

ORIENT CHAPTER'S OWN COOK BOOK

ORDER OF EASTERN STAR
MANCHESTER, IOWA





4 *Here's a pie for the man in your life: handsome as can be, rich with the flavor of port wine.*

Raisin-Wine Pie

2 cups golden seedless raisins	3 tablespoons flour
1½ cups boiling water	1 tablespoon grated lemon peel
½ cup port wine	3 tablespoons lemon juice
½ cup sugar	Few drops red food coloring
	Pastry for two-crust 8" pie

Rinse raisins; add water; boil 5 minutes. Stir in wine. Blend sugar and flour; stir in; boil 1 minute longer, stirring constantly. Remove from heat; stir in lemon peel, lemon juice and coloring. Turn into pastry-lined pie pan. Cover with top crust. Flute edges; prick surface with fork. To glaze, brush with egg white, sprinkle lightly with sugar and cinnamon. Bake in hot oven (425°) 30 minutes. *Continued on page 26*

THIS COOK BOOK
IS WORTH

\$60.00

IN
COUPON TRADE VALUE

Rice Christmas Salad

- 1 pkg cherry jello
- 1 cup boiling water
- 1 can (2 cup) whole cranberry sauce
- $\frac{1}{2}$ cup pecan halves

2nd Layer

- 1 pkg lemon jello
- 1 cup boiling water
- 1 pkg 3 oz cream cheese
- 1 cup crushed pineapple with juice

3rd Layer

- 1 pkg lime jello
- 1 cup boiling water
- 1 cup grapefruit juice
- 1 cup grapefruit sections canned or fresh

Salad - Nava

- 1 pkg lemon jello
- 1 cup hot water - pinch salt
- $\frac{1}{4}$ teas. paprika
- 1 cup ginger ale
- 1 small can white grapes - spiced
- 1 can pineapple tidbits
- $\frac{1}{3}$ cup slivered almonds.

ACKNOWLEDGEMENT

We wish to acknowledge the fine spirit of co-operation by the organization members and the community at large including the merchants and business firms, without which this cook book could not have been possible.

To the women of the community who contributed their recipes we say many thanks.

The Organization

Brine for Vegetables
4 level teaspoonfuls of pure table
salt in 1 quart of cold water
To cook shrimp for salad or cocktail

Place frozen into boiling seasoned
water, allow water to come back to a
boil, then set off and allow to cool
in cooking water.

Margaret Roe - Dill pickle
1 qt jar Libby dill pickles drained & out
2 cup sugar 1 teaspoon white mustard seed
Stir often

Maid-rites - Freda
3 lb Hamburger
1 can tomatoe soup
1 lbs prepared mustard
little onion

OFFICERS FOR 1951

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Cranberry relish - Eva

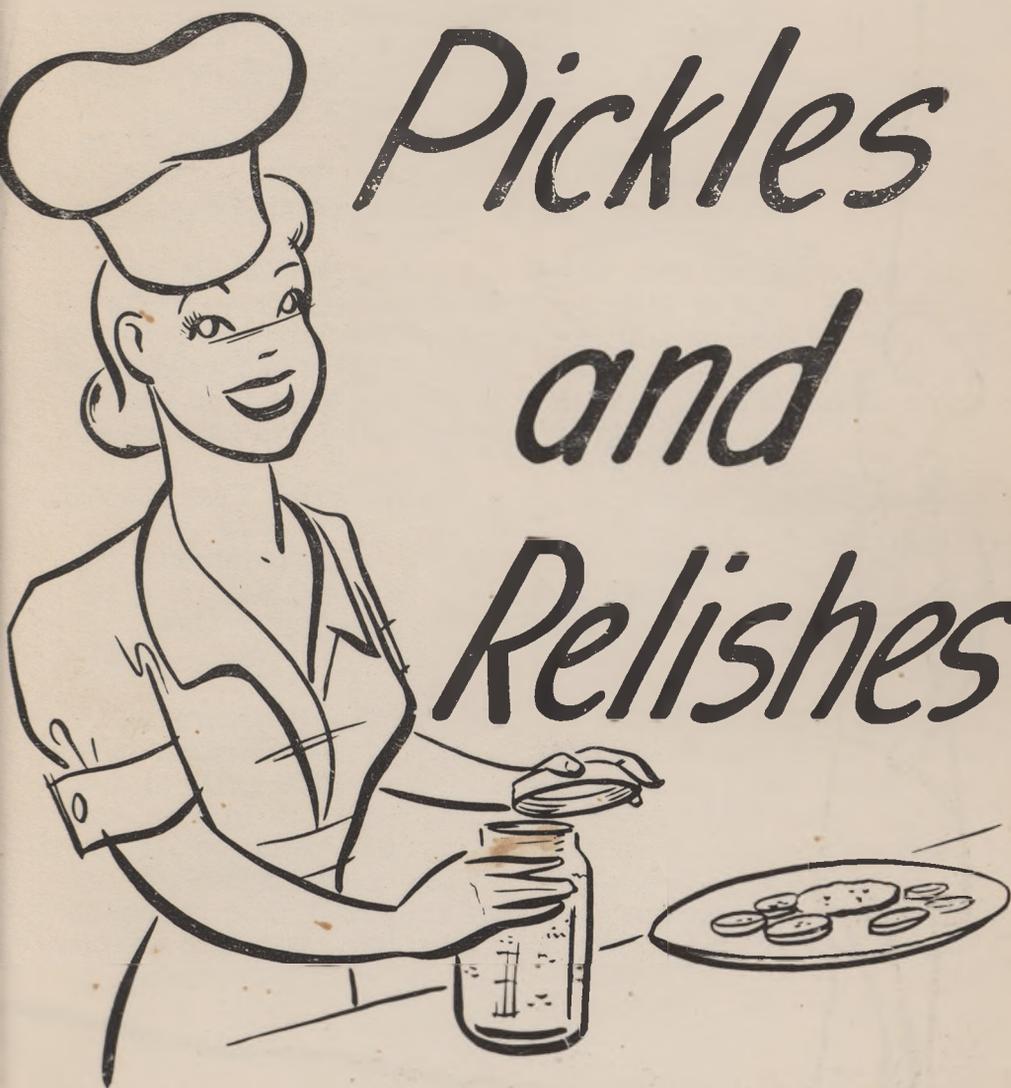
*1 orange
1 lb cranberries
6 red apples or 3 a.
1 1/2 cup sugar or 1/2 + 1/2
fruit + sugar*

*Put fruit through
food chopper + mix with
sugar. Place in covered
jar for 24 hr.*

*Blanche Cranberry salad
2 cup whole cranberry
1 orange
3 apple*

*Grind + add
1 cup sugar let stand.
add to 1 pkg cherry
jello dissolved*

*Hors d'
Oeuvres,
Pickles
and
Relishes*



Write extra recipes here:

Dora Robinson - Cheese cake

1 pkg lemon jello - 1 cup hot water
mix 1 large pkg Philadelphia cream cheese
1 cup sugar. add 2 jello & chill
Whip 1 tall can evaporated milk then
beat all together. put Vanilla wafers on top

Dats squares - Stella

1/2 cup shortening ^{Pan 8x8. Put into greased}
1/2 cup Brown sugar ^{325. Bake 30 min}
1/8 teas. salt ^{Cool, cut in}
1/4 ^{squares.}
Roll in p. sugar

1 egg
1/2 cup flour, 1/2 teas Baking powder

1 cup chopped dates

1/4 cup nut meats

Mildred salad

1 cup mandarin oranges

1 cup pineapple

1 cup small marshmallows

1 cup coconut

1 cup sour cream. Mix all and

let stand 24 hr.



HORS D'OEUVRES, PICKLES, RELISHES

SANDWICH SPREAD

Mrs. Gail Hall

1 can pimiento	2 hard-boiled eggs
Cheese to taste	2 Tbsp. onion
	Salt

Put above through meat grinder. Add dressing made of:

1 Tbsp. flour	1 Tbsp. sugar
1 egg	1 Tbsp. butter
	1/2 c. cream or top milk
	2 Tbsp. vinegar

cooked until thick and cooled.

CRISP SWEET PICKLES

Mrs. Pearl Pettlon

1 gal. vinegar	1 c. sugar
1 c. salt	1 c. dry mustard
1 c. mixed pickling spices	2 gal. cucumbers

Put cucumbers in a jar. Cover with boiling water and let stand overnight. Wipe dry and pack in jar. Mix vinegar, sugar, salt, mustard and pickling spices. Pour over cucumbers and stir. Add 1 c. sugar each day for 12 days, stirring each time. Pack in fruit jars and seal. These pickles stay crisp for several years.

SEVEN-DAY PICKLES

Mrs. Fern Boardway

1 pk. cucumbers	1 gal. vinegar
1 large c. salt to each	1 gal. sugar
1 gal. water	Mixed spices
2 Tbsp. alum	

Cut cucumbers lengthwise. Put in cold water with salt. Leave 4 days. The 5th night, take out of salt water and put them in clear water. Next morning, take 1 gal. water and alum, and heat. Remove pickles from clear water and put in the alum water and boil 5 minutes. Drain pickles and place in crock. Mix vinegar, sugar and spices. Heat. When hot, pour over pickles. Next morning, drain off the vinegar and heat, and pour back over them. Third morning, heat and seal.

SLICED CUCUMBER PICKLES

Mrs. Irene Boss

1 doz. cucumbers	1 tsp. ground mustard
1 doz. small onions	1 tsp. ginger
1 tsp. celery seed	1 pt. vinegar
1 tsp. white mustard seed	1 c. sugar

Sprinkle cucumbers, peeled and sliced, and onions, sliced, with salt. Let stand 1 hour; then drain. Mix all ingredients together and boil 5 minutes. Use rather large cucumbers. Makes 2 1/2 or 3 quarts.

CARROT RELISH

Mrs. Opal Robinson

1 qt. cabbage, ground	1 qt. sugar
1 qt. carrots	1 Tbsp. mustard seed
1 qt. green tomatoes	1 Tbsp. celery seed
3 large peppers	1 Tbsp. salt
1 qt. vinegar	

Grind cabbage, carrots, tomatoes and peppers. Mix all together and cook 1 hour. Seal in sterilized jars.

GREEN RELISH

Mrs. Laura Foell

4 c. ground onion	6 sweet red peppers
1 medium head cabbage, 4 c. ground	1/2 c. salt
10 green tomatoes, 4 c. ground	6 c. sugar
12 green peppers	1 Tbsp. celery seed
2 c. water	2 Tbsp. mustard seed
	1 1/2 tsp. turmeric
	4 c. cider vinegar

Grind vegetables, using coarse blade of grinder. Sprinkle with 1/2 c. salt. Let stand overnight. Rinse and drain. Combine remaining ingredients; pour over vegetable mixture. Heat to boiling. Simmer 3 minutes. Seal in hot sterilized jars. Makes 8 pints.

PEPPER RELISH

Mrs. Gertrude Galyean

12 red peppers	2 c. vinegar
12 green peppers	2 c. sugar
12 onions	3 Tbsp. salt

Put peppers and onion through coarse blade of food chopper. Cover with boiling water; let stand 5 minutes; then drain. Add vinegar, sugar and salt, and boil 5 minutes. Seal in jars.

Soups, Salads in Vegetables



Write extra recipes here:

Cranberry salad - Gertrude

- 2 cup ground cranberries
 - 1/2 cup chopped celery
 - 1/2 cup broken nut meats
 - 1 pkg cherry jello
 - 1/2 cup water
 - 1/2 cup sugar
- mix cranberries & sugar
and let stand. Dissolve
jello in hot water. mix
all and add to jello
when partly set

Salad - Alice

- 1 pkg lemon jello ^{and lime}
 - 2 cup water
- Put in mold
to harden

1 pkg orange jello

2 cup hot water

1/4 lb marshmallows cut up.

1 3oz pkg cream cheese

1/2 cup miracle whipp

Keep hot until well blended, when
starts to congeal add 1 small can
crushed pineapple. 1 cup whipped
cream. Add to first layer

5 cup salad

1 cup sour cream

1 cup pineapple tidbits drained

1 cup mandarin oranges drained

1 cup miniature marshmallows

1 cup shredded coconut Let stand
overnight



SOUPS, SALADS, VEGETABLES

SPLIT PEA SOUP

Mrs. Pauline Seeds

1 ham hock	1 medium carrot
1 c. green split peas	Bay leaf, size of 1/2 dime
5 c. water	1 tsp. salt
2 stalks celery, cut fine	1 medium onion, chopped

Cook 1 hour or until peas are tender. Puree. Season with butter and a little cream.

AVOCADO SALAD

Mrs. Velma Allyn

1 pkg. lime Jell-O	1 Avocado
1 1/2 c. boiling water	Pecan meats
1 grapefruit	1/2 c. salad dressing
1/2 tsp. lemon juice	

Dissolve Jell-O in boiling water; then cool. When it starts to congeal, add remaining ingredients.

CRANBERRY SALAD

Miss Patricia Barr

1/4 lb. cranberries	1 c. sugar
1 orange	1 box cherry Jell-O
2 apples	1 1/2 c. boiling water

Add sugar and Jell-O to boiling water. Grind rest of ingredients and add to Jell-O when it begins to set.

FROZEN SALAD

Mrs. Cora Matthews

1 large pkg. cream cheese	1 No. 2 can crushed pineapple
1 small pkg. cream cheese	1 c. mild mayonnaise
1 1/2 c. cream, whipped	12 marshmallows
1 No. 2 1/2 can fruit cocktail	Maraschino cherries

Mash cheese. Add whipped cream. Drain cocktail and pineapple. Add mayonnaise. Dissolve marshmallows in 2 Tbsp. fruit juice over hot water. Add drained fruit and combine all ingredients. Freeze. Serves 18.

P A T R O N I Z E Y O U R L O C A L M E R C H A N T

FRUIT SALAD DRESSING

Mrs. Ruby Schmitz

3/4 c. sugar	1 tsp. dry mustard
1 tsp. salt	1/3 c. vinegar
1 tsp. paprika	1 tsp. grated onion
1/2 tsp. celery seed	1 c. salad oil

Heat vinegar and sugar just enough to dissolve sugar. Let cool. Put all ingredients in mixing bowl, except oil. Add oil very, very slowly, while beating. Makes about 1 pt. Very good for fresh fruit salad plate. A dipper of orange sherbet in center of fruit makes a good luncheon dish.

LIME SALAD

Miss Opal Wilson
Hyattsville, Md.

1 pkg. lime Jell-O	
1/2 c. hot water	1 c. cottage cheese
1 1/2 c. pineapple juice	1/2 c. nutmeats
15 marshmallows	1/2 c. pineapple
	1 c. cream, whipped

Dissolve Jell-O in hot water. Add marshmallows to Jell-O and beat until marshmallows melt. Add juice. Cool and whip. Add cottage cheese, nutmeats, pineapple and whipped cream.

MARSHMALLOW DRESSING FOR FRUIT SALAD

Mrs. Girladene Shrayner
Craig, Colo.

8 marshmallows, cut in pieces	
1 pkg. Philadelphia cream cheese	
1/2 c. heavy cream	

Put all together in a bowl and soak for at least 4 hours or overnight. Beat with Rotary or electric beater until smooth.

OIL SALAD DRESSING

Mrs. Mae F. Leamon

1 c. Mazola oil	2 or 3 garlic cloves, sliced
1 can tomato soup	2 Tbsp. Barbeque sauce
3/4 c. vinegar	Salt to taste
1/2 c. sugar	

Beat all together with a Dover egg beater. Add garlic last.

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Christmas Ribbon Salad.

- 2 packages lime gelatin
- 1 package lemon gelatin
- 2 packages cherry gelatin
- 1 cup hot water
- ½ cup marshmallows
- No. 2 can crushed pineapple
- 8-ounce package Philadelphia cream cheese
- ½ pint whipping cream

Prepare lime gelatin according to the package directions. Pour into a 15 by 10 by 2-inch pan and chill until almost set. Dissolve the lemon gelatin in the cup of hot water, add the marshmallows, which have been cut in small pieces, and stir until marshmallows are melted.

Add the cream cheese and 1 cup of juice drained from the pineapple. Beat with a rotary beater until blended. Then stir in one cup of the drained pineapple and set in refrigerator to cool slightly. Whip the cream and fold into the pineapple-gelatin mixture. Chill until almost thickened and pour over the lime gelatin.

Lastly, prepare cherry gelatin according to package directions and chill until the consistency of egg whites. Pour over the pineapple layer and chill until firm.

Always kept on hand in Mrs. Wiele's refrigerator are a pie crust mix and a sweet salad dressing. Three cups of the pie crust mix makes a double-crust pie, Mrs. Wiele said.

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PINEAPPLE & CHEESE SALAD

Mrs. Dorothy Jensen

1 box lemon Jell-O	1 medium can crushed
1 c. hot water	pineapple
1 c. cold water	2/3 c. grated American cheese
1/2 c. chopped celery	1/2 c. whipped cream
1 small can diced pimiento	2/3 c. nutmeats

Dissolve Jell-O in water. After Jell-O begins to set, add other ingredients.

SALAD DRESSING

Mrs. Eva Cloud

1 can Campbell's tomato soup	2 Tbsp. grated onion
1 1/2 c. Mazola oil	3/4 c. sugar
1 1/2 tsp. salt	3/4 c. vinegar
1 tsp. dry mustard	1/4 tsp. paprika

Stir the oil in last and very slowly, while you continue beating the rest of the ingredients.

SALAD DRESSINGMrs. Hannah Prowse
Rockford, Ill.

1/3 c. salad oil	3/4 tsp. celery seed
1/3 c. sugar	1/4 tsp. paprika
1/3 c. cider vinegar	Juice of 1/2 lemon or more
1/3 c. chili sauce or catsup	1 medium grated onion
	1 tsp. salt

Place in wide-mouth jar. Shake vigorously. Makes almost 1 pint.

TUTTI-FRUTTI SALAD

Miss Marilyn Jones

1 3-oz. pkg. Philadelphia cream cheese	1/2 c. chopped pecans
2 Tbsp. cream	1 No. 2 1/2 can fruit cocktail
1 Tbsp. mayonnaise	1/2 c. maraschino cherries, cut
2 Tbsp. lemon juice	1 c. cream, whipped
Salt to taste	

Blend first 5 articles together. Add pecans and fruit cocktail and cherries. Carefully fold in whipped cream and freeze. Serves 10 or 12.

PATRONIZE YOUR LOCAL MERCHANT

YUM-YUM SALAD

Mrs. Florence Hoag

2 c. crushed pineapple	1/2 c. cold water
Juice of 1 lemon	3/4 c. grated cheese
3/4 c. sugar	1/2 pt. cream, beaten stiff
2 Tbsp. gelatine	

Heat pineapple, lemon juice and sugar until sugar dissolves. Add gelatine, which has been soaked in cold water for 10 minutes, to hot mixture. Cool until it begins to set and add grated cheese and cream. Mold in cool place until firm. Serve on lettuce with dressing of:

2 Tbsp. each finely-chopped celery and green pepper	1/2 c. mayonnaise
	Few drops onion juice

CANDIED SWEET POTATOES

Mrs. Marcia Fletcher

6 medium-size sweet potatoes	1 c. corn syrup
4 Tbsp. butter	1/2 tsp. salt

Partially cook sweet potatoes in boiling water. Cool and skin. Cut in halves, lengthwise. Put in greased baking dish large enough for just one layer. Heat syrup, salt and butter. Pour over potatoes. Bake at 350 deg. 1 hour, basting often.

STRINGBEAN CASSEROLE

Mrs. Carrie Clark

1 Tbsp. butter	1/2 c. grated cheese
1 Tbsp. flour	2 Tbsp. chopped green pepper
Salt - pepper	2 1/2 c. cooked, green beans
1/2 tsp. Worcestershire sauce	1/2 c. buttered crumbs
	1 can mushroom soup

Make sauce; pour over beans. Cover with buttered crumbs. Bake 20 minutes at 350 degrees.

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Write extra recipes here:

Chicken meat Casserole. Ted Gooding
 1 pd Veal $\frac{1}{2}$ pd pork - Brown after cubing
 Add enough hot water to make $1\frac{1}{4}$ cups.
 2 cups soft bread crumbs
 2 eggs beaten add 1 can mushroom
 soup. If you like you can season
 with onion & green pepper. Cover
 with crushed potato chips & bake
 45 min in moderate oven.

Chicken loaf - Avis

1-4 lb. hen or 4 cups diced chicken

2 cups fresh bread cubed

1 cup cooked rice

$1\frac{1}{2}$ teas. salt

$\frac{1}{8}$ cup pimientos

3 cups half & half milk & broth

4 well beaten egg. Mix all together

& add eggs last. Bake 1 hr. 300°

Mushroom sauce -

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

1 lb button mushrooms

$\frac{1}{2}$ cup flour $\frac{1}{8}$ teas. paprika

$\frac{1}{2}$ lbs minced ~~potatoes~~ parsley

1 pt. broth $\frac{1}{2}$ teas. lemon juice

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



MEAT, FISH, POULTRY

BARBEQUED SPARERIBS

Mrs. E. A. Nelson

1 medium onion, diced	3 Tbsp. Worcestershire sauce
2 Tbsp. vinegar	1/2 Tbsp. dry mustard
4 Tbsp. lemon juice	1 c. water
Small bottle of catsup	1/2 c. celery, diced
	2 Tbsp. brown sugar

Sear spareribs in hot fat and place in a roaster. Cover with barbecue sauce, made by mixing the above ingredients. Bake in moderate oven until tender, about 45 minutes to 1 hour.

FRESH HAM CASSEROLE

Mrs. Blanche Lyman

1 lb. fresh ham, ground	1 can water
1 onion, diced	Salt and pepper
1 box fine noodles	Bread crumbs on top
1 small can tomato soup	

Boil noodles in salt water. Mix with other ingredients. Top with bread crumbs and butter. Bake 1 hour.

HAM AND VEGETABLE CASSEROLE

Mrs. Una Williamson

3 Tbsp. flour	3 eggs, hard cooked
3 Tbsp. shortening	2 c. cooked asparagus or
1 1/2 c. milk	green beans
Salt and pepper to taste	1 1/2 c. diced Spam or cooked
1/4 lb. grated cheese	ham
1 c. crushed potato chips	

Make white sauce of first 4 ingredients. Take from fire; add grated cheese. Stir in asparagus or beans, diced eggs and meat. Pour in 1 1/2-qt. casserole; top with crushed potato chips and bake 20 minutes, or until brown, at 300 degrees. Serves 6.

HAM LOAF

Mrs. Gladys Patton

2 1/2 lb. ground ham	6 eggs
4 lb. pork shoulder, ground twice	3 c. milk
1 tsp. each salt and pepper	3 c. graham crackers, rolled

Mix and bake in loaves 1/2 hour; then baste with follow-

HAM LOAF (Continued)

ing syrup: 1 tsp. mustard
1/2 c. vinegar
1 c. brown sugar 1/2 tsp. cloves, if desired

Pour off grease before adding syrup.

MOCK CHOP SUEY

Miss Pearl Reed

1 lb. hamburger 1 onion, minced fine
2 cans tomato soup 2 cans water
1 c. rice

Add water to soup. Cook rice and add to other ingredients. Mix well and salt to taste. Bake 1 hour at 350 deg.

ITALIAN PIZZA

Mrs. Ilene Lee
Eagle Grove, Iowa

Yeast Dough:

1 cake yeast 1 c. sugar
2 c. warm water Salt
2 c. warm milk 2 Tbsp. lard
Flour enough to make stiff dough

Take enough dough and roll paper-thin to fit cookie sheet.

Pizza Topping:

Place rolled dough on greased cookie sheet. Brush with Wesson oil and tomato paste. Sprinkle with salt, pepper and thyme. Sprinkle with strong, grated cheese and diced, smoked sausage, preferably Italian cheese and sausage. Bake at 400 deg. for 15 minutes or until crust is brown. Cut in squares and serve immediately.

PORCUPINE MEAT BALLS

Mrs. Vanita Hockaday

1 lb. hamburger Salt, pepper and sage to taste
1/2 c. uncooked rice Chopped onion
2 eggs 1 qt. canned tomatoes

Mix all ingredients, except tomatoes. Shape into small balls and brown meat balls on all sides. Pour tomatoes over meat; cover, and let cook about 1 1/2 hours over low heat or until rice is done.

SHIPWRECK

Mrs. Linda Preston

2 cans tomato soup	2 stalks celery, chopped
2 onions, cut fine	2 c. uncooked rice
3 large potatoes, sliced	1 can kidney beans
1 1/2 lb. hamburger	Salt and pepper

Butter baking dish; cover bottom with layer of potatoes. Next, a layer of onions; then a layer of hamburger; then a layer of celery, layer of uncooked rice; layer of kidney beans, salt and pepper. Cover all with tomato soup. Bake at 375 deg. 2 hours.

VEAL CASSEROLE

Mrs. Mildred Stephenson

1 lb. veal steak)	3 or 4 stalks celery
1/2 lb. pork) cubed	2 c. soft bread crumbs
2 c. water	2 eggs, beaten
1/2 c. onion, chopped fine	1 can mushroom soup
	Potato chips

Brown cubed meat in skillet. Add water, onion and celery. Stew until meat is tender. Should be about 1 1/4 c. liquid left on meat. Add the above mixture to the bread crumbs, egg and soup. Pour into shallow baking pan and cover with crushed potato chips. Bake 45 minutes at 375 degrees. Serves 8.

ESCALLOPED OYSTERS

Miss Yvonne Sill

1 pt. oysters	1/2 c. butter
6 Tbsp. cream	1/2 c. chopped celery
1/2 c. dry bread crumbs	1/2 tsp. salt
1 c. rolled cracker crumbs	1/8 tsp. pepper

Drain liquor from oysters. Mix the crumbs and melted fat. Spread a thin layer of the crumbs in the bottom of the baking dish. Cover with oysters, mixed with chopped celery, season with salt and pepper. Add another layer of crumbs and continue until all the oysters are used. Pour on the cream and oyster liquor. Sprinkle remaining crumbs on top. Bake in moderate oven, 350 deg. for 25 minutes.

PATRONIZE YOUR LOCAL MERCHANT

MACARONI AND SALMON CASSEROLE

Mrs. Blanche Lyman

1 1/2 c. elbow macaroni	
1/2 tsp. chopped onion	1 1/2 c. evaporated milk
2 Tbsp. butter	1 c. water
3 Tbsp. flour	1 1/2 c. salmon, flaked
1 1/2 tsp. salt	1 c. peas
1/4 tsp. pepper	Buttered bread crumbs

Cook macaroni in salted, boiling water until tender. Cook onion in butter until onion is slightly browned. Add flour and seasoning and blend. Add milk and water gradually and cook, stirring constantly until thickened. Place half of the cooked macaroni in a greased, 2-qt. baking dish; add flaked salmon and drained peas. Pour on half the sauce. Top with buttered bread crumbs. Bake at 350 deg. for 30 minutes, or until browned on top.

SHRIMP AND CHEESE SOUFFLE

Mrs. Pauline Seeds
Los Angeles, Calif.

6 sliced day-old bread	
5-oz. can Dunbar shrimp	2 c. milk
3 eggs, slightly beaten	1 1/2 tsp. salt
1 tsp. dry mustard	1/2 lb. grated cheese

Butter 6 slices of bread. Cut off crusts and dice. Spread bread in layers in greased pan alternating with other ingredients. Bake 40 minutes in 350 deg. oven.

Serves 6.

CHICKEN A LA KING

Mrs. Mary D. Maxfield

4 Tbsp. butter	1/2 c. cream
1 can mushrooms	3 c. chicken
1/3 c. celery	1/2 small can pimiento
4 Tbsp. flour	1/2 green pepper
2 c. milk	2 egg yolks

Melt butter in heavy saucepan. Saute mushrooms, cut in bits, and finely-chopped celery. Add flour; then slowly add milk and cream, stirring constantly. When the white sauce has thickened, add chicken and minced pimiento and pepper. Continue to cook slowly until well blended. Just before serving, stir in 2 well-beaten egg yolks. If these are added too early and the mixture is reheated, they will curdle, which spoils the appearance of the sauce. This is nice served in patty shells.

STEWED CHICKEN AND DUMPLINGS

Mrs. Margaret Ennis

Dumplings:

1 egg
1/2 c. milk

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

Combine ingredients in order given.

Dress 1 chicken; cut into serving pieces. Cover with boiling water and stew until tender; then remove chicken and make gravy of liquid. Add dumpling batter by Tbsp. to boiling gravy. Boil, uncovered, for 10 minutes; cover and boil 10 minutes more.

Write Extra Recipes Here:

1 lb Veal ^{1/2} lb pork lean, brown & add
2 cup water 1 onion, 3 stalks celery
salt & pepper. Stew until tender. ^{Del}

1 1/4 cup meat stock

2 cup soft bread crumbs

2 egg beaten lightly

1 can mushroom soup

cover with
potatoe chips

Meat Balls - Marie Welter

1 lb beef, 2 tbs onion, 2 ^{tbls} green pepper

1/4 cup cornmeal 1, top salt, 1/2 top dry

mustard, 1 top chilli powder, 1/2 cup milk

1 egg, 1/4 cup flour, 2 tbs fat, 2 cup tomatoe

3 potatoe, 6 carrots, 12 to 18 small onion

Roll meat balls in flour & brown in

fat add vegetables and bake 1 1/2 hr in

350 degree oven.

Write Extra Recipes Here:

Stew - Marie Welterlex
 1 lb beef cut in cubes
 2 1/2 cup boiling water, 2 tbs onion 1/2 clove
 garlic 1 1/2 tsp salt 1/4 tsp pepper 1/4 tsp pap-
 rika, dash alepice, 1 tea sugar 1/2 tbs.
 lemon juice 1/2 tsp. worcestershire sauce
 1/4 cup tomatoe juice. cover & cook 2 hr. add
 1/2 cup onion
 1/2 cup carrot
 1/2 cup potatoe
 1/2 cup celery
 add to about more water
 and cook
 30 min longer

Molasses Spice Cookies

1/2 teaspoon Salt
 2 " soda
 1 " baking powder
 1 " pumpkin pie spice
 1 " cinnamon
 2 1/2 " flour
 sift together

3/4 cup shortening
 1 " Sugar - 1 egg - 4 table spoons
 molasses - Cream Sugar + Shortening
 add egg + molasses - beat well.
 add flour - chill dough - roll in balls
 size of Walnuts Dip in sugar + bake in a
 350 oven about 12 min - 12- Manchester, Iowa

*Bread,
Rolls, 'n
Cookies*



Write extra recipes here:

Saucy Apple Dumpling -

2 cups flour

3 teaspoons baking powder

1 teaspoon salt

6 table spoons shortening

1/2 cup brown sugar

4 medium apples 1/2 to 3/4 cup milk

Sift flour salt & baking powder, cut in shortening add milk to make a soft dough. Turn on floured board & knead gently

Roll & cut in rectangles 8 in x 1/2 in thick - Spread coarsely chopped apples on dough. Sprinkle with brown sugar. Roll like jelly roll & seal. Cut in 2 in slices

Place on a greased baking pan. Pour 1 cup of Cinnamon sauce on & bake in a 375 oven for 40 min.

Cinnamon Sauce

1/4 cup corn starch - 1/2 cup brown sugar - 1/2 cup red cinnamon

+ 2 1/2 cup - water - mix corn starch & brown sugar add candies

+ water & cook until clear stirring constantly - serve warm or cold



BREAD, ROLLS, COOKIES

GRAPE-NUTS BREAD

Mrs. Grace Cocking

2 c. sour milk	3 c. flour
1 c. Grape-Nuts	1 tsp. soda
1 egg	1 tsp. baking powder
1 c. sugar	1/2 tsp. salt

Soak Grape-Nuts in sour milk a short time. Add sugar and egg and flour, sifted with soda, baking powder and salt. Stir well and bake in 2 loaf pans for 45 minutes.

QUICK APPLE BREAD

Mrs. Emogene D. Smith

1/2 c. shortening	1 tsp. soda
1 c. white sugar	1/2 tsp. salt
2 eggs	1 tsp. baking powder
1 c. unpeeled apples, ground	1 tsp. vanilla
2 Tbsp. sour milk	2 c. sifted flour
	1/2 c. nutmeats

Cream shortening and sugar, and beat in eggs. Add apples, ground in food grinder, sour milk and vanilla. Sift dry ingredients together several times and mix into first mixture. Add nuts last. Bake at 350 deg. for 45-60 minutes. Add more flour if batter seems too thin, as this depends on the juice of the apples.

BOHEMIAN KOLACHES

Mrs. Georgia Dennis

1 qt. milk, scalded	1 c. riced potatoes
1 c. sugar	1 c. potato water
1 c. shortening	1 Tbsp. salt
2 cakes compressed yeast	16 to 18 c. flour

Scald milk and add sugar, shortening, riced potatoes, potato water and salt. When this is cool, add yeast which has been dissolved in 1/2 c. lukewarm milk and 1 Tbsp. sugar. Add flour to make soft dough - not too firm. Put in pan and let rise double in bulk. Knead down; repeat this twice. The third time the dough rises double in bulk, make into small balls and put on cookie sheet to raise double in bulk. Make small holes in center and fill with kind of filling desired. Brush the dough with a mixture of 2 eggs and 3 Tbsp. cream, well beaten. Let dough rise to double in bulk and bake in 375 to 400 deg. oven 10 to 15 minutes. Makes 10 dozen.

DANISH SWEET ROLLS

Mrs. Margaret C. Martin
Bellingham, Wash.

3 cakes compressed yeast
1 tsp. salt
3 Tbsp. sugar
1 c. butter or margarine

2 c. milk
2 eggs
Flour

Scald milk and cool to lukewarm. Dissolve yeast in small amount of milk. Beat eggs slightly, reserving small amount of egg for top of dough. Combine all ingredients, adding enough flour to make a stiff dough. Beat well. Turn dough out on floured board and roll thin. Spread dough with butter; fold and roll out again; repeat this 3 times, spreading with butter each time. Finally, roll to 1/4-inch thick; cut in strips 5 inches wide. Put filling in center and fold dough over from each side. Brush top with egg; cut here and there with scissors and shape into ring. Let rise 1 hour; then bake 30 minutes in moderate oven.

Filling:

1 1/2 c. sugar
1/2 c. butter or margarine

3/4 tsp. almond extract
1/2 c. chopped nuts
Dates, apricots or prunes

GRAHAM GEMS

Mrs. Ethel Johnson

2 Tbsp. sugar
1 Tbsp. butter
1 c. sweet milk
1 egg

1/2 tsp. salt
2 tsp. baking powder
Graham flour to make stiff batter

Blend sugar and butter; add milk and well-beaten egg. Add remaining ingredients. Bake 15 minutes. Makes 1 dozen Gems.

ICEBOX ROLLS

Mrs. Dorothy Ludley

1/2 c. sugar
2 c. lukewarm water
1 cake compressed yeast
1 egg, beaten

1 tsp. salt
3 Tbsp. melted shortening
About 7 c. flour

Crumble yeast into warm water and add sugar. Let stand about 5 minutes until yeast has risen to top of liquid. Add beaten egg and salt and about 3 c. flour. Beat until bubbles begin to rise; then add shortening and enough flour to make a soft dough. Knead on floured board until smooth. Place in a greased bowl; cover with damp cloth and let rise

ICEBOX ROLLS (Continued)

in warm place about 1 hour or until double in bulk.

Punch down and make into Parker House rolls. Place close together in greased, shallow pan. Let rise until double in size. Bake at 400 deg. for 25 minutes.

KIPFELS

Mrs. Jean Sheppard

1 c. sour cream or milk	1 tsp. vanilla
1 c. shortening - lard	1 tsp. salt
1 cake compressed yeast	4 c. flour
	3 beaten egg yolks

Filling:

3/4 c. sugar	1 c. crushed Corn Flakes or
3 egg whites, beaten stiff	1 c. cocoanut
	1 tsp. vanilla

Dissolve yeast in sour cream; add beaten egg yolks and vanilla to this mixture. Cut shortening into flour and salt. Add first mixture to this until well blended. Place in waxed paper and refrigerate dough overnight.

Divide dough in two parts. Dredge board with sugar and roll dough out quite thin. Cut in approximately 4-inch squares and place 1 tsp. filling in center of each square. Fold in triangular shape; press edges together with fork, dipped in sugar. Bake at 350 deg. for 25 minutes or until golden brown. Any left-over filling, spread on soda crackers and baked until brown, are a hit with the kiddies.

OATMEAL ROLLS

Mrs. Mabel Barr

1 c. oatmeal	1 tsp. salt
2 c. boiling water	1 cake soft yeast, dissolved
3 Tbsp. shortening	6 c. flour
2/3 c. brown sugar	

Put oatmeal in bowl and pour boiling water over it. Add shortening and let stand until lukewarm. Add rest of ingredients and beat lightly. Mix in flour.

SOUTHERN-STYLE BISCUITS

Mrs. Lorraine Murphy
Cedar Falls, Iowa

2 c. flour	1 tsp. salt
1/2 tsp. soda	1 c. thick sour milk or
3 Tbsp. Crisco	buttermilk

Sift together salt, soda and flour. Work in Crisco.

SOUTHERN-STYLE BISCUITS (Continued)

Add milk gradually, mixing to a stiff dough. It may not be necessary to use all the milk. Place on a floured board. Knead until smooth. Roll 1/2-inch thick. Cut with a small, round cutter and bake in a hot oven 12 to 15 minutes.

SPEEDY ROLLS

Mrs. Jennie Frentress

6 1/2 c. flour	2 cakes yeast
2 c. lukewarm water	2 eggs
1/2 c. sugar	1 Tbsp. salt
	1/3 c. shortening

Mix water, sugar and yeast. Add salt and 2 c. flour, and beat. Add eggs. Cool melted shortening and add. Beat 1 minute. Gradually add 4 1/2 c. flour until dough is formed. Make into rolls. Let rise and bake until brown. Oven temperature: 375 degrees.

CHOCOLATE COOKIES

Mrs. Olive Ryan

1 c. brown sugar	1/2 tsp. soda
1/2 c. melted butter	1 1/2 c. flour
1 egg	1 tsp. vanilla
1/2 c. sour milk	1 c. nutmeats
2 sq. chocolate	

Mix in order given. Drop on cookie sheet and bake in moderate oven, 350 deg. Cover with icing of:

3 c. powdered sugar	4 Tbsp. cocoa
1/4 c. melted butter	1 tsp. vanilla

Add hot coffee until consistency to spread.

CHOCOLATE NUT COOKIES

Mrs. Bernice Smith
Ryan, Iowa

2 c. brown sugar	3 c. flour
1 Tbsp. lard	1 tsp. soda
2 eggs, beaten	1 tsp. baking powder
1 c. sour milk	1 tsp. salt
1 tsp. vanilla	1/2 c. cocoa

Sift dry ingredients. Mix in order given. Add last, 1/2 c. nuts or halved peanuts. Drop from tsp. on greased tin. Frost, when cool, with white powdered sugar frosting. Place a halved peanut in center.

ENGLISH COOKIES

Mrs. Cora Amsden

2 c. brown sugar
1 c. shortening
1 tsp. salt
1 c. cold coffee
2 eggs
3 c. flour

1 tsp. vanilla
1 tsp. soda
1 tsp. baking powder
1 tsp. nutmeg
1 tsp. cinnamon
1 c. raisins
1 c. nuts

Bake in a 10x13-inch pan. Cut in squares when cold and frost with:

3 Tbsp. coffee
1 tsp. vanilla

1 Tbsp. butter
Enough powdered sugar to
make proper consistency.

GUMDROP COOKIES

Miss Louise Dunham

1 c. light brown sugar
2 stiffly-beaten eggs
1/2 tsp. baking powder
1 c. flour

1 tsp. cinnamon
Pinch of salt
1 c. gumdrops, finely cut
1/2 c. pecans or walnuts,
optional

Spread in pan about 9x13-inch. Bake at 300 deg. about 15 minutes. Cut in strips or squares while warm.

MAPLE NUTTIES

Mrs. Uarda Sauser
Calmor, Iowa

2/3 c. butter
1/3 c. powdered sugar
1 Tbsp. water

1/2 tsp. maple flavoring
2 c. sifted cake flour
1 c. finely-chopped nuts

Cream butter and sugar. When very light, add water, flavoring, sifted flour and nuts. Roll in small ball and bake 15 to 20 minutes, or until light brown, at 300 degrees. Roll in powdered sugar as soon as they are baked.

MARSHMALLOW FUDGE COOKIES

Mrs. Alice Lyman

2 sq. shaved chocolate
1 c. milk
2 c. sugar
1/4 tsp. salt
1 tsp. vanilla

1 Tbsp. butter
24 marshmallows, quartered
3 c. graham cracker crumbs
1 c. nutmeats, chopped

MARSHMALLOW FUDGE COOKIES (Continued)

Combine milk and chocolate. Heat over low heat until chocolate is dissolved. Cook until mixture reaches soft ball stage. Remove from heat and add butter. Cool slightly and add vanilla, marshmallows, cracker crumbs and nutmeats. Mix well and press into well-greased, shallow pans. Chill several hours and cut into squares.

OATMEAL CHOCOLATE CHIP COOKIES

Mrs. Helen Shelly

1 c. shortening	
1 c. brown sugar	1 1/2 c. flour
1 c. white sugar	1 tsp. salt
2 eggs	1 tsp. soda
2 Tbsp. water	3 c. Quick oatmeal
1 tsp. vanilla	1 pkg. chocolate chips

Cream shortening, sugar and eggs. Add water and vanilla, and remaining ingredients. Drop by spoonfuls, about size of walnut. Bake until light brown at 350 deg. from 9-10 minutes. Cookies will be soft when taken from oven, but crisp when cool.

PEANUT BUTTER COOKIES

Mrs. Elsie Duckett

1/2 c. butter	1 1/4 c. flour
1/2 c. peanut butter	1/2 tsp. baking powder
1 c. white sugar	3/4 tsp. soda
1 egg, well beaten	Pinch of salt

Cream butter and sugar. Add peanut butter and well-beaten egg. Add flour, soda, baking powder and let dough stand for an hour. Then form into balls and flatten with fork. Bake in 350 deg. oven.

D r e w ' S

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..... Gorda Gill

Cake

'n

Pastry



Write extra recipes here:

Alice Lemon sauce for Angel cake
1 cup sugar } cook in double
2 eggs - beaten } boiler until thick
Juice 1 lemon

Add $\frac{1}{2}$ pt whipped cream. Will
keep in ice box for weeks.

Cranberry Spice Cake
9 in tube pan or - 2-8 in layer.
 $\frac{1}{2}$ cup shortening - 1 cup raisins
1 " Sugar $\frac{1}{2}$ " chopped nuts
1 egg - $\frac{1}{4}$ teaspoon Salt

$1\frac{3}{4}$ cups sifted flour - $\frac{1}{4}$ teaspoon Soda

1 " baking powder

1 " cinnamon

$\frac{1}{2}$ " cloves

1 pound can of Cranberry Sauce
or whole Cranberry sauce.

Cream. Sugar + shortening
beat in egg - add raisins +
nuts - Sift flour, Salt, Soda - baking
powder + spices + add alternately
with Cranberry sauce - Mix well
turn in greased pan + bake at
350 for about 1 hr for tube pan
+ 30 or 40 min for layer.



CAKES, PASTRY

APPLESAUCE CAKE

Mrs. Lois Bissell
Cedar Rapids, Iowa

2 c. sugar	
1 c. shortening	1 tsp. cloves
2 c. hot applesauce	1 tsp. cinnamon
1 c. raisins	3 c. flour
1/2 tsp. salt	1 tsp. soda in hot water
1 egg	1 sq. melted chocolate

Combine in order given and bake 35 minutes, or until done, in 400 deg. oven. Use large pan. This makes a nice, moist cake.

CHOCOLATE CHIP CAKE

Mrs. Opal Paris

1/2 c. butter	2 1/2 c. flour
1 1/2 c. sugar	1/2 tsp. salt
1 1/2 tsp. vanilla	1 c. milk
3 tsp. baking powder	3 egg whites, beaten stiff
2 1-oz. sq. unsweetened chocolate	

Cream butter and sugar. Blend in vanilla. Sift flour, baking powder and salt together and add to creamed mixture alternately with milk. Fold in egg whites and chocolate, shaved into slivers. Bake at 350 deg. for 30 minutes.

CHOCOLATE YEAST CAKE

Mrs. Mary Ryan

1 c. butter or oleo	<i>3 squares bitter chocolate</i>	2 3/4 c. cake flour
2 c. granulated sugar		1/2 tsp. salt
3 eggs, separated		1 tsp. soda
1 c. sweet milk		1 1/2 tsp. vanilla
1/2 cake Fleischmann's yeast		

Cream butter; add sugar and egg yolks. Melt chocolate in milk; add yeast, dissolved in 1/4 c lukewarm water. Add sifted flour and salt; then beaten egg whites. Cover mixing bowl; place in refrigerator for at least 8 hours; add soda, dissolved in 3 Tbsp. hot water; add vanilla. Pour into 2 9-inch or 3 8-inch greased, floured cake tins. Bake in 350 deg. oven 45 minutes. Top cooled cake with favorite icing.

PATRONIZE YOUR LOCAL MERCHANT

COCOA CAKE

Miss Josephine Pettlon

2 c. brown sugar	2 1/2 c. flour
1/2 c. cocoa	1/2 c. hot water , to which
1/2 c. shortening	add 1 tsp. soda
1 c. sour milk or butter- milk	1 tsp. vanilla

Mix in order given. Bake in moderate oven.

CUSTARD ANGEL FOOD CAKE

Mrs. Alice Whitcome

1 1/4 c. sugar	1 tsp. orange juice
1/2 c. water	1 c. sifted cake flour
8 eggs, separated	1/4 tsp. salt
	1 tsp. cream of tartar

Boil sugar and water until it reaches thread stage, 230 deg. F. Meanwhile, beat egg yolks until thick and lemon colored. Add orange juice. Pour hot syrup over yolks, a little at a time, and continue to beat after syrup is all added until thick. Sift flour with salt 7 or 8 times. Fold into egg yolk mixture. Beat egg whites until frothy; add cream of tartar and beat until stiff. Fold into cooled batter and pour into 10-inch ungreased tube pan. Bake in slow oven, 300 deg. 1 1/4 to 1 1/2 hours. Yield: 8 to 10 portions.

DEVIL'S FOOD CAKE

Mrs. Dorothy Kenyon

1 c. flour	1/2 c. milk
1/4 tsp. salt	1 tsp. vanilla
3/4 c. sugar	2 Tbsp. melted butter
2 tsp. baking powder	1/2 c. nutmeats
1 1/2 Tbsp. cocoa	

Combine dry with wet ingredients and put in baking dish. Cover with:

1/2 c. white sugar	1/2 c. brown sugar
5 Tbsp. cocoa	1 c. hot water

Bake at 350 deg. about 40 minutes. Serve plain or with whipped cream.

P A T R O N I Z E Y O U R L O C A L M E R C H A N T

DEVIL'S FOOD CAKE

Mrs. Gretchen Kuhlman

1 1/4 c. sugar	1 3/4 c. flour
1/2 c. shortening	1 tsp. soda
2 eggs	1 c. sour milk
2 sq. melted chocolate	1 tsp. red coloring
	1 tsp. vanilla

A one-bowl recipe. Mix all ingredients together until well blended.

DEVIL'S FOOD CAKE

Mrs. Rachel Milroy

1 c. sugar	2 eggs
1 c. sour cream	2 sq. chocolate
1 1/2 c. flour, sifted	1 tsp. vanilla
1 tsp. soda in flour	

Beat eggs; add sour cream and sugar. Beat. Add flour and soda. Flavor. Bake at 325 deg. for loaf or 350 deg. for layers.

LAZY DAISY CAKE

Mrs. Marge Schiess

2 eggs	3/4 tsp. salt
1 c. sugar	1/2 c. milk, scalded
1 c. flour	1 Tbsp. butter
1 tsp. baking powder	1 tsp. vanilla

Beat eggs; add sugar and beat again. Sift flour, baking powder and salt. Add dry ingredients to egg mixture. Scald milk and butter and mix into mixture; also vanilla. Beat lightly. Bake in 350 deg. oven about 30 minutes.

When cake is done, spread with the following mixture while hot and brown in oven:

5 Tbsp. sugar	3 Tbsp. cream
3 Tbsp. butter	1/2 c. cocoanut
	1/2 c. nuts

Melt so it will spread.

MARASCHINO CHERRY NUT CAKE

Mrs. Hazel Sill

2 1/4 c. sifted cake flour	1 tsp. flavoring
1 1/2 c. sugar	1 c. milk
4 level tsp. baking powder	4 egg whites
1/2 tsp. salt	16 maraschino cherries

MARASCHINO CHERRY NUT CAKE (Continued)

1/2 c. shortening

1/2 c. chopped black walnuts

Sift together flour, sugar, baking powder and salt. Then add shortening, vanilla and 2/3 c. milk. Beat 2 minutes with spoon or with electric mixer at medium speed. Then add 1/3 c. milk and unbeaten egg whites. Beat 2 more minutes. Fold in maraschino cherries, cut in small pieces, and nutmeats. Bake in layers or loaf pan for 30 minutes at 350 degrees.

MIRACLE WHIP CHOCOLATE CAKE Mrs. Naomi Cooley

2 c. flour

1 c. water

1 c. sugar

1 c. Miracle Whip salad

2 tsp. baking soda

dressing

4 Tbsp. cocoa

1 tsp. vanilla

Sift dry ingredients together. Put salad dressing in bowl; add alternately dry ingredients and water. Add vanilla and mix well. Bake 45 minutes in a 350 deg. oven.

RAISIN NUT SPICE CAKE

Mrs. Theodosia Harwell
Boerne, Texas

2 1/3 c. flour

1 c. brown sugar, packed

1 c. sugar

2/3 c. shortening

1 tsp. soda

1 c. sour milk or buttermilk

1 tsp. salt

3 eggs

1 1/2 tsp. cinnamon

1/2 c. raisins

3/4 tsp. nutmeg

1/2 c. nutmeats

3/4 tsp. cloves

Sift together first 7 ingredients in bowl. Add brown sugar, shortening and sour milk. Beat for 2 minutes. Add 3 unbeaten eggs. Beat 2 more minutes. Fold in nutmeats and raisins. Bake 30 to 35 minutes in layers or 40 minutes in oblong pan. When cool, frost with Creamy Nut Icing.

Creamy Nut Icing:

1/2 c. shortening, part
butter

1/2 c. milk

2 1/2 Tbsp. flour

3 c. sifted confectioners' sugar

1/4 tsp. salt

1/2 tsp. vanilla

1/2 c. nut meats

Melt shortening in saucepan. Remove from heat; blend

RAISIN NUT SPICE CAKE (Continued)

in flour, salt and stir in milk. Bring to a boil, stirring constantly. Boil 1 minute. Mixture will look curdled. Remove from fire; stir in confectioners' sugar. Beat until consistency to spread. Pack ice around bowl to hurry beating time. Add vanilla and nutmeats.

WHIP CREAM CAKE

Mrs. Mildred Hoverter
Littleport, Iowa

2 egg whites	2 c. flour
1/2 c. sugar	1 tsp. vanilla
Salt	1/2 c. water
1 c. sugar	3 tsp. baking powder

Beat egg whites; add 1/2 c. sugar and salt. Whip 1 c. cream and mix with above. Mix 1 c. sugar, baking powder and flour, sifted together. Mix vanilla and water. Alternate flour mixture and water mixture in adding to the cream and egg white mixture.

Frosting:

Boil 1/2 c. cream, 3/4 c. sugar for 5 minutes. Cool. Beat 2 egg yolks; add, and boil for 2 more minutes. Add nuts; cool and put on cake.

WHITE CAKE

Mrs. Gladys Patton

1 1/2 c. sugar	2 c. flour
1/2 c. shortening, scant	2 level tsp. baking powder
1 tsp. salt	1 tsp. vanilla
1 c. cold water	Whites of 4 eggs

Cream sugar and shortening thoroughly. Add water. Add flour, sifted with baking powder. Add vanilla. Beat well. Fold in beaten egg whites. Bake in loaf at 350 deg.

Seven-Minute Frosting:

	4 Tbsp. cold water
1 c. sugar	1 Tbsp. Karo syrup
1 egg white	1 tsp. vanilla

METHOD: Place in double boiler and beat with Dover egg beater until mixture thickens. Remove from heat and add vanilla. Beat until cool.

ANGEL FOOD PIE

Mrs. Joyce Mundy

1 c. cold water	1/8 tsp. salt
1 c. crushed pineapple	2 1/2 tsp. cornstarch
1 c. sugar	3 egg whites
	2 baked pie shells

Mix first 4 ingredients and cook to boiling point. Add cornstarch, dissolved in water. Cook until thick and cool. Fold in stiffly-beaten egg whites and pour into baked pie shells. Cover with sweetened whipped cream and sprinkle with chopped nuts.

CHOCOLATE BAVARIAN PIE

Mrs. LaVerne Appleby

1 Tbsp. gelatine	1 tsp. vanilla
1/4 c. water	3 egg whites, beaten
3 slightly-beaten egg yolks	1 c. whipping cream
1/2 c. sugar	1 1/4 c. either chocolate wafer or graham cracker crumbs
1/4 tsp. salt	
1 c. milk, scalded	1/3 c. melted butter

Combine 1 c. crumbs and melted butter and press into pie plate. Chill. Soften gelatine in water. Combine yolks, sugar, salt and milk. Cook in double boiler until it coats spoon. Add gelatine; stir and cool. Add vanilla and stiffly beaten egg whites. Then add whipped cream. Pile in cooled pie shell and sprinkle with other 1/4 c. crumbs.

CHOCOLATE CHIFFON PIE

Mrs. Lorraine Murphy

1 env. gelatine	1 1/3 tsp. salt
1/4 c. cold water	4 eggs
6 Tbsp. cocoa	1 c. sugar
1/2 c. boiling water	1 tsp. vanilla

Dissolve gelatine in the cold water. Pour the boiling water over the cocoa and blend well. Stir in the gelatine. Cool. Beat egg yolks and add 1/2 of the sugar. Add salt and vanilla. Beat egg whites stiff and fold in remaining sugar. Blend all the ingredients and pour into baked shell. Top with whipped cream.

P A T R O N I Z E Y O U R L O C A L M E R C H A N T

CHOCOLATE CHIP CUSTARD PIE

Mrs. Jo Dunham

Line a 9-inch pie pan with chocolate wafer crust, using a small box of chocolate wafers, rolled fine, mixed with 1/4 c. melted butter. Chill.

Filling:

3 beaten egg yolks 1/2 c. sugar
 1 3/4 c. milk

Cook above together; then add 1 Tbsp. gelatine, soaked in 1/4 c. milk. When cool, add 3 egg whites, beaten stiff, 1/2 c. sugar, 1/2 c. shaved German bittersweet chocolate and 1 tsp. vanilla. Chill in icebox at least 1/2 day. Top with whipped cream. Garnish with shaved chocolate.

MY MOTHER'S CURRANT CUSTARD PIE

R. L. Van Voltinbergh

1 1/2 c. currants, crushed
2 egg yolks 1 c. sugar
1 Tbsp. flour, rounding 2 egg whites, for meringue
1 c. milk

Beat the egg yolks; add to the currants, to which the sugar and flour have been added. Add milk gradually and stir until smooth. Pour into unbaked crust and bake like custard pie. Top with meringue.

PECAN PIE

Mrs. Irene Boss

1 c. syrup, Karo 3 eggs
1 c. pecan nuts, chopped 1 tsp. vanilla
1/2 c. sugar 1/2 tsp. salt

Beat eggs slightly; add sugar, syrup and nuts, salt and vanilla. Put in unbaked shell and bake 50 minutes in a slow oven, 325 deg. The pecans will float to top, forming a crust that will brown nicely if baked slowly.

SOUR CREAM RAISIN PIE

Mrs. Velma Allyn

1 c. seedless raisins 1/2 tsp. cinnamon
1 c. sugar 1/4 tsp. salt
2 Tbsp. flour 1 c. sour cream
1/2 tsp. nutmeg 1 beaten egg

Grind raisins; add remaining ingredients. Pour into pie shell and bake at 425 deg. 10 minutes and 30 minutes at 325 degrees.

STRAWBERRY CHIFFON PIE Mrs. Emogene Thompson

1 c. crushed strawberries	1 Tbsp. lemon juice
1 env. plain gelatine	2 egg whites
2 Tbsp. cold water	1/8 tsp. salt
2 egg yolks	2 Tbsp. sugar
3/4 c. Karo syrup, white	3/4 c. heavy cream, whipped

Soften gelatine in cold water. Beat egg yolks slightly in top of double boiler. Add Karo. Cook over boiling water 5 minutes, stirring constantly until moisture thickens slightly. Add gelatine. Stir until dissolved. Cool slightly.

Combine strawberries and lemon juice; add to gelatine mixture; chill until slightly thickened; add salt to egg whites and beat until stiff, but not dry. Gradually beat in sugar. Fold in strawberry mixture. Then lightly fold in whipped cream. Pile into pastry shell. Chill thoroughly before serving. Garnish with whipped cream and strawberries, if desired.

Use 1 9-inch baked pastry shell or graham cracker crust.

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Mabel's Rhubarb desert
2 cups rhubarb cooked with 1 cup sugar
1 pkg Knox gelatine dissolved in a little
cold water then add to hot rhubarb cool
add $\frac{1}{2}$ pt whipped cream

Desserts



Write extra recipes here:

Belle Jones' Dessert Serves 9-10

2 pkg chocolate cookies crushed
 $\frac{1}{2}$ cup butter creamed with 2 cup
powdered sugar. add 2 beaten eggs
 $\frac{1}{2}$ pt cream whipped.

Small can pineapple well drained

Bottle maraschino cherries + nuts.

Hazel Durey's Rum Chocolate Milk

3 Tablespoons powdered sugar

4 teaspoons instant coffee enough
hot water to dissolve.

1 quart chocolate milk

3 teaspoon Rum - Ice cream

Mildred Lanner's Dessert

1 Box vanilla wafers - crushed

28 marshmallows - cut up

1 cup nuts

1 cup cream whipped

2 sticks peppermint candy - crushed

Let stand 2-4 hrs.



DESSERTS

APPLE PUDDING

Mrs. Irma Lane

1 c. sugar	1 c. flour
1 heaping Tbsp. butter	1 egg
1 tsp. baking powder	2 c. chopped apples

Mix in order. Sprinkle $\frac{1}{2}$ c. sugar and cinnamon on top. Bake 30 minutes at 350 degrees.

APRICOT SHERBET

Mrs. Ethel Jones

1 qt. milk	$\frac{1}{2}$ c. lemon juice
2 c. sugar	$\frac{1}{8}$ tsp. salt
2 c. canned apricot pulp or strawberry	

Dissolve sugar and salt in lemon juice. Add fruit pulp and milk. Freeze. If mixture curdles, that condition disappears in freezing.

CHOCOLATE CAKE DESSERT

Mrs. Gladys Dunlap

1 c. brown sugar	1 c. dates
2 c. water	1 c. nut meats
1 Tbsp. butter	1 tsp. baking powder
1 c. sugar	$\frac{1}{4}$ tsp. salt
1 c. flour	$\frac{1}{2}$ c. milk

Boil the brown sugar, water and butter while you are mixing other ingredients. Pour batter into buttered baking dish. Top with the syrup and bake at 350 deg. about 35 minutes. Serve with whipped cream.

COOKED PRUNE WHIP

Mrs. Margaret Cloud
Des Moines, Iowa

3 egg whites	
3 Tbsp. sugar	1 tsp. vanilla
1 c. cooked prune pulp	$\frac{1}{2}$ c. nuts
	1 tsp. baking powder

Beat egg whites until stiff. Fold in cut prune pulp, nut meats and vanilla. Add baking powder and fold in until well mixed. Bake at 325 deg. until firm and springy. Baking dish should be set in pan of water all during baking period.

P A T R O N I Z E Y O U R L O C A L M E R C H A N T

DATE DELIGHT PUDDING Mrs. Elsie Hackbarth Harris

1/2 c. sugar	1/2 c. milk
1 c. flour	2 c. brown sugar
2 tsp. baking powder	2 c. water
1 c. dates	1/8 lb. butter
1/2 c. nutmeats	

Mix together dates, nutmeats and milk. Sift together 1/2 c. sugar, flour and baking powder. Combine both mixtures. Spread in 8x12-inch baking pan. The mixture will be quite thick. Boil together for 3 minutes, the brown sugar, water and butter. Pour this over the cake batter and bake 30 minutes until brown. Cut in squares. Serve upside down, topped with whipped cream.

GLORIFIED RICE Mrs. Gladys Evans
Masonville, Iowa

1/2 c. rice	1/2 c. sugar
1 small can pineapple	Salt
18 marshmallows, quartered	1/2 pt. whipped cream

Cook rice until tender - not mushy. Cool and combine with other ingredients. Serve chilled and top with maraschino cherries.

GRAHAM CRACKER PUDDING Miss Joanne Maxfield

1 c. sugar	24 graham crackers, rolled fine
1/2 c. butter	
2 egg yolks	1/2 c. chopped nuts
3/4 c. sweet milk	2 tsp. baking powder
	2 egg whites, beaten stiff

Cream sugar and butter. Add yolks and other ingredients. Mix and bake in 2 layers in slow oven.

Filling:

1/4 c. chocolate	1/2 c. boiling water
1/2 c. sugar	1 Tbsp. cornstarch
	Vanilla

Melt chocolate, sugar and water and boil 1 minute. Add cornstarch, dissolved in a little water. Cook until smooth and thick. Spread between layers and top with whipped cream.

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GRAPE DESSERT

Mrs. Genevieve Barr

1 pkg. lemon Jell-O
6-12 marshmallows
2 c. hot grape juice,
Welch's

1/2 pt. whipped cream, flavor-
ed with vanilla and slightly
sweetened

Add hot grape juice to lemon Jell-O. Cool until luke-warm; then add bits of marshmallows. Place in refrigerator. When it starts to set, add whipped cream, folding the cream thoroughly into the Jell-O. Serve in sherbet glasses.

LEMON DESSERT CAKE

Mrs. Maude B. Marshall

1 c. sugar
1/8 tsp. salt
3 Tbsp. flour
1 c. milk

2 egg yolks, beaten
Juice and grated rind of
1 lemon
2 egg whites, stiffly beaten

Combine in order given. Pour into casserole. Set casserole in water and bake until firm and brown.

ORANGE REFRIGERATOR CAKE

Miss Joanne Maxfield

1 Tbsp. gelatine
3/4 c. orange juice
2 c. milk
1/4 c. flour
1 c. sugar
1 tsp. grated orange rind

3 egg yolks
1/2 tsp. salt
3 egg whites
3 Tbsp. sugar
Chocolate or ginger wafers
Whipped cream to garnish

Make a custard, using the milk, flour, egg yolks, sugar and salt. Soak gelatine in orange juice. Add grated rind and dissolve in hot custard. Cool custard until it begins to thicken. Beat egg whites until stiff. Add 3 Tbsp. sugar and beat until creamy. Fold into custard. Line a spring-form pan with either chocolate or ginger wafers; fill with chilled custard. Cover with waxed paper and chill for 6 to 8 hours. When ready to serve, garnish with whipped cream.

Very nice made in individual servings in sherbet glasses. Allow about 3 wafers for each glass.

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PIONEER BREAD PUDDING

Mrs. Edith Davis

2 c. day-old raisin bread, 1/3 c. sugar - be generous
or plain bread - add A little butter
raisins 2 eggs
2 c. milk 1/2 tsp. vanilla

Cube the bread; place in buttered baking dish. Heat milk enough to dissolve sugar and butter. Beat eggs and vanilla and pour milk mixture over them. Pour over bread cubes and bake with baking dish set in hot water, 350 deg. for 1 hour. You may use cooking directions given for making custard in your pressure cooker and cook the pudding that way instead of baking it.

Pudding Sauce:

Mix in saucepan: 2 heaping Tbsp. flour
1/8 tsp. salt
3/4 c. sugar 1 c. boiling water

Cook 3 minutes while stirring. Remove from heat and add 1 Tbsp. butter, dash of nutmeg and 1 tsp. vanilla. Makes 1 1/2 c. sauce. Lemon juice and grated rind may be used in place of nutmeg.

STEAMED PUDDING

Mrs. Eva Jones

2 good c. bread crumbs 1 egg
1 c. milk 1/2 tsp. cloves, nutmeg,
1/2 c. molasses cinnamon
1/2 c. butter, scant 1/2 tsp. soda
1/4 c. sugar Add raisins or dates

Mix in order given. Steam 1 1/4 hours.

Sauce for Pudding:

Cream together:
3/4 c. sugar 1 egg
2/3 c. butter 1 tsp. vanilla
Sugar and butter

Add beaten egg and vanilla. Cook over hot water.

P A T R O N I Z E Y O U R L O C A L M E R C H A N T

TORTE

Mrs. Alice Holder

6 egg whites
 1/4 tsp. salt
 2 c. sugar

1 Tbsp. vanilla
 1 Tbsp. vinegar

Add salt to egg whites and beat until stiff, but not dry. Fold in sugar slowly. Add vanilla and vinegar and beat.

Place in lightly-greased, 9-inch pie tin. Bake 1 hour at 250 deg. Turn off oven after 1 hour. Open door and let Torte cool in oven - the top crust breaks. When Torte has cooled, remove top crust carefully and spread filling in shell. Use sweetened whipped cream, mixed with strawberries or other fruit, or ice cream. Replace top crust and it is ready to serve.

Write Extra Recipes Here:

Chinese Casserole - Newa Deer

1 lb hamburger & 1 onion (size of egg) brown together. Add 1 cup uncooked rice 1 cup diced celery, 1 can mushroom soup, 1 can chicken rice soup, 2 can water, 1/4 cup soy sauce. Bake 1 1/2 hr. Sprinkle with grated cheese & bake 1/2 hr. longer

Potato Dumplings

1 cup mashed potatoe
 1/2 cup moistened bread (squeezed as dry as possible)
 1 egg a little salt & flour enough to make real stiff. Form in balls about the size of a walnut drop into boiling ^{salt} water and don't cover. Cook about 20 min.

Write Extra Recipes Here:

Carrie Clark's
Cranberry bread.

Cream $2\frac{1}{3}$ cup sugar + $\frac{1}{3}$ cup spray
2 eggs add 1 at a time & beat until
smooth. grind enough cranberries
to make 1 cup.

Sift 2 cups flour 1 teaspoon Baking
powder, $\frac{1}{2}$ teas. soda, $\frac{1}{2}$ teas. salt.
add to creamed mixture, $\frac{1}{3}$ at a time.

$\frac{1}{4}$ cup sour milk & nuts if you like.

Bake 350 degrees for 50 minutes.

Cranberry Salad - Bev Schneider

1 lb cranberries
1 pkg marshmallows
1 med. can crushed pineapple
 $3\frac{1}{4}$ cup sugar

1 cup whipping cream

Grind cranberries & marshmallows together
add pineapple and sugar, let stand overnight.

In the morning add whipped cream & nuts
if you like. Will keep several days in ice box
Drain some juice from pineapple.

*Candy,
Jelly 'n
Preserves*



Write extra recipes here:

- Rhubarb pie
2 cups rhubarb
1 cup sugar
1 tbs flour, salt
1 tbs butter
2 egg yolks

Cook on slow fire
put in baked shell
cover with egg whites

Graham cracker fluff - Fajal diet
Soak 1 envelope Knox gelatine

$\frac{1}{3}$ cup cold water

Mix together 2 egg yolks $\frac{1}{2}$ cup sugar

$\frac{3}{4}$ cup rich milk, cook in double
boiler. After it comes to a boil re-

move from stove, add gelatine
1 tsp vanilla, set in pan of cold
water or ice box. Add 2 stiffly
beaten egg whites and 1 cup
whipped cream.

Melt 3 tbs butter 3 tbs brown
sugar add 12 graham crackers

Good Fruit cake - No Bake

1 lb. Dates Everything whole

1 lb. nuts

1 lb. mixed fruit

1 lb. graham cracker crumbs

Melt 1 lb. marshmallows with
in $\frac{3}{4}$ cup milk or fruit juice



CANDY, JELLY, PRESERVES

CARAMELS

Mrs. Dorothy Jensen

2 c. sugar	1/2 c. butter
2 c. light corn syrup	2 c. evaporated milk
1/8 tsp. salt	1 tsp. vanilla

Boil sugar, syrup and salt to hard ball stage, 245 deg., stirring occasionally. Add butter; then milk very gradually, so that syrup does not stop boiling. Stir constantly. Cook rapidly to firm ball stage, 242 deg. Candy is very thick and sticks easily at the last. Add vanilla and pour into greased, shallow pan, without scraping sides of pan. Cool thoroughly before cutting. Wrap each piece in waxed paper. Makes 2 dozen Caramels.

CHOCOLATE FUDGE

Mrs. Marjorie Shoot

3 Tbsp. butter	Salt
3 c. sugar	3/4 c. top milk
1 tsp. vinegar	1 tsp. vanilla
3 Tbsp. corn syrup	3 oz. chocolate

Melt butter in saucepan and brown slightly. Add sugar, vinegar, syrup, salt and milk. Stir until blended. Cover and bring slowly to a boil. Add chocolate and boil rapidly until syrup forms a soft ball in cold water. Keep candy covered during cooking. Cool to lukewarm. Add vanilla and beat until candy begins to cream and hold shape. Pour into buttered pan.

FUDGE CANDY

Mrs. Neva Deerr

4 c. sugar	1 tall can Carnation milk
1/4 lb. butter	2 pkg. chocolate chips
1 jar marshmallow creme	1 tsp. vanilla
	Nutmeats

Put sugar, milk and butter in large kettle. Cook until soft ball stage. Takes about 20 minutes. Take from fire and beat in chocolate chips, marshmallow creme, vanilla and nutmeats. Pour into buttered pan and cut.

PATRONIZE YOUR LOCAL MERCHANT

MEXICAN ORANGE CANDY

Mrs. Margaret Campbell

1 c. sugar
 1 1/2 c. evaporated milk
 2 c. sugar

1 c. nutmeats
 Grated rind of 2 oranges
 1/2 c. butter, scant

Melt 1 c. sugar in large, heavy pan, while milk is scalding in double boiler. When sugar is melted to a rich yellow, add hot milk and stir until smooth. Add 2 c. sugar, stirring until dissolved. Cook until mixture forms an almost hard ball in cold water. Just before removing from heat, add the grated orange rind, butter and nuts. Cool; beat until creamy. Pour into flat pan to set.

PEANUT ROLL CANDY

Mrs. Minnie May

3 c. sugar
 1 c. milk
 1 c. Karo syrup

1/2 c. peanuts
 1 tsp. vanilla

Mix sugar, milk and syrup, and boil to soft ball stage. Remove from fire and add peanuts and vanilla. Beat until it forms so it can be kneaded like bread. Butter hands and knead into a roll. Let stand a few minutes and then cut.

GRAPE JELLY

Mrs. Florence Hoag

1 scant c. water
 4 qt. grapes

2 c. juice
 3 c. sugar

Combine grapes and water and cook until grapes are soft. Drain, but do not squeeze pulp through drainer. Use 2 c. grape juice with 3 c. sugar. Do not boil, but keep hot over low flame and stir for 10 minutes. Pour in jelly glasses and seal. Very good.

STRAWBERRY JAM

Mrs. Emogene Thompson

1 qt. strawberries, cut up
 1 Tbsp. lemon juice

1 qt. granulated sugar

Boil strawberries and sugar 10 minutes. Add lemon juice. Boil 3 minutes longer. Pour into shallow dish. Let stand for 24 hours. Then put into jars. Paraffin and seal. Burns easily, so stir often over medium heat.

Miscellaneous



Write extra recipes here:

corn pancakes

$\frac{1}{3}$ cup flour

$\frac{1}{2}$ tsp baking powder

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

$\frac{1}{4}$ tsp sugar

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

1 egg

2 lbs melted butter

3 tbs milk

$\frac{1}{4}$ tsp ac'cent

Orange & Lemon Dip

1 cup sugar

2 tbs flour

Juice - 1 orange & rind

Juice - 1 lemon & rind

2 cups water

1 tbs butter

pinch salt

cook until thick

Salad -

Jean Hermann

Boil 2 min 1 cup pineapple juice

add 1 pkg lime jello - cool & whip

Mix 16 marshmallows - cut

1 cup cottage cheese, 1 can pineapple

1 cup nuts add 1 cup whipped cream



MISCELLANEOUS

BUCKWHEAT PANCAKES

Mrs. Betty Hoverter
Portland, Oregon

1 pkg. dry yeast	
1 c. water	1 egg, beaten
2 c. buckwheat flour	2 Tbsp. brown sugar syrup
1 c. all-purpose flour	1 tsp. soda in 1 Tbsp. water
Salt	1/4 c. shortening
2 - 2 1/2 c. more water	

Dissolve yeast in 1 c. water. Add to buckwheat and all-purpose flour and salt. Add 2 to 2 1/2 c. more water. Batter will be thin. Cover and let stand overnight. In morning, add egg, syrup, soda and shortening.

CONVENT PIE

Mrs. Alice R. Stearns

1/2 c. macaroni	1/2 c. grated cheese
1 c. cream	1 tsp. onion juice
1 c. soft bread crumbs	1 Tbsp. chopped parsley
1/4 c. butter	3 eggs
1 Tbsp. red or green pepper	1 tsp. salt

Cook the macaroni until tender. Drain and rinse in cold water. Scald the cream and add the remaining ingredients. Line a qt. baking dish with buttered paper. Turn in mixture. Set pan on many folds of paper in dish of water and bake in moderate oven 30-45 minutes. Serve with tomato or mushroom sauce.

CORN FRITTERS

Mrs. Naomi Van Voltinbergh

1 can corn, whole kernel	1 tsp. salt
1 tsp. baking powder	2 eggs
1/2 c. flour	

Combine the dry ingredients; add corn and beaten egg yolks. Fold in the beaten egg whites. Fry by spoonfuls in hot fat. Drain. Serve with powdered sugar or syrup.

GRAPE PUNCH

Mrs. Joyce Mundy

1 qt. grape juice	2 qt. water or ginger ale
2 c. sugar	Juice of 4 lemons
Juice of 2 oranges	

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HINTS ON COOKING FROZEN FOODS

VEGETABLES

In cooking any frozen vegetable it is necessary to bring to the boiling point as quickly as possible to preserve flavor, color and vitamins. Do not thaw before cooking. The one exception is corn on the cob, which should always be thawed.

FRUITS

Do not remove frozen fruits from the package before you are ready to use them. Otherwise they will discolor and lose the fresh flavor. Most fruits are best when thawed just enough to melt the ice crystals. Fruits that are to be cooked should not be thawed. Instead, follow the same procedure as for vegetables.

MEATS

With the exception of large cuts, which may not cook evenly, meats may be cooked when solidly frozen. Cooking must be done at a low temperature and the time lengthened. If thawing is preferred, thaw as slowly as possible, as less moisture and flavor will be lost.

MENUS FOR QUICK MEALS FROM THE FREEZER (Based on commercially frozen foods)

LUNCHEON

Corn chowder
Tossed green salad
Toast sticks
Pineapple
Cookies

Broiled cod in
summersauce
Mixed vegetables
Peach shortcake

Corn and ham broil
Green beans, French
style
Rhubarb with dumplings

DINNER

1.

Perch float
Asparagus spears - cole slaw
Frosty fruit cup
Applesauce
Mint sherbet

2.

Fish Florentine
French fried potatoes
Vegetable relish sticks
Dolly Madison cake

3.

Ocean perch piquant
French fried potatoes
Baked corn
Orange sherbet

QUICK MEALS FROM THE FREEZER (Continued)

4.

Oyster stew	Skillet-fried fish
Bermuda salad bowl -	Epicurean Brussels sprouts
Cauliflower frozen	Cottage potatoes
Crusty rolls	Rolls
Apple pie	Ice cream puffs

RECOMMENDED VARIETIES OF VEGETABLES FOR HOME FREEZING

ASPARAGUS

Martha Washington
Mary Washington

BEANS - GREEN

Blue Lake
Kentucky Wonder

BEANS - GREEN SHELL

French Horticultural
Lowe's Champion

BEETS

Crosby
Detroit Dark Red

BROCCOLI

Italian Green Sprouting

BRUSSELS SPROUTS

Half Dwarf Improved
Long Island Improved

CARROTS

Amsterdam Coreless
Nantes Coreless
Red Cored Chantenay

CAULIFLOWER

Early Snowball
Forbes
Perfection

CORN

Golden Bantam
Country Gentleman
Crosby Hybrid

EGGPLANT

Black Beauty

PARSNIPS

Hollow Crown

PEAS

Alderman
Shasta
Thomas Laxton

SPINACH

Broadleaf
Hollandia
King of Denmark

SQUASH

Summer Crookneck

SWISS CHARD

Fordhook
Lucullus

TURNIPS

White Glove
Purple Top Strapleaf
Purple Top Rutabagas

LOW COST DIET MENUS

1.

2.

BREAKFAST

Oatmeal with sliced
banana
Toast
Coffee
Milk for children

Sliced oranges
Breadcrumb pancakes with
corn syrup
Coffee
Milk for children

LUNCH

Cream of potato soup
Peanut scrapple
Dried fruit Brown Betty
Tea

Baked hominy and cheese
Wilted lettuce with bacon
Oatmeal muffins
Canned peaches

DINNER

Cabbage stuffed with
chopped beef
Baked potatoes
Canned tomatoes
Gingerbread - sour milk
Applesauce - Milk

Dried green-peas soup
Scalloped carrots and onions
Cornbread
Steamed molasses pudding
with lemon sauce
Tea

SAMPLE REDUCING DIET MENUS

1.

2.

BREAKFAST

Orange juice
Whole-wheat toast, 1 slice
Jam, 1 Tbsp.
Coffee - no sugar or cream

1 egg, boiled or poached
Melba toast, 2 slices
Coffee

LUNCH

Banquet salad with
mineral oil mayonnaise
Cornmeal crisps -
salad wafers
Canned pears
Skim milk or buttermilk,
1 glass

Tomato juice
Celery root and stringbean
salad
Rycrisp with cottage cheese
Coffee jelly

SAMPLE REDUCING DIET MENUS (Continued)

DINNER

Broiled fish - nonfatty	Beef bouillon
Spinach	1 lamb chop
Tomato and cucumber salad, French dressing	Green peas, small serving
Ryccrisp	Fresh fruit salad with French or mineral oil dressing
Pineapple sherbet	One-egg cupcake - 1, not iced
Oatmeal macaroons, 2	
Demitasse	

MENUS FOR GAINING WEIGHT

BREAKFAST

1.

Baked apple
Malt breakfast cereal
with cream
Griddle cakes and syrup
Coffee

2.

Yellow cornmeal mush with
stewed raisins and thin
cream
Graham muffins - Jam
Coffee or milk

LUNCH

Minute rarebit on toast
Asparagus, buttered
Peanut butter biscuits
Stuffed prune and orange
salad
Milk

Casserole of dried Lima
beans
Scalloped cauliflower and
tomatoes
Mixed greens - Roquefort
cheese dressing
Milk

DINNER

Cream of carrot soup
American goulash
Apple sweet potatoes
Canned corn
Apricot and banana
salad
Graham date bread
Tea

Pineapple juice
Smothered pork chop
Baked potato
Scalloped cabbage
Danish apple pudding with
whipped cream
Demitasse

SAMPLE MENUS FOR VITAMIN-RICH DIETS

1.

2.

BREAKFAST

Orange juice
Corn Flakes with top
milk
Wheat-germ muffins
Strawberry jam
Coffee or milk

Fresh berries
Puffed Wheat with top milk
Boiled egg
Toast - whole-wheat or
enriched bread
Coffee or milk

LUNCH

Vegetable meat broth
Cheese fondue
Celery - Creole style
Canned loganberries
Honey-Bran cookies
Milk

Tomatoes stuffed with liver
Swiss salad
Whole-wheat or enriched
bread
Cantaloupe
Milk

DINNER

Apricot Nectar
Braised beef heart
Green Lima beans
Kohlrabe
Jellied tomato salad
Whole-wheat or enriched
bread
Carrot custard pie

Cream of onion soup
Savory meat loaf
Baked potato
Baked winter squash
Lettuce salad - French dressing
Whole-wheat or enriched
bread
Upside-down cherry puffs

SAMPLE MENUS FOR MINERAL-RICH DIETS

1.

2.

BREAKFAST

Stewed dried figs on
Triscuit - thin cream
Poached egg on toast
Coffee or milk

Orange juice
Oatmeal with thin cream
Toast - whole-wheat or
enriched bread
Coffee or milk

LUNCH

Casserole of tomato, corn
and cottage cheese
Mustard greens
Canned pineapple

Beef broth
Liver loaf
Broccoli with tomato salad
Graham crackers

SAMPLE MENUS FOR MINERAL-RICH DIETS (Continued)

Soybean muffins
Milk

Maple cornstarch pudding
Tea

DINNER

Steak and kidney pie
Baked potatoes
Cauliflower with cream
sauce
Romaine with Roquefort
cheese dressing
Walnut-apricot steamed
pudding with orange
hard sauce
Demitasse

Fricassee of chicken, with
giblets in gravy
Scalloped potatoes with
cheese
Beets, cooked with tops
Eden salad
Chocolate chip oatmeal
cookies
Milk

AMOUNTS TO SERVE 25

Tea.....	1/2 c. tea, 1 1/2 gal. water
Coffee.....	3/4 lb. coffee, 1 1/2 gal. water
Cream.....	3 cups
Raised rolls.....	2 lbs. (8-9 c.) flour, 3/4 oz. compressed yeast
Butter or margarine.....	3/4 lb.
Salads - potato, chicken, etc.	4-5 qts.
Cabbage - salad.....	4 lbs.
buttered.....	7 lbs.
Potatoes, mashed.....	1/2 peck
Baked beans.....	3 qts. or lbs. dry beans
Chicken pie.....	2 1/4 qts. cooked, diced chicken or 3 chickens, approximately 5 lbs. each, dressed
Baked ham.....	10 lbs.
Oyster stew.....	1 1/2 gal. milk, 2 qts. oysters
Meat loaf.....	5 lbs. ground meat
Frozen peas.....	4 - 4 1/2 lbs.
Frozen Lima beans.....	4 - 4 1/2 lbs.
Frozen asparagus.....	4 - 4 1/2 lbs.
Frozen broccoli.....	4 1/2 - 5 lbs.
Frozen cauliflower.....	4 1/2 - 5 lbs.
Frozen spinach.....	4 1/2 - 5 lbs.
Frozen snap beans.....	4 lbs.
Frozen corn.....	4 lbs.

BIRTHDAYS TO REMEMBER

Name	Address	Birthdate
7 James K. Ryan		July 10-1951
7 Kathy Ryan		July 23-1944
7 Helen Ryan		March 8-1921
7 Alice Ryan		Sept 13
7 Richard Ryan		Nov. 20-1921
7 Roger Ryan		Feb. 23-1925
7 Dennis Ryan		Dec. 16-1891
7 Clara Perkins		Nov. 15-1892
7 Bill Perkins		Oct. 26-1894
7 Eva Thielke		Aug. 14-1905
7 Henri Thielke		Jan 30-1903
7 Sammy Thielke		Oct. 12-1944
7 Freda Kienapp		Oct 18-1907
7 Lawrence Kienapp		July 1-1905
7 Minnie Wilson		Aug. 30-1890
7 Hi Wilson		Aug 20-1891
7 Michael Kevin Ryan		Dec. 7, 1955
7 Tom J. Ryan		Aug. 20-1956
7 Paul Alan Ryan		May 28-1960
7 Julie Marie Thielke		June 18-1967
7 Richard Paul Guilgot		Aug 7-1969
7 Suzanne Camille Guilgot		Feb. 12-1973
7 Brent Henry Thielke		Mar. 19-1976
7 Jason S. Ryan	8 th Ave	Aug. 9-1977

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Watch Advertisements in Local Newspaper.

RAUH'S FEDERATED STORE

Orient Chapter No. 15 - O.E.S. - Manchester, Iowa

Letha Walters Peach desert

- 1 cup brown sugar
- 1 " flour
- 3/4 " Oatmeal
- 1/2 cup melted butter
- 1 teas. vanilla
- 1 " cinnamon

Mix together

4 or 5 peaches

- 1 cup sugar
- 2 tbs cornstarch
- 1 cup water
- 1 teas vanilla

Cook until clear

4 cup fruit peaches or apple

Bake 30 to 45 min in 350° oven

Maples Topping -

- 2 cup oatmeal
- 1/2 " flour
- 1 big cup brown sugar
- 1 cup butter melted & poured over sugar, flour & oatmeal
- 1 teas. vanilla.

Ova's

- 1/2 pt whipped cream, 1/2 cup small marshmallows
- 1/2 cup peppermint candy, nuts.
- Vanilla wafers crumbs, 2 tbs butter, 2 tbs sugar
- 5 small sticks candy.

TX715, 2
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1951

Coupon

This Coupon Entitles Bearer to

5% Discount On All Meat Processing

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MANCHESTER LOCKER PLANT - 204 E. Main

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Coupon

This Coupon Entitles Bearer to

Coupon

This Coupon Entitles Bearer to

Coupon

This Coupon Entitles Bearer to

Macaroni & Ham Loaf. Neva-

- 2 cup cooked macaroni
- 1 med. onion
- 1 green pepper
- 1/4 lb. cheese
- 1 can spam, ham or trout

Grind
altogether

Heat 1 1/2 cup milk & 1/2 cup butter, pour over 1 1/2 cup bread crumbs.

4 beaten egg yolks. Combine with above.

Beat 4 egg whites & fold in. Put in greased

baking dish pan & bake 1 hr. 300 - 325.

- Ham Loaf with cherry sauce

- 1 lb. gr. smoked ham (makes 6)
- 1/2 " " pork

1 1/2 cup soft fine bread crumbs

1 well beaten egg

Bake 45 min to

1/2 teas. dry mustard

1 hr. - 350

1/4 cup brown sugar

spread on top

1 teas. prepared mustard

Cherry sauce

combine 2 tbs cornstarch & 1/2 cup sugar add 1 1/2 cup pitted red cherries, cook over low heat until thick & clear. stirring constantly.

PAPRIKA DRESSING

3 cups corn oil
1 cup vinegar
1/2 medium onion, pureed or chopped
2 Tablespoons paprika
2 Tablespoons salt
15 (1/4 grain) saccharin tablets
1/4 teaspoon dry mustard

1. Puree onion in blender or chop finely.
2. Combine remaining ingredients except for oil.
3. Gradually add oil and continue blending until oil is finely dispersed.

If the dressing separates on standing, shake well before using.

Two teaspoons of this dressing may be substituted for 1 teaspoon of oil on the X-15 A diet.

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Madison 6, Wisconsin

AT-2163

Cranberries -

10 cups

1 lb. Cranberries

6 red. apples

$1\frac{1}{2}$ c sugar

Put fruit thru
food chopper &

Mix with sugar.

Place in covered
jar for 24 hrs.

Pecan Pie - Pat
2 whole eggs
1c corn syrup
 $2\frac{1}{3}$ c sugar
3 tb. flour
3 " melted butter
1c pecans
1 tsp. vanilla
salt.

Beat eggs, slowly
add c.s. add
rest & bake in
unbaked crust
till firm.
Serve with whipped
cream.