

POTPOURRI

(Po'-Poo-Re')



MALTA CHAPTER NO. 415

ORDER OF THE EASTERN STAR

CEDAR RAPIDS, IOWA

1964



THE ORDER OF THE EASTERN STAR *teaches us to be mindful of others, and there are countless opportunities to render such service.*

We are taught tolerance, charity and benevolence for all.

So let us never cease in our endeavors to build a better and more friendly world by OUR demonstration of these principles.

There is nothing more gratifying than doing something to make another happy, and thus propagate the beautiful lessons we enjoy in our EASTERN STAR.

LET US NEVER BE TOO BUSY TO TAKE TIME TO BE FRIENDLY.

MALTA CHAPTER OFFICERS FOR 1964

Worthy Malron	Evelyn Wiley
Worthy Patron	Fletcher Waychoff
Associate Malron	Doris Heaton
Associate Patron	Floyd Knopp
Secretary	Mabel Waite
Treasurer	Gladys Barber
Conductress	Dwona Hill
Associate Conductress	Alma Pegram
Chaplain	Arvilla Schuknecht
Marshal	Barbara Dehnalek
Organist	Marjorie Cook
Adsh	Vivian King
Ruth	Jane Remmen
Ether	Carolyn Christensen
Martha	Odessa Dingle
Electa	Della Landy
Warder	William Prescott
Sentinel	Lyle Brown
District Instructor	Virginia Jones, Grand Conductress



*"I believe we are as happy as
we make up our minds to be."*

—Abraham Lincoln.

Mrs. Lyndon B. Johnson's recipe for

SPINACH PARMESAN

- 3 pound of spinach
- 6 tablespoons of Parmesan cheese
- 6 tablespoons minced onion
- 6 tablespoons of heavy cream
- 5 tablespoons of melted butter
- $\frac{1}{2}$ cup of cracker crumbs

Cook the cleaned spinach until tender. Drain thoroughly. Chop coarsely and add the cheese, onion, cream and 4 tablespoons of butter. Arrange in a shallow baking dish and sprinkle with the crumbs mixed with the remaining butter. Bake for 10 to 15 minutes.

"Mrs. Johnson asked me to thank you for your letter and tell you how much she appreciates your interest.

Enclosed, as you requested, is a recipe which is a family favorite.

With all best wishes,

Sincerely,
BESS ABELL
Social Secretary"

THE WHITE HOUSE

Mrs. Harold E. Hughes' recipe for

SAVORY CASSEROLE

1/2 c. wild rice	1/2 lb. mushrooms
1/2 c. white rice	1 can water chestnuts
2 cans consommé	1 lb. cubed veal
1 clove garlic	1 lb. cubed pork
4 teaspoons soya sauce	(beef may be used)
1 1/2 large onion, chopped	2 tsp. seasoned salt
1/2 c. butter	1/2 c. sliced almonds
2 c. chopped celery	

Saute onions and garlic in butter. Remove, add meat and brown slightly. Return onions, and add rice, chestnuts, celery, soya sauce, mushrooms, salt and one can consommé. Put in casserole. Cover with lid. Bake 2 hours at 350 degrees. Heat other can of consommé, stir mixture in casserole and pour this over it. Bake one half hour longer. Put browned almonds on top during last five minutes. Makes 8 servings.

"Enclosed please find one of our favorite recipes, as you requested.

I wish you much success with your sales.

Very sincerely,

MRS. HAROLD E. HUGHES

**GOVERNOR'S MANSION
DES MOINES, IOWA**

BREADS

TARTS — Edna Mae Sila

Pastry:

1½ tsp. sugar

¼ tsp. salt

1 cup shortening

½ cake compressed yeast

½ cup milk

2 eggs

Filling:

2 Tbsp. flour

1 small can crushed pineapple

1 cup sugar

Sift flour. Measure and sift with sugar and salt. Cut in shortening. Crumble in yeast. Add well beaten eggs and milk mixed together. Mix well. Store in refrigerator overnight. Make filling by combining sugar, flour and pineapple and cook until thick. Cool. Sprinkle board with sugar and roll out pastry on the sugar. Roll out very thin and cut into 2 inch squares. Spread a teaspoon of filling, fold and press. Place on ungreased sheet for baking. Bake 15 min. 425°. Yield: 3 dozen.

RYE BREAD — Dorothy Valenta

3 cups potato water (or milk)

2 dry yeast

3 cups rye flour (Old Doc)

This makes sponge. Let set in warm place until it is all bubbles, then add 2 teaspoons salt, 2 rounded tablespoons lard or melted butter, 4 to 5 more cups of rye flour. Mix and knead well 10 to 15 minutes. Let rise till double in bulk, then make into 3 loaves. Let rise again 1 to 1½ hours. Bake at 350° for 1 hour. (I use only "Old Doc" rye flour, but if you use any other kind, use 3 cups of rye flour and 4 to 5 cups white flour.)

CHERRY CRUMBLE COFFEE CAKE

¼ cup shortening

¼ cup granulated sugar

1 egg

½ cup milk

1½ cups sifted all-purpose flour

2 teaspoons baking powder

½ teaspoon salt

1 can (1 pound) unsweetened cherries

½ cup all-purpose flour

½ cup packed brown sugar

¼ teaspoon cinnamon

¼ cup butter, melted

Cream together shortening and granulated sugar. Add egg and beat. Blend in milk. Sift together 1½ cups flour, baking powder and salt into bowl with shortening mixture. Mix together. Spread batter in a 9-inch square baking pan which has been rubbed with shortening. Drain cherries. Mix together ½ cup flour, brown sugar, and cinnamon for topping. Add melted butter and blend. Place cherries on top of cake. Sprinkle crumble topping over cherries. Bake at 375 degrees for 30 to 35 minutes or until done. Yield: one 9-inch square coffee cake.

ALL PURPOSE MIX — Odessa Dingle

8 cups flour	1 Tbsp. salt
4 Tbsp. baking powder	2 Tbsp. sugar
2 tsp. cream of tartar	1½ c. lard

Sift very well all dry ingredients, blend in lard to a corn meal coarseness. Store in a tightly covered glass container. Use for many luscious foods — coffee cake, cake, pancakes, spice cake, upside down cake, etc.

BISCUITS

3 cups mix
½ c. milk

Combine and stir until smooth. Turn on lightly floured board—pat to ½ inch thick, cut and bake 10-12 min. at 450°—yield 2 doz. small biscuits

DELICIOUS COFFEE CAKE — Lucille Cavansogh

½ c. scalded milk	3 eggs
1 cake yeast	½ tsp. salt
2 c. flour	¼ tsp. spice
½ c. sugar	1 lemon rind, grated
½ c. butter	

Dissolve yeast in cool milk. Mix 1 Tbsp. sugar and ½ c. flour. Beat until well blended. Let rise in warm place to double. Cream the butter and sugar. Add the beaten eggs, salt, lemon rind, spice and flour. Then add yeast mixture, beat well. Butter pan, place batter in pan and sprinkle the following topping over it: Mix:

¼ lb. butter	½ c. bread crumbs
1 cup flour	1 tsp. cinnamon
½ cup sugar	

Let rise again 1½ hrs. When cake raises to top of pan, bake in pre-heated oven 350° for 40 minutes.

STREUSEL FILLED COFFEE CAKE — Evelyn Wiley

Sift together:
1½ cups sifted flour
¾ cup sugar
3 tsp. baking powder
¼ tsp. salt

Cut in:
¼ cup shortening

Blend in:
1 beaten egg mixed with ½ cup milk

Spread half the batter in greased and floured 8 inch square pan, sprinkle half of streusel mixture. Add the other half of batter, sprinkle remaining streusel over top. Bake 30 minutes in 375° oven.

Filling:

½ cup sugar (brown or white)	2 Tbsp. melted butter
2 tsp. cinnamon	2 Tbsp. flour
½ cup nut meats	

Mix with a fork.

BANANA BREAD

$\frac{1}{2}$ c. shortening	1 tsp. soda
1 c. sugar	$\frac{1}{4}$ c. chopped nuts
$\frac{2}{3}$ eggs	1 tsp. salt
1 c. crushed very ripe bananas	1 tsp. cinnamon
2 c. flour	

Whip bananas until very light. Cream shortening and sugar, add eggs, then flour, salt, cinnamon, soda and nuts. Add bananas last. Mix well. Sprinkle mixture of sugar and cinnamon over top before baking. Bake in loaf pan at 350° — 1 hour, or until done.

BUTTER HORN ROLLS — Ella Miller

$\frac{1}{2}$ c. oleo or butter	4 cups flour
$\frac{1}{2}$ c. sugar	3 eggs
1 c. scalded milk	1 pkg. ($\frac{1}{4}$ oz.) dry yeast
1 tsp. salt	

Pour hot milk over shortening and sugar. Use 2 Tbsp. of the scalded milk (lukewarm) to dissolve yeast. When milk and shortening are cool, add yeast mixture, flour and eggs (beaten slightly). Let raise double. Form into butter horns, let rise in warm place till double. Bake in moderate oven 375° about 15 min. or until done.

FRENCH PANCAKES

Mix well:

5 slightly beaten eggs
2 Tbsp. corn syrup
1 $\frac{1}{2}$ cup milk
1 tsp. salt

Add:

8 slices day old bread, broken in small pieces

Let stand 10 minutes.

Bake on griddle in same way as pancakes.

DATE NUT BREAD — Hersha Brown

1 $\frac{1}{2}$ c. dates	1 c. sugar
1 $\frac{1}{2}$ c. water	3 Tbsp. shortening
1 egg	2 $\frac{3}{4}$ c. flour
2 tsp. soda	$\frac{1}{2}$ tsp salt
1 tsp. vanilla	1 cup nut meats

Simmer dates and water. Let cool. Cream together sugar and shortening, add 1 beaten egg and cooled fruit mixture. Sift together flour, soda and salt, add to fruit mixture. Then add vanilla and nuts. Grease and flour 4 No. 2 tin cans, fill half full. Bake 45 min. at 350°. Let stand upside down a few minutes and they will come right out of can.

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See that your kitchen fire be bright
And your hands be neat and skilled,
For the love of a man may take its flight
If his stomach be not well filled!

Drop a pebble in the water,
 Just a splash and it is gone;
 But there's half a hundred ripples
 Circling on and on and on.
 Spreading, spreading from the center,
 Flowing on out to the sea
 And there is no way of telling
 Where the end is going to be.
 Drop a word of cheer and kindness:
 Just a flash and it is gone;
 But there's half a hundred ripples
 Circling on and on and on.
 Bearing hope and joy and comfort
 On each splashing, dashing wave.
 'Til you wouldn't believe the volume of
 one kind word you gave.

— Contributed by Fletcher Waychoff, W.P.

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A soft answer turneth away wrath; but grievous words stir
 up anger. —Prov. 15:1.

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Our todays and yesterdays are the blocks with which we build
 our tomorrows.

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It's not the minutes that count at the dinner table, it's the
 "seconds".

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Church Bulletin: Come in and have your faith lifted

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Indian Prayer: Great Spirit, grant that I may not criticize my
 brother until I have walked a mile in his moccasins.

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All Inside

Yesterday I walked a certain street
 And met such gloomy folk;
 I made great haste to pass them by,
 And neither smiled or spoke.
 The giant elms drooped sullenly,
 The very sun was dim—
 I met a friend, and thought, "I hope
 I've seen the last of him."
 Today I walked the self same street,
 And loved the folks I met;
 If errands had not made me leave,
 I would have been there yet.
 Of course, I've solved the mystery,
 'Tis very plain to see:
 The day I met the gloomy folk,
 The gloom was all just me!

CAKES & FROSTINGS

CHOCOLATE CHIP TORTE CAKE — Mabel Weitz

1 c. cut up dates, over which pour 1 c. boiling water. Set aside to cool.

1 $\frac{1}{2}$ c. all purpose flour, less 2 Tbsp.	1 cup sugar
2 Tbsp. cocoa	2 eggs
$\frac{1}{2}$ tsp. salt	1 tsp. vanilla
1 tsp. soda	1 c. chocolate chips
$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. nut meats
$\frac{1}{2}$ c. vegetable shortening	

Cream shortenings and sugar until light and fluffy. Add eggs and beat again. Add the sifted dry ingredients alternately with the date mixture, and combine thoroughly. Add vanilla. Pour into greased floured 9 x 13 inch pan. Sprinkle chocolate chips and nuts over top of batter. Bake 30-35 minutes at 350°.

This cake freezes well. A secret of this cake is to heat it thoroughly before serving, to melt chocolate chips. Top with whipped cream or ice cream.

ROLLED OATS CAKE — Odessa Dingle

1 cup oatmeal	2 eggs
1 $\frac{1}{2}$ c. boiling water	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ c. shortening or oil	1 tsp. soda
1 c. brown sugar	$\frac{1}{2}$ tsp. salt
1 c. white sugar	$\frac{1}{4}$ tsp. nutmeg
1 $\frac{1}{2}$ c. flour	$\frac{1}{2}$ tsp. cinnamon

Combine oatmeal and water and let stand 20 minutes. Cream shortening and sugar, then add eggs. Combine remaining ingredients alternately with oatmeal mixture. Bake 350° for 35 minutes.

Topping:

1 stick of oleo, melted	$\frac{1}{2}$ cup brown sugar
1 cup nuts	$\frac{1}{4}$ c. cream or canned milk
1 cup coconut	1 tsp. vanilla
Pinch of salt	

Combine and spread over top of hot baked cake. Place under broiler to brown. WATCH CAREFULLY.

APPLE CAKE — Helen Crew

$\frac{1}{2}$ cup shortening	1 tsp. baking powder
1 cup sugar	1 tsp. soda
$\frac{1}{2}$ cup brown sugar	1 cup milk
2 $\frac{1}{2}$ cups flour	1 tsp. vanilla
2 c. diced raw apples	$\frac{1}{4}$ tsp. salt

Mix all together and put in 9x13 pan. Sprinkle with brown sugar and chopped nuts. Or if you prefer, omit this and spread with brown sugar icing when cool. Baked at 350° until done.

SPICE CAKE — Mabel Prescott

1 c. brown sugar	$\frac{1}{2}$ tsp. cloves
$\frac{1}{2}$ c. shortening	1 tsp cinnamon
1 c. hot water	1 tsp nutmeg
$\frac{1}{2}$ c seedless raisins	2 c. sifted flour
$\frac{1}{2}$ tsp. salt	1 tsp. soda

Put brown sugar, shortening, hot water, raisins, salt, cloves, cinnamon and nutmeg in large sauce pan and boil for 4 minutes. When cold, add flour mixed with soda. Bake in med. oven 35 min. or until done. This makes and 8 or 9 inch cake. Double recipe for 13 x 9 inch pan.

This bakes nicely in an electric frying pan for hot weather.

EASTERN STAR APPLESAUCE CAKE

Mix well:

$1\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ cup shortening

Add:

2 eggs
Beat well.

Sift:

2 cups flour
2 tsp. soda
1 tsp. cloves
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. salt

Add alternately with:

$1\frac{1}{2}$ c. sweetened applesauce.

Stir in:

1 c. raisins which have stood in hot water.
 $\frac{1}{2}$ cup nuts

Bake in rimmed cookie sheet, moderate oven till done. Makes 18 to 20 servings. May be baked in 9x13 if thicker cake desired.

UNUSUAL FUDGE CAKE

Put in saucepan:

3 squares chocolate
 $\frac{1}{2}$ cup milk

Cook, stirring CONSTANTLY until thick. Set aside.

Cream $\frac{3}{4}$ c. butter, 1 cup sugar

Add 4 eggs, one at a time, beating after each addition.
Add chocolate mixture and stir well

Add:

1 c. cake flour
 $\frac{1}{4}$ tsp. salt
1 tsp. vanilla

Beat well.

Add 1 cup nuts.

Bake in greased and floured 9x13 pan 350° until done. Frost with fudge frosting.

(There is no baking powder or soda in this recipe.)

ONE EGG CAKE

Place in a bowl:

- 1 cup sugar
- 1 cup flour
- 1 tsp. baking powder

Melt $\frac{1}{2}$ c. butter. Allow this to cool a little. Break into it 1 egg. Fill the rest of the cup with milk and add this to the dry ingredients. Mix well and bake in 350° oven until done. This is wonderful for fruit shortcake.

CAKE UNIQUE

In an ungreased 9x13 cake pan, mix:

- 3 cups flour
- 2 cups sugar
- $\frac{1}{2}$ cup cocoa
- 1 tsp. salt
- 2 tsp. baking soda

Make three holes in this and pour in:

- $\frac{1}{2}$ cup salad oil
- 1 tsp. vanilla
- 2 tsp. vinegar

Pour 2 cups warm water over all, and mix in circles—do not beat. Bake 30-40 minutes in moderate oven.

CARROT CAKE — Marvel Buchanan

- 4 eggs
- 2 cups sugar
- $1\frac{1}{2}$ cups Mazola oil
- 2 cups flour
- 2 tsp. soda
- $\frac{1}{2}$ tsp. salt
- 2 tsp. cinnamon
- 3 cups grated carrots

Beat eggs well, add sugar and oil and beat thoroughly. Sift flour, soda, salt and cinnamon together and add to first and beat well. Fold in carrots. Bake 45 minutes at 350° (3 layers or 9x13).

CARROT CAKE ICING

- 1 stick oleo
- 8 oz. cream cheese
- 1 pkg. powdered sugar
- 2 tsp. vanilla
- $\frac{1}{2}$ cup chopped nuts

Be sure sugar is sifted, blend ingredients well. This icing freezes well, if you have any left over.

FUDGE FROSTING

Melt together:

- $\frac{1}{4}$ cup butter
- 2 squares chocolate

Add:

- 1 unbeaten egg
- Pinch of salt
- $1\frac{1}{2}$ cup powdered sugar
- 1 Tbsp. vanilla
- 1 Tbsp. lemon juice

Beat thoroughly until of spreading consistency.

BROILED ICING

5 Tbsp. brown sugar
3 Tbsp. butter
 $\frac{1}{2}$ c. nuts

2 Tbsp. cream
 $\frac{1}{2}$ c. coconut

Heat sugar, cream and butter to boiling point. Add nuts and coconut. Pour over cake and put under broiler and brown. WATCH CAREFULLY. Serve warm preferably.

CARAMEL FUDGE ICING

Combine in 2 qt. sauce pan:

$\frac{1}{2}$ c. butter
 $\frac{1}{4}$ c. milk
1 cup brown sugar

Over very low heat, stir and bring to boil (completely bubbling surface.) Boil 2 minutes, stirring constantly. Cool until hand can be held on bottom of pan.

Add:

2 c. powdered sugar, 1 cup at a time
 $1\frac{1}{2}$ tsp. vanilla

Beat until smooth and creamy. If it becomes too thick, add $\frac{1}{2}$ tsp. milk at a time.

RED CHOCOLATE CAKE — Wilda Waychoff

Mix thoroughly:

1 c. sugar
1 Tbsp. shortening
1 egg

Sift together:

$1\frac{1}{2}$ c. flour
 $\frac{1}{2}$ tsp. salt
1 tsp. baking powder

Mix together:

3 Tbsp. cocoa
1 tsp. soda
Just enough water to moisten

Combine cocoa mixture with sugar mixture. Add remaining dry ingredients. Then add $\frac{1}{2}$ cup boiling water and mix well, add $\frac{1}{2}$ cup cold water and $\frac{1}{2}$ tsp. vanilla and mix well. Bake in 9 x 9 inch pan 350°.

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Smiles

The thing that goes the farthest toward making life worth while,
That costs the least and does the most, is just a pleasant smile.
It nerves us on to try again when failures make us blue
The dimples of encouragement are good for me and you.
A smile is Heaven's remedy for curling discontent—
It's worth a million dollars and it doesn't cost

A cent - + -

COOKIES

CASSEROLE COOKIES — Evelyn Wiley

Beat: 2 eggs
Add: 1 cup granulated sugar
Blend in:
1 cup dates, cut up
1 cup angel flake coconut
1 cup nuts, chopped coarsely
1 tsp. vanilla
¼ tsp. almond extract

Turn into a 2 quart casserole, bake 350° for 30 minutes. Remove from oven and, while still hot, beat well with a wooden spoon. Cool mixture and form into small balls. Roll in sugar. Yield: 60

SOUR CREAM SUGAR COOKIES — Della Horak

1 c. butter	1 tsp. soda
1 c. sugar	1 tsp. vanilla
Beat and add 1 egg	2 to 4 cups flour
5 Tbsp. sour cream (not cultured —whipping cream)	

Mix in order given, roll thin, using very little flour on board. Sprinkle with sugar. Bake at 360° for 8 to 10 minutes. Yield: Dozens!

SOFT DATE COOKIES — Ann Zehms

2 cups dates, sliced	2 c. sifted flour
¼ cup shortening	1 tsp. salt
1 cup sugar	½ tsp. soda
1 egg	½ cup buttermilk
1 tsp. vanilla	

Cream shortening and sugar thoroughly. Add egg and vanilla and beat well. Sift flour with salt and soda. Blend into creamed mixture alternately with buttermilk. Stir in dates. Drop by teaspoonful onto greased baking sheet. Bake 375° 10-12 minutes. Be careful not to overbake—cookies should not be brown.

BUTTER COOKIES — Lela Beatty

1 cup butter (2 sticks)	2½ c. sifted flour
1½ c. sifted confectioners sugar	1 tsp. baking soda
1 egg	1 tsp. cream of tartar
1 tsp. vanilla	¼ tsp. salt

Cream butter, add sugar gradually and cream until fluffy. Add unbeaten egg and vanilla, beating well. Sift together dry ingredients and blend into creamed mixture. Chill, then roll out and cut into desired shape. Bake 10-12 minutes at 400° on buttered baking sheet. Yields 5-6 dozen.

STARLITE MINT SURPRISE COOKIES — Pamela Svoboda

Sift together:

3 cups sifted flour

1 teaspoon soda

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

Cream:

1 cup butter, add gradually 1 cup sugar, $\frac{1}{2}$ cup firmly packed brown sugar, creaming well.

Blend:

2 eggs, unbeaten, 2 Tbsp. water, 1 tsp. vanilla, beat well. Add dry ingred., mix thoroughly. Cover and refrigerate at least 2 hours.

Open 1 package chocolate wafers and enclose each wafer in 1 Tbsp. chilled dough. (top with walnut). Bake in moderate oven 375° for 10 to 12 minutes. Yield: 4 $\frac{1}{2}$ dozen.

ORANGE COOKIES

Mix together thoroughly:

$\frac{1}{2}$ cup soft shortening (part oleo or butter)

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

1 egg

1 tsp. vanilla

Sift together and stir in:

1 cup plus 2 Tbsp. flour

$\frac{1}{4}$ tsp. soda

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

2 tsp. grated orange rind

1 cup nuts, chopped

Drop by teaspoonsful on greased baking sheet. Bake until lightly browned 8-10 min. at 375°. Frost while still a little warm with: Juice and grated rind of 1 med. size orange, 1 tsp. soft butter, Powdered sugar to make a rather stiff icing.

MOLASSES GINGER ICEROX COOKIES — Christena Murray

1 cup shortening

1 tsp. ground ginger

$\frac{3}{4}$ c. molasses

1 tsp. salt

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

3 cups flour

2 tsp. soda

Blend shortening, sugar and molasses. Add dry ingredients — mix well and knead. Make rolls about 1 $\frac{1}{2}$ in. in diameter. Roll in wax paper and chill well in refrigerator. Slice thin and bake on greased sheet approximately 8 min. at 385°. Yield 4 to 5 dozen.

CHOCOLATE CHIP OATMEAL COOKIES — Lillian White

1 cup sifted flour

1 egg

$\frac{1}{2}$ tsp. soda

2 Tbsp. water

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

$\frac{1}{2}$ tsp. vanilla

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

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

$\frac{1}{2}$ cup brown sugar

1 cup chocolate chips

$\frac{1}{2}$ cup granulated sugar

$\frac{1}{4}$ cup chopped nuts

Sift together flour, soda and salt into bowl. Add shortening, sugars, egg, water and vanilla. Beat until smooth, about 2 min. Fold in oatmeal, chocolate chips and nuts. Drop from a teaspoon onto greased baking sheet and bake 12-15 min. at 375°. Yield: 3 $\frac{1}{2}$ dozen.

TING A LING COOKIES — Grace Walker

1 lb. German Sweet Chocolate 2 cups rice crispies
2 squares bitter chocolate 1 cup coconut
3 cups cornflakes 1 cup nutmeats

Melt chocolate in double boiler, pour over remaining ingredients, mix well. Drop on cookie sheet and refrigerate a few hours. Yield: 4-5 dozen.

OATMEAL COOKIES — Pearl Alexander

1 cup sugar 1½ c. flour
¾ cup butter 1 tsp. soda
2 eggs ¼ tsp. baking powder
¼ c. cold coffee ½ tsp. salt
1 c. black walnuts 1 tsp. cinnamon
1 c. raisins 1 tsp. vanilla
2 scant cups oatmeal

Grind walnuts and raisins. Sift dry ingredients together 3 times. Cream butter and sugar. Add beaten eggs, vanilla, raisins, nuts, oatmeal. Add dry ingredients alternately with coffee. Bake in 350° oven until an appetizing brown, but not hard. Yields: 4 dozen.

TOFFEE BARS — Mary Eden

Mix thoroughly: 2 tsp. vanilla
½ cup brown sugar 2 eggs
¼ cup granulated sugar Add:
½ tsp. salt 1 cup sifted flour
1 cup shortening 1 cup uncooked rolled oats

Pour batter into greased 11 x 7 inch baking pan. Bake 350° for 55 min. (or larger pan 350° for 30 min.)

Melt 2 pkg. (6 oz.) semi-sweet chocolate chips over hot water. Spread over baked layer. Sprinkle with ½ c. chopped nuts. Cut in bars.

DATE BARS — Jane Hammen

¼ c. butter 1½ c. Bisquick
1 egg 1 cup dates, cut up
¾ c. sugar ¼ c. chopped nuts

Heat oven to 350°. Mix butter, sugar and egg. Stir in other ingredients. Press into greased 8 inch square pan. Bake 25 min. at 350°. Cool 1 hour, cut, roll in confectioner sugar. Yield: 16 bars.

OATMEAL DATE BARS — Hazel Schneringer

Mix together: Filling:
2½ c. oatmeal 1 pkg. dates, chopped
2 c. flour 1 cup hot water
1 c. brown sugar 1 cup sugar
1 cup oleo Cook until thick, then cool.
½ tsp. salt

Pour 1 Tbsp. boiling water over ½ tsp. soda and add to above mixture. Grease flat pan 10 x 16, put in half of mixture. Cover with filling then add rest of mixture. Bake 25 min. at 350°. Yield: 24-30 bars.

APRICOT NUT BARS — Donna Hill

$\frac{1}{2}$ cup butter or oleo	$\frac{1}{2}$ cup nuts
$\frac{1}{2}$ cup sugar	1 tsp salt
1 tsp. lemon extract	$\frac{1}{4}$ tsp. soda
2 eggs separated	$\frac{1}{4}$ cup sugar
1 cup sifted flour	1 1 lb. jar apricot jam

Cream butter with $\frac{1}{2}$ cup sugar and flavoring. Mix together until light and fluffy. Add egg yolks one at a time and beat well. Sift flour, salt and soda. Stir into butter and egg mixture. Spread into a greased 9 x 12 pan. Cover butter with apricot jam. Beat egg whites until stiff, but not dry. Add gradually the $\frac{1}{4}$ c. sugar and continue to beat until meringue stands in peaks. Fold in nut meats and spread meringue mixture over jam. Bake 350° about 45 minutes until firm and golden brown. 9 x 12 pan.

CHERRY BARS — Bernice Reddatz

Blend:

1 c. sifted flour	3 Tbsp. powdered sugar
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$\frac{1}{2}$ cup butter

Spread into an 8 inch or 9 inch sq pan. Bake 15-20 minutes 350°.

Filling:

2 eggs, slightly beaten	1 tsp. vanilla
1 cup sugar	$\frac{1}{2}$ c. nut meats
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ c. grated coconut
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ c. maraschino cherries
$\frac{1}{4}$ tsp. salt	

Stir ingredients into eggs. Spread on top of baked pastry. Cool, cut into squares. Bake 20 min. at 350°. Yield: 16 bars.

QUICK OATMEAL BARS

Mix and heat until blended:

$\frac{1}{2}$ c. brown sugar	$\frac{1}{2}$ c. butter
$\frac{1}{4}$ c. syrup (white, dark or maple)	Pinch salt
	1 tsp. vanilla

Stir into 2 cups oatmeal and blend. Bake in 8 inch square pan 8-10 min. at 400°. Sprinkle 1 cup of chocolate chips and/or chopped nuts over top, turn off heat and return to oven until chocolate chips melt. Cool slightly, then cut in bars.

LEMON BARS

Combine:

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ cup powdered sugar
1 cup flour	

Spread on bottom of a 7 x 11 inch pan. Bake 15 min. at 350°.

Combine:

2 eggs	$\frac{1}{2}$ tsp baking powder
2 tsp. flour	2 Tbsp lemon juice and rind
1 c. sugar	

Pour over crust. Bake 25 min. at 350°. Sprinkle powdered sugar on top. Slice into bars.

DESSERTS

SUPERB CREAM PIE — Evelyn Wiley

Filling: Mix together:

$\frac{3}{4}$ c. cornstarch
 $\frac{1}{2}$ c. sugar

$\frac{1}{4}$ tsp. salt

Gradually add 2 cups milk. Cook this about 10 minutes. Add it slowly to: 3 egg yolks, beaten. Cook for about 5 minutes longer. Add: 2 Tbsp. butter, $\frac{1}{2}$ tsp. vanilla.

For variation:

Pineapple Cream — add $\frac{1}{2}$ c. drained crushed pineapple

Chocolate Cream — add $3\frac{1}{2}$ Tbsp. cocoa with dry ingredients

Coconut Cream — Add $\frac{1}{4}$ c. coconut

Raisin Cream — add $\frac{1}{4}$ c. cooked raisins

Crust:

3 c. flour
1 c. shortening
1 tsp. salt

1 egg, slightly beaten

5 Tbsp. water

1 tsp. vinegar

Meringue: Bring to boil and cook until smooth:

$\frac{1}{2}$ c. water
2 tsp. cornstarch

4 Tbsp. sugar

Cool slightly, then add to 2 stiffly beaten egg whites

For 2 pies:

3 whites
 $\frac{1}{2}$ c. water

1 Tbsp. cornstarch

6 Tbsp. sugar

CHOCOLATE BAR PIE — Barbara Dehaglek

15 marshmallows
 $\frac{1}{2}$ cup milk
4 plain Hershey bars
 $\frac{1}{2}$ cup chopped nuts
1 cup whipped cream

Crust:

1 cup graham cracker crumbs
3 Tbsp. powdered sugar
 $\frac{1}{4}$ cup melted butter

Heat together marshmallows and milk in double boiler. Add Hershey bars. Cool and add nuts and whipped cream. Pour into graham cracker crust. Chill thoroughly. (This can be frozen.)

PEACH PIE — Olga Kinchner

Line pie plate with crust. Peel peaches and cut in half, then arrange in pie shell.

Mix into crumbs:

3 Tbsp. flour
1 cup sugar
2 Tbsp. butter

Put over peaches and bake pie 45 minutes or until done at 350°.

HOME MADE ICE CREAM — Doris Heston

3 qts. milk	1½ Tbsp. cornstarch
4 cups sugar	1½-2 Tbsp. vanilla
4 or 5 eggs	1 tsp. salt
1½ Tbsp. flour	1½ pint cream

Combine sugar, flour, cornstarch, add cold milk, and bring to boil. Beat eggs and add hot milk to eggs. Then bring all of it to a boil again. When ready to freeze, add vanilla, salt and cream. Yield: 6 quarts.

QUICK FRUIT DESSERT

1 c. sugar	1 egg
1 tsp. soda	2 cups fruit cocktail or cherries, drained
¼ tsp. salt	
1 cup flour	

Mix together, and put in 9 inch baking dish. Top with ½ c. brown sugar and ½ cup nuts. Bake 325° for 45 minutes. Serve warm with ice cream or whipped cream.

BAKED CUSTARD — Naomi Hedin

5 large eggs	¼ tsp. salt
4 c. skim milk	1 tsp. vanilla
1 Tbsp. Sucaryl solution	¼ tsp. almond flavoring

Scald milk. Combine eggs, Sucaryl, salt, and flavoring in large mixing bowl. Blend well. Add scalded milk. Beat slightly. Pour into 6½ x 10 inch baker. Set in 8½ x 12 inch baker. Pour hot water in between. Bake 7 min. at 450° and 20 min. at 350°. (For those who are diabetic).

QUICK DESSERT — Christena Murray

Whip 1 pint vanilla ice cream till fluffy. Add dash of nutmeg. Serve over canned fig pudding.

DATE PUDDING — Ethel Herrbach

1 c. sugar	2 Tbsp. milk
1 c. nut meats	4 Tbsp. flour
1 c. dates	2 tsp. baking powder
2 eggs	

Chop nut meats and dates. Add sugar, eggs, milk, flour and baking powder. Mix all together. Pour into an 8 inch square buttered pan. Bake 30 min. at 375°. Serve with whipped cream. 6-8 servings.

MINCE PUMPKIN LAYER PIE — Vivian King

1½ c. mincemeat	½ tsp. cinnamon
1 c. pumpkin	¼ tsp. nutmeg
½ c. sugar	2 eggs
¼ tsp. salt	½ cup milk

Line unbaked pie shell with mincemeat. Beat together remaining ingredients and pour over the mincemeat. Bake 35 to 40 min. at 425°. Serve slightly warm, or cool and garnish with whipped cream.

CHERRY DESSERT — Gloria Woodhouse

Crust:

22 graham crackers	$\frac{1}{2}$ cup sugar
1 stick of butter	$\frac{1}{2}$ cup sugar
	1 3-oz. pkg. cream cheese
1 pkg. Dream Whip made as directed	1 can Wilderness cherry pie filling

Make crust. Mix Dream Whip, gradually add sugar, beat STIFF. Blend in cheese (softened with milk saved out of Dream Whip.) Spread over crust. Put cherry pie filling over all. (2 cans of cherry filling may be used. Use a 9 x 13 inch pan, and it is best if made a day ahead. Serves 9-12.

CHERRY (OR APRICOT) DESSERT — Jean Vondracek

Crust:

22 graham crackers, crushed	4 tsp. sugar
$\frac{1}{4}$ c melted butter	Dash of cinnamon

Melt butter, add sugar and cracker crumbs. Pack into 9 x 11 inch baking dish. (Save a few crumbs for top.)

Filling:

3 c. miniature marshmallows	2 cans cherry or apricot pie filling
1 pt. whipping cream	

Whip cream, fold in marshmallows, pour over crust. Spread filling over top and sprinkle with remaining crumbs. Chill overnight. Serves 12-15.

DELICIOUS LAST MINUTE DESSERT

1 large box Jello (strawberry or raspberry)
$1\frac{1}{2}$ cup boiling water
2 pkg. frozen strawberries or raspberries
1 carton sour cream

Dissolve Jello in hot water. Stir in frozen fruit and blend together. Save out $\frac{1}{2}$ cup of this and blend with sour cream. Place jello-berry mixture in mold or bowl and refrigerate for a few minutes, until it is firm enough to add the sour cream as a top layer. Serves 6.

CHOCOLATE ICE BOX DESSERT — Margaret Knupp

One angel food cake	2 pkg. chocolate chips
2 tablespoons sugar	4 eggs
1 pint whipping cream	Flavoring — peppermint or vanilla
$\frac{1}{2}$ cup nuts	Pinch of salt

Break angel food cake into pieces in a large bowl. Add broken nut meats. Melt the chocolate chips. Beat the 4 egg yolks. Add sugar. Add the eggs to the melted chocolate. (This mixture will be quite stiff.) Beat the egg whites until they form peaks. Whip the pint of cream. Add the cream and egg whites to the chocolate mixture and fold until smooth. Add flavoring and salt. Toss lightly over the broken cake and nuts. Put into a greased cake pan and chill overnight. Serve with whipped cream. Makes 12 servings.

ICE CREAM DESSERT

Mix together: $\frac{1}{2}$ cup chopped walnuts
2 cups crushed Rice Chex $\frac{1}{2}$ cup brown sugar
1 cup Angel Flake coconut $\frac{1}{2}$ cup melted butter or oleo

Put about $\frac{2}{3}$ of the crumbs in bottom of 9 x 13 dish or pan. On top of this place one-half gallon softened ice cream. Press down and cover with remaining crumbs and re-freeze. 12-18 servings.

PAT A PIE PASTRY (8 or 9 inch double-crust)

1. Into pie plate sift 2 cups flour, 2 teaspoons sugar, and $1\frac{1}{4}$ tsp. salt.
2. Using fork, whip $\frac{1}{2}$ c. salad oil with 3 Tbsp. milk, pour over flour mixture. Mix with fork until flour is all dampened.
3. Reserve $\frac{1}{3}$ of dough to crumble over filling, for top crust. Press rest of dough to line bottom of pie plate evenly, leaving some for sides.
4. Press dough up sides to finish shell. Crimp edges. Add filling, crumble reserve dough in small pieces, sprinkle over filling. Bake in usual manner.

• • •

I HAVE FAITH

I have faith in the new day that's coming,
In the things that I know I shall do,
I have faith that there'll be something lovely for me
And I have faith in myself, have you?
'I believe that our God will watch over
And I know that He'll always take care;
We shall still have a song and a happiness to share.
And if things go wrong,
That's why I have faith in tomorrow
Though today might be lonely and blue
My heart I shall give to God every day I live
And my own faith will carry me through.

• • •

She thought, when night had finally ended a day,
"Dear Lord, tonight I am too tired to pray."
And mostly she closed her eyes to sleep.
Slipping far into the shadowed deep.
Up in Heaven the dear Lord heard and smiled —
"Today she soothed a little, crying child;
She stopped her work to take a shut-in friend
A fragrant, warming bowl of her good soup."
"Her house was orderly, her garden tended,
Her children fed, their clothes all clean and mended.
Her husband, home from work, found happiness
And quiet peace in her deep gentleness."
The dear Lord smiled again. "Too tired to pray?
Her hands have offered prayers of love all day."

Contributed by Rosa Lovell

MEATS

CHICKEN IMPERIAL — Della Landy

5	chicken legs and thighs	2	tap. salt
$\frac{1}{2}$	c. butter	$\frac{1}{2}$	tap. pepper
2	c. dry bread or cracker crumbs	$1\frac{1}{2}$	tap. oregano
		$\frac{1}{2}$	c. Parmesan cheese

Melt butter in 13 x 9 inch baking pan. Combine crumbs, salt, pepper, oregano, and cheese. Dip chicken legs in butter and then dip into crumb mixture. Place legs in baking pan, should not be crowded, pour any remaining butter over chicken. Sprinkle with Parmesan cheese. Bake at 350° for 1½ hour. This is a good company dinner with a minimum of watching.

LEAN T-BONE STEAK IN MUSHROOM SAUCE

— Arvilla Schaknecht

One 1 lb. T-bone steak
Salt, pepper, marjoram or oregano
1 can mushroom soup
1 cup milk

Broil T-bone steak to medium done, with salt, dash of pepper, and marjoram or oregano. Dilute mushroom soup with half milk or water. Stir this into steak and/or drippings. Saute steak thoroughly, to let juices mingle. Serves 2.

SUNDAY CHICKEN — Mary Eden

1 small pkg. of uncooked Minute Rice (put in bottom of buttered baking dish.)

Mix and pour over rice:

1 can cream of celery soup
1 can of mushroom soup
 $\frac{1}{2}$ cup milk

Arrange chicken on top of soup. Sprinkle 1 package of Lipton's onion soup mix over the chicken. Cover with aluminum foil. Bake 2½ hours at 325°. (Do not salt or flour chicken pieces.)

POBCUPINE MEAT BALLS — Mary Eden

$\frac{1}{2}$	lb. ground pork	$\frac{1}{2}$	tap. salt
$\frac{1}{2}$	lb. ground beef	1	can tomato soup
1	small onion, minced	$\frac{1}{2}$	cup water
$\frac{1}{2}$	c. Minute Rice, uncooked	$\frac{1}{2}$	tap. salt
1	egg	$\frac{1}{2}$	tap. pepper
$\frac{1}{2}$	c. bread crumbs		

Mix meat, onion, rice, crumbs, egg and seasonings. Shape into balls. Pile into casserole and pour diluted soup mixture over balls. Bake at 375° for 1½ hours.

Serve with salad made of canned grapefruit and orange slices arranged alternately on lettuce leaf and topped with French dressing.

DANDY BARBECUED SPARE RIBS

5 lbs. spare ribs or rib ends	¼ c. brown sugar
1 lemon, sliced thin	¼ c. vinegar
1 large onion, chopped	¼ c. Worcestershire
1 tsp. salt	1 c. catsup
1 tsp. chili powder	2 c. water
1 Tbsp. celery seed	For drops Tabasco

Cut ribs into serving size pieces. Spread them, meaty side up in big shallow pan. Sprinkle lightly with salt and pepper. On each piece, put a thin slice of lemon. Sprinkle onion generously over all and put in hot oven, 450°, uncovered, for 45 min. Mix remaining ingredients and bring to boil. At end of 45 min. pour sauce over ribs, reduce heat to 350° and continue baking an hour and a half. Baste occasionally. If sauce gets too thick, add a little hot water.

CHILI FOR 100

20 lb. ground beef	1 to 3 Tbsp. chili powder
1 c. chopped onions	1 gal. or more water
3 qts. tomato paste	1½ c. flour
8 No. 10 cans red beans	½ c. brown sugar
½ c. salt	

Prepare in usual manner several hours ahead of use.

COMPANY STYLE HAM LOAF — Evelyn Wiley

1½ lb. ground pork	2 unbeaten eggs
1½ lb. ground smoked ham	½ cup catsup
1 cup oatmeal	

Bake 1 hour at 350°. Can be made in regular loaf form, or if you wish individual loaves, ¾ cup makes a nice serving. Baste 2 or 3 times with the sauce while it bakes.

Sauce

1½ c. brown sugar	½ cup vinegar or pineapple juice
1 Tbsp. dry mustard	

Bring to boil. Serve with ham loaf.

PORK CHOPS GOURMET — Ferns Boardman

6 pork chops, ¾ inch thick	2 bouillon cubes
2 Tbsp. oil or fat	2 c. cooked rice
1 tsp. salt	¼ c. light cream
½ c. chopped onion	6 oz. mushrooms, fresh or canned
½ c. chopped celery	
3 Tbsp. butter	

Brown chops in oil, drain off. Season with salt and pepper. Cook onion in melted butter until light brown. Add bouillon cubes to hot mixture and stir until dissolved. Add ¼ tsp. salt, rice, cream and celery. Put in casserole and place chops on top. Cover and bake at 350° for 30 min. Remove cover and bake 15 minutes more.

HAM GARNISH

Brush canned drained peach halves with butter or margarine, sprinkle with sugar and broil until hot through. Serve with baked ham.

MISCELLANEOUS

VERONICI — Arvilla Schuknecht

1½ cup dry cottage cheese	½ tsp salt
2 eggs	1½ tsp. cinnamon
¼ lb. butter	2 cups flour

Combine cottage cheese, salt, cinnamon with yolks of 2 eggs. Combine flour, a bit of salt with white of two eggs. Leave a little egg white for sealing envelopes. Roll flour ball to ¼ inch, cut into triangular, place cottage cheese ingredients on the triangle and seal edges tight with egg white. Drop into deep sauce pan of boiling water, cover and boil until they float, about 3 to 5 minutes. Serve with melted butter. This is a Russian-German dish. Also used with jelly fillings by the Jewish.

CARAMEL CORN

Place 3 Tbsp. shortening in popper.

Mix together:

½ cup popcorn	Pinch salt
½ cup sugar	1 Tbsp. vanilla

Place in popper when shortening is hot. Shake constantly.

MOLASSES TAFFY

2 cups molasses	1 Tbsp. vinegar
1 cup sugar	1 tsp. vanilla
2 Tbsp. butter	

Cook ingredients until a little of the mixture brittles in cold water. Pour into buttered pan. When cool enough to handle, pull until light in color and hard. Butter hands before pulling. Wrap each piece in wax paper.

QUICK FUDGE

1 package pudding mix (not instant)	½ c. evaporated milk
1 cup white sugar	1 Tbsp. butter
½ c. brown sugar	1 cup nuts

Mix all ingredients except nuts and boil 3 min. or to softball stage (Good boil for 3 min. will do it without testing.) Let cool until you can place your hand on the bottom of the pan, then stir in nuts, and stir until it begins to hold its shape. Drop on wax paper by small teaspoonful.

Recommended combinations:

- Butterscotch pudding and pecans
- Vanilla pudding and black walnuts
- Chocolate pudding and California walnuts

PARTY PUNCH — Eida Miller

1 pkg cherry Kool-aid 2 quarts water
1 cup sugar 1 large bottle of gingerale or
1 6-oz. can frozen orange juice white soda

Serve with crushed ice. Yield: 3 quarts or 24 punch cups.

PICKLED BEETS

Cook beets, cool and remove skin. Slice or cut into desired shape. Heat to boiling in following mixture:

2 c. vinegar 1 c. sugar
1 c. water 2 tsp. mixed spices

Pack in sterilized jar.

POTATO SOUP — Pearl Alexander

Heat 1 cup of milk and 1 cup of canned chicken broth. DO NOT BOIL. Stir in 2 Tbsp. instant potato flakes. Boil 1 Tbsp. chopped onion, or more, until tender. Add 2 Tbsp. butter and the onion to the first mixture.

CINNAMON APPLES

Bring to boil:

1 cup sugar 1½ c. water and few drops of red
6 whole cloves food coloring
2 Tbsp. cinnamon candies

Then drop in 6 apples and cook until they are tender.

CARAMEL CORN

2 c. brown sugar ½ c. butter or oleo
3 Tbsp. corn syrup ½ tsp. soda

Cook sugar, syrup and butter, stirring CONSTANTLY until it brittles when tested in cold water. Remove from heat and add soda. Stir into popcorn and mix well.

LIME PICKLES — Ruth Lintner

7 lbs. ripe cucumbers 2 cups lime
(Peel, seed, cut in strips) 2 gal. water

Soak 24 hours in lime water. Rinse very well. Cover with ice cubes and cold water, and soak 3 hours.

Heat syrup and pour over drained pickles.

2 qts. vinegar 2 tsp mixed pickling spices
2 tsp. celery seed 4½ lbs. sugar
2 tsp. whole cloves 1 Tbsp. salt

Let set over night. Bring to boil and simmer until pickles are transparent. Add green coloring. Can and seal.



Happiness is a perfume you cannot pour on others, without getting a few drops on yourself.

ONE DISH MEALS

BUSY DAY CASSEROLE — Odessa Dingle

Slice 6 to 7 medium potatoes as for frying. Separate 1½ to 2 lb. ground chuck into small chunks and scatter through potatoes. Season well and fry to a golden brown. 6 eggs — break over frying food and gently scramble through the mixture. Place quickly into serving dish, sprinkle or cover with your favorite cheese, 2 medium onions sliced into rings, and paprika. Serve immediately. Serves 6 well.

DRIED BEEF CASSEROLE — Margaret Alderhof

1 pkg. dried beef, cut fine (Buddig is less salty)	1 pkg. cheddar cheese, shredded
2 cans mushroom soup	1 small onion, or equivalent dried onion
2 soup cans whole milk	1 pkg. Creamettes, uncooked
2 hardboiled eggs, chopped	

Mix all ingredients, pour into 9 x 13 pan and let stand over night. Next day, bake 1 hour at 350°.

CORNEB BEEF CASSEROLE — Beryl Stoffel

1 package noodles (8 oz.)	1 10-oz can chicken soup
1 can corneb beef (12 oz.)	1 cup milk
1 cup diced cheese	½ cup diced onions

Cook noodles, add corneb beef, cheese, soup, milk and onion. Mix well. Put in 2 qt. casserole dish, top with ½ c. buttered crumbs. Bake 45 min. at 350°. Serves 8-10.

CHICKEN-BROCCOLI CASSEROLE

1 14½ oz. can chicken meat or meat from one chicken.
Cook 2 10-oz. pkg. chopped frozen broccoli.

Mix 2 cans condensed cream of chicken soup	1 tsp. lemon juice
1 cup mayonnaise	½ tsp. curry powder

Place chicken in greased casserole and cover with cooked broccoli. Pour mixture over. Sprinkle on top ½ c. grated cheddar cheese and buttered crumbs. Bake in 9 x 12 inch pan, 350°, 45 min. This can be prepared the day before and refrigerated until time to bake.

ALMOND-RICE CASSEROLE — Arvilla Schuknecht

1 cup Minute Rice	½ tsp. nutmeg
1 tsp. salt	½ lb. blanched almonds
½ tsp. cinnamon	1 small onion, diced

Saute onion in butter until tender. Saute almonds in butter until golden brown. Add cinnamon, nutmeg, onions and almonds to hot cooked rice. Serves 4.

PORK CHOP-POTATO CASSEROLE — Gloria Woodhouse

In a casserole place sliced potatoes. Top with browned pork chops and pour over all a can of cream of mushroom soup diluted with small amount of milk. Bake in a covered casserole 1½ hrs. at 350°. (May uncover last 15 min. to brown.)

PORK CHOPS AND RICE — Della Horak

4-6 pork chops	1 cup water
1 tsp. salt	½ c. uncooked rice
Dash of pepper	2 Tbsp. chopped onion
1 can tomato soup	3 Tbsp. minced green pepper

Brown pork chops, season with salt and pepper. Add tomato soup and water, rice, onion and green pepper. Cover when it begins to boil, reduce heat and cook 1 hour. This can be baked in casserole 1½ hour at 350°.

STOVE-TOP MEAL — Dorothy Valenta

1 lb. ground beef	Salt and pepper
1 large onion chopped	1 cup sour cream (commercial)
2 cans mushroom soup	

Brown meat and onion in little fat. Add mushroom soup and simmer till hot, add sour cream, and serve over prepared Minute Rice Serves 4.

CRANBURGERS — Christena Murray

Drain canned green beans and place in bottom of broiler pan. Pour 6 oz. can evaporated milk over 2 slices bread. Add:

1½ lbs. ground beef	1½ tsp. salt
2 Tbsp. instant onion	½ tsp. pepper

Mix this to form 6 patties. Place on broiler rack and broil 6 minutes. Turn and add canned sweet potatoes. Brush potatoes with melted butter, salt and pepper. Broil 5 min. Top each patty with 1 Tbsp. whole cranberry sauce. Broil 2 min. more.

BROWNED RICE CASSEROLE — Marjorie Cook

Saute 2 large onions in ½ cup butter. Add 2 cups uncooked brown rice. Mix and add:

2 cans consommé	Sliced almonds (amount optional)
2 cans mushroom soup	

Bring to boil. Put in casserole and bake for 20 min. at 350°. Take out and stir up well, and sprinkle with plenty of paprika. Bake 40 minutes more. Yield: 8-10 servings.

QUICK TUNA DISH

1 can mushroom soup	1 small can evaporated milk
1 can chicken noodle soup	1 can tuna fish
1 can chow mein noodles	

Mix all together. Put in buttered casserole. Top with crushed potato chips, if desired, and bake at 375° about 35 minutes, until bubbly. Makes 4-6 servings.

BUSY DAY SANDWICH

Mix: 1 cup of either tuna, crab or cheese, mayonnaise, minced onion
Spread on bun halves and broil.

BUSY DAY DISH

Mix 1 cup chicken, pork or tuna with can of chow mein with mushrooms. Serve over Minute Rice.

GREEN RICE BAKE — Florence Wilson

2 slightly beaten eggs	1 16-oz. pkg. frozen chopped spinach, cooked and drained
2 cups milk	1 c. shredded sharp American process cheese
$\frac{1}{4}$ c. precooked rice	
$\frac{1}{4}$ c. finely chopped onion	
$\frac{1}{2}$ tsp. garlic salt	

Method: Combine eggs and milk. Add remaining ingredients. Pour into 10 x 6 casserole. Bake at 325° until firm (30 to 40 min.) Serves 4-6. Note: You can use minute rice or cook about $\frac{1}{2}$ cup raw rice.

ESCALLOPED PORK — Edna Miller

2 lbs. lean pork, cubed	1 green pepper, diced
1 can chicken broth	2 cups diced celery
1 lb. fine noodles, cooked	1 large can mushrooms
1 can cream of chicken soup	

Cook the cubed pork in chicken broth for 15 min. in pressure cooker. Combine with remaining ingredients and put in greased 9 x 13 baking dish. Top with mixture of bread crumbs and grated cheese. Bake one hour at 350°. Serves 12-15 people.

STUFFED GREEN PEPPERS — Edna Miller

Mix together:

1 lb. ground lean pork	1 egg
$\frac{1}{2}$ pint cream	1 tsp. salt
1 cup bread crumbs	2 tsp. dry mustard

Stuff 6 medium size green peppers with this and place in greased muffin tins. Bake 50 min. at 375°. Stuffing also good without peppers.

DRESSING — Vivian King

1 package bouq. dry and cubed	$\frac{1}{2}$ tsp. eggs
1 can cream of chicken soup	1 stick oleo, melted
$\frac{1}{2}$ can water and 2 Tbsp. flour	Salt and pepper to taste

Mix all ingredients except oleo. Put in greased casserole and pour melted oleo over and bake 1 hour at 350°.

SCALLOPED EGGPLANT

Cube egg plant and cook in salted water. Mash. In meantime, brown 1 lb. hamburger, 1 diced green pepper, 1 chopped onion, in butter. Add salt and pepper. Mix with egg plant. Add 2 beaten eggs and blend. Bake in buttered baking dish 30 min. at 350°.

CHINESE ONE DISH MEAL — Leone Sutherland

- | | |
|---------------------------------|-------------------------|
| 1 lb. veal cut in cubes | 1 can mushroom soup |
| 2 medium onions, finely chopped | 4 Tbsp. chop suay sauce |
| 1 c. chopped celery | $\frac{1}{2}$ tsp. salt |
| 2 Tbsp. fat | Pepper to taste |
| $\frac{1}{2}$ cup uncooked rice | 1 cup peas |
| 1 can cream of chicken soup | 2 cups water |

Brown veal, onions, and celery in fat. Add other ingredients, mixing well. Place in large greased casserole. Bake at 325° for 1 $\frac{1}{2}$ hours.

TUNA VEGETABLE CASSEROLE — Lillian Clark

- | | |
|---------------------|--------------------------------|
| 1 can tuna | $\frac{1}{2}$ cup green pepper |
| 1 cup grated carrot | 1 Tbsp. grated onion |
| 1 cup diced celery | |

Saute in butter until half done. Make a white sauce of 1 $\frac{1}{2}$ cup milk, 1 Tbsp. flour and 1 Tbsp. butter. Pour over tuna and vegetables and cover with 1 cup of bread crumbs. Bake 1 hour.

CHILI — Wilda Waychoff

- Sear in hot fat;
- | | |
|---------------------------|---------------------------|
| 1 lb. ground beef | 2 medium onions (chopped) |
| $\frac{1}{2}$ lb. sausage | |

Add:

- | | |
|---------------------------------|---------------------|
| 1 No. 2 can kidney beans | 1 tsp. chili powder |
| 1 can Hormel's chili with beans | 1 quart tomatoes |

Mix well and bake one hour at 325°.

• • •

This above all; to thine own self be true;
And it must follow, as the day the night,
Thou canst not then be false to any man.

from Hamlet — Wm. Shakespeare

• • •

The man who deals in sunshine
Is the man who gets the crowds;
He does a lot more business
Than the man who peddles clouds!

• • •

Abundant Living

Pray: It is the greatest power on earth.
Love: It is God's given privilege.
Read: It is the fountain of wisdom.
Think: It is the source of power.
Be Friendly: It is the road to happiness.
Give: It is too short a day to be selfish.
Play: It is the secret of perpetual youth.
Laugh: It is music of the soul.
Work: It is the price of success.
Save: It is the secret of security.

SALADS

FROZEN FRUIT SALAD — Virginia Jones

- | | |
|-------------------------------|--------------------------------|
| 12 oz. cream cheese | 1 cup red cherries (halved) |
| 2 cups heavy cream | 2 No. 2 cans crushed pineapple |
| 2 cups mayonnaise | 6 cups diced marshmallows |
| 1 cup green cherries (halved) | |

Combine cheese and mayonnaise and blend until smooth. Fold in whipped cream, fruit and marshmallows. Pour into 1 quart refrigerator tray. Freeze firm. Serves 8-10.

3 BEAN SALAD

- | | |
|--------------------------------------|---------------------------------------|
| 1 No. 303 can French cut green beans | $\frac{1}{2}$ cup minced green pepper |
| 1 No. 303 can yellow wax beans | $\frac{1}{2}$ cup salad oil |
| 1 No. 303 can red kidney beans | $\frac{3}{4}$ cup vinegar |
| | $\frac{3}{4}$ cup granulated sugar |
| | 1 tsp. salt |
| | $\frac{1}{2}$ tsp. pepper |

Drain beans, and place in bowl. Add minced green pepper and onion. Mix oil and vinegar, sugar, salt and pepper until sugar is dissolved. Pour over mixture, toss, and refrigerate in tightly covered container overnight. Sliced green onions are especially good.

BEAN OR PEA SALAD

- | | |
|---|--------------------------------|
| 1 No. 2 can peas, or 1 No. 2 can large red beans, drained | 6 sweet pickles, sliced thin |
| 3 hard cooked eggs, diced | 1 small onion, chopped |
| $\frac{1}{2}$ c. cubed cheese | 4 Tbsp. sweet pickle juice |
| | $\frac{1}{2}$ cup Miracle Whip |

Mix and let stand an hour or more. Serve on lettuce leaf.

SAUERKRAUT SALAD — Marjorie Cook

- | | |
|---------------------------------------|---------------------------|
| Combine: | Heat: |
| 2 cups kraut, drained well | $\frac{1}{2}$ cup oil |
| $\frac{1}{2}$ cup of minced onion | $\frac{1}{2}$ cup vinegar |
| $\frac{3}{4}$ cup green pepper, diced | 1 cup sugar |
| 1 cup celery, cut fine | |

Cool this and add to above. Chill overnight.

ORANGE SALAD — Gertrude Montgomery

- | | |
|----------------------|------------------|
| 2 boxes orange jello | 2 cups hot water |
|----------------------|------------------|

Add 1 can (6 oz.) frozen orange juice concentrate; 1 No. 303 can crushed pineapple — Do not drain; 1 can mandarin oranges — do not drain. Mix in order given, and place in refrigerator.

CRANBERRY SALAD — Evelyn Wiley

Grind: 1 lb. raw cranberries

Add: $\frac{1}{2}$ c. sugar

Let stand 1 hour. Spoon out excess juice.

To cranberries and sugar add:

1 c. small marshmallows

1 c. whipped cream

1 c. white grapes

Nuts, if preferred

Refrigerate one hour or more.

CRANBERRY RELISH

Grind: 2 c. cranberries; 2 c. apples; 1 orange.

Add: 2 cups sugar.

Mix and let stand an hour or so.

For 150 servings:

12 lbs. cranberries

3 lbs. sugar

12 lbs. apples

12 oranges

PINEAPPLE-CHEESE SALAD

Combine:

$\frac{1}{2}$ lb. cheddar cheese, shredded

1 No. 2 can chunk pineapple

12 marshmallows, quartered

Heat Together:

1 c. liquid (pineapple juice plus water)

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

1 Tbsp. flour

Salt

Combine cooled sauce with other ingredients and refrigerate an hour or more before serving.

FROZEN SALAD

2 3-oz. packages cream cheese

1 c. whipping cream

$\frac{1}{2}$ c. mayonnaise

2 Tbsp. lemon juice

1 10-oz. pkg. frozen sliced

strawberries (thawed and drained)

1 15-oz. can crushed pineapple (drained)

Whip cheese, slowly add cream and beat until thick. Fold in other ingredients and pour into muffin tins lined with cup cake papers. Put in freezer. For variety use 1 cup white seedless grapes instead of strawberries, add green food color. For a golden salad, substitute one 10 oz. package frozen peaches, drained, and use yellow food color.

SUNSHINE SALAD

1 pkg. orange jello

1 pkg. lemon jello

1 tall can crushed pineapple

40 small marshmallows

2 diced bananas

1 egg

2 Tbsp. flour

2 Tbsp. butter

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

1 c. pineapple juice

1 c. whipping cream

Dissolve jello in 2 cups hot water. Then add $1\frac{1}{2}$ c. cold water. When cool, add drained pineapple, marshmallows and bananas. Allow to set. Cook 1 beaten egg, flour, sugar, butter, and pineapple juice until thick. Cool. Whip cream and fold in cooked filling. Spread over set jello. Sprinkle with grated sharp cheese.

SPRING SALAD — Bersha Brown

1 pkg. lime jello	$\frac{3}{8}$ c. nut meats
1 small pkg. cream cheese	$\frac{1}{4}$ c. sugar
1 c. cream	1 c. crushed pineapple

Prepare jello; add sugar and pineapple. Allow to thicken slightly. Whip cream and cheese, add to jello and blend thoroughly. Add nuts and allow to set.

5 CUP SALAD

1 can mandarin oranges, drained	1 c. angel flake coconut
1 can pineapple chunks, drained	1 c. miniature marshmallows
	1 carton sour cream
	$\frac{1}{2}$ c. pecans (optional)

Mix and refrigerate for half hour or more.

• • •

Should you feel inclined to censure
Faults you may in others view,
Ask your own heart, ere you venture,
If it, perhaps, has failings too.
Let not friendly vows be broken;
Rather, strive a friend to gain;
Many a word in anger spoken
Finds its passage home again.
Do not then in idle pleasure
Trifle with another's fame;
Guard it as a valued treasure,
Sacred as your own good name.
Do not form opinions blindly;
Hastiness to trouble tends.
Those of whom we thought unkindly
Oft become our warmest friends.

• • •

There's no thrill in easy sailing
When the sky is clear and blue.
There's no joy in merely doing
Things which anyone can do.
But there is some satisfaction
That is mighty sweet to take
When you reach a destination
That you thought you couldn't make.

• • •

Build a life as pure as crystal
Build a spirit full of love
Build your mind by noble thinking
Build a Faith in God above.
Build your life with care and patience
As the sculptor hews the stone
With the Master as your model,
And your eyes upon the throne.

Boys flying kites haul in their white winged birds,
But you can't do that when you're flying words.
Thoughts unexpressed may sometimes fall back dead —
But God, Himself can't wipe them out
Once they're said.

• • •

Ever feel low — in need of a friend?
Then meet "My Friend Bill."
Of all my friends, for good or ill
There's no friend like my old friend Bill,
I'm never sad when Bill's along —
Why, life is just one glad, sweet song
With Bill.

He satisfies one so; and what he'll do, you always know
I tell you, it's a lonesome day
For me with my friend Bill away.
He's popular too, and hard to hold,
And good — he's just as good as gold.
And such a generous hearted cuss!
But what you like or want, just say
And Bill, old sport, is there to pay.
Of all my friends, for good or ill,
There's no friend like OLD DOLLAR BILL.

• • •

MYSELF

I have to live with myself, and so
I want to be fit for myself to know.
I want to be able, as days go by
Always to look myself straight in the eye
I don't want to stand with the setting sun
And hate myself for the things I've done.

• • •

It isn't the things we get;
It isn't how much we know;
It's the will to serve,
It's the hand we lend,
It's the light which our lanterns throw.

• • •

Happiness depends on your liking
Yourself
Others
Life

• • •

If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,
Or cool one pain,
Or help one lonely person
Into happiness again,
I shall not live in vain.

Emily Dickinson

SALAD DRESSING & SAUCES

"MALTA" SALAD DRESSING

2 cups light mineral oil	$\frac{1}{2}$ cup vinegar
1 cup sugar	2 tsp. celery seed
1 cup catsup	2 tsp. lemon juice
1 tsp. salt	2 small garlic cloves, cut fine

Whip ten minutes with electric mixer. Egg white may be added to keep oil from separating from other ingredients.

STEAK HOUSE DRESSING

$\frac{3}{4}$ c. sugar	3 Tbsp. lemon juice
1 tsp. salt	$\frac{1}{2}$ c. catsup
1 tsp. paprika	$\frac{3}{4}$ c. salad oil
$\frac{1}{4}$ c. vinegar	1 tsp. celery seed

Mix well.

FRENCH DRESSING

1 c. salad oil	1 tsp. dry mustard
1 c. white vinegar	$\frac{1}{2}$ c. vinegar
$\frac{1}{2}$ c. catsup	2 Tbsp. lemon juice
1 tsp. salt	1 tsp. grated onion

Mix well.

SALAD DRESSING FOR FRUIT SALADS — Marjorie Cook

Blend well:	Add:
1 med. size onion, grated	1 cup salad oil
2 Tbsp. lemon juice	1 tsp. celery seed
1 cup sugar	1 tsp. paprika
	$\frac{1}{2}$ tsp. salt

Blend all together.

VANILLA SAUCE

Mix together: 1 cup sugar; 2 Tbsp. cornstarch

Gradually add: 2 cups boiling water, Boil 1 minute.

Stir in: 4 Tbsp. butter; 2 tsp. vanilla.

Serve warm over cake, date pudding, bread pudding, etc.

PINEAPPLE SAUCE FOR HAM

2 Tbsp. butter	$\frac{1}{4}$ tsp. salt
2 Tbsp. flour	Dash of pepper
1 No. 1 can crushed pineapple, including juice	2 Tbsp. prepared mustard

Melt butter, lower heat, add flour, blending until smooth. Add pineapple and juice. Cook for about 2 min. until thick. Add salt, pepper and mustard. Best when served hot.

Nothing makes me feel so contented, so much like the chateleine of the castle, as sitting down in my clean, refreshing house after a good spell of hard work. I take a cup of coffee in one of the thinnest cups I can find in the cupboard, read a book, do a bit of mending, and think for a few minutes, giving great thanks that my work is done and I am in this retreat.

—Irene Stangl.

• • •

An Artist's Picture

A scraggy pine that every day
You scarce would notice on your way
Becomes an artist's picture when
The frost king touches its branches—then
It scintillates sparkling white
In morning sun a glistening white.
Then, as the shining needles beam,
A newborn glory from it streams,
And all who saw it turned to gaze;
Expressed their wonderment in praise.
So crab lives show, when love caressed,
A beauty none had ever guessed.

• • •

If I have wounded any soul today,
If I have caused one foot to go astray,
If I have walked in my own willful way,
Dear Lord, forgive.
Forgive the sins I have confessed to Thee,
Forgive the secret sins I do not see,
O guide me, love me, and my keeper be,
Dear Lord, forgive.

• • •

100% AMERICAN? An American's day begins when he gets out of bed in his pajamas, a garment of East Indian origin; looks at the clock first used by medieval Europeans; uses a tooth brush first made in ancient Gaul. He drinks his coffee, grown on an Alysian plant first discovered by the Arabs, and places on his head a hat invented by the nomads of Eastern Asia. He then springs for his train, an English invention. At the station he pauses to buy a newspaper with colts invented by ancient Semites, printed by a process invented in Germany, upon material invented in China. He reads an editorial pointing out the dangers of accepting Foreign ideas. He then thanks a Hebrew God in an Indo-European language that he is 100% American.

• • •

We are not sent into this world to do anything into which we cannot put our hearts. We have certain work to do for our bread — and that is to be done strenuously; other work to do for our delight, and that is done heartily. Neither is to be done by halves, but with a will, and that which is not worth this effort should not be done at all.

• • •

A smile is a window in your face that shows a friendly person lives there.

VEGETABLES

QUICK SCALLOPED POTATOES

Pare and slice medium thin, 6 medium size potatoes. Place in sauce pan and add enough water to just cover them and cook until tender — not mushy. Add a little salt. While they are cooking, prepare white sauce:

2 cups milk	Pepper
3 Tbsp. flour	Few drops of onion juice
1 tsp. salt	

Place milk in sauce pan first, add rest of the ingredients and stir with egg beater or whisk. When it is thickened, add $\frac{1}{2}$ cup diced cheese if you like. Combine with potatoes, place in buttered baking dish (9 x 12) and place in 400° for 20 min. or until nicely browned on top.

BOSTON BAKED BEANS — Mabel Prescott

Soak 1 lb. beans overnight. In the morning drain, cover with fresh water and parboil. When beans come to a simmer, add $\frac{1}{2}$ tsp. soda and skim off froth. Continue to parboil for one hour. Drain. Cut 2-3 slits in $\frac{1}{2}$ lb. salt pork almost to the rind and place in bottom of bean pot or 2 qt. casserole, also 2-3 small onions (optional). Put beans on top of pork. Cover beans with the following. Combine:

1 pt. hot water	3 Tbsp maple syrup
$\frac{1}{2}$ c. sugar	2 Tbsp catsup
2 $\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp pepper
1 tsp ginger	Thyme and parsley flakes
1 $\frac{1}{2}$ tsp. dry mustard	(optional)
3 Tbsp. molasses	

If necessary, add hot water to completely cover beans. Bake at 307° for 2 hours, then 273° for 4 more hours. If you want them to bake for more than 6 hours, bake at 273° for the whole period. In a good bean pot they usually need no more attention. If baked in a casserole dish, they may require more hot water at intervals to keep the beans covered. Serve with brown bread. B & M brand is good.

A traditional Saturday night dish in New England is baked beans. Each summer I bring back Soldier or Yellow eye beans from New Hampshire.

PINEAPPLE BEETS

1 13 $\frac{1}{2}$ oz. can pineapple chunks	1 Tbsp. cornstarch
$\frac{1}{2}$ cup water	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup vinegar	$\frac{3}{8}$ tsp. ground ginger
4 Tbsp. brown sugar	2 1-lb. cans sliced beets, drained

Drain syrup from pineapple and mix with water and vinegar. Mix sugar, cornstarch, salt and ginger, add vinegar mixture. Cook until thickened, stirring constantly. Add beets, then heat to boiling. Just before serving, mix pineapple into hot mixture. Serves 8.

FRENCH FRIED ONION RINGS — Evelyn Wiley

Cut large onions in $\frac{1}{2}$ inch slices and gently separate into rings. Do not use ends of onions. Soak in water or milk several hours or over night. When ready to cook, dip in the following ingredients in this order:

1. Flour
2. Milk and egg mixture (2 beaten eggs and $\frac{1}{2}$ c milk)
3. Flour
4. Egg dip again
5. Golden Dip (commercial product)
6. Fry in deep fat
7. Drain on paper towel

SCALLOPED BROCCOLI-CORN

1 pkg. frozen chopped broccoli. Place in boiling water till broccoli separates, but do not cook. Drain. Add:

- | | |
|----------------------------------|----------------------|
| 1 can white corn | 1 Tbsp. butter |
| 1 egg beaten | 1 Tbsp. grated onion |
| $\frac{1}{2}$ cup cracker crumbs | |

Salt to taste. Bake at 350° for 30 min.

• • •

REMEMBER THIS . . .

Be good, but not too good — a little naughty, but not too naughty.

Say a prayer every day. If it gives you consolation to . . . say darn. (But be mindful that you are only as big as the thing it takes to make you mad.)

Be kind to the world always, if possible . . . yet if you must, be mean once in a while, smash right and left, get it over and forget it.

Smile. Always smile; have a smile ready even though it may sometimes hurt. Grab all the happiness you can — wherever and whenever you can — don't let even a wee bit slip past you. Live, above all things live . . . DON'T JUST SIMPLY EXIST.

If you are blessed enough to know what real love is — love with all your heart and soul.

Never forget that everybody has his own plow to pull. If you pile your troubles on the other fellow — he has his own load and yours too.

Live your life so that at any hour you will be able to shake hands with yourself. Try to accomplish at least one thing worthwhile each day, making sure you do something in the interest and welfare of somebody besides yourself.

Then when your nights come, you will be able to pull up the covers and say to yourself —

"I have done my best!"

Blessed are the peacemakers, for they shall be called the sons of God.

• • •

While we have time, let us do good unto all men.

—Galatians VI.

• • •

A Christian is:

A mind — through which Christ thinks.

A heart — through which Christ loves.

A voice — through which Christ speaks.

A hand — through which Christ helps.

A life — through which Christ lives.

• • •

Two things we dislike—a bad cold and advice from your friends as to how to cure it.

• • •

It is not necessary to blow out the other person's light to get yours to shine.

• • •

Expose your friends to happiness and they will spread it.

• • •

God grant that we may live upon this earth,
And face the tasks that every morning brings,
But never lose the glory and the worth
Of humble service and of humble things.

• • •

The major inconsistency
That makes a woman rage —
He may forget her birthday,
But he can't forget her age!

• • •

RECIPE FOR HAPPINESS

- 1 Heartful of Love
- 2 Cups of Patience
- 2 Handfuls of Generosity
- A Dash of Laughter
- 1 Headful of Understanding

Sprinkle generously with Kindness
Add plenty of Faith. Mix well.
Spread over a period of a lifetime
Serve those you meet, and you will be happy.

Unjust Desserts

Now tempt me with no sight or whiff . . . of cake or pie, lest I be
grabby.

Ah, why does starch make fabrics stiff . . . and people flabby?

• • •

Whatever the weather may be, says he
Whatever the weather may be
It's the song you sing, and the smiles you wear
That's a' makin' the weather everywhere.

—James Whitcomb Riley.

• • •

A worthy ambition is absolutely necessary to happiness. Satisfaction springs from striving to achieve, from exerting oneself to be of service to the world. The consciousness of the worthwhileness of achievement can produce a state of happiness. Riches are mental, not material.

— B. C. Forbes.

• • •

We may live without poetry, music or art
We may live without conscience and live without heart,
We may live without friends, we may live without books,
But civilized men cannot live without coaks.

• • •

TO PRESERVE CHILDREN

1 large grassy field
 $\frac{1}{2}$ dozen children
2 or small dogs
A pinch of a brook

Some small pebbles
Sprinkle with flowers.
Mix well, place in field.

Spread over all a deep blue sky. Bake in hot sun. When thoroughly browned, set to cool in bath tub, towel dry and toss in crib to rest.

• • •

Don't put off until tomorrow what could have been done yesterday.

• • •

If you want to get rid of somebody, just tell him something for his own good.

• • •

A trouble's a ten, or a trouble's an ounce;
A trouble is just what you make it.
It isn't the fact that you're hurt that counts—
But only how did you take it.

• • •

A little land . . . well tilled
A little house . . . well filled
A little wife . . . well willed
Are great riches.

• • •

No man is happy who does not think himself so.

• • •

A merry heart doeth good like a medicine. —Prov. 17:22

DELAYED REACTION

Our tables all wear nicks and dents,
Our furniture is sagging,
We're on the slide from raising kids —
Our bank account is lagging.
The boxwood hedge is trampled down
From frequent wrestling matches,
And kickball games had prior claims —
That's why our lawn's in patches!
We've gum and clay stuck in our screens
And wallpaper that's peeling.
We can't forget their chemist set —
It lingers on the ceiling!
But now our kids are growing up,
They're critical and grim —
With cold clear eyes they wonder why . . .
We must live in this slum!

• • •

AGE

Age is a quality of mind.
If you have left your dreams behind,
If love is cold,
If you no longer look ahead,
If your ambition's fires are dead —
Then you are old.
But if from life you take the best,
And if in life you keep the zest,
If love you hold,
No matter how the years go by,
No matter how the birthdays fly —
You are not old!

• • •

Last week I looked for guests to come
I kept my house so nice,
I scrubbed and cleaned till all was done
Then dusted once, then twice.
Then at last I gave my guests up
For they failed to appear
Today I didn't wash one cup —
You guessed it! Guests are here.

• • •

"One ship drives East,
The other drives West,
By the self-same winds that blow;
'Tis the set of the sails
And not the gales
That shows them the way to go."

By Ella Wheeler Wilcox

Some people look for happiness as foolishly as they look for the glasses they are already wearing.

• • •

We cannot change yesterday — that is clear,
Or begin on tomorrow until it is here,
So that all that remains for you and for me,
Is to be sure that today is the best it can be

• • •

If you are tempted to reveal a tale
Someone has told about another —
Make it pass, before you speak,
THREE GATES OF GOLD.

Three narrow gates.

First, "Is it true?"

Second, "Is it needful?"

In your mind give truthful answer;

And the next is last and narrowest —

"Is it kind?"

And if it reach your lips at last,

If it passes through this Gateway Three,

Then you may tell or ever fear

What the results of your speech may be!

• • •

10 Rules to Prevent Juvenile Delinquency

Each week:

1. One trip to church, with Mom and Dad

Each Day:

1. One "I love you" per child.
2. One meal with everyone present.
3. One chore per child.

Each Year:

1. One excursion with everyone present.
2. One day with dad per child.
3. One day with mom per child.
4. One homemade toy per child.
5. One pair of hand knit mittens or a scarf per child.
6. A cookie jar, always full.

• • •

Count Your Blessings

Let us be thankful for all that we have
And forget the possession we lack,
Giving our thanks for intangible things
And a home, whether mansion or shack,
For the size of the house doesn't matter,
As long as it's shelter from storm;
The mightiest castle is dreary
If there is no love to keep it warm,
So be mindful of everyday blessings;
Count them thoughtfully and not forget
That with Faith, Hope and Love—these three
Your tomorrows are brighter yet .

• • •

There once was a man who had little consideration for others in his busy quest for fortune and fame. He broke a bone in his foot—his foot was bandaged and he hobbled about with a cane.

He found this painful experience rather pleasant, because people were so kind to him.

When he laid aside his symbols of pain, he found that people were the same as they always had been—they paid no special attention to him.

It occurred to him that everyone has some sort of broken bone—not physical of course, but emotional wounds that are just as frail and tender as a broken foot. Old wounds not quite healed that folks feel they must protect with mannerisms that make them seem less likeable than they really are.

We feel pity for the physical cripple whose handicap we can see. Yet, we are indifferent to the pain and scars left by unhappiness of the past.

HOW NICE IT WOULD BE IF WE WOULD EACH SET ASIDE SOME TIME NOW AND THEN AND TREAT EVERY PERSON WE MEET AS IF HIS FOOT WERE BANDAGED.

• • •

SPICES — THEIR ORIGIN AND THEIR USE

- Allspice** — Grows in Jamaica. So named because its flavor resembles a mixture of clove, cinnamon and nutmeg. You may use it in many places, including pot roasts, puddings, sauces, preserving and pickling. Ad a dash to tomato sauce, meatballs, and oyster stew.
- Alum** — Use in pickle recipes to make them firm and crisp.
- Anise Seed** — Grown in Spain, India and Mexico. Used on cookies and coffee cakes, as well as in candies and pickles.
- Basil** — Grown in France and California. Use in tomato paste, soup, vegetables and boiled meats.
- Bay Leaves** — Grown in Southeastern Europe. Use in soups, meats, potatoes and fish dishes.
- Caraway Seed** — Grown in Northern Europe. Use in rye bread, cheese, sauerkraut, and on some meats.
- Cardamon Seed** — Grown in Ceylon, India and Central America. Known as the flavor on Danish pastry, coffee cakes, bread and buns. A part of pickling spice mixtures. Some folks like to chew a few cardamon seed to sweeten the breath.
- Celery Seed, Salt and Flakes** — Grown in France and India. (Not related to the vegetable celery.) Use flakes in soups, stuffings, and on meat. Seed is popular in meat loaf, cole slaw, and potato salad.
- Cinnamon** — Grown in Indonesia, South China and Indo-China. Used in pickling, preserving, and flavoring in cider, tea and hot chocolate. Try a dash on pork chops, and fish.
- Cloves** — Grown on the Molucca Islands in Zanzibar and Madagascar. Use on pork and ham roasts, fruit pickling, in baked goods and mince meat.
- Coriander Seed** — Grown in Morocco and Spain. Use in mixed pickles, green salads, cookies and cakes, as well as souzega.
- Cream Tartar** — Used in baking to convert sugar crystals to a sticky syrup for baking and in candy.
- Curry Powder** — A blend of many spices, developed in India. Curried rice, veal and chicken are popular. Curry is delightful used in gravy, some soups and salad dressings.
- Bill Seed** — Imported from India, used generally in pickling. Also in salads, soups, sauces and gravy.
- Garlic Powder and Garlic Juice** — Used in soups, spaghetti, salad dressings, stews and meat cookery — especially hamburger.
- Ginger** — Grown in Asia, Africa and Jamaica. Used in baked goods, pickling, and stewed in dried fruits. Mild ginger "tea" sometimes eases an ailing stomach.

- Sodium Glutamate** — Used on hamburger, poultry dressing and salads. For meat, use $\frac{3}{8}$ tsp. per pound; vegetables — use $\frac{1}{8}$ tsp. per pound.
- Mace** — It is the covering growing around nutmeg. Used in fish, meat and gravy cooking. Good in whipped cream dessert topping.
- Marjoram** — A mint family herb raised in France and Czechoslovakia. Use in stews, soups, sausage, and especially lamb.
- Meat Tenderizer** — is a natural plant enzyme called papain, obtained from the papaya fruit. Papain is readily destroyed by the heat required to cook meat.
- Mustard** — Imported from England and Holland, and grown rather liberally in California and Montana. Used for pickles and salads in whole form. In powdered form on meats, sauces and gravies. "Prepared" mustard is blended with vinegar and other spices, and is used on meat.
- Nutmeg** — Grown in Indonesia and in the British West Indies. Used on baked goods, puddings, sauces, custards, whipped cream and ice cream.
- Oregano** — Produced largely in Mexico. Used in chili, meat stews, gravies and sauces, and most importantly, in pizza.
- Paprika** — Grows in Hungary, Spain, Chili, Roumania and California. Used as a garnish on salads, fish, meat, crenapes and cream cheese.
- Parsley** — Grown in the garden — delicious in soups, stuffings, on roasts and in salads.
- Pepper** — Grown in India and Indonesia. Used too many places to mention. But the whiter the ground black pepper, the finer the quality, as the nut which contains the oil and produces the flavor is white. The black color is derived from the almost tasteless outer shell or hull.
- Sage** — Widely grown, but the choice product comes from Dalmatia. This is the most popular herb in America. Use with pork, fish and poultry.
- Savory** — A member of the mint family, found in Southern France. Used in dressings, sauces and with fish. Good with eggs in moderate amount.
- Sesame Seed** — Found in Asia and Central America. Used as toppings on rolls and bread.
- Tarragon** — An herb used in sauces, eggs and tomato dishes. Tarragon vinegar is popular as a marinade for beef, lamb and chicken.
- Thyme** — Imported mostly from France. An herb used in soups, stews, chowders, saucy.
- Tumeric** — A root of the ginger family, found in India, Haiti and Peru. Used in pickling, on meats and in salads. Good in limited amounts in creamed eggs, on fish or other seafood.

HANDY HINTS

Smoke odors may be removed by placing a saucer of vinegar in the room for a short time; works for food odors as well.

To clean greasy oven shelves, soak overnight submerged in strong ammonia water. The grease cleans off easily in the morning.

Put your new hose in an ice cube tray, cover with water and freeze. Then let them thaw gradually and dry. They will last much longer.

Add a cup of cider vinegar to your last rinse for colored clothes. This will help remove lint and restore color.

When boiling eggs, add salt to the water and see how much easier they peel.

Fruit stains and the odor of onions will disappear from your hands if treated with vinegar.

Before beginning a paint job, put a paper towel by the phone.

To soften hard paint brushes, boil them in vinegar for about 5 minutes.

When cooking cauliflower, place a piece of stale bread or a well toasted crust on top of the pan and the disagreeable odor will be eliminated.

To remove onion odor from your hands, rub salt into the hands and then wash.

To remove white moisture rings from furniture, cover with a heavy brown paper bag and iron with a cool iron. Repeat if necessary.

Replace the pin in a tube of glue with a cup hook — it is easy to remove, and the tube can be hung over a small nail when not in use.

To peel tomatoes easily, first rub knife edge over skin, then remove the skin.

When cleaning the bathroom lavatory, pick up the hairs with a damp tissue. Then scour.

If a pinch of salt is added to sour fruits, during the cooking process, less sugar will be required for sweetening.

Stitch seam binding with a snap near the neck line of dresses, to be used to keep straps from straying.

Put a pair of old white socks on your hands when dusting venetian blinds.

Use a dampened sponge for collecting dust from carpeting in places which are hard to reach.

To soften hardened brown sugar, put sugar in a container that can be covered tightly. Put a small glass of water in the container, cover tightly and leave for a few days. Brown sugar will be soft and useable. Tinware suggested.

Grease measuring cup or rinse it in hot water before measuring syrup.

New potatoes should be put to cook in boiling water. Other potatoes in cold water.

To remove decals, use hot vinegar or ammonia. Soak the decals with the hot vinegar or ammonia and they will curl off.

When broiling meat, put a little water in the broiler pan, and this will prevent grease from splattering over the oven.

Save wrappers from oleo to wrap potatoes for baking. Makes the skins tender and saves rubbing the potatoes with butter.

To sharpen scissors, use them to cut a piece of sandpaper into small pieces.

TRY PUTTING . . .

A few grains of rice in your salt shaker to keep the salt flowing freely.

A half slice of bread in your brown sugar container to keep the sugar free from lumps.

A coat of wax over your ash trays, then ashes and odor will disappear with a wipe of a disposable tissue.

A teaspoon of sugar in water for marigolds and it will help to eliminate the odor.

A spray or two of cologne on your ironing board cover as you iron.

An eraser trimmed to fit under a door to keep the door from blowing shut.

A little flour on the surface of the cake before you put on the icing, to keep the icing from running off.

A little butter around the top of the pan when making fudge, to keep it from boiling over.

A teaspoon of cooking oil in the water to keep macaroni and noodles from boiling over.

A sprinkling of cloves along the path you have seen ants taking, and the ants will not be there again.

A shake or two of cologne (which may have become too strong for its regular usage) in your scrub water, in the bath water, and in the last rinse when washing blankets, curtains, etc.

Your raisins in the oven a few minutes before adding them to batter, to keep them evenly distributed.

Your recipe card between the tines of a fork and place the fork in a glass. The card will be at the right angle to read, and will not become soiled.

Your candles in the refrigerator and chill thoroughly before lighting — their life will be prolonged.

Powdered sugar in whipping cream, instead of granulated sugar, for a nice texture.

Powdered sugar on the board, instead of flour, when rolling out cookies.

Lemons in hot water $\frac{1}{2}$ hour before using and they will yield twice the amount of juice.

NOTES

