Recipes Humorous

Williams - Jobe - Gibson - Unit 128

Sidney, Iowa

"Rodeo Town, U.S.A."

Gift to the Iowa Cookbook Collection

Donated by: **Evelyn Birkby**

MESSAGE from the ORGANIZATION

We, the organization, wish to recognize the role of those "advertisers" in today's society who provide the ongoing boost by constantly supporting projects like this.

We sincerely appreciate and thank all the merchants, business people, and others, whose fine spirit of co-operation made it possible for us to publish and market this book.

We truly hope that you will enjoy its use. Should you require extra copies of this publication for your friends, relatives or neighbors, you may purchase them from us.

The Organization

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LITHO IN CANADA

Take time for **10** *things*

1 *Take time to Work—*
it is the price of success.

2 *Take time to Think—*
it is the source of power.

3 *Take time to Play—*
it is the secret of youth.

4 *Take time to Read—*
it is the foundation of knowledge.

5 *Take time to Worship—*
it is the highway of reverence and washes the dust of earth from our eyes.

6 *Take time to Help and Enjoy Friends—*
it is the source of happiness.

7 *Take time to Love—*
it is the one sacrament of life.

8 *Take time to Dream—*
it hitches the soul to the stars.

9 *Take time to Laugh—*
it is the singing that helps with life's loads.

10 *Take time to Plan—*
it is the secret of being able to have time to take time for the first nine things.

How To Convert To Metric System

	WHEN YOU KNOW:	YOU CAN FIND:	IF YOU MULTIPLY BY:*
LENGTH	inches	millimeters	25
	feet	centimeters	30
	yards	meters	0.9
	miles	kilometers	1.6
AREA	square inches	square centimeters	6.5
	square feet	square meters	0.09
	square yards	square meters	0.8
	square miles	square kilometers	2.6
MASS	ounces	grams	28
	pounds	kilograms	0.45
LIQUID VOLUME	ounces	milliliters	30
	pints	liters	0.47
	quarts	liters	0.95
	gallons	liters	3.8
TEMP:	degrees Fahrenheit	degrees Celsius	5/9 (after substracting 32)

- Metric weights and measures go up (and down) by tens.

Here are some examples:

kilo means a thousand.
Example: a kilometre is a thousand metres.

centi means a hundredth.
Example: a centimetre is a hundredth of a metre.

milli means a thousandth.
Example: a millimetre is a thousandth of a metre.

metre	for length
litre	for liquids
kilogram	for weighing
°C	for temperature

MEASUREMENTS AND WEIGHT

Equipment

3 teaspoons	15 ml	= 1 tablespoon	15 ml
4 tablespoons	60 ml	= ¼ cup	60 ml
5- ⅓ tablespoons	79 ml	= ⅓ cup	79 ml
8 tablespoons	118 ml	= ½ cup	118 ml
16 tablespoons	237 ml	= 1 cup	237 ml
1 fluid ounce	30 ml	= 2 tablespoons	30 ml
8 fluid ounces	237 ml	= 1 cup	237 ml
16 fluid ounces	473 ml	= 2 cups or 1 pint	473 ml
32 fluid ounces	946 ml	= 4 cups or 1 quart	946 ml

FOOD

1 cup butter margarine	237 ml	= ½ pound	227 g
1 cup Cheddar cheese grated	237 ml	= ¼ pound	114 g
1 cup eggs	237 ml	= 4-5 whole eggs or 8 eggs whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	= ¼ pound	114 g
1 envelope of gelatin (unflavored)		= ¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	= ½ pound	227 g
1 medium lemon (juice)		= 1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	= ¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or l liter	l

Thanks to all the Auxiliary members who submitted recipes for this Cook Book. Special thanks to our friends and relatives for sharing their favourite recipes for this very worthwhile project.

A very special THANK YOU to the business places that advertised in our Cook Book. Please tell them you saw their ad in the Auxiliary Cook Book.

* * *

HISTORY OF UNIT 128

The forming of an Auxiliary Unit was a dream of a few wives of World War I veterans, meeting in homes while waiting on husbands attending Post sessions.

Finally with perhaps a bit of urging on the part of his wife, the Post Commander sent letters to all eligible women, urging them to attend a meeting for the purpose of discussing a unit.

On a cold, stormy night in December of 1933, many loyal wives met with the 7th District Auxiliary President, Mrs. Percy Lainson of Council Bluffs, Iowa, lovingly known as "Our Bess". She gave such an enthusiastic talk on the work that could be accomplished that the local officers were elected, a membership committee appointed, meeting dates established, and we were on our way to becoming a unit to one of the most active posts in the state.

Twenty-five members were required to receive an official charter from the Department of Iowa. In February of 1934, "our Bess" presented the charter to the local President with fifty signed members and the Williams-Jobe-Gibson unit 128 was officially born, and we associated ourselves together for God and Country.

This called for a celebration and the Post gave a long remembered party for their new Unit.

(continued)

- Sidney, Iowa

Many duties were quickly transferred. The most important was their welfare program and especially the Child Welfare. Many pairs of shoes, overshoes and clothing were taken care of by these dedicated women, whose membership was rapidly growing. Our Poppy Fund was also very helpful in this service.

Many hard hours were spent in serving dinners, perhaps as many as two hundred or as few as twenty, with food being prepared on a kerosene stove, potatoes mashed in a new wash boiler and coffee brewed in cold pack canners. This money was used to carry on many community projects.

During one of the big Missouri River floods, the Post and Unit set up a canteen in the Legion Hall then located over the old Post Office. The Red Cross sent in many people evacuated from their homes and they were given food, clothing and shelter. Many hundreds of sandwiches and gallons of coffee were sent to the men working flood areas. This was a very gratifying experience and a citation of appreciation was received from the Red Cross for the help given in time of disaster.

The Junior Auxiliary for eligible girls ages from birth to eighteen was sponsored by the Unit and they have done many projects for the community and have received many honours. We are proud of these girls and their activities.

Busy years passed and then came Pearl Harbour and World War II, and we knew our work was just beginning, as we swung into action with the Post in the war effort. Members, with many others in the community, worked with Red Cross in rolling bandages, knitting, sewing, writing letters and sending packages to service men. Each young man in Fremont County leaving for service was given a substantial meal, be it a 4:30 a.m. breakfast, or a noon or evening dinner before he boarded the bus taking him to his training point. The Post furnished the food, a comfort Kit and many warm wishes going with each one. The call came for sandwiches and cookies for thousands of servicemen passing through the Union Station in Omaha. Our Unit responded by making hundreds of each.

(continued)

- Sidney, Iowa

World War II men and women were welcomed into both organizations and later Korean and Vietnam veterans.

A Past President's Parley was organized and they are active in all Unit projects. Their great contribution was in organizing the Avenue of Flags. These flags are from the caskets of men and women who served their country and each one represents a beloved husband, father, son or brother. When the older ones view these flags flying so beautifully, shoulders straighten, heads lift and eyes brighten, as thoughts of these loved ones of past years come back to our memory recalling happy and sad times and the service given to their community, state and nation.

* * *

- Sidney, Iowa

- EXTRA RECIPES -

- Sidney, Iowa

HORS D'OEUVRES, PICKLES & RELISHES

BEATITUDES FOR THE HOUSEWIVES

Blessed is she whose daily tasks are a labor of love; for her willing hands and happy heart translate duty into privilege, and her labor becomes a service to God.

Blessed is she who opens the door to welcome both stranger and friends; for gracious hospitality is a test of brotherly love.

Blessed is she who mends stockings and toys and broken hearts; for her understanding is a balm to humanity.

Blessed is she who scours and scrubs; for well she knows that cleanliness is one expression of Godliness.

Blessed is she whom children love; for the love of a child is more to be valued than fortune or fame.

Blessed is she who sings while she works; for music lightens the heaviest load and brightens the dullest chore.

Blessed is she who dusts away doubt and fear and sweeps out the cobwebs of confusions; for her faith will triumph over all adversity.

Blessed is she who serves laughter and smiles with every meal; for her buoyancy of spirit is an aid to mental and physical digestion.

Blessed is she who preserves the sanctity fo the Christian home; for hers is a sacred trust that crowns her with dignity.

HORS D'OEUVRES, PICKLES & RELISHES

CHEESE BALL

4 oz. grated cheddar cheese
8 oz. Philadelphia cream cheese
2 oz. blue cheese
Parsley, chopped,
Toasted almonds Garlic to taste

Mix cheeses, roll in a ball, roll in toasted almonds, then in chopped parsley. Refrigerate overnight.

Adelaide Wahling

SWEET SOUR DILL CHUNKS

Med. or dill size cucumbers
2 celery stalks, quartered
8 heads fresh dill
4 c. sugar
½ c. salt 2 c. water
1 qt. vinegar 12 onion slices

Wash cucumbers, cut in chunks or quarter enough to fill 4 qts. jars. To each jar add 4 onion slices, 2 or more pieces of celery and 2 dill heads. Dissolve sugar and salt in vinegar and water - bring to a rolling boil. Pour syrup while still hot, over cucumbers in each jar to cover. Seal at once. Store in cool place.

For best flavour do not use for 30 days.

Jerry Howard

FAVOURITE BEET PICKLES

2 c. sugar 1 tsp. cloves
2 c. vinegar 1 tsp. allspice
2 c. water 1 tbsp. cinnamon

(continued)

Trim tops of beets down to within 1" of the beet (do not cut into beet or colour will "bleed" during cooking). Wash beets. Cook in boiling water to cover until tender. Drain and cover with cold water. Slip skins and cut off top and roots. Slice as desired.

Combine ingredients for syrup and bring to a boil. Add beets. Boil for 10 min. Ladle into sterilized jars and seal.

If whole spices are used, tie in a bag and remove before putting beets into jars. Ground spices may be used but they do give a darker colour to the finished beets. Either white or cider vinegar may be used with this recipe.

Evelyn Birkby

CELERY STICK PICKLES

8 lb. ripe or large green cucumbers
2 c. pickling lime
2 gal. cold water
2 qts. vinegar
4½ lb. sugar
1 tbsp. celery seed
1 tbsp. whole cloves
1 tbsp. mixed spices
1 tbsp. salt
Green cake coloring

Use either ripe or large green cucumbers. Peel, seed and cut into sticks (8 lb.). Soak 24 hrs. in solution of 2 c. pickling lime and 2 gal. cold water. Drain, wash and cover with clear water and let stand 3 hrs.

Mix - 2 qts. vinegar, 4½ lb. sugar, 1 tbsp. each celery seed, whole cloves, mixed spices and salt. Add small amount of green cake colouring to vinegar mixture. Pour over drained cucumbers and let stand overnight. Put on stove and bring to a full boil. Boil hard for 40 min. or until clear. When clear or have boiled 40 min. seal in jars.

Jackie Kersten

Please Patronize Our Advertisers

GARDEN RELISH

1 small head cauliflower - cut
2 carrots, chunked
2 stalks celery, sliced
1 green pepper, sliced
1 jar green olives and juice
3/4 c. wine vinegar
½ c. salad oil
2 tbsp.sugar
1 tsp. oregano
1 tsp. salt and pepper

Put above ingredients in skillet with ¼ c. water and simmer 5 min. Cool and refrigerate.

Doris Schwartz

RELISH

4 c. ground onions
4 c. ground cabbage
4 c. ground green tomatoes
4 c. green peppers (ground)
6 ground red peppers
1 tbsp. celery seed
2 tbsp. mustard seed
6 c. sugar
4 c. vinegar
½ c. salt

Place all vegetables in large container and sprinkle with salt. Let stand overnight. Rinse and drain. Combine sugar, vinegar and spices and bring to a boil for 10 min. Pour on relish and stir well. Can in jars while hot.

Fanny Myers

SALADS, SOUPS & VEGETABLES

SAUCES

WHITE SAUCE	LIQUID	THICKENING	FAT	SEASONING (Salt)
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	½ tsp.
No. 2 medium	1 c. milk	2 Tbsp. flour	1½ Tbsp.	½ tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 Tbsp. flour	2½ Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.
Use No. 2 sauce for creamed or scalloped dishes or gravy.
Use No. 3 sauce for souffles.
Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

VEGETABLE	(Minutes) BOILED	STEAMED	BAKED
Asparagus Tips	10 - 15		
Asparagus, tied in bundles	20 - 30		
Artichokes, French	40	45 - 60	
Bean, Lima, depending on age	20 - 40	60	
Bean, String	15 - 35	60	
Beets, young with skins on	30	60	70 - 90
old	1-2 hrs.	1-2 hrs.	
Broccoli, flowerets	5 - 10		
stems	20 - 30		
Brussel Sprouts	20 - 30		
Cabbage, chopped, cut sectional	10 - 20	25	
Cauliflower, stem down, whole	20 - 30		
flowerets	8 - 10		
Carrots, cut across	20 - 30	40	
Chard	60 - 90	90	
Celery, cut in lengths ½ inch	20 - 30	45	
Corn, green, tender	5 - 10	15	20
Corn on the Cob	8 - 10	15	
Eggplant, whole	30	40	45
Marrow	15 - 40		
Onions	25 - 40	60	60
Parsnips	25 - 40	60	60 - 75
Peas, green	5 - 15	5 - 15	
Peppers	20 - 30	30	30
Potatoes, depending on size	20 - 40	60	45 - 60
Potatoes, sweet	40	40	45 - 60
Scalloped potatoes			60 - 90
Pumpkin, in cubes	30	45	60
Salsify	25	45	
Spinach	8 - 10	20	
Squash in cubes	20 - 40	50	60
Tomatoes, depending on size	5 - 15	50	15 - 20
Turnips, depending on size	25 - 40		

CAULIFLOWER BROCCOLI SALAD

1 envelope Hidden Valley Ranch dressing
Fresh broccoli
Fresh cauliflower

Wash cauliflower and broccoli and break into flowerets. Put into plastic bag and refrigerate.

Make dressing according to directions using either "original" or "Milk style" on the envelope. Refrigerate until thick.

Pour dressing over cauliflower and broccoli and mix well.

Barb Dawson

"SO EASY" CARROT SALAD

Grate carrots fine. Add coconut and raisins. Add mayonnaise. Mix and serve. Use own judgement as to quantity of each item.

Hazel Cowden

COTTAGE CHEESE & PINEAPPLE SALAD

1-24 oz. small curd cottage cheese
1-9 oz. Cool Whip or other frozen topping
1-3 oz. pkg. Jello (strawberry, cherry or lime)*
1 large can pineapple tidbits
Coconut - opt.
Nuts - opt.

Combine all ingredients and chill. Makes a pretty addition to table and goes well with turkey or chicken. *You may substitute 1 small box pistachio instant pudding mix for Jello.

Thelma M. Powles

MARINATED SALAD

1 can French green beans, drained
1 can white shoe peg corn, drained
1 can bean sprouts, drained
1 c. celery, thinly sliced
1 med. onion , chopped
2 large or 4 small carrots, grated
1 small can water chestnuts, sliced
1-48 oz. can button mushrooms, sliced
1 large head cauliflower, rosebudded

Marinade - 1 c. salad oil
2 c. sugar
2½ c. cider vinegar
2 tbsp. salt
Pepper

Stir and pour the marinade over the vegetables. Marinate 24 hrs. Keeps 4 to 5 days. Stir before serving.

Agnes Wilson

CAULIFLOWER BROCCOLI SALAD

1 head cauliflower
1 head broccoli
1 onion, opt.
1 green pepper
1 c. salad dressing
½ c. sour cream
¼ c. Country-style dressing
1 tbsp. sugar
1 tbsp. vinegar
Dash of tabasco sauce
Dash of Worcestershire sauce
Dash of salt

Chop the vegetables. Combine the remaining ingredients to make the dressing and pour over the vegetables. Toss vegetables and place in a bowl with a tight lid. Make this salad 2 to 3 days ahead and refrigerate. Turn the bowl upside down for several hrs. and then turn upright for several hrs. This helps the flavour to go through the salad better.

P.S. - The recipe calls for Kitchen-Klatter Country-Style and this is what I always use though other dressing could probably be used.

Donna Ridnour

SPINACH SALAD

2 boxes frozen chopped spinach
½ c. celery, diced
½ c. onion, diced
¼ c. sharp cheddar cheese,diced
2 hard boiled eggs,diced
½ tsp. salt
½ tsp. or less tabasco sauce
1½ tsp. vinegar
1¼ c. Hellmann's mayonnaise

Thaw spinach, squeeze out all water (use spinach raw). Mix all ingredients and chill. Serves 12.

Kay Whipple

VEGETABLE SALAD

1-3 oz. pkg. lemon Jello
1 c.boiling water
1 small can pineapple, drained
½ c. salad dressing
3 tsp. prepared mustard
1 tsp. salt
1 tbsp. vinegar
2½ to 3 c. shredded cabbage
1 c. shredded carrot
¼ c. onion, chopped
¼ c. red or green pepper chopped

Dissolve Jello in boiling water, add juice from pineapple, ½ c. salad dressing, 3 tsp. prepared mustard, salt, vinegar. Mix well. Chill slightly. Add pineapple, cabbage, carrot, onion and pepper.

Pour into a 6x10x2 container and chill.

Mrs. Reuben Monroe

PHILADELPHIA CREAM CHEESE SALAD

2 pkg.Philadelphia cream cheese
½ c. salad dressing
1 small can crushed pineapple
1 lb. pkg. marshmallows, cut fine
1 c. whipping cream - whipped

(continued)

Mix and cream well the cream cheese with the salad dressing. (cheese will cream easily if warmed to room temp.). Add the pineapple, after is drained. Add the marshmallows, fold in the whipped cream. Chill before serving. This is good frozen. Chopped maraschino cherries may be added.

Marie White

LAYERED LETTUCE SALAD

1 head lettuce, cup for 1st layer
½ c. chopped celery
½ c. chopped green pepper
1 Spanish onion,sliced very thin
1 pkg. frozen raw peas

All of these ingredients are added in layers in the order given.

2 c. mayonnaise
Sprinkle with 2 tbsp. sugar - may be omitted
4 oz. pkg. grated cheese
8 slices cooked bacon or baco-bits

Spread with mayonnaise, over first 5 ingredients, add remaining ingredients and cover with foil or plastic wrap overnight. Do not toss. Use 9x13 pan.

Mrs. Doris Dugger

VEGETABLE SALAD

2 c. cauliflowerets
2 carrots, cut into thin strips
2 stalks celery - cut into 1½"pieces
1 green pepper, cut into thin strips
1-4 oz. jar pimento, cut into thin strips
1-2 oz. jar pimento-stuffed olives
3/4 c. vinegar
½ c. oil
2 tbsp. sugar
1 tsp. salt
1 tsp. oregano
1 tsp. garlic salt
1 tsp. basil
½ tsp. pepper

In pot add all ingredients and bring to a boil. Cover, cook slowly for 10 min. Remove from heat. Place mixture in a jar. Chill for 24 hrs. inverting jar occasionally.

Brenda Loewe

WHITE CHRISTMAS SALAD

1 #2 can sliced pineapple
32 large marshmallows
1 envelope plain gelatin
½ c. cold milk
3/4 c. scalded milk
1 c. whipping cream or Cool Whip
½ c. nuts, chopped

Cut marshmallows and pineapple into small pieces and soak overnight in pineapple juice. Next day, soften gelatin in cold milk and dissolve in scalded milk. Pour into pineapple mixture and cool. When cool add the whipped cream or Cool Whip and nutmeats. Turn into a large mould.

Mrs. James Sutton

CARAMELED SWEET POTATOES

5 med. sweet potatoes
1 tsp. salt
1 c. brown sugar
2 tsp. butter or Oleo
3 tsp. flour
8 large marshmallows
1 c. half and half
½ c. nut meats - pecans

(continued)

Cook potatoes to tender - drain. Cool and peel. Cut in half lengthwise, arrange in greased shallow baking dish. Mix salt, sugar and flour together, sprinkle over potatoes. Dot with butter - add marshmallows and nuts. Pour half and half over all. Bake at 350 degrees for 45 to 50 min.

Mary Forbes

CREAMED CABBAGE

3 to 4 c. cut cabbage
1½ c. milk
Dash of salt
2 tsp. sugar
½ c. cream
1¼ tbsp. flour
1¼ tbsp. butter

Cook cabbage, milk, salt and sugar until just tender, about 3 to 5 min. In heavy pan make white sauce of butter, flour and cream. Add the cooked cabbage and cook about 2 min. DO NOT OVERCOOK.

Mrs. Bud (Mary) Jorgenson

ESCALLOPED POTATOES

6 c. diced raw potatoes
1 tsp. salt
Pinch of pepper
1 can cheese soup
1 can cream of celery soup
Approx. 1 c. milk

Bring potatoes, salt and enough water to cover to boil in sauce pan. Drain and place in 10x12 buttered baking dish. Combine soups, pepper and milk and pour over potatoes. Bake at 375 degrees until done - about 45 min.

Lillian C. Haning

OVEN CHEESE POTATOES

¼ c. flour
½ c. grated parmesan cheese
3/4 tsp. salt
Dash of pepper
1/8 tsp. paprika
6 large potatoes

Put above ingredients in a large plastic bag and shake thoroughly.

(continued)

Peel the potatoes and cut into ½" thick slices. Shake in cheese mixture. Melt 1/3 c. (or more), butter in baking pan and put in potatoes. Bake ½ hr. then turn over and bake ½ hr. longer at 350 degrees F.

Claudia Kingery

COMPANY CARROTS

2 bunches carrots
½ c. cooking water from carrots
1 tsp. minced instant onion
½ c. mayonnaise - generous
1 tbsp. prepared horseradish
Salt and pepper to taste
½ c. fine cracker crumbs
Paprika or chopped parsley

Cook carrots until barely tender. Drain - save ½ c. water. Arrange carrots in buttered flat baking pan (9x13). Combine rest of ingredients except crumbs. Pour over carrots - dot with butter, sprinkle with crumbs and bake uncovered 15-20 min. at 375 degrees.

Can be made ahead. Can freeze.

Jackie Nelson

FRIED RICE

2 eggs, beaten
3 tbsp. oil
1 c. shredded or diced cooked shrimp, ham, pork or beef
6 green onions, including top - chopped
4 c. cooked rice
2 tbsp. soy sauce Salt if needed

Fry beaten eggs until firm in the oil. Remove from heat, cut into shreds. Return egg to frying pan with meat, add onion. Cook over med. heat, stirring constantly for 3 or 4 min. Add the rice. Mix the soy sauce and salt if needed. Dribble over the rice, stir until rice is hot.

Serves 6.

Mutsu Brownfield

MEAT, FISH & POULTRY

TIME CHART for MEAT, POULTRY and FISH

MEAT and POULTRY	TIME per lb.	OVEN Temperature
Beef, rare	18 to 20 mins.	300 - 350
medium	22 to 25 mins.	300 - 350
well done	27 to 30 mins.	300 - 350
Pork, fresh	35 to 45 mins.	300 - 350
cured, well done	20 to 35 mins.	300 - 350
Ham, smoked	25 to 30 mins.	300 - 350
Lamb	30 to 35 mins.	300 - 350
Veal	25 to 35 mins.	300
All rolled roasts	add 10 to 15 mins. per lb.	
Chicken	22 to 30 mins.	325 - 350
Duck	20 to 25 mins.	325 - 350
Goose	25 to 30 mins.	325 - 350
Turkey, large	20 to 25 mins.	275 - 300
Small	15 to 25 mins.	300 - 325
Fish	20 mins.	325 - 350

AMOUNT OF MEAT TO PURCHASE

TYPE OF MEAT	NO. of SERVINGS	CUT
1 lb.	4	Rolled roasts, flank steaks, liver, heart, kidney, brains, sweetbreads, sausage and most canned meats.
1 lb. (small amount of bone)	3	Round steak, ham slice, pot roast, rib steaks
1 lb. (large amount of bone)	2	Most steaks, shoulder steaks, shoulder cuts, short ribs, breast, plate, neck chops, brisket.

TO STEW MEAT

Beef	40 to 60 mins. /lb.	Veal	25 mins. /lb.
Lamb	20 mins. /lb.	Chicken	20 mins. /lb or more.

TO BROIL MEATS

Tender meats like beef steak and lamb chops, are good for broiling. Preheat broiler for about 10 minutes. Have meat at room temperature. Score edge about every inch to prevent it from curling. Cut off excess fat and use it to grease rack. Place meat in middle of rack. Place rack about 3" from the heating unit and leave oven door slightly open.* Broil the meat until the top side is well browned. Turn and broil second side until it is browned. Cook each side half the required time. Only one turning necessary. Season and serve on a hot platter.

Pan broiling: Heat a frying pan very hot and grease it by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

HOT CHICKEN SALAD

2 whole or 4 half chicken breasts
1 c. mayonnaise
1 can cream of chicken soup
1 c. onions, chopped fine
1 c. celery, chopped fine
1 can water chestnuts, chopped fine
Potato chips

Boil chicken and cut up. Mix all ingredients together. Line 9x13 pan with crushed potato chips. Add chicken mixture and top with crushed potato chips. Bake in 350 degree oven for 45 min.

Eunice R. Scrimsher

GROUND BEEF CASSEROLE

1 lb. ground beef
1 c. rice - brown or white
1 can cream of celery soup
1 can onion soup
2 soup cans water
1 tsp. salt

Brown ground beef in skillet. Drain. Blend soups, water and salt. Put ground beef and rice in large greased casserole. Pour soup mixture over ground beef and rice.

Cover tightly with foil or casserole lid. Bake in a low 300 degree oven for about 4-5 hrs.

Eunice Lynn

FIVE SPICE CASSEROLE

1 lb. ground beef
2 tbsp. olive oil
¼ c. chopped onions
1½ tsp. salt
Pepper
½ bay leaf
1/8 tsp. each garlic powder, thyme and oregano
1 c. mushroom soup
1 c. tomatoes
1 c. minute rice
2 or 3 slices cheese

(continued)

Brown meat in oil, add onions and cook until tender. Stir in seasonings, soup, tomatoes and rice. Bring to boil, reduce heat and simmer 5 min. Stir occasionally. Pour into 1½ qt. baking dish, place strips of cheese on top. Put in 350 degree oven and heat through - about 30 min.

Doris Helliger

CHICKEN DELIGHT

4 whole chicken breasts
2 c. chicken noodle soup
1 c. mushroom soup
2 eggs
6 slices bread, cubed
3/4 c. melted butter
1 c. crumbled cornflake crumbs
¼ stick melted Oleo or butter

Step 1 - cook chicken, remove from bones and dice. Mix bread cubes with 3/4 c. melted butter. Add mushroom and noodle soup, eggs and diced chicken

Step 2 - mix 1 c. cornflake crumbs with the ¼ stick of melted Oleo or butter. Pour into baking dish. Cover chicken mixture with cornflakes and butter. Use 9x13 dish. Bake 1 hr. at 350 degrees F. Serves 10.

Mrs. James (Mildred) Reade

MACARONI CASSEROLE

1½ c. uncooked small macaroni
2 c. chicken, tuna or ham
1 can mushroom soup
1 can cream of celery soup
½ lb. American cheese - cubed
3 hard cooked eggs
2 c. milk
Green pepper and pimento

Mix and let set overnight. Bake at 350 degrees for 1 - 1½ hrs.

Harriett J. Davis

LOW CAL STUFFED MINUTE STEAK OR PORK CHOPS

6 beef minute steaks or pork chops
Salt and pepper
½ c. low cal French dressing
¼ c. water
1 c. shredded carrots
3/4 c. chopped onions
3/4 c. chopped green pepper
½ c. beef broth
3/4 c. chopped celery
3/4 c. chopped raw potatoes

Sprinkle minute steaks with salt and pepper. Brush with French Salad Dressing. Combine water and vegetables in sauce pan and simmer about 8 min. (until crisp-tender). Drain.

Place about ½ c. vegetable mixture on each minute steak. Roll up and fasten with toothpicks. Place meat rolls in skillet, pour beef broth over and simmer about 40 min. (oven - 350 degrees for 40 min.).

Velta Gardner

APPLESAUCE MEATBALLS

3/4 lb. hamburger
¼ lb. sausage
½ c. bread crumbs
½ c. applesauce
Onion, salt and pepper
1 egg

Form balls - brown and place in baking dish, cover with ¼ c. ketchup and ¼ c. water. Cover and bake 1½ hrs. at 350 degrees.

Jo Janssen

TUNA CASSEROLE

2 cans tuna
Chunked Velveeta cheese - amount as desired
Potato chips
1 c. med. white sauce
1 can cream of mushroom soup (continued)

Place layer of potato chips on bottom of buttered casserole. Next place layer of tuna fish, then layer of chunked Velveeta cheese.

Make 1 c. of med. white sauce, and can of cream of mushroom soup. Blend together well. Pour over layered chips, tuna, and cheese. Top with another layer of potato chips and dot with butter and cheese chunks.

Heat for approx. ½ hr. in 350 degree oven or until casserole is bubbly and cheese and butter are melted and lightly browned.

Betty Ross Roberts

ASPARAGUS CASSEROLE

2 cans asparagus
4 hard boiled eggs, sliced
1 can cream of mushroom soup
1 c. med. white sauce

Place layer of asparagus in bottom of buttered casserole. Next place layer of sliced hard boiled eggs. Keep layering asparagus and eggs.

Make 1 c med. white sauce, add 1 can cream of mushroom soup, blend together well. Pour over layered asparagus and egg slices. Top with buttered bread cubes.

Heat for approx. ½ hr. in 350 degree oven or until casserole is bubbly and buttered bread cubes are brown.

Betty Ross Roberts

SESAME SHRIMP AND ASPARAGUS

1½ lb. asparagus
1 tbsp. sesame seed
1/3 c. salad oil
2 small onions, sliced or minced instant onion
1½ lb. shelled and deveined shrimp
4 tsp. soy sauce
1¼ tsp. salt

(continued)

Prepare asparagus, clean, discard tough ends, cut into 2" pieces.

In 12" skillet, over med. heat, toast sesame seed until golden, stirring and shaking skillet occasionally. Remove to small bowl, set aside.

In same skillet over med. high heat in hot salad oil, cook asparagus, onions and shrimp until shrimp are pink and asparagus tender-crisp, stirring frequently - about 5 min. Stir in sesame seeds, soy sauce and salt. Serve as is or over rice.

Jackie Nelson

CURRIED SEAFOOD BAKE

3½ oz. elbow macaroni - 1 c.
¼ c. sliced green onion with tops
½ tsp. curry powder
3 tbsp. butter
3 tbsp. all purpose flour
½ tsp. salt
1-3/4 c. milk
1 c.dairy sour cream
1-5 oz. can lobster or 1-7½ oz.can crab meat, drained, flaked
1 - 4½ oz. can shrimp, drained
½ c. coarsely crushed rich round crackers
1 tbsp. butter, melted

Cook macaroni according to pkg. directions, drain. Cook onion and curry in the 3 tbsp. butter until onion is tender. Stir in flour and salt. Add milk, cook and stir until thickened and bubbly. Remove from heat, stir in sour cream. Stir in macaroni and seafood. Turn into a 2 qt. casserole.

Mix crumbs and melted butter, sprinkle around edge. Bake uncovered at 350 degrees F. for 30 min. Serves 4 to 6.

Barb Dawson

CHICKEN-MACARONI CASSEROLE

1-8 oz. pkg. elbow macaroni, uncooked
1 c. chicken broth
1 c. milk
1 can cream of mushroom soup
1 can cream of chicken soup
3 hard cooked eggs, chopped
½ c. diced mild cheese
2 tbsp. minced onion
1 tsp. salt
½ c. chopped celery
1 tbsp. parsley
2½ c. diced, cooked chicken

Combine all ingredients. Pour into greased 10x12 casserole. Refrigerate overnight or several hrs. Top with crushed potato chips or croutettes which have been moistened with broth. Pour ½ c. broth over top before baking. Bake at 350 degrees for 1 hr.

Mrs. Bud (Mary) Jorgenson

Sandwich 180

ESCALLOPED CHICKEN

8 slices bread
2 c. cut up chicken
1 c. diced celery
½ c. minced onion
½ c. salad dressing
3 eggs
3 c. milk
1-10 oz. can cream of mushroom soup
1½ - 2 c. grated cheese
Salt and pepper to taste

Take 4 slices bread and break into a 10x14 greased pan. Mix chicken, celery, onion and salad dressing together and spread on top of bread. Break up the other 4 slices of bread, put on top of mixture, add a little salt and pepper. Beat eggs and milk together and pour over the bread. Cover with foil and place in fridge overnight.

Bake at 350 degrees for 1 hr. with the foil removed. Remove casserole from oven, cover with mushroom soup and cheese. Return to oven for 15 min. Serves 14-15. This recipe is a great one to put in the oven while you are at church. Also turkey can be substituted in place of the chicken.

Danielle Loewe

STEAK ROLL

2½ lb. round steak
4 c. bread crumbs
3 small onions chopped fine
2 eggs, slightly beaten
2 tsp. ground sage
½ tsp. pepper
2 tsp.salt
4 tbsp. butter
2 tbsp. hot water
1 can cream of mushroom soup

Mix all dry ingredients together. Spread on steak. Roll and tie with cord. Flour steak. Fry in hot fat - put into casserole. Cover with soup. Bake at 350 degrees for 2 hrs.

Mary Schaaf

MOREL MUSHROOM CASSEROLE

1 lb. mushrooms, chopped coarsely
4 tbsp. butter
8 slices buttered bread - cut in 1" squares
2 beaten eggs
½ c. mayonnaise
1 can mushroom soup
½ c. chopped onion
½ c. chopped celery
½ c. green pepper, chopped
3/4 tsp. salt
¼ tsp. pepper
½ c. cheddar cheese, shredded

Saute mushrooms 5 min. in butter. Combine with remaining ingredients except bread and cheese. Place one half of bread squares in greased 9x13 pan. Cover with half of mushroom mixture. Cover this with the remainder of the bread squares and then the remaining mushroom mixture. Top with the cheese.

Bake at 350 degrees for 45 min. Yummy!

Leola Nennemann

BREAKFAST CASSEROLE

8 slices bread, remove crusts
8 eggs
4 c.milk
2 tsp. salt
2 tsp. dry mustard
1 lb. American cheese (sliced)
2 c. chopped ham

(continued)

Cut the bread slices in cubes. Butter a 9x13 pan and line with bread cubes. Mix eggs, milk, salt and mustard. Pour over the bread cubes. Add ham on top of egg mixture and top with cheese slices. Let set in fridge overnight. Bake 1 hr. at 350 degrees. Let set 5 min. before serving.

Recipe may be used with bacon or dried beef substituted for the ham. (fry bacon, drain and crumble).

Lutie Graham

BARBECUED SPARERIBS

2 sections spareribs
2 onions, med. size - opt.
2 c. diced celery, opt.
½ c. ketchup
1 tbsp. sugar
1 tbsp. vinegar
½ tsp. tabasco sauce
¼ tsp. chili powder
1 c. water

Place the spareribs in shallow baking pan, salt and pepper. Cover with sliced onion and diced celery. Mix rest of ingredients together and pour over ribs. Bake in moderate oven (350) for 1 hr. or until done.

Doris Schwartz

HAM CASSEROLE

1½ c. cubed ham
4 tbsp. butter or margarine
3 tbsp. chopped onion
4 tbsp. green pepper
1 tbsp. lemon juice
1 can cream of chicken or mushroom soup
1½ c.milk
1 can biscuits or 10 biscuits
6 tbsp. flour

Combine first 4 ingredients and saute in frying pan (I use my corning ware pan). Add 6 tbsp. flour and mix well. Add 1 tbsp. lemon juice, 1 can either cream of chicken or cream of mushroom soup and 1½ c. milk.

Place in 9" square baking pan. Place biscuits on top and bake 40-45 min. at 350 degrees F.

Audrey Miller

GARLIC CHICKEN

1 stick Oleo
1 tsp. garlic salt
1 chicken, cut up

Melt Oleo with garlic salt in 9x13 pan. Clean chicken, roll chicken in melted butter. Bake in hot 350 degree F. oven for about 1 hr. Serves 4.

Elaine Tillman

CHICKEN AND RICE CASSEROLE

½ pkg. dry onion soup mix
1 c. uncooked rice
1 can cream of chicken soup
Chopped green peppers, if desired
Chopped celery, if desired
1 chicken, cut up
Salt and pepper to taste

Place soup mix in bottom of casserole. Arrange uncooked rice over soup mix then the chicken pieces. Add the green peppers and celery. Pour over this one can cream of chicken soup and 1 can of milk. Bake covered until chicken is tender - about 1½ hrs. at 350 degrees. Uncover last 15 min. to brown.

Dora MacDonald

BARBECUED SPARERIBS

3 lb. ribs - allow 1 lb. per person
½ bottle ketchup
2 tbsp. brown sugar
2 tbsp. lemon juice
½ tsp. lemon rind - grated
1 tsp. salt
1 tsp. grated onion
1 tbsp. steak sauce
1 tbsp. Worcestershire sauce
1/8 tsp. tabasco

Place meat in shallow pan. Mix all other ingredients together and pour over meat. Broil until bubbling then bake at 250 degrees for 2 hrs.

Elizabeth Hall

LAZY JANE'S WEEK-END BEEF CASSEROLE

1 lb. beef chuck or stewing meat
½ c. red dinner wine - Burgundy Claret
1- 10½ oz. can undiluted consomme
3/4 tsp. salt
1/8 tsp. pepper
1 med. sized onion, sliced
¼ c. fine dry bread crumbs
¼ c. all purpose flour

Combine beef, wine, consomme, salt, pepper and onion in casserole. Mix flour with crumbs, stir into casserole mixture. Cover. Bake in slow 300 degree oven for about 3 hrs. or until beef is tender. This does not have to be browned before baking. Serves 4.

Hazel Cowden

SICILIAN MEAT ROLL

2 beaten eggs
3/4 c. soft bread drumbs
½ c. tomato soup
2 tbsp. snipped parsley
½ tsp. dried oregano, crushed
¼ tsp. salt
¼ tsp. pepper
1 clove garlic, minced
2 lb. ground beef
8 thin slices boiled ham
6 oz. (1½ c.) shredded mozzarella cheese
3 slices mozzarella cheese

Combine eggs, bread crumbs, tomato soup, parsley, oregano, salt, pepper and garlic. Stir in ground beef - mix well. On foil pat meat to 12x10 rectangle, arrange ham on top of meat. Sprinkle shredded cheese over ham. Start at short end, roll meat using foil to lift.

Place roll seam side down in 13x9x2 pan. Bake 1 hr. 15 min. at 350 degrees. Take out of oven. Place cheese wedges on roll and return to oven 5 min. until cheese melts.

Gilda Myers

BREADS, ROLLS & COOKIES

OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate Hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very Hot	450 degrees - 475 degrees F.

BREADS	Minutes	Temperature
Loaf	50 - 60	350 - 400
Rolls	20 - 30	400 - 450
Biscuits	12 - 15	400 - 450
Muffins	20 - 25	400 - 450
Popovers	30 - 40	425 - 450
Corn Bread	25 - 30	400 - 425
Nut Bread	50 - 75	350
Gingerbread	40 - 50	350 - 370
COOKIES		
Drop	10 - 15	350 - 400
Rolled	8 - 12	375 - 400
Ice Box	8 - 12	375 - 400
Molasses	10 - 15	350

PROPORTIONS FOR BATTERS AND DOUGHS

Pour Batter – To 1 cup liquid use 1 cup flour.
Drop Batter – To 1 cup liquid use 2 - 2½ cups flour.
Soft Dough – To 1 cup liquid use 3 - 3½ cups flour.
Stiff Dough – To 1 cup liquid use 4 cups flour.

PROPORTIONS

Biscuits	– To 1 cup flour use 1¼ teaspoons Baking Powder
Muffins	– To 1 cup flour use 1½ teaspoons Baking Powder
Popovers	– To 1 cup flour use 1¼ teaspoons Baking Powder
Waffles	– To 1 cup flour use 1¼ teaspoons Baking Powder
Cake with fat	– To 1 cup flour use 1 teaspoon Baking Powder

FOR THE COOKY JAR

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

MONKEY BREAD

4-8 oz. cans refrigerator biscuits
3/4 c. white sugar
2¼ tsp. cinnamon
1-3/4 sticks Oleo
1¼ c. white sugar
1½ tsp. cinnamon

Quarter the biscuits. Put 3/4 c. sugar and 2¼ tsp. cinnamon in bag and add quartered biscuits, a few at a time and shake until covered. Place in a greased bundt or angel food cake pan.

In sauce pan heat the remaining ingredients and pour over the biscuits in bundt pan. Bake in 350 degree oven for 30 min. Cool in pan for 10 min. then flip out like a cake.

Danielle Loewe

STRAWBERRY BREAD

1 box white cake mix
2 tbsp. flour
1 box strawberry Jello
4 eggs
½ c. water
3/4 c. oil
1 pkg. frozen strawberries

Mix ingredients together. Make sure the frozen strawberries are completely thawed. Bake in 350 degree oven. Makes 2 small loaves or one large one.

Mavis Leech

ICE BOX ROLLS

1 pkg. yeast
3 c. water
1 tbsp. sugar
1 tbsp. salt
4 c. flour
3 eggs
1 c. sugar
1 c. melted lard

Mix 1 pkg. of yeast with 1 c. lukewarm water. Add 3 c. water, 1 tbsp. sugar, 1 tbsp. salt and 4 c. flour. Beat until smooth.

(continued)

Let rise until bubbly. Add eggs and 1 c. sugar, lard and enough flour to make a stiff dough (not too stiff). Dump on floured board, knead a few times and let rise until double. Place in a greased deep crock and set in fridge and use as needed.

Virginia Fisher

HALF-HOUR DOUGHNUTS

1 c. warm water	1 tsp. salt
3 tbsp. sugar	3 tbsp. oil
1 pkg. yeast	3 c.flour
1 beaten egg	

Mix together water, sugar and yeast. Let stand until foamy. Add egg, salt, oil and flour. Mix well. Blend. Roll out and cut into doughnuts. Let rise 30 min. then fry in deep fat.

Mary Ida Bell

HOT ROLLS

1 c. scalded milk	½ c. vegetable shortening
1½ pkg. dry yeast	3 eggs, well beaten
½ c. lukewarm water	5 c. flour
½ c. sugar	1 tsp. salt

Scald milk, let cool. Combine yeast and lukewarm water in small bowl. Cream sugar and shortening in large bowl, then add beaten eggs, yeast and milk. Gradually add the flour and salt. Mix thoroughly and let rise until double in size. Divide into thirds. Roll each into pie shape, then cut into ¼ and ¼ into 3rds. Begin rolling at large end and roll into crescent roll. Place on greased cookie sheet and let rise. Bake at 350 degrees for 13 min. until golden brown. Brush tops with butter.

Virginia Strong

CINNAMON COFFEE CAKE

2 sticks Oleo
1¼ c. sugar
2 eggs, slightly beaten
1 c. sour cream
1 tsp. vanilla
2 c. flour
½ tsp. baking soda
1 tsp. baking powder

Middle and topping - ½ c. sugar
½ tsp. (or more) cinnamon (I like it best with 1 tsp. cinnamon)

Cream Oleo and sugar together well. Blend the eggs, sour cream and vanilla together and add to the Oleo and sugar mixture. Beat well. Sift the flour, baking soda and baking powder together, add to the above. Beat well.

Pour ½ of the batter into a greased and floured 9x13 pan. Sprinkle on ½ of the topping. Carefully spread on the other ½ of the batter and add the rest of the topping. Bake at 350 degrees for 30 min.

Claudia Kingery

OATMEAL PEANUT COOKIES

1 c. margarine
2 c. brown sugar
2 eggs
2 c. flour or more
1 tsp. soda
1 tsp. cream of tartar
1 tsp. vanilla
1 - 7¼ oz. can salted Spanish peanuts
2 c. oatmeal
1 c.cornflakes

Cream margarine and sugar, add eggs and beat well. Add flour and remaining ingredients. Drop by small spoonfuls onto a greased baking sheet. Bake at 325 degrees for 12 min. or until a light brown. Do not over bake. When cookies are cool they become crisp and will stay crisp for weeks in an airtight container.

Marjorie McAlexander

LOWELL INN CRESCENTS

3/4 c. warm water - 110-115 degrees
2 pkg. active dry yeast
½ c. sugar
1 tsp. salt
2 eggs
½ c. soft shortening - part butter
4 c. flour

In mixing bowl, dissolve yeast in warm water. Stir in remaining ingredients except half of flour. Add rest of flour, mix until smooth. Scrape dough from sides of bowl, cover with damp cloth. Let rise in warm place (85 degrees) until double - about 1½ hrs. Divide into 2 parts. Shape into crescents or butterhorns. Cover, let rise until double, 1 hr. Brush with butter. Sprinkle with celery seeds, if desired.

Heat oven to 400 degrees F. (approx. 179-190 C.). Bake 12-15 min. until golden brown. Makes 32 rolls.

Elaine Greedy

CHARMS

½ c. Oleo
½ c. Crisco
1 c. sugar
½ c. brown sugar
2 eggs, beaten
2 tsp. vanilla
½ c. peanut butter
1 tsp. soda
1 tsp. baking powder
½ tsp. salt
3 c. flour - sifted
1 c. coconut
2 c. Lucky Charms cereal

In large mixing bowl cream together Oleo, Crisco, sugar and brown sugar. Add beaten eggs and beat thoroughly. Stir in vanilla and peanut butter and beat. Sift soda, baking powder and flour together and add 1 c. to creamed mixture and beat. Add another cup and beat. Stir in remaining cup a little at a time. Add coconut, and cereal. The dough is very stiff and may be mixed with hands. Place tsp. of dough on greased cookie sheet 2" apart. Bake 8-10 min. in a 350 degree oven.

Cindy Myers Taylor

SNOWBALLS

1 c. Oleo
1 lb. powdered sugar
2 c. oatmeal
1 c. coconut
1 c. chocolate chips
½ c. peanut butter
1 tsp. vanilla

In one large bowl mix all ingredients then roll into small balls and roll in powdered sugar. Put in fridge and chill until firm.

This keeps better if refrigerated at all times.

Shelley Myers

JUMBLES

1 c. shortening
1 c. sugar
2 eggs
1 tsp. vanilla
2¼ c. flour
½ tsp. soda
½ tsp. salt

Mix in order given. To this dough add nuts, raisins, coconut or chocolate chips or a combination, may be added. Drop by teaspoonful on greased cookie sheet. Bake at 375 degrees for 8-10 min.

Pat Stanley

BUTTER RICHES

3/4 c. butter
½ c. firmly packed brown sugar
1 tbsp. sugar
1 unbeaten egg yolk
1 tsp. vanilla
1-3/4 to 2 c. sifted flour

Cream butter, gradually add the brown and white sugar. Cream well. Add egg yolk and vanilla. Blend in flour to form stiff dough. Shape into balls. Place on greased cookie sheets. Flatten with glass dipped in sugar. Bake at 350 degrees for 7 to 9 min. until golden brown. Cool and frost with mixture of ¼ c. butter, 2½ c. sifted powdered sugar, 1 tsp. vanilla and enough cream to make it of spreading consistency.

Tammy Ohrmund

ALMOND BARK DIP COOKIES

1 pkg. almond bark
Ritz crackers Peanut butter

Melt almond bark in double boiler. Coat Ritz crackers with peanut butter. Top with second Ritz cracker. Dip into almond bark to coat evenly. Place on waxed paper - let cool. Delicious!

Barbara Shull

CAKE & PASTRY

OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate Hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very Hot	450 degrees - 475 degrees F.

TEMPERATURES FOR BAKING FLOUR MIXTURES

FOOD	TEMPERATURE	TIME (Minutes)
Butter Cake, loaf	360 - 400 degrees	40 - 60
Butter Cake, layer	380 - 400 degrees	20 - 40
Cake, angel	300 - 360 degrees	50 - 60
Cake, sponge	300 - 350 degrees	40 - 60
Cake, fruit	275 - 325 degrees	3 - 4 hours
Cookies, thin	380 - 390 degrees	10 - 12
Cookies, molasses	350 - 375 degrees	18 - 20
Cream Puffs	300 - 350 degrees	45 - 60
Meringues	250 - 300 degrees	40 - 60
Pie Crust	400 - 500 degrees	20 - 40
CAKES		
Angel	325 degrees	60
Sponge	325 degrees	60
Cup	350 degrees	25
Layer	375 degrees	25 - 30
Loaf	350 degrees	45 - 60
Sheet	375 degrees	20 - 30
Pound	325 degrees	60 - 90
PIES		
Pumpkin	400 degrees	35 - 45
Two-crust	400 degrees	25 - 40
Shells	450 degrees	10 - 12
Meringue	300 degrees	10 - 15

RULES FOR USE OF LEAVENING AGENTS

1. To 1 tsp. soda use 2¼ tsp. cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 tsp. baking powder to leaven 1 cup flour. Reduce this amount ½ tsp. for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of soda and add the acid according to rule 1 above.

GOOEY BUTTER CAKE

1st - 1 box yellow cake mix
1 egg
1 stick butter, melted

2nd - 1-8 oz. pkg. cream cheese
2 eggs
1 - 1 lb. box powdered sugar

Mix first 3 ingredients and pat in bottom of 9x13 pan. Mix next 3 ingredients, beat until smooth and pour on top of cake mix in pan.

Bake 35 min. at 350 degrees. If cake jiggles in centre, bake a little longer.

Rosemarie Hall

EASY CHOCOLATE CAKE

½ c. Oleo
2 eggs
1 c. sugar
3 tbsp. cocoa
Pinch of salt
1½ c. flour
1 tsp. soda
1 c. boiling water

Dissolve soda in 1 c. boiling water. Cream shortening and sugar. Add eggs and beat well. Add cocoa, salt and flour alternately with water and soda mixture.

Bake in 10x12 greased and floured pan 30 min. at 350 degrees. While warm, frost with a mixture of ½ lb. powdered sugar, 1 tbsp. butter, 2 tbsp. cocoa and enough water to make of spreading consistency.

Mrs. Harold (Martha) Snyder

ITALIAN CREAM CAKE

1/2 cup ~~1~~ stick margarine
½ c. Crisco
2 c. sugar
5 egg yolks
2 c. sifted flour
1 tsp. soda
1 c. buttermilk or sour milk
1 tsp. vanilla
¼ tsp. butter flavouring
1 tsp. coconut flavouring
1 c. coconut
1 c. chopped pecans
5 egg whites, stiffly beaten

Cream margarine and shortening, add sugar, beat well. Add egg yolks - one at a time and beat. Sift flour, with soda, and add with milk. Add flavourings, coconut and nuts - fold in stiffly beaten egg whites.

Bake in 3 layers or 9x13 pan, for 25 to 30 min. depending on size of pan - at 350 degrees. Cool and frost with following frosting, or filling for layers -

1-8 oz. pkg. cream cheese - softened
1 lb. powdered sugar
½ stick margarine, softened

Chopped pecans for topping.

Florence Gilbert

BANANA CAKE

1½ c. granulated sugar
½ c. butter
2 eggs, beaten separately
4 tbsp. sour cream
1 tsp. baking soda
1 tsp. baking powder
1 ripe banana
2 scant c. flour
2/3 c. sour milk
1 tsp. vanilla

Add above ingredients in order except egg whites. Fold egg whites (beaten until holds a peak) last with vanilla. Place in floured cake pan in moderate oven. When tested toothpick will come out clean.

Kathleen Hills

CHOCOLATE CAKE

2 c. sugar
½ c. shortening
2 eggs
1 tsp. salt
2 tsp. soda
2½ c. flour
1 c. cold water
3 tbsp. cocoa
1 c. hot water - boiling
1 tsp. vanilla

Cream shortening and sugar together and 2 eggs - beat together then add flour, salt, soda and cocoa alternating with 1 c. cold water. When all done add 1 c. boiling water and then vanilla. Pour into 9x15 cake pan. Bake at 35 to 40 min. at 350 degrees. Test to see if done.

Dorothy Cleek

HOT APPLESAUCE CAKE

1 c. vegetable shortening
2 c. sugar
2½ c. hot apple sauce
2 eggs
1 tsp. vanilla
4 c. flour
4 tsp. soda
1 tsp. salt
1 tsp. cinnamon
½ tsp. cloves
½ tsp. nutmeg
2 c. raisins
1 c. nut meats

Heat together until hot the 2½ c. applesauce (you may use either sweetened or unsweetened applesauce) and the 2 c. raisins. Sift together the dry ingredients and set aside.

Cream together the shortening and sugar, add eggs and vanilla. Beat well. Add the hot applesauce - raisins mixture alternately with the sifted dry ingredients mixing well after each addition. Stir in nutmeats. Pour into a greased and floured 9x13 pan. Sprinkle top of cake with granulated sugar.

Bake in 375 degree oven for 45 min.

Mrs. James Sutton

HARVEY WALLBANGER CAKE

1 pkg. orange cake mix
1 - 3-3/4 oz. pkg. instant vanilla pudding mix
4 eggs
½ c. salad oil
½ c. orange juice
½ c. Galliano
2 tbsp. Vodka

Glaze - 1 c. powdered sugar
1 tbsp. orange juice
1 tbsp. Galliano
1 tsp. vodka

Combine all ingredients and beat ½ min. at low speed and about 5 min. med. speed. Pour in lightly oiled bundt pan (even if Teflon lined). Bake at 350 degrees for 40-45 min. Cool well, remove from pan and glaze.

This is a good cake for the holidays and great "make ahead" cake as is moist and keeps well.

Barbara Stanley

PINEAPPLE PUDDING CAKE

1-9 oz. cake mix - yellow or white
8 oz. cream cheese
1-3 oz. pkg. instant pineapple pudding
2 c. milk
#2 can crushed pineapple
8 oz. Cool Whip

Mix cake according to directions. Bake 15 to 20 min. at 350 degrees (glass pan 325 degrees).

Mix softened cream cheese with 1 pkg. instant pudding and milk. Beat 3 or 4 min. Pour over baked cake. Top with crushed pineapple, well drained. Top with large container Cool Whip. Refrigerate.

Ruthella Barnard

PEACHES 'N' CREAM CAKE

3/4 c. flour
1 tsp. baking powder
½ tsp. salt
3½ oz. pkg. vanilla pudding mix
3 tbsp. softened margarine
½ c.milk
1-29 oz. can peaches, drained
3 oz. cream cheese, softened
½ c. sugar
3 tbsp. juice from fruit
1 tbsp. sugar
½ tsp. cinnamon

Grease a 9" cake dish or 10" pie pan. Combine first 6 ingredients in a bowl and mix - beat 2 min. Pour into pan. Place peaches over batter. Combine cream cheese, sugar and fruit juice in small bowl and beat 2 min. Spoon over fruit and batter to within 1" of edge. Mix the sugar and cinnamon and sprinkle over top. Bake at 350 degrees for 35 min. or until done and brown.

Veda Hume

BARNEY GOOGLES

3 eggs, beaten light
1 c.sugar
½ c. boiling water
2 level tsp. baking powder
1 c. sifted flour
½ tsp. lemon flavouring

Beat eggs until light, add 1 c. sugar, pour the boiling water in slowly as you beat, sift flour and baking powder together and add to other ingredients. Pour into 7½" x 12" pan and bake 35 or 40 min. in 350 degree F. oven. Cool, then cut int strips and ice with powdered sugar icing. Roll immediately after icing each strip in ground peanuts. A bit messy to ice but very good.

Vera Bateman

BUTTERSCOTCH BRICKLE BARS

1½ c. sifted flour
3/4 c. brown sugar, packed
½ c. soft butter
¼ tsp. salt
1-6 oz. pkg. Nestles butterscotch chips
¼ c. corn syrup
2 tbsp. vegetable shortening
1 tbsp. water
¼ tsp. salt
2 c. coarsely chopped walnuts

For cookie layer mix flour, brown sugar, butter and salt until crumbly and press into 9x13x2 pan. Bake at 375 degrees F. for 10 min. Meanwhile prepare Butterscotch Brickle.

Combine in top of double boiler, butterscotch chips, corn syrup, vegetable shortening, water and salt. Stir over hot (not boiling) water until smooth. Stir the walnuts and spoon over top of baked cookie layer and spread evenly.

Bake at 375 degrees F. for 8 min. Cut in bars while warm.

Rosemarie Hall

FUDGE OATMEAL BARS

1-12 oz. pkg. chocolate chips
1-15 oz. can Eagle Brand milk
3 tbsp. butter or Oleo
2 tsp. vanilla
1 c. margarine
2 c. brown sugar
1 tsp. vanilla
2½ c. flour
1 tsp. soda
1 tsp. salt
3 c. oatmeal
2 eggs

Melt together in double boiler first 4 ingredients. Cream together margarine and brown sugar - add eggs and beat well. Sift together flour, soda, salt and add to creamed mixture. Stir in oatmeal. Press 2/3 of oatmeal mixture into 10x16 jelly roll pan. Spread chocolate mixture over top. Place remainder of oatmeal mixture over the top by teasponful.

Bake at 350 degrees for 20 to 23 min. - do not overbake. Cool and cut into squares.

Carolyn R. Fichter

SOFT RAISIN BARS

1½ c. raisins
1 c.shortening
1½ c. sugar
2 eggs
3 c. flour
1 tsp. cinnamon
1 tsp. nutmeg
1½ tsp. soda

Boil raisins in 2 c. water for 10 min. Drain, reserving 1 c. juice. Add 1½ tsp. soda to cooled juice. Cream shortening, and sugar - add eggs and beat well.

Sift flour with cinnamon and nutmeg. Add to creamed mixture alternately with juice. Add raisins. Pour into 10x12 cake pan. Boke at 375 degrees for 20 to 25 min. Frost with powdered sugar icing while hot.

Mary Ellyn Greedy

LEMON BARS

Crust - 1 c. butter or margarine
½ c. powdered sugar
2 c. flour

FILLING - 4 eggs, beaten
½ c. lemon juice - may use Realemon
2 c. sugar
4 tbsp. flour
1 tsp. baking powder

Mix crust well and press with fork or hands into an ungreased 9x13 pan. Bake 15-20 min. at 350 degrees. Beat together the filling ingredients and pour over the baked crust. Return to oven and bake at 350 degrees for 25 min. This may be dusted while still hot, with powdered sugar or let cool and frost with -

1½ c. powdered sugar
2 tbsp. butter
2 tbsp. (or more)milk
1 tsp. vanilla

Cut into small squares as these are quite rich. Nice for a tea table.

Mrs. Doris Dugger

PECAN TARTS

Pastry - 1 c. Oleo
3 oz. pkg. cream cheese (3 pkg.)
1 tsp. grated orange rind
¼ tsp. grated lemon rind
2 c. flour

Filling - 1 c. chopped pecans
2 eggs
1½ c. brown sugar
2 tbsp. melted butter
Pinch of salt
½ tsp. vanilla

Cream Oleo and cream cheese, add grated rinds. Add flour, ¼ c. at a time. Work with fingers until smooth. Refrigerate at least 15 min. Form into balls about the size of walnuts. Place in small tart muffin tins. Shape with thumb to line pan. For filling, beat eggs, gradually beat in sugar, then butter, salt and vanilla. Add pecans. Put 1 tbsp. filling into each shell. Bake at 350 degrees 15 to 17 min. Cool before removing from pan. Makes 36.

For variety cherry pie filling may be used or prune filling made of a mixture of 3/4 c. mashed stewed prunes, ¼ tsp. grated lemon rind, 1 tbsp. lemon juice and enough sugar to sweeten.

Mary Jorgenson

REFRIGERATOR LEMON PIE

1 can Eagle Brand milk
1-6 oz. can frozen lemonade
1 small container Cool Whip
Graham cracker crust

Fold all ingredients together in bowl. Put in graham cracker crust and refrigerate to set.

Mary Ida Bell

LEMONADE PIE

1 small tub Cool Whip
1 small can frozen lemonade
1 can Eagle brand milk

Mix Cool Whip, milk and thawed lemonade together. Pour into graham cracker crust. Chill.

Loretta Rumley

FEBRUARY'S FAVOURITE PIE

Pastry for single pie crust
1 can cherry pie filling

2 eggs, beaten
½ c. sugar
¼ c. melted butter - Oleo
2 tsp. lemon juice
¼ tsp. vanilla
½ c. flaked coconut

Fit pastry into 9" pie plate and form a high crimped edge. Spoon cherry pie filling into unbaked crust. Bake 30 min. at 375 degrees.

Combine remaining ingredients and carefully pour over cherries. Return to oven and bake 25 min. or longer or until custard is golden brown.

Leona Travis

CUSTARD PIE

(or custard pudding in baking dish)

4 eggs
3 c. milk
3/4 c. sugar
1 tsp. vanilla
1/8 tsp. salt

Beat eggs, add sugar, milk, vanilla and salt. Place over low heat, stirring constantly. When steams shows, remove from heat and pour into a 9" unbaked pie shell.

(continued)

Sprinkle with nutmeg. Bake at 450 degrees for 10 min. then at 350 degrees for 15 min. or until firm.

Daisy Hummel

FRUIT WHIP PIE

1 large Cool Whip
1 large can crushed pineapple
½ c. nuts if desired
1 can Eagle brand milk
3 tbsp. lemon juice
1 jar maraschino cherries
or 1 pt. frozen strawberries
1 can coconut
1 large banana
3 graham cracker crusts

Mix all the ingredients in a large bowl until the Cool Whip is completely smooth, then pour into graham cracker crust. Chill about 2 hrs.

Jackie Kersten

LISA'S BERRIED TREASURE PIE

1 graham cracker crust
1 - 8 oz. pkg. cream cheese, softened
2 tbsp. sugar
2 tbsp. milk
1 c. halved strawberries
1 envelope Dream Whip
1 pkg. vanilla instant pudding mix
1 c. milk

Beat cream cheese with sugar and the 2 tbsp. milk until smooth. Spread evenly in bottom of crust. Arrange strawberries on cream cheese mixture. Prepare whipped topping. Prepare instant pudding with 1 c. milk. Fold in 1 c. topping. Spoon over cream cheese and strawberries and chill about 2 hrs. Garnish with remaining topping and strawberries.

Lisa Stanley

DESSERTS

OVEN TEMPERATURE CHART (Miscellaneous)

	Minutes	Temperature
Custard Cup	20 - 30	300
Custard Casserole	45 - 60	300
Souffle	50 - 60	325
Timbales	35 - 45	300
Rice Pudding	50 - 60	325

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	¼ c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	¼ c. for each c. fruit
Prunes	About 45 minutes	2 Tbsp. for each c. fruit

RULES FOR WHIPPING CREAM

Chill the cream, bowl and beater in a refrigerator for at least 2 hours. Beat until it is fairly stiff.

If cream is beaten until it is warmer than 45 degrees, it will turn to butter.

Should cream start to turn buttery, whip in 2 or 3 more tablespoonfuls of cold milk.

If you wish the cream to keep stiff for a day or two, add one teaspoon gelatine soaked in one tablespoon cold water. Dissolve the gelatine over hot water; allow to cool to the consistency of egg white before adding to the cream and whipping.

Use medium speed when whipping cream with an electric beater.

Cream, when whipped, almost doubles in bulk.

SUBSTITUTES FOR WHIPPING CREAM

1. Use light cream or cereal cream after allowing it to stand undisturbed for 48 hours in the refrigerator. Whip as you would whipping cream.
2. Prepare cream as given above. Soak 1 teaspoon gelatine in 2 tablespoons cold water and dissolve over hot water. Allow to cool; then add to the cream and whip.
3. Use evaporated milk. Milk prepared with gelatine holds up better and longer, but it may be more convenient to chill it on occasion. Chill 12 hours. Use medium speed on the electric beater when whipping.
4. Combine equal parts of dry milk powder with water. Beat with beater at medium speed. Add 1½ teaspoons lemon juice to each cupful of this mixture, if a more stable foam is desired.

D E S S E R T S

YUM YUM TORTE

1½ c. flour
1/3 c. brown sugar
3/4 c. margarine or butter
½ c. chopped nuts

Filling - 8 oz. cream cheese
1 c. powdered sugar
1 tsp. vanilla

Topping - 1 can blueberry pie filling

Mix flour, brown sugar, butter and nuts, spread in 9x13 pan. Bake at 400 degrees for 10-15 min. Let cool.

Cream filling ingredients by hand. Beat 2 envelopes Dream Whip according to directions on pkg. Fold in cheese mixture, pour over cool crust. Allow to set before putting on topping. Spread topping lightly over top. Refrigerate. Should set overnight or all day anyway.

Leona Travis

RAINBOW LAYERED DESSERT CAKE

1-10"angel cake
1 pkg. each lime, orange and strawberry Jello
1-10 oz. pkg. frozen strawberries partially thawed
1-10 oz. pkg. frozen blueberries, partially thawed
1 can mandarin oranges, drained
1 gal. vanilla ice cream
slightly softened

Tear cake and divide into thirds. Place in 3 bowls and sprinkle dry Jello over pieces. Toss cake lightly until pieces are coated with Jello crystals. Place strawberry cake pieces into the bottom of a 10" tube pan. Spread on strawberries and spoon over 1/3 of ice cream. Repeat layers with lime cake pieces and blueberries next and finishing with the orange layers. Freeze until firm, unmold, slice and serve. Dessert is better if pieces are allowed to thaw slightly before eating.

Brenda Loewe

FROZEN DESSERT

1 can fruit pie filling
1 can crushed pineapple, drained - #2 can or 16 oz.
1 can sweetened condensed milk
1 large carton Cool Whip
Nuts if desired

Mix altogether. Put layer of graham cracker crumbs on bottom of 9x13 pan. Pour mixture over, cover with a layer of crumbs. Freeze.

Take out of freezer 3 or 4 hrs. before serving and put in fridge. This can be made ahead and kept in freezer a long time. It can be put in 2 smaller pans. Cherry, strawberry or apricot pie filling is delicious in this.

Mrs. Bernard Springer

CHOCOLATE PEACH ICE CREAM

1 sq. chocolate
2/3 c. sugar
2 tbsp. hot water
2 c. cream
½ c. chopped pecans
1 tsp. vanilla
Pinch of salt

Melt chocolate, add 2/3 c. sugar and 2 tbsp. hot water. Cook until glossy. Add cream gradually, add pecans, freeze in tray in fridge or double recipe and freeze in ice cream freezer.

Adelaide Wahling

DREAM CAKE

16 graham crackers, rolled fine - 8 double
3/4 c. chopped pecan meats
1 lb. powdered sugar
½ lb. butter, soft but not melted
1 pt. whipping cream, (Dream Whip)
1 small bottle maraschino cherries
1 #3 can crushed pineapple, drained well
4 eggs, separated

Put ½ crumbs in bottom of dish - about 12x8. Cream butter, beat in sugar and add egg yolks one at a time. Continue beating and fold in stiffly beaten egg whites. Spread over

(continued)

crumbs in dish. Whip ½ pt. cream and spread over creamed mixture. Mix pineapple, nuts and chopped cherries and spread over whipped cream. Whip other ½ pt. cream and spread over fruit. Sprinkle rest of crumbs on top of cream. Cover with waxed paper and chill 24 hrs.

Catherine Holmes

CREAM PUFFS

1 c. cold water
½ c. shortening
1 c. flour
4 eggs

2 c. sweet milk
2 c. sugar
2 egg yolks
6 rounded tbsp. flour
1 tsp. vanilla

Bring water to boil and add shortening. While boiling add 1 c. flour and stir briskly until batter is thick and smooth. Let cool and beat in 4 eggs, one at a time. Bake in hot oven for 40 min. Drop on cookie sheet.

Combine milk, sugar and flour and cook until thick. Pour over beaten egg yolks, mix well and return to stove and cook until thick. Add vanilla - when cool - cut side of puff and put filling in with spoon.

Catherine Holmes

TOFFEE REFRIGERATOR DESSERT

2 c. finely crushed graham cracker crumbs
1 c. soda cracker crumbs
½ c. Oleo, melted
2 pkg. instant lemon pudding
1 c. milk
1 qt. vanilla ice cream, softened
1 - 4½ oz. carton Cool Whip
2 Heath candy bars

CRUST - mix graham cracker crumbs, soda cracker crumbs and Oleo and pat in bottom of 9x13 dish. Reserve 1/3 crumbs for topping.

(continued)

Prepare vanilla pudding mix using 1 c. milk. Blend softened ice cream and Cool Whip into pudding until smooth. Pour over crumbs in dish. Refrigerate until firm. Sprinkle remaining crumbs over top. Sprinkle crushed Heath candy bars over all and refrigerate until ready to serve.

Virginia Harrington

HOMEMADE ICE CREAM

5 eggs, beat well
2 c. sugar
3 c. whole milk
2 cans Pet milk - 13 fl. oz. each
1 large pkg. vanilla instant pudding
1 tbsp. vanilla
1 tsp. lemon flavouring

Mix well together, put in freezer can container. Add whole milk to fill line. Freeze. Makes 1½ gal. ice cream.

Maxine Myers

HOMEMADE ICE CREAM

5 eggs, beaten slightly
2 c. sugar
Dash of salt
2 pts. half and half
¼ tsp. lemon extract
½ gal. milk
1 tsp. vanilla

Beat eggs and add sugar, salt and rest of ingredients. Stir well and put in gallon freezer. Freeze and serve.

Mrs. Sharon Sheldon

OLD FASHIONED APPLE DUMPLINGS

½ c. firmly packed brown sugar
½ stick margarine, Oleo
½ tsp. ground cinnamon
¼ tsp. ground allspice
¼ tsp. ground nutmeg
2 c.unsifted flour
1 tsp. salt
2/3 c. margarine
6 or 7 tbsp. ice water
6 large baking apples pared and cored
6 tbsp. marmalade

(continued)

In small bowl combine brown sugar, ¼ c. softened margarine, cinnamon, allspice and nutmeg. Blend thoroughly, set aside.

Measure flour and salt into a bowl. Cut in 2/3 c. margarine with pastry blender or 2 knives until a coarse mixture. Stir in ice water - mix well. On lightly floured board roll out dough to a 14x21 rectangle cut into 7" squares. Place an apple in centre of each square - spoon 1 tbsp. marmalade in the centre of each apple. Spread brown sugar on sides of apple. Bring up corners of dough to meet in centre of apple. Seal well. Place in large shallow baking dish. Bake at 350 degrees for about 1 hr. or until done. May serve with a sauce if desired.

Ruth Jorgenson

DELORES' ICE CREAM

3 c. sugar
2 soup spoons cornstarch
5 or 6 soup spoons cocoa
3 eggs, beaten
1 qt. milk
3 c. half and half
1 c. thick cream
3 tsp. vanilla

Mix sugar, cornstarch, cocoa and salt in top of double boiler. Add milk and eggs. Cook and stir until it coats spoon. Cool. Add half and half, cream and vanilla. Pour into freezer, adding milk to fill freezer 3/4 full.

Freeze. When packing, pour off all the water and ice. Add new ice - then layer of salt, then ice alternately, for vanilla ice cream, leave out cocoa and reduce sugar to 2½ c.

Mrs. Harold (Martha) Snyder

PRETZEL DESSERT

3 tbsp. sugar
2 c. crushed pretzels (not fine)
3/4 c. margarine, melted
½ c. powdered sugar
1 pkg. whipped topping mix or 2 c. redi-mix
1-6 oz. pkg. strawberry gelatin
2½ c. boiling water
1-10 oz. pkg. frozen strawberries
2 c. miniature marshmallows
1-8 oz. pkg. cream cheese

(continued)

Mix first 3 ingredients in 9x13 pan. Bake 15 min. in 350 degree oven (will look bubbly). Set aside to cool.

Cream softened cheese, add powdered sugar. Prepare whipped topping according to directions and fold into cheese and sugar mixture. Fold in marshmallows, spread over baked layer. Dissolve gelatin in water, stir in strawberries, chill until slightly thickened. Spread over first layer.

Velta Gardner

STRAWBERRY DESSERT

Layer 1 - 1 c. flour
½ c. Oleo ½ c. crushed pecans

Layer 2 - 8 oz. cream cheese
1 c. powdered sugar
1 c. Cool Whip

Layer 3 - 1 c. sugar
2 tbsp. cornstarch
1 c. water
3 tbsp. strawberry gelatin
1 tsp. strawberry flavouring
Fresh strawberries

LAYER 1 - mix ingredients and press in bottom of 9" square pan. Bake 15 min. or until brown in 350 degree oven.

LAYER 2 - mix ingredients together and spread over cooled first layer.

LAYER 3 - mix sugar and cornstarch. Blend in water. Cook over med. heat until thick. Add strawberry gelatin and flavouring. When cooled, spread over layer #2 on which fresh strawberries have been placed.

Use this 3rd layer in a baked 9" pie shell for a delicious Strawberry Glaze Pie.

Donna Ridnour

DATE PUDDING

Beat 2 eggs
1 c. sugar
½ c. milk
2/3 c. flour
2 tsp. baking powder
1 tsp. vanilla
1 c. dates - 1 c. pecans

Beat all together - pour in cup of dates and cup of pecans. Pour into greased and floured 9x9 pan and bake at 350 degrees for 30 min.

Louise Patter

PASTEL MINT REFRIGERATOR DESSERT

32 Oreo cookies, crushed
1 pt. whipping cream
1 c. small after dinner mints
2 c. pastel miniature marshmallows

Put ½ of crumbs in a 9x13 pan. Whip cream, add other ingredients. Spread on crumbs. Add remaining crumbs over top. Refrigerate 2 days. This is colourful and handy because it can be made 2 days in advance.

Dorothy Stewart

BUTTER PECAN DESSERT

1 c. flour
2 tbsp. sugar
½ c. Oleo
¼ c. ground nuts
8 oz. pkg. cream cheese
2/3 c. powdered sugar
½ of 9 oz. container Cool Whip
3½ oz. butter pecan instant pudding
2½ c. milk

Mix flour, sugar, Oleo and nuts. Place in 9x13 pan. Bake 15 min. at 350 degrees. Let cool - cream together the cream cheese and powdered sugar. Add Cool Whip. Place this layer on top of first. As top layer, mix the pudding and milk as directed on pkg. Pistachio pudding may be used for variety.

Twila Mather

LEMONY DELIGHT

1 envelope Knox gelatin
½ c. cold water
3 beaten egg yolks
½ c. white sugar
½ tsp. salt
½ c. lemon juice
½ tsp. lemon rind
1 c. marshmallow cream
3 stiffly beaten egg whites
¼ c. white sugar
2 c. Cool Whip
1 c. chopped nut meats

Soften gelatin in cold water. Place egg yolks, sugar, salt, lemon juice and rind in top of double boiler. Cook until slightly thick, stirring constantly. Remove from heat. Add gelatin and marshmallow cream. Chill until slightly thickened, fold in egg whites beaten with ¼ c. sugar. Pour into 9x9 pan. When set, top with Cool Whip and nut meats.

Pat Claiborne

SHERBET DESSERT

½ gal. sherbet
1 large container Cool Whip
Graham cracker crumbs

Melt sherbet to mixing consistency. Mix in Cool Whip. Pour into one 13x9 pan or two 8x8 pans lined with graham cracker crumbs. If you mix cracker crumbs with melted butter, line bottom of pan, put in fridge while mixing other ingredients. This keeps in fridge for several days or can be frozen to be used later.

Lorena Z. Hall

RHUBARB DESSERT

5 tbsp. powdered sugar
½ c. margarine or butter
1 c. flour
Mix in bowl -
2 eggs
¼ c. flour
1 tsp. baking powder
2 c. rhubarb, chopped
1½ c. sugar
1/8 tsp. salt
1 tsp. vanilla

Mix and press in 9" square pan the first 3 ingredients. Bake 15 min. at 350 degrees F. Remove from oven. Mix next 7 ingredients and pour over crust and bake at 350 degrees F. for 35 min. Serve with whipped cream, ice cream or whipped topping.

Pauline Winkler

CANDY JELLY & PRESERVES

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 - 234 degrees
Soft ball	234 - 238 degrees
Medium ball	238 - 244 degrees
Firm ball	244 - 248 degrees
Hard ball	248 - 254 degrees
Very hard ball	254 - 265 degrees
Light crack	265 - 285 degrees
Hard crack	290 - 300 degrees
Carmelized Sugar	310 - 338 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies	234 - 236 degrees, soft ball
Fondants (mints, etc.)	238 - 240 degrees, soft ball
Marshallows	238 - 240 degrees, medium ball
Caramel mixtures	246 - 252 degrees, firm ball
Taffies	265 - 270 degrees, hard ball
Butterscotch	290 - 300 degrees, crack
Brittles	300 - 310 degrees, hard crack

BOILED FROSTINGS

1 egg white to 1 c. sugar	—	*238 - 242 degrees, soft ball or thread*
2 egg whites to 1 c. sugar	—	244 - 248 degrees, soft ball or thread
3 egg whites to 1 c. sugar	—	254 - 260 degrees, firm ball or long thread

REFRIGERATOR FUDGE

2½ c. sugar
2-6 oz. pkg. chocolate chips
1 c. chopped nuts
3/4 c. evaporated milk
1/3 c. white corn syrup
2 tbsp. butter
1 tsp. vanilla

Combine sugar and milk in heavy sauce pan. Cook over med. heat, stirring constantly until mixture boils. Reduce heat and continue cooking for 10 min. stirring constantly to prevent scorching. Remove from heat and immediately add chocolate chips, syrup, butter and vanilla. Stir well until chocolate has melted and fudge is smooth and creamy. Add nuts or coconut and mix just until blended. Immediately pour into buttered 8" pan. Surface will set rapidly, so spread quickly with a spatula to give a rippled shiny top. Chill until firm. Makes about 2½ lb.

Lexie M. Richards

PEANUT CLUSTERS

1 pkg. chocolate almond bark
1 large pkg. chocolate chips - dark milk or semi-sweet
1 large pkg. salted peanuts

Melt almond bark and chocolate chips together - being very careful to not use intense heat. When thoroughly melted, blend together well. Add peanuts, stir well. Drop from spoon onto waxed paper, allow to cool.

Betty Ross Roberts

PEANUT BRITTLE

1 c. syrup
2 c. sugar
½ c. water
1 sack raw peanuts
2 tbsp. butter
2 tsp. soda
½ tsp. salt
2 tsp. vanilla

(continued)

Boil first 3 ingredients until 230 degrees then add sack of raw peanuts and cook to 300 degrees. Add 2 tbsp. butter, 2 tsp. soda, ½ tsp. salt and 2 tsp. vanilla.

Stir and pour out on cookie sheet. Let stand and harden and then break in pieces.

Dorothy Cleak

FREEZER STRAWBERRY JAM

2 c. crushed strawberries
4 c. sugar
2 tbsp. lemon juice 1 box Sure-jell

Yield - 5½ c. jam.

Completely crush one layer at a time, fully ripe strawberries. Thoroughly mix sugar into fruit - let stand 10 min. Mix 3/4 c. water and sure-jell in sauce pan. Bring to boil and boil 1 min., stirring constantly. Stir into fruit.

Continue stirring 3 min. Ladle quickly into containers. Cover at once with lids. Set at room temp. (24 hrs.). Store in freezer.

Adelaide Wahling

MISCELLANEOUS

TIME TABLE FOR COOKING CEREALS

CEREAL	QUANTITY	SALT	WATER	TIME	AMOUNT WHEN COOKED
Cracked Wheat	1 cup	1 tsp.	3 c.	2 hrs.	3 cups
Farina	1 cup	1 tsp.	4 c.	30 mins.	3¾ cups
Macaroni	1 cup	1 tsp.	4 c.	25 mins.	2¼ cups
Oatmeal	1 cup	1 tsp.	4 c.	30 mins.	3 cups
Rice	1 cup	1 tsp.	8 c.	40 mins.	4 cups
Rolled Oats	1 cup	1 tsp.	2¼ c.	30 mins.	2 2/3 cups
Buckwheat	1 cup	1 tsp.	4 - 6 cups	40 mins.	3 cups
Cornmeal	1 cup	1 tsp.	4 c.	30 mins.	3 cups

FRIED FOOD TIME TABLE

	TEMP. of FAT	*TIME in MINUTES*
Croquettes of cooked food	375 - 385	2 to 4
uncooked food	370	5 to 6
Doughnuts	375	2 to 3
Fritters	365 - 375	2 to 5
French Fried Potatoes	370	5 to 7
thin	390	1 to 1½
Vegetable rings	375 - 380	2 to 3
Oysters	375	1 to 2
Small Fish	375 - 385	2 to 5

APPROXIMATE EQUIVALENTS OR SUBSTITUTIONS IN BAKING AND COOKING

1 tsp. baking powder	=	¼ tsp. soda and ½ tsp. cream of tartar
1 cup cake flour	=	7/8 cup or 1 cup less 2 Tbsp. all purpose flour
1 square chocolate	=	3 Tbsp. cocoa plus 1½ tsp. fat
1 cup thin cream (18 - 20%)	=	7/8 cup milk plus 3 Tbsp. fat
1 cup heavy cream (36 - 40% fat)	=	¾ cup milk plus 1/3 cup fat
1 cup sour or butter milk	=	1 cup sweet milk + 1 tbsp. lemon juice or vinegar
1 1/3 cups firmly packed brown sugar	=	1 cup granulated sugar
1 lemon	=	3 to 4 Tbsp. juice
Grated rind of 1 lemon	=	1½ tsp. juice
1 orange	=	6 to 8 Tbsp. juice
12 to 14 egg yolks	=	1 cup
8 to 10 egg whites	=	1 cup
1 Tbsp. cornstarch	=	2 Tbsp. flour (when thickening)
9 coarsely crumbled graham wafers	=	1 cup
11 finely crumbled graham wafers	=	1 cup
7 coarsely crumbled salt crackers	=	1 cup
9 finely crushed salt crackers	=	1 cup
1 cup evaporated milk + ½ cup water	=	1 cup milk

CONTENTS OF STANDARD CANS

Picnic	1¼ cups	No. 2½	3½ cups
No. 300	1¾ cups	No. 3	4 cups
No. 1 Tall	2 cups	No. 5	7 1/3 cups
No. 303	2 cups	No. 10	13 cups
No. 2	2½ cups		

CORNED BEEF SANDWICHES

1 can corned beef
1-8 oz. carton sour cream - thin with 1 tbsp. milk
1 pkg. onion mix

Put on buns and wrap in foil. Put in 350 degree oven for 20-30 min. These can be wrapped and put in freezer as they freeze well.

Mrs. Sharon Sheldon

7-UP FRUIT PUNCH

3 qts. unsweetened pineapple juice
1-6 oz. can frozen lemon juice diluted as directed
1-6 oz. can frozen orange juice, diluted as directed
5-16 oz. bottles 7-up
½ c. sugar
1 c. mint leaves, opt.
1 pt. frozen strawberries
lemon or lime slices

Combine fruit juices, sugar and mint leaves. Chill thoroughly. Just before serving, add 7-up and strawberries. Pour over large chunk of ice or ice ring in punch bowl. Float thin slices of lemon or lime. Serves 50 c.

Mary Jorgenson

POPCORN CAKE

Roaster of popped corn
2 c. white sugar
1 c. white syrup
½ cube butter or margarine
1 tsp. vinegar
1 tsp. baking soda

Pop corn and take out hulls (salt corn when you pop it). Cook sugar, syrup, butter and vinegar until forms soft ball. Remove from heat, add baking soda and stir until foamy, then

(continued)

pour over popped corn and mix well. Pour into buttered cake pan. Cut into squares and serve. (saves time making popcorn balls and eats just as well.)

Kathleen Hills

TEA REFRESHMENTS for 300 people:

12 large sandwich loaves, sliced lengthwise (6 white & 6 brown).

FILLINGS FOR FANCY SANDWICHES – Ribbon & Rolled:

4 doz. eggs — hard boil, make filling with salad dressing and seasoning.

4 tins Klik or 1 lb. of ham or bologna — Mix with salad dressing and dills, chopped or sweet relish. This can be used for rolled sandwiches or ribbon type with egg using alternate layers of white and brown bread.

1½ lbs. white cream cheese — Mix with salad dressing. Spread on bread. Sprinkle with chopped maraschino cherries. Make in rolls. Takes 1 - 12 oz. jar red cherries and l - 6 oz. green.

1½ lbs. Velveeta — Mix with salad dressing. Make in rolls with olive (takes about 4 per slice) or dill slices.

3 tins shrimp — Mix with salad dressing. Roll.

2 large tins salmon — Mix with chopped celery, salad dressing and seasoning. Roll centred with dill.

These should be tightly rolled in wax paper and refrigerated till cut. These amounts will make 800 sandwiches allowing 2 - 3 per person.

DAINTIES for 300 people:

3 per person usually allowed. 25 persons supplying 3 dozen each sould be sufficient if a group project.

Also required: 2 lbs. tea
3 lbs. sugar cubes
3 qts. creamilk
½ gallon sweet pickles
½ gallon dills

SUPPER QUANTITY COOKING

BAKED BEANS FOR 100:

8 qts. dry beans
20 qts. salad
4 lbs. butter
4 qts. cream
4 lbs. salt pork
20 doz. rolls
20 pies
2 lbs. coffee

HASH SUPPER FOR 100:

40 lbs. corned beef
32 qts. potatoes
20 doz. rolls
20 qts. chopped cabbage
5 qts. salad dressing
4 lbs. butter
2 lbs. coffee
4 qts. cream

CABBAGE SALAD FOR 175:

20 lbs. cabbage
1½ qts. salad dressing
4 large cans crushed pineapple
2 bunches carrots

HAM SUPPER FOR 225:

48 lbs. canned ham
24 potato salads (solicited)
48 pkgs. peas (1 lb.)
5 lbs. coffee
9 qts. cream
45 qts. strawberries
6 pkgs. Bisquick (mixed re directions for shortcake)
6 qts. heavy cream

BRAISED BEEF FOR 200:

65 lbs. stew beef
60 lbs. potatoes
36 pies
Harvard beets
40 lbs. turnips
2 lbs. cheese

TURKEY DINNER FOR 250:

7 turkeys
75 lbs. butternut squash
20 large cranberry rings
75 lbs. potatoes
10 bunches celery
44 pies

CHICKEN SHORTCAKE FOR 135:

60 lbs. chicken
30 pkgs. frozen peas
12 cans cranberry sauce
3 large pkg. Bisquick
17 pkgs. Flakon corn mix
2 bunches celery

POISON ANTIDOTES AND FIRST AID

KEEP CALM – DO NOT PANIC – CALL HELP

EMERGENCY PHONE NUMBERS

Doctor's Office_____ Home_____

Rescue Squad_____ Police_____

Pharmacy_____ Hospital_____

Emergency Poison Control Center_____

See other side of this page for substances most frequently ingested by Children . . .

* An emergency always exists if someone swallows poison. Do not delay contacting hospital or physician to obtain advice concerning first aid materials that are not readily available. If necessary, summon police or rescue squad for assistance. Keep telephone numbers immediately available. Even after emergency measures have been taken, always consult physician. A delayed reaction could be fatal.

* It is important to dilute or remove poisons as soon as possible. Sometimes Syrup of Ipecac (available from some Pharmacies or poison centers) is kept in the home to induce vomiting IF RECOMMENDED by physician, or indicated on product label. If Syrup of Ipecac is not available, try to make patient vomit by tickling back of throat with finger, spoon, or similar blunt object after giving water.

HOWEVER . . .

* Vomiting is NOT recommended in all cases. Never induce vomiting in a patient who is unconscious or convulsing. Do not induce vomiting if swallowed substance is acidic or corrosive or petroleum distillate products.

* If poison is from a container, take container with intact label to medical facility treating patient. If poisonous substance is a plant or other unlabeled substance, be prepared to identify suspected substance. Save evidence such as portions of ingested materials from vomitus which may help identify plant or object involved.

The following represent substances most frequently ingested by children, and first aid measures that may be employed until medical aid can be summoned.

Substance	Emergency treatment
MEDICINE (OVERDOSAGE)	
Aspirin and aspirin-containing medications Cough medicine Hormones (including thyroid preparations)	Give 2-3 glasses of water or milk, then induce vomiting UNLESS patient is unconscious or convulsing.
Vitamins and iron tablets	Induce vomiting. Then give glass of milk.
Sleeping pills	Induce vomiting. Do not induce vomiting or force fluids if patient is unconscious.
Tranquilizers	Induce vomiting unless patient is unconscious. Give 2 tablespoons epsom salts in 2 glasses of water.
HOUSEHOLD CLEANING AND POLISHING AGENTS	
Laundry bleach Automatic dishwasher detergents Household cleaners Furniture polish Cleaning fluid (gasoline, kerosene) Charcoal fire starter	Give 2-3 glasses of milk or water immediately. **Do not induce vomiting.**
Toilet bowl and drain cleaners	**Do not induce vomiting.** Give 2-3 glasses of milk or water at once. **Avoid** gas-forming carbonates and bicarbonates.
Wax remover	Give milk or water. **Do not induce vomiting.**
Fabric softeners	Give milk. Neutralize with **weak** soap (not detergent) solution. Induce vomiting.
Household ammonia	Give citrus juice or diluted (1 tablespoon per glassful) vinegar. Then give 2 raw egg whites or 2 oz. olive oil. **Do not induce vomiting.**

INSECTICIDES, POISON SUBSTANCES, PAINTS (Read labels for content)	
Arsenic	Give glass of milk immediately and induce vomiting. Then give activated charcoal (available from pharmacist).
DDT	Induce vomiting. Give 2 tablespoons epsom salts in 2 glasses water.
Lye	**Do not induce vomiting.** Give solution of vinegar (2 tablespoons vinegar in 2 glasses water). Next give 2 raw egg whites or 2 oz. olive oil.
Paint (dry)	Give milk or water. Induce vomiting.
Paint (liquid)	Give 2-3 glasses of milk or water. **Do not induce vomiting.**
COSMETICS	
Cologne or perfume Hand lotion Liquid makeup Skin lotion After-shave lotion	Give milk. Induce vomiting if large amounts ingested.
Deodorant	Give milk of magnesia. Induce vomiting.
Bubble bath liquid Hair rinse (conditioners) Shampoo	Give milk or water at once. Induce vomiting.
Nail polish and removers Lacquers Bath oil	Give milk. Induce vomiting.
Home permanent neutralizer Permanent wave solution	Give milk or water. Induce vomiting. Then give weak acid such as lemonade, citrus juice, diluted vinegar.
PLANTS	
Any plant is a potential poison.	Induce vomiting if convulsions not imminent. Give artificial respiration if necessary.

THE ST. JOHN AMBULANCE
FIRST AID CHART

1. Don't panic — reassure casualty — have him lie down if possible.
2. If patient is not breathing, apply artificial respiration at once.
3. Stop severe bleeding at once.
4. Call or send for Doctor immediately.
5. Immobilize all fractures.
6. If patient unconscious, watch closely—give nothing by mouth.
7. Protect from harm, keep reasonably warm.
8. Examine for further injuries.

	HOW TO RECOGNIZE	DO THIS FIRST	FOLLOW WITH THIS FIRST AID TREATMENT	DON'T DO THIS
ASPHYXIA (no breathing)	Cause: electric shock, suffocation, drowning, strangulation, Patient's lips, nose, ears, fingernails, toes may be bluish-grey. Breathing may be difficult or may have stopped.	Remove cause from patient or patient from cause. Provide fresh air. For electric shock, turn off power, use protective measures to break contact. Open air passages. Remove any obstruction (dentures, gum, food).	Apply artificial respiration at once. (See below). Call a Doctor immediately. Have bystanders help with wet clothing, cover patient with blankets, call police, and fire rescue team if available.	DON'T touch anyone in contact with a live wire. DON'T enter a gas or smoke-filled room until protection or ventilation is assured. Never assume patient is dead. DON'T allow revived patient to drive or remain alone until checked by Doctor.
SEVERE BLEEDING	External: blood may spurt or flow steadily from wound. Internal: indicated by bleeding from mouth, blood in urine, stool, swelling at site of fracture, internal pain, pallor, fast/weak pulse, restlessness, air hunger, thirst, clammy skin.	External: apply pressure directly on wound with thumb or fingers over a clean pad or dressing. Have patient sit or lie down, elevate injured part. Internal: have patient lie with feet raised 8", cover with blanket.	External: apply additional dressings, bandage firmly. If bleeding continues apply tighter bandage on top. Call Doctor. Internal: advise doctor and remove patient to hospital soonest. Give nothing by mouth.	DON'T waste time looking for special dressing, etc. STOP bleeding first. DON'T give stimulants until bleeding controlled. DON'T give alcohol. DON'T disturb blood clotting over a wound.
BROKEN BONES INJURIES TO JOINTS	Generally pain, deformity, loss of use, difficult breathing (ribs). Bone end may protrude through skin. Bleeding from ear indicates possible skull fracture. Numbness or paralysis of lower extremities indicates injury to spine.	Stop any bleeding. If possible do not move patient. Splint fracture carefully. If a joint is dislocated immobilize in most comfortable position. For sprains apply cold water compresses. Place chest injury in best position for breathing.	Secure dislocations and splinted fractures in a sling or to chest or other leg. Bandage cold compress firmly to sprains. Notify doctor. If back injury suspected, get help, lift patient without bending neck or spine onto firm flat surfaces, pad body hollows.	DON'T move until necessary, particularly cases of head, spine and hip injury; and then move with adequate support and in most comfortable position. Never jackknife. DON'T remove clothing unless bleeding is present.
BURNS, SCALDS AND FROSTBITE	Cause: flame, hot metal, hot liquid, acid, sun, electricity, skin may be reddened, blistered, hard and yellowish or black with bleeding. Frostbite appears as waxy whitish area with loss of sensation — often unnoticed by victim.	Immerse superficial burns in cold water or apply frequent changes of cold wet towels. Guard against infection. Cover serious burns quickly with dry sterile dressing, sheeting, etc. Do not break blisters. Only First Aid treatment for frostbite: warm with body heat.	Maintain cold water treatment until patient relieved of pain. Keep otherwise comfortable. Give sips of warm drinks. Bandage serious burns to prevent infection and remove to medical care, and give nothing to drink: For acid or alkali burns; flood with water.	DON'T break blisters, or breathe on burns. DON'T put anything on serious burns, e.g., ointment, creams, etc. DON'T give anything by mouth in serious cases. DON T hesitate to call Doctor re burns to children or elderly persons.
POISONING	Identify poison as soon as possible, notify Doctor or if not available, Poison Control Centre, immediately. Be able to inform doctor or hospital if possible, what poison was taken, quantity swallowed, how long previously, present condition of victim, location of victim and your phone number.	If victim has taken lye, drain cleaner, gasoline, kerosene, strong acids — DO NOT MAKE HIM VOMIT. Take the victim and a sample of the poison swallowed to hospital immediately. In case of delay in treatment give water or milk to dilute poison.	If victim has taken other poison give milk or water and make vomit by pressure of finger or spoon handle on back of tongue. Place victim's face down with head lower than hips when vomiting. Be sure to clear airway. Don't waste time inducing vomiting — get victim to hospital.	DON'T spend more than five minutes trying to get patient to vomit—if not successful get him to hospital. DON'T store poisons, medications, aspirins, detergents, solvents, acids, etc., where children can reach. DON'T take any medicine without first reading the label.

MISCELLANEOUS INJURIES AND CONDITIONS

MINOR WOUNDS: (SCRATCHES, ABRASIONS) Wash with soap and water. Cover with sterile dressing and bandage firmly to stop bleeding. See doctor if further treatment necessary.

POISON IVY, OAK, AND SUMAC: Wash affected part thoroughly with soap and water, dry, and swab with alcohol. Apply calomine lotion.

FOREIGN BODIES IN EAR: Fill ear with mineral or olive oil or water containing baking soda. If insect does not float free, consult Doctor.

IN EYE: If it can be seen and does not appear to be imbedded, gently remove foreign body with corner of clean handkerchief or tissue moistened with water. If no avail, cover eye and as with imbedded objects, seek medical aid. DO NOT RUB. For chemicals in eye, wash eye carefully with copious amounts of water for at least 20 minutes. Consult Doctor at once.

ANIMAL BITES: All animal bites should be treated as serious and a Doctor consulted immediately. If an animal is suspected of being rabid, it should be destroyed but the head saved for analysis. If the bite is from an apparently healthy animal, the animal should be impounded for seven days to make sure it does not develop symptoms of rabies. Keep bitten part low. Bathe wound in a weak solution of potassium permanganate.

STINGS AND INSECT BITES: Bathe with moist bicarbonate of soda or weak ammonia. If a bee stinger remains, don't squeeze, but scrape out of skin. Best prevention for mosquito, blackfly bites: preparations containing Diethyltolyamide. Use and store commercial herbicides and pesticides with extreme care. They are also poisonous to birds, animals, and humans.

HEAT EXHAUSTION: Symptoms include headache, dizziness, nausea, vomiting, sometimes abdominal cramp, collapse, and unconsciousness. The face is pale with cold clammy sweat. Pulse is weak. Temperature may be normal or slightly raised. Place casualty in cool place. If conscious, give cool salted water to drink (1/4 tsp. per glass). Keep comfortably warm. Watch for any change in condition. If temperature rises rapidly, face becomes flushed, skin hot and dry and pulse full and bounding, patient is suffering from Heat Stroke. Immediately wrap patient in cool wet sheet and fan him. Temperature must be brought down to 102 degrees as soon as possible. When this is done, wrap patient in damp sheet and call doctor.

ARTIFICIAL RESPIRATION

WHEN BREATHING STOPS — LOSE NO TIME — EVERY SECOND COUNTS

DELAY CAN BE FATAL

POSITION OF CASUALTY: When rescued, place casualty on his back and raise shoulders with available clothing, blankets, etc. Tilt head well back in order to raise tongue off back of throat and open airway. Remove obvious obstruction with fingers by tilting head to side.

ORAL METHOD:

With one hand lift neck; with other press forehead back and pinch off nose. Seal off casualty's mouth with yours and blow sufficiently to make his chest rise.

Remove your mouth allowing air to exhale. Repeat cycle every 3-5 seconds until recovery. For children use smaller puffs more frequently.

MAKE SURE THE HEAD IS KEPT TILTED WELL BACK.

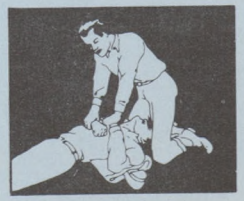
When you can't effectively seal off mouth, close mouth with one hand against chin, tilt head well back and blow through casualty's nose. For infants, cover both nose and mouth with your mouth.

Where casualty has been submerged in water, covered by earthfall or avalanche—administer first breaths as soon as face is uncovered.

SYLVESTER METHOD:

Kneeling astride casualty's head, grasp his arms at wrists. Cross them over lower half of his sternum and rocking forward, press firmly downward only sufficient to force air out of the lungs. This phase should take 2 seconds. Count "one and two and . . ." Release downward pressure, pull arms upward, outward and backwards. This extends the chest walls drawing air into lungs—PROVIDED THE AIRWAY IS KEPT OPEN BY ADEQUATE HEAD TILT. This phase should take 3 seconds, counting "three and four and five . . ." Return the wrists to the sternum for a continuation of the rhythmic cycle each 5 seconds, somewhat faster for a child.

CAUTION: adjust chest pressure to correspond with age and build of casualty.



N.B.: LISTEN FOR: expired air, obstruction to airway. WATCH FOR: adequate head tilt, change in colour (cheeks, ears) eye movements, etc. Operator can be relieved from side by side position in both methods. Keep warm and under observation until medically examined.

BE PREPARED

✶

LEARN FIRST AID

✶

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