



KITCHEN KAPERS

Covey's

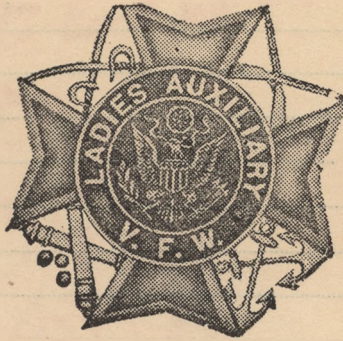
Happy Birthday"

from Park

1952

Compiled by

The Veterans of Foreign Wars Auxiliary



TO FLOYD FOSTER POST 2060

Perry, Iowa

1951

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We members of the Ladies Auxiliary to the Veterans of Foreign Wars wish to express our sincere thanks to the business men who have made the publishing of this book possible.

APPETIZERS CANAPES RELISHES



FOR THOSE *Write* IN RECIPES

We members of the Ladies' Association
in the vicinity of ...
express our sincere thanks to the ...
that who have made it possible for ...
back possible ...



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
 Sliced salami
 Olives
 Radishes or hearts of lettuce
 Tarragon or Italian vinegar

Sardines
 Pimento
 Cabbage, onion and green pepper chopped together
 Mazola
 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.

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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 shrimps, 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 shrimps 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, ground cloves, cinnamon	7 c. sugar
1/2 tsp. allspice and cayenne pepper	4 tsp. celery seed
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.

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LET'S GO TO CHURCH SUNDAY

APPETIZERS - CANAPES - RELISHES*****

GREEN TOMATO RELISH - Mrs. W. M. Moore

2 gal. sliced green tomatoes
1/2 gal. onions
1 qt. sugar
1 qt. vinegar

3 hot peppers
1 c. salt

Slice the tomatoes, add the salt and let stand overnight in a stone jar. In the morning drain off liquid, put tomatoes, onions and peppers through food chopper, add sugar and vinegar; cook about 30 min. and seal while hot.

BREAD AND BUTTER PICKLES - Dorothy Little

1 gal. sliced cucumbers
1 qt. sliced onions

1/2 c. salt
2 qts. cold water

Use medium size cucumbers. Wash and peel cucumbers. Soak cucumbers in salt water for 2 hrs. Then drain water. Make syrup of 1 qt. vinegar, 1 qt. sugar, 4 tsp. mustard seed, 3 tsp. celery seed, 1 tsp. turmeric. Bring to boiling point. Add cucumbers and onions. Cook until transparent. Put in jars and seal.

RED CATSUP - Celia Covey

Cook tomatoes in their own juice until soft, then strain. To 1 gal. of tomato pulp add 1 qt. of cider vinegar, 1 pint of granulated sugar and 1 tsp. each of salt, cinnamon, extract, or I use oil of cinnamon or oil of cloves to taste (1/2 tsp. full); grind 4 red peppers, 3 or 4 large onions in a food chopper and cook with the tomatoes, cook until a bright consistency, since oil of extracts are used this catsup is bright red, oil of cloves optional - use sparingly.

VERY FINE SLICED PICKLES - Celia Covey

36 medium sized pickles (sliced)
7 Tbsp. salt

Let stand 5 hrs. drain well.

1 qt. vinegar
6 c. sugar
2 Tbsp. white mustard seed

2 Tbsp. curry powder
2 Tbsp. celery seed

Mix all together and bring to a boil but not cook. Seal in jars.

RED PEPPER JELL - Celia Covey

1 pt. ground sweet red peppers

1 pt. granulated sugar

1 pt. vinegar

Dash salt

Boil 1 hour. Use white vinegar if possible, makes it better; serve with meat.

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FOR THOSE *Write* IN RECIPES

1 1/2 cups white sugar

1 1/2 cups ground wheat or rye

1 1/2 cups granulated sugar

1 qt. Water

1 qt. Milk

Put in a large white bowl

and mix well

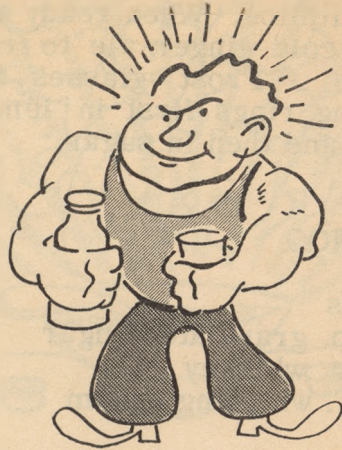
BEVERAGES



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.



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

QUICK COCOA (INDIVIDUAL)

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

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
5 c. milk
1/2 c. cream

3/4 c. sugar
1/4 tsp. salt
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
1 pt. ginger ale

3 tbsp. lemon juice

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.

The doctor may tell us
the way to keep cool,
Is to drink something hot
but look, I'm no fool.

Give me something cold
something frosty and tall,
Give me the easy life
where you do nothing at all.

LOGANBERRY PUNCH

4 c. loganberry juice	1 orange
1 c. hot water	4 fresh mint leaves
1/2 c. sugar	6 c. cold water
2 lemons	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	3 oranges
2 c. sugar	4 c. ginger ale
1/2 c. orange juice	2 c. water
4 lemons	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
1 large bottle ginger ale
lemon or lime slices
2 c. canned grapefruit juice

Makes 2 qts.

PUNCH

First make 1 qt. syrup as follows: Dissolve:

3 c. sugar
3 c. water

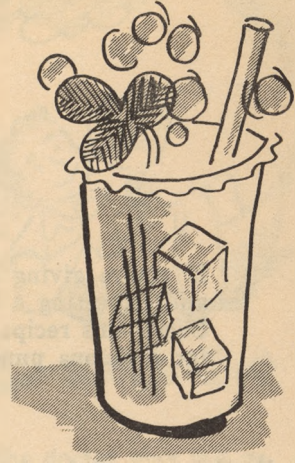
Add 2 tsp. vanilla, 2 tsp. almond extract, then juice of 2 lemons, stir well and add 4 qts. of water. This makes 5 qts. of punch. Add juice of 6 oranges, 2 c. fruit juice and 1 qt. ginger ale.

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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.



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

MINT PUNCH

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

[Faint, illegible handwriting and bleed-through from the reverse side of the page are visible throughout the form.]



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.

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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.





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.

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

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.

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BREADS AND ROLLS*****

BUNS - Lelia Heck

1 cake of compressed yeast

1 c. mashed potatoes

1 c. potato water

1 c. warm water

1 egg beaten

1/2 c. shortening

2/3 c. sugar

2 tsp. salt

1 tsp. baking powder

Put all in kettle, stir in enough flour to make like bread sponge, let raise and mix enough flour to make like bread (not too stiff). Set where real cool, will keep several days, bake when needed.

HOT ROLLS - Donna Conaway

1 c. hot water

2 Tbsp. butter

1/4 c. sugar

Pinch salt

Put all together and set aside to cool. When cold add 1 cake of yeast, which has been dissolved in 2 Tbsp. water, then add 1 beaten egg and 3 or 4 c. of flour. Let rise, shape into rolls and bake.

GRAHAM MUFFINS - Mrs. Duane Little

3 c. graham flour

1 c. flour

3 Tbsp. sugar

1/2 tsp. salt

4 tsp. baking powder

1 c. milk

1 egg

3 Tbsp. melted butter

Melt butter. Add sugar and salt and well-beaten egg. Sift flour with baking powder added. Add this alternately with milk to first mixture. Drop in gem pans and bake.

MRS. A D. HASKINS' CORN BREAD - Celia Covey

1 1/2 c. sour milk

1 egg

1/2 c. sugar

1 tsp. soda

1 tsp. baking powder

1 c. corn meal

1 heaping c. flour

Mix dry ingredients, 2 Tbsp. melted lard or drippings; mix well, put in a greased pan and bake 350° until cake tester comes out clean.

BAKING POWDER BISCUITS - Mrs. Frank Rooney

2 c. flour

3 tsp. baking powder

1 tsp. salt

4 Tbsp. shortening

About 3/4 c. milk

Sift flour and measure, add baking powder and salt

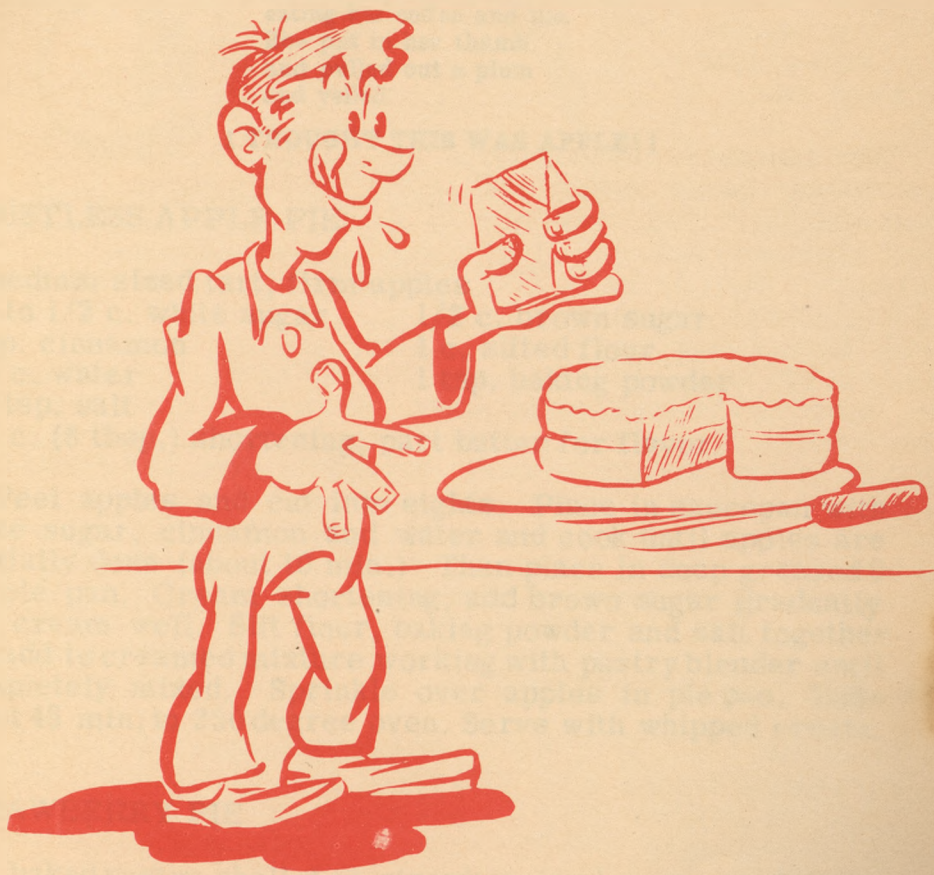
and sift again. Cut shortening with pastry blender or 2 knives blending it until the mixture resembles coarse meal, stirring in with a fork. Add enough milk until flour leaves side of bowl and follows fork, continue stirring until all flour disappears. Turn out on board and knead lightly for about 1/2 min. Turn smooth side up and pat dough or roll 1/2 in. thick. Cut with floured biscuit cutter transfer biscuits to a greased baking sheet; place 1" apart if crusty biscuits are desired or barely touching each other for softer biscuits. Bake in hot oven 450° 12 to 15 min. This will make 14 to 15 - 2 in. biscuits.

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RIGHT BOY

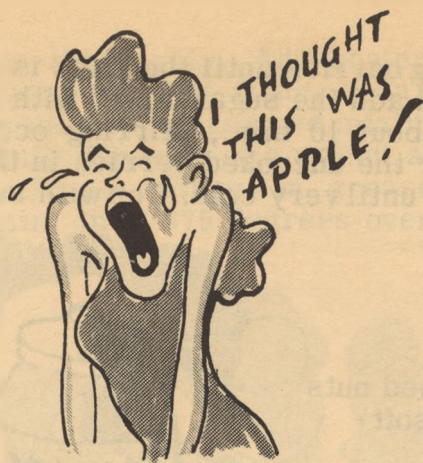
CAKES COOKIES PASTRIES



FOR THOSE *Write* IN RECIPES

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PATRONAGE REQUESTED AT THE FOLLOWING ADVERTISERS:



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.

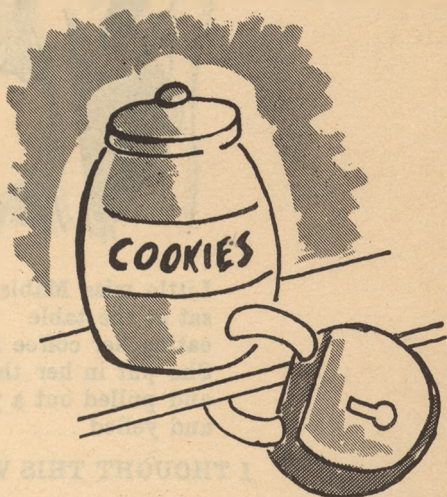
STRAWBERRY PIE

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



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.

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

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



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

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.

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 - PASTRIES*****

MARDI GRAS SPICE CAKE - Mrs. H. E. Merkle

2 1/2 c. flour	1/2 tsp. allspice
2 tsp. baking powder	1/2 tsp. nutmeg
1 1/2 c. sugar	1/2 c. shortening
1/2 tsp. soda	1 c. milk
1 tsp. salt	3/4 c. dark molasses
1 tsp. cinnamon	1 tsp. vanilla

Sift all dry ingredients together, add milk, shortening, molasses and vanilla; beat 2 min. 300 strokes, until batter is well blended. Add 2 eggs and beat 1 min., pour into well greased and floured layer pans. Bake in moderate oven 350° 30 to 35 min. When layers are cool cut. Beat 1 pt. of whipping cream until stiff, sweeten to taste. Spread between the layers, and cover top and sides, sprinkle chopped pecans, over the top, and chill the cake in the refrigerator until serving time.

CHOCOLATE CAKE - Viola Main

2 c. white sugar	1/2 c. cocoa mixed with 1/2
3/4 c. shortening	c. boiling water
3 eggs separated	1 tsp. soda
1 tsp. vanilla	1 tsp. baking powder
1 c. cold water	2 c. flour

Beat egg whites and fold in last.

ORANGE LEMON PIE - Mrs. Alonzo Springer

1 c. boiling water	1 Tbsp. butter or oleo
1 c. sugar	MERINGUE:
3 level Tbsp. cornstarch	2 egg whites
1/4 tsp. salt	1/4 tsp. cream of tartar
3 Tbsp. strained orange	4 Tbsp. sifted sugar
juice	Few grains salt
3 Tbsp. strained lemon juice (no rind)	
2 egg yolks	

Sift cornstarch, sugar and salt into the boiling water and boil until starch is cooked. Beat egg yolks and orange and lemon juice and add lastly. (Stir a little of hot mixture into egg or lemon juice before adding to mixture.) Stir until egg yolks are thickened, but do not boil after egg yolks are added, beat the mixture with rotary beater to make it fluffy. Cool slightly and put in baked 8 in. pie shell.

MERINGUE:

Beat egg whites until frothy, add few grains salt and

cream of tartar, and beat stiff enough to hold a point, gradually beat in sugar, continue beating until mixture is stiff and glossy. Bake in a slow oven 350° for 15 to 20 min. (delage brown) so meringue will set and hold up. Do not set in a cold place or draft as it will make the meringue fall.

GOLD LOAF CAKE - Mrs. Anna Boyens

1/2 c. butter or shortening
1 c. sugar
7 egg yolks
1/2 c. milk
1 3/4 c. flour
2 level tsp. baking powder
Pinch salt
Flavoring to suit taste

Beat the butter and sugar until creamy. Add the beaten egg yolks, then add milk, sift together the dry ingredients twice, add to the other ingredients with the flavoring. Bake about 45 min. in moderate oven. Best if baked in a tube cake pan.

PUMPKIN COOKIES - Mrs. Alice Boyens

1/4 c. shortening
1/2 c. sugar
1 egg beaten
1/2 c. cooked pumpkin
1/2 c. chopped raisins
1 c. flour
2 tsp. baking powder
1/4 tsp. salt
1 1/4 tsp. cinnamon
1/4 tsp. ginger
1/4 tsp. nutmeg
Vanilla

Drop with teaspoon on cookie sheet, and bake in moderate oven.

FROZEN COOKIES - Mabel Pommer

2 c. shortening
1 c. white sugar
1 c. brown sugar
3 eggs
1 tsp. salt
1 tsp. cinnamon
4 c. flour
1 tsp. soda
1/2 c. nutmeats

Mix all ingredients in order given. Sift all dry ingredients together before adding. Mold in long rolls in wax paper, let stand in cold place till hard. Slice thin and bake in moderate oven until golden brown.

BRAN DROP COOKIES - Mrs. Earl Cross

1 3/4 c. flour
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
1/2 tsp. salt

(Cont'd.)

Cream 1/2 c. lard and 1 c. sugar, add 1 beaten egg, and 1 c. of bran soaked in 1 c. of applesauce, 1 c. raisins^s cooked in very little water. Bake 15 to 20 min. in 375^o oven.

RED DEVILS FOOD CAKE - Cecile Small

3 Tbsp. cocoa dissolved
1/2 c. boiling water; let cool

Cream 1 c. white sugar with 1/4 c. butter, add 1 egg. Add cocoa mixture. Add alternately 1/2 c. milk, 1 tsp. vanilla, 1 1/2 c. pastry flour, sifted with 1 level tsp. soda. Bake in 325^o oven.

CHOCOLATE CHIP CUPCAKES - Mable Pommer

1/3 c. shortening	1 tsp. vanilla
2/3 c. sugar	1 1/2 c. flour
1/8 tsp. salt	2 tsp. baking powder
1 egg	1/2 c. chocolate chips

Cream shortening, sugar and salt together. Add egg. Add vanilla, milk and rest of dry ingredients, stir thoroughly. Fill well greased muffin tins about 1/2 full. Bake about 15 min. in quick oven.

BLONDE BROWNIES - Mable Pommer

1 c. sifted flour	1 c. brown sugar (packed)
1/2 tsp. baking powder	1 egg slightly beaten
1/2 tsp. salt	1 tsp. vanilla
1/8 tsp. soda	1/2 pkg. chocolate chips
1/2 c. nutmeats	1/2 c. cocoanut
1/3 c. shortening	

Sift dry ingredients together, add nuts and cocoanut and mix well, melt shortening, remove from heat, add sugar and cool. Add egg and vanilla and flour small amount at a time, mix well after each addition. Bake in 9 x 9 x 2 inch pan, sprinkle on chocolate chips, bake in moderate oven 20 to 25 min. Cool cut in bars.

CHIFFON CAKE - Madelon Boersman

2 1/2 c. cake flour	3/4 c. cold water
1 1/2 c. sugar	2 tsp. vanilla
3 tsp. baking powder	Grated rind of 1 lemon
1 tsp. salt	1 c. egg whites (7 or 8)
1/2 c. salad oil	1/2 tsp. cream of tartar
5 unbeaten egg yolks	

(Cont'd.)

Sift together dry ingredients, make a well and add cooking salad oil, egg yolks, water, vanilla and lemon rind; beat well with spoon. Measure in bowl egg whites and cream of tartar and whip until stiff; pour egg yolk mixture gradually over whipped egg whites. Pour egg yolk mixture and all into ungreased pan; bake 55 min. in slow moderate oven 325° then increase to mod. oven 350° for 10 to 15 min.

SUGAR COOKIES - Mrs. Minty Williams

- | | |
|----------------------------|----------------------|
| 1/2 c. shortening | 2 eggs |
| 1/2 tsp. salt | 2 Tbsp. milk |
| 1/2 tsp. grated lemon rind | 2 c. sifted flour |
| 1/2 tsp. nutmeg | 1 tsp. baking powder |
| 1 c. sugar | 1/2 tsp. soda |

Combine the shortening, salt, lemon rind and nutmeg, add the sugar gradually and cream well, add beaten eggs and milk, mix well. Sift the dry ingredients, add to the cream mixture and blend. Drop from tsp. on greased cookie sheet, flatten with a glass and cover with a damp cloth, and sprinkle with sugar. Bake in a moderate hot oven 375°, 8 to 12 min. Makes 3 1/2 dozen.

LEMON PIE - Mrs. Tom Bryant

- | | |
|--------------------------|--------------------|
| 1 c. sugar | 1 c. boiling water |
| 2 Tbsp. cornstarch | 2 egg yolks |
| Grated rind of 1/2 lemon | Juice of 1 lemon |

Cook together until clear and thick. Pour into baked pie shell, and cover with meringue, using 2 egg whites.

FOOL PROOF PIE CRUST - Mrs. Tom Bryant

- | | |
|------------------------|-------------------|
| 2 c. flour | 1/2 tsp. salt |
| 1/2 tsp. baking powder | 2/3 c. shortening |

Blend together, add 4 Tbsp. cold water.

MINCE MEAT SURPRISE COOKIES - Mrs. Minity Williams

- | | |
|------------------|-----------------------|
| 1 c. shortening | 2 eggs well beaten |
| 1 tsp. salt | 1 2/3 c. sifted flour |
| 1 tsp. vanilla | 3/4 tsp. soda |
| 1 c. brown sugar | 2 c. rolled oats |
| (firmly packed) | 2 c. mince meat |

Combine the shortening, salt and vanilla. Add brown sugar and cream well. Add beaten eggs and blend. Sift flour with soda and add to creamed mixture, blending well

rolled oats, add now. Roll dough 1/8 in. thick on flour-ed board, cut with 2 1/2 in. cookie cutter, place a tsp. full of mince meat on a cookie, place another one on top and press the edges together. Seal with a fork and place on greased baking sheet, bake in a moderate oven 350° 10 to 15 min. Makes 4 dozen.

BLACK MIDNITE CAKE - Mrs. Bennie Long

1/2 c. shortening	1/2 tsp. salt
1 1/4 c. sugar	1 tsp. soda
2 eggs	1 tsp. baking powder
1 c. boiling water	1 tsp. vanilla
1/2 c. cocoa	1/2 tsp. red food coloring
1 1/2 c. flour	

Cream shortening, sugar and eggs together, make a chocolate mixture of cocoa and water and add alternately with flour and soda, baking powder; add vanilla and food coloring. Makes two 8 in. layers.

ICING:

1 1/2 c. sugar	1 egg white beaten stiffly
1/8 tsp. cream of tartar	1 tsp. vanilla
8 marshmallows or 1 1/2	1 tsp. salt
Tbsp. marshmallow cream	
3/4 c. boiling water	

Combine sugar, water, cream of tartar and salt. Boil to soft ball stage, add marshmallows to beaten egg whites. Add syrup slowly beating constantly, until right to spread.

JELLY ROLL - Kate Martin

3 eggs	1/4 tsp. salt
1 c. sugar	1/2 c. jelly or jam
5 Tbsp. cold water	or any desired filling
1 tsp. flavoring	
1 tsp. baking powder	

Beat the eggs with a rotary beater until very light; beat in the sugar gradually and then beat in the water and flavoring. Sift flour once before measuring, then sift flour, baking powder and salt together and beat into the egg mixture all at once. Now beat the batter until it is smooth and well blended. Pour immediately into a shallow pan (10 x 15 in.) which has been greased and lined with greased paper. The batter should be only 1/2 inch deep in the pan. Now bake 15 to 18 min. (or just until top

surface springs back when touched lightly with the finger.) in a quick moderate oven 375° when baked turn upside down immediately on a cloth sprinkled with confectioners sugar, and remove the greased paper from the bottom. Cut the edges off the cake so it will not split when rolled. Spread with jelly or jam, then roll carefully and quickly and wrap jelly roll in towel till cool.

SUGAR DOUGHNUTS - Mrs. Geo. Cage

1 c. sugar	4 Tbsp. melted lard
3 eggs	1 tsp. vanilla
1 c. sweet milk	Flour enough to make a soft
2 tsp. baking powder	dough

Mix well, and fry in deep fat.

GRAHAM DELIGHTS - Amber Lantz

1 lb. dates, stoned and cut	
1 c. sugar	1/2 tsp. cloves
1 Tbsp. butter	1/2 tsp. cinnamon
1 Tbsp. flour	2 c. water
1/4 tsp. salt	

Mix the dry ingredients. Add to butter dates and water. Cook 20 min. add 1/2 c. nutmeats. Spread thick layer between 2 graham crackers. Let stand; serve topped with whipped cream. Makes about 12 servings, use 24 graham crackers.

PIE PLANT CRISP - Hazel Wagner

2 c. pie plant	3/4 c. sugar
2 Tbsp. flour	

Mix above ingredients and put in pan.

1/4 c. oatmeal	1/4 c. flour
1/4 c. brown sugar	1/4 c. butter or shortening

Mix good and put over top of first part. Bake in hot oven, 30 to 35 min.

LEMON SPONGE CUPS - Kathryne Hardy

1 c. sugar	Juice of 1 lemon
2 Tbsp. butter	Rind of 1 lemon
3 eggs	4 Tbsp. flour
1 1/2 c. milk	Pinch of salt

Cream butter, add sugar, flour, salt, lemon juice, and rind. Stir in beaten egg yolks, mix with the milk; fold in the stiffly beaten egg whites. Pour into custard cups.

Set the cups in a pan of water and bake about 45 min. When done each cup will contain custard at the bottom and sponge cake on top.

ANNIVERSARY CAKE - Hazel Wagner

2 c. (quick) oatmeal 1 tsp. baking powder
2 c. brown sugar 1 tsp. soda
2 c. flour Dash salt

Mix in enough shortening to the above ingredients to be like rich pie crust (crumbly). Put 1 lb. of dates cut fine in pan, cover with water and 1/2 c. of sugar, boil until thick, watch and don't let burn. Grease pan and put 1/2 of first part in the pan and press down good. Then spread date mixture over it. Then put rest of first part over it and bake until pie mixture is done. May be topped with whipped cream.

RED CHOCOLATE CAKE - Della Cummings

1/2 c. butter 1/2 c. cocoa
1/8 tsp. salt 1/3 c. water
1 c. sugar 2 1/2 c. cake flour

Cream well, and blend into the above.

Cream well and add to the above part. Beat 3 egg whites after they are stiff fold in, 3/4 c. of sugar and add to mixture; now dissolve 1 1/3 tsp. of soda in about 1/3 c. of hot water; stir in well and bake 25 to 30 min. at 350°.

ICE BOX COOKIES - Mrs. Frank Johnson

2 c. brown sugar Chopped nutmeats
1 c. shortening Pinch salt
2 eggs 1 tsp. vanilla
3 3/4 c. flour 1 tsp. soda
 1 tsp. cream of tartar

Make into rolls and chill. Slice off and bake in quick oven, about 450°.

GRAHAM CRACKER ROLL - Hazel Wagner

1 lb. graham crackers rolled with rolling pin
1 lb. marshmallows cut fine
1 lb. dates, cut fine
1 small bottle cherries cut
1 c. nutmeats Enough canned milk to mix well
Knead with hands then roll in long roll covered with

oiled paper, put in ice box; let stand for 6 hrs. overnight. Cut and serve with whipped cream. This will serve 18.

ORANGE SLICE COOKIES - Mrs. Bertha Parks

2 c. flour
2 tsp. baking powder

16 or 18 orange slices

Cut in small pieces. Dip knife and slices in flour to cut. Beat 4 whole eggs until fluffy. Add 1 Tbsp. water. Beat. Add 2 c. brown sugar, beat again then add a dash of salt and 1 c. of black walnuts cut fine; mix with flour and orange slices. No shortening. If too thin add more flour. Grease large pan slightly. Spread in pan evenly. Bake in moderate oven. Cut in squares dip while warm in powdered sugar.

CHOCOLATE CHIP PIE - Mrs. Sylvia Dixon

Crust:	Filling:
13 graham crackers	25 marshmallows
2 Tbsp. sugar	1/2 c. milk
4 Tbsp. butter	1/8 tsp. salt

Melt in double boiler and cool. Add 2 oz. semi-sweet chocolate chipped, 1 tsp. vanilla and 1 c. whipped cream.

ANGEL PIE - Patricia Masengill

1 1/2 c. water	5 Tbsp. cornstarch
3/4 c. sugar	

Boil to a clear color and pour over 3 egg whites beaten stiff with a pinch salt, added, 3 Tbsp. sugar, 1 tsp. vanilla, 1 can of pineapple drained or any other fruit may be substituted. Put in baked pie shell, top with whipped cream.

BUTTERSCOTCH PIE - Mrs. Sylvia Dixon

2 c. milk	Pinch salt
1 c. brown sugar	2 eggs
1 Tbsp. butter (heaping)	1 tsp. vanilla
2 Tbsp. cornstarch or 1/2 c. flour	

Put in top of double boiler milk, brown sugar and butter; heat till butter is melted, stir in thickening, cook till thick, beat egg yolks lightly; add a little of the thickened mixture to egg yolks then return to mixture, cook a minute or two. Add vanilla. Beat egg whites

till they stand alone, add 2 Tbsp. of white sugar for each egg white, 1 Tbsp. at a time beating after each addition, flavor with vanilla if desired and brown in oven 20 min. at 350°.

BANANA CHOCOLATE CREAM PIE - Clara Cummings

1 1/2 sqs. of unsweetened chocolate
2 c. milk
3/4 c. sugar
5 Tbsp. flour
1/2 tsp. salt
2 egg yolks (slightly beaten)

1 Tbsp. butter or margarine
1/2 tsp. vanilla
3 ripe bananas

Melt chocolate in milk in top of double boiler over rapidly boiling water, beating until blended. Mix sugar flour and salt, stir into chocolate mixture. Keep stirring until well thickened. Cook 10 min. or longer stirring occasionally. Stir hot mixture into egg yolk; cook 1 min., add butter and vanilla. Cook thoroughly. Cover bottom of pie shell with small amount of filling, peel bananas and slice into pie shell, cover with remaining filling. Top with meringue or sweetened whipped cream. This makes a 9 in. pie shell or six 3 1/2 inch tarts.

LEMON PIE - Carrie Vodenik

1 1/2 c. sugar
1/4 tsp. salt
2/3 c. cornstarch
3 c. water

2 eggs
Grated rind of 1 lemon
1/2 c. lemon juice
2 Tbsp. butter

Mix sugar, salt and cornstarch, and add to boiling water. Cook directly over flame, until mixture becomes thick. Then place in double boiler, separate the eggs beat the yolk, and add to them, the grated rind of lemon and juice. Stir all into the cornstarch mixture, add the butter and when it is melted, remove from heat. Pour the mixture into the baked crust, make meringue of egg whites, cover filling and bake until a golden brown.

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DESSERTS



CHERRY CRACKER PUDDING

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

Mix sugar and milk together and stir into flour. Add butter and mix well. Pour into a greased 8 inch pie pan. Bake in oven at 350° for 30 minutes. Place in refrigerator and serve with cream.

FRUIT ICE CREAM

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

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

Mix sugar and milk together and stir into flour. Add butter and mix well. Pour into a greased 8 inch pie pan. Bake in oven at 350° for 30 minutes. Place in refrigerator and serve with cream.

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

FOR THOSE *Write* IN RECIPES

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PATRONIZE OUR ADVERTISERS

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.



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

BUTTERSCOTCH PUDDING

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

1 tbsp. butter

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) 3/4 c. sugar
2 c. milk pinch of salt
3 tbsp. flour 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

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.

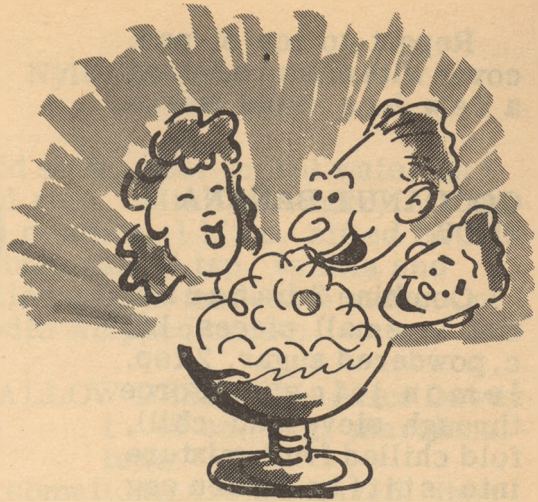
FROZEN FRUIT SALAD

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

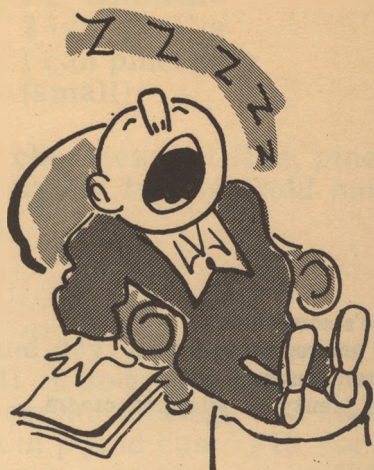
1 pt. strawberries, 1/2 c. milk, 1/2 lb. marshmallows, 1/2 c. sugar (gran.), 1/3 lb. vanilla wafers, 1 c. whipped cream. Cut marshmallows, boil milk, pour over marshmallows. Cool. Fold in whipped cream, 1st. strawberries, then wafers until all is used.

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.

pineapple juice in place of 1 c. milk, use pineapple juice to mix the dry ingredients. When cool place a layer of pudding in dish then a layer of cookies next a layer of pineapple, repeat until ingredients are used. Cover with meringue and bake until brown.

PINEAPPLE MARSHMALLOW WHIP - Mrs. Joe Little
16 marshmallows 1/3 c. graham cracker crumbs
3 Tbsp. Pet milk 1 Tbsp. sugar
1/3 c. canned crushed 1 Tbsp. soft butter
pineapple drained 1/3 c. ice cold Pet milk
3 Tbsp. pineapple juice
1 Tbsp. lemon juice
1/2 tsp. grated lemon rind

Put marshmallows and 3 Tbsp. milk in the top part of double boiler, cook over boiling water, until marshmallows are melted, remove from heat, stir in pineapple, pineapple juice, lemon juice and lemon rind. Chill until mixture begins to thicken, mix crumbs, sugar and butter, put 1/2 crumbs in dish, whipped chilled milk with rotary beater until stiff. Fold into fruit mixture; pour into dish, sprinkle with rest of crumbs, chill 1 hr. or longer. Makes 4 servings.

DESSERT SUPREME - Mrs. Bennie Long

1 large can of Carnation milk
1 pkg. jello
1 1/4 c. boiling water 1 1/2 Tbsp. lemon juice

Chill jello, water and lemon juice in refrigerator till just beginning to set. Whip Carnation milk (which has been in freezer compartment of refrigerator) till it stands in peaks. Add 1/2 c. of sugar while still beating, add jello mixture. Add 1 med. can of pineapple, 1/2 lb. of marshmallows diced. Roll 2 1/2 c. of vanilla or chocolate wafers, put half in bottom of pan; pour in mixture add remainder of wafers. Jello of any color may be used to carry out color scheme for more color add food coloring.

ANGEL ICE BOX PUDDING - Mrs. Harry Van Gundy

14 graham crackers 1/2 c. powdered sugar
6 Tbsp. melted fat 1/8 tsp. salt

Crush graham crackers; mix and press into a pan.

(Cont'd.)

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FILLING:

1/2 c. rich milk	1 tsp. vanilla
30 marshmallows	1 c. cream whipped cocoa
1 oz. bitter chocolate	4 Tbsp. chopped nuts

Combine snipped marshmallows and milk in the top of the double boiler, when marshmallows are melted sit aside to cool, add grated chocolate and vanilla; fold in whipped cream, pour in prepared crust, sift cocoa over the top and sprinkle with chopped nuts. Set aside to chill cut into squares for serving.

CUSTARD - Celia Covey

1 c. milk heated	2 eggs, well beaten
2 Tbsp. sugar	Pinch salt

Add to hot milk and stir well. Pour in custard cups; sprinkle on nutmeg, place in pan of hot water; bake in 350° oven, until an inserted knife in the cup comes out clean.

ICE CREAM - Mrs. Leon McDowell

1 Tbsp. flour	1 c. sugar
2 eggs	Little milk

Mix and then add approximately 2 c. milk and cook until boils, then add 1 tsp. vanilla and 1 c. cream, let cool and freeze. When frozen around edges, take out and beat, then freeze.

CARAMEL FROSTING - Mrs. John McDowell

1 c. white sugar	1 tsp. vanilla
1 c. brown sugar	1 Tbsp. butter
1 c. rich milk	

Mix together, and bring to boil, let boil until forms soft ball when tested, take off fire and let cool then beat.

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494-16

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



ROUND STEAK
Braise

TOP ROUND
Broil • Fry
Panbroil

BOTTOM ROUND
Braise

RUMP ROAST
Braise • Roast

ROLLED RUMP
Braise • Roast

FLANK (CUBES)
Stew

FLANK STEAK
Braise

ROLLED FLANK
Braise

FLANK STEAK FILLETS
Braise



PIN BONE SIRLOIN STEAK
Broil • Panbroil

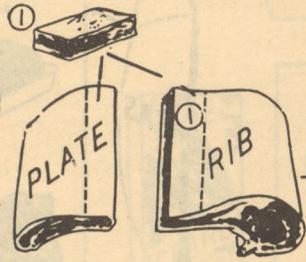
SIRLOIN STEAK
Broil • Panbroil

PORTERHOUSE STEAK
Broil • Panbroil

T BONE STEAK
Broil • Panbroil

CLUB STEAK
Broil • Panbroil

SHORT RIBS
Stew • Soup • Braise



ROLLED PLATE
Braise

PLATE (BOILING BEEF)
Braise

ROLLED RIB ROAST
Roast

STANDING RIB ROAST
Roast

RIB STEAK
Broil • Panbroil

ENGLISH CUT
Braise

ARM POT ROAST
Braise

ARM STEAK
Braise

BLADE STEAK
Braise

BLADE POT ROAST
Braise

TRIANGLE POT ROAST
Braise

BONELESS CHUCK POT ROAST
Braise

ROLLED NECK
Braise

BONELESS NECK
Braise • Stew

SHOULDER FILLET
Braise

BEEF BRISKET
Stew • Soup

CORNEBEEF
Stew

KNUCKLE SOUP BONE
Soup

BRISKET

SHANK

CROSS CUT FORE SHANK
Braise • Stew • Soup

veal chart



VEAL SCALLOPS
Braise



3
VEAL ROUND STEAK
Braise



VEAL RUMP ROAST
Roast - Braise



ROLLED VEAL RUMP ROAST



4



BREAST



1
HEEL OF VEAL ROUND
Braise



2
VEAL HIND SHANK
Stew - Soup



3
VEAL ROSETTES
Braise



3
VEAL ROUND ROAST
Roast - Braise

1
LOIN VEAL CHOP
Braise



SIRLOIN VEAL STEAK
Braise



3
KIDNEY VEAL CHOP
Braise

1
VEAL CROWN ROAST
Roast



VEAL RIB CHOP
Braise



VEAL RIB ROAST
Roast



RIB



VEAL BREAST
Braise



MOCK CHICKEN LEGS
Braise - Fry



VEAL LOAF
Roast



VEAL (CUBES)
Stew



VEAL RIBLETS
Braise - Stew

2
ARM VEAL ROAST
Roast - Braise



1
BLADE VEAL ROAST
Roast - Braise



BLADE VEAL STEAK
Braise



2
ARM VEAL STEAK
Braise



CITY CHICKEN
Braise



1
SHOULDER



ROLLED VEAL SHOULDER ROAST
Roast - Braise



VEAL FORE SHANK
Stew - Soup




VEAL PATTIES
Braise - Fry




SHANK


• pork chart



FRESH HAM ROAST,
Roast



ROLLED FRESH HAM ROAST
Roast



HAM BUTT SLICE
Broil • Panbroil • Fry





HALF HAM BUTT END
Roast




HALF HAM SHANK END
Roast • Stew



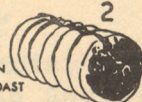
CENTER HAM SLICE
Broil • Panbroil • Fry



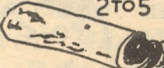
FAT BACK
Lard • Salt Pork




LARD
Shortening




SIRLOIN PORK ROAST
Roast




CANADIAN STYLE BACON
Broil • Fry




LOIN CHOP
Fry • Braise




RIB PORK CHOP




FRENCHED CHOP
Braise • Fry




BUTTERFLY CHOP




PORK TENDERLOIN
Braise • Roast • Fry




LOIN ROAST Ham End
Roast



LOIN ROAST Center Cut
Roast



CROWN PORK ROAST
Roast



LOIN ROAST Shoulder End
Roast



SMOKED COTTAGE ROLL
Roast • Broil • Fry



BLADE PORK STEAKS
Braise • Fry




BOSTON STYLE BUTT
Roast




ROLLED BOSTON STYLE BUTT
Roast




BACON SQUARE
Panbroil

SALT PORK
Broil • Panbroil



SPARERIBS
Braise • Roast



BACON
Broil • Panbroil




FRESH PICNIC SHOULDER
Roast




ARM PORK STEAK
Braise




ROLLED PICNIC SHOULDER
Roast




PICNIC



FRESH SHOULDER HOCK
Stew

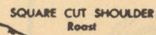
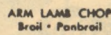
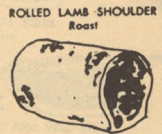
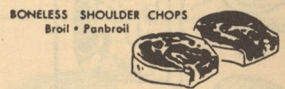
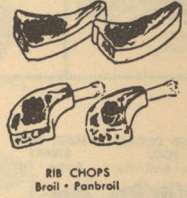
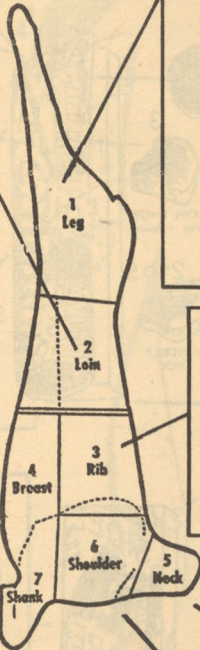
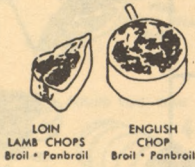


SMOKED PICNIC SHOULDER
Roast • Stew



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 mar-
inated. 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. Pour over rabbit.



"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."

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

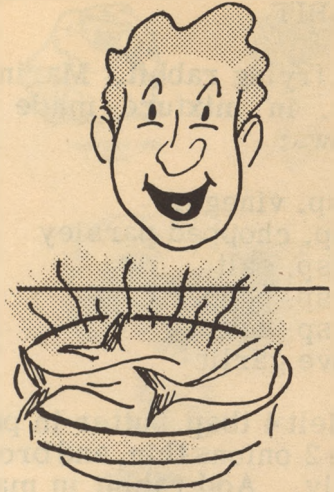
Take a 1 in. thick piece of round steak. Pound a cup of
flour in it. Salt and pepper on both sides before flouring. Put
a frying pan on stove with a quarter in. of fat in it. Get the
fat hot. Put steak in and brown on both sides. Take off stove.
Slice 2 or 3 big onions over it. Put 1 qt. of tomatoes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

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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

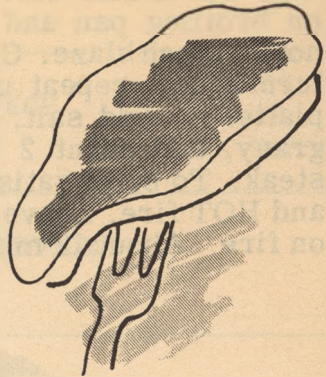
1 can tuna
1 can mushroom soup

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

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.

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

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*****

SPAGHETTI AND MEAT BALLS - Mrs. Glen M. Caldwell

1/2 tsp. pepper	1 lb. ground beef or 1/2 lb.
1 tsp. salt	ground beef and 1/2 lb.
1 tsp. chopped parsley	ground pork
4 med. sized onions, chopped	
4 cloves garlic cut fine	1 lb. long spaghetti
2 - 8 oz. cans tomato paste	Parmesan cheese
2 - 8 oz. cans water	
1 can tomato sauce	
1/4 can olive oil or salad oil	

Cook onions and garlic in 1/2 of the hot oil until brown, add tomato paste, water, tomato sauce and parsley and seasonings and 2 tsp. cheese, add 1 Tbsp. cheese to the meat, season with salt and pepper to taste and form small balls. Place this another pan with the rest of the oil, and brown lightly. Add the brown meat and cook slowly, for 2 1/2 or 3 hours. You may add more water if your sauce becomes too thick. Cook spaghetti in boiling salt water until tender, drain and rinse in hot water. Pour sauce over spaghetti or put in separate dish. Use cheese again if desired on individual servings. Serves 6.

ONE DISH MEAL - Mrs. Roy Krauthoff

Slice raw potatoes in bottom of well greased casserole and season to taste, add a layer of sauer kraut, cover with either browned pork chops, or brown slice of ham, pour meat drippings over the meat and vegetables, and bake until potatoes are done.

FISH FLAKES MEXICAN STYLE - Mrs. Tom Frink

Let a cup and a half of canned tomatoes, 1/2 of a green or red pepper cut in shreds, a slice of onion, 1/4 tsp. salt, simmer 15 min., press through a sieve, add a Tbsp. butter, and 1 can of fish flakes. Let stand over the fire to become very hot, serve with boiled rice.

CORN AND HAM CASSEROLE - Mrs. Matt Remele

1 can whole kernel corn drained	
2 c. ground ham	2 hard boiled eggs
1 c. white sauce	Pimento taste

Place in baking dish, alternate layers of corn, white sauce and ham, eggs and pimento. Sprinkled buttered corn flakes over the top. Bake in moderate oven 1/2 hour.

SALMON LOAF - Hazel E. Gray

1 can salmon	1 tsp. melted butter
1/2 c. bread crumbs	1/2 tsp. salt
1/2 c. milk	Paprika
1 egg	

Drain salmon, reserving the liquid. Mix the bread crumbs with the milk and egg, and add to the salmon with the butter and other seasonings. Turn into a buttered mold, and bake 30 min., oven 425°. Serve with a white sauce.

WHITE SAUCE:

1 Tbsp. butter melted	1/4 tsp. salt
1 Tbsp. flour	1 c. milk

Melt butter and blend in other ingredients.

MEATBALLS - Mrs. Anna Taylor

1 lb. ground meat	2 chopped onions
3/4 c. quick oatmeal	Salt and pepper to taste
2/3 c. milk	

Mix and form in balls, roll in flour and brown in hot fat.

SAUCE:

1 c. catsup	1 or 2 Tbsp. Worcestershire sauce
1 c. hot water	
3 Tbsp. vinegar	1 Tbsp. sugar
	Salt to taste

Mix sauce and pour over balls.

BARBECUED PORK SPARE RIBS - Velma Gottschalk

2 lbs. spare ribs	1 tsp. salt
1 Tbsp. celery seed	1 tsp. chili powder
1 tsp. paprika	1/4 c. brown sugar (packed)

Mix together salt, celery seed, chili powder, paprika, and brown sugar; rub over ribs. Broil on each side, for about 8 min., with the top of meat about 3 inches from flame, and until the ribs are well browned. Place in roasting pan, and pour the tomato sauce over the ribs.

TOMATO SAUCE:

1 can of tomato soup	6 tsp. vinegar
1/2 c. water	2 Tbsp. brown sugar

Bake in moderate for 1/2 hour.

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CHOP SUEY - Norma Cole

1 lb. pork chopped fine	1 tsp. soy sauce
1 lb. veal	1 tsp. brown sugar
1 1/2 c. onions sliced	1 c. tomatoes
1 can of bean sprouts, drained	3 c. celery

Cook meat till tender and brown, add celery and onions; cook till tender. Add rest of ingredients and serve over one can fried noodles.

DAD'S ROAST BEEF PIE - Virginia Wright

1/2 c. minced onions	1 c. sliced cooked carrots
1/2 c. minced celery	1 Tbsp. Worcestershire sauce
2 Tbsp. fat	1 - 2 oz. cans mushrooms or broth
2 tsp. flour	1 tsp. salt
1 1/2 c. left-over beef or veal	1/8 tsp. pepper
1 c. diced cooked potatoes	1 c. left-over gravy

Cook onions and celery in hot fat until golden. Stir in flour, add remaining ingredients; simmer 10 min. Pour mixture into well greased, deep casserole, cover with plain pastry: Sift 1 c. flour and 1/2 tsp. salt, cut in 1/3 c. shortening, until pieces are size of small peas. Slowly add 2 or 3 Tbsp. cold water, tossing with fork until mixture will just hold together. Bake in hot oven 450° 20 min.

VEAL RICE CASSEROLE - Nona Walton

Cut up 1 1/2 to 2 lb. veal steak, brown in fat with 2 medium sized onions. Add 2 c. finely chopped celery, 2 cans mushroom soup, 2 cans chicken soup, and 2 c. water, 1 large can mushrooms and juice, stir in 1 c. of washed and dried rice. Bake 1 1/2 to 2 hrs. in oven 325° to 350°.

PORK AND NOODLE CASSEROLE - Narguarette Colton

2 lbs. coarse ground, lean, fresh pork
1 large onion, chopped
1/2 lb. medium noodles cooked
1 can of tomato soup
2/3 c. grated sharp cheese (cheddar)
1 1/2 to 2 tsp. salt

Cook pork and onion until nearly done. Drain off ex-

cess fat. Combine cooked pork and onion with rest of ingredients and bake at 300° for 2 hrs. Serve with potato chips, green salad and toasted garlic bread. Serves 10 to 12.

OLIVE CHICK ETTI - Marguarette Heinzelman Colton

1 - 5 lb. stewing chicken 2 c. sliced celery
1/4 c. oil or shortening 1/2 c. diced pimento
6 c. hot water 1 lb. spaghetti
1 Tbsp. salt 1 1/2 c. whole or pitted ripe
1/3 c. chopped onion olives
1/3 c. diced green pepper 2 c. cheddar cheese

Disjoint chicken and brown in hot oil. Add hot water and salt, cover and cook slowly until tender. Cool sufficiently to handle. Skim off excess fat. Remove skin and bones from chicken, leaving meat in large pieces and return to broth. Cook onion, celery and pepper in a little of the chicken fat until wilted and clear. Stir into chicken broth, add pimento and heat to boiling. Add broken spaghetti. Boil until spaghetti is tender, adding more water if needed. Cut some olives into large pieces and leave some whole. Just before serving, stir olives and cheese into chicken mixture and heat slowly until cheese is melted. Serves 8 to 10.

ONE DISH MEAL - Mrs. Earl Cross

Butter baking dish and add 1 layer of sliced raw potatoes, sprinkled with salt. One-third cup of uncooked rice, 1 lb. hamburger, 1 onion and 1 carrot sliced, 1 qt. tomatoes, sprinkled with 2 Tbsp. sugar and a little pepper. Bake in moderate oven 350° 2 hours.

SPANISH RICE - Donna Bales

6 slices of bacon chopped 1 1/2 c. cooked rice or 3/4 c.
1/4 c. chopped onion uncooked
1/4 c. chopped green 1 tsp. salt
pepper 1/8 tsp. pepper
2 c. canned tomatoes

Fry bacon until crisp, remove and add onions and green pepper, cook slowly until onion is soft and yellow, add remaining ingredients, and bacon; bake in a greased casserole, in moderate oven 350° about 30 min.

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SPAGHETTI RING WITH STUFFED EGGS - Della Nead

1 pt. canned tomatoes	Dash pepper
1 bay leaf	1/4 pkg. spaghetti
3 whole cloves	3/4 c. grated cheese
2 tsp. sugar	5 hard boiled eggs
1 tsp. salt	

Boil first 6 ingredients in saucepan for 3/4 hours then strain; add 3/4 c. of grated cheese to tomato sauce, then to the spaghetti which has been boiled in salt water, boil for 10 more minutes, arrange the eggs in the center of a serving dish, make ring of spaghetti around them.

Cooking tip: When boiling eggs, add salt to the water, if eggs should crack while cooking, the whites will not come out.

VEAL BIRDS - Florence Fink

Veal cutlets 1/4 in. thick	1/2 tsp. pepper
1 c. bread crumbs	1/4 c. flour
3/4 c. chopped parsley	3 Tbsp. fat
1 Tbsp. butter melted	1 c. water
1/2 tsp. salt	

Cut veal in six squares pound very thin. Combine bread crumbs, parsley, melted butter, salt and pepper; put a spoonful in center of each square or cutlet, roll up meat and fasten each roll with toothpicks or string, roll each bird in flour, melt fat in heavy skillet and brown veal birds on all sides, add water and cover closely and simmer slowly, 40 to 50 min. until tender.

MEAT LOAF - Mrs. Eva Case

2 lbs. ground beef	1 c. soft bread crumbs
1/2 lb. sausage or salt pork	1 c. milk or tomatoes
1/2 c. chopped onion	1 egg, well beaten
1/4 c. chopped parsley	1 tsp. salt
1/4 c. chopped celery	Dash pepper

Mix all ingredients together if salt pork is used cut it in small pieces and fry until lightly brown before adding to other ingredients. Place mixture into a loaf pan bake at 350° 1 1/2 to 2 hrs. Serve hot or cold, 8 to 10 servings.

CHICKEN PILAN - Ronda Masengill

4 lb. hen	5 Tbsp. Worcestershire
1/2 lb. bacon	sauce

2 large onions
2 green peppers
1 clove garlic
1 bottle catsup

1 tsp. chili powder
Pinch allspice
4 c. rice

Fry bacon, add onions and green peppers, 2 c. of chicken broth, take meat from bones and add, take rice and add, steam until done.

TUNA CASSEROLE - Mrs. Bertha Parks

1 can tuna
Package of potato chips (about 25¢ size)
1 c. green peas
1 can mushroom soup
Salt and pepper
1 c. sweet milk

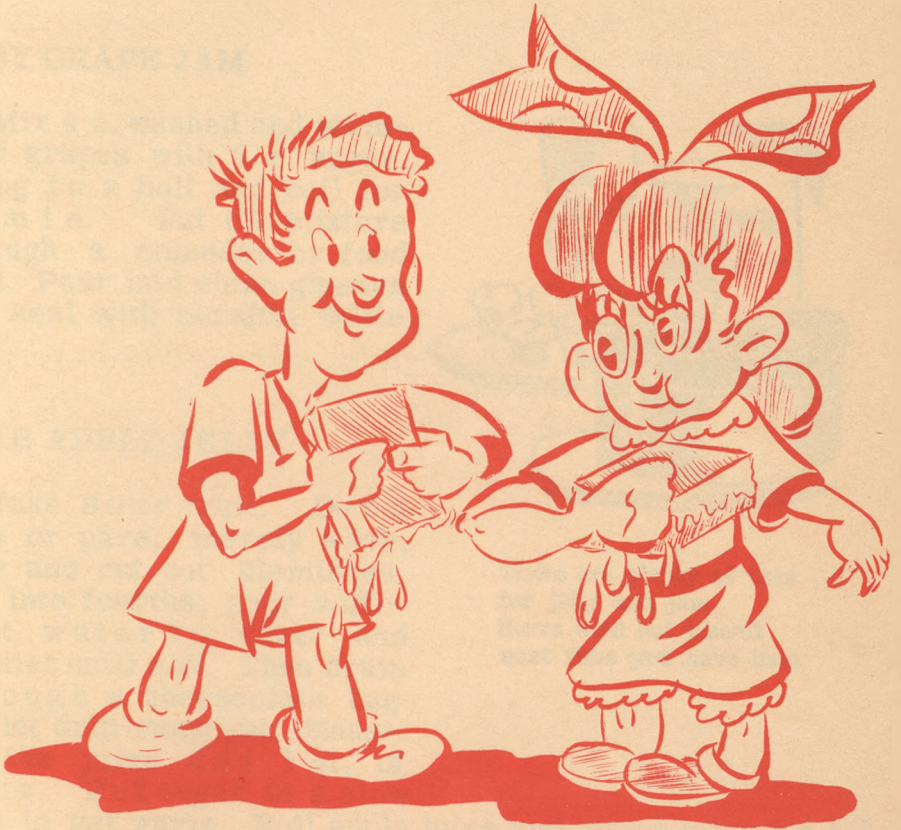
Slightly crush the potato chips, into a buttered baking dish, add the following: Use $\frac{3}{4}$ of the potato chips for the first layer then add the tuna, add a layer of peas over the tuna. Mix the milk with the mushroom soup. Pour evenly over all in baking dish. Add remainder of potato chips. Dot with butter and sprinkle with paprika. Bake in 375° oven about 30 min.

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PATRONIZE MERCHANTS ADVERTISED HEREIN

FOR TREATS IN
RECORDS
FOR THE
FOR THE
FOR THE
FOR THE

JAMS JELLIES PRESERVES



FOR THOSE *Sprite* IN RECIPES

1 cup all purpose flour
1/2 cup sugar
1/2 cup butter
1/2 cup milk
1/2 cup oil
1/2 cup eggs

Fry onion, add onion and green pepper. Fry in oil until onion is tender. Add salt, pepper and sugar. Cook until onion is tender.

1/2 cup flour
1/2 cup sugar
1/2 cup butter
1/2 cup milk
1/2 cup oil
1/2 cup eggs

1/2 cup flour
1/2 cup sugar
1/2 cup butter
1/2 cup milk
1/2 cup oil
1/2 cup eggs



ATMOSPHERE MERCHANTS ADVERTISED HERE

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:

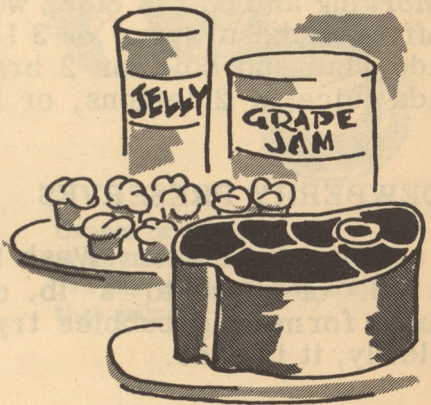
6 c. juice

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.

PATRONIZE OUR ADVERTISERS

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 CANTALOUPE

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

cloves

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.

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JAMS - JELLIES - PRESERVES*****

GRAPE MARMALADE - Celia Covey

1 c. grapes stemmed and washed

1 c. sugar

Put on stove and bring to a boil, boil so minutes (full rolling boil); remove from fire, run through fine sieve. Put in jars and paraffin.

PEAR CONSERVE - Celia Covey

1 pk. or 2 gal. pears cut in small pieces

3 oranges ground

1 med. can pineapple

1 med. bottle of maraschino cherries chopped fine

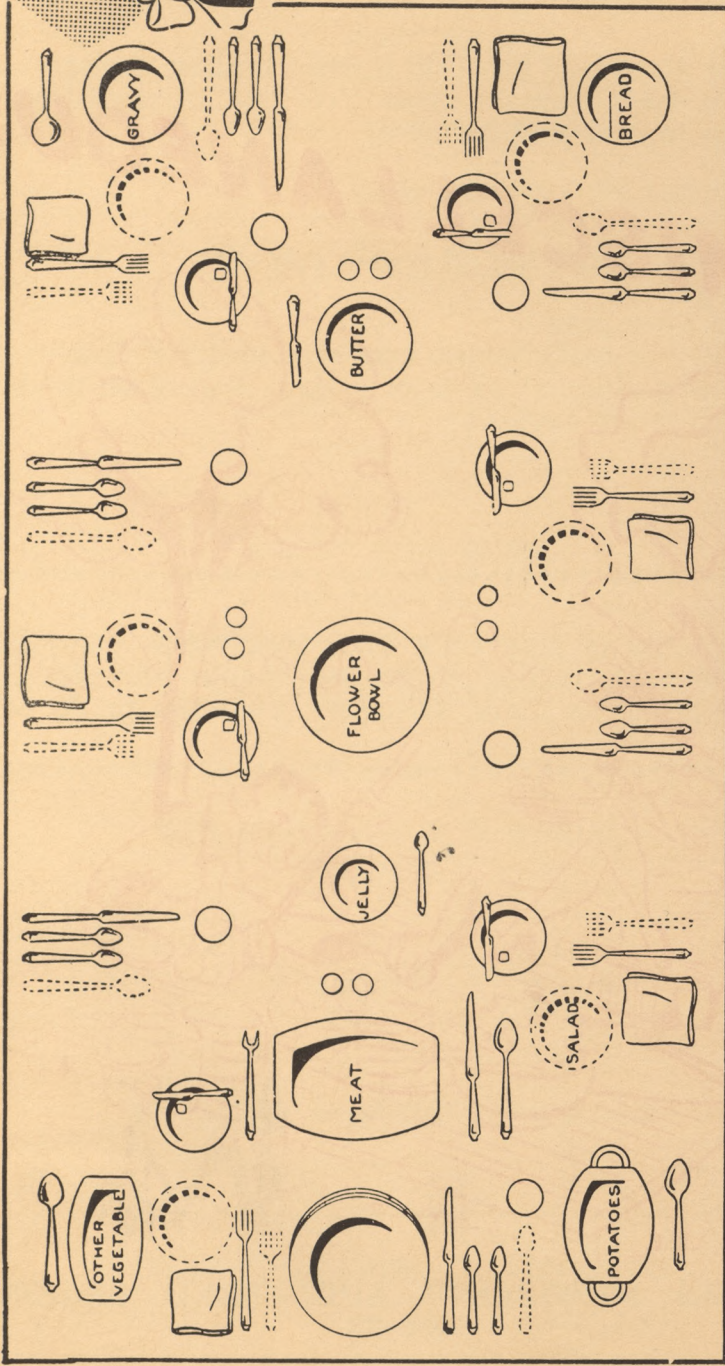
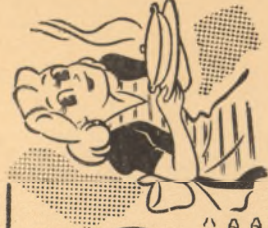
Mix and add equal parts of sugar, boil down thick delicious over ice cream.

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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-equal 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.

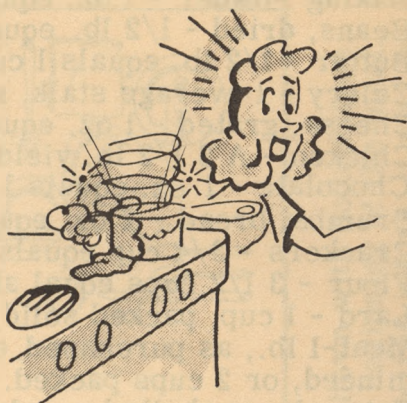
1 tbsp.-averages 1 oz. of dry or 2 ozs. of liquid.

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

1 fluid dram-equals $3/4$ tsp.

1 fluid oz. - equals 2 tbsp.

1 liter - equals 1.06 qts.



HOW MANY CUPS ARE THERE IN A CAN?

No. 1 size weighs 10 ozs. $1 \frac{1}{3}$ cups.

No. 2 size weighs 1 lb., 3 ozs. - 2 $\frac{1}{2}$ cups.

No. 2 $\frac{1}{2}$ size weighs 1 lb., 12 ozs. - 3 $\frac{1}{3}$ 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 $\frac{1}{2}$ can of peaches or pears has 12 to 15 halves.

A No. 2 $\frac{1}{2}$ 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 $\frac{1}{2}$ tsp. baking powder.

2. $\frac{1}{2}$ tsp. soda with 1 cup sour milk is equivalent to $1 \frac{1}{2}$ tsp. baking powder and will leaven $1 \frac{1}{2}$ 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 $1 \frac{1}{3}$ tbsp. vinegar or $1 \frac{1}{2}$ tbsp. lemon juice. Also, $\frac{1}{4}$ cup grapefruit juice or $\frac{3}{4}$ cup orange juice with water or sweet milk to make 1 cup may be substituted for sour milk.

4. $3 \frac{1}{2}$ tbsp. cocoa plus $\frac{1}{2}$ tbsp. butter is equivalent to 1 oz. or 1 sq. chocolate.

5. In substituting hydrogenated fat for butter, add $\frac{1}{2}$ 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 pimienta
- 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

FOR THOSE WHO WANT TO
VEGETABLES
SOUPS and
SALADS



1 cup sugar
 1 cup butter
 1 cup milk
 1 cup cream
 1 cup vanilla
 1 cup salt

FRUIT BUTTER
 1 c. sugar
 1 Tsp. butter
 1 Tsp. vanilla
 1 Tsp. salt

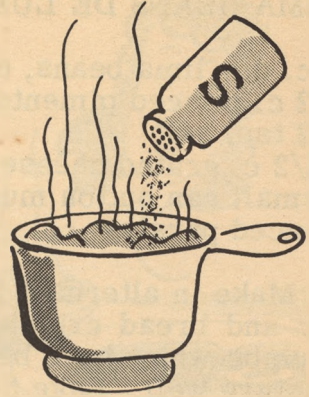
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KARTOFFEL KLOESE (POTATO DUMPLINGS)

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)	1/2 tsp. salt
1 tsp. onion juice (optional)	

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.

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LIMA BEANS DE LUXE

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

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
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
1/4 lb. salt pork, sliced

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 tsp. flour
1 tsp. prepared mustard

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:

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

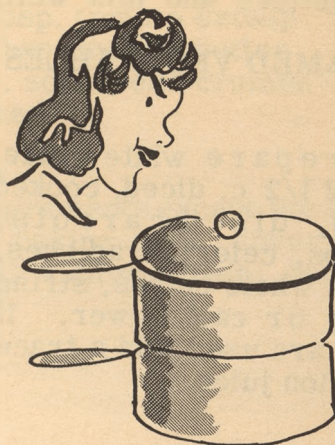
1/2 c. vinegar
1/3 c. sugar
1 tsp. butter
pepper and salt to suit
taste

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.



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

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.

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) Spanish Queen Olives
1 1/2 c. celery (cut in pieces) 2 hard cooked eggs
1 tsp. salt

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.

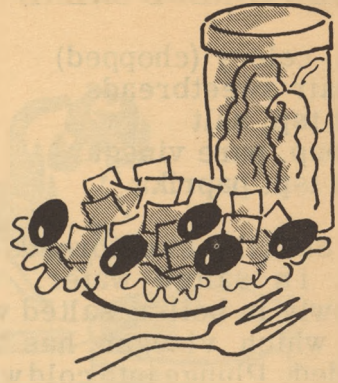
HAM SALAD

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

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 tsp. grated onion
1/2 tsp. celery salt
1/2 tsp. salt
2 tbsp. cornstarch

1/8 tsp. pepper
1 pt. boiling water
1 pt. milk
2 tbsp. Mazola

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
1/2 c. broken walnut meats

1 c. chopped celery
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.

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ORANGE SALAD - Patricia Pommer

Place 1/2 orange (diced) on lettuce leaf. Place 1 tsp. mayonnaise on diced oranges. Place maraschino cherry on top.

IVANHOE SALAD - Marguarette Colton

1 c. cream whipped 1 1/2 c. grated American
1 c. mayonnaise cheese
6 canned pear or peach halves

Combine cream, mayonnaise and 1 c. of the cheese. Pour into refrigerator tray and or individual molds and arrange fruit in dressing. Top with remaining cheese. Freeze. Serve on crisp greens.

**FRUIT SALAD WITH MARASCHINO CHERRIES -
Marguarette Colton**

1 - 3 oz. pkg. cream cheese
1/2 c. mayonnaise
1 - 4 oz. bottle cherries
2 med. oranges, peeled and sliced
1/2 c. crushed pineapple, drained
1/2 c. chopped pecans
1 c. heavy cream 2 Tbsp. sugar

Soften cheese and combine with cherry juice and mayonnaise. Add oranges, pineapple and cherries that have been cut into small pieces. Mix well. Whip cream, fold in sugar. Fold into fruit mixture. Freeze in individual molds or in 1 qt. mold. Serves 6 to 8.

**FRUIT SALAD WITH MARSHMALLOWS -
Marguarette Colton**

1 Tbsp. (1 envelope) plain gelatin softened in juice from one 9 oz. can pineapple and dissolved over hot water.
1 1/2 c. heavy cream 1/2 c. sliced cherries
1/2 c. mayonnaise 2 mashed bananas
2 Tbsp. lemon juice Crushed pineapple
1/4 c. maraschino 12 marshmallows, cut up
cherry juice

Freeze in two small trays or one large one and serve with an ice cream scoop or cut in squares on greens. Serves 8.

FRUIT SALAD WITH WATERCRESS - Marguarette Colton

1 Tbsp. plain gelatin softened in
1/2 c. cold water dissolve over hot water

1 pt. whipping cream
 1/2 lb. of cream cheese or 3 - 3 oz. pkgs.
 1/2 c. lemon or lime juice
 3/4 tsp. salt
 3/4 c. mayonnaise
 3 c. sliced bananas
 3 c. diced orange or canned pineapple
 1/3 c. maraschino cherries cut in for pieces each
 3 bunches watercress cut fine and washed well, dried
 both stems and pieces. Freeze in large mold or in-
 dividually or more cress. Makes 24 servings.

COMBINATION SALAD - Mrs. H. M. Allen

1 med. sized head lettuce 1/4 tsp. salt
 2 med. sized tomatoes 3 Tbsp. vinegar
 1 small onion 3 Tbsp. salad oil
 1/4 tsp. concentrated garlic

Cut the lettuce to bit size, slice the tomatoes or
 cut them in 1/2 in. squares, add chopped onion. Mix
 garlic, salt, vinegar and salad oil together. Add this
 to the lettuce and tomatoes, and toss thoroughly. If
 desired you may add 1 sliced cucumber.

WILTED LETTUCE - Mrs. Bud Blaisdell

Leaf lettuce 1/3 c. water
 6 slices bacon 1 tsp. sugar
 2/3 c. vinegar Paprika

Fry bacon until crisp and cut into pieces. Add
 vinegar and water to hot bacon fat, heat to boiling and
 pour over lettuce. Add bacon and diced raw onion if
 desired. Add paprika.

SUMMER FRUIT SALAD BOWL - Mrs. Earline Brown

1 ripe cantaloupe Crisp lettuce
 2 avocados French dressing
 3 c. black cherries Paprika

Line a salad bowl with crisp lettuce, add strips of
 melon and avocado, add cherries after removing seed,
 and fill center with cream cheese or nuts. Add french
 dressing.

PATRONIZE MERCHANTS ADVERTISED HEREIN

HAM AND PINEAPPLE SALAD - Mrs. Claude Buck

Blend 2 c. of cooked ham (cubed) 1 c. diced pineapple, 1 c. diced celery, 1/2 c. french dressing. Top with mayonnaise.

SWEET SOUR CABBAGE - Mrs. Frank Rooney

4 to 6 c. shredded cabbage 1/2 tsp. salt
1 Tbsp. water Dash pepper
8 strips diced bacon 1/4 tsp. paprika
1 Tbsp. brown sugar 1/4 tsp. dry mustard
3 Tbsp. vinegar

Use any type of cabbage, boil until tender, drain and keep hot. Fry the bacon until crisp, combine dry ingredients and add to bacon. Add vinegar and water; heat to boiling point. Pour over the hot cooked cabbage. Makes 4 to 6 servings.

MEAT AND VEGETABLE PIE - Mrs. Sam Brinton

2/3 c. cubed carrots 1 c. cubed cooked meat
2/3 c. cubed potatoes Meat gravy
1 small onion sliced 1/2 recipe of rich biscuit
dough

Cook the vegetables in rich boiling salt water until almost tender, drain. Add some of cooking liquid to the gravy if needed to make about 1 1/2 c. Mix vegetables and meat gravy together, heat thoroughly. Pour into baking pan. Cut biscuits and arrange on top of mixture, bake 425° until biscuits are done and pie is hot about 15 min., makes 4 servings.

STUFFED EGG PLANT - Mrs. H. M. Allen

1 med. sized egg plant 1/4 tsp. pepper
1 large chopped onion 1/2 tsp. salt
1/2 lb. ground meat beef or pork
1/2 lb. salt pork 2 - 8 oz. cans tomato paste
Small chunk of Italian cheese or 3 Tbsp. Parmesan
cheese 3 - 8 oz. cans water
1/4 green pepper chopped 1/2 tsp. garlic salt
1 tsp. parsley chopped

Make tomato sauce with tomato paste, water and garlic salt, select 1 med. egg plant, peel some skin off, dig out the inside of egg plant, leaving wall of about 1/2 inch thick. Add the following: 1/2 lb. ground meat, chopped onion, salt pork, cheese, green pepper, parsley, salt and

pepper. Cut the inside of the egg plant which was taken out into small pieces.

NOTE: Brown ground meat, onion, salt, pork and chopped egg plant, each should be browned separately. Cover top of egg plant with part that was cut off (tie with string). Bake in tomato sauce until tender.

FISH FLAKE SALAD - Mrs. E. M. Pratt

Pour 3 Tbsp. olive oil, 2 Tbsp. vinegar, 1 tsp. grated onion and 1/2 tsp. paprika, over a can fish flakes, mix together and let stand 1 hour or more in a cool place. Turn upon a bed of crisp well cleaned lettuce leaves, just before serving. Garnish with figures cut from slices of pickled beet.

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