CHIEF WAPELLO

OTTUMWA
COOK BOOK

Price $4.95

KITCHEN MEASURES

3 tsp.	1 Tbsp.
2 Tbsp.	1 fluid oz.
4 Tbsp.	1/4 cup
6 Tbsp.	3/8 cup
8 Tbsp.	1/2 cup
16 Tbsp.	1 cup
1 cup	8 fluid oz.
2 cups	1 pint
2 pints	1 quart
4 qts.	1 gallon
8 qts.	1 peck
4 pks.	1 bushel
16 oz.	1 lb.
2 c. liquid	1 lb.
4 c. flour	1 lb.
2 c. granulated sugar	1 lb.
2 2/3 c. brown sugar	1 lb.
2 c. butter	1 lb.
2 c. solid meat	1 lb.
1 lb. brick butter	2 cups
9 medium sized eggs	1 lb.
4 Tbsp. flour	1 oz.
2 tsp. butter or salt	1 oz.
1 sq. bitter chocolate	1 oz.
1 oz. chocolate	1/4 cup cocoa
1 peck tomatoes	15 pounds

MEASURE ABBREVIATIONS

Teaspoon . . .	tsp.	Tablespoon	Tbsp.
Ounce	oz.	Cup	c.
Pint	pt.	Quart	qt.
Gallon	gal.	Bushel	bu.
Pound	lb.	Square	sq.

OTTUMWA, IOWA

COOKBOOK

1977

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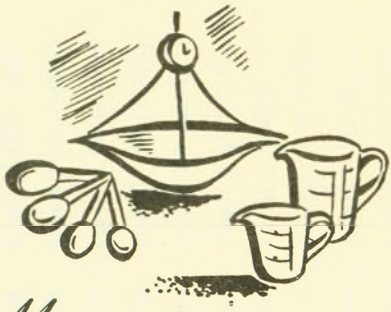


Weights and Measures

Standard Abbreviations

t. — teaspoon
T. — tablespoon
c. — cup
f.g. — few grains
pt. — pint
qt. — quart
d.b. — double boiler
B.P. — baking powder
oz. — ounce
lb. — pound
pk. — peck
bu. — bushel

Guide to Weights and Measures

1 teaspoon = 60 drops
3 teaspoons = 1 tablespoon
2 tablespoons = 1 fluid ounce
4 tablespoons = 1/4 cup
5 1/3 tablespoons = 1/3 cup
8 tablespoons = 1/2 cup
16 tablespoons = 1 cup
1 pound = 16 ounces
1 cup = 1/2 pint
2 cups = 1 pint
4 cups = 1 quart
4 quarts = 1 gallon
8 quarts = 1 peck
4 pecks = 1 bushel

Substitutions and Equivalents

2 tablespoons of fat = 1 ounce
1 cup of fat = 1/2 pound
1 pound of butter = 2 cups
1 cup of hydrogenated fat plus 1/2 t. salt = 1 cup butter
2 cups sugar = 1 pound
2 1/2 cups packed brown sugar = 1 pound
1 1/3 cups packed brown sugar = 1 cup of granulated sugar
3 1/2 cups of powdered sugar = 1 pound
4 cups sifted all purpose flour = 1 pound
4 1/2 cups sifted cake flour = 1 pound
1 ounce bitter chocolate = 1 square
4 tablespoons cocoa plus 2 teaspoons butter = 1 ounce of bitter chocolate
1 cup egg whites = 8 to 10 whites
1 cup egg yolks = 12 to 14 yolks
16 marshmallows = 1/4 pound
1 tablespoon cornstarch = 2 tablespoons flour for thickening
1 tablespoon vinegar or lemon juice + 1 cup milk = 1 cup sour milk
10 graham crackers = 1 cup fine crumbs
1 cup whipping cream = 2 cups whipped
1 cup evaporated milk = 3 cups whipped
1 lemon = 3 to 4 tablespoons juice
1 orange = 6 to 8 tablespoons juice
1 cup uncooked rice = 3 to 4 cups cooked rice

METRIC - U.S. EQUIVALENTS
(To second decimal place)

LENGTH

1 millimeter = 0.04 inch
1 centimeter = 0.39 inch
1 meter = 39.37 inches
= 1.09 yards
1 kilometer = 0.62 statute mile

CAPACITY

1 cubic centimeter = 0.27 fluid dram
1 liter = 1.06 liquid quarts

WEIGHT

1 gram = 0.04 ounce avoirdupois
1 kilogram = 2.20 pounds avoirdupois
= 1000 kilograms
1 metric ton = 2204.62 pounds avoirdupois
= 1.10 tons

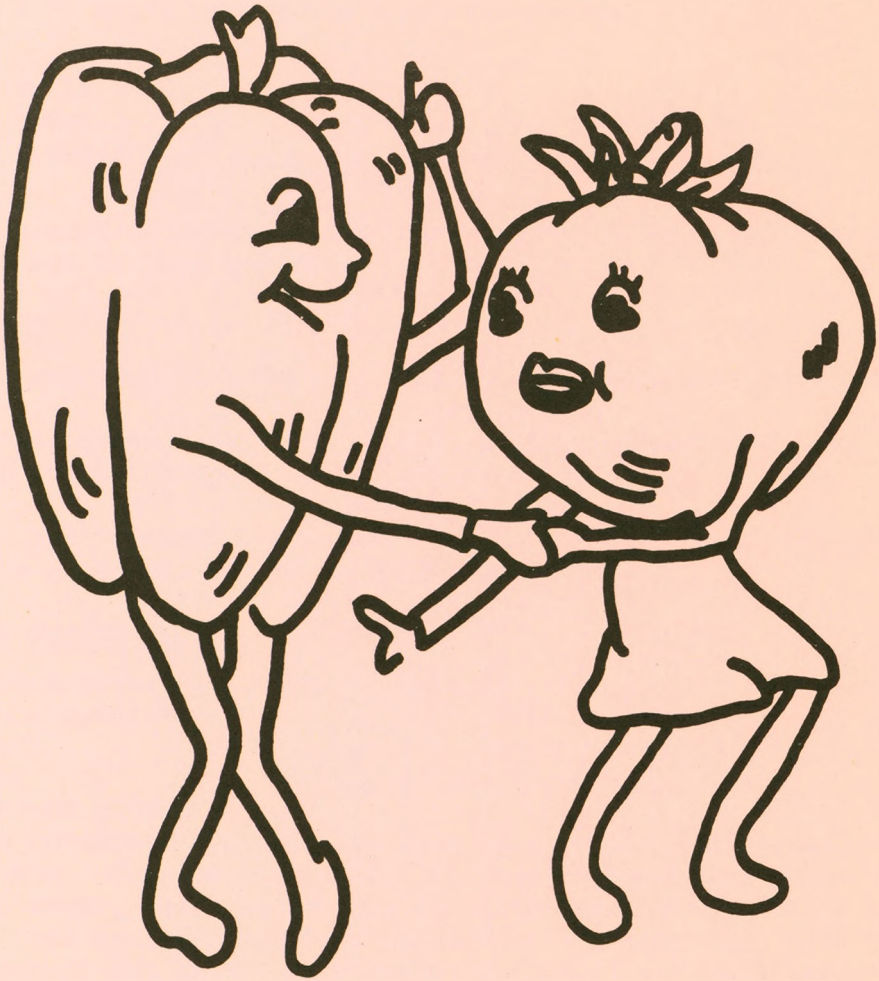
EQUIVALENTS OF THE COMMON CAPACITY UNITS USED IN THE KITCHEN

Units	Fluid drams	Teaspoonsful	Tablespoonsful	Fluid ounces	1/4 cupful	Gills (1/2 cupful)	Cupsful	Liquid pints	Liquid quarts	Milliliters*	Liters	Units
1 fluid dram equals	1	3/4	1/4	1/8	1/16	1/32	1/64	1/128	1/256	3.7	0.004	Equals 1 fluid dram
1 teaspoon equals	1-1/3	1	1/3	1/6	1/12	1/24	1/48	1/96	1/192	4.9	0.005	Equals 1 teaspoonful
1 tablespoon equals	4	3	1	1/2	1/4	1/8	1/16	1/32	1/64	15	0.015	Equals 1 tablespoonful
1 fluid ounce equals	8	6	2	1	1/2	1/4	1/8	1/16	1/32	30	0.030	Equals 1 fluid ounce
1/4 cupful equals	16	12	4	2	1	1/2	1/4	1/8	1/16	59	0.059	Equals 1/4 cupful
1 gill (1/2 cupful) equals	32	24	8	4	2	1	1/2	1/4	1/8	118	0.118	Equals 1 gill (1/2 cupful)
1 cupful equals	64	48	16	8	4	2	1	1/2	1/4	237	0.237	Equals 1 cupful
1 liquid pint equals	128	96	32	16	8	4	2	1	1/2	473	0.473	Equals 1 liquid pint
1 liquid quart equals	256	192	64	32	16	8	4	2	1	946	0.946	Equals 1 liquid quart
1 milliliter* equals	0.27	0.20	0.068	0.034	0.017	0.0084	0.0042	0.0021	0.0011	1	1/1000	Equals 1 milliliter*
1 liter equals	270	203	67.6	33.8	16.9	8.45	4.23	2.11	1.06	1000	1	Equals 1 liter

*For all household purposes 1 milliliter may be considered as equal to 1 cubic centimeter.

RELISHES - PICKLES

APPETIZERS - SAUCES



RELISHES - PICKLES

CARROT-CUCUMBER RELISH (Good with hamburgers)

STEP 1:
Grind:
6 cucumbers
2 onions
6 big carrots

Add 2 T. salt. Let stand 3 hours. Drain.

STEP 2:
Bring to boil:
2 1/2 c. sugar
1 1/2 c. vinegar
1 1/2 tsp. celery seed
1 1/2 tsp. mustard seed

STEP 3:
Add ground cucumber, carrots and onion. Simmer, uncovered, 20 minutes. Put in jars and seal.

CORN RELISH

Ruth Evensonn

12 ears sweet corn (cut from cob)
1 small head cabbage (grated)
2 green peppers (chopped)
Celery (cut fine; as much as desired)
2 T. yellow mustard seed
1/2 c. sugar
1 tsp. salt

Boil all together 2 minutes. Put in sterile jars. Does not have to be airtight. Helps to chill before serving.

BREAD AND BUTTER PICKLES

Mrs. Eunice Davis

25-30 medium-sized cucumbers
8 large white onions
1/2 c. salt
2 c. sugar
1 tsp. ground cloves
2 large peppers
5 c. cider vinegar
2 T. mustard seed
1 tsp. turmeric

Wash cucumbers and slice as thin as possible. Slice onions and peppers thin. Combine with salt; let stand 3 hours and drain. Combine vinegar, sugar and spices in large preserving kettle; bring to boil. Add drained cucumbers and onions and peppers. Heat thoroughly, but do not boil. Pack while hot into sterilized jars and seal at once.

MIXED PICKLE — Mary Nileta Weimer

1 qt. onions
2 qts. cucumbers
1 qt. green tomatoes
1 large head cauliflower

Grind, and soak overnight in salt water. Squeeze out.

MAKE A DRESSING OF:

1 1/2 qts. vinegar
2 heaping tsp. whole clove
3 c. sugar (slightly rounded)
2 heaping tsp. whole allspice
2 heaping tsp. mustard seed
1 or 2 sticks of cinnamon

Tie spices in bag as they tend to darken pickle. Let vinegar mixture boil--then add ingredients. Can't cook too long as cauliflower will get too soft. Seal. Makes 5 to 6 pints.

APPETIZERS - SAUCES

FESTIVE FRANKS — Mrs. L. D. Hamilton

1 (10 oz.) jar currant jelly
1 (6 1/2 oz.) jar prepared mustard
2 (1 lb.) pkgs. hot dogs

Melt jelly over low heat; add mustard slowly and stir until completely blended. Add hot dogs and simmer at least 15 minutes. (Can use cocktail franks, or cut regular franks into quarters). Serve as an appetizer. Delicious broiled also.

SAUSAGE APPETIZERS — Eileen Martin

2 (4 oz.) cans Vienna sausage
7 slices white bread
1 (8 oz.) pkg. softened cream cheese
Pickle relish
Grated cheese

Drain sausage; spread cream cheese on bread which have been crust trimmed and rolled flat. Sprinkle grated cheese and drained relish on cream cheese layer. Arrange 2 sausages on one of bread; roll up; wrap in plastic wraps. Chill. Cut each roll into 8 slices before serving. Makes 56 appetizers.

RECIPE FOR HAPPINESS

With two heaping cups of Patience, add one Heartful of LOVE, two handsful of Generosity, dash of Laughter, one headful of Understanding; sprinkle generously with Kindness; add plenty FAITH, and mix well. Spread over a period of Lifetime, and serve Everybody you meet.

CHICKEN-ALMOND TASTEES

Cream 1 c. soft butter or margarine, 1 (8 oz.) pkg. cream cheese and 1 tsp. salt together until smooth. Work in 3 c. sifted all-purpose flour with spoon until mixture holds together. Shape into a ball; heat oven to 400°. Roll pastry 1/8-inch thick on sheet of heavy-duty aluminum foil. Cut pastry and foil together with scissors into 1 1/2 x 3-inch rectangles.

Moisten ends with water; pinch together; spread out slightly to form little canoes. Prick pastry well with fork to keep in shape. Place on cookie sheet; bake 12 to 15 minutes, or until golden brown; remove foil. Canoes may be wrapped and frozen up to 2 weeks before the party. Fill with chicken-almond filling.

CHICKEN-ALMOND FILLING:

2 c. chopped cooked chicken
1/2 c. minced celery
1/2 tsp. onion salt
2 T. lemon juice
1/4 c. mayonnaise
1 c. chopped, toasted blanched almonds

Combine chicken, celery, onion salt and lemon juice. Add mayonnaise. Spoon into baked pastry canoes. Sprinkle with almonds. Bake at 375° for 10 minutes.

Serve hot. Makes about 5 dozen.

FRUIT SALAD DRESSING (Uncooked)

Eileen Martin

1/2 c. butter substitute (melted)
1 can Borden's Eagle Brand condensed milk
2 eggs (well beaten)
3/4 c. white vinegar
1 tsp. salt
1 tsp. mustard

Pour heated butter to boiling point over well beaten eggs, and beat again. Add milk; beat. Add vinegar with mustard and salt; beat all together. (Use electric beater.)

SUGAR-FREE SALAD DRESSING

Mrs. A. C. Manahl

1 c. substitute for sugar (or sugar)
1/2 c. water
1/2 c. vinegar
1 T. mustard
2 eggs
1/2 tsp. salt
1 T. flour

Mix together flour and sugar substitute; add water, well beaten eggs, mustard and vinegar.

A penny saved is still an art
That keeps budgets from falling apart.

SMOOTH CREAMY ROQUEFORT DRESSING

1 pint sour cream
2 T. vinegar
1/4 c. mayonnaise
1 tsp. salt
1/2 pkg. (1/2 lb.) Roquefort cheese (crumbled)
1/2 tsp. garlic salt
1/2 tsp. celery salt
1/2 tsp. pepper
1/2 tsp. Paprika

Mix ingredients, except cheese. Fold in Roquefort carefully.

APPLE KETCHUP

Mrs. A. C. Manahl

2 qts. sieved cooked apples
2 T. sweetener (or sugar)
1 tsp. pepper
1 T. salt
1 tsp. ground cloves
2 onions (minced)
2 c. vinegar
1 tsp. cinnamon

Combine all ingredients. Mix well. Bring to a boil; simmer one hour. At boiling hot, fill sterilized containers. Seal. Yields about 4 half-pint containers.

BARBECUE SAUCES

Eileen Martin

SAUCE TO BE USED ON RIBS, CHICKEN, ETC.:

1/2 c. catsup
1 1/2 tsp. salt
1 c. water
1/2 tsp. dry mustard
1/4 tsp. Worcestershire sauce
1/8 tsp. chili powder

Blend well.

SAUCE GOOD FOR SPAM, WIENERS, ETC.:

1/4 c. chopped onion
4 T. sugar (sweetener)
1/8 tsp. pepper
3 T. vinegar
1/4 c. catsup
1 tsp. Worcestershire sauce

Simmer together.

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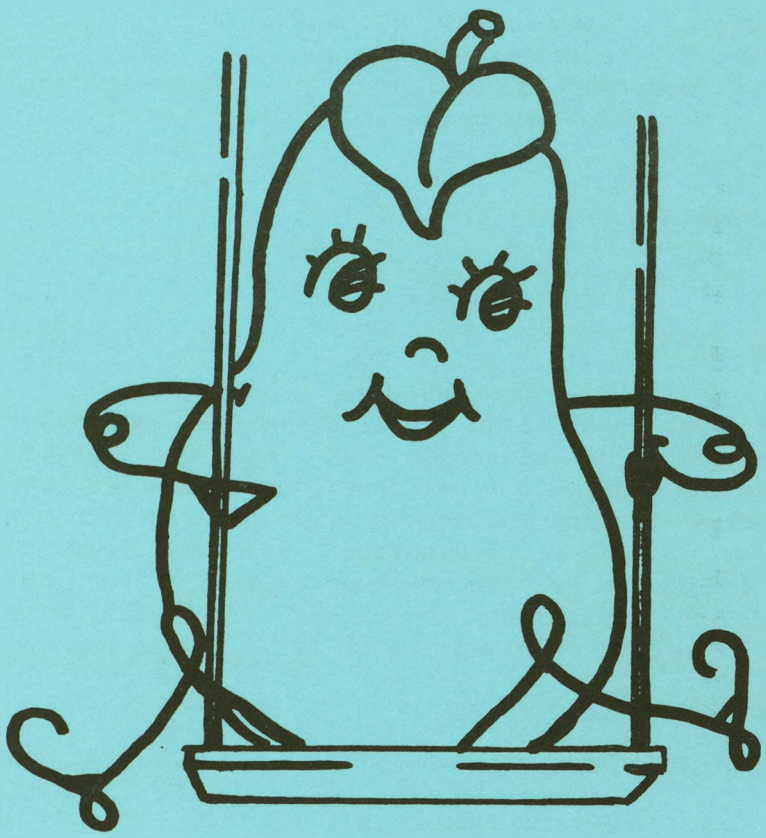
SOUPS - SALADS - BREADS



SOUPS - SALADS

CHILI

Mrs. Lloyd Gugle

Brown:
1 1/2 lbs. lean hamburger
2 medium onions (sliced)

Add:
2 T. salt
2 T. pepper
1 T. chili powder
3 tsp. Worcestershire sauce
1 T. sugar
1 can tomato sauce
1 can tomato soup
1 can kidney beans
1 can (cut up) tomatoes
2 c. water

Simmer a long time.

POTATO SOUP

Eileen Martin

6 medium potatoes (diced)
1 stalk celery (diced)
1 large onion (chopped)
2 c. water
3 c. milk
1/4 tsp. pepper
3 T. flour
1 T. salt
2 T. butter

Combine vegetables and water; simmer until done, about 40 minutes. Pour off water and save. Mash vegetables until smooth and return to water. Blend in flour, salt and 1 c. milk. Add to vegetable mixture; add remaining milk, pepper and butter. Bring to a boil and simmer about 5 minutes. Serves 6.

You may add 1 cup of cooked homemade noodles before bringing to final simmering stage. Or, add dropped dumplings after final simmering stage, and simmer until dumplings raise to top of liquid.

ANGEL SALAD

Mrs. Vivian Smithart

2 (3 oz.) pkgs. cream cheese
2 pkgs. lime Jello
2 c. hot water
1 small can crushed, drained pineapple
1 (2 oz.) jar pimientos (chopped)
1 c. diced celery
1 c. pecans (chopped)
1/2 pt. whipping cream or Dream Whip

Mix Jello, hot water, cream cheese. Let cool until it begins to thicken. Add pineapple, celery, pimientos and pecans. Last, add the whipping cream; fold in. Chill. Serve.

Those who wish to sing always find a song.

APPLE SALAD

Eileen Martin

1 1/2 c. tart apples (diced)
1/2 c. chopped celery
5 marshmallows (quartered)
6 maraschino cherries (quartered)
1/2 c. walnut meats

Mix all above ingredients. Add 1/2 c. salad dressing thinned with some of the cherry juice to give some color. Toss lightly together and serve on lettuce.

ORANGE GELATIN SALAD

Mrs. Tillie Manahl

Mix 2 c. water with 3 oz. pkg. orange Jello and 3 oz. pkg. vanilla pudding (not instant). Cook until clear and thick. Whip a pkg. of Dream Whip and small can of crushed pineapple (well drained).

APPLE CIDER SALAD

Mrs. A. C. Manahl

Soften 1 1/2 T. gelatin in 1/2 cup cold water. Combine 2 tsp. sugar substitute (or sugar), 2 cups apple cider juice, 2 T. lemon juice, 1/2 tsp. salt. Heat, and add to the softened gelatin, stirring until gelatin dissolves. Cool until mixture begins to thicken. Fold in apples (2 medium, finely chopped). Chill until set -- in a 3-cup mold.

APPLE CINNAMON SALAD

Mrs. Jim Welden

1 pkg. cherry gelatin
1 c. hot water
1/4 c. red cinnamon candies
1/2 c. boiling water
1 c. chopped celery
1 c. chopped pared apples
1/2 c. chopped walnuts

Dissolve gelatin in 1 cup hot water. Add candies to 1/2 cup boiling water. Stir until dissolved. Add enough water to make 1 cup liquid. Add this to gelatin. Cool until partly congealed. Add remaining fruit. Serves 6.

CHERRY SALAD

Bring 1 can bing cherry juice to boil; add 1 1/4 cups sugar. Dissolve 1 pkg. black cherry Jello in hot juice. Add 3/4 cup sweet wine, cherries and pecans.

Life is hard by the yard;
But by the inch, life's a cinch!

APPLE CINNAMON MOLDED SALAD

Mrs. Don K. Robertson

1 c. water
1 (No. 303) can applesauce
1/2 c. mayonnaise
1/4 c. red cinnamon candies
1 pkg. lemon flavored gelatin
1 (8 oz.) pkg. cream cheese (softened)
1/2 c. each: Finely chopped celery, chopped nutmeats

Combine water and candies; heat to boiling point. Reduce heat and simmer, stirring occasionally, until candies are melted. Add gelatin, stirring until dissolved. Add applesauce, mixing thoroughly. Pour half of this mixture into a mold. Chill until firm. Meanwhile, beat cream cheese and mayonnaise together until smooth. Mix in nuts and celery. Spoon cream cheese mixture evenly over firm gelatin mixture. Pour remaining applesauce mixture on top. Refrigerate until firm.

CABBAGE SLAW

Mrs. Joe Forsythe

1 large head cabbage (chopped fine)
2 tsp. salt

Mix and let set one hour. Squeeze out all of the water that you can.

1 chopped green and one red pepper
3/4 c. celery (cut into small pieces)

DRESSING:
2 c. sugar
1 c. vinegar
1 tsp. celery seed
1 c. water
1 tsp. mustard seed

Boil for 4 minutes. Cool and add to cabbage.

CAROUSEL SALAD

1 c. boiling water
1 can fruit cocktail
1/4 c. lemon juice or water
1 pkg. Jello
1/4 c. maraschino cherries

Drain fruit cocktail, measuring syrup. Add water to syrup to make 1 cup. Dissolve Jello in boiling water; add syrup and lemon juice; chill until thickened. Stir in fruit. If desired, place cherries in molds to form carousels. Pour Jello into individual molds, or a 1-quart mold. Chill until firm. Unmold on crisp greens. Makes about 3 cups or 6 servings.

A stranger is just a friend you haven't met yet.

GREEN COTTAGE CHEESE SALAD — Renee Bussing

1 pkg. lime Jello
1 small can crushed pineapple
1 T. lemon juice
1/2 c. cottage cheese
1 c. whipped cream
1 c. water (boiling)
12 marshmallows
1/2 c. nutmeats

Dissolve Jello in boiling water. Cool until it begins to jell. Cut marshmallows fine; add with cottage cheese, lemon juice, pineapple and chopped nuts. Chill until firm. Then fold in whipped cream; refrigerate until time to serve.

PINEAPPLE DREAM WHIP SALAD — Mrs. Tillie Manahl

2 eggs (well beaten)
Small can crushed pineapple (drained)
1/4 tsp. salt
1/2 c. flour

Add drained pineapple to above mixture; cook until thick. Add 24 marshmallows. Cool. Fork in package of whipped Dream Whip.

CLUB SALAD — Mrs. Homer Ferguson

1 c. shredded carrots
1/2 c. celery
1/2 c. salad dressing
1 c. cooked chicken (diced; or shrimp or tuna)
1 c. shoestring potatoes
2 T. onions (diced)
1/4 tsp. mustard
1 T. cream

Combine all ingredients except potatoes. Add potatoes just before serving. Makes 4 servings. A crisp lettuce leaf on the bottom makes a nice dish.

CHICKEN SALAD SUPREME — Mrs. Nona J. Harrington

2 1/2 c. cold chicken (diced)
1 c. white grapes
1/16 tsp. pepper
4 T. water
1/2 c. chicken stock
1/2 c. cream (whipped)
1/2 c. shredded almonds
2 T. minced parsley
1 c. celery (chopped fine)
1 tsp. salt
1 1/4 T. gelatin
1 c. mayonnaise

Mix chicken, celery, grapes, almonds, parsley and season with salt and pepper.

Soak gelatin in cold water 5 minutes; then dissolve over boiling water. Add gelatin, cream and chicken stock to mayonnaise and stir until begins to thicken. Fold in chicken mixture.

Pack in molds; if desired, place sliced hard boiled eggs and sliced stuffed olives in the bottom. When mold is turned out, it is very decorative. Serves 8.

DELIGHTFUL SALAD — Mrs. Ray McLuckie

1 (3 oz.) pkg. lemon Jello
1 (No. 2) can crushed pineapple

Drain 1 cup of juice from pineapple and heat to dilute the Jello. Cool.

Mix:

Crushed pineapple
1/2 c. chopped celery
1/2 c. chopped nuts
2 (3 oz.) pkgs. Philadelphia cream cheese
1/4 c. diced pimiento

Mix this with Jello. Fold in 1 envelope Dream Whip (whipped according to directions). Put in mold or square pan to cut in squares to serve on lettuce.

MANDARIN ORANGE SALAD — Mrs. Floyd Dickerson

1 pkg. vanilla pudding
1 pkg. tapioca pudding
1 pkg. orange Jello
1 can mandarin oranges
1 small can crushed pineapple
1 large Cool Whip
Nuts

Mix the puddings and Jello together dry. Drain liquid from oranges and pineapple and add enough water to make 2 cups of liquid. Add this to dry ingredients and bring to boil. Cool and add oranges, pineapple, nuts and Cool Whip. Chill and serve.

WHITE SALAD — Mrs. Mary L. Gruwell

1 large (No. 2 1/2) can pineapple (cut in bite-size chunks)
1 large (No. 2 1/2) can white cherries (seeded)
1 lb. white grapes or Tokay grapes
1/2 lb. marshmallows (diced)
1/2 pint whipping cream
(Bananas may be used or substituted for grapes, but do not add them until ready to serve)

SWEET DRESSING

2 eggs (beaten well)

Mix 1/2 cup sugar and 3 heaping tsp. cornstarch; add the beaten eggs, and the pineapple juice drained from the can of pineapple mentioned above.

Cook like mayonnaise. Cool the dressing and add the whipped cream. When ready to serve, combine the diced fruits with the dressing. Makes 4 quarts and serves 20.

VEGETABLE GELATIN SALAD

Mrs. Sidney Newlon

1 pkg. lemon gelatin
1 T. vinegar
1 tsp. salt

Chill until slightly thickened. Fold in:

3/4 c. diced cucumbers
1/2 c. thinly sliced young onions
1/2 c. thinly diced radishes

Pour into individual molds. Makes seven servings.

MACARONI SALAD

Mrs. John Surber

1 pkg. of shell macaroni
1 large can fruit cocktail (drained)
1/2 can peaches (drained and diced)
1 small pkg. marshmallows
3-4 bananas (diced)
1 carton Cool Whip
3/4 - 1 c. mayonnaise
Sugar to taste

Cook macaroni; drain and cool. Mix fruit and marshmallows. Mix Cool Whip, mayonnaise and sugar. Then mix altogether. Keep refrigerated until served.

PINEAPPLE CHEESE SALAD

Mrs. Jack L. Northup

1 medium can pineapple
1/2 lb. cheese (Longhorn)
1/2 pkg. small marshmallows
1/2 c. sugar
Pinch of salt
2 rounded T. flour
1/2 c. rich milk
1 tsp. butter or margarine

MACARONI AND TUNA SALAD

Mrs. John Surber

1 pkg. elbow macaroni
2 small cans of tuna
1 can peas (drained)
1 c. mayonnaise
1/3 to 1/2 c. milk
Sugar to taste

Cook macaroni, drain and cool. Stir in tuna, peas. Mix mayonnaise, milk and sugar. Stir into macaroni. Serve.

Let others share your sunny days
And you will find it true,
That others will be glad to share
The rainy days with you.

BREADS

GRAPENUT BREAD

Mrs. A. C. Manahl

2 eggs
4 c. flour
1/2 tsp. baking powder
2 c. sour cream
2 c. sugar
1/2 tsp. salt
1 tsp. soda
1 c. grapenuts

Soak grapenuts in cream for two hours. Add beaten eggs, sugar and flour, salt and baking powder. After all is mixed, add 1 tsp. soda in little hot water. Preheat oven and bake one hour at 350°. Makes two loaves.

GOOD DINNER ROLLS

Beatrice Workman

1 cake compressed yeast
1/4 c. lukewarm water
1 tsp. salt
1 c. scalded milk
1/4 c. sugar
1/4 c. salad oil
4 c. sifted flour
1 egg (well beaten)

Soften yeast in water; add 1/2 tsp. sugar. Add salad oil, remaining sugar and salt to hot milk. Stir until sugar is dissolved. Cool. Add egg. Stir in softened yeast. Stir flour into liquid ingredients until well mixed. Turn dough out onto lightly floured board. Knead quickly until smooth and elastic; form into smooth ball. Place ball of dough in greased bowl; turn over once or twice to grease the surface. Cover. Let rise in warm place, 85°, for 1 hour until double in bulk. Turn out onto board; knead well again. Shape as desired. Place in greased pan. Let rise until double in bulk. Bake at 350° for 25 minutes.

REFRIGERATOR ROLLS

Mrs. Hollis Albertson

1 c. lukewarm milk
2 pkgs. yeast
1 egg
1/2 c. sugar
1 tsp. salt
1/4 c. shortening
4 1/2 or 5 c. flour

For sweet dough, use 2 eggs and 1/2 c. shortening.

We never skimp on groceries
Our family is well fed.
That's why our added poundage,
Is called the high priced spread.

ROLLS (Can add cinnamon) Mrs. Tillie Manahl

1/2 c. sugar
6 T. shortening
2 tsp. salt
2 eggs
2 pkgs. yeast (to dissolve, use 2 c. water)
6 to 7 c. flour (don't add all at once)

Mix well, cover, and let set about 15 minutes. Grease top of and side of bowl. Turn over in bowl, knead, let set another 15 minutes.

Shape in rolls and let rise. Bake in 375° oven for 12 to 15 minutes. Makes 3 dozen. (If you desire cinnamon rolls, add more sugar and cinnamon to dough.)

BATTER ROLLS Mrs. Mary E. Brown

3/4 c. milk
1/4 c. sugar
1 tsp. salt
1/4 c. margarine
1 egg
3 1/2 c. unsifted flour
1/2 c. warm water
2 pkgs. or cakes of Fleischmann's active dry or compressed yeast

Scald milk; stir in sugar, salt and margarine to lukewarm. Measure warm water into large bowl. Sprinkle or crumble the yeast into warm water and stir until dissolved. Add lukewarm milk mixture, egg and 2 c. of the flour; beat until smooth. Stir in enough remaining flour to make a soft dough. Cover; let rise in warm place until doubled in bulk. Stir down and fill greased muffin pans 3/4 full; cover and let rise in warm place. Bake in hot oven of 400° about 15 minutes.

BISCUITS (OLD-FASHIONED OTTUMWA FAMILY RECIPE)

2 c. flour
4 tsp. Royal baking powder
2 T. shortening
1/2 tsp. salt
3/4 c. milk

Sift together flour, baking powder and salt. Add shortening and mix in thoroughly with steel fork. Add liquid slowly to make a soft dough. Roll or pat out with hands on floured board to about one inch in thickness. Cut with biscuit cutter, first dipped in flour. Place on greased pan and bake in hot (475°) oven 10 to 12 minutes.

(Take time Saturday morning to mix and cut a pan of Royal Biscuits. Slip them into the icebox or set them aside in a cool place. Sunday when supper time comes, pop them into the oven and they are ready by the time the table is set.)

CHEESE BISCUITS (To serve with salads)

Sift together 2 cups flour and 3 teaspoons Royal baking powder. Add 1/2 cup cheese (grated) and 1/2 teaspoon salt. Work in 2 tablespoons butter with tips of fingers. Add 1 cup milk. Drop from spoon in uniform, small portions on baking sheet. Bake 15 minutes in moderate oven (375°).

ORANGE BISCUITS

2 c. packaged biscuit mix
2 T. sugar
Add:
1/3 c. orange juice
4 tsp. grated orange rind
1/3 c. milk

Mix as usual. Roll out one-inch thick and cut with 1 1/2-inch cutter. Bake 10 to 15 minutes at 450°. Delicious and wonderful for tea.

SOUR CREAM BISCUIT (OLD-FASHIONED OTTUMWA FAMILY RECIPE)

2 c. flour
1 c. sour cream
1/2 tsp. soda
1/2 tsp. salt
1 tsp. sugar

(If you want to use them for a party, sprinkle sugar over them before baking, and they are rather like coffee cake.)

STIR-IN-ROLL BISCUITS

Preheat oven to 475°. Sift together 2 cups sifted flour, 3 tsp. double-action baking powder, 1 tsp. salt. Pour into a measuring cup (but don't stir together) 1/3 cup Wesson oil and 2/3 cup milk. Then, pour all at once, into flour; stir with a fork until mixture clears side of bowl and rounds up into a ball.

For Drop-Biscuit: Drop dough on ungreased cookie sheet.

For Rolled-or-Patted Biscuit: Smooth up dough by kneading about 10 times without additional flour. With dough on waxed paper, press out 1/4-inch thick with hands or roll out between waxed paper.

For Thicker-Biscuit: Roll out 1/2-inch thick; cut with unfloured cutter. Bake 10 to 12 minutes on ungreased pan in very hot oven of 475° about 20 minutes.

For Buttermilk Biscuit: Use 2 tsp. baking powder and 1/4 tsp. soda.

A smile is a curve that can set a lot of things straight.

NUT BREAD

2 c. Pillsbury's Best flour
1/3 c. sugar
3 tsp. baking powder
1/2 tsp. salt
1/2 c. nutmeats
1 c. milk
2 T. shortening
1 egg

Sift dry ingredients; add egg and milk, and shortening, melted and cooled. Fold nutmeats, coarsely broken, into mixture. Bake in deep pan, well greased, in moderate oven of 375° for 40-45 minutes.

ENGLISH MUFFINS (OLD-FASHIONED OTTUMWA FAMILY RECIPE)

(They're ideal for tea or coffee hour!)

English muffins differ from other baked goods in that they are "baked" on a griddle. Your average sized griddle will bake five mouth-water English muffins at one time--maybe enough for one "round" of your family.

This special baking technique gives these muffins a well defined brown spot on each side, yet the rest of the muffin is soft and white. English muffins are delicious with heavy jams and marmalades. Excellent, too, when split, toasted with whipped fortified margarine or butter. Small muffins are ideal for the tea or coffee hour.

Sprinkle corn meal on your cooky sheet.

1/2 c. cooking oil
1/4 c. sugar
1 egg
3/4 c. milk
2 c. flour
4 tsp. baking powder
1/4 tsp. salt

Cream fat and sugar; add beaten egg, then flour, salt and baking powder, sifted together, and add milk last, slowly. Drop muffins on cookie sheet. Bake at 400° for 25 minutes.

(If you use muffin tins, grease them well sifting corn meal on tin after greasing.)

FRENCH ROLLS (OLD-FASHIONED OTTUMWA FAMILY RECIPE)

Mix two heaping teaspoons baking powder with four cups flour, and one-half teaspoon salt, adding sweet milk, or milk and water, to make a soft dough. Roll and cut into rounds, placing a small lump of butter in the center of each, and folding dough over in form of half circle. Bake in quick oven.

Make your English tea in an English teapot--3 tsp. tea to 6 cups scalding hot water.

WAFFLE RECIPE

2 c. Gold Medal flour
4 tsp. baking powder
1/4 tsp. salt
1 3/4 c. milk
2 eggs
1 T. melted shortening

Sift ingredients of flour, baking powder and salt; add milk to slightly beaten egg yolks. Mix well and add to dry ingredients. Add melted shortening and fold in stiffly beaten whites of eggs. To get a crisp waffle, the iron must be well greased and very hot. Allow about twenty seconds to brown each side.

WAFFLED FRENCH TOAST

1 egg
1/8 tsp. salt
5 slices bread
1/2 c. milk
1 T. melted shortening

Beat egg slightly; add milk, salt, shortening. Pour into shallow pan or dish. Dip bread into mixture, coating well on both sides. Bake in preheated waffle iron until bread is golden brown. Serve with butter and syrup.

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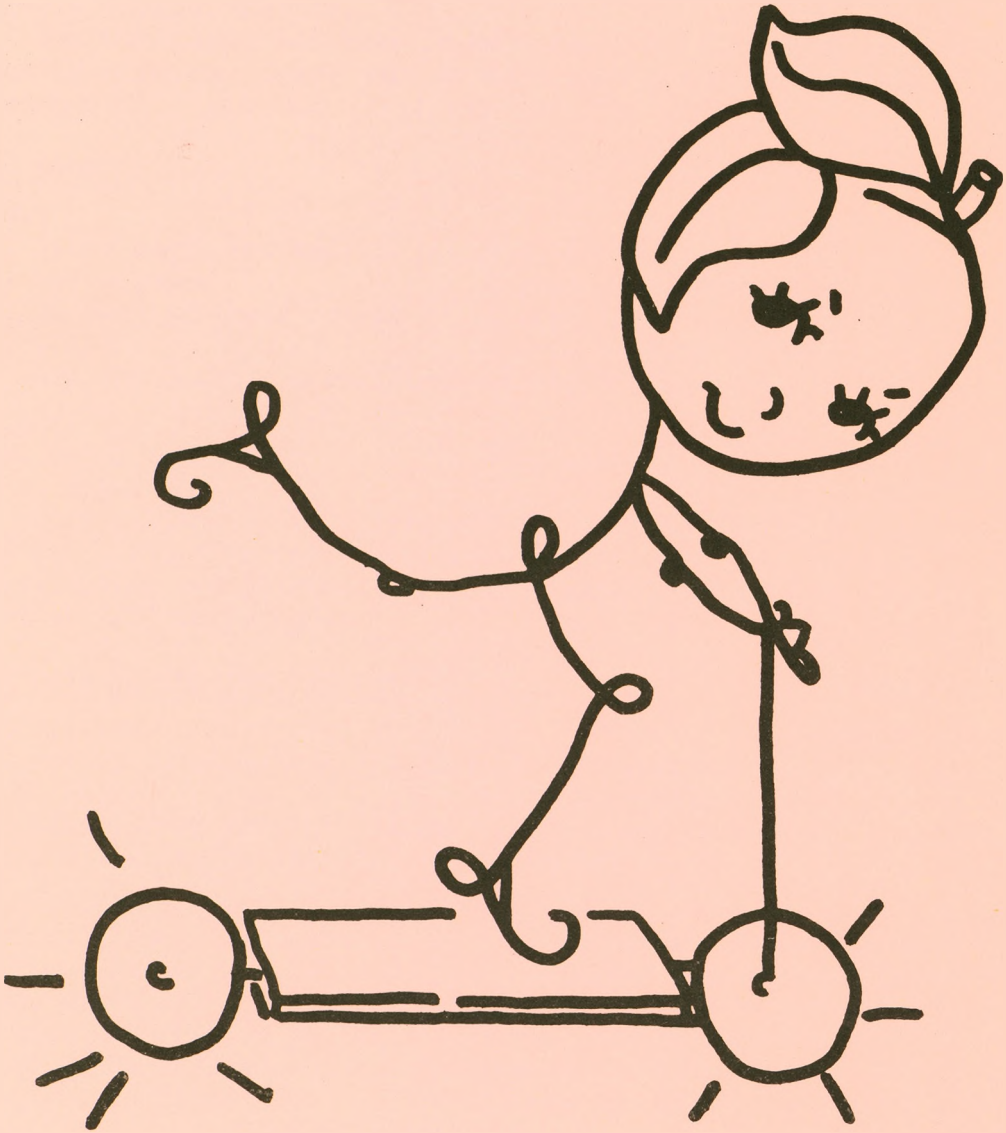
ADDITIONAL RECIPES

COOKIES

CAKES - FROSTINGS

CANDIES - PIES - DESSERTS



COOKIES

APRIL NUT SQUARES

Mrs. Virginia Sponsler

1. Beat together thoroughly 1 egg and 3/4 c. sugar.
2. Add 1/2 c. sifted flour blended with 1 tsp. baking powder and 1/4 tsp. salt.
3. Add 1 tsp. vanilla, 1 cup minced apples and 1/2 c. coarsely chopped walnuts.

Mix thoroughly and bake in buttered 8x8-inch pan at 350° for about 30 minutes. Serve warm or cold with ice cream or whipped topping.

DATE COOKIES

Mrs. Pearl D. Runnells

DOUGH:

1 c. brown sugar (packed)
1 c. white sugar
1 c. shortening (half butter or oleo)
4 c. flour
3 eggs (well beaten)
1 tsp. soda
1 tsp. vanilla extract

Mix the dough and roll into sheet; cut in half.

FILLING:

1 lb. dates (cut fine)
1/2 c. sugar
1 c. water

Cook filling until thick; add the filling equally to each half, then roll, place in refrigerator overnight, cut into cookies, approximately the thickness of a lead pencil and bake on cookie sheet at 325° until brown.

EASY DATE-FILLED DROP COOKIES

Mrs. Eunice Davis

DATE FILLING:

2 c. cut-up dates (about 3/4 lb.)
3/4 c. sugar
1/2 c. chopped nuts
3/4 c. water

Slowly cook together dates, 3/4 c. sugar and water, stirring constantly until thickened. Add nuts; let cool.

COOKY DOUGH:

3 1/2 c. sifted regular all-purpose flour
1 tsp. salt
1/4 tsp. cinnamon
1/2 c. buttermilk
1 c. (2 sticks) butter or margarine
2 c. firmly packed light brown sugar
1 tsp. baking soda
2 eggs
1 tsp. vanilla

Continued Next Page.

EASY DATE-FILLED DROP COOKIES (Continued.)

COOKY DOUGH:

Sift together dry ingredients. Cream butter with brown sugar; beat in eggs. Add buttermilk and vanilla. Mix in dry ingredients. Drop by rounded teaspoonful onto baking sheet, about 2-inches apart. Place 1/2 teaspoon date filling in center of each teaspoonful dough. Cover with small teaspoon dough. Bake until lightly browned, about 10-12 minutes. Remove to cooling rack.

FRENCH CREAM COOKIES

Mrs. Jim Welden

1 c. shortening
1 tsp. vanilla
2 c. sifted flour
1 tsp. cream of tartar
1 1/2 c. sifted powdered sugar
1 egg (well beaten)
1 tsp. soda

Cream shortening and sugar. Add egg and vanilla. Sift flour with soda and cream of tartar. Chill dough 1 hour. Make little balls; bake on cookie sheet at 350° for 10 to 15 minutes.

LEMON WHIPPERSNAPS

Mrs. Dorothy Hendricks

1 pkg. (17 1/4 oz.) Pillsbury lemon cake mix
2 c. (4 1/2 oz. carton) frozen whipped topping (thawed)
1 egg
1/2 c. sifted powdered sugar

Grease cookie sheets; combine cake mix, whipped topping and eggs in large bowl. Stir well until mixed. Drop by teaspoon into powdered sugar; roll to coat. Place 1 1/2-inches apart on cookie sheet. Bake at 350° for 10 to 15 minutes, or until light golden brown. Remove from cookie sheet. Cool. Makes about 4 dozen cookies.

OATMEAL TOLL HOUSE

Mrs. Fred Lindholm

1 c. shortening
3/4 c. brown sugar
2 eggs
1 tsp. vanilla
2 c. oatmeal (quick)
1 pkg. milk chocolate chips
1 1/2 c. flour
1 tsp. soda
1 tsp. hot water
1/2 c. nuts
1/4 c. sugar (white)

Cream shortening and sugar; add eggs and beat well. Add vanilla. Dissolve soda in hot water; add to creamed mixture with sifted flour and salt; then add oatmeal, nuts, milk chocolate bits, and mix well. Chill, and drop 1 tsp. for each cookie on cookie sheet. Bake at 350° from 10 to 12 minutes.

PEANUT BUTTER COOKIES — Mrs. Fred Lindholm

1 c. brown sugar
1 c. butter
2 eggs
1 tsp. soda
1 c. white sugar
1 c. peanut butter
2 1/2 c. flour

Mix in order given. Chill dough. Roll in balls the size of a walnut. Mark with a fork twice to make a cross; press down slightly. Bake at 400° for 8 to 10 minutes.

ROLLED OATMEAL COOKIES — Mrs. Hollis Albertson

3/4 c. shortening
1/2 c. sugar
2 eggs
1 c. brown sugar
1/2 c. milk
1 tsp. vanilla
1 c. ground raisins
2 1/2 c. flour
1 tsp. soda
1 tsp. salt
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg
3 c. oatmeal

Cream shortening and sugar. Add eggs and beat. Add milk, then dry ingredients. Add ground raisins and oatmeal. Roll out 1/4-inch thick. Bake 375° for 12 to 15 minutes. May be iced.

CONFETTI COOKIES — Mrs. Mary E. Brown

Cream 1 c. sugar, 1 c. shortening, 2 eggs and 1 tsp. vanilla and 1/2 c. brown sugar.

Add mixed: 2 1/3 c. all-purpose flour, 1 tsp. salt and 1 tsp. soda (blended well); mix all well.

Stir in 1 c. cut-up small gum drops and 1/2 c. chopped nuts. Mix well. Drop by teaspoonfuls onto cookie sheet. Bake at 350° for 15 minutes. Makes 5-6 dozen.

TOFFEE CRUNCH COOKIES — Mrs. L. D. Hamilton

1 1/2 c. sifted flour
1/2 tsp. baking soda
1/2 c. butter or margarine
1 c. finely chopped chocolate covered English toffee candy bars
1/3 c. coarsely chopped pecans
1 tsp. vanilla
1/2 tsp. salt
3/4 c. packed brown sugar

Combine and sift flour, soda and salt. Cream butter; add sugar, egg and vanilla; mix until smooth and creamy. Stir in dry ingredients; blend in chopped candy bars and pecans. Drop by teaspoon 2-inches apart onto greased baking sheets. Bake in 350° oven until done, 12 to 15 minutes.

SUGAR COOKIES — Mrs. Mary Louise Lindholm

1/2 c. fat
1 c. sugar
2 T. milk
1/2 tsp. soda
1/2 tsp. salt
2 eggs
1 tsp. baking powder
1 tsp. vanilla

Cream fat, sugar; add eggs; cream well. Sift flour with salt, baking powder and soda; add to creamed mixture and add vanilla. Add:

1 c. soft dates (cut fine)
1 c. crushed pineapple (drain well)
2 c. coconut
1/2 c. nuts

Bake at 375° for 8 to 12 minutes. May be frosted.

HOUSEHOLD HINT

To remove scorch from newly ironed articles, rub scorch with a piece of ice.

CAKES - FROSTINGS

APPLE FOOD CAKE — Elizabeth J. Smith

1 1/2 c. Wesson oil
3 c. flour
3 large raw apples (chopped; use red only)
1 c. chopped nuts (any kind, but black walnuts are best)
1 tsp. cinnamon
1 tsp. vanilla
2 c. sugar
1/2 tsp. salt
2 eggs (beaten)
1 tsp. soda

Mix dry ingredients together and beaten eggs and Wesson oil. Mix well and add apples and nuts.

Batter will be rather stiff. Bake in pan 9x12x2-inch in oven of 350° for one hour. Icing may be used if desired. Stays fresh for days.

GOLDEN RICH COFFEE CAKE

1 yellow cake mix
1/2 c. chopped nuts
1/2 c. brown sugar (packed firmly)
1 tsp. cinnamon

Heat oven to 350° and prepare cake mix as directed on package, except use 2 T. less water. Pour half of batter into greased and floured pan, 10x4-inch; sprinkle with filling below. Repeat sprinkling top with remaining filling. Bake 50 to 60 minutes or until done. Cool 30 minutes before removing from pan. Serve warm.

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GOLDEN RICH COFFEE CAKE (Continued.)

FILLING:

1/2 c. brown sugar
1/2 c. nuts
1 tsp. cinnamon

Mix all ingredients together.

BANANA SPICE CAKE

1 c. well mashed bananas
2 1/4 c. sifted cake flour
2/3 c. buttermilk or sour milk
1 tsp. lemon juice
2 tsp. baking powder
1 1/2 c. sugar
1/2 c. shortening
1 tsp. vanilla
1/2 tsp. nutmeg
1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
2 eggs
1/2 c. chopped nuts

Combine lemon juice and bananas. Sift together two times - flour, baking powder, salt, soda, cinnamon, sugar and nutmeg. Add shortening and milk with the banana and juice. Beat two minutes with 300 strokes or with mixer at medium speed. Add unbeaten eggs and vanilla. Beat for one minute. Fold in nuts.

Pour into two 8-inch cake pans, lined with wax paper. Bake at 375° for 25 to 30 minutes. Cool in pan 10 minutes; remove to rack and cool thoroughly. Frost as desired.

IRENE'S CHERRY CAKE

Mrs. J. W. Welden

2 cans unsweetened cherries (drained)
1 1/2 c. sugar
1/4 lb. melted oleo
1 box white cake mix
1 c. chopped nuts
1 c. juice from cherries

Add cherries, sugar, white cake mix, chopped nuts, melted oleo and cherry juice into greased baking pan. Do not stir. Bake 40 or 50 minutes at 350°. Serve with ice cream or whipped topping.

HOT WATER GINGER CAKE

Mrs. Blanche Rupe

Mix together 1 c. of molasses with 1/2 c. of butter or lard. Sift 2 1/2 c. of flour with 2 tsp. soda, 1 T. ginger, 1/2 tsp. cloves, 2 T. of cinnamon and 1/2 tsp. salt. Stir together well, adding 1 c. of boiling water; hastily mix in 2 well beaten eggs.

Batter will be very thin, but do not add more flour. Bake in gen pans or 2x9x13-inch baking pan, or similar. Serve with whipped cream or icing. Leave in pan till cool as very light and tender.

EGG YOLK SPONGE CAKE

Mrs. Harold Hamm

Beat until thick:
11 egg yolks (3/4 c.)
1 whole egg (1/4 c.)
Beat in gradually: 1 3/4 c. sugar
2 c. sifted flour
1/2 tsp. salt
2 tsp. baking powder

Beat the above ingredients in alternately with the following mixture:

1/2 c. cold water
1 T. strained orange juice
1 T. grated orange rind
1/2 tsp. lemon extract

Bake in tube pan 60 to 65 minutes. Do not grease pan.

HUNGARIAN COFFEE CAKE

Mary Nileta Weimer

2 pkgs. active dry yeast
1/2 c. very warm water (110° to 115°)
1 1/2 c. lukewarm milk
1/2 c. sugar
2 tsp. salt
2 eggs
1/2 c. soft shortening
7 to 7 1/2 c. all-purpose flour

In mixing bowl, dissolve yeast in warm water. Stir in remaining ingredients, except add only half the flour. Mix with spoon until smooth. Add enough remaining flour to handle easily; turn onto lightly floured board; knead until smooth and elastic (about 5 minutes).

Round up in greased bowl; grease top and cover with damp cloth. Let rise until doubled; punch down; let rise again until almost double (about 30 minutes). Divide dough.

Makes 2 large coffee cakes, or use 1/2 for cinnamon rolls, or any desired roll.

PINEAPPLE CHERRY CAKE

Mrs. Tillie Manahl

In an ungreased 9x13-inch pan, put 1 (2 oz.) can pineapple, not drained, 1 c. cherry pie filling. Sprinkle over this 1 pkg. yellow cake mix (dry), 1 c. pecans and 2 sticks oleo, cut in thick 1-inch slices over top of above.

Bake as directed on cake mix. Serve with ice cream or whipped cream.

Just think how happy you'd be if you lost everything you have right now -- and then found it again.

A NINE-INCH ROUND COFFEE CAKE

Mary Nileta Weimer

1/2 basic sweet roll dough
1/2 c. butter (melted)
3/4 c. sugar
1/2 c. finely chopped nuts
1/2 c. raisins
1 tsp. cinnamon

Cut dough into pieces the size of walnuts. Form into balls. Roll each ball in butter, then in sugar, cinnamon and nuts, which have been well mixed.

Place 1 layer of balls in well greased deep 9-inch tube (or 10-inch pan) so they barely touch. Sprinkle with a few raisins. Add another layer of balls; sprinkle more raisins in crevices, pressing them in slightly.

Cover, and let rise until light - 45 minutes. Heat oven to 375°. Bake 35 to 40 minutes. Loosen from pan. Invert so sugary mixture runs down over it.

CHERRY JELLO DESSERT

Mrs. Judy Wilson

2 pkgs. cherry Jello
3 c. water (2 hot, 1 cold)
1 can cherry pie filling
1 can crushed pineapple (drained)

Dissolve Jello in hot water, then add cold. Add cherry pie filling and pineapple; mix well. (Just half of can of pineapple.) Set Jello mixture until firm.

Whip one 8 oz. pkg. cream cheese (softened to room temperature). Add other half of can of pineapple and whip until fluffy. Spread on top of set Jello and chill.

NEVER-FAIL ANGEL FOOD CAKE

Vivian Smithart

1/2 c. egg whites (room temperature)
1/2 tsp. cream of tartar
1/4 tsp. salt
2 tsp. vanilla
1 c. cake flour
1 c. sugar
1 c. powdered sugar

Preheat oven and pan at 400°. Sift powdered sugar and cake flour 5 times. Beat egg whites until frothy; add cream of tartar and salt. Beat until stiff, but not dry. Fold in 1 c. granulated sugar, 2 T. at a time, and add vanilla.

Last, fold in flour and powdered sugar mixture, 2 T. at a time. Fold mixture until all is blended well. Pour into hot pan and bake for 20 to 25 minutes. Cool cake in pan, turned upside down, in a non-drafty place.

Happiness is like jam.
You can't spread even a little without getting a little on yourself.

SOUR CREAM POUND CAKE — Mrs. Judy Wilson

3 c. sugar
1/2 tsp. vanilla
3 c. flour
1/2 tsp. almond extract
1/2 lb. butter or margarine
6 eggs
1/4 tsp. soda
1/2 pt. sour cream

Cream butter, sugar and eggs to room temperature, till butter is fluffy. Add flour, 1/2 cup at a time. Beat in soda, extracts and sour cream.

Flour and grease angel food cake pan. Bake at 350° for 1 1/2 hours, or until cake tests done.

SPECIAL CHOCOLATE CAKE — Mrs. Wm. Collins

3 c. flour
2 c. granulated sugar
6 T. cocoa
2 tsp. baking soda
1 tsp. salt
2 T. white vinegar
3/4 c. salad oil or melted shortening
2 tsp. vanilla
2 c. water

Sift together the flour, sugar, cocoa, baking soda and salt. Add vinegar, salad oil, vanilla and water, and beat by hand until well mixed. Pour into 8x15x2-inch pan. Bake at 350° for 40 minutes. Frost with favorite chocolate icing.

TOFFEE BAR CAKE — Marietta Goins

1 stick margarine
1 c. white sugar
1 c. brown sugar
2 c. flour
1 tsp. soda
1/2 tsp. salt
1 c. buttermilk
1 egg
1 tsp. vanilla
4 chocolate Heath candy bars (crumbled)
1/2 c. nuts

Blend margarine, sugars and flour. Reserve 1/2 c. mixture. Add remaining ingredients, except for toffee bars and nuts, and blend. Pour in 9x13-inch greased pan. Mix crumbled toffee bars, nuts and reserved flour-sugar mixture; sprinkle over the top. Bake at 350° for 35 minutes.

A RECIPE FOR A SWEET DISPOSITION

3 grains common sense
1 good husband
1 good liver
1 large heart
1 bushel contentment

Plenty of fresh air and sunshine. Do not bring to boil.

TEXAS SHEET CAKE AND FROSTING

Dorothy Criswell

2 c. regular flour
2 c. sugar
1/2 lb. margarine
4 T. cocoa
1 c. water
1/2 c. buttermilk
1 tsp. baking soda (dissolve in buttermilk)
1/2 tsp. cinnamon
1 tsp. vanilla
2 eggs (beaten)

Sift flour and sugar together. In a small pan, combine margarine, cocoa and water. Bring to a boil and pour over flour and sugar. Mix well with a spoon; add buttermilk and soda, cinnamon, vanilla and eggs. Mix well. Pour into greased and floured 16x11-inch jelly roll pan. Bake at 350° about 20 minutes.

FROSTING:

4 T. cocoa
1/4 lb. margarine
6 T. cooked black coffee
1 lb. confectioners' sugar
1 tsp. vanilla
1 c. nutmeats

Combine in saucepan the cocoa, margarine and coffee. Bring to boil and add confectioners' sugar and vanilla. Beat until smooth; add nutmeats. Mix and spread on warm cake. Cut in squares.

ONE-MINUTE FUDGE FROSTING

Bring to boil:

1 c. sugar
1/4 c. butter
1/4 c. cocoa
1/4 c. light cream
1/8 tsp. salt

Boil 1 minute. Beat until thick enough to spread.

SEVEN-MINUTE FROSTING

Cook over boiling water 1 egg white (unbeaten), 1 T. corn syrup, 1 c. sugar, 3 T. water, pinch salt, 1 c. sugar and 1 tsp. vanilla for seven minutes, beating constantly. Let stand in cold water for five minutes, beating occasionally. Add flavoring.

WHITE FROSTING

Combine 2 1/2 c. sugar, 1/2 c. light corn syrup and 1/2 c. water. Cook from 240° to 250°, or soft ball stage. Pour slowly over stiffly beaten 2 egg whites, beating constantly. Add 1 1/2 tsp. vanilla, and beat until almost cold, cream to taste and stiff enough to mold.

CANDIES

BUTTERSCOTCH FUDGE

Elizabeth J. Smith

4 c. white sugar
1/4 c. butter or oleo
1 pt. jar Hip-O-Lite marshmallow creme
1 large can Carnation evaporated milk (undiluted)
2 (6 oz.) pkgs. butterscotch chips
1 tsp. pure vanilla
1 c. nutmeats

Bring sugar, milk and butter (or oleo) to a boil. Boil 9 minutes, stirring occasionally. Remove from fire. Add: Hip-O-Lite marshmallow creme, nutmeats, butterscotch chips and vanilla. Stir until chips and Hip-O-Lite are dissolved. Pour in a 9-inch greased pan. Let cool before cutting. Do not beat; just stir. Makes 5 lbs.

CHOCOLATE CANDY

2 c. sugar
1 c. cream

Boil to soft ball stage. Remove from heat and add 1 pkg. chocolate chips, 1/2 c. marshmallow creme, nuts and vanilla to taste. Beat until cool and put in buttered dish.

CRACKER JACK

Melt 1 T. butter; add 1 c. sugar, 1/2 tsp. salt and 1 c. molasses (or sorghum). Boil to hard stage. Pour over 3 quarts popped corn, stirring while pouring. Spread in thin layer to cool. Break in pieces after cooled.

MEXICAN PECAN CANDY

Mrs. Hollis Albertson

1 c. sweet milk
2 c. sugar
1 c. pecan halves
1 T. butter
1 c. sugar
Pinch salt

Boil milk, 2 c. sugar, pecans and butter for 5 minutes. Caramelize 1 c. sugar on iron skillet over low heat. Add caramel sugar to first mixture and cook to soft ball. Beat till creamy. Drop by teaspoon on waxed paper or in buttered pan.

The one nice thing about silence is that it can't be repeated.

ORIENTAL ROLL CANDY — Mrs. Harold Hamm

2 1/2 c. sugar — 1 c. milk
1 T. butter

Cook this mixture until forms soft ball; then add 1 lb. of dates and cook until mixture leaves sides of pan. Remove from fire; beat until creamy, then add:

1 c. nuts — 1 box coconut

Roll up in damp towel and slice when firm and cool.

HELPFUL HOUSEHOLD HINTS:

When measuring shortening for a cake, cookies or candy, put an egg in the cup and pour it out; then the shortening will not stick to the sides of the cup.

A teaspoon of flour added to sugar when making candy or cake frosting will always give a smooth and creamy texture.

PIES

PIE CRUST

Blend 3 c. flour, 1/2 tsp. salt and 1 c. lard; add 1 egg, 1 T. vinegar and 5 T. water with a fork. Spread with rolling pin on bread board, well floured.

PIE CRUST

1/2 c. boiling water — 3 c. flour
1/2 tsp. baking powder — 1 c. lard
1/2 tsp. salt

Pour boiling water over lard and salt. Blend well. Add flour and baking powder and mix well. Chill.

NEVER FAIL PIE CRUST — Vivian Smithart

3 c. flour — 1 c. lard

Mix well. Add:

5 T. cold water — 1 egg (well beaten)
1 T. vinegar — 2 tsp. salt

Mix water, vinegar and salt and egg; stir into flour mixture. If too dry, add a little water.

PECAN PIE

1 c. corn syrup
2 eggs (slightly beaten)
1 c. sugar
2 T. butter (melted)
1 tsp. vanilla
1/8 tsp. salt
1 c. pecans
1 unbaked pastry shell

Mix together corn syrup, eggs, sugar, butter, vanilla and salt, adding pecans last. Pour into pastry shell and bake at 400° for 15 minutes. Reduce heat to 350° and continue baking 30 to 35 minutes.

PUMPKIN PIE

Mary Nileta Weimer

3 eggs (slightly beaten)
2 c. pumpkin
1 rounded c. sugar
1 tsp. salt
1 tsp. allspice
2 tsp. cinnamon
3 1/3 c. milk
2 T. cornstarch (dissolved in milk)

Mix in order given and pour into 2 unbaked pie crusts. Brush crusts with unbeaten egg white to prevent sogginess.

DESSERTS

APPLE CAKE DESSERT

Mrs. Ida M. Hahn

1 c. sugar
1 c. butter
1 egg

Cream ingredients and add 2 c. chopped apples.

Sift:
1 tsp. soda
1 tsp. vanilla
Dash of salt
1 1/2 c. flour
1 tsp. cinnamon

Add: 1/2 c. cold coffee. Blend. Pour in a greased 9-inch square pan. Sprinkle 1/2 c. brown sugar and 1/2 c. nutmeats before baking. Bake at 350° for 30 or 35 minutes.

Serve with Orange Sauce or whipped cream.

Whatever is your lot in life,
Be still the good and loving wife,
Content with little, meek with riches
But let your husband wear the breeches.

APPLE CRISP — Mrs. Tillie Manahl

10 to 12 apples (peeled and sliced)
Dash of salt
1 c. sugar
Cinnamon to taste

Place in greased glass cake pan and top with the following:

1 c. quick oatmeal
1 c. flour
1/2 c. oleo
1/2 c. brown sugar
1/2 tsp. baking powder

Mix well. Bake at 350° for about 1 hour, until brown and bubbly. Serve warm with a little ice cream.

BROWNIES — Mrs. Jack Cameron, Mrs. Howard Baker and Mrs. Vivian Smithart

1/4 lb. oleo
1 c. sugar
4 eggs

Mix well. Add:

1 c. and 1 T. flour
1 large can Hershey's chocolate syrup
Nuts

Mix. Bake at 350° about 25 minutes in a large, greased cookie sheet.

FROSTING:

1 1/2 c. sugar
6 T. butter (oleo)
6 T. milk

Bring to boil and boil hard for 30 seconds. Remove from heat; add 1 c. chocolate chips. Let cool and spread over cooled brownies. Better to use mixer beater.

BRIDE'S DELIGHT — Mrs. Jack L. Northup

1 box drained frozen strawberries
1/4 c. sugar
1/2 pt. whipped cream or 1 pkg. Dream Whip
1 pkg. strawberry Jello
1/4 c. melted butter
1 pkg. vanilla pudding
32 graham crackers

Make Jello, chill, and whip. Add strawberry juice as part of water in Jello. Make cracker crust with 16 crackers, sugar and shortening. Press into 7 1/2 x 9-inch greased dish. Bake at 400° for 10 minutes. Cool. Pour Jello and pudding mix into crust and top with remaining 16 crackers. Whip cream and add berries. Spread on top and chill overnight.

DATE LOAF CANDY — Mrs. Jack Bullock

1 1/2 c. sugar
1 1/2 T. white syrup
1 T. butter
1/2 c. milk
1 c. chopped dates

Boil sugar, milk, syrup and butter together to soft ball stage. Add dates and cook 10 minutes longer; add 1/2 c. chopped nuts. Let cool; then beat and roll on ice cold cloth; slice.

PEANUT BUTTER RICE KRISPIES — Mrs. Richard Ellis

1 large pan (greased)
1 1/2 qts. Rice Krispies
1 c. salted peanuts
1 c. sugar
1 c. peanut butter
1 tsp. vanilla
1 c. white corn syrup

Combine in large pan the sugar and syrup; bring to boil; remove from heat. Add peanuts, peanut butter and vanilla, and mix well. Stir in remaining ingredients and press into greased pan. (Chewy!)

TARTS

Mix 1 c. lard, 2 c. flour, 1 pt. cottage cheese and 1 tsp. salt into ball and chill overnight.

Roll on floured board and cut in squares about 4-inch square. Fill center with fruit of your choice. Sprinkle with a little sugar and fold corners into middle and bake 15 minutes at 400°.

BROWN BETTY — Mrs. Blanche Rupe

Mix:
2 c. bread crumbs
1 egg
1 c. raisins
1 c. chopped suet
Citron (if desired)
1 c. brown sugar
1 c. sweet milk
1/2 c. molasses
1/2 c. nutmeats

Add:
1/2 tsp. soda sifted with 2 c. flour
1/2 tsp. salt
1 tsp. baking powder

Steam in pan over hot water for 1 1/2 hours. (Can be reheated, or iced as fruit cake.) Serve with hard sauce.

HARD SAUCE:
1/2 c. butter
1 tsp. vanilla
2 c. powdered sugar

Cream butter and gradually add sugar, then vanilla. Beat until light and fluffy.

CARAMEL DUMPLINGS

Mrs. Hollis Albertson

SAUCE:

1 1/2 c. brown sugar
2 T. butter
2 c. hot water

DUMPLINGS:

2 T. shortening
1/2 c. sugar
1 1/3 c. flour
2 tsp. baking powder
1/2 c. milk
1/2 tsp. vanilla

Drop dumplings into sauce. Keep tightly covered. Bake at 400° for 20 minutes.

FROSTY STRAWBERRY SQUARES

Mrs. Matilda Manahl

1 c. sifted flour
1/2 c. nuts (chopped)
1/2 c. brown sugar
1/2 c. butter or oleo

Mix well; spread in shallow baking pan. Bake at 350° for 20 minutes, stirring occasionally. Sprinkle 2/3 of above in 13x9x2-inch pan. Let cool.

Combine:

2 egg whites
1 c. white sugar
2 T. lemon juice
2 c. sliced fresh or 1 (10 oz.) thawed frozen strawberries

Combine in large bowl; beat at high speed until stiff peaks form, about 10 minutes. Fold in whipped cream; spoon over crumbs. Top with remaining crumbs. Freeze six hours or overnight. (Use 2/3 c. sugar if frozen berries are used.) (A package of Dream Whip may be used instead of whipping cream.)

FROZEN LEMON PIE

Mrs. Jack Bullock

3 egg yolks
2/3 c. sugar

Cream thoroughly and add juice and rind of one lemon. Fold in 1 c. whipped cream to egg yolk mixture. Beat the 3 egg whites until stiff and fold in last. Roll out 30 vanilla wafers into fine crumbs; sprinkle 1/2 of crumbs on bottom of small pyrex baking dish; add mixture and sprinkle rest of crumbs on top. Put into freezer until ready to serve.

HOUSEHOLD HINT

Use plastic food saver bag to roll cracker or cookie crumbs; put them in bag, close the end and roll. Saves having crumbs all over everything.

COMBO COBBLER — Mrs. Virginia Sponsler

Empty contents of 1 c. peach pie filling into an 8 or 9-inch baking dish. Cover with 2 medium-size apples, peeled and diced. Add approximately 1/2 c. seedless raisins and 1/2 c. nutmeats, chopped. Dot with butter or margarine and sprinkle generously with brown sugar and cinnamon. Cover with the following cobbler crust.

COBBLER CRUST:
Combine:
1 c. flour
1/2 tsp. salt
1/2 tsp. baking powder
Cut in: 1/2 c. Crisco
Combine and add at once:
1 egg or 1 yolk (slightly beaten)
2 T. water
1 scant tsp. vinegar

Mix into a soft dough and roll out on floured board; prick with a fork. Place on fruit mixture. If desired, brush top with beaten egg white and sprinkle with sugar. Bake at 375° for 40 to 45 minutes, until nicely brown.

DUMPLINGS

1 egg (slightly beaten)
6 T. cold water
1 T. shortening (melted)
1/2 tsp. salt
3 tsp. baking powder
1 c. flour

Stir in ingredients together in a mixing bowl until thick and smooth. Drop by spoonful in boiling broth. Cook 10 minutes. Can be cooked without a cover and do not turn while cooking.

Can reheat for later time.

STRAWBERRY SHORT CAKE — Mrs. Ella Copeland

1 heaping T. shortening
1 c. sugar
1 c. sour milk
1 tsp. vanilla
1 scant tsp. soda
1 egg
Pinch of salt
Flour (to thicken)

To make sour milk: Put 1 T. vinegar in cup and fill cup with milk; then add soda and stir till foamy.

Mix all ingredients together and beat with mixer till fluffy. Pour into greased and floured pan and bake till toothpick comes out clean, 300°. Double or triple recipe, depending on how big a cake you desire.

Top with strawberries and whipped topping.

CREAM PUFFS — Mrs. G. C. Wilkins

1 c. boiling water
1/2 c. butter
1 c. flour

Cook on high heat, stirring all the time, until forms a ball. Beat 1 egg at a time into mixture at No. 8 speed, until 4 eggs have been used. Bake at 375° for one hour. Make into mounds about 8 or 10 on cookie sheet. Slit a hole in bottom, let steam out, cool, and fill with cream filling or chocolate pudding, or whatever you desire.

ICE CREAM KOLACHY

Mix 4 c. flour and 2 T. sugar and 1 lb. butter until like pie dough. Add softened ice cream and blend well. Wrap in waxed paper and chill overnight. Fill like cream puffs.

CHOCOLATE-MINT REFRIGERATOR DESSERT — Mrs. Donald Ripley

CHOCOLATE LAYER:

1/2 c. butter, margarine or Spry
1 c. powdered sugar
2 squares chocolate
3 eggs (separated)
16 vanilla wafers (crushed)

Cream shortening and sugar until real light and fluffy. Add egg yolks and beat until real light. Add melted chocolate and blend. Fold in the well-beaten egg whites. Cover the bottom of a 9x9-inch pan with one-half vanilla wafer crumbs; then pour in this mixture and let cool while you are making the other layer.

PEPPERMINT LAYER:

1/4 lb. peppermint candy (crushed; the pillow kind is best for peppermint)
10 marshmallows (cut fine)
1/2 c. chopped nuts
1/2 c. vanilla wafer crumbs
3/4 c. cream (whipped)

Add cut marshmallows to whipped cream. Mix in the other things until thoroughly blended. Put on top of (chocolate layer) crumbs.

Put the 1/2 remaining crumbs on top; let stand in refrigerator for at least 24 hours, but without any harm, it can stand a couple of days. This is real rich, so you can serve small servings.

The best thing you can spend on your children is not money -- it's time.

HYDROX COOKIE DESSERT — Miss Maxine Lentner

1 c. cream (whipped)
1 T. powdered sugar
1/2 tsp. vanilla extract

Combine 12 chocolate Hydrox cookies, broken into pieces.

1/4 c. chopped nutmeats
1/4 c. chopped marshmallows

Fold this into whipped cream mixture. Put in containers or a flat shallow dish or pan, and leave in the refrigerator for 24 hours. Serves 5.

JELLO PUDDING GINGERMEN

1 pkg. butterscotch pudding
1/2 c. butter or shortening
1/2 c. packed brown sugar
1 1/2 c. sifted flour
1 egg
1 1/2 tsp. ginger
1/2 tsp. cinnamon
1/2 tsp. soda

Combine Jello pudding; mix butter and sugar. Cream thoroughly; blend in egg. Combine remaining ingredients until blending to a creamy mixture. Chill until firm. Roll on floured board to about 1/8-inch thickness. Cut with cookie cutter. Bake on greased baking sheet at 350° for 10 to 12 minutes. Decorate. Makes 2 1/2 dozen gingermen.

LEMON DESSERT — Mrs. Jack Cameron

1 (6 oz.) can frozen lemonade (thawed)
1 c. Eagle Brand milk
1 large container Cool Whip
Graham cracker crust

Combine first 3 ingredients, and put in 9x13-inch pan on top of graham cracker crust, saving some crumbs for top. Refrigerate.

MOUSSE — Miss Renee Bussing

1 pkg. Knox gelatin
1 c. cold milk
1 c. sugar
2 eggs
1 pt. cream
1 tsp. lemon extract
1 pkg. chocolate sandwich cookies

Soak 1 pkg. Knox gelatin in 1 c. cold milk for 1 hour. Mix with 1 c. sugar and 2 egg yolks. Bring to a boil. Cool. Whip 1 pt. cream and 2 egg whites. Fold the cooked mixture that has cooled with the cream mixture. Add 1 tsp. lemon extract to the mixture. Roll 1 pkg. chocolate sandwich cookies into crumbs. Place one-half of the cookie crumbs in the bottom of an oblong dish. Pour the mixture over the crumbs. Sprinkle with spoon the other half of cookie crumbs over the top of the mixture. Place in refrigerator to set. Cut into squares to serve.

RUSKIE (Slovak Fancy Sweet) Mrs. Homer Ferguson

6 c. flour
2 tsp. salt
1/2 c. sugar

Stir together in large bowl. Cut this mixture into 1 1/4 lbs. of butter, then stir 3 heaping T. sugar and 2 pkgs. yeast into 1 1/4 c. lukewarm milk; add milk mixture and 6 egg yolks to dry mixture. Knead dough; will be sticky. Chill overnight in 4 wax wrapped balls. Roll dough out on a powdered sugar board. Make in 4-inch squares and put a nut filling in center and bring two corners together. Bake at 350° until light brown.

NUT FILLING:

1 1/4 lbs. nuts (ground)
6 egg whites
1 c. vanilla wafers (crumbs)
1/2 tsp. cinnamon
1 1/2 lb. brown sugar

YUM-YUMS Irene Welden

1 c. graham cracker crumbs
1 stick melted oleo (or butter)

Mix well and put into an 8x12-inch or a 9x12-inch pan.

1 c. flaked coconut
1 (6 oz.) pkg. chocolate chips
1 (6 oz.) pkg. butterscotch chips
1 c. chopped pecans
1 can Eagle Brand milk

Sprinkle on crumbs and pour milk over. Bake at 350° for 25 to 30 minutes. Cool before cutting.

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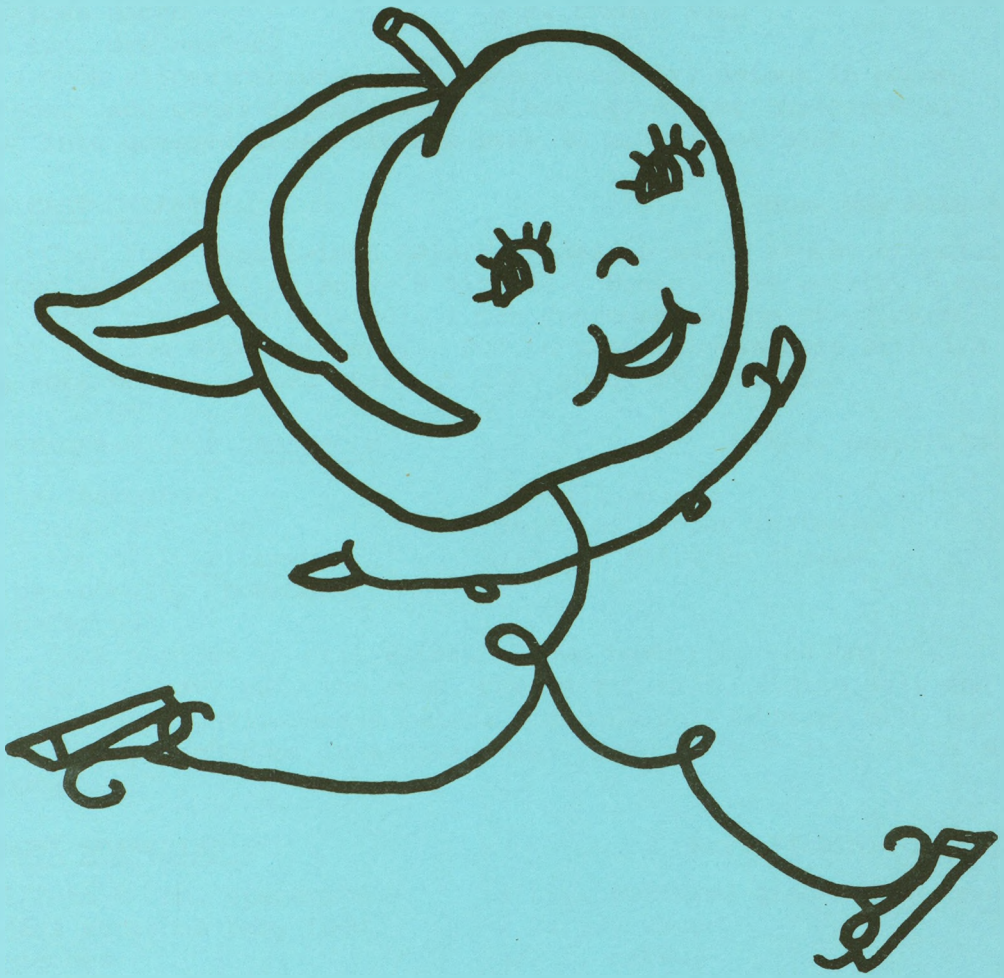
ADDITIONAL RECIPES

CASSEROLES - MAIN DISHES



CASSEROLES - MAIN DISHES

CARROT CASSEROLE

Mrs. Marietta Goins

2 lbs. fresh carrots
6 slices bacon
1/2 tsp. dry mustard
1 onion (chopped)
1 c. tomato soup

Cook sliced carrots. Fry bacon; then fry onions in bacon grease. Add other ingredients. Break bacon over the carrots; pour into greased casserole and bake 30 minutes at 350°.

FAR EAST CELERY

Mrs. Ray McLuckie

Cook four cups 1-inch celery slices in small amount of boiling, salted water until crisp -- 8 minutes. Drain. Mix celery, 5 oz. can water chestnuts (sliced), 1 can condensed cream of chicken soup, 1/4 can diced pimiento. Put in 1-quart casserole with 1/4 can soft bread crumbs. Bake at 350° about 35 minutes.

HAMBURGER-NOODLE CASSEROLE

Mrs. Howard Baker

2 lbs. hamburger
1 c. mushroom soup
3 c. top milk or cream
2 lbs. noodles (homemade preferred)
2 small onions
Salt and pepper to taste
1/2 lb. American cheese

Cook noodles in salt water. Brown hamburger and onions. Combine in heavy pan, the soup, cheese and milk, adding salt and pepper. Heat until cheese melts. Combine this mixture with the noodles and hamburger in a casserole. Bake at 300° from 30 to 40 minutes.

PEACHY SPARERIBS

Mrs. Virginia Sponsler

3 1/2 to 4 lbs. spareribs
2 jars strained baby food peaches
1/2 c. brown sugar
1 tsp. powdered ginger (optional)
2 T. soy sauce
1/2 c. catsup
2 tsp. salt

Cut ribs into serving size. Arrange with meaty side up in a shallow baking pan, on a rack. Bake in 400° oven for 30 minutes. Remove from oven; drain off fat. Reset oven to 300°. Remove rack from baking pan. Combine the remaining ingredients; pour over ribs and bake from 1 hour and 45 minutes to 2 hours or until ribs are well browned and very tender. Baste frequently.

QUICKIE ONE-DISH MEAL — Mrs. Virginia Sponsler

1 lb. ground beef
1 small onion (chopped)
3 stalks celery (cut up)
1 c. mushroom soup
1 c. tomato soup
1 can Chinese noodles

Brown beef and onions (do not salt). Combine with other ingredients and bake in casserole for 40 minutes at 350°. Reserve small amount of noodles for topping. Serves 6.

EASY MEAT LOAF

Beat 2 eggs. Stir in 1 pkg. Lipton dry onion soup mix, 1/2 c. catsup and 3/4 c. water. Blend in 1 1/2 c. soft bread crumbs and 2 lbs. ground beef.

Pack in loaf pan. Bake 1 hour at 350°.

SALMON LOAF — Mrs. Tillie Manahl

1 c. salmon
1/2 c. bread crumbs or soda crackers
1/2 tsp. salt
1/8 tsp. pepper
1 T. chopped onions
1 T. celery (chopped)
1 T. green peppers
3 eggs (beaten slightly)
3/4 c. milk
2 T. butter

Drain salmon; remove bones, skin. Then add crumbs and mix all ingredients. Bake in buttered pan at 350° for one hour.

BOHEMIAN CHICKEN — Mrs. Sam Jordon

3 lb. frying chickens (split whole chicken in 2 pieces)

Lay skin side up in shallow baking pan. Melt oleo and pour over each chicken. Salt and pepper to taste. Baste every 15 minutes with butter drippings. Bake in 325° oven for one hour.

CHICKEN AND DRESSING (German Style) — Mrs. Herman Huber

Toast dry bread, or use croutons. Should have 1 qt. after being squeezed from cold water.

1 pt. cubed potatoes
1 pt. chopped celery
1 pt. chopped onions
2 beaten eggs (raw)
Salt and pepper
1 T. sage (From Garden is best)

Dressing should be moist. Take best parts from 2 chicken, salt and pepper, roll in flour and brown in part of margarine and part Crisco or oil. Lay over and around dressing that has been placed in roaster, using fat to pour over dressing. Cut 1 cube of margarine and place along and in dressing. Bake in 350° oven for 1 1/2 hours to 2 hours, or until all is well done.

Continued Next Page.

CHICKEN AND DRESSING (Continued.)

Turn chicken once so it will not get too brown and flavor goes into it better.

(With cabbage slaw, or a tossed salad, this makes a full meal.)

CHINESE PEPPER STEAK — Mrs. Sam Jordon

Paper thin strips of sirloin

Brown thin strips of half in oil: add 1 1/2 c. water, 1/4 c. soya sauce, 1 sliced onion (med.). Simmer until tender. Add green mango. Cook till mango is done.

SHRIMP-IN-THE-PINK LOAF — Mrs. L. D. Hamilton

3 cans (4 1/2 oz. each) shrimp
1 c. chopped, peeled cucumber
1 c. thinly sliced green ribs of celery
1 c. finely chopped onion
3/4 c. sliced, stuffed small olives
1/4 c. well drained capers
3 hard cooked eggs (finely chopped)
2 c. peeled, diced apple
2 envelopes unflavored gelatin
1/2 c. chicken broth
1/2 tsp. Tabasco sauce
2 c. mayonnaise
2 tsp. Worcestershire sauce

Have shrimp, vegetables, olives, eggs, apples and mayonnaise well chilled.

Drain shrimp and cut each in half. Combine with cucumber, celery, onion, olives, capers, eggs and apple. Soften gelatin in cool broth; dissolve over hot water and stir into mayonnaise, a little at a time. Add Worcestershire sauce and Tabasco.

Combine mayonnaise mixture with shrimp mixture and press into loaf mold or pan, 12 x 5 x 2 1/2-inches. (Bottom half of single-loaf plastic bread box may be used.) Chill 30 to 40 minutes or until firm. Unmold and frost with pink jellied mayonnaise (below). Slice; serve on greens. Serves 10-12.

PINK MAYONNAISE CHAUD-FROID:

Soften one envelope unflavored gelatin in 1/4 cup water; dissolve over hot water. Combine with 1 cup cold mayonnaise and 6 drops red food coloring. Spread quickly.

SLOPPY JOES — Mrs. A. C. Manahl

Combine 1 lb. ground beef, 1 c. onion and 1 tablespoon oleo, and brown. Add 1 T. sugar, 1 tsp. salt, 2 T. mustard and 1 cup ketchup. Simmer 1/2 hour. Fills 5 hamburger buns.

HEATED HAM SANDWICHES — Mrs. Sidney Newlon

1/4 c. prepared mustard
1/4 c. chopped onions
1 stick oleo (melted)
1 T. poppyseed

Spread on both sides and top of bun. Add a slice of your favorite ham. Wrap each sandwich individually in aluminum foil. Heat at 350° for 1/2 hour.

POT ROAST MEAT LOAF — Mrs. Willian Collins

2/3 c. evaporated milk (small can)
1 lb. ground chuck
1 tsp. salt
1/4 c. catsup or chili sauce
1/3 c. bread crumbs (or cornflake crumbs)
2 tsp. Worcestershire sauce
1/4 tsp. pepper

Mix and shape into loaf in center - 13x9x2-inch pan. Peel and slice 1/4-inch thick -- 3 medium potatoes and onions. Peel and slice or quarter -- 3 medium carrots. Place vegetables in layers around meat. Sprinkle with salt and parsley flakes. Cover tightly with foil. Bake at 375° for one hour. Uncover and bake 10 minutes or more to brown meat.

HAM BALLS — Mrs. Vivian Smithart

1 1/4 lbs. ground ham (smoked)
1 lb. ground pork
1/2 lb. ground beef
1 1/2 c. crushed graham crackers
2 eggs
1 c. milk

Combine ingredients. Mix well. Shape with 1/2 c. measuring cup (or ice cream dipper). Place in shallow pan and cover with sauce. Baste often. Bake at 350°.

SAUCE:

1 c. tomato soup (undiluted)
3 T. vinegar
1 1/4 c. brown sugar
1 tsp. dry mustard or 1 T. prepared mustard

Mix.

ITALIAN SWISS STEAK — Maxine Lentner

1/2 c. flour
2 lbs. round steak (cut 2-inches thick)
3 T. fat
1 (8 oz.) can tomato sauce
2 (5 1/2 oz.) cans pizza sauce
Salt and pepper
1 onion (sliced)

Season flour with salt and pepper and pound into the meat with a heavy meat mallot. Brown the meat in fat; add onions, tomato sauce and pizza sauce. Cover with lid and simmer for 2 hours.

MEAT LOAF

1 lb. ground beef
1/2 lb. ground pork
1 1/2 tsp. salt
1 c. cracker crumbs
1 egg (beaten)
1 c. milk or tomato juice

Combine ingredients and bake 1 hour in loaf pan at 375°.

OUR CHINESE FOOD — Mrs. Richard Ellis

2 lbs. ground beef

Cook slowly in large pan (Dutch oven or roaster).

Add:

2/3 c. chopped onion
2/3 c. chopped celery
1/4 c. or more soy sauce
1/2 c. water

Put on lid, and cook slowly until tender. Add: 2 or 3 cans bean sprouts, drained. (The juice from sprouts can be used in place of water). Heat bean sprouts with vegetable thoroughly. Save 1 c. juice; add cornstarch to slightly thicken juice. Serve over crisp Chinese noodles. Use soy sauce to suit own taste.

This is a general recipe and one may use more/less to suit personal taste.

OVEN BAKE STEW — Mrs. Donald Ripley

2 lbs. cubed beef (no browning necessary)
1 pkg. frozen peas or beans
1 c. carrots (sliced)
2 medium onions (sliced)
1 can tomato soup or celery soup
1/2 can water
1 bay leaf or 1 tsp. parsley
Dash pepper
1 tsp. salt
1 large potato (sliced)

Combine all ingredients and bake in slow oven (275°) with a lid on casserole for at least 5 hours.

SWISS STEAK — Mrs. Fred Lindholm

2 lbs. round steak (cut in regular servings)

Brown in butter; salt and pepper well. Then use either flat roaster or an oven dish and cover with meat.

Place 2 cans of mushroom soup to 1 can of water over meat. Cover. Bake in oven until tender, about 1 1/2 hours at 375°.

A boy becomes a man when he walks around a puddle instead of through it.

TWIN MEAT LOAF

1 1/2 lbs. ground beef
1/2 lb. ground pork
1/4 c. chopped onions
1/2 T. chopped celery
1/2 tsp. poultry seasoning
1/4 tsp. dry mustard
1 T. Worcestershire sauce
4 slices soft bread (cubed)
1/2 c. dry bread crumbs
2 tsp. salt
1/4 tsp. pepper
1/2 c. milk
2 eggs
1 c. chili sauce

Mix meats well; stir in onion, celery, salt, poultry seasoning, pepper, mustard and Worcestershire sauce. Soak bread in milk; add eggs. Beat with rotary beater. Combine meats and egg mixture. Form two loaves; roll in crumbs. Place in greased shallow baking dish. Spread 1/2 c. chili sauce over each loaf. Pour 1/2 c. boiling water around loaves. Bake, uncovered, at 350° for one hour. Serves 8 to 10 persons.

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