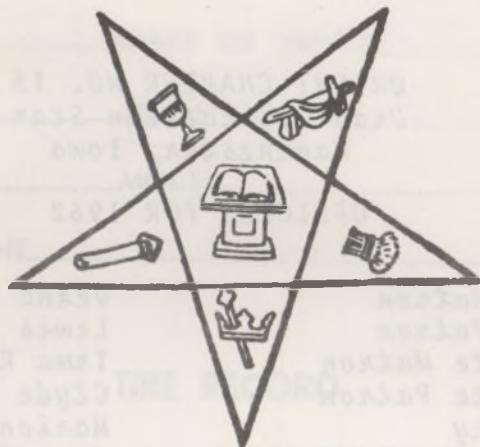


Strictly
Personal

The
Family Book

Car Record



Order of the Eastern Star

Chapter No. 15

Manchester, Iowa

ADDRESS

CITY

STATE

PHONE

DROWNING

COLLISION

FIRE AND THEFT

ORIENT CHAPTER NO. 15
Order of Eastern Star
Manchester, Iowa

OFFICERS FOR 1962

| | |
|-----------------------|-------------------|
| Worthy Matron | Verna Fergesen |
| Worthy Patron | Lewis Chrystal |
| Associate Matron | Irma Ross |
| Associate Patron | Clyde Johnson |
| Secretary | Marion Duffey |
| Treasurer | Charmion Slife |
| Conductress | Charlane Cooper |
| Associate Conductress | Shirley Hand |
| Chaplain | Lenore Kenyon |
| Marshal | Mary Ann Chrystal |
| Organist | Edith Davis |
| Adah | Joyce Schiel |
| Ruth | Verda Barr |
| Esther | Pearl Reed |
| Martha | Naida Schaefer |
| Electa | Gladys Patton |
| Warder | Ethel Johnson |
| Sentinel | Rose Crawford |

Car Record

STATE LICENSE NO. _____

DRIVER'S LICENSE NO. _____

YEAR _____ MOTOR NO. _____

TYPE _____ MAKE OF VEHICLE _____

CYLINDERS _____ SERIAL NO. _____

WEIGHT _____ MODEL _____

DATE BOUGHT _____

TIRE RECORD

NAME OF TIRES _____ NUMBER OF TIRES _____

SERIAL NOS. _____

PUT ON - DATE _____ SPEEDOMETER _____
MILEAGE _____

TAKEN OFF - DATE _____ SPEEDOMETER _____
MILEAGE _____

CAR INSURANCE

AGENT _____

ADDRESS _____

CITY _____ STATE _____ PHONE _____

LIABILITY COLLISION FIRE AND THEFT

FAMILY SIZES

SERVICES

| | Name | Telephone |
|-----------------|------|-----------|
| Airport | | |
| Attorney | | |
| Baby Sitter | | |
| Bakery | | |
| Bank | | |
| Beauty Shop | | |
| Bus Lines | | |
| Carpenter | | |
| Church | | |
| Cleaner | | |
| Club | | |
| Coal Dealer | | |
| Dentist | | |
| Doctor | | |
| Doctor | | |
| Dress, alter | | |
| Druggist | | |
| Electrician | | |
| Electric Co. | | |
| Farm Suppliers | | |
| Filling Station | | |
| Fire Dept. | | |
| Florist | | |
| Game Warden | | |
| Garage | | |
| Gas Co. | | |
| Grocer | | |
| Hardware | | |
| Hospital | | |

INSURANCE RECORD

CALL YOUR FRIENDS

CALL YOUR FRIENDS

WRITE YOUR FRIENDS

WRITE YOUR FRIENDS

CHRISTMAS

Name _____

CARD LIST

Street

City

CHRISTMAS

CARD LIST

Street

City

CHRISTMAS

Name _____

CARD LIST

BIRTHDAYS — ANNIVERSARIES

BIRTHDAYS — ANNIVERSARIES

BIRTHDAYS — ANNIVERSARIES

BIRTHDAYS — ANNIVERSARIES

BIRTHDAYS — ANNIVERSARIES

BIRTHDAYS — ANNIVERSARIES

GIFT LIST

ARTICLE Given and Received

Items checked (x) indicate acknowledgment

GIFT LIST

Name

Gift Suggestions
Records of Sizes, Colors, etc.

ARTICLE Given and Received

Items checked (x) indicate acknowledgment

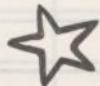
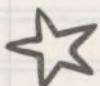
ACTIVITY DATES

ACTIVITY DATES

| Church or Club | Date |
|----------------|------|
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BIRTHDAY STONES AND FLOWERS

| Month | Flowers | Stone |
|-----------|--------------------------------|---------------------------|
| January | Snowdrop or Carnation | Garnet |
| February | Primrose or Violet | Amethyst |
| March | Jonquil or Daffodil | Bloodstone or Aquamarine |
| April | Daisy or Sweet Pea | Diamond |
| May | Hawthorn or Lily of the Valley | Emerald |
| June | Rose or Honeysuckle | Pearl or Moonstone |
| July | Larkspur or Water Lily | Ruby |
| August | Poppy or Gladiolus | Sardonyx |
| September | Aster or Morning Glory | Sapphire |
| October | Cosmos or Dahlia | Opal or Tourmaline |
| November | Chrysanthemum | Topaz or Citrine |
| December | Holly or Poinsettia | Turquoise or Lapis Lazuli |



Serving by serving . . . foods provide for daily needs

Stars on this page give a very rough idea of how servings from groups of familiar foods contribute toward dietary needs.

A serving that rates 5 stars provides more than 50 percent of the day's need for a nutrient. A 4-star serving provides about 40 percent; 3-star serving, 30 percent; 2-star serving, 20 percent; 1-star serving, 10 percent. Smaller amounts of nutrients are not shown. These ratings are based on daily allowances of nutrients for a moderately active man as recommended by the National Research Council. Some foods within a group have more of a nutrient, some less; but in a varied diet, which is common in this country, a group is likely to average as shown.

| Kind of food | Size of serving | Protein | Calcium | Iron | Vitamin A value | B-vitamins | | | Vitamin C (ascorbic acid) | Food energy (in calories) |
|---|-----------------------|---------|---------|------|-----------------|------------|------------|--------|---------------------------|---------------------------|
| | | | | | | Thiamine | Riboflavin | Niacin | | |
| Leafy, green, yellow vegetables. | 1/2 cup... | | | ★ | ★★★★ | | | | ★★ | 30 |
| Tomatoes, tomato products. | 1/2 cup... | | | ★ | ★★★ | | | ★ | ★★★ | 35 |
| Potatoes..... | 1 medium. | | | ★ | | ★ | | ★ | ★ | 105 |
| Sweetpotatoes | 1 medium. | | | ★ | ★★★★★ | ★ | | ★ | ★★★ | 165 |
| Other vegetables... | 1/2 cup... | | | | | | | | ★ | 40 |
| Citrus fruits..... | 1/2 cup... | | | | | | | | ★★★★★ | 55 |
| Other fruits..... | 1/2 cup... | | | | ★ | | | | ★ | 70 |
| Milk, cheese, ice cream. | 1 cup milk. | ★ ★★ | | | ★ | ★ | ★★ | | | 170 |
| Meat, poultry, fish.. | 4 ounces. | ★★ | | ★★ | ★ | ★★ | ★ | ★★★ | | 225 |
| Eggs..... | 1 egg.... | ★ | | ★ | ★ | ★ | ★ | | | 80 |
| Dry beans and peas, nuts. | 3/4 cup beans cooked. | ★★ | ★ | ★★★ | | ★★ | ★ | ★★ | | 215 |
| Baked goods, flour, cereals. | 2 slices bread. | ★ | | ★ | | ★ | ★ | ★ | | 130 |
| Butter, fortified margarine. | 1 pat.... | | | | ★ | | | | | 50 |
| Other fats (includes bacon, salt pork). | 2 table-spoons. | | | | | | | | | 230 |
| Sugar, all kinds..... | 2 tea-spoons. | | | | | | | | | 35 |
| Molasses, sirups, preserves. | 2 table-spoons. | | | ★ | | | | | | 115 |

★★★★★ More than 50 percent of daily need.

★★★★ About 40 percent of daily need.

★★ About 30 percent of daily need.

★★ About 20 percent of daily need.

★ About 10 percent of daily need.



Servings and pounds

How much meat to buy for dinner? How many servings will come from a pound of fresh beans, a No. 2½ can, or a frozen package? The food shopper with an eye to thrift and good management learns to buy carefully just what she can use.

The figures below and on the following page can help you decide how much to buy and, when reading market ads, you can use these figures to help decide what are real bargains.

The amount of meat, poultry, and fish per serving varies with the amount of bone and fat. It also varies with the amount of extenders—such as stuffing, potatoes, rice—used with the meat.

Size of serving for each fruit and vegetable is given for whichever way it is most commonly served—cooked or uncooked. Size of serving for dry beans and peas and for cereals and cereal products—except flaked and puffed—is given for the cooked form.

Meat, poultry, fish

| MEAT | Amount to buy per serving | POULTRY ready-to-cook weight ¹ | Amount to buy per serving |
|---|------------------------------------|---|-------------------------------------|
| Much bone or gristle... Medium amounts of bone..... | 1/2 to 1 pound 1/3 to 1/2 pound | Chicken: Broiling..... Frying, roasting | 1/4 to 1/2 bird 3/4 to 3/4 pound |
| Little bone..... | 1/4 to 1/3 pound | Stewing..... | 1/4 to 2/3 pound |
| No bone..... | 1/5 to 1/4 pound | Ducks..... | 3/4 to 1 pound |
| POULTRY dressed weight ¹ | | Geese..... | 3/4 to 3/4 pound |
| Chicken: | | Turkeys..... | About 1/2 pound |
| Broiling..... | 1/4 to 1/2 bird | | |
| Frying and roasting.. | 3/4 to 1 pound | | |
| Stewing..... | 1/3 to 3/4 pound | | |
| Ducks | 1 to 1 1/4 pounds | FISH | |
| Geese..... | 3/4 to 1 pound | Whole or round..... | 1 pound |
| Turkeys..... | 2/3 to 3/4 pound | Dressed, large..... | 1/2 pound |
| | | Steaks, fillets | 1/4 pound |

¹ Number of servings obtained from a bird depends on the kind, weight, age, sex, grade, and fatness of the bird and the way it is prepared.

Vegetables and fruits

| FRESH | Size of serving | Servings per pound ² | FRESH | Size of serving | Servings per pound ² |
|-----------------------|-----------------|---------------------------------|--|-----------------|---------------------------------|
| Asparagus: | | | Apricots..... | 2 medium | 5-6 |
| Cut..... | 1/2 cup | 4 | Berries, raw..... | 1/2 cup | 4-5 |
| Spears..... | 4-5 stalks | 4 | Cherries, pitted, cooked..... | 1/2 cup | 2 |
| Beans, lima..... | 1/2 cup | 3-2 | Plums..... | 2 large | 4 |
| Beans, snap..... | 1/2 cup | 6 | Rhubarb, cooked..... | 1/2 cup | 4 |
| Beets, diced..... | 1/2 cup | 4 | | | |
| Broccoli..... | 2 stalks | 3-4 | For apples, bananas, oranges, and pears, count on about 3 to a pound; peaches, 4 to a pound. | | |
| Brussels sprouts..... | 1/2 cup | 5-6 | | | |
| Cabbage: | | | | | |
| Raw, shredded..... | 1/2 cup | 7-8 | DRY | | |
| Cooked..... | 1/2 cup | 4-5 | Dry beans..... | 3/4 cup | 9 |
| Carrots: | | | Dry peas, lentils..... | 3/4 cup | 7 |
| Raw, shredded..... | 1/2 cup | 8 | | | |
| Cooked..... | 1/2 cup | 5 | CANNED | | Per can |
| Cauliflower..... | 1/2 cup | 3 | 8-ounce can..... | 1/2 cup | 2 |
| Celery, cooked..... | 1/2 cup | 3-4 | No. 2 can..... | 1/2 cup | 4-5 |
| Collards..... | 1/2 cup | 2 | No. 2 1/2 can..... | 1/2 cup | 6-7 |
| Corn, cut..... | 1/2 cup | 4-2 | No. 3 cylinder (46 oz.)..... | 1/2 cup | 11-12 |
| Eggplant..... | 1/2 cup | 4 | | | |
| Onions, cooked..... | 1/2 cup | 4 | FROZEN | | Per package |
| Parsnips..... | 1/2 cup | 4 | Family-size packages..... | 1/2 cup | 3-4 |
| Peas..... | 1/2 cup | 3-2 | Juices, concentrated, 6 fluid ounces..... | 1/2 cup | 6 |
| Potatoes..... | 1/2 cup | 4-5 | | | |
| Spinach..... | 1/2 cup | 3-4 | | | |
| Squash..... | 1/2 cup | 2-3 | | | |
| Sweetpotatoes..... | 1/2 cup | 3-4 | | | |
| Turnips..... | 1/2 cup | 4 | | | |

Cereals and cereal products

| | Size of serving | Servings per pound | | Size of serving | Servings per pound |
|---------------------------|-----------------|--------------------|---|-----------------|--------------------|
| Flaked corn cereals..... | 1 cup | 18-24 | Oatmeal..... | 3/4 cup | 13 |
| Other flaked cereals..... | 3/4 cup | 21 | Hominy grits..... | 1/2 cup | 20 |
| Puffed cereals..... | 1 cup | 32-38 | Macaroni and noodles..... | 3/4 cup | 12 |
| Corn meal..... | 3/4 cup | 16 | Rice..... | 1/2 cup | 16 |
| Wheat cereals: | | | Spaghetti..... | 3/4 cup | 13 |
| Coarse..... | 3/4 cup | 12 | | | |
| Fine..... | 3/4 cup | 16-22 | ² As purchased. ³ In pod. ⁴ In husk. | | |

COMMERCIAL CAN SIZES

| <i>Can Size</i> | <i>Weight</i> | <i>Cups</i> |
|-----------------|---------------|-------------|
| 8 oz. | 8 oz. | 1 |
| No. 1 | 11 oz. | 1½ |
| No. 1½ | 16 oz. | 2 |
| No. 2 | 20 oz. | 2½ |
| No. 2½ | 28 oz. | 3½ |
| No. 3 | 33 oz. | 4 |
| No. 10 | 106 oz. | 13 |

TABLE OF LEVEL MEASURES AND WEIGHTS

| | | | |
|----------------|---------------|----------------------------|-----------|
| 3 teaspoons | —1 tablespoon | 16 tablespoons | —1 cup |
| 2 tablespoons | —½ cup | 2 cups | —1 pint |
| 4 tablespoons | —¼ cup | 4 cups | —1 quart |
| 8 tablespoons | —½ cup | 4 quarts | —1 gallon |
| 12 tablespoons | —¾ cup | 2 cups liquid | —1 pound |
| | | 2 cups granulated sugar | —1 pound |
| | | 3 cups confectioners sugar | —1 pound |
| | | 2½ cups brown sugar | —1 pound |
| | | 3½ cups powdered sugar | —1 pound |
| | | 4 cups all-purpose flour | —1 pound |
| | | 5 cups cake flour | —1 pound |
| | | 1 cup grated cheese | —½ pound |
| | | 6 egg yolks | —½ cup |
| | | 5-6 egg whites | —½ cup |
| | | 10 eggs in shell | —1 pound |

ABBREVIATIONS

| | | | |
|-------------|-------------|------|-------------|
| tsp. or t. | —teaspoon | pt. | —pint |
| tbsp. or T. | —tablespoon | oz. | —ounce |
| c. | —cup | min. | —minute |
| lb. | —pound | hr. | —hour |
| qt. | —quart | f.g. | —few grains |

One ingredient for another

For these

1 whole egg, for thickening or baking

1 cup butter or margarine for shortening

1 square (ounce) chocolate

1 teaspoon double-acting baking powder

Sweet milk and baking powder, for baking

1 cup sour milk, for baking

1 cup whole milk

1 cup skim milk

1 tablespoon flour, for thickening

1 cup cake flour, for baking

1 cup all-purpose flour, for baking breads

You may use these

2 egg yolks. Or 2 tablespoons dried whole egg plus $2\frac{1}{2}$ tablespoons water.

$\frac{1}{8}$ cup lard, or rendered fat, with $\frac{1}{2}$ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with $\frac{1}{2}$ teaspoon salt.

3 or 4 tablespoons cocoa plus $\frac{1}{2}$ tablespoon fat.

$1\frac{1}{2}$ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.

Equal amount of sour milk plus $\frac{1}{2}$ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)

1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or $1\frac{1}{4}$ teaspoons cream of tartar.

$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.

4 tablespoons nonfat dry milk plus 1 cup water.

$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.

$\frac{1}{8}$ cup all-purpose flour.

Up to $\frac{1}{2}$ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

Tips

Fidelity Bonds—Indemnify employers for losses resulting from embezzlements of money or property by employees.

Bankers Blanket Bonds—Protect banks against dishonesty of officers and employees, burglary, robbery, misplacement, mysterious disappearance and many other causes of loss or damage. Similar protection also is available for savings and loan associations, insurance companies, stockbrokers, investment bankers and credit unions.

Contract Bonds—Guarantee the fulfillment of the terms of contracts for both public and private construction work, for rendering service and for furnishing supplies.

Court Bonds—Enable litigants to secure the undertakings required by law in order to pursue the remedies available through the processes of courts.

Fiduciary Bonds—Guarantee an honest accounting and the faithful performance of duties by administrators, trustees, guardians, executors, receivers and other fiduciaries.

Public Official Bonds—Guarantee faithful performance on the part of all officials in positions of public trust and an honest accounting of all public funds which they handle.

Public Employees Blanket Bonds—Enable departments, agencies and offices of a state, and other governmental units such as counties, cities, towns, etc., or divisions thereof, to obtain blanket protection against the risk of dishonesty or unfaithful performance on the part of their employees.

License and Permit Bonds—Commonly required by state law, municipal ordinance or by regulation as a condition precedent to the granting of licenses or permits to firms, corporations or individuals desiring to engage in certain lines of business or to exercise certain privileges.

Comprehensive Dishonesty, Disappearance and Destruction Policy—A single, flexible contract that provides merchants, manufacturers and certain other types of insureds with a convenient and economical means of protecting themselves against practically all risks of loss to money and securities.

Money and Securities Policy—Covers losses of money and/or securities occasioned by disappearance, destruction or wrongful abstraction. Available to all types of commercial and industrial enterprises.

Personal Property Floater Policy—A comprehensive form of insurance covering personal property wherever located, against fire, burglary, theft, holdup, larceny, vandalism and many other causes of loss or damage.

Comprehensive Personal Liability Policy—Provides protection against claims for bodily injuries or property damage sustained by others while on the policyholder's premises, or which result from the personal activities of the policyholder or other members of his family, or are caused by his family's pets.

Burglary and Robbery Insurance—Available in many different forms to meet the specific needs of banks, merchants, manufacturers, householders and all other classes of property-owners.

Check Forgery Insurance—Provides reimbursement for losses occasioned by the forgery or alteration of checks, drafts and various other instruments of that character.

Glass Insurance—Provides for the prompt replacement of glass when broken in commercial or residential properties.

INTEREST CALCULATIONS

Rule.—Multiply the principal by as many one-hundredths as there are days, and then divide as follows:

| | | | | | | | | | | | | |
|---------------------|-----|-------|-----|-------|----|----|----|----|----|----|----|----|
| Per cent | 2 | 2 1/2 | 3 | 3 1/2 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 12 |
| Divide by | 180 | 146 | 120 | 104 | 90 | 72 | 60 | 52 | 45 | 40 | 36 | 30 |

Table Showing the Number of Days from Any Date in One Month to the Same Date in Any Other Month

| From To | Jan. | Feb. | Mar. | Apr. | May | June | July | Aug. | Sept. | Oct. | Nov. | Dec. |
|------------|------|------|------|------|-----|------|------|------|-------|------|------|------|
| Jan..... | 365 | 81 | 59 | 90 | 120 | 151 | 181 | 212 | 243 | 273 | 304 | 334 |
| Feb..... | 334 | 365 | 28 | 59 | 89 | 120 | 150 | 181 | 212 | 242 | 273 | 303 |
| March..... | 306 | 337 | 365 | 81 | 61 | 92 | 122 | 153 | 184 | 214 | 245 | 275 |
| April..... | 275 | 306 | 334 | 365 | 30 | 61 | 91 | 122 | 153 | 183 | 214 | 244 |
| May..... | 245 | 276 | 304 | 335 | 365 | 31 | 61 | 92 | 123 | 153 | 184 | 214 |
| June..... | 214 | 245 | 274 | 304 | 334 | 365 | 30 | 61 | 92 | 122 | 153 | 183 |
| July..... | 184 | 215 | 243 | 273 | 304 | 335 | 365 | 31 | 62 | 92 | 123 | 153 |
| Aug..... | 153 | 184 | 212 | 243 | 273 | 304 | 334 | 365 | 31 | 61 | 92 | 122 |
| Sept..... | 122 | 153 | 181 | 212 | 242 | 273 | 303 | 334 | 365 | 30 | 61 | 91 |
| Oct..... | 92 | 123 | 151 | 182 | 212 | 243 | 273 | 304 | 335 | 365 | 31 | 61 |
| Nov..... | 61 | 92 | 120 | 151 | 181 | 212 | 242 | 273 | 304 | 334 | 365 | 30 |
| Dec..... | 31 | 62 | 90 | 121 | 151 | 182 | 212 | 243 | 274 | 304 | 335 | 365 |

Example.—How many days from May 5 to Oct. 5? Look for May at left hand and October at top; in the angle is 153. In Leap-Year add 1 day if Feb. is included.

PERPETUAL CALENDAR

Showing the Day of the Week for Any Date between 1700 and 2499

| Table of Dominical Letters | | | | Month | | | | | Dominical Letter | | | | | | | | | | | | |
|----------------------------|------------|------------|------------|------------|------------|------------------|------------------|-----|------------------|--------------|----|----|----|----|----|----|----|----|----|----|----|
| Year of the Century | Centuries | | | | | January, October | | | | | A | B | C | D | E | F | G | | | | |
| | 1700, 2100 | 1800, 2200 | 1900, 2300 | 2000, 2400 | 2000, 2400 | Feb., Mar., Nov. | Jan., Apr., July | May | June | Feb., August | D | E | F | G | A | B | C | | | | |
| 0 | *28 | *56 | *84 | C | E | G | A | | | 1 | 8 | 15 | 22 | 29 | Su | Sa | F | Th | W | Tu | M |
| 1 | 29 | 57 | 85 | B | D | F | | | | 2 | 9 | 16 | 23 | 30 | M | Su | Sa | F | Th | W | Tu |
| 2 | 30 | 58 | 86 | C | E | G | F | | | 3 | 10 | 17 | 24 | 31 | Tu | M | Su | Sa | F | Th | |
| 3 | 31 | 59 | 87 | A | B | D | E | | | 4 | 11 | 18 | 25 | | W | Tu | M | Su | Sa | F | |
| *4 | *32 | *60 | *88 | E | G | B | C | | | 5 | 12 | 19 | 26 | | Th | W | Tu | M | Su | Sa | |
| 5 | 33 | 61 | 89 | D | C | E | A | | | 6 | 13 | 20 | 27 | | F | Th | W | Tu | M | Su | |
| 6 | 34 | 62 | 90 | C | B | G | A | | | 7 | 14 | 21 | 28 | | Sa | F | Th | W | Tu | M | |
| 7 | 35 | 63 | 91 | B | D | F | G | | | | | | | | | | | | | | |
| *8 | *36 | *64 | *92 | G | B | D | E | | | | | | | | | | | | | | |
| 9 | 37 | 65 | 93 | F | A | G | C | | | | | | | | | | | | | | |
| 10 | 38 | 66 | 94 | E | B | C | D | | | | | | | | | | | | | | |
| 11 | 39 | 67 | 95 | D | F | A | B | | | | | | | | | | | | | | |
| *12 | *40 | *68 | *96 | B | D | F | G | | | | | | | | | | | | | | |
| 13 | 41 | 69 | 97 | A | C | E | F | | | | | | | | | | | | | | |
| 14 | 42 | 70 | 98 | G | B | D | C | | | | | | | | | | | | | | |
| 15 | 43 | 71 | 99 | F | A | C | E | | | | | | | | | | | | | | |
| *16 | *44 | *72 | | D | F | A | B | | | | | | | | | | | | | | |
| 17 | 45 | 73 | | C | E | G | A | | | | | | | | | | | | | | |
| 18 | 46 | 74 | | B | D | F | C | | | | | | | | | | | | | | |
| 19 | 47 | 75 | | A | C | E | F | | | | | | | | | | | | | | |
| *20 | *48 | *76 | | F | A | C | D | | | | | | | | | | | | | | |
| 21 | 49 | 77 | | E | G | B | C | | | | | | | | | | | | | | |
| 22 | 50 | 78 | | D | C | E | A | | | | | | | | | | | | | | |
| 23 | 51 | 79 | | C | E | G | B | | | | | | | | | | | | | | |
| *24 | *52 | *80 | | A | C | E | F | | | | | | | | | | | | | | |
| 25 | 53 | 81 | | G | B | D | E | | | | | | | | | | | | | | |
| 26 | 54 | 82 | | F | A | C | D | | | | | | | | | | | | | | |
| 27 | 55 | 83 | | E | G | B | C | | | | | | | | | | | | | | |

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper *Day of the Month* and at the intersection you will find the *Day of the Week*.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For January 1, 1876, the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.

WEIGHTS AND MEASURES

Apothecaries' Weight

| | |
|-------------------------------------|-----------|
| 20 grains | 1 scruple |
| 3 scruples | 1 dram |
| 8 drams | 1 ounce |
| 12 ounces | 1 pound |
| Ounce and pound same as in Troy Wt. | |

Avoirdupois Weight

| | |
|-----------------|-------------|
| 27-11/32 grains | 1 dram |
| 16 drams | 1 ounce |
| 16 ounces | 1 pound |
| 25 pounds | 1 quarter |
| 4 quarters | 1 cwt. |
| 2,000 lbs. | 1 short ton |
| 2,240 lbs. | 1 long ton |

Troy Weight

| | |
|---------------------------------------|---------|
| 24 grains | 1 pwt. |
| 20 pwt. | 1 ounce |
| 12 ounces | 1 pound |
| For weighing gold, silver and jewels. | |

Square Measure

| | |
|------------------|------------|
| 144 sq. inches | 1 sq. foot |
| 9 sq. feet | 1 sq. yard |
| 30 1/4 sq. yards | 1 sq. rod |
| 40 sq. rods | 1 rood |
| 4 roods | 1 acre |
| 640 acres | 1 sq. mile |

Cubic Measure

| | |
|------------------|-------------------|
| 1,728 cu. inches | 1 cu. foot |
| 27 cu. feet | 1 cu. yard |
| 128 cu. feet | 1 cord (wood) |
| 40 cu. feet | 1 ton (shipping) |
| 2,150.42 cu. in. | 1 standard bushel |

METRIC EQUIVALENTS

Linear Measure

| | |
|--------------|-------------------|
| 1 centimeter | 0.3937 inch |
| 1 inch | 2.54 centimeters |
| 1 decimeter | 3.937 inches |
| 1 foot | 0.328 foot |
| 1 meter | 3.048 decimeters |
| 1 meter | 39.37 inches |
| 1 yard | 1.0936 yards |
| 1 kilometer | 0.9144 meter |
| 1 dekameter | 1.0936 meters |
| 1 rod | 1.9884 rods |
| 1 kilometer | 0.5029 dekameters |
| 1 m. | 0.62137 m. |
| 1 m. | 1.6093 kilometers |

Square Measure

| | |
|------------------|-----------------------|
| 1 sq. centimeter | 0.1550 sq. inch |
| 1 sq. inch | 6.452 sq. centimeters |
| 1 sq. decimeter | 0.1076 sq. foot |

APPROXIMATE METRIC EQUIVALENTS

| | |
|-----------------------|---------------|
| 1 decimeter | 4 inches |
| 1 meter | 1.1 yards |
| 1 kilometer | 5/8 of a mile |
| 1 hectare | 2 1/2 acres |
| 1 stere, or cu. meter | 1/4 of a cord |

| | |
|-------------|------------------------|
| 231 cu. in. | 1 U.S. standard gallon |
| 1 cu. foot | about 4/5 of a bushel |

Dry Measure

| | |
|------------|------------|
| 2 pints | 1 quart |
| 8 quarts | 1 peck |
| 4 pecks | 1 bushel |
| 36 bushels | 1 chaldron |

Liquid Measure

| | |
|----------------|------------|
| 4 gills | 1 pint |
| 2 pints | 1 quart |
| 4 quarts | 1 gallon |
| 31 1/2 gallons | 1 barrel |
| 2 barrels | 1 hogshead |

Long Measure

| | |
|-------------|-------------|
| 12 inches | 1 foot |
| 3 feet | 1 yard |
| 5 1/2 yards | 1 rod |
| 40 rods | 1 furlong |
| 8 furlongs | 1 sta. mile |
| 3 miles | 1 league |

Surveyor's Measure

| | |
|-------------------------------|------------|
| 7.92 inches | 1 link |
| 25 links | 1 rod |
| 4 rods | 1 chain |
| 10 sq. chains or 160 sq. rods | 1 acre |
| 640 acres | 1 sq. mile |
| 36 sq. miles (6 miles sq.) | 1 township |

Paper Measure

| | |
|-----------|---------------------|
| 24 sheets | 1 quire |
| 20 quires | 1 ream (480 sheets) |
| 2 reams | 1 bundle |
| 5 bundles | 1 bale |

| | |
|-----------------|-----------------------|
| 1 sq. foot | 9.2903 sq. decimeters |
| 1 sq. meter | 1.196 sq. yards |
| 1 sq. yard | 0.8361 sq. meters |
| 1 acre | 3.954 sq. rods |
| 1 sq. rod | 0.2529 acre |
| 1 hectare | 2.47 acres |
| 1 acre | 0.4047 hectare |
| 1 sq. kilometer | 0.386 sq. m. |
| 1 sq. m. | 2.59 sq. kilometers |

Weights

| | |
|---------------|---------------------|
| 1 gram | 0.03527 ounce |
| 1 ounce | 28.35 grams |
| 1 kilogram | 2.2046 lbs. |
| 1 lb. | 0.4536 kilogram |
| 1 metric ton | 1.1023 English tons |
| 1 English ton | 0.9072 metric ton |

Appetizers

Canapes

Pickles

Relishes



APPE TIZ ERS*CANAPES*PICKLES*RELISHES***

WATERMELON PICKLES - Myrtle Burhans

Cut in pieces after rind is removed; let stand overnight in salt water. Drain well. Put in clear boiling water; let boil 10 minutes. Drain again. Boil in 2 c. sugar to 1 c. vinegar, spices to suit taste. Boil in this three mornings. On 3rd morning, boil until clear. Seal in jars while hot.

SWEET RELISH - Mabel B

Any size cucumbers, larger the better.

Scrape out seed and grind on coarse blade. Add 1 tbsp. salt to every 2 qts. ground cucumbers. Leave 1 hour; drain. Grind large onion, 2 peppers, 1 tbsp. turmeric. Make syrup of 3 c. vinegar, 2 1/2 c. sugar, 1 tbsp. pickling spices (place in sack). Pour over cucumbers. Boil 5 minutes. Seal.

Beverages

Bread

Rolls

BEVERAGES*BREAD*ROLLS***

OATMEAL PANCAKES - Freida Black

About 20 small pancakes.

| | |
|--------------------------|--------------------------------|
| 2 c. milk | 2 c. quick cooking rolled oats |
| 1/3 c. sifted flour | 2 1/2 tsp. baking powder |
| 1 tsp. salt | 2 eggs-grade B, separated |
| 1/3 c. melted shortening | |

Heat milk, do not boil. Pour over oats and let cool. Sift together flour, baking powder and salt. Beat egg yolks and add to cooled oats mixture. Add melted shortening and stir in dry ingredients. Beat egg whites until stiff but not dry. Fold into oat mixture. Drop by spoonfuls onto hot, greased griddle.

Brown lightly on both sides. Serve the pancakes with syrup and hot sausages if desired.

ALL BRAN MUFFINS - Mrs. Harlan Leunse, Mrs. Ethel W.

Jones, Mabel Barr

| | |
|---------------|----------------|
| 4 c. All Bran | 2 c. 100% bran |
|---------------|----------------|

| | |
|--------------------|------------------|
| 2 c. boiling water | 1 qt. buttermilk |
|--------------------|------------------|

Pour water over cereal, add buttermilk and cool.

| | |
|--------------|-----------------|
| 3/4 c. sugar | 1 c. shortening |
|--------------|-----------------|

4 eggs

Cream sugar and shortening. Add eggs, one at a time and beat. Add to cooled cereal mixture; add 1 c. raisins.

| | |
|------------|-------------|
| 5 c. flour | 5 tsp. soda |
|------------|-------------|

1 tsp. salt

Sift and add to creamed mixture; stir only to blend. Store in refrigerator unbaked in 3 lb. shortening cans, covered. Dip out and use as needed. Bake 375 deg. 20 minutes. (Store up to three weeks.)

PUNCH - Mrs. Douglas Ross

Serves 25.

| | |
|-------------------|-----------------------|
| 2 tbsp. green tea | 1 1/4 c. orange juice |
|-------------------|-----------------------|

| | |
|----------------------|--------------------------|
| 1 1/2 c. lemon juice | 2 1/2 c. pineapple juice |
|----------------------|--------------------------|

| | |
|------------|----------------|
| 2 c. sugar | 1 1/2 c. water |
|------------|----------------|

1 qt. orange sherbet

Pour 1 1/2 cups boiling water over the tea and brew for 3 minutes. Drain and cool. Add fruit juices. Make syrup of the sugar and 1 1/2 c. water. Add to fruit juices and tea. Add enough water to make 1 1/2 gallons. Add ice and orange sherbet to make punch fluffy.

QUICK ROLLS or CINNAMON ROLLS-Mrs. Lew Davis

| | |
|--------------|---------------------|
| 1 pkg. yeast | 1 c. lukewarm water |
|--------------|---------------------|

| | |
|--|--------------------------|
| 1/4 c. sugar or honey | 1 tsp. salt |
| 1 egg | 1/4 c. melted shortening |
| 3 c. flour - may need a little more | |

Let stand till yeast, sugar and water dissolve, then mix salt, egg, shortening in and add flour until a soft dough is formed. Put in a greased bowl and let rise until double in size. Form in rolls and let rise. Bake in a 400 degree oven. For cinnamon rolls, roll out the dough and spread with butter, sugar and cinnamon. Roll up and cut in 1 inch pieces. Put in buttered pan and let raise and bake.

REFRIGERATOR ROLLS - Mrs. Mike Seelinger

| | |
|-------------------------|---------------------|
| 1 cake compressed yeast | 1/2 c. sugar |
| 1 tsp. salt | 2 c. lukewarm water |
| 1 egg | 7 c. flour |
| 3 tbsp. shortening | |

Crumble yeast into a large bowl. Add salt, sugar and water. Add beaten egg. Sift flour once before measuring. Add half of flour and beat well. Add melted shortening and mix in remainder of flour. Let rise to double in bulk; cover tightly and place in refrigerator. Shape into rolls on greased pan. Let rise slowly until double in bulk; bake in hot oven, 20-25 minutes at 425.

DATE NUT BREAD - Hazel Lyman, Margaret Kennedy

Add 2 tsp. soda to 1 1/2 c. boiling water and pour over a 1 lb. pkg. dates that have been cut into small pieces. Let this mixture cool.

Cream 1 tbsp. butter and 1 3/4 c. sugar, then add 1 egg and beat. Strain the water from dates into the sugar mixture. Add 2 3/4 c. flour and beat well. Add dates, 1 c. chopped nuts and 1 tsp. vanilla. Pour into greased loaf pan and bake 1 hour at 350 degrees.

STEAM BROWN BREAD - Mrs. James Patton

| | |
|------------------------------|----------------------|
| 2 c. sour milk or buttermilk | 1 tsp. level of soda |
| 1/2 tsp. salt | 1/2 c. flour |
| 1/2 c. molasses | |

Thicken with cornmeal. Steam 2 1/2 hours.

BANANA BREAD - Mrs. Neva Deer

| | |
|----------------|--------------------------|
| 1 3/4 c. flour | 1 1/4 tsp. baking powder |
| 1/2 tsp. soda | 3/4 tsp. salt |

Sift together twice.

| | |
|--------------|-------------------|
| 2/3 c. sugar | 1/3 c. shortening |
|--------------|-------------------|

Cream together. Add 2 eggs, one at a time, 1/2 c. nuts, 1 c. bananas (2 or 3). Bake 1 hour, 350 deg.

ROSE'S RYE BREAD - Edith Davis

1 1/2 cake compressed yeast 3/4 c. molasses

1/2 c. sugar 1 1/2 c. lukewarm water

1 qt. rye meal flour 2 tbsp. shortening

Beat well together and let rise until bubbly. Then 2 or 3 tsp. caraway seed. Add 2 tsp. salt and white flour to make a soft dough (about 12 cups). Knead until smooth. Let rise until double in bulk. Shape into loaves. Let rise again. Bake 45 minutes to 1 hour in 350 degree oven (slow moderate). Makes 6 loaves.

Candies

Cookies

Cake

Icings

CANDIES*COOKIES*CAKE*ICINGS***

OATMEAL CAKE (Luscious) - Edith Davis

| | |
|----------------------------|-----------------------------|
| 1 1/2 c. boiling water | 1 c. quick cooking oatmeal- |
| 1 stick (1/2 c.) margarine | uncooked |
| 2 eggs | 1 c. brown sugar |
| 1 c. white sugar | 1 1/3 c. sifted flour |
| 1 tsp. soda | 1 tsp. cinnamon |
| 1/2 tsp. nutmeg | 1/2 tsp. salt |

Broiled on Topping

Put oatmeal and margarine in mixing bowl. Pour boiling water over them. Cover and let stand 20 minutes, then add the 2 eggs and beat well. Add the remaining ingredients and beat thoroughly. Sift together flour, spices and salt. Pour batter into a floured and greased 9 1/2 x 13 inch pan. Bake at 350 degrees for 35 minutes or until done. (Does not rise high.) Let cool slightly, then spread with topping.

Broiled on Topping: Mix together the following

| | |
|----------------------------------|--------------------|
| 6 tbsp. soft margarine or butter | 1/2 c. brown sugar |
| 1 c. chopped nuts | 1 c. coconut |
| 1/2 tsp. vanilla | 1/4 c. cream |

Spread on warm cake. Put under broiler for just a few minutes. Watch carefully.

TOFFEE SQUARES - Mrs. Russell Cole, Springfield, Ill.

| | |
|--------------------------------|-------------------|
| 1 c. butter | 1 egg yolk |
| 1 c. brown sugar | 1 tsp. vanilla |
| 2 c. sifted flour | 8 oz. Hershey bar |
| 1 c. chopped pecans or walnuts | |

Cream butter, add sugar and work till light and fluffy. Add beaten egg yolk, vanilla and flour. Add 1/2 of nuts and spread thinly on cookie sheet (jelly roll pan is best). Bake at 350 deg. for 15 to 20 minutes. Break up Hershey bar; place evenly over top and return to oven for just long enough to soften chocolate. Spread evenly with knife and sprinkle rest of nuts over chocolate.

APPLESAUCE CAKE - Malinda Preston

| | |
|--------------------------------|-------------------------------|
| 1 c. sugar | 1/2 c. butter |
| 3 egg yolks | 1 1/2 c. applesauce |
| 2 tsp. soda dissolved in water | 1 tsp. cinnamon |
| 1 tsp. cloves | 1 tsp. nutmeg 1 c. raisins |

1 c. nutmeats 2 c. flour
egg whites last
Very Good.

ONE CRUST PIE -

2/3 c. flour 4 tbsp. shortening
1/4 tsp. baking powder 2 tbsp. water
Never fails.

CARMELS - Mrs. Douglas Ross

2 3/4 c. sugar 1 c. corn syrup-white
2 c. sweet cream 2 tbsp. cornstarch
2 rounded tbsp. butter 1 tsp. vanilla

1 1/2 c. black walnuts

Boil to a hard ball, 250 deg. on candy thermometer; stir constantly (takes about 1 hour). Do not stir after taking from stove. Add nuts and pour onto greased pan, 10 x 15".

FRUIT CAKE - Mrs. Douglas Ross

1 tbsp. butter 1 scant cup lard
2 c. brown sugar 3 tsp. baking powder
3 eggs 1/2 tsp. soda
1 large cup milk 1 heaping tsp. cinnamon
1 heaping tsp. nutmeg 1/2 tsp. cloves
1/2 tsp. allspice 1 c. dark syrup
1 c. nuts 1 c. raisins
1 heaping cup cut dates 1 lb. fruit mix
1 c. strawberry jam or jelly 5 c. flour or enough to stiffen
like ordinary cake.

Bake in greased, floured pans for 1 1/2 hour in slow oven.

SURPRISE MACAROONS - Marion Duffey

2 egg whites 1/8 tsp. salt
1/8 tsp. cream tartar 1 tsp. vanilla
3/4 c. sugar 1 6-oz. pkg. chocolate chips
1/4 c. walnut meats

Beat first 4 ingredients until frothy. Add sugar gradually and beat till stiff and shiny. Fold in chips and nuts. Cover cooky sheet with plain paper (not waxed). Drop by teaspoonfuls. Bake 25 minutes at 300 deg. oven.

EGGLESS CAKE - Myrtle Burhans

1 c. sugar 1/3 c. lard or shortening
1 tsp. cinnamon & 1/2 tsp. 1 c. raisins
allspice (or 1 tsp. vanilla 1 c. boiling water
added after it is cooled)

Boil 3 minutes. Let cool. Add 1 tsp. soda, 1 1/2 c. flour.

White Frosting:

| | |
|----------------|-----------------------|
| 3/4 c. sugar | 1/4 tsp. cream tartar |
| 1 tsp. vanilla | 1 egg white |

Mix. Add 1/4 c. boiling water. Beat at high speed until it forms peaks.

INDIANS (Chocolate Bar) Mrs. Connie Wallace

| | |
|----------------|-----------------|
| 1 c. sugar | 2 eggs |
| 1/2 c. butter | 2 tbsp. cocoa |
| 1 c. flour | 1/2 c. nutmeats |
| 1 tsp. vanilla | 1/2 tsp. salt |

Add eggs to sugar and beat. Melt butter; stir in cocoa. Add to first mixture. Sift flour and salt and add. Add flavoring and nuts. Bake in shallow pan about 20 minutes. Frost with powdered sugar frosting. Cut into bars. Batter will be quite stiff and will have to be spread to edges of pan. Oven temp. 350 deg.

BROWNIES - Mrs. Charles Simmons

| | |
|-------------------|-----------------|
| 1/2 lb. margarine | 4 sq. chocolate |
| 4 eggs | 2 c. sugar |
| 1 c. flour | 1/2 tsp. salt |
| 2 tsp. vanilla | 1 c. nuts |

Melt margarine and chocolate and cool. Beat eggs and add sugar, then flour. Use 13x10" pan. Bake 25-30 minutes at 350.

GINGER SNAPS - Mrs. Charles Simmons

| | |
|-----------------|-----------------------|
| 1 c. sugar | 3/4 c. shortening |
| 1 egg | 4 tbsp. dark molasses |
| 1 tsp. cinnamon | 1 tsp. ginger |
| 2 1/2 tsp. soda | salt |
| 2 c. flour | |

Chill. Roll in balls; dip in granulated sugar. Bake at 350 deg. 10 minutes.

PEANUT BUTTER BLOSSOM COOKIES-

| | |
|----------------------|---------------------|
| | Mrs. Mike Seelinger |
| 1 3/4 c. flour | 1 tsp. soda |
| 1/2 tsp. salt | 1/2 c. butter |
| 1/2 c. peanut butter | 1/2 c. sugar |
| 1/2 c. brown sugar | 1 egg |

Make balls and roll in sugar. Bake 8 minutes at 375 degrees. Remove and put a Hershey candy kiss on top. Bake 1 minute longer.

CHERRY BARS - Mrs. Dean Ringgenberg

Bottom: Watch-burns easily

1 c. flour 1/2 c. butter

3 tbsp. powdered sugar

Put into 8" pan and bake 15 to 20 minutes (350 deg.).

Add:

2 eggs 1 c. sugar

1/4 c. flour 1/2 tsp. baking powder

1/4 tsp. salt 1 tsp. vanilla

3/4 c. nuts 1/2 c. coconut

2/3 c. cherry chips

Put on top mixture and bake 20-25 minutes (350).

CHOCOLATE PEANUT BUTTER BARS - Mrs. Dean Ringgenberg

4 c. oatmeal 1 c. brown sugar

1 tsp. vanilla 2/3 c. melted butter

1/2 c. white syrup

Mix above and put into large cookie sheet. Bake 15 minutes at 400 deg. or until lightly browned. Cool (grease cookie sheet).

Frosting: Melt 1 pkg. chocolate chips. Stir in 2/3 c. crunchy peanut butter. Spread on the mixture and cut in bars. Keep refrigerated.

CHOCOLATE COOKIES - Berniece M. Cocking

2 c. brown sugar 1 c. shortening

2 eggs 4 sq. chocolate-melted

1 tsp. soda 1 c. milk

1 c. nuts pinch salt

3 c. flour

Bake at 350 deg. Frost when cool.

PINEAPPLE UPSIDE DOWN CAKE - Berniece Cocking

1 c. granulated sugar 2 eggs

1 c. sifted flour 1 tsp. baking powder

1/4 tsp. salt 1/4 c. water

1 tsp. vanilla 1 c. brown sugar

3 heaping tbsp. butter

Pineapple slices, pecans and maraschino cherries.

Combine granulated sugar and eggs. Add flour, baking powder and salt, alternately with water and vanilla. When batter is mixed, put brown sugar and butter in skillet. When butter is melted, pour mixture into bottom of square cake pan. On this, arrange the pineapple slices and put cherries in the center of each ring. Sprinkle pecans over this; then pour on the batter. Bake 30-40 minutes at 375 degrees.

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Combine crumb, flour, sugar, salt and baking powder on bottom of square pan. Beat eggs, add to dry mixture and mix well.

Drop spoonfuls of this type dough onto the bottom of a pan on waxed paper. Remove from waxed paper and mix well. Add flavoring and mix thoroughly. Pour pudding into crumb lined pan. Sprinkle with remaining crumb mixture. Chill. Makes 9 servings.

COCOA OATMEAL COOKIES - Marie Dotley

2 c. sugar 4/2 c. cocoa
1/2 c. butter 1/2 c. milk

Cook 2 minutes after it comes to a boil then add 8 oz. quick oatmeal. Drop by spoon onto wax paper.

SUGAR BUTTER COOKIES - Mrs. Lloyd S. Hockaday

1 c. white sugar 1 c. shortening
1 egg 2 tbsp. vinegar
2 1/2 c. flour 1/2 tsp. soda
2 drops lemon extract 1/2 tsp. vanilla

Cream sugar to electric mixer, add sugar and cream well together. Add egg and mix well, then add vinegar, lemon extract and vanilla. Sift soda and flour together and add to butter mixture. Drop rounded teaspoons of batter onto cookie sheet; flatten with fork dipped into water and bake about 10 minutes in 400 degree oven.

BRAIDED CAKE - Mrs. George Russell

(Very good "charge")

2 c. cake flour 2 tsp. baking powder
1/2 tsp. salt 4 tbsp. butter
2 c. sugar 1 c. milk
2 tsp. vanilla

Beat eggs, add sugar; beat well. Add flour, baking powder and salt. Heat milk and butter to boiling. Pour over the above mixture. Add vanilla. (Very thin mixture bake 30 minutes at 350 degrees.)

Broiler Frosting:

2 tbsp. brown sugar 8 tbsp. butter
2 tbsp. butter 1/2 c. cream
Brown in broiler.

VELVET CREAM SQUARES - Eva Jones

| | |
|-----------------------------------|-----------------------------------|
| 1 3/4 c. vanilla wafers - crushed | 1/2 c. chopped pecans |
| 1 pkg. vanilla pudding mix | 1/2 c. melted butter or margarine |
| 1/4 tsp. rum flavoring | 1 8-oz. (large) pkg. cream cheese |

Combine crumbs, pecans and melted butter. Press on bottom of square pan, reserving 1/2 cup of mixture for topping. Prepare pudding (the type that requires cooking according to directions on package). Remove from heat and add creamed cheese. Stir till blended. Add flavoring and mix thoroughly. Pour pudding into crumb lined pan. Sprinkle with remaining crumb mixture. Chill. Makes 9 servings.

COCOA OATMEAL COOKIES Marie Duffey

| | |
|---------------|--------------|
| 2 c. sugar | 1/2 c. cocoa |
| 1/2 c. butter | 1/2 c. milk |

Cook 2 minutes after it comes to a boil then add 3 c. quick oatmeal. Drop by spoon onto wax paper.

SUGAR BUTTER COOKIES - Mrs. Lloyd S. Hockaday

| | |
|-----------------------|--------------------|
| 1 c. white sugar | 1 c. oleomargarine |
| 1 egg | 2 tbsp. vinegar |
| 2 1/2 c. flour | 1/2 tsp. soda |
| 2 drops lemon extract | 1/2 tsp. vanilla |

Cream oleo in electric mixer, add sugar and cream well together. Add egg and mix well, then add vinegar, lemon extract and vanilla. Sift soda and flour together and add to butter mixture. Drop rounded teaspoons of batter onto cookie sheet; flatten with fork dipped into water and bake about 10 minutes in 400 degree oven.

FEATHER CAKE - Mrs. George Bassett

(Very good - large)

| | |
|-----------------|----------------------|
| 2 c. cake flour | 2 tsp. baking powder |
| 1 tsp. salt | 4 tbsp. butter |
| 2 c. sugar | 1 c. milk |
| 2 tsp. vanilla | |

Beat eggs, add sugar; beat well. Add flour, baking powder and salt. Heat milk and butter to boiling. Pour over the above mixture. Add vanilla. (Very thin batter) Bake 30-35 minutes at 350 degrees..

Broiler Frosting:

| | |
|---------------------|----------------|
| 7 tbsp. brown sugar | 4 tbsp. cream |
| 7 tbsp. butter | 3/4 c. coconut |

Brown in broiler.

HELENE'S CAKE - Hazel Lyman

| | |
|-------------|----------------|
| 1 c. sugar | 1/2 c. lard |
| 2 eggs | 1 c. sour milk |
| 1 tsp. soda | pinch salt |
| 2 c. flour | |

Grind together:

| | |
|----------|--------------|
| 1 orange | 1 c. raisins |
|----------|--------------|

Bake at 400 degrees.

BROILER CAKE - Mrs. James Patton

2 eggs-beaten light

Add 1 c. sugar. Sift together and add to eggs and sugar:

| | |
|------------|----------------------|
| 1 c. flour | 1 tsp. baking powder |
| pinch salt | |

Add:

| | |
|----------------|--------------------------------|
| 1 tsp. vanilla | 1 rounding tbsp. melted butter |
|----------------|--------------------------------|

1/2 c. hot milk

Add to rest of mixture. This makes a thin batter. Bake in moderate oven, 350 degrees in an 8x8" pan. Do not grease pan.

Frosting:

| | |
|--------------------|---------------|
| 1/2 c. brown sugar | 1/4 c. butter |
|--------------------|---------------|

| | |
|-----------------|-----------------|
| 1/2 c. cocoanut | 1/2 c. nutmeats |
|-----------------|-----------------|

2 tbsp. cream

Melt butter and remove from fire. Add rest of ingredients and spread on hot cake. Put in oven or broiler until brown.

SOFT DROP SUGAR COOKIES - Mrs. Clyde Thompson

Cream:

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

| | |
|---------------|----------------|
| 2 eggs-beaten | 1 tsp. vanilla |
|---------------|----------------|

Sift before measuring:

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

| | |
|-------------------|-----------------|
| 1 level tsp. soda | 3/4 tsp. nutmeg |
|-------------------|-----------------|

Mix 1/2 c. buttermilk alternately with above ingredients. Beat until smooth. Drop from teaspoon on greased tin. Sprinkle with 1 tbsp. sugar, 1/2 tsp. cinnamon. Bake at 375 deg. Do not over bake. Can add nuts, raisins or dates for variety. We like them plain.

PECAN SQUARES - Mrs. Harlan Luense

| | |
|--------------------------|------------------|
| 1 c. butter or margarine | 1 c. brown sugar |
|--------------------------|------------------|

| | |
|--------------|------------|
| 1 egg-beaten | 2 c. flour |
|--------------|------------|

Mix in order. Pat evenly in a 11" x 19" sheet pan. Spread over dough:

| | |
|--------------|--------------------|
| 1 egg-beaten | 1/2 c. brown sugar |
|--------------|--------------------|

| | |
|--------------------------|--|
| 1 c. chopped pecan meats | |
|--------------------------|--|

On top 1/2 c. brown sugar. Bake 350 deg. 25 minutes.
Cut in squares.

CHOCOLATE CHERRY CAKE - Mrs. Joyce Wiltse
2 c. plus 2 tbsp. flour 1/2 c. shortening
1 1/2 c. sugar 1 1/4 c. buttermilk
1 1/2 tsp. soda 2 eggs
3/4 tsp. baking powder 1/4 c. maraschino cherry juice
3/4 tsp. salt 2 sq. chocolate-melted
1/3 c. chopped maraschino
 cherries

Mix all of the dry ingredients together and blend well. Add shortening and buttermilk and beat for 2 minutes with the electric mixer. Add eggs, cherry juice and melted chocolate. Beat 2 minutes more. Stir in the chopped cherries. Bake at 375 for 35 to 45 minutes depending on size of pan. Cool and frost with fudge frosting.

SURPRISE MERINGUE COOKIES - Mrs. Joyce Wiltse

2 egg whites 3/4 c. sugar
1/8 tsp. salt 1 6-oz. pkg. chocolate chips
1/8 tsp. cream of tartar 1/4 c. chopped walnuts
1 tsp. vanilla

Beat egg whites, salt, cream of tartar and vanilla until soft peaks form. Add sugar gradually, beating until peaks are stiff. Fold in chocolate chips and nutmeats. Cover cookie sheet with plain paper. Drop mixture by small teaspoons onto paper. Bake in a slow oven (300 degrees) for about 25 minutes. Makes about 30.

MACAROONS - Naomi Van Voetinbergh

1 can condensed milk 5 tbsp. brown sugar-
1/2 c. nutmeats firmly packed

Cook till thick, stirring all the time. Add 3 c. cornflakes. Drop on a greased baking sheet and place half of a cherry on top. Bake in 325 deg. oven for 13-15 minutes.

ENGLISH TOFFEE - Gertrude Wilson

1/4 lb. butter-creamed 2 c. powdered sugar

Add:

3 tbsp. cocoa 1 tsp. vanilla

2 eggs-separated

Add yolks to creamed mixture. Add 1 c. nuts, chopped. Fold in whites of eggs, beaten very stiff. Put in graham cracker crust and sprinkle a few on top. Let stand in refrigerator 24 hours.

APPLESAUCE BARS - Mary Ann Chrystal

| | |
|-------------------|-----------------------|
| 1/2 c. shortening | 1 1/2 c. sifted flour |
| 1 c. sugar | 1/2 tsp. cinnamon |
| 1 beaten egg | 1/4 tsp. nutmeg |
| 1 c. applesauce | 1/8 tsp. cloves |
| 1 tsp. soda | 1/2 c. raisins |
| 1/4 tsp. salt | 1/2 c. chopped nuts |

Cream shortening, sugar and add egg. Beat until light and fluffy. Stir in applesauce in which soda has been added. Sift dry ingredients and blend well. Add raisins and nuts and stir well. Bake at 370 deg. for 25 minutes.

OATMEAL BARS - Mary Ann Chrystal

| | |
|--------------------------------|--------------------------|
| 1/2 c. sifted flour | 1 tsp. vanilla |
| 1/2 tsp. salt | 1/2 c. shortening |
| 1 tsp. baking powder | 2 eggs |
| 1 1/4 c. quick cooking oatmeal | 1/2 pkg. butterscotch or |
| 1 c. brown sugar | chocolate chips |

Cream sugar, shortening, vanilla and eggs until light and fluffy. Add sifted dry ingredients. Stir in the chips. Turn into greased 9" square pan. Bake at 350 deg. about 30 minutes. While warm, cut into 1" x 3" bars.

HERSHEY COOKIE BAR - Mrs. Ralph W. Cooper

| | |
|---|--------------------|
| 1/2 c. brown sugar | 1/2 c. white sugar |
| 1 c. shortening (1/2 butter- 1/2 shortening, may also use oleo) | 2 egg yolks |
| | 1 c. flour |

Combine ingredients in exact order. Bake 20 minutes at 350 deg. Cool. Bake in large cake pan. Melt 1 39¢ Hershey bar, 2 tbsp. butter and spread over cooled cookies and cut in bars. Best to keep these cookies in refrigerator.

EASY PEANUT BUTTER FUDGE - Charlane Cooper

| | |
|---|-----------------------------|
| 2 c. sugar | 1 6-oz. can evaporated milk |
| 2 heaping tbsp. peanut butter (creamy) | |

Cook over medium flame, stirring constantly and slowly until it boils well. Then boil for 4 minutes. Beat and let cool. Add 1 tsp. vanilla. This can't fail.

APPLESAUCE CAKE - Mrs. W. D. Butler

| | |
|-------------------|--|
| 1/2 c. shortening | 2 c. sugar |
| 1 egg-beaten | 1 1/2 c. thick unsweetened applesauce |

Combine with 2 tsp. soda and 1/2 c. boiling water.

Sift:

| | |
|-----------------|-------------------|
| 2 1/2 c. flour | 1/2 tsp. salt |
| 1/2 tsp. cloves | 1/2 tsp. allspice |
| 1 tsp. cinnamon | |

Cream shortening and sugar; add egg. Add applesauce. Alternate flour mix with soda and water. Bake 350 deg. 3/4 to 1 hour. Watch closely as it is easily burned.

NO ROLL SUGAR COOKIE - Mrs. Ralph W. Cooper

| | |
|------------------------|------------------|
| 1 c. lard | 1 c. brown sugar |
| 1/2 c. white sugar | 1 egg |
| 2 1/2 c. flour | 1 tsp. salt |
| 1 tsp. cream of tartar | 1 tsp. soda |
| 1 tsp. vanilla | |

Cream lard and sugar; add egg. Add other ingredients, then roll dough in balls size of walnut; dip in sugar. Bake at 350 deg. 10 to 12 minutes. Lard must be used for best flavor.

COFFEE CAKE - Verna Fergesen

| | |
|----------------------|--------------------------------|
| 1/2 c. shortening | 1/2 pt. commercial sour cream |
| 3/4 c. sugar | 6 tbsp. butter |
| 1 tsp. vanilla | 1 c. firmly packed brown sugar |
| 3 eggs | 2 tsp. cinnamon |
| 2 c. sifted flour | 1 c. chopped nuts |
| 1 tsp. baking powder | |
| 1 tsp. baking soda | |

Cream shortening, sugar and vanilla thoroughly. Add eggs, singly, beating well after each addition. Sift flour, baking powder and soda together. Add to creamed mixture, alternately with sour cream, blending after each addition. Spread half of batter in 10" tube pan. Cream butter, brown sugar and cinnamon together. Add nuts; mix well. Spread half of nut mixture evenly over batter in pan. Cover with remaining batter; sprinkle on remaining sugar mixture. Bake 350 deg. for about 50 minutes. Very good.

Desserts

Pies

Pastries

Puddings

DESSERTS*PIES*PASTRIES*PUDDINGS***

LEMON CREAM PIE - Mrs. Dean Ringgenberg

| | |
|------------------------|--------------------------|
| 1 c. sugar | 2 or 3 eggs |
| 1/8 tsp. salt | 1/3 c. lemon juice |
| 3 1/2 tbsp. cornstarch | 1 tsp. grated lemon rind |
| 2 c. hot milk | 2 tbsp. butter |

baked 8" pastry shell

Blend sugar, cornstarch and salt and add gradually to hot milk, stirring to keep smooth. Cook until mixture is thick. Beat egg yolks and pour a bit of hot mixture over them, beat vigorously. Add yolks to hot mixture and cook for 2 minutes longer, stirring all the while. Remove from heat; add lemon juice, rind and butter and beat until smooth. Turn into cooled pie shell and cover with meringue.

ICE BOX CHERRY PIE - Berniece Cocking

| | |
|-------------------------|----------------------|
| 1 can tart red cherries | 1 c. sugar |
| 1 pkg. plain gelatin | graham cracker crust |

Drain cherries and heat juice to boiling point. Dissolve gelatin in the juice (no water added). Then add sugar and cherries. Mix and place in the refrigerator until nearly set and then pour into the graham cracker crust. Refrigerate until ready to serve. Top with whipped cream before serving.

Graham Cracker Crust:

| | |
|---|--------------------------------------|
| 16 graham crackers-crushed (about 1 1/2 c. crumbs) | 1/2 c. melted butter 1/4 c. sugar |
|---|--------------------------------------|

Press into pie pan. Chill until set, about 45 minutes.

HOT FUDGE SAUCE - Marie Duffey

| | |
|-----------------------------|---------------------------------|
| 6 tbsp. butter or margarine | 2 c. sifted confectioners sugar |
| 2/3 c. cocoa | 1 c. undiluted evaporated milk |

Melt butter, add sugar and cocoa; mix well. Add milk gradually, beating till smooth. Bring to boil over medium heat and cook, stirring constantly, about 5 minutes or until thick. (Makes 2 cups sauce.) Wonderful for hot fudge sundaes!!

CUSTARD PIE BY "LOUISE" - Hazel Lyman

| | |
|------------------------|-------------------------------|
| 4 eggs-slightly beaten | 2 1/2 c. milk - hot |
| 1/2 c. sugar | 1/2 tsp. salt |
| 1 tsp. vanilla | 1/2 tsp. nutmeg-on top of pie |

Bake 10 minutes in 450 deg. oven then 325 deg. oven 40 minutes. Do not let center of pie set.

FORGOTTEN DESSERT - Mrs. Virginia Nelson

Pre-heat oven to 450 degrees, then beat 5 large egg whites,

1/2 tsp. salt till frothy. Add 1/2 tsp. cream of tartar. Beat until stiff. Add slowly a little at a time, 1 1/2 cup of sugar. After all sugar is added, add 1 tsp. vanilla. Beat at high speed 15 minutes. Put in greased large pyrex pan; put in oven, turn off oven and forget until morning. Then in morning, spread 1/2 pt. whipped cream. Let stand awhile and serve frozen fruit over each serving.

APPLE ROLL - Mrs. Archie Post

| | |
|---------------|----------------------|
| 1 egg | 2 c. flour |
| 2 tbsp. sugar | 3 tsp. baking powder |
| 1/2 tsp. salt | 3 tbsp. butter |
| 1/2 c. milk | 1 qt. sliced apples |

Sift dry ingredients and cut in butter. Add well beaten egg and milk mixed together. Roll out as for jelly roll. Cover with sliced apples and sprinkle with sugar and cinnamon. Roll as for jelly roll and cut into 2 inch slices. Put in hot syrup, cut side up, and bake in moderate oven until apples are well done.

Syrup:

| | |
|----------------|-------------|
| 1 1/2 c. sugar | 1 pt. water |
|----------------|-------------|

Heat to boiling point in deep pan.

STRAWBERRY DESSERT - Enid Shupe

| | |
|--|---|
| 1 pkg. frozen strawberries or 2 c. prepared fresh strawberries | 1 pkg. strawberry jello 1/2 pt. whipping cream |
|--|---|

Prepare jello. Let stand until firm enough to whip. Stir in berries. Fold in whipped cream. Place in mold or loaf pan. Let stand overnight. If a mold is used turn out on a tray. Pour fresh berries over it to add a touch of color. Slice and serve.

CHERRY TORTE - Mrs. W. J. Maxfield

| | |
|--|------------------|
| 1 1/2 c. sugar | 1 c. flour |
| 1 tsp. soda | 1 tsp. cinnamon |
| 1/2 c. chopped nuts | 1/4 tsp. salt |
| 1 egg-well beaten | 1 tsp. salad oil |
| 1 can (or 2 cups) drained sour cherries | |

Mix dry ingredients. Add cherries, egg and salad oil. Mix well. This will take about 5 minutes until sugar is dissolved. Place in an 8" square pan or one of equivalent size. Bake 30 to 40 minutes at 350 degrees. Serve in squares with whipped cream. Keeps moist for days.

MARSHMALLOW CUSTARD PIE- Opal Cox

| | |
|---------------|-----------------|
| 2 1/2 c. milk | 15 marshmallows |
|---------------|-----------------|

4 eggs

1/4 tsp. salt

Sprinkle nutmeg on top. Dissolve marshmallows and salt in milk over hot water in double boiler. Beat eggs lightly; add small amount of hot milk to eggs, then add to hot mixture. Pour in unbaked pie crust. Sprinkle with nutmeg. Bake 5 minutes at 400 deg. then 325 degrees till silver knife comes out clean.

COCONUT CRUNCH TORTE - Georgia Dennis

1 c. graham cracker crumbs 1/2 c. chopped moist shredded

1/2 c. walnuts coconut

4 egg whites 1/4 tsp. salt

1 tsp. vanilla 1 c. sugar

1 pt. butter brickle ice cream

Combine cracker crumbs, coconut and nuts. Beat egg whites with salt and vanilla till foamy, gradually add sugar and continue beating until egg whites form stiff peaks. Fold graham crackers mix into egg whites mixture. Spread in well greased 9 inch pie plate. Bake 350 deg. oven about 1/2 hour. Cool and cut in wedges and top with ice cream. Makes 6 to 8 servings.

LOW CALORIE DESSERT - Mrs. Lew Davis

2 c. crushed graham 1/3 c. melted butter or oleo
crackers or vanilla wafers

Mix; spread in a 13x9x2" pan then put in refrigerator. Chill

1 large can evaporated milk, also beater and bowl.

1 pkg. lemon or lime jello 1 3/4 c. boiling water

1 c. sugar 1/4 c. lemon juice

Beat jello, boiling water. When it starts to congeal, then add 1 c. sugar and lemon juice. Beat milk when good and cold, then mix both mixtures together and pour into pan that has been in refrigerator. Put back in refrigerator.

BLUEBERRY TORTE - Mrs. Richard O'Brien

(Nice special dessert for company)

1/2 c. butter or 3/4 c. oleo 1 1/4 c. flour

2 tbsp. powdered sugar

Press in pan and bake 15 minutes or until brown, in 450 deg. oven. Cool. Use 13x7" pan.

Make two boxes of vanilla pudding. Cool. Drain off juice of 1 can blueberries. Mix 2 tbsp. cornstarch and 1/3 c. sugar. Mix with blueberry juice and cook until thickened. Cool and add blueberries. Put cooled pudding over baked shell, then add cooled blueberry mix and let set in refrigerator overnight. Serve with whipped cream.

PORCUPINE PUDDING - Gertrude Wilson

| | |
|-------------------------|--------------------------------|
| 1 doz. eggs | 1 lb. butter |
| 2 1/2 c. powdered sugar | 2 or 3 tsp. very strong coffee |
| 1 pkg. slivered almonds | |

Make an angel food cake with the egg whites and when cool, cut into 3 layers. Cream the butter in mixer until light and creamy. Beat egg yolks until lemon colored. Add eggs, sugar and coffee alternately to creamed butter and beat until smooth and creamy. Put creamed mixture between layers and on top and sides of cake. Toast the almonds and stick over top and sides to resemble porcupine quills. Let set 24 hours in refrigerator before serving.

CHOCOLATE DELIGHT - Malinda Preston

(All unbaked)

| | |
|----------------------------|-----------------------------------|
| 1 lb. sweet milk chocolate | 2 1-oz. sq. unsweetened chocolate |
| 1 c. chopped pecans | |
| 1 c. chopped dates | 1/4 tsp. salt |
| 5 c. cornflakes | |

Melt both chocolates over hot water. Combine nuts, dates, salt and cornflakes. Add to chocolate and stir carefully until well mixed. Drop from teaspoon onto waxed paper. Chill until firm, about 1 hour. Makes 3 1/2 dozen cookies.

ICE CREAM DESSERT - Charmion Slife

| | |
|--------------------|------------------------|
| 1 1/2 c. coconut | 1/4 c. butter |
| 1/4 c. oleo | 2 1/2 c. Rice Krispies |
| 3/4 c. brown sugar | |

Put in 300 deg. oven and stir constantly. Watch closely.

Add 3 c. brown sugar when hot. Put part of crumbs on bottom of pan, then soft ice cream over this, then sprinkle remaining crumbs on top. Serves 15 people.

CHOCOLATE FLOAT - Mrs. Lloyd S. Hockaday

Sift together:

| | |
|---------------|----------------------|
| 1 c. flour | 1/4 tsp. salt |
| 3/4 c. sugar | 2 tsp. baking powder |
| 2 tbsp. cocoa | |

Then add:

| | |
|-----------------------|---------------------|
| 1/2 c. milk | 1 tsp. vanilla |
| 2 tbsp. melted butter | 1/2 c. chopped nuts |

Mix and pour into buttered pan, then mix:

| | |
|--------------------|--------------------|
| 1/2 c. white sugar | 1/2 c. brown sugar |
| 2 tbsp. cocoa | |

Sprinkle sugar mixture over batter and then pour 1 c. boiling water over all. Bake about 40 minutes at 350 deg. Serve either warm or cold with whipped cream.

FRUIT COCKTAIL DESSERT - Olive Ryan

1 egg-beaten

1 c. sugar

1 c. flour-sifted

1 tsp. baking soda

1/4 tsp. salt

1 #2 can drained fruit cocktail

Mix ingredients in order given. Mix thoroughly. Butter and flour 9x9 inch cake pan. Pour batter into pan and cover with this mixture: 1/2 c. brown sugar and 1/2 c. chopped nuts. Bake 1 hour 20 minutes at 275 degrees. Top with whipped cream.

Poultry
Sea Food

Wild Game

Meats

Poultry

Sea Food

Wild Game

MEATS*POULTRY*SEA FOOD*WILD GAME***

SALISBURY STEAK - Enid Shupe

| | |
|-----------------------|--------------------|
| 1 1/2 lb. ground beef | seasoning to taste |
| 1/2 c. chopped onions | 8 slices bacon |
| 1 can mushrooms | |

Mix ground beef, onions and seasoning. Shape into 4 steaks. Cook bacon until done, but not crisp. Remove from pan. Fasten around steaks with toothpicks, 2 slices per steak. This can either be broiled or sauteed in bacon fat. Saute mushrooms and place on top of steak to serve. Mushroom soup could be added instead of mushrooms.

HAM CASSEROLE - Marion Duffey

(A grand way to use up baked ham.)

Mix together:

| | |
|------------------|----------------------------|
| 1 lb. ground ham | 1 c. cheddar cheese-grated |
|------------------|----------------------------|

| | |
|--------------------------------|--|
| 6-oz. noodles-broken, uncooked | |
|--------------------------------|--|

Make white sauce (Not too thick):

| | |
|-----------|---------------|
| 2 c. milk | 4 tbsp. flour |
|-----------|---------------|

| | |
|----------------|--|
| 2 tbsp. butter | |
|----------------|--|

Add to white sauce:

| | |
|------------------------|------------------------------|
| 1 1/2 tsp. horseradish | 1 1/2 tbsp. prepared mustard |
|------------------------|------------------------------|

Put first mixture into a greased pan (at least 2 1/2 to 3 inches deep). Pour the white sauce over (the noodles will cook and absorb it). Top with crumbs and bake for 45 minutes to 1 hour at 350 degrees. Let stand for a few minutes before cutting into serving portions.

PORK CHOP CASSEROLE - Naida Schaefer

| | |
|--------------------|--------------------------|
| 6 pork chops-brown | 1 can cream chicken soup |
|--------------------|--------------------------|

| | |
|----------------|-----------------------------|
| 3 tbsp. catsup | 2 tsp. Worcestershire sauce |
|----------------|-----------------------------|

| | |
|---------------------|--|
| 1 med. onion-sliced | |
|---------------------|--|

Place browned pork chops in casserole. Mix other ingredients and pour over chops. Bake at 375 deg. for 1 hour.

SEALED HOT DOG SANDWICHES - Marion Duffey

Combine in bowl:

| | |
|----------------------------|---------------------------------|
| 6 frankfurters-chopped | 1/2 c. grated or chipped cheese |
| 2 hard cooked eggs-chopped | 2 tbsp. chopped pickle |
| 3 tbsp. ketchup | 1 tsp. mustard |
| 2 tbsp. salad oil | 1/4 tsp. salt |

Mix well. Slit 12 frankfurter rolls and fill with mixture. Wrap each in foil. Chill until serving time, then place in slow oven, 300 deg. for 15 minutes. Serve.

JOHNNY MARZETTI - Mrs. Connie Wallace

Serves 4-6.

1 lb. ground beef, browned with 1/2 large onion, grated. Cook 1/2 of 8 oz. pkg. widest noodles in salted water in large kettle Add:

1 can yellow cream style corn 1 can yellow corn with kernel
1 can tomato sauce (small) 1 small can tomato paste

1/2 lb. strong cheddar cheese-
grated

Stir, add, combine and bake 30 minutes, 350-450 to brown.

HUNTINGTON CHICKEN - Mrs. Charles Simmons

2 c. cooked chicken 1 c. cooked macaroni
1 c. grated cheese 1 small can mushrooms
2 tbsp. pimiento salt

White sauce:

2 c. chicken broth 1 c. milk
4 tbsp. butter 4 tbsp. flour

Combine and cover with browned bread crumbs and bake 3/4 hour at 350 deg.

HAMBURGER POTATO CASSEROLE - Eva Jones

1 1/4 lb. hamburger or 1/2 to 1 whole chopped onion-
more in pan on top

1 can tomato soup 1/2 to 3/4 c. chopped celery

Over this slice raw potatoes. Then put can mushroom soup over all. Bake at 350 deg. for 1 hour.

VEAL-PORK CASSEROLE - Ethel Johnson

Cut and brown in fat:

1 lb. veal 1/2 lb. pork

Season. Add water and cook until tender. Should have 1 1/4 c. stock. Add chopped fine:

1 bunch celery 1/4 c. onion
2 c. soft bread crumbs 2 slightly beaten eggs

1 can mushroom soup

Spread crushed potato chips over top and bake 45 minutes at 350 degrees. Serves from 8-10.

LUNCHEON CASSEROLE - Mabel Barr

1 1/2 lb. hamburger-brown 1 onion-brown

Mix:

2 cans mushroom soup 1 can chicken rice soup

1 large can or 2 c. frozen
mixed vegetables

Add hamburger and put in casserole. Put 2 c. chow mein noodles over top. Cut in with knife a little. Bake 1 hour at 350 degrees.

TUNA CASSEROLE - Margaret Kennedy

1 can peas-drained 1 can cream chicken soup

1 can tuna 1/2 pkg. noodles

Cook noodles in boiling water and salt according to directions on package. Drain.

Add soup, tuna and drained peas. Put in greased casserole and add 1 c. milk and more seasoning if desired. Put crushed cornflakes or potato chips on top. Dot with butter and bake at 350 degrees until cooked through and browned on top.

DRIED BEEF CASSEROLE - Mrs. Archie Post

1/4 lb. dried beef 1 med. onion-diced

1 c. diced raw carrot 1 c. grated cheese

2 c. diced raw potatoes 2 c. med. white sauce-seasoned

Shred the beef by pulling apart into small pieces; put layers of meat, potatoes, carrots and onions in casserole. Mix part of cheese into the white sauce and pour over all. Top with remaining cheese and bake about 1 hour in medium hot oven until potatoes are done. Do not use more than the 1/4 lb. dried beef or will be too salty.

HAM AND VEGETABLE CASSEROLE - Naomi Van Voetinbergh

3 tbsp. flour 3 hard boiled eggs-diced

3 tbsp. butter 2 c. cooked asparagus or

1 1/2 c. milk green beans

salt and pepper 1 1/2 c. diced ham or Spam

1/4 lb. cheese crushed potato chips

Make a white sauce of the first 4 ingredients. Remove from stove and add grated cheese. Stir in the vegetables, eggs and meat. Pour into casserole and top with crushed potato chips. Put in 300 deg. oven for 20-30 minutes or until brown and heated through.

CREAMED HAM AND EGGS-Gertrude Wilson

1/2 c. butter 6 tbsp. flour

1/2 to 1 tsp. dry mustard 1 small can mushrooms

milk few drops Tabasco

4 hard cooked eggs- 2 1/2 c. diced cooked ham
quartered

Melt butter; stir in flour, pinch salt and mustard and cook gently a few minutes. Drain mushrooms and add enough milk to liquid to measure 3 cups. Gradually add to butter paste and cook until thickened.

Add drained mushrooms, Tabasco, eggs and ham. Heat and serve over Chinese noodles or toast.

MACARONI AND DRIED BEEF - Gertrude Wilson

Mix:

| | |
|---------------------------|--------------------|
| 2 c. uncooked macaroni | 1/4 lb. dried beef |
| 1/2 lb. shredded cheese | 1 small onion |
| 4 hard cooked eggs-cut up | 1 pt. milk |

Mix all together and put in casserole and let stand overnight. Next day bake at 350 degrees or until done.

CHICKEN RICE CASSEROLE - Olive Ryan

| | |
|--------------------------------|------------------------|
| 1 5-lb. chicken-cooked & diced | 2 c. soft bread crumbs |
| 1 c. cooked rice | 1/4 c. diced pimento |
| 4 eggs-beaten | 2 c. chicken broth |
| 1/4 c. butter | |

Combine all ingredients, melt the butter in the chicken broth. Mix thoroughly. Bake in 9x13 inch pan for 45 minutes at 350 degrees. Let stand for 5 minutes after taking out of oven and cut into square servings.

Add enough cream to 1 can of mushroom soup and heat to make thick as gravy. Serve this on each serving. Also 1 small can of button mushrooms can be added to gravy.

VEGETABLE HAMBURGER CASSEROLE-Charlane Cooper

| | |
|------------------------------|-----------------------------|
| 1 1/2 lb. hamburger | 1/2 small onion |
| 2 cans mushroom soup | 1 can chicken rice soup |
| 1 large can mixed vegetables | 1 large can Chinese noodles |
| or 2 c. frozen mixed veg. | |

Brown hamburger and onion; add soups and mixed vegetables. Put in large casserole. Sprinkle Chinese noodles over top and stir in slightly, leaving enough on top to get crisp. Bake until set, about 1 hour at 350 degrees. Serves 8.

HAMBURGER RICE CASSEROLE - Charlane Cooper

| | |
|--------------------------|-------------------------|
| 1 lb. ham | 1 onion |
| 1 c. celery-diced | 1 c. rice |
| 1 can mushroom soup | 1 can chicken rice soup |
| 2 cans water | 1/2 c. soy sauce |
| salt and pepper to taste | |

Brown hamburger and onion; add celery, rice, soy sauce, 2 soups, and water. Put in large casserole. Bake 1 1/2 hour at 350 degrees. Right before serving, sprinkle top with 1/2 c. grated cheese and return to oven for 5 minutes or until cheese melts. Serves 8. Nice for church luncheons.

SOUR CREAM PORCUPINES - Mary Ann Chrystal

1 1/2 lb. ground beef

1/2 c. water

1/3 c. Minute rice

1 beef bouillon cube

1 tsp. paprika

1 tsp. Worcestershire sauce

1 tsp. salt

1 can cream mushroom soup

1/4 c. diced onion

1/2 c. dairy sour cream

2 tbsp. hot shortening

Chinese noodles

Combine beef with rice, paprika, salt and onion. Shape into 16 to 20 balls. Brown meat balls in hot shortening. Arrange meat balls in a casserole dish. Drain fat from skillet. Combine in skillet the water, bouillon cube, Worcestershire sauce, and soup. Stir until blended. Add sour cream and pour mixture over meat balls. Bake uncovered, at 350 deg. for 45 minutes. You may serve with Chinese noodles. Serves 6.

Miscellaneous

Eggs

Cheese

Sandwiches

Tips

BOILING GUIDE FOR FRESH VEGETABLES

| Vegetable | Boiling time (minutes) | Vegetable | Boiling time (minutes) |
|--------------------------|---------------------------|------------------------------|---------------------------|
| Asparagus..... | 10-20 | Greens: | |
| Beans: | | Beet, young..... | 5-15 |
| Lima..... | 20-30 | Dandelion..... | 10-20 |
| Snap, 1-inch pieces..... | 15-30 | Kale..... | 10-25 |
| Beets: | | Turnip..... | 15-30 |
| Young, whole..... | 30-45 | Kohlrabi, sliced..... | 20-25 |
| Older, whole..... | 45-90 | Okra, whole or sliced..... | 10-20 |
| Broccoli, separated..... | 10-20 | Onions, whole or half..... | 20-40 |
| Brussels sprouts..... | 10-20 | Parsnips, whole..... | 20-40 |
| Cabbage: | | Peas..... | 8-20 |
| Shredded..... | 3-10 | Potatoes, whole or half..... | 25-45 |
| Quartered..... | 10-15 | Rutabagas, pared, cut up.... | 20-30 |
| Carrots: | | Squash: | |
| Young, whole..... | 15-25 | Summer, sliced..... | 10-20 |
| Older, sliced..... | 15-25 | Winter, cut up..... | 20-40 |
| Cauliflower: | | Spinach, whole..... | 3-10 |
| Separated..... | 8-15 | Sweetpotatoes, whole..... | 25-35 |
| Whole..... | 20-30 | Swiss chard..... | 10-20 |
| Celery, cut up..... | 15-20 | Tomatoes, cut up..... | 7-15 |
| Collards, whole..... | 10-20 | Turnips, cut up..... | 15-20 |
| Corn, on cob..... | 5-15 | | |

MISCELLANEOUS* EGGS* CHEESE* SANDWICHES***

HAM & CHEESE BROILED SANDWICH-Charlane C. Cooper

1 can Spam or chopped meat 1/2 lb. longhorn cheese
1 tbsp. minced onion

Grind meat, leftovers from large ham are excellent, and cheese.

Mix together with minced onion. Spread fairly thick on 1/2 of hamburger bun. Broil until cheese bubbles. This will make 16 sandwiches, one package of buns.

This mixture stores well if you have any left.

T. V. SNAX - Mary Ann Chrystal

| | |
|---------------------|-------------------|
| 1 box Kix | 1 box Cheerios |
| 1 box Wheat Chex | 1 box Rice Chex |
| 1 box thin pretzels | 1 bag salted nuts |

Pour the above amounts into a large roaster pan and mix well.

Mix the following ingredients:

| | |
|------------------------------|---------------------|
| 2 c. oleo | 1 tbsp. garlic salt |
| 2 tbsp. Worcestershire sauce | 1 tbsp. onion salt |

Heat and pour over snax. Bake at 250 deg. for 2 hours, stirring often.

GRANDMA'S DUTCH PANCAKES - Mary Ann Chrystal

Beat 6 fresh eggs until light and fluffy. Add 1/2 tsp. salt and 4 c. milk. Add 4 c. flour and beat well. Mixture will not be thick like ordinary pancakes. Melt 1/2 c. oleo or butter and blend in. Heat an 8-inch frying pan and add 1/2 c. batter. Tilt pan so that batter covers the entire bottom of pan. When under side is a very light tan, turn pancake. Then fold in half and then in half again. Serve hot with melted butter and sugar syrup. Serves 6.

Vegetables

Soups

Salads

Dressing

VEGETABLES*SOUPS*SALADS*DRESSING***

WHIPPED CREAM SALAD - Mrs. Dean Ringgenberg

| | |
|---------------|--------------------------|
| 1 egg | 1 c. marshmallows-cut up |
| 1/2 c. sugar | 1/2 c. nutmeats-optional |
| 1 tbsp. flour | 1 c. whipped cream |

1 can grated pineapple

Add 1/2 c. water to juice of pineapple. Heat. Add egg, well beaten, sugar and flour mixed together and cook until thick, stirring constantly over low heat. Stir in pineapple and let cool. Add marshmallows and cream, whipped. Let stand 12 hours. Add nutmeats when ready to serve.

SWEET SOUR SALAD DRESSING - Mrs. Richard O'Brien

| | |
|----------------------|----------------|
| 1/2 c. honey | 1/3 c. vinegar |
| 1/2 tsp. salt | 1/3 c. ketchup |
| 1 tbsp. grated onion | 1 c. salad oil |

1 tbsp. Worcestershire sauce

Mix all ingredients in a large shaker or fruit jar. Shake well before using on green tossed salad.

CRANBERRY SALAD - Marion Duffey, Berniece Cocking

| | |
|---|-----------------------------------|
| 1 lb. cranberries-washed and ground | 2 red apples with peelings-ground |
| 2 oranges-peeled, ground | 2 c. sugar |
| 2 pkgs. cherry jello made with 3 c. water | |

When jello is almost set, add the cranberry mixture.

APPLE-CRANBERRY SALAD - Ethel Johnson

| | |
|------------------------|-----------------------|
| 1 pkg. cherry jello | 1 can cranberry sauce |
| 1 1/2 c. boiling water | |

Mix together; let cool a little before putting in apple.

3/4 c. peeled apple-grated or ground

Spread 1/2 pt. whipping cream (whipped) over it when you serve. If desired, add to whipped cream 1/2 c. walnuts or pecans, 1/4 c. powdered sugar.

RUSSIAN SALAD DRESSING - Charmion Slife

Put all ingredients in quart jar and stir well.

| | |
|---|---------------------------|
| 1 onion-grated (1/2 c.) | 1/2 c. catsup |
| 1/2 c. chili sauce | 1 c. sugar or little less |
| 1/2 c. cider vinegar | 1/2 c. Tarragon vinegar |
| 1 c. oil (soy bean, peanut or corn oil) | 1 tbsp. salt |

APRICOT SALAD - Margaret Kennedy

| | |
|---|--|
| 2 pkgs. orange jello | 2 c. boiling water |
| 1 c. pineapple & apricot juice mixed | 1 can apricots-mashed 1 can pineapple-diced |
| 10 marshmallows-cut fine | |

Put in large pan (9x13"). When set firm, top with the following:

| | |
|--|---|
| 1 c. pineapple & apricot juice mixed together | 1/2 c. sugar |
| 1 beaten egg | 2 heaping tbsp. flour 2 tbsp. butter |

Cook until thick and when cool add 1 c. cream, whipped. Spread over firm gelatin mixture and top with grated cheese if desired. Refrigerate until served.

When you drain your large cans of fruit you should get 2 cups of juice. These you combine and use 1 cup in each mixture.

STRAWBERRY SALAD - Mrs. Lloyd S. Hockaday Margaret Kennedy

| | |
|-----------------------------|-----------------------------|
| 2 pkg. strawberry jello | 2 c. boiling water |
| 2 pkgs. frozen strawberries | 2 bananas |
| 1 #2 can crushed pineapple | 1/2 pt. cultured sour cream |

Dissolve jello in water and add strawberries (direct from package while frozen). Stir well and add finely mashed ripe bananas and pineapple (including juice). Pour 1/2 of the mixture in 9x13" pan and cool until set. Spread sour cream over it and add the rest of jello mixture. May be served with or without whipped cream and mayonnaise.

FRUIT SALAD - Mrs. Lloyd S. Hockaday

| | |
|------------------------------|--|
| 1 sm. pkg. cream cheese | 1/2 c. mayonnaise |
| 1/2 lb. colored marshmallows | 1/2 pt. whipped cream |
| 1 sm. can crushed pineapple | 1 sm. bottle maraschino cherries chopped nuts |

Mix softened cheese with salad dressing. Fold in whipped cream. Drain pineapple and chopped cherries well. Add quartered marshmallows, pineapple, cherries and nuts to cream mixture. Pour into an 8-inch square pan and let set overnight. Cut into squares and serve on lettuce.

THREE BEAN SALAD - Mrs. George Bassett Mrs. Virginia Nelson

| | |
|--------------------------|-------------------------|
| 1 can yellow beans-drain | 1 can green beans-drain |
| 1 can kidney beans-drain | 1 c. celery-cut fine |
| 1 pepper-sliced | 1 onion-sliced |

Marinate all night in the following:

| | |
|------------|------------|
| 1 c. sugar | 1/2 c. oil |
|------------|------------|

CHERRY BOWL SALAD - Mrs. Neva Deer

1 12-oz. cottage cheese-drained
 1 7 1/2 oz. can pineapple tidbits-drained
 1 #2 can red sour cherries-drained
 1 c. tiny marshmallows 1 c. flaked cocoanut
 1/2 c. pecans 1/2 c. commercial sour cream
 2 tsp. grated orange peel 1 tbsp. brown sugar
 Combine drained cottage cheese, pineapple and cherries in bowl.
 Fold in marshmallows, cocoanut and pecans. Combine sour
 cream, orange peel and brown sugar. Pour this over salad and
 blend together lightly. Chill well and serve in lettuce cups. Top
 with maraschino cherries. Serves 12.

CRANBERRY SALAD - Mabel Barr

| | |
|-------------------------|--|
| 1 lb. cranberries | 1 lb. marshmallows |
| Grind together and add: | |
| 3/4 c. sugar | 1 small can crushed drained pineapple |

Mix well and set in refrigerator several hours.

Whip 1 c. cream and fold into above mixture. Best if it sets overnight after folding in cream.

ONE DISH MEAL - Mabel Barr

2 med. potatoes-sliced 2 raw carrots-sliced
 1 small onion 1/6 c. uncooked rice
 3/4 lb. ground beef 1 tsp. salt
 1/2 tsp. pepper 1 1/2 c. tomato juice
 Place potatoes in greased casserole. Add rice, carrots, onions;
 add salt and pepper. Sprinkle little flour over potatoes and dot
 with butter. Brown meat slightly and place on top of casserole.
 Cover with tomato juice. Place in oven at 350 deg. for 1 1/2
 hour until vegetables are tender.

BLACK CHERRY SALAD - Mrs. Clyde Thompson

1 pkg. grape jello 1 c. hot water to dissolve jello
1 c. cherry juice 1 can Bing or black cherries-
3/4 c. diced celery pitted
Add to cooled mixture, tiny balls cream cheese, rolled in fine
cut up nutmeats. Improves. Slice stuffed olives over top.

BAKED SQUASH CASSEROLE - Mrs. W. J. Maxfield

1 large can squash or 1 qt.
cooked fresh squash-mashed 1/2 c. brown sugar
1/2 c. cream (or more)

salt and pepper to taste 2 tbsp. butter
1/2 c. crushed walnuts
Mix together well the squash, sugar, cream, salt, pepper and part of the butter. Put in a buttered casserole and sprinkle the nuts on top. Bake 40 minutes in a moderate oven.

MACARONI & AMERICAN CHEESE - Opal Cox

2 c. macaroni 1 qt. boiling water

Cook until tender. Rinse with cold water and drain.

Sauce:

3 c. milk 1 tbsp. butter

1/2 lb. American cheese-

(no other kind)

Cook in double boiler until cheese is soft. Add 2 tsp. cornstarch dissolved in water (heaping). Beat till smooth. Pour over macaroni. Mix good. Pour in well buttered casserole. Bake 1 hour at 350 deg.

EGGPLANT DRESSING - Ethel Messerli Jones

1 eggplant-cooked, drained, mashed and cooled

2 eggs-beaten 2 tbsp. minced onion

salt and pepper 2 c. bread crumbs

sage

Heat until cheese is melted; add to above. Bake 350 deg. 40 minutes.

ORANGE SHERBET SALAD - Naomi Van Voetinbergh

2 pkgs. orange jello 1 #2 can crushed pineapple

1 c. boiling water 1 can Mandarin oranges

1 pt. orange sherbet (do not drain fruit)

Combine the jello and boiling water. Add sherbet which has stood for a while at room temperature. When it has dissolved, add the undrained fruit. Pour into a $7\frac{1}{2}$ x 12 inch dish and let it congeal in ice box. Serves 10-12.

BEAN CASSEROLE - Naomi Van Voetinbergh

2 cans green cut beans 2 tbsp. butter

2 cans green cut beans 2 tbsp. butter
1 can mushroom soup 2 tbsp. flour

1 can mushroom soup 2 tbsps. flour
1/2 can milk 1 c. grated cheese

1/2 can milk 1 c. grated cheese
Make a sauce of the milk, soup, flour and butter. Add grated cheese. Pour over drained beans in a casserole dish and bake in a moderate oven until heated through.

CRANBERRY SALAD - Mrs. R. W. Cooper

2 c. (1 lb.) cranberries - 1 1/2 c. miniature marshmallows
ground 1 c. sugar

1/2 pt. whipping cream 1 c. crushed drained pineapple

Combine cranberries and sugar; let stand for 1 hour. Whip cream and combine with marshmallows. Add pineapple and cranberry mixture and put in bowls. This serves 12. Should have 1/2 day to set to make in morning.