

1 tsp. vanilla extract

1 c. brown sugar firmly packed

Put this in bowl and beat thoroughly.

1 c. nutmeats cut fine add and mix:

2 c. sifted flour

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

1/2 tsp. cream of tartar

Mix and add 1/2 to first mixture. Beat well and add the remaining half and beat again. Knead dough until smooth, pack firmly and shape in 2 bars 2x2 in. sq. Wrap in wax paper. Chill in refrigerator until firm. They will keep a week cut in thin slices and bake on greased cookie sheet. Bake in hot oven 400 deg. for 6 to 8 min.

### MOLASSES CRINKLES - Laura L. Kent, Deceased

3/4 c. shortening 2 1/2 c. flour

1 c. brown sugar 1/2 tsp. cloves

1 egg 1/2 tsp. cinnamon

4 tbsp. sorghum 1 tsp. ginger

1/4 tsp. salt

Mix well set in icebox to chill the dough and roll in little rolls size of walnut. Dip top of ball in sugar. Place 3 in. apart on cookie sheet. Sprinkle each cookie 2 or 3 drops of water. Bake 12 min. in 370 deg. oven.

### BUTTERSCOTCH ICEBOX COOKIES - Mae E. Welch Des Moines, Iowa

4 c. light brown sugar 1/2 tsp. salt

1 c. shortening 1 level tbsp. cream of tartar

4 eggs well beaten 1 heaping tsp. soda

6 c. flour 1 tbsp. vanilla

3/4 c. cocoanut

Mix together sugar and shortening, add the well beaten eggs; add salt and flour; dissolve cream of tartar

and soda in a little water and add to mixture; add vanilla and cocoanut. Shape in 2 singel loaf bread pans lined with wax paper. Let stand in refrigerator overnight. Turn out carefully on bread board, slice in thin slices and bake in hot too hot oven.

#### **SWEDISH COOKIES - Louise Allen**

Clinton, Iowa

1/2 lb. butter	1 c. chopped nuts
1/2 c. powdered sugar	1 tsp. vanilla
1 3/4 c. flour	

Cream butter, add sugar slowly, then flour, nuts and vanilla; chill, roll between hands to form crescents, bake very slowly until a very light brown, let cool, then roll in powdered sugar. Can be stored for a long time. Makes a very small batch.

#### **PEANUT MACAROONS - Nettie Rose**

Beat 1 egg until lemon colored (about 5 min.) Gradually beat in 2/3 c. sugar and 1 tsp. water. Mix together and gently fold in 1 tbsp. flour, 1/3 tsp. salt and 1/3 tsp. baking powder. Add and mix just enough to blend in 1 1/3 c. finely ground roasted peanuts. Drop tsp. 2 in. apart on ungreased wrapping paper on baking sheet. Remove from paper as soon as these are baked. Bake at 325 deg. for 14 to 15 min.

#### **BROWN SUGAR COOKIES - Mrs. Maude Clark**

3 1/2 c. flour	1/2 tsp. soda
2 c. brown sugar	1/2 tsp. cream of tartar
1/2 c. melted butter	1 tbsp. water
2 well beaten eggs	pinch of salt

Mix altogether make in roll let stand 30 min. in icebox, slice and bake in a moderate oven.

#### **GOOD LEMON PIE - Gladys Harl**

Sift 1 c. sugar, 3 tbsp. flour, 3 tbsp cornstarch, 1 tsp. salt, add 1 1/2 c. boiling water. Cook in double boiler until thick, about 15 min. Add 1/2 c. lemon juice and 2 egg yolks slightly beaten. Cook 2 min. longer. Cool and pour into baked pie shell. Cover with meringue made of 2 egg whites beaten stiff, 1/4 c. sugar, 1/4 tsp. baking powder. Brown lightly.

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FRESH STRAWBERRY PIE - Muriel Galvin	
Knoxville, Iowa	
1 qt. fresh berries	1 tbsp. cornstarch
1 c. water	few drops of red coloring
1/2 c. sugar	

Combine sugar, water, cornstarch, coloring in saucepan, mash 6 or 8 berries and add to mixture; cook over slow fire until mixture thickens; remove from fire and fold in unsweetened berries, turning gently so each berry will have a glaze. Pour into 8 in. baked pastry shell, chill and cover with sweetened whipped cream; put in refrigerator until serving time.

#### LEMON PIE - Glendora Willoughby

1 small pie	2 c. boiling water
1 c. sugar	2 medium sized lemons,
1/8 tsp. salt	rind and juice
1/3 c. cornstarch	2 egg yolks

2 tbsp. butter

Mix sugar, salt and cornstarch add boiling water stirring rapidly. Cook over flame until thick. Then in double boiler for 10 min., when clear add lemon, pour a small amount at a time over slightly beaten egg yolks. Cook for 2 or 3 min. and add butter, pour into baked pie shell. Make meringue out of whites of eggs adding about 3 to 4 tbsp. of sugar. Bake about 15 min. very slow.

#### PECAN PIE - Mrs. J. W. Willoughby

Beat well:

3 whole eggs	1/2 tsp. vanilla
add 1 c. granulated sugar	1 tbsp. soft butter
1 c. white syrup	

Last fold in 1 c. pecan meats. Pour into 9 in. pie pan lined with plain pastry (unbaked). Bake at 450 deg. for 15 min. reduce to 350 deg. and bake 30 min. longer. If inclined to brown on top too quickly cover with a pie pan the same size as one in which pie is baking. Cover with whipped cream before serving.

#### BUTTERSCOTCH PIE - Mrs. Lucille Workman

1 c. brown sugar	2 egg yolks
5 tbsp. flour	2 tbsp. butter
few grains salt	1/2 c. sugar
1 1/2 c. milk	2 egg whites

Mix brown sugar, flour and salt together. Add milk gradually and mix to a smooth consistency. Add remaining milk and beaten egg yblks. Cook over hot water until

thick. Add butter and mix well. Pour into baked pie shell make meringue by adding 1/2 c. sugar slowly to stiffly beaten egg whites, beating constantly. Bake in a moderate oven 15 min.

#### PUMPKIN PIE - Nettie Wheatley

1 1/2 c. canned pumpkin	3 eggs
2/3 c. brown sugar	1 1/2 c. milk
1 tsp. cinnamon	1/2 c. cream
1/2 tsp. ginger	1/2 pecan meats, chopped
1/4 tsp. salt	

Combine sugar, pumpkin, salt, spices and egg yolks beaten with milk. Beat egg whites until stiff, fold into pumpkin mixture, then stir in cream gently. Turn into a deep pie plate lined with preferred pastry and bake 40 min. Have oven hot 450 deg. first 10 min. then reduce to 325 or 350 deg.

#### DUTCH APPLE PIE - Orpha Mallon

1 pie shell	1 c. sugar
6 med. apples	1/4 tsp. cloves
3 tbsp. flour	1 c. sour cream

Mix add cream, pour over apples. Fill pie. Mix 1 1/2 tbsp. sugar, 1/2 tsp. cinnamon. Sprinkle over top and bake. Bake at 400 deg. 40 to 60 min.

#### PINEAPPLE CUSTARD PIE - Alice Nelson

1 1/2 c. milk	2 tbsp. powdered sugar
1/8 tsp. salt	1/2 c. sugar
2 egg yolks, slightly beaten	2 tbsp. cornstarch
1/2 tsp. vanilla	1 c. crushed pineapple, drained
1 baked pie shell	2 egg whites

Mix cornstarch, salt and sugar together. Add the heated milk slowly, mixing constantly so the mixture is smooth. Cook in the double boiler until the mixture is thick and the cornstarch is thoroughly cooked. Pour the cooked cornstarch onto 2 slightly beaten egg yolks, mixing constantly. Return to the double boiler and cook 3 min. to allow eggs to thicken and stir constantly. Allow mixture to cool and add 1 c. of crushed pineapple, well drained and the vanilla. Pour the mixture into baked pie shell, cover with a meringue made stiff with 2 tbsp. powdered sugar added. Brown quickly in a hot oven and serve.

# DESSERTS



FOR THOSE *Write* IN RECIPES

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## CHOCOLATE PUDDING

1 tbsp. cocoa  
1 pt. milk  
1/3 c. sugar  
1/4 c. butter  
2 tbsp. cornstarch  
1/2 c. nuts  
pinch of salt

Mix cocoa, sugar, cornstarch and salt in top part of double boiler. Heat milk and combine with dry ingredients. Cook for 5 min. after it begins to boil, stirring constantly. Add butter, nuts and flavoring.

## BUTTERSCOTCH PUDDING

1/2 c. brown sugar  
1 1/2 c. milk  
2 tbsp. cornstarch  
1/2 tsp. vanilla

Mix together brown sugar, milk, cornstarch and cook until thick. Add butter and vanilla. Cool. Top with whipped cream. Serves 4.

## GRAHAM CRACKER PUDDING

20 graham crackers (rolled, but not too fine)  
3 bananas (sliced)  
2 c. milk  
3 tbsp. flour  
3/4 c. sugar  
pinch of salt  
2 eggs

Heat milk. Mix sugar and flour together with 1/2 c. cold milk and stir into hot milk. When thickened, stir in 2 well beaten eggs and 1 tbsp. vanilla. Put cracker crumbs in bottom of dish. Alternate fruit and custard until dish is filled. Place in refrigerator and serve with cream.

## TUTTI FRUITI ICE CREAM

2 qts. heavy cream



Dog-gone it honey  
you did it again,  
Made chocolate pudding  
but made it too thin.

1 tbsp. butter

1 small bottle  
maraschino cherries

1 qt. milk  
4 eggs  
1 1/2 c. sugar

1 c. nutmeats  
2 tsp. vanilla  
1 can pineapple  
(small)

Beat eggs, add sugar, vanilla, cherries (cut fine, pineapple. Milk and cream. When partly frozen, add nuts.

## ANGEL FOOD ICE CREAM

Whites of 3 eggs, beaten stiff and dry, add 1 c. powdered sugar, continue beating until well mixed with egg whites. Whip 1 qt. of cream, fold whipped cream into egg and sugar mixture, add 1/2 tsp. vanilla. Pack in pound can. Fill very full. Place sheets of buttered paper over top, put on lids, pack in ice and salt and let stand 2 hrs. or more. Use equal parts of salt and ice. Fruit or nuts may be added.

## VANILLA ICE CREAM

1 pt. cream  
1 pt. milk  
2 scant tbsp. flour  
1/3 tsp. salt  
2 eggs  
1 c. sugar  
1 1/2 tsp. vanilla

Mix sugar, flour and salt. Beat eggs until light. Add 1/4 c. milk and combine with first mixture. Heat cream and remainder of milk to boiling point and add to mixture. Cook all in double boiler 20 min., stirring constantly until smooth. Strain, cool, add flavoring and freeze. To make a gallon, double amounts. This makes a delicious ice cream. To make strawberry, add 1 pt. of fresh berries (run through the ricer and sweeten with a cup of sugar.)



If you got a man  
with a big strong arm,  
Make home-made ice cream  
like they do on the farm.

## FROZEN FRUIT SALAD 6 Servings

1-3 oz. glass cream cheese

2 tbsp. lemon juice

Here's something  
that makes faces beam,  
Frozen dessert  
with plenty of whipped cream.



1 c. orange sections sliced  
1/3 c. oil mayonnaise  
1/2 c. cherries, Royal Ann  
1/2 c. Maraschino cherries

2 tbsp. cream  
1 c. canned pineapple  
1 c. whipping cream  
1/2 c. pecans  
2 tbsp. sugar

Mix cheese with 2 tbsp. cream, add mayonnaise, lemon juice and salt. Combine fruit, sugar and nuts. Fold in whipped cream. Freeze without stirring.

### ICE BOX PUDDING

1 c. ground graham crackers      1/2 c. plain cream

Mix and let stand while fixing fruit. Mix in bowl the following fruits:

1/2 c. dates, cut small      2 1/2 c. raisins  
1/2 c. walnuts, broken in pieces      1 c. marshmallows, cut

Mix well and knead like bread and roll. Serve in slices with whipped cream.

### FRUIT ICE BOX CAKE

Line pan with vanilla wafers:  
layer of bananas

sliced pineapple, cut  
in small pieces

Cover with mixture of:  
1 cube butter  
2 c. powdered sugar

2 eggs

Repeat to top of pan,  
cover with mixture, let set  
a few hrs. and serve.

## COCOANUT BANANA SNOW

Combine 3 bananas. Cut in small pieces, 1/2 c. powdered sugar, 2 tsp. lemon juice. Force through sieve and chill, fold chilled fruit mixture into stiffly beaten egg white, then fold in 1/2 c. whipped cream and 1/2 c. shredded cocoanut.

## STRAWBERRY DESSERT

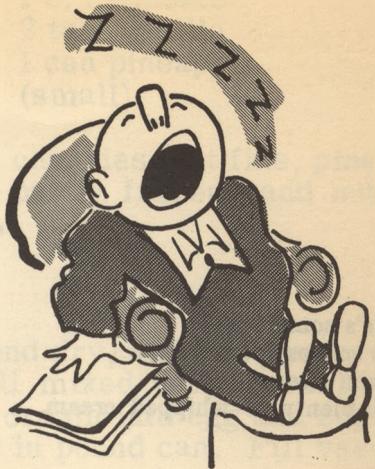
1 pt. strawberries, 1/2 c. milk, 1/2 lb. marshmallows, 1/2 c. sugar (gran.), 1/3 lb. vanilla wafers, 1 c. whipped cream. Cut marshmallows, boil milk, pour over marshmallows. Cool. Fold in whipped cream, 1st. strawberries, then wafers until all is used.

## FROZEN FRUIT CAKE

2 c. milk, 1/2 c. sugar, 1/4 c. flour, 1/4 tsp. salt, 2 beaten eggs, 1/2 tsp. vanilla, 1 c. white raisins or dates, 1 c. broken pecans, 2 c. crumbled almond macaroons, 1 c. whipping cream. Scald milk in double boiler, blend sugar, flour and salt and add to milk, stirring until smooth and thick. Cook 10 min. and gradually pour over beaten eggs. Return to double boiler to complete cooking. Flavor with vanilla. Cool and add fruit, pecans and macaroons. Fold in cream which has been whipped. Pour mixture into refrigerator tray and freeze or pack in ice and salt.

## FROZEN TAPIOCA DESSERT

2 c. cold coffee, 2 tbsp. (heaping) minute tapioca, 1 c. raisins, 1 c. brown sugar. Mix and cook until clear. Add 1 tsp. vanilla, cool. When cold add 1 c. chopped nuts, and 1/2 pt. whipped cream. Chill or freeze as liked best.



If you want to treat him  
after a hard days grind,  
Try these desserts  
they work wonders you'll find.

## DESSERTS\*\*\*\*\*

TWENTY-FOUR HOUR SALAD - Leah Washburn *Part President*  
Long Beach, California

2 c. white cherries seeded and diced  
2 c. diced pineapple 1/2 pt. cream whipped stiff  
2 c. marshmallows cut up salad dressing to taste  
2/3 c. shredded blanched almonds (about 1 c.)

Mix altogether and place in refrigerator in bowl, stir a few times; let stand overnight.

CHOCOLATE CHIP DESSERT (Serves 50) - Mrs. Leta E. Haynes

3 lbs. marshmallows 1 1/2 qts. day old cream  
3 c. hot strong coffee whipped  
1/2 tsp. salt 3 tsp. vanilla  
2 tbsp. Knox gelatin 6 oz. bitter chocolate  
1/2 c. cold water 1/2 lb. English walnut meats

Melt marshmallows in double boiler with coffee, beat until dissolved, add salt, then gelatin softened with the cold water. Beat all until real light. Let stand until it begins to thicken. Then add whipped cream flavored with the vanilla, grated chocolate, and nuts. Put in refrigerator. Let stand overnight.

DATE PUDDING - Mrs. Mary I. Francis  
(FOOD FOR THE GODS)

2 c. sugar 2 tsp. baking powder  
6 eggs (beaten separately) 1/2 lb. dates (chopped fine)  
8 tbsp. bread crumbs ground fine  
2 tbsp. flour 1/2 lb. nutmeats (not too fine)

Mix. Pour in pan lined with wax paper, set in pan of water and bake 45 min. Let cool, then crumb up in small pieces, and add 1 lb. marshmallows, finely cut, add 1 1/2 pt. of whipping cream.

GRAHAM CRACKER TORTE - Allie Scott *Part President*

First Layer:

1/2 c. sugar 1/2 c. cocoanut  
1/2 c. butter 1/2 c. graham cracker  
crumbs

Mix well, spread on bottom of cake pan, bake in slow oven for 10 min.

CREAM CUSTARD LAYER:

4 egg yolks 2 1/2 c. milk  
1/2 c. sugar 2 heaping tbsp. cornstarch

1 tsp. vanilla (or to suit taste)

Cook to custard consistency in double boiler, cool slightly, and pour over first layer.

#### MERINGUE LAYER:

Beat 4 egg whites stiff, add 1/2 c. sugar, pour over custard layer; sprinkle over this 1/2 c. graham cracker crumbs, and over crumbs 1/2 c. cocoanut; bake in slow oven 30 min. Chill before serving.

#### RHUBARB DESSERT - Maric C. Novak *Post President* Cedar Rapids, Iowa

1 c. flour	5 c. diced rhubarb
3/4 c. oatmeal	1 c. water
1 c. brown sugar	2 tbsp. cornstarch
1/2 c. melted butter	1 tbsp. cinnamon
1 c. sugar	

Cook water, sugar and cornstarch until clear; mix flour, oatmeal, brown sugar, cinnamon and melted butter; place 1/2 of mixture in bottom of baking dish, add rhubarb, pour over this the cornstarch mixture, and cover with rest of crumb mixture. Bake in moderate oven until brown.

#### CHRISTMAS JELLO - Miss Marie B. Sittler

1 # 2 can crushed pineapple	1 lb. marshmallows
3 pkgs. Philadelphia cream cheese	
1 pkg. lemon jello	1 c. Miracle whip
1 pkg. cherry jello	1 c. whipping cream

Drain juice off of pineapple and add enough water to make a pt., bring to boiling point and put in lemon jello. Beat in the marshmallows and stir until dissolved and set aside to cool. Cream cheese and miracle whip together, then add pineapple to all the rest fixed, then whip the cream and add to all of the above. Set aside to harden. Make cherry jello with 1 pt. of hot water, let cool and pour over the above. Use a pan 10x15 in.

#### PINEAPPLE DELIGHT - Mrs. Opal Miller

Prepare 1 box jello as directed. Let set until almost firm. Cut 20 marshmallows into jell. Drain 1 small can crushed pineapple. Mix into jello and marshmallows. Whip 1 c. cream, fold into jello mixture. Line flat pan or pyrex dish with graham crackers. Pour jello mixture over crackers. Sprinkle top with graham cracker crumbs. Let set in refrigerator 5 hrs.

### CHEERRY PUDDING - Ella Ghrist

Knoxville, Iowa

2 1/2 c. fresh fruit, sweetened to taste

1 c. sugar 1/2 c. milk

1 c. flour 2 tsp. baking powder

Put fruit in large loaf pan, dot with butter; mix flour, sugar, baking powder and milk into batter and pour over fruit. Bake in moderate oven.

### LOVE'S APPLE DELIGHT - Matilda Love

Mason City, Iowa

Beat until light:

1 egg 3/4 c. sugar

Sift together:

1/3 c. flour 1/8 tsp. salt

1 1/4 tsp. baking powder

1 c. chopped raw apples

3/4 c. nuts 1 tsp. vanilla

Beat egg and sugar till light, add flour, baking powder and salt sifted together, fold in apples, nuts and vanilla.

Bake in 8 in. sq. pan 30 min. at 325 deg. Serve with whipped cream.

### PINEAPPLE SALAD - Francis Calvert

1 can pineapple 1/3 c. sugar

1 pkg. marshmallows 1 1/2 tsp. cornstarch

1 egg

Drain juice from pineapple. Beat egg and add sugar and cornstarch, cook until thick, cool. Cut marshmallows in fourths and pineapple in small pieces. Mix altogether set aside till ready to use.

PATRONIZE

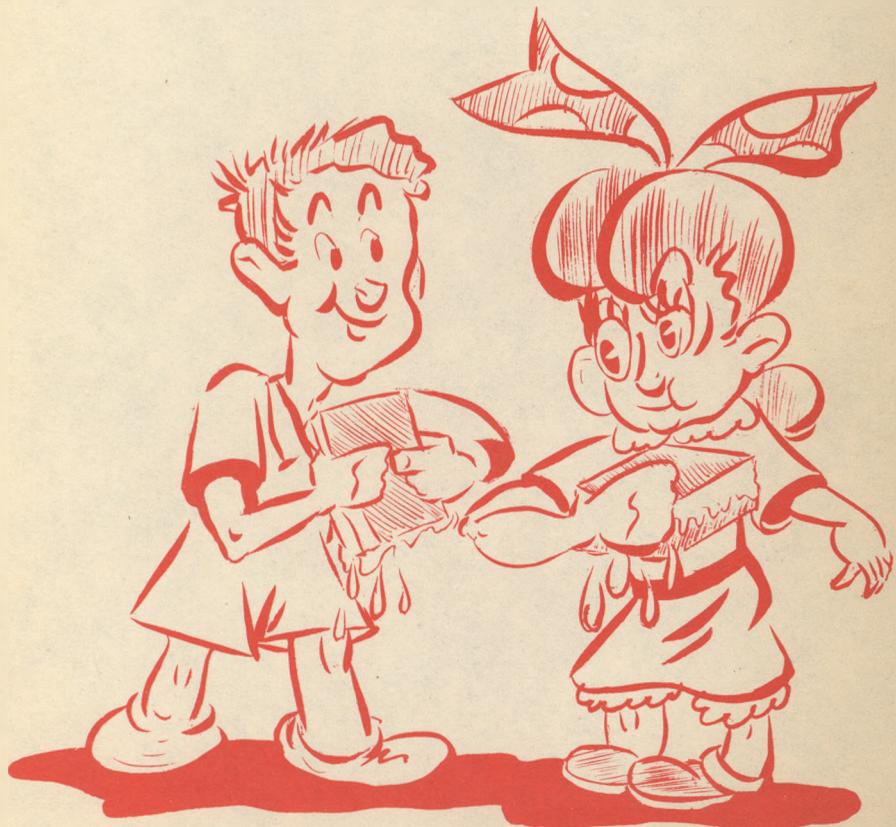
MERCHANTS

ADVERTISED

HEREIN



# JAMS JELLIES PRESERVES



FOR THOSE *Write* IN RECIPES

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## STRAWBERRY JAM

1 c. mashed berries

2 c. sugar

Boil hard 3 min. Pour in jars and seal.

## GRAPE JELLY

Simmer grapes for about 15 min. Remove juice. Do not start with water:

6 c. juice

7 c. sugar

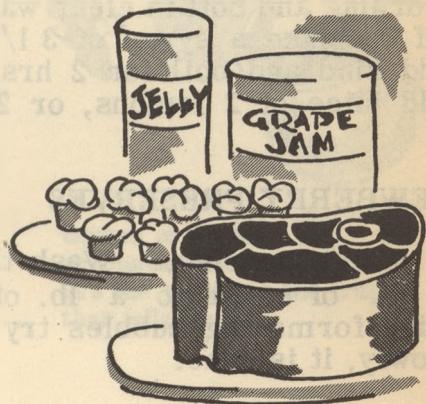
Cook to fast rolling boil for 2 min. Remove from stove. Skim if necessary. Pour in hot glasses and seal. For best results make 1 batch each time.

## EASY GRAPE JAM

Mix 4 c. washed and stemmed grapes with 3 c. sugar. Bring to a boil and boil for 20 min. Put the mixture through a colander or food mill. Pour into clean glasses and seal with paraffin while hot.

## CRAB APPLE JELLY

Take sour fruit. Do not core or pare, merely wash, wipe and cut out blemishes. Cut into fourths, pour sufficient water to cover and simmer until soft. Then drain through a cheesecloth bag and let drip overnight. Measure the juice add 1 qt. of juice. Put sugar in a slow oven to get warm. Boil apple juice and lemon juice for 1/2 hr. Then add sugar and boil until it jells when tried in spoon or dish.



There are plenty of uses  
for jelly and jam.  
Serve with hot biscuit  
next time you have ham.

## STRAWBERRY PRESERVES

Boil together 2 c. sugar and 1 c. water until it will thread, add 2 c. strawberries. Cook 1 min. after they begin to boil, then add 2 c. strawberries and 2 c. sugar boil 10 min. more. Let stand overnight and put in sterilized jars next morning.



## WATERMELON PRESERVES

Peel and cut a medium thick watermelon rind in cubes. 1 gal. of water and 1 kitchen tbsp. of lime, stir until dissolved. Pour same over rind and let stand overnight. Pour off next morning and boil in clear water for 15 min. then pour water off. Make a syrup of 3 1/2 lbs. of sugar, 1/2 gal. water, add rind and boil for 2 hrs. Just before taking from fire add juice of 2 lemons, or 2 small cans crushed pineapple.

Yellow tomatoes  
make dandy preserves,  
Maybe it's exactly  
what your husband deserves.

## DEWBERRY PRESERVES

Weigh berries. Wash thoroughly and then mash. Add a lb. of sugar to a lb. of berries. Cook rapidly. When juice forms big bubbles try a little in a saucer. If it runs slowly, it is done.

## FIG PRESERVES

5 lbs. figs  
4 lbs. sugar

1 lemon, sliced thin  
1/2 tsp. salt

Peel figs leaving the stems on. Put in vessel they are to be cooked in, with the sugar, lemon and salt, and place in refrigerator overnight. The next morning there will be a good syrup and no water is needed. Put on stove and cook. Skim when necessary, but do not stir as the figs are easily broken up. Boil until the figs are transparent and the syrup thick. A piece of root ginger may be tied in a cloth bag used instead of the lemon, if preferred. Pour into sterilized jars and seal.

## MINT JELLY

1 c. mint leaves  
(packed tightly)  
1 c. boiling water

3/4 c. sugar  
1 c. apple juice

Pour boiling water over mint leaves and steep 1 hr. Press the juice from the leaves and add 2 tbsp. of this extract to apple juice and sugar. Boil rapidly to jelly stage. Tint with green vegetable coloring. Pour into sterilized jelly glasses.

## MUSTANG GRAPE JELLY

Wash and steam grapes. Barely cover with water, and cook until tender. Strain off juice through a cloth. Cook 2 c. juice to 2 c. sugar. After it starts boiling, boil 15 min. Pour into glasses and seal with paraffin. This recipe has never failed me.



## DEWBERRY JELLY

1 qt. dewberries  
3 c. cane sugar

Add to dewberries enough water so when boiled and strained there will be 2 c. of liquid come to a boil, cut off fire and add the sugar and stir until dissolved. Pour into jelly glasses and seal.

Grapes or apples  
or plums will do,  
It's the pectin in the fruit  
that jells for you.

## SIMPLE WAY TO MAKE A PERFECT CRANBERRY JELLY

4 c. cranberries  
2 c. sugar

2 c. water

Boil hard 10 min. Strain or leave berries in as preferred.

## PICKLED CANNED PEACHES

1 No. 2 1/2 can peach halves  
1/2 c. vinegar  
1 c. peach syrup from can  
1-3 in. stick cinnamon  
1/2 c. granulated sugar

Stuff each drained peach half with 3 or 4 cloves, simmer for 3 or 4 min. with vinegar, peach syrup, cinnamon and sugar. Cool and store in refrigerator.



## SPICED CANTALOUPES

1 qt. cantaloupe  
1 pt. vinegar  
1 lb. sugar  
cinnamon bark  
clove

When canning fruit  
know when to stop,  
Too much in a jar  
will blow its top.

Cut cantaloupes into strips about an in. wide and peel off outside rind. Cover with strong salt water and let soak several hrs. or overnight. Drain. Cook in plain water and when soft, put in syrup of vinegar, sugar and spices (tied in bag), and boil until transparent. Put into jars and cover with syrup.

## CANNED STRAWBERRIES ICE CREAM TOPPING

Wash 2 qts. strawberries, hull and drain in colander. Place 2 c. sugar in large pan and add berries. Let sugar dissolve over low flame, stir occasionally. After dissolved turn up flame and cook until berries foam up. Remove from fire instantly and pour into prepared jar and seal.

## TOMATO CONSERVE

5 lbs. peeled, ripe tomatoes  
3 lbs. sugar  
1 stick cinnamon

3 lemons, thinly sliced

Combine ingredients and allow to set overnight. In the morning, drain the liquor which has formed and cook until it spins a thread. Add the other ingredients and cook until thick and clear. Turn into hot sterilized jars at once.

# MEAT FISH POULTRY



# How to buy Meats ... What to look for

May we suggest, that before you set out to invest your food dollars in meat - plan your strategy. The results will pay good dividends in satisfying taste-tempting foods that will give you the most for your money.

Learn the indications of flavors and tenderness before you buy. Know what you want, how to recognize it and how to cook it.

About 70% of all meats sold in the United States are federally inspected and must pass federal inspection standards. They are stamped in abbreviated form, "U.S. Inspected and Passed." In many cases you will also see other government markings. These symbols identify the grade of meat.

**U.S. Prime:** Highest grade of meat. Limited in quantity, little ever reaches retail markets.

**U.S. Choice:** Highest grade of meat commonly found in markets, rich and flavorful. With the exception of veal, it will have a smooth, moderately thick fat covering and extensive marbling of fat with lean.

**U.S. Good:** Most popular grade of meat sold in volume. Fat covering is somewhat thinner than that of "Choice."

**U.S. Commercial and U.S. Utility:** Fourth and fifth in the grading scale. Leaner and lower priced. Fat covering is usually thin, and the cut surface shows little or no marbling.

**Grading of pork:** Pork sold at retail is not usually graded since it is more uniform in age than other meats when slaughtered and there is less variation in quality.

Let's look at the actual appearance of the meat itself.

**Beef:** The flesh of high-quality beef is bright red, firm, fine-grained, and well-marbled with fat. Exterior fat should be creamy-white, brittle or crumbly.

**Lamb:** The flesh is pinkish red, fine-grained. The fat is clear, creamy-white, brittle.

**Pork:** The flesh is grayish pink, relatively firm with a fine grain. Usually streaked with fat.

**Veal:** The flesh of young calves is light, grayish-pink, fine-grained and sparsely streaked with fat. The small amount of fat which surrounds the larger cuts is clear and white. Cuts of veal have no visible marbling.

**Mutton:** Can be distinguished from lamb by its dark red flesh and hard, white fat.

## • beef chart



GROUND BEEF  
Roast • Broil



HEEL OF ROUND  
Braise • Stew



HIND SHANK  
Stew • Soup

FLANK (CUBES)

Stew



FLANK STEAK  
Braise

ROLLED FLANK  
Braise



FLANK STEAK  
FILLETS  
Braise



1  
2  
3



RUMP



ROUND STEAK  
Braise



TOP ROUND  
Broil • Fry  
Panbraise



BOTTOM ROUND  
Braise



RUMP ROAST  
Braise • Roast



ROLLED RUMP  
Braise • Roast



1  
2  
3



1  
2  
3



PIN BONE SIRLOIN STEAK  
Broil • Panbraise



SIRLOIN STEAK  
Broil • Panbraise



PORTERHOUSE  
STEAK  
Broil • Panbraise



T BONE  
STEAK  
Broil • Panbraise

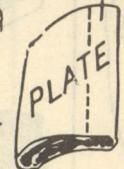
CLUB  
STEAK  
Broil • Panbraise



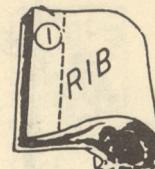
ROLLED  
PLATE  
Braise



PLATE  
(BOILING BEEF)  
Braise



SHORT RIBS  
Stew • Soup • Braise



ROLLED RIB ROAST  
Roast



STANDING  
RIB ROAST  
Roast



RIB STEAK  
Broil • Panbraise



ENGLISH CUT  
Braise



ARM POT ROAST  
Braise



ARM STEAK  
Braise



1  
2  
3  
4  
5  
6

BLADE STEAK  
Braise

BLADE POT ROAST  
Braise

TRIANGLE POT ROAST  
Braise

BONELESS CHUCK  
POT ROAST  
Braise

ROLLED NECK  
Braise

ARM STEAK  
Braise

SHOULDER FILLET  
Braise



BEEF BRISKET  
Stew • Soup



CORNED BEEF  
Stew



BRISKET  
SHANK



KNUCKLE  
SOP BONE  
Soup



CROSS CUT  
FORE SHANK  
Braise • Stew • Soup

## • veal chart



VEAL SCALLOPS  
Braise



VEAL  
ROUND STEAK  
Braise



VEAL RUMP ROAST  
Roast • Braise



ROLLED VEAL RUMP ROAST

4

4

LOIN VEAL CHOP  
Braise



1

SIRLOIN VEAL STEAK  
Braise



KIDNEY VEAL CHOP  
Braise

2

3



1  
ROUND  
3  
4



1  
HEEL OF  
VEAL ROUND  
Braise

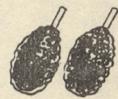


VEAL  
HIND SHANK  
Stew • Soup



VEAL  
ROUND ROAST  
Roast • Braise

VEAL BREAST  
Braise



MOCK CHICKEN LEGS  
Braise • Fry



VEAL LOAF  
Roast



VEAL (CUBES)  
Stew

VEAL CROWN ROAST  
Roast



VEAL  
RIB CHOP  
Braise



VEAL RIB ROAST  
Roast



BREAST

2 ARM VEAL ROAST  
Roast • Braise



BLADE VEAL STEAK  
Braise



2  
ARM VEAL STEAK  
Braise



1  
ROLLED VEAL  
SHOULDER ROAST  
Roast • Braise



VEAL FORE SHANK  
Stew • Soup



SHANK



VEAL PATTIES  
Braise • Fry



1  
BLADE VEAL ROAST  
Roast • Braise



CITY CHICKEN  
Braise



1  
SHOULDER  
2

# pork chart

## ROLLED FRESH HAM ROAST



FRESH HAM ROAST  
Roast

## HAM BUTT SLICE

Brail • Panbriol • Fry



HALF HAM  
BUTT END  
Roast



HALF HAM  
SHANK END  
Roast • Stew



CENTER HAM SLICE  
Broil • Panbriol • Fry



FAT BACK  
Lard - Salt Pork



LARD  
Shortening

## SIRLOIN PORK ROAST

Roast



## SMOKED COTTAGE ROLL

Roast • Brail • Fry

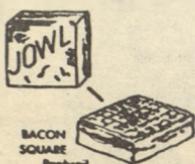


## BLADE PORK STEAKS

Braise • Fry

## ROLLED BOSTON STYLE BUTT

Roast



BACON  
SQUARE  
Panbriol

## CANADIAN STYLE BACON

Brail • Fry



LARD  
Shortening

## SMOKED COTTAGE ROLL

Roast • Brail • Fry

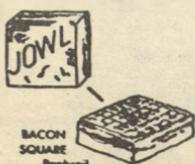
## BLADE PORK STEAKS

Braise • Fry

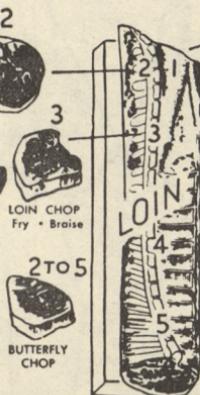


## ROLLED BOSTON STYLE BUTT

Roast



BACON  
SQUARE  
Panbriol



## PORK TENDERLOIN

Braise • Roast • Fry



LOIN ROAST  
Ham End  
Roast

LOIN ROAST  
Center Cut  
Roast



LOIN ROAST  
Shoulder End  
Roast

5



CROWN PORK ROAST  
Roast



SALT PORK  
Broil • Panbriol



SPARE RIBS  
Braise • Roast

BACON  
Broil • Panbriol



FRESH  
PICNIC  
SHOULDER  
Roast



ARM PORK STEAK  
Braise



ROLLED  
PICNIC  
SHOULDER  
Roast



FRESH  
SHOULDER HOCK  
Stew

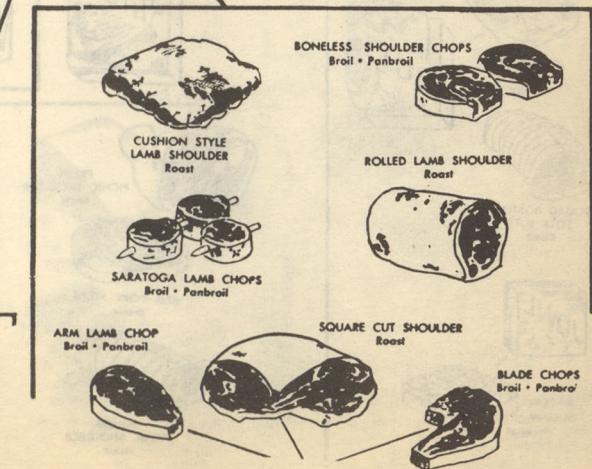
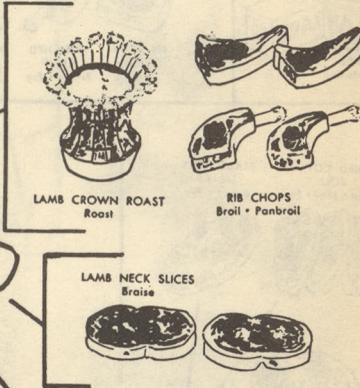
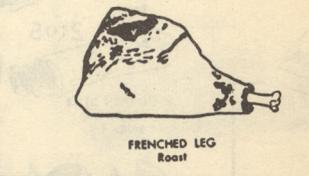
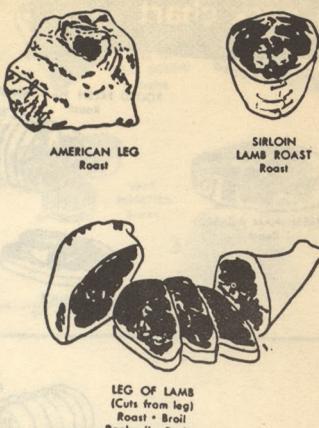
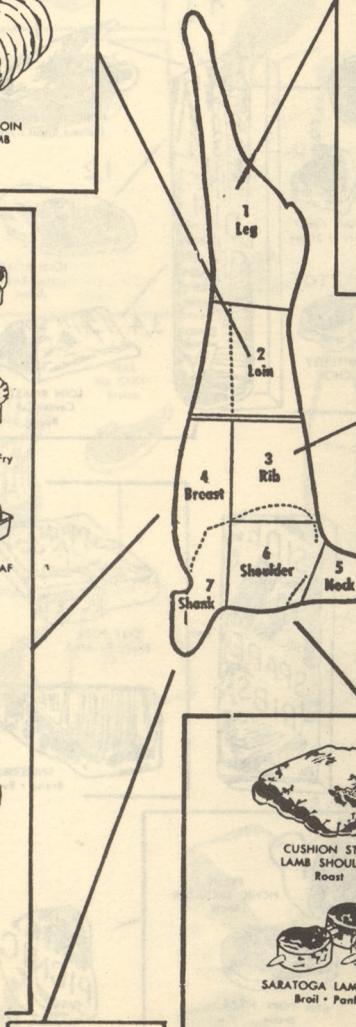


SMOKED  
PICNIC  
SHOULDER  
Roast • Stew



CUSHION  
STYLE  
PICNIC  
SHOULDER  
Roast

# • lamb chart



## SOUTHERN FRICASSEE RABBIT

1 frying rabbit. Marinate 1 hr. in mixture made as follows:

2 tbsp. vinegar  
1 tbsp. chopped parsley  
1/2 tsp. salt  
1/8 tsp. pepper  
1/4 tsp. nutmeg  
1 clove garlic

Melt 4 tbsp. butter in pan. Slice 2 onions thin, and brown lightly. Add rabbit in marinade. Cover tightly and cook 45 min. Remove pieces to serving dish. Make thick, smooth gravy by adding flour and hot water to fryings in pan.



"How'd you do it, You-all?"  
Asked the Dixie gentleman  
with his southern drawl,  
"Southern fried. That's it  
you take that down Memphis way  
and honey, you're a hit."

Pour over rabbit.

## MEAT BALLS

1 lb. veal ground  
1 lb. pork ground  
3 eggs  
1 tsp. paprika  
1 tbsp. salt

1 clove garlic  
1 c. crumbs  
1 c. milk  
1/2 c. grated cheese

Fry light brown in cooking oil, pour over 1 can of tomato paste and simmer for 2 hrs. Serve with noodles or macaroni.

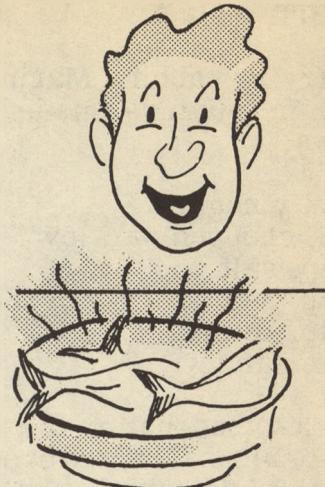
## SPANISH STEAK

Take a 1 in. thick piece of round steak. Pound a cup of flour in it. Salt and pepper on both sides before flouring. Put a frying pan on stove with a quarter in. of fat in it. Get the fat hot. Put steak in and brown on both sides. Take off stove. Slice 2 or 3 big onions over it. Put 1 qt. of tomatoes over this, add a little red pepper. Put in oven and bake 1 hr.

## SALMON LOAF

1 egg  
2/3 c. undiluted milk  
2 c. canned salmon, drained  
1 c. bread crumbs  
1 small onion, minced  
1 tsp. grated lemon rind  
1/2 tsp. salt  
1/8 tsp. pepper  
2 tbsp. melted shortening  
2 tbsp. lemon juice

Set oven, Moderate, 350 degrees F., and grease loaf pan about 9x5x2. Beat eggs slightly, add evaporated milk, then the broken salmon, bread crumbs and onion, lemon rind salt, pepper. Mix well and add melted shortening, and lemon juice. Mix well again. Put into loaf pan, and bake about 50 min. or until firm. Serves about 6.



Three little fishies  
in a brook,  
You go catch 'em  
with a hook.

Then I'll fry 'em  
in a pan,  
That's a good way  
of gettin' a man.

## BROILED FISH WITH TARTAR SAUCE

Clean and wipe fish as dry as possible. Sprinkle with pepper and salt. Do not remove head or tail. Place in a well buttered broiler and broil without splitting. If fish is split, broil with the skin side down until brown and crisp. Remove broiler to hot platter. Garnish with parsley and lemon slices and serve with tartar sauce. For tartar sauce use 2 hard boiled eggs, 1 tbsp. onion juice, 1 tbsp. capers, 1 tbsp. pickle, and 1 tbsp. pickle juice. Cut the above ingredients fine, and add to 1 c. of mayonnaise.

## EASY TUNA FISH DISH

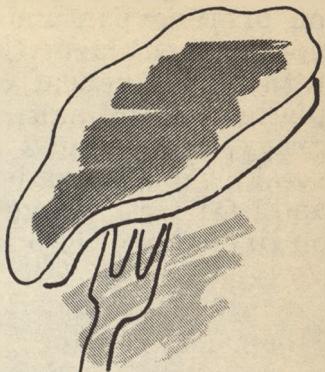
1 can tuna  
1 can mushroom soup

small pkg. potato chips  
or fritos

Use as given. Put in layers in dish, and bake in moderate oven until light brown. This usually takes about 30 min.

## APPLES AND PORK CHOPS

Brown in frying pan as many pork chops as are desired. Do not cook until done. Place pork chops in a baking dish. Make brown gravy. Pare good baking apples. Place 1/2 apple on each pork chop. Fill centers of apples with raisins and brown sugar. Pour over all the brown gravy. Bake until apples and meat are well cooked.



## BAKED PORK CHOPS

6 chops 1 in. thick  
6 slices of pineapple  
flour, pepper, salt  
and celery salt

Here's a taste  
that most men admire,  
Good thick pork chops  
hot off the fire.

Arrange chops in shallow pans and dredge with flour, pepper and salt and celery salt. Bake in hot oven and baste with 1 tsp. of water on each chop. After 30 min. lay 1 slice of pineapple on each chop and bake 15 min. longer.

## HILO HAWAIIAN SPARE RIBS

2 med. sized onions, sliced	5 lbs. spare ribs
1 tsp. chili powder	2 tbsp. vinegar
1/2 tsp. red pepper	1 tbsp. salt
2 tbsp. worcestershire sauce	3/4 c. water
3/4 c. tomato catsup	1 tsp. paprika
1/2 tsp. black pepper	

Meaty spare ribs cut in 2 in. pieces, sprinkle with salt, pepper and flour, place in roaster and cover with sliced onions. Pour over this the sauce made of the remaining ingredients, combined. Cover and bake in 350 degree oven for 3 hrs. Baste occasionally, turning the meat once or twice. Remove cover during last 15 min.

## BROILED STEAK

Select choice cut 1 in. thick or more. Remove any objectionable skin or gristle. Clip edge to prevent curling. Rub

with cut garlic clove, then with lemon juice. Place steak on broiling pan and put under blaze as near as possible not to touch blaze. Cook about 3 min. turn, broil other side, turn again, repeat until done as wanted. Remove to hot platter. Add salt, pepper, and melted butter. To make gravy, add about 2 tbsp. water to drippings and pour over steak. To broil satisfactorily requires a hot pan, hot broiler and HOT fire. Leave oven door open and steak will not catch on fire. About 12 min. to broil medium done.



**Roast tom turkey  
with all the trimmin'  
Satisfy men  
makes cooks out of women.**

## ROAST TURKEY

After the stuffing is made and put in the turkey, make a thin paste of melted butter and flour and rub over the turkey, after rubbing turkey inside and out with salt and pepper. Place in open baking pan on trivet to lift bird out with pan. Place in hot oven, sear until beginning to brown. Lower heat and toss a cup of hot water and melted butter over turkey. Allow 25 min. to the lb., cook slowly (275 degrees). Baste often with the drippings in the pan. Add a little more water if needed. The last half hr. turn breast down so the juices will flow to white meat. A turkey cooked in an open pan is better and just as tender as when baked in a roaster. The giblets, neck, gizzard, and liver are boiled in water to make the gravy. Use stock and minced giblets with drippings in the pan. Never parboil a turkey, it loses its sweetness.

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## MEATS, FISH AND POULTRY\*\*\*\*\*

### HAM LOAF - Mrs. H. B. Strube

1 lb. smoked ham (ground)	1 c. tomato soup
2 lbs. fresh pork (ground)	1 c. milk
1 c. bread crumbs	grated onion to taste

Mix all but soup. Shape in loaf. Pour soup over before placing in oven. Bake in slow oven about 2 hrs.

### BARBECUE BURGER MIX - Mrs. Lloyd Apple

1 lb. ground beef	1/4 c. catsup
1/2 c. chopped onions	1 tbsp. vinegar
1/4 c. chopped green peppers	1 1/2 tsp. worcestershire
1/4 c. chopped celery	sauce
1-8 oz. can (1 c.) tomato sauce	1 tsp. salt
	1/2 tsp. pepper

Tenderize onion, celery and peppers. Brown meat in hot fat, add vegetables and remaining ingredients; mix well. Cover and simmer 20 min. Serves 6 to 8. Serve with pickle slices or relish.

### HOMKIN CHICKEN - Clara Vandervort

2 c. chicken or veal cut in small pieces	
1/2 c. cooked macaroni boiled	2 c. broth
1/2 c. grated cheese	5 tbsp. flour
1 tbsp. chopped pimento	1 c. cream

Make a thickening of 4 or 5 tbsp. flour and 1 c. of cream. Stir into broth making a thick sauce, salt and pepper to taste and mix with other ingredients, sprinkle buttered bread crumbs on top. Heat for 30 min. before serving. Serves 12.

### MUSHROOM MEAT LOAF - Etta Park Myers

1 lb. veal ground	1 c. mushrooms, chopped
1 1/2 lb. smoked ham, ground	2 beaten eggs
1/2 lb. fresh pork, ground	1/2 c. milk
4 tbsp. tomato catsup	1/8 tsp. pepper
3 tbsp. green pepper chopped	1 small onion, chopped
1/2 tsp. salt	
1 1/2 c. cracker crumbs	

Mix the ingredients thoroughly in the order given, then place in a greased loaf pan. Bake 1 1/2 hrs. at 375 deg. F. This is a large meat loaf.

### CHICKEN PERLUE - Mrs. Mary Waters Riney

1 stewing hen, 4 to 6 lbs.	2 c. raw rice
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Rub hen inside and out with salt, let stand in refrig-

erator overnight. Cover with water and cook 1/2 hr. briskly, add rice and simmer until chicken is tender and broth thick.

#### BARBECUED SPARERIBS - Dora Montgomery

3 to 4 lbs. spareribs	2 tbsp. worcestershire
1 tbsp. salt	sauce
1/2 tsp. paprika	1 tbsp. sugar
1/2 tsp. black pepper	1/2 tsp. chili powder
2 small onions (cut fine)	3/4 c. catsup
2 tbsp. vinegar	3/4 c. water

Have ribs cut in pieces. Season with salt and pepper. Brown. Then cover with onions. Combine remaining ingredients and pour over meat. Cover tightly and bake 1 1/2 hrs. in a moderate oven. It is well if sauce is mixed the night before using.

#### BARBECUED SPARERIBS - Mrs. Ethel Powell

2 lbs. ribs	2 tbsp. brown sugar
2 tbsp. A-1 sauce	1 tsp. tabasco (more if desired)
2 tbsp. vinegar	1 1/2 tsp. salt
1/2 bottle catsup	2 tbsp. worcestershire sauce

Cover ribs with 1/2 mixture, brown, turn, cover with rest. Baste every 15 min. Cook 2 hrs.

#### AMERICAN CHOP SUEY (Serves 20 people) - Mrs. Celia Miller

1 lb. ground round steak	1 c. cut celery
2 level tbsp. fat	2 c. tomato juice
1 large onion chopped	1 can mushroom soup
1 green pepper chopped	1 tsp. salt
3/4 c. raw rice	

Brown steak in the fat over high heat add remaining ingredients and cover tightly. Cook on high heat until steaming then turn switch off and cook on stored or free heat for 1 hr.

#### CHICKEN POT PIE - Mrs. Mary I. Francis

1 pt. boned chicken	1/2 c. tapioca
3 pts. broth	butter (according to richness of broth)
1 tsp. salt	chicken pie biscuits
1/2 tsp. chili powder	1 1/2 biscuit recipe on box of bisquick (smaller biscuits are the best)

Bring broth to boil, add tapioca, salt, chili powder and cook until tapioca is pretty well done. Pour over chicken which has been put in baking dish or pan, allowing enough room to float biscuits on top of mixture. Bake in 350 deg. oven for 25 min. or until brown to suit taste.

#### FRENCH BAKED FISH - Mrs. Lula Reuther

Fresh dressed fish 2 or 3 lbs., rub with salt dredged with flour lay in a greased pan, add 2 tbsp. lard, squeeze juice of half a lemon over fish, in absence of lemon 2 tbsp. vinegar, pinch of cayenne pepper. Slice over top of fish 2 small or 1 large ripe tomato, 4 or 6 crackers broken over this, then add bits of butter and set in oven and bake from 1 to 1 1/4 hrs. Garnish with cress or slices of lemon.

#### TUNA CASSEROLE - Mrs. DeWayne St. Clair

1 pkg. egg noodles	1/2 lb. cheese
1 can mushroom soup	1 small can tuna fish
handful of potato chips	(chopped)

Cook noodles till done, drain and add mushroom soup, cheese and tuna fish put in a baking dish. Crumble potato chips on top, bake until brown.

#### SPANISH TAMALE PIE - Mrs. J. W. Willoughby

1 1/2 c. cornmeal	3/4 lb. ground beef
1 can tomatoes	1/4 lb. ground pork
1 can corn	1 green pepper
1 c. salad oil or shortening	1 onion
1 tsp. chili powder	1 tsp. salt
	1 can ripe olives or stuffed olives

Put half of oil or shortening in kettle, add tomatoes and corn and let come to a good boil then stir in the cornmeal slowly. Cook 15 min. Put other half of oil in skillet and brown meat and onions and pepper (onion and pepper should be chopped). Add chili also garlic if desired. Combine the 2 mixtures and add olives. Pour in loaf pan and bake in moderate oven 325 deg. for 45 min.

#### A MEAL IN ONE (Serves 15) - Mrs. Leta E. Haynes

3/4 lb. pork	1/2 pkg. fine noodles
3/4 lb. veal	(8 oz. size)
flour	1 can corn
2 tbsp. fat	1 can pimento
1 pt. water	

1 can cream of chicken soup

1/2 lb. cheese

1/2 c. cracker crumbs

Cut pork and veal in in. cubes, roll in flour. Melt fat and cook meat till brown. Add water and simmer until tender. Cook noodles in quantity of boiling salted water. Place meat in bottom of oblong baking dish, add layer of noodles, layer corn, few chopped pimentoes and pour chicken soup over all. Grate cheese and place over top and cover with cracker crumbs that have been buttered. Bake, garnish with pimento. Serve in sqs.

#### **BARBECUED HAMBURGERS - Mrs. Edward W. Jones**

Here is a basic recipe, which maybe added to as desired. 4 lbs. hamburger, 1 can tomato soup, 3 onions chopped, 1 tsp. chili powder, salt and pepper. Cook altogether stirring until the hamburger is well separated and tender. Makes from 50 to 60 hamburgers.

#### **BEEFBURGERS - Mrs. Edward W. Jones**

2 lbs. round steak (ground) 1 good size onion

Place in skillet and brown. 1 tbsp. chili powder, add salt and pepper, 1 can tomatoes, 1 tbsp. soy bean sauce. To be eaten with catsup or mustard and pickles on fresh buns.

**PATRONIZE**

**MERCHANTS**

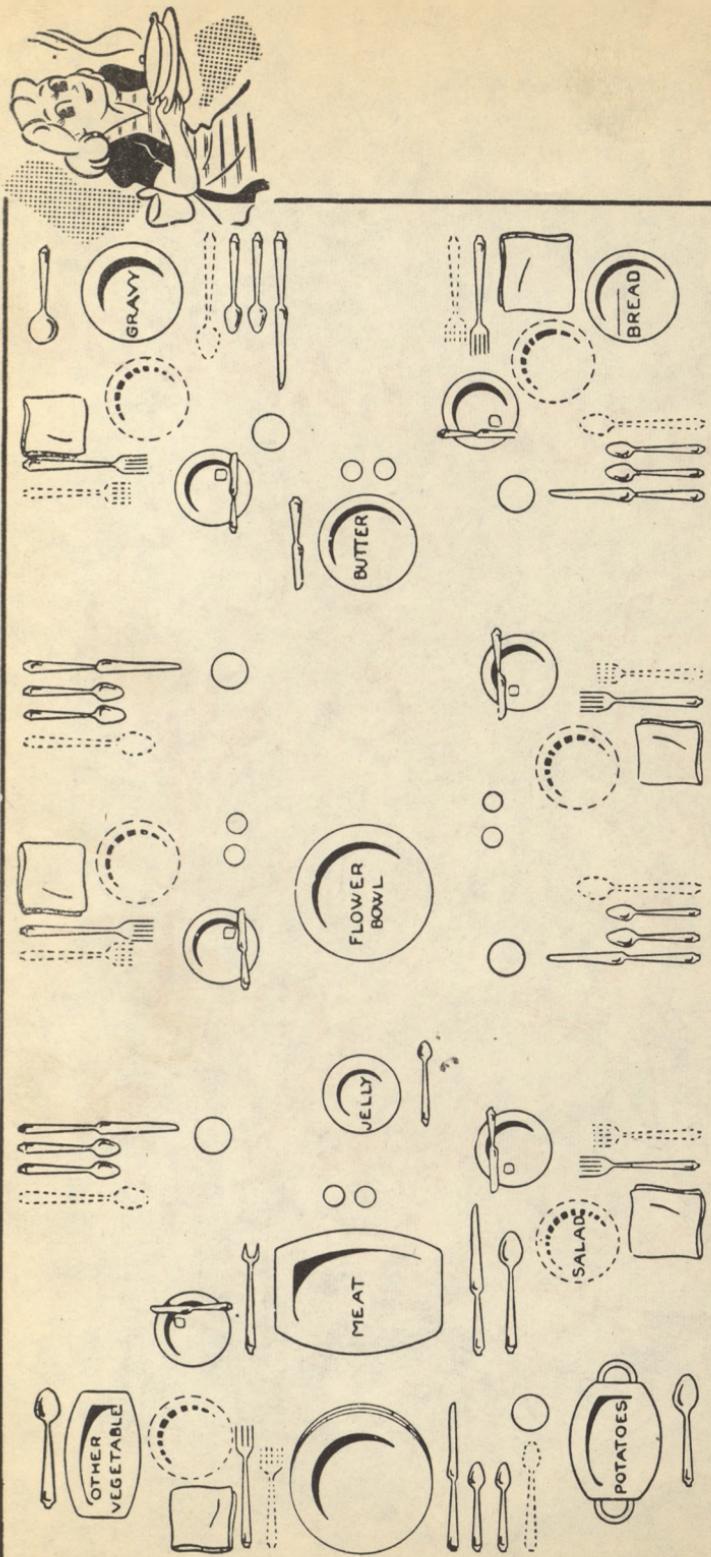
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# MISCELLANEOUS



## THE CORRECT TABLE SETTING FOR A FAMILY DINNER



The salad fork, the salad plate, and the soup spoon are shown with dotted lines. The salad, the butter, and the jelly are on the table from the beginning of the meal. The beverage is served with the dessert. If the dessert requires a fork, it may be placed before the dessert is served.

## IN TERMS OF CUPS AND SPOONS

Almonds - 1 oz. chopped, equals 1/3 cup.  
Baking Powder - 1 oz. equals 2 1/2 tbsp.  
Beans, dried - 1/2 lb. equals 1 cup.  
Butter - 1/2 lb. equals 1 cup. 1 oz. equals 2 tbsp.  
Celery - 1 average stalk, minced, equals 4 tbsp.  
Cheese, grated - 1 oz. equals 1/2 cup.  
Chicken - A 3 1/2 lb. yields about 3 c. diced meat.  
Chocolate - 1 oz. equals 1 sq. or 4 tbsp. grated.  
Crumbs, bread - 2 oz. equal 1 cup.  
Crackers - 3/4 cup equals about 1 cup bread crumbs.  
Flour - 3 1/2 cups equal about 1 lb. 4 tbsp. equals 1 oz.  
Lard - 1 cup, packed solid, equals 1/2 lb.  
Meat - 1 lb., as purchased, equals when cooked, about 3 cups minced, or 2 cups packed.  
Nuts - 1 cup shelled equals 4 oz.  
Nuts - 1 lb. in shell equals about 1/2 lb. shelled.  
Onions - 1 large, minced, equals 1/2 cup.  
Onions - 1 medium, minced, equals 5 tbsp.  
Onions - 1 small, minced, equals 3 tbsp.  
Raisins - 1 cup equals 6 ozs.  
Rice - 1 oz. equals 2 1/2 tbsp. 2 cups equals 1 lb.  
Suet - 1 lb. equals 4 cups chopped.  
Sugar, granulated - 1/2 lb. equals 1 cup. 1 oz. equals 2 tbsp.  
Sugar, brown - 1/2 lb. equals 1 3/8 cups.  
10 eggs, average size - equals 1 lb.  
2 tbsp. liquid-equals 1 oz.  
1 cup cornmeal-equals 6 ozs.  
1 wine glass-equals 1 gill.  
1 gill-equals 1/2 c. or 1 tea c.  
2 gills-equal 1 cup.  
2 cups-equal 1 pt.  
2 pts.-equal 1 qt.  
16 tbsp.-equal 1 cup.  
4 tbsp.-equal 1/4 cup.  
3 tsp.-equal 1 tbsp.  
4 salt spoons-equal 1 tbsp.  
a speck-equals 1/4 salt spoon.  
Size of a nut-equals 1 tsp.  
Size of an egg-equals 1/4 c.  
60 drops-equals 1 tsp.  
2 coffee spoons-equals 1 tsp.  
2 tsp.-equals 1 dessert spoon.



If it calls for a pinch  
don't use a dash,  
Instead of dinner  
You'll end up with hash.

1 heaping tsp.-equals 3 tsp. or 1 tbsp.

1 rounding tsp., average dry material>equals 2 tsp.

1 cooking spoon>equals 1 tbsp.

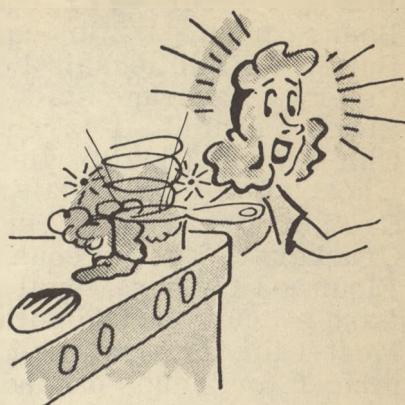
1 tbsp.-averages 1 oz. of dry or 2 ozs. of liquid.

1 heaping tbsp.-equals 4 or 5 level tsp.

1 fluid dram>equals 3/4 tsp.

1 fluid oz. - equals 2 tbsp.

1 litter - equals 1.06 qts.



## HOW MANY CUPS ARE THERE IN A CAN?

No. 1 size weighs 10 ozs. 1 1/3 cups.

No. 2 size weighs 1 lb., 3 ozs.  
- 2 1/2 cups.

No. 2 1/2 size weighs 1 lb., 12 ozs.-3 1/3 cups.

No. 3 size weighs 2 lbs., 1 oz.  
- 4 cups.

No. 5 size weighs 3 lbs., 8 ozs.  
- 7 cups.

No. 10 size weighs 6 lbs., 7 ozs. - 13 cups.

A No. 2 1/2 can of peaches or pears has 12 to 15 halves.

A No. 2 1/2 can of apricots, vary in size, 24 to 40 halves.

The question of measuring  
matters a lot,  
One cup of rice  
fills the pot.

## EQUIVALENTS

1. One egg is equivalent in leavening power to 1/2 tsp. baking powder.

2. 1/2 tsp. soda with 1 cup sour milk is equivalent to 1 1/2 tsp. baking powder and will leaven 1 1/2 to 2 cups flour. Soda is a dry ingredient and should be added with dry ingredients, some leavening power is lost when added with liquids.

3. 1 cup sweet milk may be substituted for 1 cup sour milk by adding 1 1/3 tbsp. vinegar or 1 1/2 tbsp. lemon juice. Also, 1/4 cup grapefruit juice or 3/4 cup orange juice with water or sweet milk to make 1 cup may be substituted for sour milk.

4. 3 1/2 tbsp. cocoa plus 1/2 tbsp. butter is equivalent to 1 oz. or 1 sq. chocolate.

5. In substituting hydrogenated fat for butter, add 1/2 tsp. salt for each cup fat.

## REMOVAL OF COMMON STAINS

Meat juice stains, fresh milk, or sweet oil use cold water and soap.

Magic Scratch Remover, a commercial preparation can be used on scratches or stains on furniture.

Blood stains: Use cold water, let soak for about 30 minutes then wash with warm soapy water.

Ink stains: Dip the article in melted tallow and when the stain has disappeared you can remove the tallow in boiling soap-suds.

To remove iodine stains, dip in aqua ammonia diluted with warm water while still wet, rub dry carbonate of soda over stains until they are removed.

Fruit stains: Use equal mixture of alcohol and ammonia, after which brush with alcohol.

For removing grass stains, use soap and water, alcohol, tartaric acid, cream of tartar, or salts of lemon.

Use alcohol to remove medicine stains.

For egg stains use cold water and afterwards wash in soap and hot water, if non-washable use alcohol or chloroform.

To bring back the original color of cloth which has been stained by an acid, sponge with ammonia and water following with chloroform.

To remove chewing gum, moisten the gum with carbon tetrachloride and work it off with a dull instrument, while it is still moist.

Pour boiling water through cloth on tea, coffee, cocoa, or fruit stains, until it disappears.

Rust stains, wet with soap suds and place in the sun.

For wheel, tar or pitch grease rub with lard and let stand for one-half hour, then wash in cold water, using plenty of soap.

To prevent mold in ink, paste, mucilage, etc., add a small amount of carbolic acid.

To remove dirt from eggs, cooking utensils, porcelain bath tubs, wash stands and spots on china use baking soda rubbed with damp cloth.

White stains and rings on furniture caused by water or heat or liquor, rub vigorously with camphorated oil.

Ink stains, wash as soon as possible in cold water several times, then soak in sour milk for 2 days, depending on how bad the stain is. If stain still remains, use a solution of oxalic and place in sun.

### TREASURED HINTS FOR THE HOUSEWIFE

Tarnish on silver which has been stored for a long time can be removed by soaking in potato water for about 2 hours.

To remove the greenish deposit on copper use a weak solution of ammonia.

If closet or corner is damp and musty place a small pan of lime there and it will keep it dry and odorless. Renew the lime every two or three weeks.

If cream will not whip, add the white of an egg, or a little cornstarch.

In keeping vegetables fresh, place them in a deep dish in about 2 inches of cold water, then take a piece of clean linen, soak it in water, and cover the vegetables, letting the corners of the cloth dip into the water to keep it moist, then place the dish on a window sill where the air will blow over it.

Canned fruits become richer in flavor if opened an hour before using.

Milk will not scorch so easily when heating in saucepan, if you rinse the pan with water first.

Silks may be cleaned with potato juice. Get two large potatoes and grate them into a pint of water, this proportion applying to the amount you desire to use. Let the potato starch settle to the bottom, then pour out the clear liquid and bottle it. Lay silk upon a board, apply the potato juice with a sponge until it is clean. Rinse in cold water. Gasoline may also be used, but should be used cautiously.

To sharpen scissors, cut through fine sandpaper.

To prevent a salad from getting soggy, put a saucer upside down in the bottom of the bowl first, then put the salad on top of it.

Keep brown sugar in a large jar with dried prunes. The prunes keep the sugar from turning hard, the sugar sweetens the prunes.

Marbles can be used as a safety alarm to let you know when the pot is running dry. The marbles, when the water gets low, will make a fearful racket.

If a dish is cracked-but not broken-put it in a pan of milk and boil it for 45 minutes to obliterate the crack and strengthen the dish.

When driving nail into plaster, dip nail into hot water or melted paraffin, this will prevent plaster from cracking.

To remove ring when finger is swollen, place hand in ice cold soap suds for a minute.

To remove string easily from string beans, put in boiling water for five minutes after washing them.

To remove a fish bone from the throat, cut a lemon in two and suck the juice of it slowly. This softens the bone and will give instant relief.

To remove rust from sink, use a soft cloth dipped in kerosene.

Use vinegar to remove rust stains from leaky faucets.

### VARIOUS REMEDIES

A pinch of pepper rolled in cotton and saturated in oil will stop earache.

For a toothache use equal quantities of powdered alum and salt and apply to tooth.

To relieve a sprain, bathe and wrap in hot vinegar.

To keep cauliflower or cabbage odorless while cooking, place a piece of bread on top of pan.

Kitchen odors can be removed by placing an orange peel upon the top of the stove while in use.

## RECIPES FOR SERVING 50 PEOPLE

### COFFEE FOR FIFTY

4 full cups coffee  
9 quarts water

### COCOA FOR FIFTY

1 1/2 cups cocoa  
2 cups sugar  
1/2 teaspoon salt  
1 quart boiling water  
(optional)  
8 quarts warm milk

### CHICKEN SALAD FOR FIFTY

6 five-pound chickens  
1 can pimiento  
4 teaspoons salt  
1/2 cup butter  
4 bunches parsley  
1 1/2 pounds mushrooms  
1 pound white sauce

### BAKED BEANS FOR FIFTY

7 lbs. Navy beans  
1/3 cup soda  
3/4 cup molasses  
1/3 cup sugar  
1 1/2 teaspoons mustard  
1 1/2 teaspoons paprika  
4 tablespoons salt  
1 1/2 pounds pork  
2 cups water

### MACARONI AND CHEESE FOR FIFTY

5 pounds macaroni  
2 gallons water  
1/4 cup salt  
1/2 cup butter  
6 quarts of white sauce  
2 1/2 pounds cheese

## FOR SERVING ONE HUNDRED PEOPLE

20 lbs. hamburger  
5 large cakes  
3 gallon vegetables  
6 dozen lemons, 4 lbs.  
sugar,  
5 gallons water  
2 1/2 pounds of coffee  
6 gallons of milk  
20 pounds of meat  
30 pounds of potatoes  
15 large cans peas  
4 gallons of soup  
3 lbs. of butter  
8 loaves of bread  
1 1/4 lbs. of olives

25 heads of lettuce  
100 ears of corn  
50 cantaloupes  
25 lbs. smoked ham  
20 lbs. boiled boneless  
ham  
100 ribs of beef (raw)  
10 lbs. cheese-brick,  
American  
or Swiss  
16 qts. of ice cream-6  
servings to a brick  
100 rolls, one to each person  
17 average size pies  
50 spring chickens,  
serving fowl to each  
person

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## MISCELLANEOUS\*\*\*\*\*

### CREAMY FUDGE - Jennie Hargrove Montrose, Iowa

4 c. white sugar	1 pt. jar marshmallow cream
1 large can Carnation milk	1/2 c. nutmeats
1/4 tsp. salt	2 tbsp. vanilla
1/4 lb. butter	
2 pkgs. semi sweet chocolate (like used in toll house cookies)	

Cook sugar, salt, butter and carnation milk until it forms a soft ball in cold water, remove from stove and stir in chocolate; stir until dissolved, add marshmallow cream, nuts and vanilla, beat until ready to pour in a pan to cool.

### SUPER FUDGE - Mrs. George Jones

4 c. sugar	1/4 lb. butter
------------	----------------

1 tall can evaporated milk

Cook to soft ball stage, stirring constantly. Remove from fire and add immediately.

2 pkgs. chocolate chips	1 tsp. vanilla
1 pt. jar marshmallow creme	nutmeats if desired

Have pans all ready as candy sets quickly.

### OPERA ROLL - Marie B. Sittler

1 c. sugar	1/4 tsp. cream tartar
1/2 c. boiling water	

Cook 236 deg. or soft ball, let cool, add 1 lb. butter and vanilla. Beat and mold.

### CARAMEL PART:

1/2 c. brown sugar	1/2 c. white Karo
1/2 c. white sugar	1/2 pt. cream

Cook to 242 deg.; in adding cream first add just 1/2 of cream and then when boiling add the other 1/2. Pour in pans and when cool enough to handle roll about the fondant.

### FUDGE CANDY - Miss Gladys Matheney

4 c. sugar	1/4 lb. butter
------------	----------------

1 can of milk

Cook until it forms a soft ball in cold water, then add:

1 c. nutmeats	1/2 tsp. salt
1 pt. marshmallow cream	1 tsp. vanilla
2 pkgs. of chocolate chips	

### PINEAPPLE COLESLAW - Clara Vandervort

2 c. shredded cabbage	1/2 c. heavy cream
1 c. shredded pineapple drained	
2 stalks celery cut fine	3 tbsp. vinegar
1 small green pepper cut fine	1/4 tsp. salt
	1/8 tsp. pepper

Combine cabbage, pineapple, celery and green pepper. Mix well, beat cream until stiff, add vinegar, salt and pepper slowly and continue beating until well blended, combine with cabbage mixture and chill. Serves 8.

### SALAD DRESSING - Laura Kent Enstrom

Grand as fruit salad.

1/2 tsp. mustard	few grains cayenne
1 1/2 tsp. salt	1 beaten egg
2 tbsp. sugar	1 c. milk
1 1/2 tbsp. flour	4 tbsp. vinegar
1/8 tsp. paprika	1 1/2 tbsp. butter

Cook and stir in double boiler till thick.

### FRENCH DRESSING - Florence M. Wahlgren

1/2 c. sugar	1/2 c. Wesson oil
1/2 c. chili sauce or catsup	1 tsp. celery seed
1 tsp. salt	1 tsp. lemon juice
1/4 c. vinegar	1 clove garlic

Whip oil and vinegar first until it thickens.

### BOILED MAYONNAISE DRESSING - Alice Nelson

yolks of 4 eggs or 2 whole eggs

1/2 c. vinegar	1/8 tsp. pepper (red)
1/2 c. water	1 tbsp. flour
3 tbsp. sugar	1 tsp. salt
1/2 tsp. dry mustard	1 tbsp. butter

Mix the dry ingredients, then add the butter, vinegar and water. Boil over hot water until smooth. Put a few spoonfuls into the beaten yolks. Mix thoroughly, then stir into the rest of the sauce. Let cook but not boil until it thickens, stirring constantly. When ready to serve add a little cream or lemon juice to thin. If desired, beat in as much oil, with Dover beater as it will hold, from 1/2 to 1 c. Will not separate.

### TOMATO COCKTAIL - Ethel M. Miller *Part President*

10 lbs. prepared tomatoes	1 large onion (or more as desired)
2 stalks celery	
2 bay leaves	1 green pepper, cut up

2 tsp. salt

Cut tomatoes in pieces (peeled or not as desired). Add rest of ingredients and simmer till soft. Rub through food mill or colander, add 1/4 c. sugar, 1 tsp. salt, 1/4 to 1/2 tsp. (as desired) black pepper; bring to boil and can.

OLIVE CHERRIES - Ethel M. Miller *Part President*

cherries with stems and seeds

sugar vinegar

salt

To each pt. cherries add 1 level tsp. salt, ~~1 level tsp.~~  
~~sugar~~ and fill jar with equal parts vinegar and water. Seal cold.

QUICK GRAPE JELLY - Ruth Neff Miller *Part President*  
St. Petersburg, Fla.

1 gal. ripe grapes, picked from stems

1 c. water

Cook until tender, drip through jelly bag, measure juice and bring to boil. For each 2 c. juice, measure 3 c. sugar in kettle, pour boiling juice over sugar and stir until dissolved, pour into glasses and cover with paraffin; no cooking after sugar is added. Makes more jelly per cup, will not form grape sugar, and has better flavor.

BREAD AND BUTTER PICKLES - Mrs. Louise Stertz

1 1/2 doz. cucumbers 1 1/2 doz. onions

Slice cucumbers and onions and soak in salt water 2 hrs., drain off salt water and rinse well. Boil 1 pt. vinegar, 1 large c. sugar, 1 tbsp. celery seeds, 6 small red peppers, 1/2 tsp. ginger, 1/2 tsp. cinnamon. Put pickles and onions in this and let scald about 5 min. and can. Add a few mangoes.

SWEET CORN RELISH - Louise Stertz

12 ears corn cut from cob 1 tbsp. ground mustard

1/4 scant c. salt 1 1/2 pt. vinegar (3 c.)

2 onions cut fine 1 pt. sugar (2 c.)

2 green peppers, cut fine 2 tsp. celery seed or  
fresh stalk celery cut fine

Boil altogether 20 min. Seal hot. Very good.

CHICAGO HOT - Gladys Harl

1 peck green tomatoes 2 c. celery

4 ripe peppers 2 c. onion

4 green peppers

Run all through coarse food chopper add 1/2 c. salt

and let stand overnight. In the morning drain and add 2 c. sugar, 6 c. vinegar and 1/2 c. white mustard seed. Heat thoroughly and seal. We usually add 2 or 3 hot peppers just before sealing.

**CORN SALAD - Mrs. Mary Freeman**

12 ears corn	1 c. sugar
2 bunches celery	5 large green peppers
1 pt. water	4 large red peppers
1 tbsp. mustard seed	1 pt. vinegar
2 tbsp. salt	1 tbsp. ground mustard
	2 onions fine

Put peppers through food grinder, medium blade. Cut celery and onions fine. Cook all but corn for 15 min. Add corn and cook 10 min. Seal while hot.

**PEPPER RELISH - Mrs. Charles Miller**

15 onions	1 1/2 c. sugar
12 sweet green peppers	3 tbsp. salt
12 sweet red peppers	2 1/2 c. vinegar
3 strong peppers	

Grind onions and peppers, pour boiling water over them and let set 5 min., drain and add other ingredients.

**WATERMELON PICKLE - Mrs. Lena B. Montgomery**

Peel rind and cut into desired pieces. Soak in water with enough powdered alum to taste very mild 24 hrs., *rinse*

Drain weigh fruit and sugar pound for pound. Dissolve sugar in enough vinegar for amount of fruit to cover. Add whole cloves and cinnamon bring to boil. Add fruit and simmer until fruit darkens. If richer pickle is desired let fruit stand as cooked overnight, then reheat and simmer until a rich brown. Do not seal.

*AND COOK IN WATER UNTIL CLEAR,*

**SWEET PICKLE CHIPS - Kate Carlisle**

14 cucumbers about 5 in. long	
1 qt. white vinegar	2 tbsp. mixed spices
8 c. sugar	2 tbsp. salt

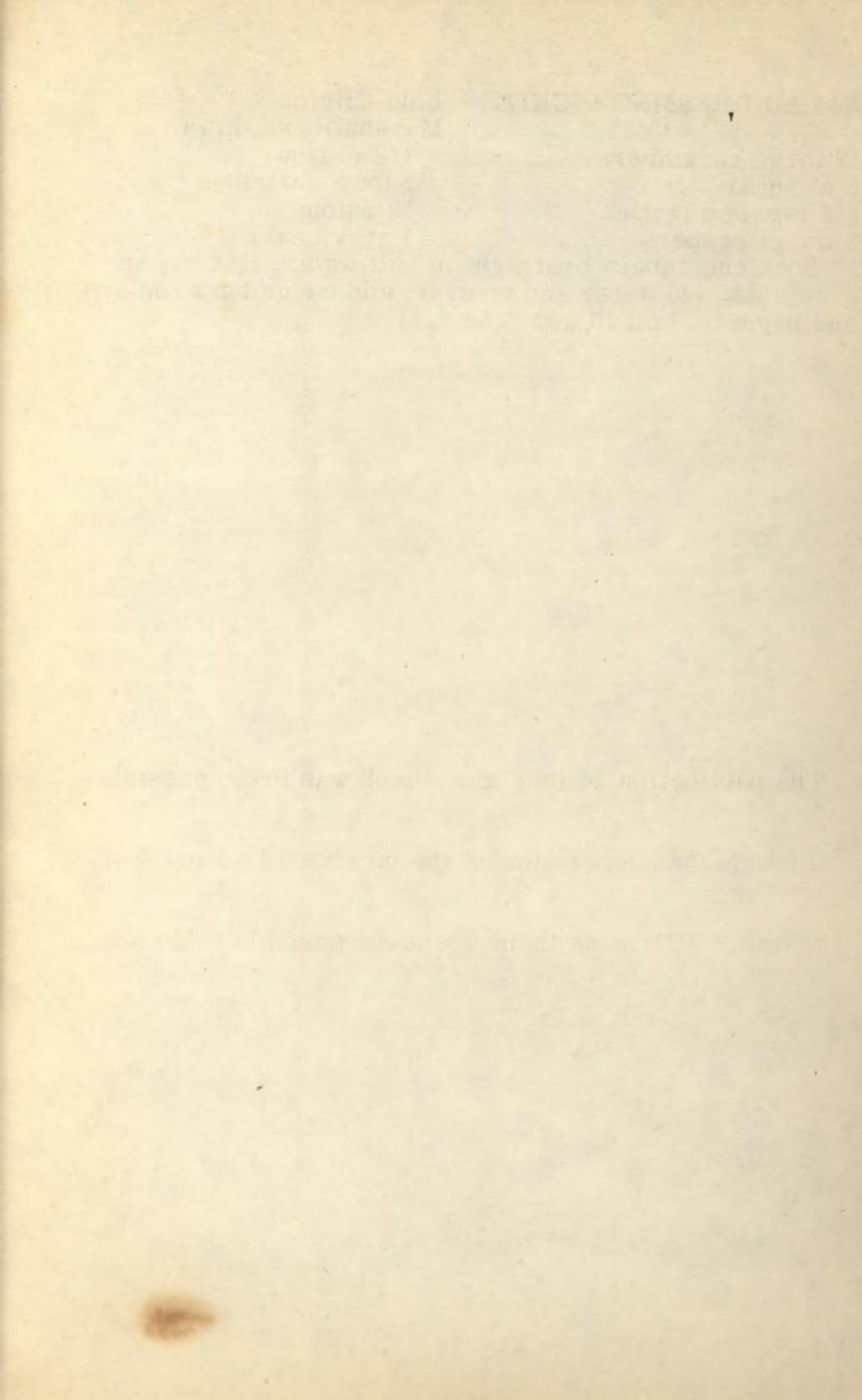
Wash cucumbers and lay in stone jar, pour over enough fresh hot water to cover and let stand overnight; again cover with fresh hot water doing this 4 days; then slice thin, put them back in stone jar and pour above mixture hot over the pickles, doing this 3 days and the 4th. day seal in jars. I add 5 c. sugar to start and add 1 c. each of the 3 remaining days, tie spices in muslin bag. Very good.

SALAD DRESSING PICKLES - Lola Clinton *Past President*  
Marshalltown, Iowa

12 large cucumbers	1/2 c. flour
3 c. sugar	1 tbsp. turmeric
1/2 tsp. red pepper	12 onions
2 sweet peppers	1 qt. vinegar

Soak cucumbers overnight in salt water; mix dry ingredients, add sugar and vinegar; add cucumbers, onions and peppers, boil 10 min. and seal.

The publication of this cook book was made possible through the cooperation of the merchants advertised herein. Patronize them whenever possible to do so.



# VEGETABLES SOUPS and SALADS



FOR THOSE *Sprite* IN RECIPES

Cranberry Salad. (By Mrs. Smidema Food.)

2 1/2 cups boiling water  
2 packages strawberry Jello.  
2 cups ground cranberries (use all the juice from grinding)  
1 whole orange ground (use juice)  
Sprinkle some nuts in - possibly 1/2 cup -  
1 small can (15 oz can) Del Monte crushed pineapple.  
Dice in a little celery.  
Mix or arrange in pan 9" x 13"  
(Cut in 12 pieces or as you like)  
and place in refrigerator to set.

## KARTOFFEL KLOESE (POTATO DUMPLINGS)

6 potatoes  
3 eggs  
1 c. flour  
1 tsp. salt

Boil potatoes, peel and grate. Add to this the 3 eggs slightly beaten. Stir in flour and salt. Mix thoroughly. Mold into small balls, boil 15 min. in left over meat or chicken gravy, or in water, being sure to keep cover on kettle.



Boiled potatoes  
need extra savor,  
Use salt in the water  
get added flavor.

## CREAMED POTATOES

2 c. milk	2 tbsp. Mazola
2 tbsp. cornstarch	1/8 tsp. pepper
3 c. diced, cooked potatoes (boiled or baked)	
1 tsp. onion juice (optional)	1/2 tsp. salt

To make the sauce, put the Mazola in a saucepan, add the cornstarch and seasonings and gradually stir in the milk. When boiling, add the potatoes and onion juice. Cook slowly until the potatoes have absorbed part of the sauce.

## ESCALLOPED POTATOES WITH CHEESE

1 qt. sliced, cooked potatoes	1/4 tsp. paprika
3 tbsp. Mazola	few grains mustard
3 tbsp. cornstarch	2 1/2 c. milk
3/4 tsp. salt	1 1/2 c. strong dairy cheese put through food chopper

Make a sauce of the Mazola, cornstarch, seasonings and milk. When boiling, add the cheese and stir till dissolved. Oil a baking dish with mazola, put in the potatoes and cheese sauce mixed, cover with bread crumbs moistened with mazola, and bake from 35 to 40 min. in a moderate oven.

## LIMA BEANS DE LUXE

2 c. dry lima beans, cooked	1 1/2 c. thick white sauce
1/2 c. minced pimento	2 tbsp. tomato catsup
1/2 tsp. salt	2 tbsp. melted butter
1 1/2 c. grated cheese	1 c. soft bread crumbs
1 small can button mushrooms sliced	
minced parsley	

Make in alternate layers, the ingredients except the butter and bread crumbs. Put into baking dish, cover with crumbs which have been mixed with melted butter. Season mixture well. Bake 30 min.

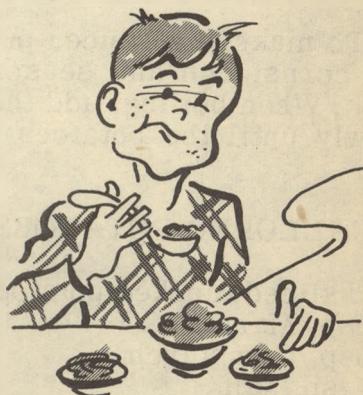
## BAKED BEANS

2 c. cooked beans	1/4 lb. salt pork, sliced
2 1/2 c. hot water	
1 tsp. salt	
1/2 tsp. dry mustard	
3 tbsp. molasses	
2 tbsp. brown sugar	
1/4 c. catsup	
1/2 onion, grated	

Place beans in a baking dish or bean pot, brown salt pork slightly. Add hot water. Combine remaining ingredients, and add to water and pork mixture, pour over beans. Cover. Bake in hot oven for 30 min. at 450 degrees F. Uncover. Bake 15 min. longer. Serves 6. Salt pork may be omitted if a vegetarian dish is desired.

## SWEET-SOUR WILTED LETTUCE

Cut 6 slices bacon in small pieces and fry crisp. Add 2 eggs scrambled with bacon. Take 1/3 c. vinegar,



A well balanced meal  
needs beans or peas.  
Or some other vegetable  
your taste to please.

2 tbsp. sugar and 1 small onion and heat to boiling point. Pour over shredded leaf lettuce and mix well.

## CREAMED VEGETABLES

Prepare white sauce. Add 2 1/2 c. diced, cooked beans, diced carrots, turnips, celery, radishes, small whole onions, string beans or cauliflower. If beets are used, add a trace of lemon juice.

## HARVARD BEETS

4 c. diced cooked beets  
Make the following dressing:  
1/2 c. cider vinegar  
1/2 tbsp. flour  
1 tsp. prepared mustard



Butter can make  
such a difference on beets,  
They go so well  
with most any meats.

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

Mix all ingredients and cook over slow heat until thick, stirring constantly. Pour over beets. Serve hot.

## BEETS IN SAUCE

Scrub beets, cover with water and cook until tender, put in cold water, remove skins and dice about 2 c. Make the following sauce. Put 1 tbsp. butter in a small pan with 1 small onion, cut up and simmer for 5 min. in butter. Take out onion, add it to the diced beets. Add 1 tbsp. flour to the butter and stir until smooth. Add enough water and cook to a thin sauce, take from fire, add 1 tbsp. vinegar and 1 tsp. sugar. Salt and pepper to taste.

## SOUTHERN CABBAGE

Chop medium head of cabbage, put in stew pan, cover with boiling water, boil 15 min., drain off water and add following dressing:

1/2 c. vinegar  
1/3 c. sugar  
1 tsp. butter  
pepper and salt to suit  
taste

When boiling hot add 1 c. of cream and 1 egg beaten together. Mix thoroughly with cabbage and serve hot.

### CABBAGE COOKED IN MILK

1 1/2 qts. shredded  
cabbage  
3 c. milk  
1 c. cream or rich milk  
2 1/2 tbsp. butter  
2 1/2 tbsp. flour  
salt and pepper to suit  
taste

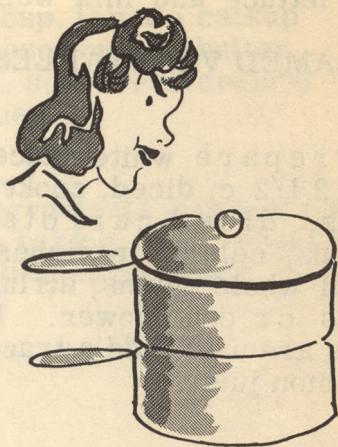
Cook cabbage 5 min. in 3 c. milk. Add 1 c. of cream, butter and flour and seasoning. Cook rapidly another 5 min. Can be baked and add grated cheese in alternate layers if desired.

### CAULIFLOWER WITH ALMONDS

1 med. head cauliflower  
1 handful salted almonds

1 c. white sauce  
paprika or grated  
cheese

Trim leaves from cauliflower, leaving 1 in. of stem for support. Add hot water to cover stem but not touching head, cover closely and steam until tender, about 25 min. Cut off stem and place in serving dish. Stick almonds in cauliflower or cut thin and sprinkle over top, then pour over white sauce. Sprinkle with cheese or paprika.



Cabbage can be cooked  
without the aid of Airwick,  
Use double boiler  
and cook it real quick.

## SWEETBREAD SALAD

1 c. celery (chopped)  
1 pair sweetbreads  
1/2 tsp. salt  
1 tbsp. pure vinegar  
1/4 tsp. paprika

Soak the sweetbreads for 1 hr. in salted water. Cook slowly in boiling salted water to which vinegar has been added. Plunge into cold water. When cold remove tough membrane and cut sweetbreads in small pieces. Add celery, salt and paprika and mix with mayonnaise. Serve on crisp lettuce leaves and garnish with asparagus tips which have been marinated in French Dressing. When cucumbers are in season, they may be used instead of the celery and are very delicious.



The right kind of salad  
can save the day,  
Served as a main dish  
or any old way.

## CHICKEN SALAD

3 c. cold chicken (cut in cubes)  
1 1/2 c. celery (cut in pieces)  
1 tsp. salt

Spanish Queen Olives  
2 hard cooked eggs

Combine chicken and celery and add salt. Cut up eggs, reserving 3 or 4 perfect slices for garnishing. Add eggs, to the chicken and celery and mix well with mayonnaise. Mound in salad bowl on bed of crisp lettuce. Cover top with mayonnaise. Garnish with capers, slices of egg and olives.

## HAM SALAD

3/4 c. cooked peas  
2 c. cooked ham (diced)

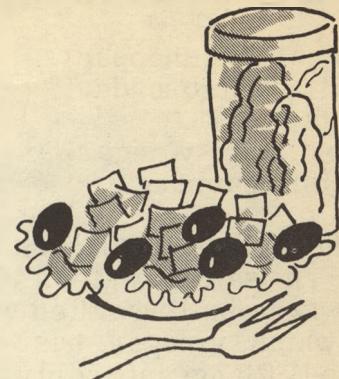
3 tbsp. India Relish

Mix ham, peas and Relish together and marinate in French Dressing. Chill thoroughly. Arrange on crisp lettuce leaves and garnish with slices of hard cooked eggs. Serve with Russian Dressing. You'll find that this one never fails to get a vote from the men.

## POTATO SALAD

3 c. cold potatoes,  
(cubed)  
1 tbsp. chopped parsley  
1/2 tbsp. chopped onion  
1/2 tsp. salt  
3/4 c. chopped celery  
6 radishes

This makes a grand variation of the popular potato salad. Men vote it a favorite for the Sunday night supper. Mix potatoes, salt, celery, and parsley. Add enough Salad Cream or Mayonnaise to moisten well. Put in refrigerator to absorb some of the dressing and become chilled. Arrange in nests of lettuce, top with mayonnaise. Garnish with radish roses and slices of hard cooked egg.



For potato salad at its best,  
Use pickle juice for added zest.

## DUTCH POTATO SALAD

3 diced cooked potatoes  
1/4 c. pure cider vinegar  
3 tbsp. sugar  
1 tbsp. minced parsley  
pepper to taste

4 slices of bacon  
1 onion  
2 tbsp. water  
1 tsp. salt

Cut bacon fine and fry. Brown onion in fat and add vinegar, water, sugar, salt and pepper. Allow to boil, then add potatoes and parsley. Heat thoroughly and serve.

## POTATO AND EGG SALAD

4 c. cold boiled potatoes (cut in cubes)  
3 hard cooked eggs (chopped) 1 onion (chopped fine)  
2 tbsp. chopped parsley 1/2 tsp. paprika  
1 1/2 tsp. salt  
mayonnaise

Mix potatoes, onion, salt and paprika. Marinate in French Dressing. Chill in refrigerator. Just before serving, add eggs, parsley and enough mayonnaise or Cooked Salad Dressing to moisten well. Pile in crisp lettuce cups. Garnish with strips of red or green pepper, or thin slices of gherkins. Serve with more dressing, if desired.

## TOMATO SOUP

### Part 1:

3/4 c. diced celery  
1 medium onion, sliced

Cover with water and cook until tender.

### Part 2:

1 can tomatoes

Heat to boiling point. Add 1/4 tsp. soda, celery, onion and all remaining liquid.

### Part 3:

Heat 3 c. milk to a boiling point and add to the above ingredients, 1/2 green pepper, chopped is very good. Season to suit taste.



For soup tonight  
fresh tomato,  
Then for a change  
cream of potato.

## CREAM OF POTATO SOUP

1 pt. hot riced potato	1/8 tsp. pepper
1 tsp. grated onion	1 pt. boiling water
1/2 tsp. celery salt	1 pt. milk
1/2 tsp. salt	2 tbsp. Mazola
2 tbsp. cornstarch	

Scald the milk, add the water, potato, onion and seasonings and cook for 5 min. Thicken with the Mazola and cornstarch creamed together. Serve with croutons.

## CROUTONS

Cut bread in 1/4 in. slices, then in strips and cubes. Put 2 or 3 tbsp. Mazola in a baking pan, stir the cubes in it, dust with salt and bake in a hot oven, stirring occasionally, to insure even browning.

## FRUIT CUP SALAD BANANA DRESSING

1 1/2 c. pineapple (diced)  
1 1/2 c. cherries (seeded)  
1 small banana  
1/2 tsp. pure vinegar  
1 1/2 c. orange sections  
1/4 c. nutmeats  
2 tbsp. confectioners  
sugar  
1/2 c. mayonnaise

Arrange 3 small cup-like leaves of lettuce on each salad plate. In one place pineapple, in another cherries and in the third orange. Any other three fruits may be substituted. Sprinkle with nuts, and garnish

with Banana Salad Dressing, made as follows: To mashed banana, add sugar and vinegar. Fold into this Mayonnaise. A few tbsp. of whipped cream may be added to produce a fluffy dressing.



Colorful salads  
taste best you know,  
Adds to the meal  
makes appetites grow.

## WALDORF SALAD

2 apples, diced	1 c. chopped celery
1/2 c. broken walnut meats	juice of half a lemon

Squeeze lemon juice over apples and mix with celery and nuts. Add enough Mayonnaise to hold ingredients together. Put in refrigerator until thoroughly chilled. Arrange on crisp lettuce leaves and garnish with curled crisp lettuce leaves and garnish with strips of pimento. This salad may be served also in apple cups. Cut slice from stem end of bright red apples. Scoop out pulp with tsp. of grapefruit knife, discarding core and seeds. Fill the apple shells with Waldorf mixture - the pulp that has been scooped out is cut into small pieces and mixed with the celery and nuts. Serve on lettuce leaves and top with Mayonnaise. Delicious with cold meats.

## VEGETABLES, SOUPS AND SALADS\*\*\*\*\*

### GERMAN POTATO SALAD - Emma Webber Montrose, Iowa

4 medium potatoes, boiled in jackets	
4 strips bacon	1 tsp. salt
4 green onions	1/4 tsp. pepper
4 tbsp. hot bacon fat	2 tsp. sugar
4 tbsp. mild vinegar	2 tsp. chopped parsley

Skin boiled potatoes, slice in top of double boiler over hot water; add crisp fried bacon crumbled over potatoes, diced onions, including green tops. Mix bacon fat, vinegar, salt, pepper and sugar and heat to boiling point and pour over potatoes. Keep covered in double boiler until ready to serve; sprinkle parsley over before serving. If not moist enough add a little hot water.

### CRANBERRY SALAD - Leona Woodbury *Post President* Charles City, Iowa

1 lb. cranberries	1 c. hot water
3 c. sugar	1 small can crushed pine-
1 box strawberry jello	apple (drained) 1 pt. whipped cream

Grind cranberries in food grinder, add sugar; dissolve jello in hot water; cool and ready to congeal add cranberries, pineapple and whipped cream altogether. Pour in sq. 9x12 cake pan and put in refrigerator to harden. Serves 15-20.

### FROZEN FRUIT SALAD - Margery Evans

1 pt. whipping cream	3/4 c. nutmeats
3 bananas, cubed	1 tbsp. red jello dissolved
1 large can fruit cocktail	in 3 tbsp. hot cocktail juice
1 pkg. marshmallows	3 tsp. powdered sugar
1 bottle candied cherries	

Whip and chill cream. Mix bananas, drained fruit cut up, marshmallows, cherries and nuts, add sugar. Dissolve jello and add to fruit and nut mixture. Fold into whipped cream and freeze in trays of refrigerator. Serve with cookies.

### CARROT SALAD - Miss Nellie Matheney

1 c. carrots	1 small can crushed pine-
1/4 c. sugar	apple 1 pkg. lemon jello

Dissolve sugar in jello and add carrots and pineapple and serve on lettuce leaf.

## BEETS - Mrs. Elizabeth Matheney

For 12 beets

Wash beets thoroughly and cook. Take 1 c. of beet juice in which the beets were cooked, add 1 c. of sugar, 1 c. vinegar, 1 tsp. celery seed and small amount of cinnamon and pour over beets.

## BIG MEAL SOUP - Clara Christie

1 ham bone	1 med. onion (chopped)
1 1/2 qt. water	1 green pepper shredded
1 lb. (2 1/2 c. dried peas)	1/2 c. chopped celery
2 med. size carrots cubed	2 1/2 c. tomato or 1 No. 2 can

Dried navy beans may be used. Soak 2 c. overnight. Cover ham bone with water, cover tightly, simmer about 1 1/2 hrs. add peas, carrots and onion, simmer 1 hr. Save half of vegetable mixture, return to soup kettle add green peppers, onion, celery and tomatoes simmer 10 to 15 min. Serves 6.

## MACARONI LOAF - Georgia Quigley *past President* Des Moines, Iowa

1 c. macaroni (before cooked)	
1 c. cream poured over 1 c. soft bread crumbs	
1 tbsp. butter	1 c. grated cheese
2 tbsp. pimento	3 eggs slightly beaten
1 tsp. salt	

Pour in greased baking dish, set in pan of hot water and bake at 325-350 for 1 1/4 to 1 1/2 hrs. Serve with mushroom sauce.

## ITALIAN SPAGHETTI - Mrs. Clayton E. Peck

2 tbsp. chopped parsley	2-8 oz. cans tomato puree
4 med. sized onions, chopped	2-6 oz. cans tomato paste
4 cloves garlic	2 tsp. worcestershire sauce
1/4 c. butter	1 lb. ground beef
1/4 c. olive oil	1 lb. long spaghetti parmesan cheese

Cook parsley, onion and garlic in hot fats until soft. Add tomato puree, tomato paste and worcestershire sauce. Add meat browned in additional hot fat; cook slowly 3 hrs. Cook spaghetti in boiling, salted water; drain and rinse in hot water. Place on warm platter; pour over sauce; sprinkle with grated Parmesan cheese.

## SOUTHERN CORN PUDDING - Nettie Rose

1 can corn (No. 2) cream style

496-29

Cont'd

1 tsp. salt	1 c. scalded milk
1/8 tsp. pepper	sprinkle cracker crumbs on top
2 tbsp. melted fat (margarine)	
2 tbsp. sugar	2 eggs

Beat eggs slightly and mix all ingredients together.  
Pour into greased pudding dish and bake at 350 deg. until firm.

### BOSTON BAKED BEANS - Mrs. Pearl Barber

3 pts. beans and 1 tsp. soda. Cover well with cold water and let soak overnight, then drain them, put in a pan ready for baking. Use 1 lb. of fresh pork, 3 level tbsp. salt, 4 tbsp. sorghum and 3 pts. water. Bake slowly 4 hrs.

### BEANS - Mrs. George Jones

6 strips bacon 1 med. sized onion

Cut your onion and bacon fine and brown. Add 1 large can of pork and beans, salt and pepper, 1 tsp. mustard, 1 tbsp. of catsup or more if desired, 2 tbsp. brown sugar. Add some water and let simmer 20 min. Good to take on picnics.

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