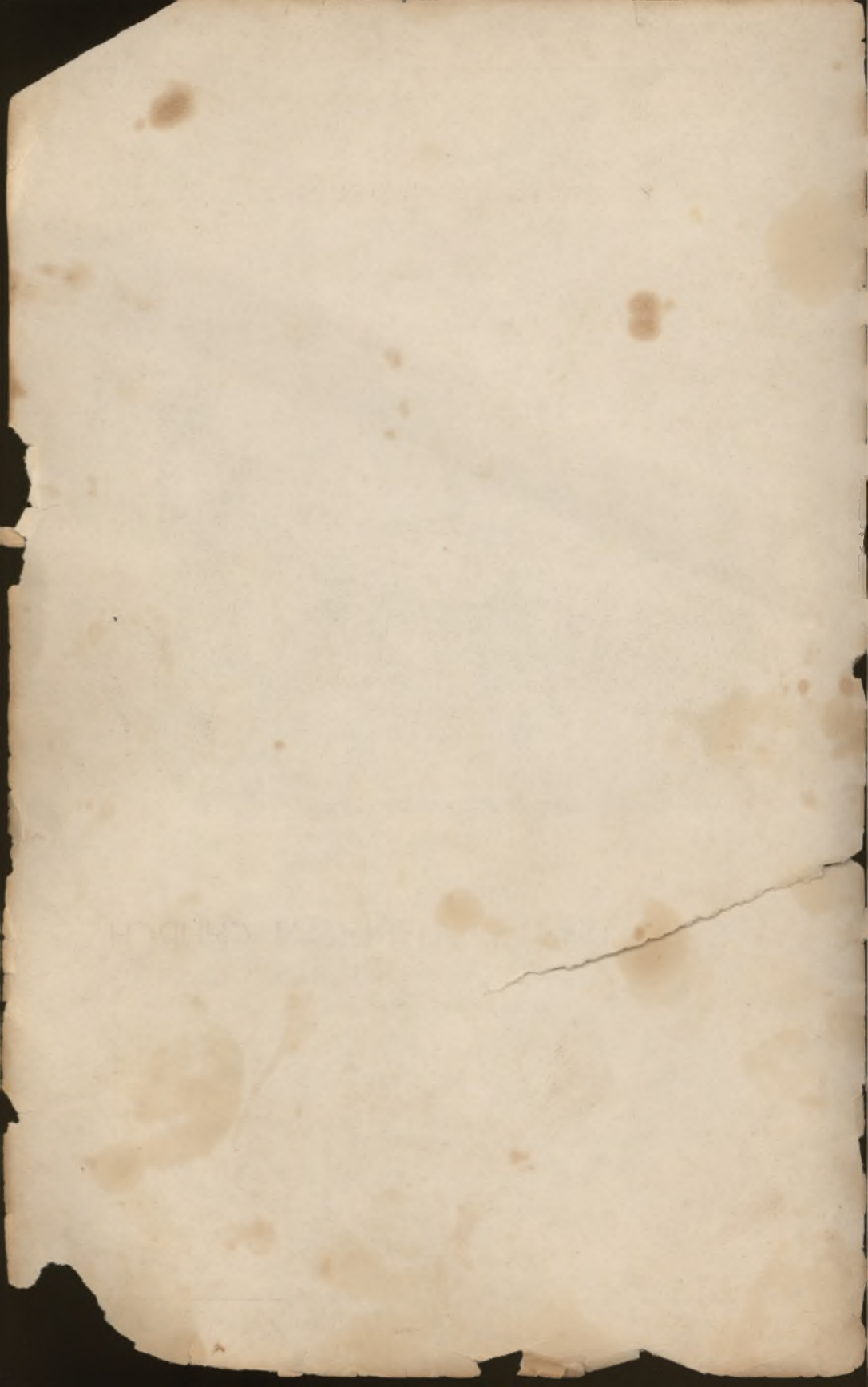




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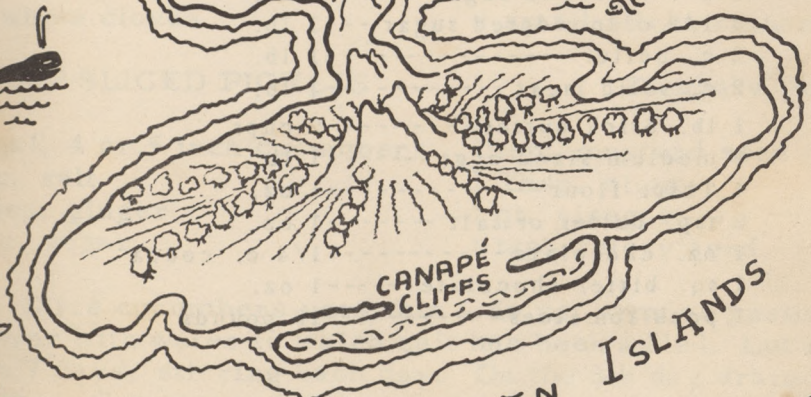
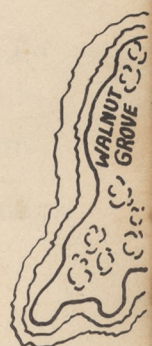
AT VICTORS

AT VICTORS

APPETIZERS



MAP of



LAZY SUZAN ISLANDS

RELISHES

GARNISHES

KITCHEN MEASURES

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

MEASURE ABBREVIATIONS

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

APPETIZERS, RELISHES, GARNISHES

TO CAN STRING BEANS

Mrs. Edward Paulson

Take 2 gal. of beans ready to cook and 3 4 c. vinegar, 1/2 c. salt and 1/2 c. sugar. Cover with water and cook 1/2 hour from the time they start to boil. Have jars ready and lids hot, then can.

When ready to use, drain water off, and cook until done.

PICKLED PEACHES

7 c. sugar

1 pt. vinegar

1 pt. water

Put in a kettle and boil 20 minutes and add fruit. To each quart jar of peaches add:

3 whole cloves

3 small sticks cinnamon

CRISP SLICED PICKLES

Eleanore Paulson

1 gal. 4 or 5 inch cucumbers

1 tsp. mustard seed

1 c. salt

1 Tbsp. alum

1 tsp. ginger

1 qt. vinegar

5 c. sugar

1 tsp. celery seed

Slice cucumbers very thin - do not remove peeling. Cover with water to which salt has been added. Let stand for 7 days, stirring each day. On the 8th day drain and rinse. Cover with boiling water and alum. Bring to a boil, drain and rinse. Cover with boiling water and ginger. Let stand 2 hours. Drain and cover with vinegar, sugar, celery seed and mustard seed. Bring to a boil. Pack and seal.

SWEET PICKLES (14 DAY)

June Wiepert

1st day:

6 qts. small cucumbers

3 or 4 qts. water

1 1/2 c. pickling salt

Scrub cucumbers and put in crock. Pour brine of water and salt over cucumbers (cold). Weight down, cover and let stand 1 week.

SWEET PICKLES (Continued)

8th day:

Drain pickles. Pour 1 gallon boiling water over them. Cover and let stand.

9th day:

Drain pickles. Dissolve 1 Tbsp. of alum in 1 gallon of boiling water. Pour over pickles as before. Let stand.

10th day:

Drain pickles. Pour 1 gallon boiling water over them. Let stand.

11th day:

Drain pickles. Prepare syrup of:

2 qts. vinegar (brown
vinegar)

4 c. sugar
any desired spices (dill
and celery seed are good
or mixed pickling spices)

Boil syrup 2 minutes. Pour over pickles and let stand.

12th day:

Drain pickles. Bring syrup to boil, adding to it 1 c. sugar. Pour over pickles and let stand overnight.

13th day:

Same as 12th day.

14th day:

Drain pickles and pack in hot sterilized jars. Heat syrup and pour over pickles. Seal at once.

Makes about 6 quarts.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

SOUPS SALADS



VEGETABLES

QUANTITY SERVINGS FOR FIFTY

Juice for Cocktail -----	6 1/2 quarts
Lemons for lemonade -----	6 dozen
Peas, No. 2 1/2 can -----	10 to 12
Potatoes, white, creamed- - - - -	16 pounds
buttered, whole -----	20 pounds
au Gratin (with 4 c. medium ---	15 pounds
sauce and 1 lb. cheese)	
Potato Salad -----	12 pounds, 2 dozen
	eggs, 2 bunches cel-
	ery, pickle, 4 green
	peppers, mayonnaise &
	seasoning to taste.
Potatoes, sweet, souffle -----	16 pounds
candied -----	18 to 20 pounds
Cabbage Salad, slaw -----	8 pounds, 2 bunches
	carrots, 1 bunch of
	celery, dressing
Cabbage-Apple Salad -----	6 pounds cabbage
	1/2 dozen apples,
	2 boxes raisins &
	nuts
Rice -----	3 pounds
Grits -----	2 1/2 pounds
Fresh Tomatoes -----	10 pounds
Rolls -----	15 dozen or 6 yeast
	cakes made in rolls
Beef Roast -----	18 to 20 pounds
Meat Cakes, ground meat -----	16 to 18 pounds
Meat Loaf -----	12 to 15 pounds
Fresh Ham -----	20 to 25 pounds
tenderized -----	17 to 20 pounds
Sausage -----	16 pounds
Chicken, dressed, creamed -----	15 to 18 pounds
baked -----	25 to 30 pounds
Turkey, dressed and drawn -----	22 to 25 pounds
Chicken Stew -----	4 hens weighing 5
	pounds or more
Brunswick Stew -----	14 pounds beef, 3
	pounds lean pork,
	1 fowl, 7 cans to-
	matoes, 4 cans of
	corn
Ice Cream -----	2 gallons of bulk
Coffee -----	1 pound

SOUPS, SALADS, VEGETABLES

CARROT RING

Mrs. C. H. Juhl

Cook 10 medium sized carrots in salted water or 1 qt. canned carrots. Drain and mash. Then add:

1 c. milk	1 c. bread crumbs
1 diced onion	3 eggs, beaten
1/4 c. butter	salt and pepper

Pour in greased ring mold and bake 1/2 hour. Unmold and fill center with creamed peas.

BOILED SALAD DRESSING

Mrs. FR. Kreutz

1 tsp. salt	2 Tbsp. sugar
1 Tbsp. flour	1 tsp. mustard
a little pepper	2 egg yolks
1/4 c. vinegar	3/4 c. milk

Add beaten eggs to dry ingredients, stir in vinegar and milk. Cook until thick. This is nice for potato salad.

ONION DRESSING

Juanita Swanson

1 c. (Mazola) oil	1/2 c. sugar
1 tsp. mustard	4 Tbsp. vinegar
1 tsp. celery seed	1 tsp. paprika
3 Tbsp. onion juice	1 tsp. salt

Mix dry ingredients with onion juice, then add vinegar and oil alternately and beat hard.

FROZEN PINEAPPLE AND FRUIT SALAD

Bertha Giese

1 pkg. cream cheese	1/4 lb. soft marshmallows
2 Tbsp. mayonnaise	1 #2 can sliced pineapple
pinch of salt	1 #2 can fruit cocktail
1/2 pt. heavy cream	16 maraschino cherries

Work in 2 Tbsp. mayonnaise with 1 pkg. cream cheese, adding a pinch of salt. Whip 1/2 pt. cream and add 1/4 lb. marshmallows cut in small pieces. Combine and add cut up pineapple, fruit cocktail all well drained, and cherries. Put in ice cube tray and freeze until firm - overnight if possible.

DIVINITY OR COTTAGE CHEESE SALAD

Luella Moranville

1 pkg. jello - dissolve in 1 c. hot water with 2 Tbsp. sugar and 1 tsp. salt. When cool, add:

1/2 c. nuts	1 c. crushed pineapple
1/2 lb. cottage cheese	1 c. cream whipped with 2 Tbsp. salad dressing

PINEAPPLE FLUFF SALAD

Mrs. Allyn Christensen

Dissolve 1 pkg. lime jello in 3/4 c. hot water. Cool and jell slightly.

Whip 1 c. cream (not too stiff). Mix: 1/3 oz. pkg. Philadelphia cream cheese (room temperature) with the whipped cream.

Add:

1 c. crushed pineapple	1/2 c. chopped nuts pinch of salt
------------------------	--------------------------------------

Now add jello. Put in mold or pan. Serves 6.

BREATH OF SPRING SALAD

Dorothy Giese

1 can of peas	1 tsp. grated onion
3 Tbsp. vinegar	1 pkg. lemon gelatin
1/8 tsp. pepper	1 c. shredded cabbage
1 tsp. salt	1/2 c. shredded carrots

Drain peas, measure liquid and add water to make 1 3/4 cups of liquid in all. Heat this to a boil with the vinegar, salt, pepper and onion. Stir in gelatin. Chill until syrupy; add vegetables. Pour into an oiled mold; chill. Serves 6.

24 HOUR SALAD

Mrs. C. H. Juhl

2 eggs, beaten	4 Tbsp. lemon juice
4 Tbsp. sugar	

Cook until custard. Remove from heat and add 2 Tbsp. butter. Cool.

1 c. peaches, sliced	2 oranges, sliced
1 large can sliced pineapple	2 c. marshmallows, cut up

Drain fruit well. Whip 1/2 pt. cream. Add to cooled



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24 HOUR SALAD (Continued)

custard mixture. Stir all together and set in cool place.

CINNAMON APPLES

Mrs. Fr. Kreutz

6 med. sized Jonathan apples 2 c. water
1/2 c. red cinnamon candies 3/4 c. sugar

Cook candy and sugar in water until dissolved. Add whole apples which have been peeled and cored and cook slowly until tender. Remove from syrup carefully. Chill. You may fill center with cottage cheese and chopped nuts, or dates chopped fine with a little pineapple or celery and pineapple with a little dressing.

This is fine for Christmas decoration when served on a lettuce leaf.

CHICKEN SALAD SUPREME

Elsie Herrick

2 c. cooked chicken, cubed	1 c. cooked macaroni, shell preferred
2 Tbsp. stuffed olives, cut fine	1 Tbsp. ripe olives, cut fine
2 Tbsp. sweet pickles, cut fine	1/2 c. toasted almonds, ground fine
3/4 c. celery, cut fine	3/4 c. mayonnaise
2 hard cooked eggs, cut	

Add celery salt and paprika to taste.

Combine ingredients, toss lightly. Serve on lettuce with parsley garnish.

Serves 8.

CRANBERRY SALAD

Mrs. Edward Paulson

1 qt. cranberries	1 orange and rind ground
1/2 c. celery, cut	1 c. carrots, cut fine
juice of 1/2 lemon	1 box raspberry jello dissolved in 1 c. boiling water and 1 1/2 c. sugar

Dissolve jello, water and sugar together. Mix with the cranberry mixture. Set in refrigerator.

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Write Extra Recipes Here:

MEAT, FISH, POULTRY

BARBECUED WIMPIES

Bertha Giese

Brown 1 lb. ground beef in 1 Tbsp. shortening, add 1 c. finely chopped onion, 1 c. chopped green pepper, 1 Tbsp. sugar, 1 Tbsp. prepared mustard, 1 Tbsp. vinegar, 1 tsp. salt, 1/2 tsp. cloves (optional), 1 c. tomato catsup.

Serve on hamburger or wiener buns.

HAM LOAF

Mrs. Fr. Kreutz

1 lb. ham
1 lb. smoked ham
1 c. bread or cracker
crumbs

1 lb. lean pork
1 egg
1 c. milk
a little pepper

Cover with 1 can strained tomatoes. Baste often. Bake about 1 1/2 hours.

ESCALLOPED CHICKEN

Bertha Giese

1 - 4 1/2 lb. hen
1/2 c. chicken fat
3 to 4 c. chicken broth
1/4 small can pimientos
10 soda crackers, rolled
fine

2 tsp. salt
1/2 c. flour
1 small can mushrooms
and juice
2 Tbsp. yellow cheese
paprika

Dress hen and cut into pieces. Cover with water, add salt and boil until tender. Add water while cooking if necessary. Save broth and cool. Cut chicken into small pieces after removing from bones or grind with coarse cutter. Skim fat from broth, measure, and melt in sauce pan. Add flour. Cook a few minutes. Add broth and liquid from the mushrooms. Cook and stir until smooth and thick. Add chicken. Salt more if needed.

Grease casserole. Add one-half of chicken mixture. Add one-half of crackers. Add remainder of chicken and top with remaining crumbs. Sprinkle with cheese and paprika. Bake for one hour in 300 degree oven.

SALMON LOAF

Mrs. H. C. Jones

2 c. flaked and boned salmon
1/4 c. milk
1 unbeaten egg

1 1/2 c. soft bread crumbs
1/4 tsp. salt
1/8 tsp. pepper

SALMON LOAF (Continued)

2 tsp. lemon juice (optional)

Mix all together well, and put in greased loaf pan. Bake until lightly browned. Remove from oven, let stand 5 minutes and turn out on platter. Is delicious served with the following sauce poured over it:

Melt 2 Tbsp. butter in sauce pan. Blend in 2 Tbsp. of flour. Take from heat, gradually stir in 2 c. milk. Cook over low heat until thickened. Season with salt and pepper. Add any of these: 2 hard cooked eggs, cut up, or 1 c. peas, or 1/4 c. chopped pickles or olives.

MAID-RITES

Mrs. James Owens

2 lbs. hamburger	1/4 c. hot water
1 onion, large, chopped	1/2 c. catsup
1/4 tsp. chili powder	Worcestershire sauce to taste

Simmer hamburger, water and onions. Then add catsup, chili powder and Worcestershire sauce. Then simmer on low flame until done.

Write an Extra Recipe Here:

BREAD ROLLS

STRATOSPHERE

PASTRY



TO QUICK-FREEZE FRUITS

Select only well-ripened, high-quality fruits. Be sure to wash thoroughly. Cleanliness is ESSENTIAL. Fruit that has been thawed should never be re-frozen. Follow directions for specific fruits. Apples and peaches should be pared, sorted, washed, halved or sliced. Slice or pit other fruits. Cherries may be pitted or left whole. Strawberries may be left whole or sliced.

To prevent darkening of light-colored fruits an addition of small quantities of ascorbic acid is recommended for apples, peaches, apricots and plums. Ascorbic acid is the scientific name for Vitamin C. Sweeten each fruit although some fruits may be packed without sugar, the practice is not recommended. Careful packaging is necessary to prevent oxidation and drying out during storage. Be sure to freeze quickly.

FRUIT	HOW PREPARED	HOW SWEETENED
APPLES	Pare, core, slice into uniform sections, scald in hot syrup 180° F. for 3 min. Chill before packing.	Dry pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40% syrup)
BLACKBERRIES	Sort, wash gently.	Dry Pack: 1 c. sugar to 4 or 5 c. fruit / or (50 to 60% syrup)
CHERRIES, SOUR	Sort, wash, drain, pit or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit
CHERRIES, SWEET	Sort, wash, drain, pit or whole.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or (40 to 50% syrup)
CRANBERRIES	Sort, wash.	Dry Pack: 1 c. sugar to 6 c. fruit or cooked in a 50 to 60% syrup
GOOSEBERRIES	Sort, wash, drain. May be used whole, crushed or sieved for juice.	Dry Pack: 1 c. sugar to 5 c. fruit / or 40% syrup
PEACHES (FREESTONE) AND NECTARINES	Sort, pare, pit, halve or slice directly into syrup.	50 to 60% syrup plus ascorbic acid
PINEAPPLE	Pare, cut into small sections.	Dry Pack: 1 c. sugar to 4 c. fruit / or 50 to 60% syrup plus ascorbic acid
PLUMS, PRUNES	Sort, wash, halve, pit.	Dry Pack: 1 c. sugar to 5 c. fruit plus ascorbic acid / or 50 to 60% syrup
RASPBERRIES	Sort, do not wash unless necessary.	Dry Pack: 1 c. sugar to 6 c. fruit / or 40% syrup
STRAWBERRIES	Wash, sort, hull. Slice or leave whole.	Dry Pack: 1 c. sugar to 5 c. fruit. Juice must cover berries

CHOCOLATE CHIFFON PIE (Continued)

Set aside.

3 egg whites, beaten stiff and dry	1/2 c. white sugar
1 tsp. vanilla	1 c. cream, whipped
4 Tbsp. chopped nuts	1/2 c. shaved sweet chocolate

Mixing: Soften gelatin in cold water and then dissolve over hot water. Beat egg whites and add sugar. Add the gelatin, flavoring, chocolate and nuts. Then fold in the whipped cream.

The secret in making this is folding in. Be extra careful when folding in gelatin. Put in refrigerator until chilled.

PEACH PIE

Juanita Swanson

Sift:

1 c. sugar	2/3 c. flour
------------	--------------

Mix in 4 Tbsp. butter. Place 1/2 of this mixture in pie crust, add cut up peaches to fill pie. Top peaches with other 1/2 of top mixture. Bake at 450 degrees for 10 minutes and then 350 degrees for 50 minutes.

CHOCOLATE PIE

Luella Moranville

2 sq. bitter chocolate	2 Tbsp. butter
1/4 c. flour	1 c. sugar
1/4 tsp. salt	2 1/2 c. milk, scalded
3/4 tsp. vanilla	3 eggs, separated

Melt chocolate and butter over hot water in top of double boiler. Mix flour, sugar and salt and stir into chocolate. Add milk and stir constantly until mixture is thickened. Beat egg yolks well, stir in a little of the chocolate mixture, then pour into rest of hot mixture, and cook 2 minutes. Remove from heat and stir in vanilla. Pour into baked pie shell, using egg whites for meringue.

PECAN PIE

Maxine Brown

3 eggs	1 c. sugar
3/4 c. light corn syrup	1/4 tsp. salt
1/4 c. melted butter or margarine	1 tsp. vanilla
	1 c. pecan halves

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PECAN PIE (Continued)

Beat eggs. Add sugar, corn syrup and salt and beat well. Stir in butter and vanilla. Add nuts. Pour into 9-inch pie shell and bake 400 degrees 15 minutes, reduce heat to 350 degrees and bake approximately 30 minutes longer or until a silver knife inserted comes out clean.

HEAVENLY PIE

Mrs. Elmer Christensen

Beat 4 egg whites until frothy. Add 1/4 tsp. cream of tartar and beat until stiff. Add 1 c. sugar and beat until very stiff. Spread in well buttered pan (9 inch cake or pie tin) and bake in slow oven, about 300 degrees, for an hour. Let cool.

Lemon Filling for Pie:

4 egg yolks	pinch of salt
1/2 c. sugar	rind and juice of 1 lemon

Beat egg yolks until thick, add remaining ingredients and cook in double boiler until thick. Let cool.

5. Pour into well greased loaf pan, holding about 6 cups. Let stand 20 minutes before baking.

6. Bake at 350 degrees about 1 hour. Cool before slicing.

CORN BREAD

Mrs. Leona Naeve

1 c. milk	3 1/2 tsp. baking powder
1 c. flour	3 Tbsp. sugar
1 c. yellow corn meal	1 tsp. salt
1 egg	1/4 c. melted shortening

Sift flour and baking powder, salt and sugar. Beat egg slightly. Add with milk and shortening to the flour mixture and mix just enough to moisten dry ingredients. Do not beat. Bake 30 minutes in 425 degree oven.

DOUGHNUTS

Mrs. H. C. Jones

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

GRIDDLE CAKES (Continued)

Method: Sift flour, measure, and resift with baking powder, salt and sugar. Beat eggs in mixing bowl, add milk and mix. Stir in melted shortening. Then add flour mixture all at once, and beat until perfectly smooth. Use moderately hot griddle lightly greased.

PECAN ROLLS

Mrs. Edward Paulson

Dissolve 1 pkg. yeast into 1/4 c. warm water. Scald 1 c. milk - add 1/4 c. butter, 1/2 c. sugar and 2 tsp. salt to milk and stir until dissolved.

Cool milk mixture to lukewarm then add 2 c. sifted flour. Beat well. Add dissolved yeast and 3 eggs and then add 3 1/2 c. sifted flour to form a soft dough. Cover - let rise until double in bulk. Turn out on a floured board, roll out into rectangle (16 x 20 inches) about 1/4 inch thick.

Spread with 2 Tbsp. melted butter and 1 c. brown sugar. Roll up like jelly roll and cut into 1 inch thick slices. Cover bottom of your pan with 1/2 c. melted butter, sprinkle with 3/4 c. brown sugar and 1 c. whole pecans. Place rolls in pan - let rise until double in bulk. Bake at 350 degrees for 30 minutes.

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TWIN MOUNTAIN MUFFINS (Continued)

Combine eggs and milk and add to flour mixture. Then mix only enough to dampen all the flour. Bake in greased muffin tins in a hot oven.

BANANA NUT BREAD

Maxine Brown

1. Mix until smooth and well blended:

1 c. shortening	1 c. sugar
	2 eggs

2. Stir in:

3 Tbsp. sour milk or buttermilk	1 c. mashed bananas
---------------------------------	---------------------

3. Sift together and stir in:

2 c. sifted flour	1 tsp. soda
1/2 tsp. salt	

4. Blend in:	1 c. chopped nuts
--------------	-------------------

5. Pour into well greased loaf pan, holding about 6 cups. Let stand 20 minutes before baking.

6. Bake at 350 degrees about 1 hour. Cool before slicing.

CORN BREAD

Mrs. Leona Naeve

1 c. milk	3 1/2 tsp. baking powder
1 c. flour	3 Tbsp. sugar
1 c. yellow corn meal	1 tsp. salt
1 egg	1/4 c. melted shortening

Sift flour and baking powder, salt and sugar. Beat egg slightly. Add with milk and shortening to the flour mixture and mix just enough to moisten dry ingredients. Do not beat. Bake 30 minutes in 425 degree oven.

DOUGHNUTS

Mrs. H. C. Jones

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

DOUGHNUTS (Continued)

Cream butter and sugar, add well beaten eggs, the milk and rest of ingredients. Bake in hot grease and roll in sugar while warm.

RAISED DOUGHNUTS

Marjorie Crouse

1 pkg. active dry yeast	1 1/4 tsp. salt
1/4 c. warm water	1 egg, beaten
3/4 c. lukewarm milk	1/4 c. soft shortening
1/4 c. sugar	3 1/2 c. sifted all purpose flour

Dissolve yeast by letting stand 5 minutes in warm water. In a bowl mix the lukewarm milk, sugar and salt. Add the dissolved yeast. Then stir in the egg and shortening. Gradually stir in flour. Turn onto a floured board and knead until smooth and elastic. Put in a lightly greased bowl. Cover with a damp cloth and let rise in a warm place 80 to 85 degrees about 1 1/2 to 2 hours.

Punch down. Let rise again until almost double in size (30 to 45 minutes). Roll to 1/2 inch thickness. Cut with 3 inch doughnut cutter. Let rise on the board until very light (30 to 45 minutes). Leave uncovered after cutting so crust will form on the tops. Slip top side down into deep hot fat, 375 degrees. Take about 3 minutes for the doughnuts to be completely done.

DATE NUT BREAD

Mrs. C. H. Juhl

2 c. dates	1 egg
1 c. boiling water	2 c. flour
1 tsp. soda	1 tsp. baking powder
1 c. sugar	1 tsp. vanilla
1 Tbsp. butter	1 c. nuts

Method: Cut up dates, sprinkle with soda and pour boiling water over this. Let cool. Cream butter and sugar, add beaten egg. Add sifted flour to which baking powder has been added. Add vanilla and nuts. Bake one hour.

BUTTER HORN ROLLS

Mrs. Allyn Christensen

1 cake yeast	1 Tbsp. sugar
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Mix. Add:

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GRAND JUNCTION, IOWA

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OGDEN, IOWA

BUTTER HORN ROLLS (Continued)

1 c. lukewarm milk
1/2 c. sugar

1/2 scant c. shortening

Add:

2 egg yolks, beaten

pinch of salt

Mix in: 4 c. flour or until the right consistency. Let raise. Knead. Roll flat. Cut in 16 pieces. Put on pan. Bake 20 minutes in moderate oven.

QUICK COFFEE CAKE

Mrs. Fr. Kreutz

1/2 c. sugar
1 c. flour, heaping
2 tsp. baking powder
pinch of salt

1 egg
4 Tbsp melted butter
1/2 c. milk

Mix well. Sprinkle with sugar and cinnamon - or -

2 Tbsp. flour
2 Tbsp. butter

4 Tbsp. sugar
1/2 Tbsp. cinnamon

Mix well with hand, then brush cake with a little butter and sprinkle on top.

APPLE COFFEE CAKE

Mrs. H. C. Jones

Sift together:

1 1/2 c. flour
1/4 tsp. salt

2 tsp. baking powder

Cream:

1/4 c. butter

3/4 c. sugar

Add 1 egg - beat until fluffy.

Combine 1 tsp. vanilla with 1/2 c. milk - add alternately with dry ingredients to creamed mixture. Pour batter into 8-inch square pan, arrange apple slices in rows over top. Combine 2 Tbsp. butter and 1/3 c. sugar and 1 tsp. of cinnamon. Sprinkle over apples and bake in moderate oven 350 degrees for 35 to 40 minutes.

Write Extra Recipes Here:

1/2 cup lukewarm milk
1/2 cup sugar

2 egg yolks, beaten

Mix in 4 c. flour or until the right consistency. Put in pan. Bake 30 minutes in moderate oven.

Mrs. W. K. ...

ONE COFFEE CAKE

1/2 cup sugar
1/2 cup butter
1/2 cup coffee powder
1/2 cup milk

Mix all well. Bake in moderate oven.

1/2 cup butter
1/2 cup sugar

Mix all well. Bake in moderate oven.

Mrs. H. C. ...

1/2 cup butter
1/2 cup sugar

Mix all well. Bake in moderate oven.

1/2 cup butter
1/2 cup sugar

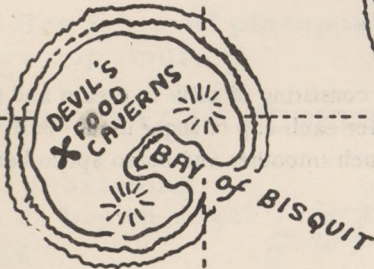
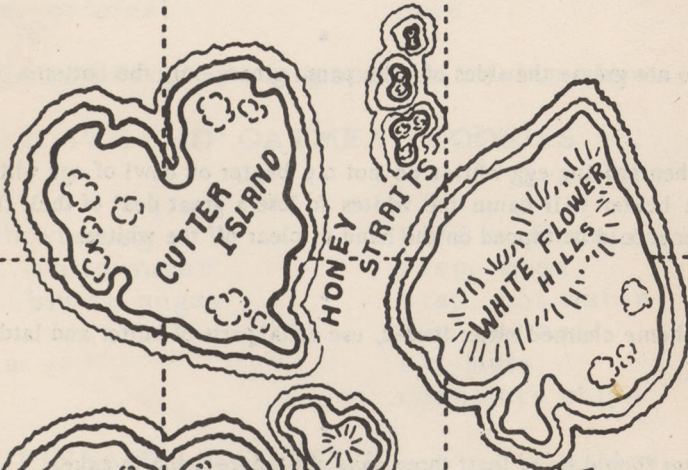
Mix all well. Bake in moderate oven.

1/2 cup butter
1/2 cup sugar

Mix all well. Bake in moderate oven.

1/2 cup butter
1/2 cup sugar

COOKIES



CAKES

COOKIE ISLES



COOKING SUGGESTIONS

To toast cocoanut for cakes, put in pie pan and place in moderate oven, stir often from edges, to brown evenly.

Flour should be sifted once before measuring. Fill the cup without packing.

Do not grease the sides of cake pans, grease only the bottoms.

When beating egg whites do not tap beater on bowl of egg whites. The jar of the beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

If home churned butter is used, use equal parts of butter and lard or other shortening.

Eggs should be at least three days old before using in cakes.

SLOW OVEN ----- 250 to 325 degrees
MODERATE OVEN -- 350 to 375 degrees
HOT OVEN ----- 400 to 450 degrees
VERY HOT OVEN -- 450 to 500 degrees

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bath tub.

COOKIES AND CAKES

DATE TASTIE'S COOKIES

Mrs. Roy Mills

3/4 c. shortening
2 c. brown sugar
2 eggs
1/2 c. coffee
almond extract
1 1/2 c. oatmeal

3 c. flour
1 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg
1 c. dates
nuts

Mix and drop by teaspoons on cookie sheet.

CHOCOLATE CHIP OATMEAL COOKIES

Juanita Swanson

1 c. shortening
3/4 c. white sugar
3/4 c. brown sugar
2 eggs
vanilla
salt

1 1/2 c. flour
1 tsp. soda
1 tsp. hot water
2 c. oatmeal
1 c. nuts
chocolate chips

SOFT PINEAPPLE COOKIES

Mrs. John Goos

1 c. white sugar
1 c. brown sugar
2 beaten eggs
1 c. shortening
1 small can drained pineapple

1 tsp. flavoring
1 c. nut meats
1 tsp. soda in
3 c. flour
1 1/2 tsp. baking powder
salt

Use juice off pineapple after all is mixed. Put in one more cup flour.

ORANGE PECAN COOKIES

Leona Naeve

1 c. shortening
1/2 c. brown sugar
1 egg
1/2 tsp. soda
2 Tbsp. orange juice

1 Tbsp. orange rind
1/2 c. nuts
1/4 tsp. salt
2 3/4 c. flour

1/2 cup white sugar

Put shortening, sugar, egg, orange juice and orange rind in bowl, sprinkle soda on top of this, then add flour and nuts. Roll in ball, press down with a fork, and bake.

WALNUT STICKS

Mrs. Roy Mills

1 c. brown sugar	1/2 tsp. vanilla
1/2 c. sifted flour	2 eggs, well beaten
1/4 tsp. salt	1 c. black walnuts

Spread in pan and bake in moderate oven 20 minutes. Cut into strips while warm. Shake powdered sugar over all.

OATMEAL COOKIES

Mrs. Allyn Christensen

1 c. raisins	1 pt. water
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Cook until tender.

1 c. sugar	1 c. Crisco
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Cream. Add:

2 eggs	1 tsp. baking powder
2 c. flour	2 c. quick oatmeal
1/2 c. nut meats, chopped	1/2 tsp. salt

Now mix together and add raisins and 8 tsp. of water raisins were boiled in. Dissolve 1 tsp. soda in this water. Mix and drop from spoon on cookie sheets. Bake in moderate oven 12 to 15 minutes.

OATMEAL COOKIES

Mrs. Orville Guess

2 c. brown sugar	2 eggs
1 c. butter or half lard	4 c. oatmeal
1 c. coconut	1 tsp. soda mixed in flour

Cream 2 c. brown sugar and shortening until light, add 2 eggs and mix well. Put coconut and oatmeal through food chopper and mix it in with the flour and soda. Then combine all ingredients together and mix well. Form into little balls and bake slowly on cookie sheet.

PECAN TEA DAINITIES

Marilyn Peterson

1/2 c. butter	1/4 tsp. salt
1/2 c. oleo	1/2 c. nut meats
1/2 c. sugar	(pecans or walnuts)
1 tsp. vanilla	2 c. flour

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PECAN TEA DAINITIES (Continued)

Cream shortening and sugar, add remaining ingredients. Make in small balls. Bake in slow oven 20 minutes, roll in powdered sugar while still warm.

CANDY ORANGE SLICE DROP COOKIES Mrs. Roy Mills

4 eggs	1 tsp. baking powder
2 1/4 c. brown sugar	18 candy orange slices,
2 1/4 c. flour	cut fine

Mix in order given. Do not grease pan - flour it lightly. Bake in moderate oven. Will burn easily.

DATE SQUARES Mrs. H. C. Jones

1 3/4 c. quick oatmeal	1 c. butter
1 3/4 c. flour	1 tsp. soda
1 c. brown sugar	

Mix as pie crust and spread one half of mixture on bottom of square pan greased lightly. Pack firmly.

Put the following date mixture which has been boiled and cooled on top of the oatmeal mixture in pan.

1 lb. dates	3/4 c. water
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Cook until soft. Add 1 c. sugar and 3/4 c. chopped nuts, if desired. Cook until paste forms on top of this, spread remaining crumbs, bake in moderate oven until brown. Cut in squares.

MOLASSES CRINKLES Mrs. James Owens

3/4 c. shortening	2 tsp. soda
1 c. brown sugar	1/2 tsp. cloves
(packed)	1 tsp. cinnamon
1 egg	1 tsp. ginger
1/4 tsp. salt	4 Tbsp. molasses
2 1/4 c. flour	

Cream the shortening, add the sugar very gradually and cream this mixture good. Blend in beaten egg and molasses.

Sift the flour once before measuring. Then sift together all dry ingredients, flour, salt, soda, cloves,

MOLASSES CRINKLES (Continued)

cinnamon and ginger. Then stir into creamed mixture. Mix well and set in refrigerator to chill one hour or more.

Last step. Take the chilled cookie dough from the refrigerator and shape into balls the size of large walnuts. Dip tops in sugar. Place the cookies with the unsugared side down about 3 inches apart on a heavy greased baking sheet. Sprinkle each cookie with 2 or 3 drops of water. Bake 12-15 minutes in a moderate oven 375 degrees.

SUGAR COOKIES

Eda Paulson

1 1/2 c. sugar	1/2 tsp. soda
1/2 c. butter	vanilla
2 eggs, beaten	pinch of salt
3 Tbsp. sour cream	use enough flour to roll

MACAROONS

Marilyn Peterson

2 egg whites	1 c. coconut
1/8 tsp. salt	1 c. sugar
1 tsp. vanilla	2 c. corn flakes

Beat egg whites stiff but not dry. Add vanilla and sugar, gradually, beating constantly. Fold in the remaining ingredients. Drop on a well greased sheet and bake 15 to 20 minutes at 300 to 325 degrees.

COFFEE CREAMS

Luella Moranville

1 c. brown sugar	1/2 c. raisins
1/2 c. shortening	1/2 c. nuts
1 egg	1/2 tsp. nutmeg
1/2 c. cold coffee	1/2 tsp. cinnamon
1/2 tsp. soda	1 1/2 c. flour
1/2 tsp. baking powder	

Cream sugar and shortening, add egg, coffee; beat well. Sift in dry ingredients; add raisins. Bake 30 minutes in 325 degree oven.

COCONUT DREAM SQUARES

Marilyn Peterson

1 1/4 c. cake flour	2 eggs
1 1/4 c. brown sugar	1/2 tsp. baking powder
1/4 c. butter	1 tsp. vanilla

COCONUT DREAM SQUARES (Continued)

1/2 c. nut meats (may be omitted) 1 1/2 c. coconut

Combine 1 c. flour and 1/4 c. sugar. Cut in butter. Put in greased pan and bake 15 minutes at 350 degrees. Beat eggs until light and foamy. Add remaining sugar. Sift in remaining 1/4 c. flour and baking powder into egg mixture. Add vanilla, nuts and coconut and spread on baked cake. Return to oven and bake another 20 minutes.

PIN WHEEL DATE COOKIES Mrs. Edward Paulson

2 1/4 c. chopped dates 1 c. sugar
1 c. water

Cook until thick and cool - then add:

2 c. brown sugar 4 c. flour
1 c. shortening 1/2 tsp. soda
3 eggs, well beaten 1/2 tsp. salt

Mix and chill - divide in 2 parts. Roll each in rectangular shape, spread with date mixture and roll up like jelly roll. Chill overnight or until chilled through. Then slice and bake 10 to 12 minutes.

Makes 6 dozen.

KISSES Mrs. O. B. Herrick

3 egg whites, beaten stiff 1 1/2 c. sugar
1/4 tsp. ground cardamom seed

Bake in slow oven. Drop with a teaspoon on a sheet of brown paper placed on baking sheet. When done, take off at once.

SNICKERDOODLES Maxine Brown

1 c. soft shortening 1 1/2 c. sugar
2 eggs

Mix together thoroughly.

2 3/4 c. sifted flour 2 tsp. cream of tartar
1 tsp. soda 1/2 tsp. salt

Sift together and stir in.

SNICKERDOODLES (Continued)

Chill dough. Roll into balls the size of walnuts. Roll in mixture of 2 Tbsp. sugar and 2 tsp. cinnamon, place about 2 inches apart on ungreased baking sheet. Bake until lightly browned. (These cookies puff up, then flatten out with crinkled tops.) Bake at 400 degrees, 8 to 10 minutes.

CHOCOLATE ICE BOX COOKIES

Mrs. Fr. Kreutz

1/2 c. shortening	2 sq. melted chocolate
1 c. brown sugar	2 Tbsp. milk
1 egg	2 1/2 c. flour
1/4 tsp. salt	1 tsp. baking powder
1 tsp. vanilla	

Cream shortening and sugar. Add the rest of ingredients and shape into loaf. Chill overnight. Use sharp knife and cut real thin and bake on well greased baking sheet.

WHITE PFEFFERNEUSSE

Mrs. O. B. Herrick

2 1/2 c. lard	1/4 tsp. soda
2 1/2 c. sugar	1 tsp. ground cardamom
1/2 tsp. salt	seed
1/2 c. sour cream	5 1/2 c. flour

Cream lard, add sugar and cream. Add sour cream and soda, cream more all together. Add flour a little at a time. Form in rolls 1 inch thick, break off 1 inch pieces. Set on ungreased baking sheet and bake slow for 1 hour.

LEBKUCKEN

Maxine Brown

(Old Time German Xmas Honey Cakes)

Mix together and bring to boil:

1/2 c. honey	1/2 c. molasses
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Cool thoroughly. Stir in:

3/4 c. brown sugar	1 Tbsp. lemon juice
1 egg	1 tsp. grated lemon rind

Sift together and stir in:

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LEBKUCKEN (Continued)

2 3/4 c. sifted flour	1/2 tsp. soda
1 tsp. cinnamon	1 tsp. cloves
1 tsp. allspice	1 tsp. nutmeg

Mix in:

1/3 c. cut up citron	1/3 c. chopped nuts
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Chill dough overnight. Roll small amount at a time, keeping rest chilled. Roll out 1/4 inch thick and cut into oblong 1 1/2 x 2 1/2 inches. Place one inch apart on greased baking sheet. Bake from 10 to 12 minutes in 400 degree oven. While cookies bake, make glazing icing. Brush it over cookies the minute they are out of oven. Then quickly remove from baking sheet. Cool and store to mellow.

Glazing Icing:

Boil together 1 c. sugar and 1/2 c. water until first indication of a thread (230 degrees). Remove from heat. Stir in 1/4 c. confectioners' sugar, brush on while hot. (When icing gets sugary, reheat slightly, adding a little water until clear again.)

STRAWBERRY POP CAKE

Bertha Giese

Cream together:

3/4 c. shortening	2 c. sugar
pinch of salt	

Sift together 3 times:

3 c. flour	2 tsp. baking powder
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Add dry ingredients alternately with 1 c. strawberry pop. Fold in 5 egg whites beaten stiff but not dry. Bake 30 to 35 minutes at 350 degrees.

Icing:

Use remainder of pop powdered sugar and 1 Tbsp. butter.

SPICE CAKE

Eda Paulson

1/2 c. shortening	2 1/2 c. cake flour
1 1/2 c. sugar	1 tsp. cinnamon
2 beaten eggs	1/4 tsp. cloves
3/4 tsp. soda	1/2 tsp. allspice
1 c. sour milk or buttermilk	1/4 tsp. nutmeg
1 c. chopped raisins or nuts	1/4 tsp. salt

Cream shortening and sugar. Add beaten eggs and beat smooth. Add soda dissolved in sour milk. Then add flour, nuts or raisins.

BANANA CAKE

Mrs. Edward Paulson

1 c. sugar	1 tsp. soda
1/2 c. shortening	2 c. flour
2 eggs	pinch of salt
1 c. sour milk	1 tsp. vanilla
1 tsp. baking powder	2 mashed bananas

Take sugar, shortening, eggs and mashed bananas and mix together good. Then add sour milk. Then sift flour, baking powder, soda and salt and add to the rest of the mixture. Add vanilla. Bake in a moderate oven.

GOLD CAKE

Mrs. C. H. Juhl

12 egg yolks

Beat thoroughly.

1 1/2 c. sugar

Sift into yolks and beat very thoroughly. Add alternately 3/4 c. hot water, 1 1/2 c. cake flour, sifted, salt, and 3 tsp. baking powder. Lemon or vanilla flavoring. Bake in angel food pan.

CHOCOLATE CAKE

Juanita Swanson

1 3/4 c. sugar	1/2 c. Spry
1 tsp. vanilla	1/2 c. coco
salt	2 c. sifted cake flour
1 tsp. red cake coloring	2/3 c. water
1 Tbsp. hot water	1 tsp. soda
1/3 c. water	

CHOCOLATE CAKE (Continued)

Beat all together 2 minutes with electric beater.

3 egg whites

Beat 2 minutes more with electric beater.

ANGEL SUNSHINE CAKE

Mrs. James Owens

6 eggs	1/4 tsp. salt
1 1/2 c. sugar	1/2 tsp. cream of tartar
1 1/4 c. flour	1/4 c. boiling water
1 tsp. baking powder	1 tsp. vanilla

Beat egg whites until foamy. Add cream of tartar, beat stiff, then fold in half of the sugar and flour. Beat yolks and add other half of sugar and flour, and boiling water last, then add to the white mixture.

CHOCOLATE CHIFFON CAKE

Mrs. Orville Guess

2/3 c. shortening	1 tsp. vanilla
Then add:	1 c. sugar

Beat well. Sift:

2 c. flour	1 tsp. soda
1/4 tsp. salt	3 Tbsp. cocoa

Add 1/3 of the sifted ingredients alternately with 1/2 c. sour milk or buttermilk. Boil 1/4 c. white syrup and 1/4 c. water together. Let cool. Add all the liquid ingredients in with dry ingredients, and mix well. Put into square pan and bake for 30 minutes in a moderate oven.

BURNT SUGAR CAKE

Eda Paulson

1/2 c. butter	1 tsp. vanilla
1 1/2 c. sugar	1/2 c. flour
2 c. ca	1/4 tsp. salt
3 Tbsp. burnt	2 1/2 tsp. baking powder
1 c. water	3 egg whites

Cream butter and sugar, add well beaten egg yolks, water, and 2 c. flour. Beat well. Add burnt sugar,

BURNT SUGAR CAKE (Continued)

vanilla and 1/2 c. flour sifted with baking powder and salt. Beat again. Fold in beaten egg whites.

Burnt Sugar:

Burn 1/2 c. sugar in small pan until liquidized, then add 1/4 c. boiling water, stirring it well. Set aside to cool.

Icing:

1 c. sugar	1/2 c. cream
2 Tbsp. butter	2 Tbsp. burnt sugar

Cook until it forms a soft ball in cold water. Remove from fire and beat until it begins to thicken. Flavor with vanilla - spread on cake.

APPLE SPICE CAKE

Mrs. C. H. Juhl

1 c. sugar	1 c. raw apples, cubed
1/2 c. shortening	1 tsp. cloves
1 egg, beaten	1 tsp. cinnamon
1/2 c. cold coffee	1 tsp. soda
1/2 c. seeded raisins	1 1/2 c. flour
	1 c. nut meats

Cream shortening, sugar and egg. Add the coffee, mix well and sift in the flour, spices and soda. Add the raisins (optional), apples and nuts. Mix thoroughly and bake in moderate oven.

SNOW-WHIRL CHOCOLATE ROLL Mrs. O. B. Herrick (4 eggs)

6 Tbsp. sifted cake flour	1 tsp. baking powder
6 Tbsp. Baker's cocoa	4 egg yolks (beaten)
1/4 tsp. salt	4 egg whites, stiffly beaten
3/4 c. sifted sugar	1 tsp. vanilla

Beat egg whites, add sugar, beaten egg yolks, fold in dry ingredients slowly. Pour in greased pan 15 x 10 inches. Bake in hot oven 13 minutes (400 degrees).

Turn out at once on cloth covered with powdered sugar. Spread 7 minute frosting over cake and roll. Wrap in cloth till cool.

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SNOW-WHIRL CHOCOLATE ROLL (Continued)

7-minute Frosting:

2 egg whites, unbeaten	1 1/2 c. sugar
2 tsp. white Karo syrup	5 Tbsp. water
1 tsp. vanilla	

Boil in double boiler 7 minutes and beat. Peppermint flavor and a little red cake color makes a delightful change.

JELLY ROLL

Eda Paulson

3/4 c. sifted cake flour	3/4 tsp. baking powder
1/4 tsp. salt	4 eggs
3/4 c. sugar	1 tsp. vanilla

Grease a pan 15 x 10 x 1 1/2 inches. Mix eggs, baking powder and salt in bowl and beat until mixture thickens. Add sugar a small amount each time and beat until mixture is extremely smooth. Add vanilla and flour. Fold this in just as few strokes as possible to blend. Bake 14 minutes - start oven at 400 degrees. Spread with your favorite jelly or filling, and roll.

WHITE WHIPPED CREAM CAKE Mrs. O. B. Herrick

1 c. cream	1/3 tsp. salt
1 1/2 c. sugar	1/2 c. water
2 1/2 c. sifted Swans Down cake flour	4 egg whites
3 tsp. baking powder	1 tsp. vanilla

Whip cream stiff. Add sugar gradually, sift dry ingredients 3 times. Add alternately with water, add stiffly beaten egg whites last. Bake in a moderate oven.

PERFECT WHITE CAKE

2/3 c. butter	3 c. flour
2 c. sugar	1 c. milk
6 egg whites	3 tsp. baking powder
1 tsp. lemon	1 tsp. vanilla

Cream butter thoroughly, add 1 c. sugar gradually and cream together. Fold in flour and milk alternately and baking powder sifted with last 1/2 c. flour. Add

PERFECT WHITE CAKE (Continued)

flavoring. Fold in egg whites, well beaten, with 1 c. sugar. Bake in layer pans 25 to 30 minutes at 325 to 350 degree oven.

WASHDAY CHOCOLATE CAKE (Never Fail)

Maxine Brown

Add ingredients in order given and beat for five minutes with mixer:

1 egg	1/3 c. cocoa
1/2 c. shortening	1 1/2 c. flour
1/2 c. sour milk	1 1/2 tsp. vanilla
1 tsp. baking powder	1/2 tsp. soda
1/2 tsp. salt	1 c. sugar
	1/2 c. boiling water

Do not mix until last item is added. Bake 375 degrees approximately 1/2 hour or until done.

PRUNE CAKE

Leona Naeve

1 c. sugar	1/2 tsp. cloves
1/2 c. lard	1/2 tsp. nutmeg
1 egg	1/2 c. nut meats
1 c. chopped prunes	2 c. flour
3/4 c. prune juice	1 tsp. soda

Cream sugar and shortening. Add egg, cloves, cinnamon, nutmeg and dash of salt. Add prunes and put soda in prune juice. Add flour and nut meats. Bake 50 minutes in 350 degree oven.

DARK FRUIT CAKE

June Wiefert

	<u>5 lbs. cake</u>	<u>10 lbs. cake</u>
seeded raisins	1 c.	1 lb.
seedless raisins	1 c.	1 lb.
currants	1 c.	1 lb.
candied lemon peel, chopped	3 oz.	8 oz.
candied orange peel, chopped	3 oz.	8 oz.
candied cherries, sliced	8 oz.	1 1/2 lb.
candied pineapple, sliced	8 oz.	1 1/2 lb.

DARK FRUIT CAKE (Continued)

citron, thinly sliced	8 oz.	1 1/2 lb.
pecans, coarsely chopped	5 oz. (1 c.)	1 lb.
almonds, blanched, chopped	5 oz. (1 c.)	1 lb.
flour for dredging	1/3 c.	1 c.
flour for mixing	1 1/3 c.	4 c.
soda	1/4 tsp.	1 tsp.
cinnamon	1 tsp.	3 tsp.
allspice	1 tsp.	3 tsp.
mace	1/4 tsp.	3/4 tsp.
nutmeg, grated	1/4 tsp.	3/4 tsp.
butter or oleo	2/3 c.	1 lb.
brown sugar (light)	2/3 c. firmly packed	1 lb.
eggs, separated	4	12
molasses	1/3 c.	1 c.
fruit juice	3 Tbsp.	1/2 c.
brandy or cider	3 Tbsp.	1/2 c.
preserved strawberries (or jam)	2/3 c.	1 pt.

Prepare fruit and nuts; dredge.

Sift flour, measure, add soda and spices; sift again. Cream butter, adding sugar gradually; cream together till light and fluffy. Add well beaten egg yolks; beat well. Add molasses, fruit juice, brandy and strawberries; blend thoroughly. Add fruit and nuts.

Fold in dry ingredients about 1/3 at a time. Beat egg whites till stiff but not dry; fold into batter.

Turn into pans which have been greased and lined with wax paper cut to fit smoothly. Fill pans about 3/4 full. Cover with heavy waxed paper, parchment paper or aluminum foil to extend over edge of pan - tie tightly.

Steam according to size:

1 lb. cake - 2 hours	2 lb. cake - 2 1/2 hours
3 lb. cake - 3 hours	5 lb. cake - 3 1/2 hours
	10 lb. cake - 4 1/2 hours

Remove from steamer, uncover - brush tops with glaze and decorate with fruit and nuts.

Bake in slow oven, 250 degrees, about 1 1/2 hours for cakes weighing 5 lbs. or less, 2 to 2 1/2 hours for larger cakes.

While still warm brush on all of surface with glaze.

DARK FRUIT CAKE (Continued)

Wrap in waxed paper or aluminum foil and store in airtight container. If desired, cake may first be wrapped in clean cloth saturated with brandy and once or twice a month moistened with additional brandy.

Brown Sugar Glaze:

1/2 c. brown sugar, firmly packed
1/3 c. corn syrup (light)
1/3 c. water

Boil the above 2 minutes and add lemon juice, 2 Tbsp. Spread while warm. This is also good on Danish pastry and sweet rolls.

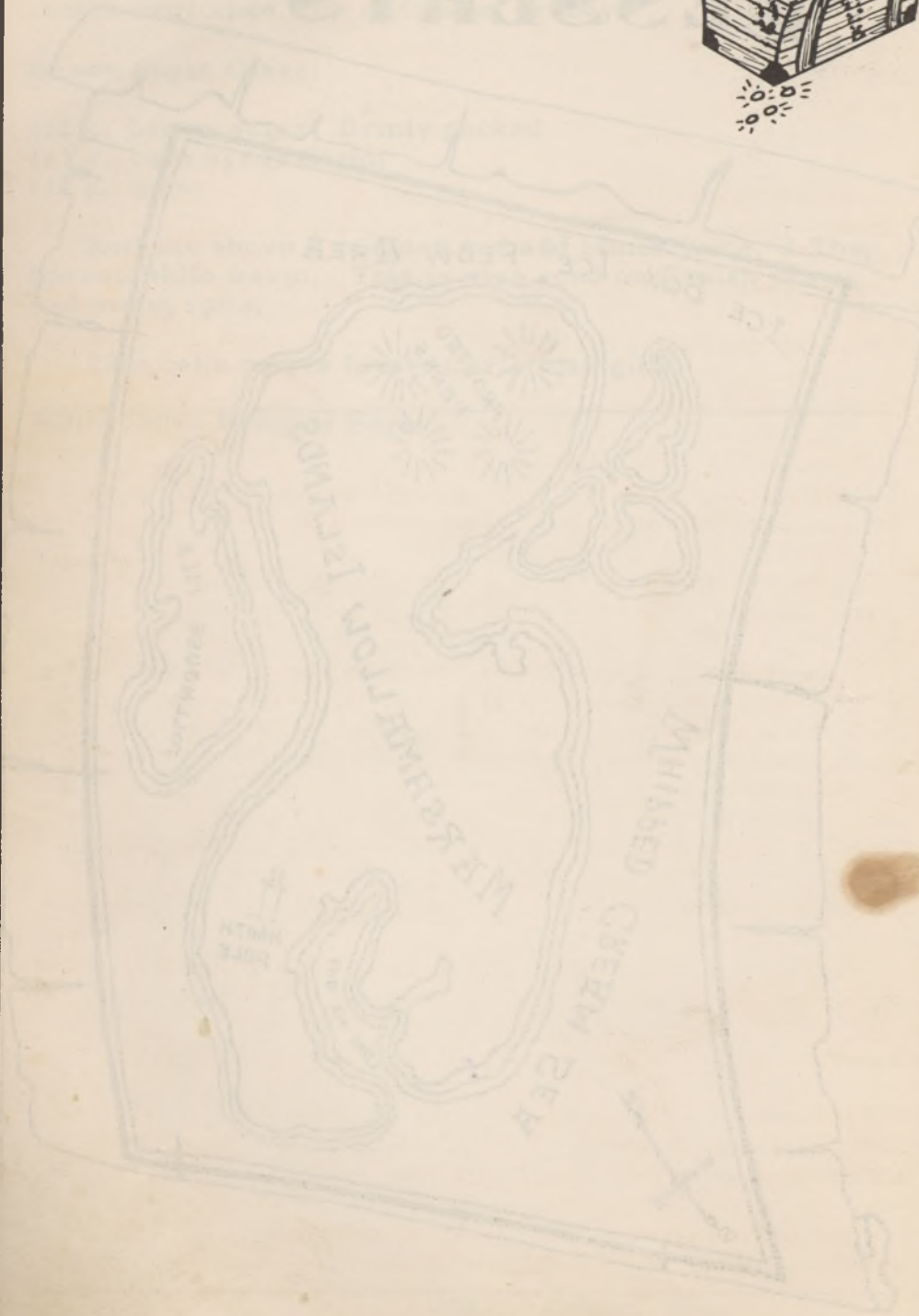
This cake makes lovely Christmas gifts.

Write Extra Recipes Here:

DESSERTS



EXTRA TREASURED RECIPES



DESSERTS

GINGERBREAD

Mrs. Orville Guess

1/2 c. shortening
1/2 c. molasses
1/2 c. flour
1/2 tsp. soda
1/2 c. boiling water

1/2 c. brown sugar
1/2 tsp. salt
1/2 tsp. baking powder
3/4 tsp. ginger

Pour boiling water over shortening, add molasses and brown sugar. Sift flour with other ingredients, add and beat well. This makes a thin batter, but don't add more flour. Bake 35 minutes in moderate oven.

REFRIGERATOR DESSERT

Luella Moranville

1 box vanilla pudding 1 3/4 c. milk

Cook.

Meanwhile, soak 1 Tbsp. gelatin in 1/4 c. cold milk. Add to custard and cool - when cool, add:

1 c. cream, whipped 1/4 c. sugar
1 tsp. vanilla

Line bottom of an 8 x 8 x 2 inch pan with vanilla wafers. Pour 1/2 of pudding over wafers. Then a layer of 8 marshmallows (cut up) and 1/4 c. maraschino cherries, cut up. Then rest of pudding. Sprinkle with nuts.

Serves 6.

PEACH DESSERT

Mrs. Bob Paulson

1 c. peach juice 1/2 c. sugar

Bring to a boil and pour over the following batter while syrup is still warm.

Batter:

1/2 c. sugar 1 c. flour
2 tsp. baking powder pinch salt
butter size of walnut 1/2 c. milk

Mix dry ingredients. Cut in butter as in making pie crust. Add milk. Spread this batter into a square 9 x 9

PEACH DESSERT (Continued)

inch or 9 x 13 inch baking dish. Place peach halves on top over this. Bake in moderate oven. Cut in squares. Serve with whipped cream.

BUTTERSCOTCH SAUCE

Juanita Swanson

3/4 c. brown sugar 1 c. white sugar
1/4 c. butter

Boil 5 minutes, then add 1 c. cream and boil 10 minutes.

FRUIT COCKTAIL DESSERT

Luella Moranville

1 egg, beaten 1 tsp. soda
1 c. sugar 1/2 tsp. salt
1 c. flour

Stir together, add 1 lb. can fruit cocktail. Sprinkle with 3/4 c. brown sugar and 1/2 c. nuts. Bake. Serve with whipped cream.

SHORT CAKE

Mrs. O. B. Herrick

1 c. flour 1 tsp. vanilla
1 tsp. sugar 1 egg
2 tsp. baking powder cream, sweet
pinch salt

Mix dry ingredients. Drop egg in cup and fill with cream. Mix all together and bake in quick oven. Use any fruit desired.

GRAHAM CRACKER DESSERT

Mrs. Bob Paulson

about 16 graham crackers 3 Tbsp. brown sugar
3 Tbsp. melted butter

Mix these together. Place half of these into pan (9 x 9).

Filling:

Heat 1/2 c. milk. In this melt 2 1/2 doz. marshmallows, stirring constantly while over heat. When cool add whipped cream (1 c. before whipped), 1 c. crushed pineapple. Nut meats. Use remaining half of graham

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GRAHAM CRACKER DESSERT (Continued)

crackers on top. Chill. Cut in squares to serve.

DATE PUDDING

Eleanore Paulson

1/2 lb. pitted dates	1 egg
1 tsp. soda	1 2/3 c. flour
1 c. boiling water	1/2 tsp. salt
1 c. sugar	1 tsp. vanilla
4 Tbsp. shortening	1/2 c. nut meats

Cut up dates. Add soda and pour over boiling water. Cream shortening, add sugar and beat. Add unbeaten egg. Mix well. Add flour alternately with date mixture. Then add vanilla and nut meats. Bake in greased and floured pan for 40 minutes in a 350 degree oven.

WAFFLE BROWNIES

June Wiepert

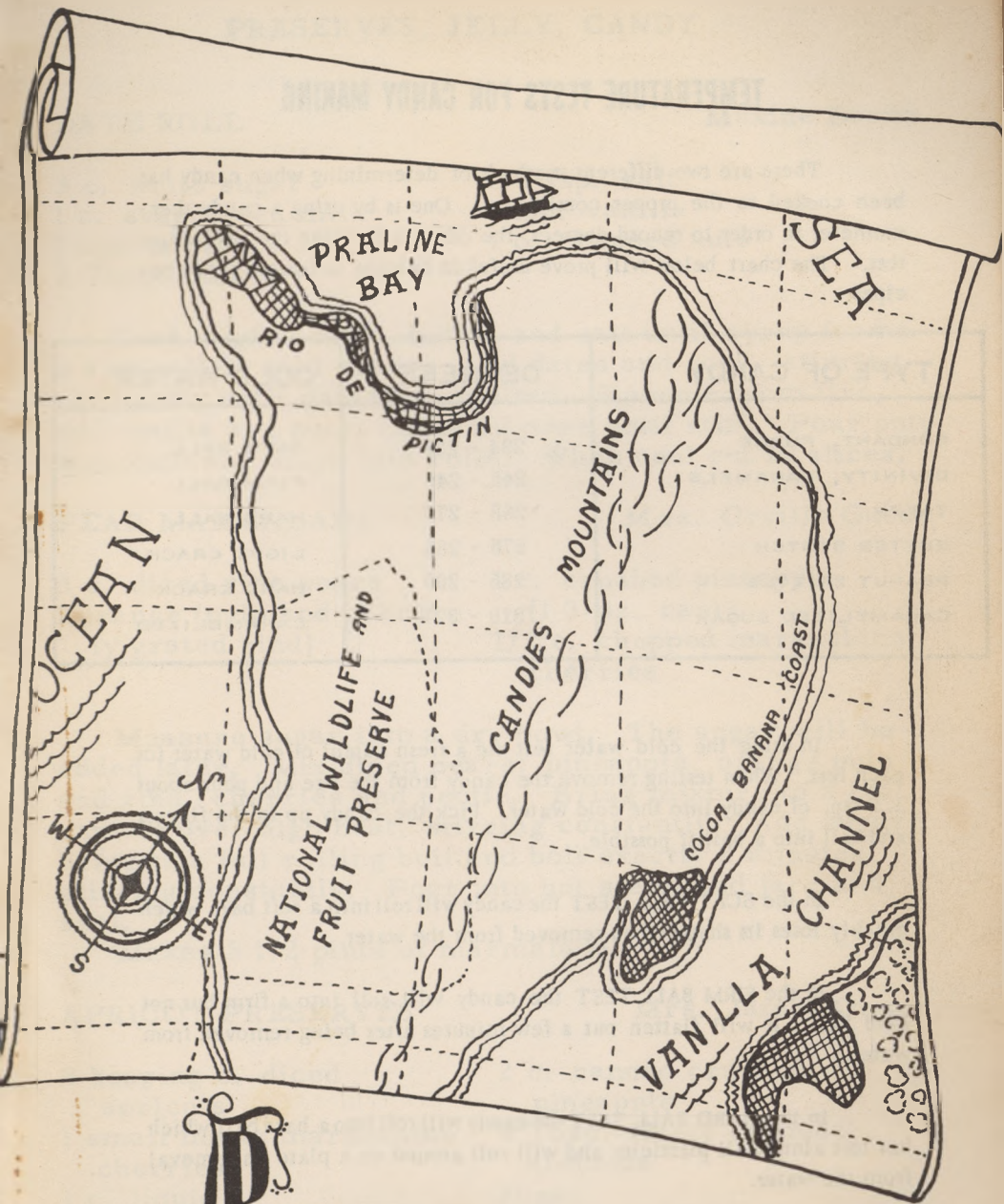
1 1/2 c. flour	2 eggs
1/2 tsp. salt	3/4 c. milk
1/4 tsp. cinnamon	2 oz. unsweetened chocolate
3/4 c. shortening	1/2 c. coarsely chopped nuts
2/3 c. sugar	

Cream shortening, add sugar gradually and beat till light and fluffy. Add egg yolks. Add dry ingredients alternately with milk. Add melted chocolate and nut meats. Fold in egg whites beaten till stiff but not dry. Bake about 5 minutes in waffle baker slightly cooler than for plain waffles. Remove one section at a time.

May be served:

1. Dusted with powdered sugar and spread with cream cheese.
2. As a base for ice cream or mousse.
3. Topped with vanilla flavored sweetened whipped cream.

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PRESERVES

GELLY

CANDY

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
FONDANT, FUDGE	234 - 238 ^o	SOFT BALL
DIVINITY, CARAMELS	245 - 248	FIRM BALL
TAFFY	265 - 270	HARD BALL
BUTTER SCOTCH	275 - 280	LIGHT CRACK
PEANUT BRITTLE	285 - 290	HARD CRACK
CARAMELIZED SUGAR	310 - 321	CARAMELIZED

In using the cold water test use a fresh cupful of cold water for each test. When testing remove the candy from the fire and pour about 1/2 tsp. of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In the **CARAMELIZING** the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

PRESERVES, JELLY, CANDY

DATE ROLL

Maxine Brown

3 c. white sugar	1/4 tsp. salt
1 c. evaporated milk	1 tsp. vanilla
1 box dates	1 c. chopped nuts
2 Tbsp. butter	

Cook sugar, milk, butter and salt until syrup forms a soft ball in cold water. Add dates and cook, stirring constantly until dates are melted. Remove from fire, add vanilla and nuts. Beat mixture until stiff. Pour onto wet cloth and form into rolls. When cool cut in slices.

PEAR MARMALADE

Mrs. Orville Guess

3 c. diced ripe pears	1 c. crushed pineapple (1 9-oz. can)
1 orange (pulp and coarsely grated rind)	1/2 c. chopped maraschino cherries

Measure sugar into a dry bowl. The sugar will be added later. Mix diced pears, pineapple, orange pulp and rind, cherries and pectin. Bring mixture to a boil rapidly over high heat, stirring constantly. Add sugar, bring to a full rolling boil and boil exactly 2 minutes, stirring constantly. Pour into hot sterilized jars and seal.

Makes 5 1/2 pints of marmalade.

APRICOT PRESERVES

Mrs. James Owens

8 heaping c. diced apricots	2 c. canned crushed pineapple
1 small bottle maraschino cherries	4 Tbsp. finely chopped almonds
1 c. liquid	sugar

1. Drain pineapple. Add enough apricot juice or water to make 1 cup of liquid.
2. Combine diced apricots and pineapple. Add the same amount of sugar. Add liquid and cook slowly until mixture reaches the desired thickness.
3. About 5 minutes before you reach the "done" point, add the chopped cherries and almonds.
4. Pour into sterilized glasses and seal at once.

STRAWBERRY PRESERVES

Mrs. Bob Paulson

Wash and stem strawberries. Measure 1 quart of berries. Boil 3 minutes. Add 3 c. sugar. Boil 3 minutes. Add 3 more cups sugar. Boil 3 more minutes. Let stand 24 hours. Put in jars and seal.

PEANUT BRITTLE

Mrs. Bob Paulson

1 c. white sugar
1/2 c. white syrup

1/4 c. water
butter size of walnut

Boil until a light brown and remove from fire. Add 1 1/2 c. crushed salted peanuts, 1 level tsp. soda and 1 tsp. vanilla. Pour immediately on greased cookie sheet. Flatten out as much as possible.

DIVINITY

Mrs. Bob Paulson

3 c. white sugar
1/2 c. white syrup
1/2 c. water

2 egg whites
pinch of cream of tartar
vanilla
nuts

Cook syrup to soft ball stage. Add 1/2 of this to stiffly beaten egg whites (you may add cream of tartar to egg whites). Beat hard, add vanilla. Place remaining half of syrup on fire again and cook to crack stage. Add immediately. Beat until stiff. Drop by spoonfuls on wax paper.

REMARKABLE FUDGE

Mrs. Allyn Christensen
Mrs. Rueben Wenger

4 c. sugar
1/4 lb. butter
2 pkgs. chocolate chips
1 tsp. vanilla

1 - 14 1/2 oz. can
evaporated milk
1 jar marshmallow creme

Boil sugar, milk and butter together in double boiler until soft ball stage. Remove from fire and add chocolate chips and vanilla and marshmallow creme. Stir until all dissolved and then pour into a greased pan. Add nuts if desired.

PEANUT BUTTER FUDGE

Mrs. Rueben Wenger

2 c. white sugar

2/3 c. milk (Carnation)

Cook to soft ball stage. Add:

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PEANUT BUTTER FUDGE (Continued)

1 c. marshmallow creme 1/3 c. peanut butter
1 tsp. vanilla

Stir until mixed thoroughly, then pour into buttered pan.

POP CORN BALLS

Mrs. Roy Mills

1/2 lb. pop corn	2/3 c. corn syrup
2 c. sugar	2/3 c. boiling water
2 tsp. cream of tartar	2 Tbsp. vinegar
2 Tbsp. melted butter	2 tsp. vanilla
	1/8 tsp. baking soda

Place in large pan. Combine syrup, sugar, water and vinegar. Heat to boiling. Add cream of tartar. Boil to soft crack stage (275 to 280 degrees). Remove from fire. Add butter, baking soda and flavoring. Pour over pop corn. Form into balls.

Write an Extra Recipe Here:

Write Extra Recipes Here:

PEANUT BUTTER FUDGE (Continued)
1 c. marshmallow creme
1 tsp. vanilla
Put until mixed thoroughly, then pour into buttered pan.
POP CORN BALLS
1 1/2 lb. pop corn
1 c. sugar
1/2 cup cream of tartar
1/2 cup molasses
1/2 cup vanilla
Place in large pan. Cook to syrup stage, water and vinegar. Then re-boiling. Add cream of tartar. Pop in hot crack stage (175 to 180 degrees). Remove from pan. Add butter, sugar and vanilla (1/2 cup). Fry out in oil. Form into balls.

ADVERTISED



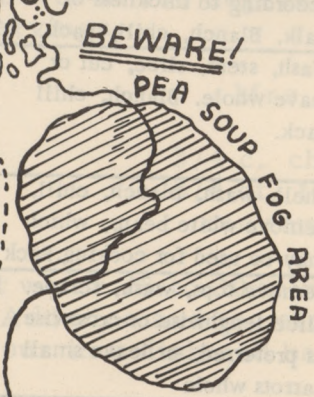
MEAT SUBSTITUTES

BEVERAGES

Go DOWN
MISSCELANEOUSIPI R.



CIDER ZEA



THEN EGGSACTLY 13 STEPS TO



MISCELLANEOUS

THEN TO
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THEN...TURNIP...TO...THE...RIGHT...TO

TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water (enough to cover food). Cover the kettle and then **COUNT THE TIME RECOMMENDED FOR EACH vegetable**. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and **PACK AT ONCE**.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill pack.	Cut: 2 minutes in boiling water Whole: 2 1/2 min. in boiling water
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole	Whole: 4 1/2 min. boiling water Sliced: 3 minutes in boiling water
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water

MEAT SUBSTITUTES, BEVERAGES, MISCELLANEOUS

CHILI CON CARNE

June Wiefert

2 Tbsp. fat	1 lb. ground beef
1 c. chopped onion	2 1/2 c. tomatoes
1 green pepper, chopped	2 1/2 c. kidney beans
1 red pepper, chopped (optional)	1 tsp. chili powder (you may like a little more)
1 clove garlic, chopped (optional)	2 tsp. salt

Melt fat in heavy skillet or sauce pan. Add onions, peppers and garlic. Saute gently about 3 minutes or until soft and lightly browned. Remove garlic. Add remaining ingredients. Cover and simmer over low heat about 2 hours or bake in slow oven 300 degrees 2 hours.

Makes 6 or 8 servings.

SPANISH RICE

Mrs. Allyn Christensen

1 lb. hamburger	3/4 c. chopped onion
1/2 lb. rice	3/4 qt. tomatoes or 1 can tomato juice or puree

Boil rice in salt water 25 to 30 minutes. Brown hamburger and onion. Add rice and tomatoes. Season with salt and pepper. Pour in a dish and bake in slow oven for 45 to 60 minutes.

DINNER IN A DISH

Mrs. H. C. Jones

1 lb. hamburger pepper	1 med. onion
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Brown in 2 Tbsp. lard. Add 1/2 c. corn meal, 2 c. milk, 1 beaten egg and 1 large can whole kernel corn. Put in baking dish and sprinkle 1/2 c. cracker crumbs over top. Bake 45 minutes at 350 degrees.

ENGLISH BEEF PIE

June Wiefert

2 lbs. beef (cut in 1 inch cubes)	3 Tbsp. flour
2 onions, sliced	3 Tbsp. fat
2 tsp. salt	2 c. boiling water
1 tsp. Worcestershire sauce	1/8 tsp. pepper
	2 c. tomatoes
	1 to 1 1/2 c. carrots, sliced
	3 c. potatoes, sliced

ENGLISH BEEF PIE (Continued)

Dredge meat with flour. Brown in fat, add onions, and cook till soft but not brown. Add boiling water, cover and simmer 1/2 hour. Add remaining ingredients and cook 1/2 hour.

Place the above in greased casserole and thicken gravy with a little flour. Pour back on meat and vegetables. Cover casserole with biscuit topping and bake 20 to 25 minutes in 425 degree oven.

Makes 6 servings.

MINCEMEAT

Mrs. James Owens

3 bowls of cooked ground meat (beef)	2 Tbsp. cinnamon
5 bowls of chopped apples	2 Tbsp. nutmeg
2 bowls raisins	1/2 Tbsp. cloves
2 bowls cider	1 Tbsp. salt
1 bowl citron	rind and juice of 6 lemons
1 bowl vinegar	1 bowl molasses
4 bowls sugar	1 bowl suet

Mix ingredients all together and pack in jars and cold pack 1 1/2 hours.

P A T R O N I Z E

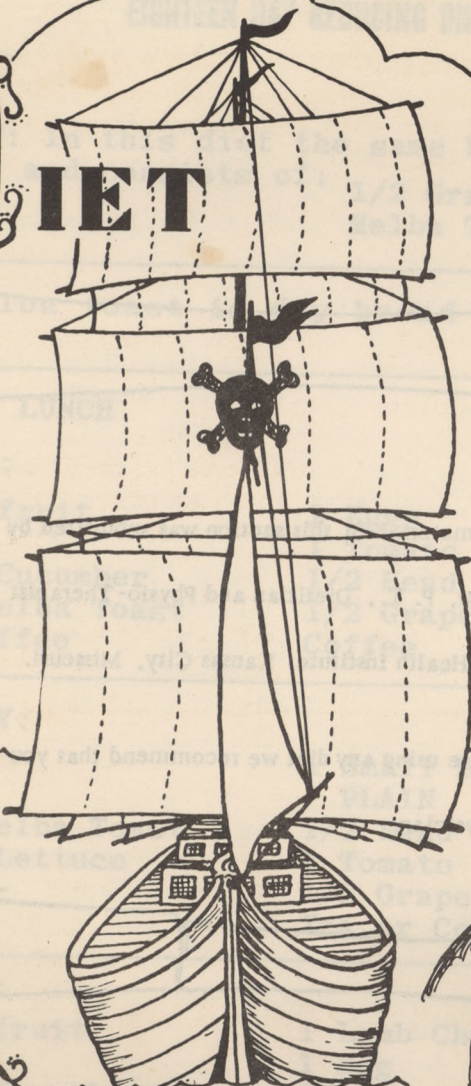
M E R C H A N T S

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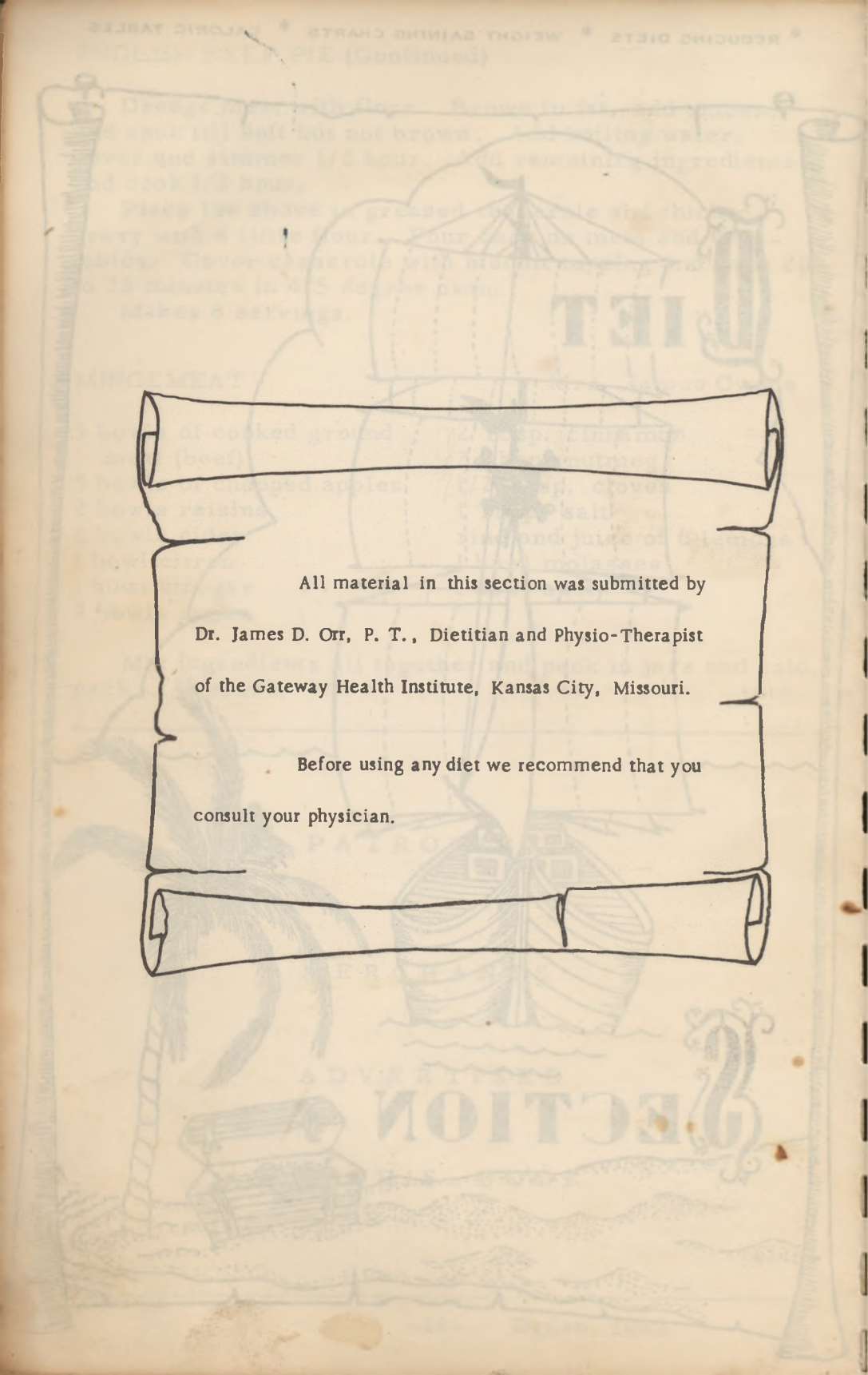
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ECTION



All material in this section was submitted by
Dr. James D. Orr, P. T., Dietitian and Physio-Therapist
of the Gateway Health Institute, Kansas City, Missouri.

Before using any diet we recommend that you
consult your physician.

EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of:

- 1/2 Grapefruit
- Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

LUNCH

DINNER

FIRST DAY:

1/2 Grapefruit	2 Eggs
1 Egg	1 Tomato
6 Slices Cucumber	1/2 Head Lettuce
1 Slice Melba Toast	1/2 Grapefruit
Tea or Coffee	Coffee

SECOND DAY:

1 Orange	1 Small Broiled Steak, PLAIN
1 Egg	1/2 Head Lettuce
1 Slice Melba Toast	1 Tomato
1/2 Head Lettuce	1/2 Grapefruit
Tea	Tea or Coffee

THIRD DAY:

1/2 Grapefruit	1 Lamb Chop Lean, PLAIN
1 Egg	1 Egg
8 Slices Cucumber	3 Radishes
Tea or Coffee	1/2 Grapefruit
	Tea or Coffee

FOURTH DAY:

1 Tomato	1/2 Grapefruit
1/2 Grapefruit	Water Cress
1 Slice Melba Toast	1 Small Broiled Steak, PLAIN
Cottage Cheese	Coffee
Tea	

EIGHTEEN DAY REDUCING DIET

LUNCH

DINNER

FIFTH DAY:

1 Orange	1/2 Grapefruit
1 Lamb Chop Lean, PLAIN	1 Tomato
1/2 Head Lettuce	2 Eggs
Tea	1/2 Head Lettuce
	Tea

SIXTH DAY:

1 Egg	1 Poached Egg
1 Orange	1 Slice Melba Toast
Tea	1 Orange
	Tea

SEVENTH DAY:

1/2 Grapefruit	1 Lamb Chop
1 Egg	6 Slices Cucumber
1/2 Head Lettuce	2 Olives
1 Tomato	1 Tomato
2 Olives	Tea or Coffee

EIGHTH DAY:

1 Broiled Lamb Chop, LEAN	1 Egg
1/2 Head Lettuce	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
Coffee	1 Slice Melba Toast
	Tea

NINTH DAY:

1 Egg	Any Meat Salad
1 Tomato	
1/2 Grapefruit	
Tea	

TENTH DAY:

1/2 Grapefruit	1/2 Grapefruit
1 Lamb Chop Plain	1 Lamb Chop PLAIN
1/2 Head Lettuce	1/2 Head Lettuce
Tea	Tea

ELEVENTH DAY:

1 Slice Cinnamon Toast	1 Small Broiled Steak, PLAIN
Tea	1 Stalk Celery
	1 Tomato
	2 Olives
	Tea

TWELFTH DAY:

1/2 Lobster	1 Broiled Steak, PLAIN
2 Crackers	Cole Slaw
1/2 Grapefruit	1 Tomato
Tea	1 Orange

THIRTEENTH DAY:

1 Egg	1/2 Grapefruit
1 Slice Melba Toast	1 Small Broiled Steak
1/2 Grapefruit	1/2 Head Lettuce
	1 Stalk Celery
	Coffee

FOURTEENTH DAY:

1 Egg	1 Lamb Chop, PLAIN
1 Tomato	1/2 Tablespoonful Catsup
1/2 Grapefruit	1 Slice Melba Toast
1 Slice Melba Toast	1/2 Grapefruit

FIFTEENTH DAY:

1 Egg	1 Small Broiled Steak, PLAIN
1 Slice Melba Toast	1 Small Portion Spinach, PLAIN
1/2 Grapefruit	1 Orange
Coffee	Tea

SIXTEENTH DAY:

1 Egg	1 Small White Fish, Broiled
1 Tomato	1 Small Portion Spinach, PLAIN
1/2 Grapefruit	1 Orange
Coffee	Tea

SEVENTEENTH DAY:

1 Lamb Chop, PLAIN	1 Small Broiled Steak, PLAIN
1/2 Head Lettuce	
1/2 Grapefruit	1 Tomato
Tea	1 Stalk Celery
	Coffee

EIGHTEENTH DAY:

1 Chicken Leg Broiled	1/2 Can Pink Salmon
1 Tomato	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
1 Glass Lemonade NO SUGAR	Coffee

NOTE: You may substitute fish or the white meat of chicken any time for the lamb.

If you have not lost the desired weight you will repeat until you have lost the weight you wish.

This diet takes the weight off slowly, but you do not become flabby.

Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOME

MONDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH	
Ham Sandwich with Lettuce.....	200
Ice Cream.....	200
Tea or Coffee, Black	

DINNER	
Vegetable Soup.....	80
Hamburger on a bun.....	200
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,045

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

TUESDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Sweet Roll.....	125
Tea or Coffee, Black	

LUNCH

Tomato Soup.....	100
1 Bran Muffin.....	85
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Chicken Soup.....	70
Egg and Lettuce Salad, Russian Dressing.....	100
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,030

WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice.....	70
1 Bran Muffin.....	85
Tea or Coffee, Black	

LUNCH

Chicken Sandwich.....	170
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Tomato Juice.....	50
Sirloin Steak--3 in. square.....	200
Baked Potato.....	100
1 Pat of Butter.....	100
Ice Cream.....	200
Tea or Coffee, Black.	

Total.....1,175

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

THURSDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH

Egg Salad Sandwich with Russian Dressing.....	160
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Tomato Juice.....	50
Hamburger on a bun.....	200
Vegetable.....	50
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,025

FRIDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH

Salmon Salad Sandwich.....	200
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Tomato Juice.....	50
2 Scrambled Eggs.....	160
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,035

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

SATURDAY

BREAKFAST

Calories

Orange Juice.....	90
1 Bran Muffin.....	85
Tea or Coffee, Black	

LUNCH

Bacon and Tomato Sandwich.....	225
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Vegetable Soup.....	80
Frankfurter on bun.....	200
Cole Slaw.....	75
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,155

SUNDAY

BREAKFAST

Calories

1/2 Grapefruit.....	75
1 Sweet Roll.....	125
Tea or Coffee, Black	

LUNCH

1 Boiled Egg.....	70
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Fruit Cocktail.....	125
Chicken, 1 Slice White.....	65
Gravy.....	40
Peas.....	65
Mashed Potatoes.....	120
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,160

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be substituted.

Rest periods are desirable after meals. Avoid all emotional disturbances during meals and take at least some outdoor exercise daily.

Light tea and coffee are permissible.

BODY BUILDING AND WEIGHT GAINING

The diet should contain at least the following dietary essentials:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

PATRONIZE MERCHANTS ADVERTISED IN THIS COOK BOOK

HIGH CALORIE DIET •

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.

HIGH CALORIE DIET

BREAKFAST

- Fruit:** Choice of the following:
One half grapefruit, one sliced orange, one medium sliced peach, baked apple, three stewed figs, or four to six stewed prunes.
- Cereal:** One cup of farina type cereal, with cream and sugar, or oatmeal or whole wheat cereal or one shredded wheat biscuit with cream and sugar. White or whole wheat toast with butter or jam.
- Egg:** Soft boiled, poached, or scrambled egg.
- Beverage:** Light tea or coffee, cocoa, milk or chocolate.
- 10:30 A.M. Egg nog, malted milk, hot chocolate, or cocoa.

LUNCH

- Soup:** Choice of: One cup cream of spinach soup, asparagus soup, or tomato soup.
- Salad:** Choice of: One serving of combination salad, one serving of mixed vegetable salad, or salmon salad. To this should be added one tablespoonful of butter, and one tablespoonful of mayonnaise.
- Bread:** White or whole wheat toast, melba toast, bran or whole wheat muffin.
- Dessert:** Choice of: Chocolate pudding, bread pudding, tapioca pudding, or any flavor of gelatine. Raw fruit is especially good.
- Beverage:** Light tea or coffee, cocoa, milk or chocolate.
- 3:00 P.M. Milk, (hot or cold), cocoa, malted milk.

HIGH CALORIE DIET

DINNER

- Meat:** Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.
- Vegetables:** Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes & one half cup cauliflower. One large baked potato and one half cup broccoli.
- Salad:** Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
- Beverage:** Light tea or coffee, cocoa, malted milk.
- Dessert:** Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.
-

P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

WEIGHT CHART

WOMEN

Weight in Pounds.

(With Regular Clothes)

HEIGHT

20-24	25-29	30 and over	(with shoes on)
113	116	119	4' 11"
115	118	121	5' 0"
117	120	123	5' 1"
120	122	125	5' 2"
123	125	128	5' 3"
126	129	132	5' 4"
129	132	136	5' 5"
133	136	140	5' 6"
137	140	144	5' 7"
141	144	148	5' 8"
145	148	152	5' 9"
149	152	155	5' 10"
153	155	158	5' 11"
157	159	162	6' 0"
...	6' 1"

MEN

Weight in Pounds.

(With Regular Clothes)

HEIGHT

20-24	25-29	30 and over	(with shoes on)
...	4' 11"
119	124	127	5' 0"
121	126	129	5' 1"
124	128	131	5' 2"
127	131	134	5' 3"
131	134	137	5' 4"
135	138	141	5' 5"
139	142	145	5' 6"
142	146	149	5' 7"
146	150	154	5' 8"
150	154	158	5' 9"
154	158	163	5' 10"
158	163	168	5' 11"
163	169	174	6' 0"
168	175	180	6' 1"

CALORIC CHART

NOTE: Unless amount of food is otherwise specified the measurement is for a standard plate serving.

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup.....	160
Coffee.....	0
Buttermilk, 1 cup.....	85
Milk, sweet, whole, 1 cup.....	165
Tea.....	0
BREAD	
Biscuits, baking powder, 2.....	100
Bran muffins, 2.....	100
Corn bread.....	200
Cracked wheat bread, 1 slice.....	55
Rye Bread, 1 slice.....	75
White Bread, 1 slice.....	60
DESSERTS	
Angel food cake.....	150
Apple pie.....	200
Baked custard, 1.....	125
Bread pudding.....	200
Chocolate cake.....	400
Gingerbread.....	200
Ice cream, vanilla.....	215
Strawberry shortcake... ..	300
FISH	
Fried.....	210
Boiled or steamed.....	100 - 185
Oysters, half-fry (6).....	80
Salmon, canned.....	110
Tuna, canned.....	125
MEAT	
Bacon, 3 strips, regular fry.....	175
Beef, roast, lean.....	100
Beef, roast, fat.....	340
Frankfurter, 1.....	150

CALORIC CHART

Ham, smoked, medium fat.....	400
Liver.....	120
Pork chop, 1.....	200
Spareribs.....	330

MISCELLANEOUS

Butter, 1 pat.....	110
Jelly, 1 tablespoon.....	445
Jam, 1 tablespoon.....	60
Macaroni and cheese.....	160
Omelet, 1 egg.....	130
Spaghetti and meat sauce.....	290
Spanish rice.....	155
Sugar, 1 teaspoon.....	20
Whipped cream, 1 level tablespoon.....	35

VEGETABLES

Asparagus.....	15
Beans, green.....	35
Beans, Limas.....	130
Beets.....	45
Carrots.....	45
Cauliflower.....	30
Corn.....	100
Peas, canned.....	65
Peas, green.....	100
Potato, sweet, 1.....	200
Potato, baked, 1.....	100
Potatoes, creamed.....	100
Potatoes, fried.....	100
Spinach.....	20
Tomato, 1.....	25
Turnips.....	35

P A T R O N I Z E
M E R C H A N T S
A D V E R T I S E D
I N T H I S B O O K

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Mrs. J. H.

Salad Dressing

1 big egg
½ cup sugar

¼ cup vinegar
Cream

Beat egg, add sugar and vinegar. Put over medium heat and bring to boil, stirring constantly. Remove from heat and add a dash of salt. Thin to desired consistency with thick cream or top milk. Some celery seed is good in this—¼ spoon would be about right. Good for potato salad, cole slaw or mixture of apple, banana, celery and cabbage.

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U-S CAFE

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Mustard Cream Sauce

1/4 cup heavy cream
 2 teaspoons prepared mustard
 1 tablespoon butter or margarine
METHOD: Gradually stir cream
 to mustard in small saucepan; blend
 'til smooth. Add butter and heat un-
 melted. Serves 4. Is excellent on
 'age, broccoli or cauliflower.

Creamed Cabbage

A rich sauce made with cream
 of mushroom soup will turn ordi-
 nary boiled cabbage into a deli-
 cious dish.

Colorado

SLIM

*Rich or poor, we all end up owning
 the same size piece of property — a
 small plot of ground in Mother Earth.*

THERE IS no grief which
 time does not lessen.
 —*Servius Sulpicius.*

PROVERBS

*When a man is wrapped up in him-
 self, the package is small.*

*This rule in gardening, never forget
 —sow dry, set wet.*

*The only secret a woman can keep
 is her age.*

*A fair-weather friend changes with
 the wind.*

Home is what we make it.



You can't hold a man down without
 staying down with him.—Booker T.
 Washington.

Train up a child in the way he
 should go, and walk there yourself,
 once in a while.—Josh Billings.

Faults are thick where love is thin.
 —Danish Proverb

*IF I can only keep my
 good name, I shall be rich
 enough.*

—*Plautus*

For a Sunny Window

Annuals	Foliage plants
Azalea	Geranium
Bulbs	Hoya
Cactus	Hydrangea
Chrysanthemum	Jerusalem-cherry
Citrus	Marica
Croton	Oxalis
Crown-of-thorns	Poinsettia
Gardenia	Succulents

For a Shady or a North Window

African-violet	Ivies
Anthericum	Nephtytis
Begonia	Peperomia
Ferns	Sansevieria
Foliage plants	Vinca
Gloxinia	

For a Cool, Sunny Window

Azalea	Freesia
Citrus	Jerusalem-cherry
Cyclamen	

Will Grow in Water Alone

Chinese evergreen	English ivy
Wandering Jew	Nephtytis
Grape ivy	Dieffenbachia
Sweet potato	Philodendron

*a spoiled child
 never loves
 its mother.*

*Pushing
 up you
 got a load*

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