

THE SWEDESBURG

Cook Book



SWEDESBURG COOK

Published in 1927 by the

LADIES AID SOCIETY

of the

SWEDESBURG EVANGELICAL LUTHERAN CHURCH

SWEDESBURG, IOWA

*Dedicated to the Pioneer Mothers of the
Swedesburg Community*

How To Preserve A Home

It is God who has established the home. It is therefore evident that a home in which God is permitted to dwell, in which God is loved and worshipped that such a home will survive, while the ungodly home disintegrates and passes away.

It is God who has put into our souls the wonderful power to love, that wonderful power that makes a home a real home, the dearest place on earth. A home is therefore truly preserved when the love of husband and wife and children is permitted to be hallowed by the spirit of God's love, which dwells in every home where God is loved and worshipped. Such a home may through the Angel of Death pass out of existence here, but is not destroyed, for in Glory the love of God and the love to God will yet bind the members of that family together for all eternity in a perfect love.

Take care of the word of God in your home and God will take care of you and your home.

REV. O. A. ELMQUIST.

A Toast
to the Pioneer Mothers

“Eighteen years old,” was once her boast,
Now, “eighty-one years young,” we toast.
For who shall dare to gauge the soul
By years? 'Tis not in time's control,
As young in heart is she I ween,
At eighty-one as at eighteen.”

“Old Time can change the husk alone,
Within unchanged is she we've known.
Warm heart, free hand and open mind,
A gracious mien, a manner kind,
All these years have not undone
Betwixt eighteen and eighty-one.”

Selected.

In Appreciation

We desire to extend thanks to each and everyone who has helped to make the publication of this Cook Book possible.

This book represents the choicest bits of experience garnered from the Ladies Aid Society of the Swedesburg Lutheran Church, and their friends, and our aim has been to preserve the many "special dishes" prepared by them.

To our advertisers "A Hearty Thank You," for without your cooperation our hopes could not have been realized.

We believe that all advertisements are first class and hence do not hesitate to recommend all articles as advertised.

We trust our book may prove valuable to the experienced cook as well as the young housewife.

"Economical household management and the mysteries of the kitchen are as truly a part of domestic culture as are music, decorative art and the etiquette of the drawing room."

To those untiring workers who, with true nobility, add to the responsibilities of wives and mothers the perplexing cares of house-keeping and the preparation of food, we submit the following with the fond hope that it will help lighten their burdens.

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Swedish Dishes

COFFEE—The four essentials to good coffee, are: the best coffee, a clean coffee pot, an egg, and cream. Empty wash and scald and dry the coffee pot every time it is used. Allow a tablespoon of coffee to each person, and half a pint of cold water. Use a little of an egg to clear coffee, mixing it with the coffee. Pour on boiling water. Let it boil five minutes and remove from fire. Some prefer not to let coffee boil, but keep it for ten minutes at boiling point. It is better if served soon after making. One cup of ground coffee will make ten cups of coffee.

FRUKT SOPPA—Two quarts water, 1 stick cinnamon, 1 quart dried fruit, such as dried apples, apricots or peaches, and a few prunes and raisins. Canned pears and cherries may be used. If cherry juice is not used add 1 tablespoon vinegar. Add $\frac{1}{4}$ cup small sago at first or minute tapioca may be added before it is done when 1 tablespoon corn starch is added, sweetening to taste with syrup and sugar. —Contributed.

RYE BREAD—At noon save potato water. Mash 3 or 4 potatoes and add water. In evening add $\frac{1}{2}$ cup sugar, 1 tablespoon salt to potato water, then add either yeast or starter. Let stand until morning. (If you use starter take out 1 pint of starter in the morning.) Then add 3 cups luke warm water and flour. Let rise, then add $1\frac{1}{2}$ cups burnt sugar syrup, $1\frac{1}{2}$ cups granulated sugar, 1 quart rye flour, the rest white flour. (Using starter.)

—Mrs. Axel Swanson.

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SWEDISH RYE BREAD—Mix together 1 cup luke warm water, 1 teaspoon salt, 1 teaspoon sugar, 1 cake of yeast and enough flour to thicken like cake batter. Do this about 4 o'clock in the afternoon. Let stand in warm place to raise until very light and foamy. Mix together 2 tablespoons lard, $\frac{1}{2}$ cup sugar, 1 quart scalded and cooled milk, 1 spoon salt, 1 cup molasses, caraway seed. Mix in bread mixer, being careful not to have mixture too hot. Add a generous quart of white flour and rye flour until mixture weighs $8\frac{1}{2}$ lbs, or until stiff. Place in warm place over night. In the morning form into loaves, rub each loaf with shortening. Let rise and bake one hour.

—Mrs. A. T. Fant, Moline, Ill.

SWEDISH COFFEE BREAD—Two cups milk scalded and cooled, 1 cup water, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter added to milk while hot, 2 eggs well beaten, 1 cake yeast, flour to make a sponge.

Let it rise over night and work stiff in the morning. Dry candamon seeds if preferred.

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GOOD COFFEE BREAD (Swedish)—Two eggs, 1 cup sugar, 1 cup butter, 2 cups milk, 1 teaspoon ground cardamom, 2 teaspoons baking powder.

Stir together sugar, butter and eggs; add milk and cardamom and the baking powder sifted with flour. Add enough flour to make a firm dough; roll and twist as for coffee rolls. Bake in moderately warm oven.

—Mrs. John Lundquist.

GODA KRINGLOR—Four well beaten eggs, 1 cup sugar, 1 cup sweet cream (thin), a little cinnamon if you like (otherwise may be left out), 4 teaspoons baking powder with flour, work good, flour enough to roll.

Should be made into small rolls. Dip in sugar (or brush with a well beaten egg yolk.) Bake in quick oven.

—Mary Johnson.

BAKED HERRING—Three salt herring skinned and boned. Soak over night to freshen. Butter baking dish and line with cold cooked sliced potatoes, layer of herring, layer of potatoes, repeating until dish is filled. Beat 4 eggs and enough milk to cover mixture. Sprinkle with butter. Bake in moderate oven until eggs are set.

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RYE BREAD—Four cups rye flour, 4 cups white flour, 2 teaspoons salt, $\frac{1}{2}$ cup shortening, 1 tablespoon fennel seed ground fine, 1 quart water. *2 cups molasses*

Soak 1 cake of yeast in 1 cup luke warm water with 1 tablespoon sugar, a little flour and let rise over night. In the morning mix above ingredients with yeast and let rise for two hours, then knead stiff with white flour. Let it rise again and mold into loaves; let rise then bake.

—Mrs. John Hultquist.

—Mary Johnson.

TO PREPARE STOCK FISH—Soak fish, which has been cut up, in cold water 3 or 4 days. Do not change the water. Place layer of fish (not too close as it swells) skin side up in a stone jar, sprinkle a little lime on skin side, then a handful of hard-wood ashes over the layer. Another layer of fish, lime and ashes, etc.

Fill jar with cold water. Let stand 5 or 6 days. In the meantime it will be necessary to place part of it in another jar as it swells. When soft enough take out, soak in cold water. Changing water every day.

—Mrs. Axel Norman.

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FLASK PANKAKA—Fry several pieces fresh pork slightly in large baking pan, season with salt and pepper. Remove pork from pan and pour the following batter into pan: 2 cups flour, 2 quarts milk, 1 egg, 1 teaspoon baking powder if desired; sweeten with about $\frac{1}{4}$ cup sugar, pinch of salt, beat well together.

Place pork on top of batter in pan before placing in oven. Bake 45 minutes to 1 hour. Brown top well.

—Contributed.

HERRING SALAD—Six herrings, meat cooked, pickled beets, 4 hard-boiled eggs, potatoes boiled.

Soak herrings over night, bone and chop very fine, then mix equal amount of herring, meat, potatoes, beets, and the eggs, all chopped fine. Mix with some of the vinegar the beets have been packed in. Just before serving mix with enough whipped cream to bind together. Garnish with chopped beets and eggs. Serve very cold.

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RULLE SYLTA—Use lean side pork any sized piece, mix allspice, cloves, pepper and salt all together. After pork has been slashed with knife both ways on top, then sprinkle the spices all over meat, roll pork tightly together and tie with a string around pork.

Cook 2 hours, when cool put in salt brine which is made from salt and hot water. Cool brine before placing pork into it.
—Contributed.

STOCK FISH (Lute Fisk) PUDDING—Boil prepared stock fish in slightly salted water, (until fins can be picked out). Drain, pick out skin and bones carefully. Flake the fish quite fine.

Have some rice parboiled in part milk and water slightly salted. Put a layer of the rice in a well buttered pudding pan, then a layer of fish seasoned with salt, pepper, butter. Then another layer of rice, another of fish and seasoning, etc., until the dish is full, putting rice on top layer. Beat four (4) eggs, add to a quart of creamy milk and pour this over the fish and rice. Bake in oven for about one (1) hour.

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STOCK FISH (Lut Fisk)—Take 5 or 6 pounds of fish cut in small pieces, about 6 or 8 inches in length. Soak in clear water 4 days changing twice daily. Make a brine of $\frac{3}{4}$ pound of sal soda and 2 cups lime; let it soak, skin side up 6 days. If not swelled enough add a little more sal soda and soak another day or so. Soak again in clear water a couple of days before ready to use.

—Mrs. P. Johnson, Mrs. O. A. Elmquist.

HERRING PUDDING—One quart rich milk, 3 eggs, well beaten, 1 herring which has been soaked in water over night. Remove all bones, add 3 rusks and put through food chopper.

Mix all ingredients thoroughly. Put in pudding dish. Bake in hot oven 15 minutes. Serve with melted butter.

—Mrs. John Alvine.

BEEF BALLS—To 1 pound ground steak add 1 medium sized raw potato ground, 1 small onion ground, 2 rusks ground, 2 tablespoons melted butter, (if meat isn't fat), 1 egg, pepper and salt. Rich milk to make soft enough to form balls.

Then fry in butter until light brown, add a little water, put on a cover. Place in the oven and roast for an hour.

—Mrs. M. Nelson.

POTATO (Pan Kaka)— $1\frac{1}{2}$ quarts grated potatoes, 2 cups milk, $\frac{1}{2}$ cup flour, 2 teaspoons salt, put in well greased pans. Mixture should be spread about $\frac{1}{2}$ inch thick. Put several slices of pork on this mixture.

—Contributed.

SWEDISH EGG DUMPLINGS—Two beaten eggs, 1 cup chicken broth (cooled) $2\frac{1}{2}$ cups flour, $\frac{3}{4}$ teaspoons baking powder.

Drop by spoonful into boiling chicken broth and simmer half an hour.

—Mrs. Gust Carlson.

SUET PUDDING—One cup molasses, 1 cup suet chopped fine, 1 cup raisins, 1 cup currants, 3 cups flour, 1 cup sour milk, 1 teaspoon soda, $\frac{1}{3}$ teaspoon cloves, 1 teaspoon cinnamon, little nutmeg, steam $2\frac{1}{2}$ hours.

—Mrs. C. M. Sponberg.

APPLE PUDDING—Stew dried apples, mash and sweeten to taste, (thick fresh apple sauce will do), then have your sweet cream whipped stiff, sweetened to taste. Put in bottom of dish a layer of bread crumbs, then layer of apples sprinkled with cinnamon, then a layer of whipped cream, repeat until dish is full. Top with whipped cream, decorate with dots of whipped cream and sprinkle with red sugar or cinnamon.

—Mrs. Christina Johnson.

BLIXT COOKIES—One cup butter melted and cooled. Beat to a cream 1 large cup sugar, 2 egg yolks, 2 cups flour, 1 teaspoon hartshorn salt, 1 teaspoon almond flavoring. Add chopped almond to sugar and sprinkle on top; spread out on a big pan (bake), Cut and dry in warming closet.

—Mrs. J. E. Lindeen.

SWEDISH BUTTER CAKES—One cup thick cream beat together with one egg, then mix in 2 cups flour, add 1 cup unsalted butter, then add 2 more cups of flour and $\frac{1}{2}$ cup sugar. Roll out about $\frac{1}{2}$ inch thick, cut edges any fancy shape and bake in a medium oven.

—Mrs. Jno. Hultquist.

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“BRUL JE” PUDDING—Six eggs, 1 quart milk, sugar and salt to taste.

Melt 1 cup sugar until medium brown. Pour this in a pudding pan and stir around until pan is completely lined with sugar, into this pour the egg and milk, and place in a larger pan of water and place in oven. Bake to thickness of a custard.

—Mrs. John Lundquist.

SWEDISH BREAD PUDDING—Two cups dried apples, 2 cups raisins and prunes. Cook in double boiler until tender. Mix and remove stones from prunes.

Butter a pudding pan, put a layer of stale bread crumbs in the bottom, then a layer of fruit, continuing until the pan is filled. Pour over the pudding the following mixture: 3 eggs well beaten, 3 cups of milk (part cream), 1 cup sugar. Bake in moderate oven until brown.

—Mrs. John Alvine.

SPRITZ—One cup sugar, 1 cup fresh unsalted butter, 1 egg, 2 cups flour, 1 teaspoon almond flavoring. Mix well and put through “Spritz” cookie press. Bake in quick oven.

—Mrs. Axel Norman.

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MOLASSES COOKIES—One pint molasses, 1 cup brown sugar, $\frac{1}{3}$ cup lard, 3 eggs beaten good, 1 teaspoon salt, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon ginger, 2 teaspoons cinnamon; beat together and add enough flour to make quite a stiff dough.

Let it stand 3 days and knead in 2 teaspoons soda. Add more flour if needed and bake. Will keep good a long time.

—Mrs. Emily Burke.

SWEDISH COOKIE BARS—One pound butter, $\frac{1}{2}$ pound sugar, 1 egg. Flour enough to knead. Roll out on board until about $\frac{1}{2}$ inch thick. Brush with egg and sprinkle with nuts. Cut into bars and bake in moderate oven.

—Mrs. F. O. Olson.

SMORBAKELSER—One cup thick cream, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon vanilla. Mix in flour to make a stiff dough, then work in 1 cup butter, and knead well.

Roll to about $\frac{1}{3}$ inch thick, cut in strips 1 inch wide and 2 inches long, and cut into 4 sections on one side. Dip in sugar and shape when placing on the pan.

—Mrs. C. H. Johnson.

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BAKELSER—Stir 2 cups of butter until it becomes white; add 2 cups of sugar. Mix thoroughly, add 1 beaten egg, $\frac{1}{2}$ cup nuts chopped fine, $4\frac{1}{2}$ cups flour or enough to make stiff dough.

Put in cooky forms pressing down with the thumb just lining the forms. Bake until light brown.

—Mrs. John Alvine.

“S” COOKIES—One cup sugar, 1 cup butter, 2 table-
spoons cream, $\frac{1}{4}$ teaspoon baking powder, 1 teaspoon al-
mond extract, 1 egg well beaten, 2 or 3 cups flour, 1 tea-
spoon vanilla.

—Mrs. T. C. Lindell.

SPRITSSPRUTA COOKIES—One cup sugar, 1 cup
butter, 1 tablespoon milk, 1 egg, 1 teaspoon baking pow-
der, flour to make stiff dough.

Press out dough in a cookie press on baking pan and
bake light tan.

—Mrs. Joshua Peterson.

SPRITZERS—One pound butter, 1 cup sugar, 2 eggs,
 $3\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup chopped hickory nut meats.

—Mrs. Rupert Carlson.

THUMB BUTTER COOKIES—One cup butter, $\frac{3}{4}$ cup
sugar, 1 egg yolk, 4 tablespoons cream, $\frac{1}{2}$ teaspoon baking
powder, 3 cups flour. Flavor, teaspoon almond.

—Mrs. J. E. Lindeen.

SWEDISH CAKE (Sacker Kaka)—Four eggs, 1 cup
sugar, pinch of salt, 4 tablespoons potato flour, $\frac{1}{2}$ teaspoon
baking powder. Lemon flavor preferred.

—Mrs. J. E. Lindeen.

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PANNEKAKA—One-half gallon milk, lukewarm, 2 eggs beaten, 2 tablespoons sugar, 2 cups cold milk, 1 cup flour and 1 teaspoon salt, $\frac{1}{3}$ rennet tablet soaked in cold water. Stir all together and put in the milk and pour it in a pan and let stand until curdled, then bake in a moderate oven.
—Mrs. C. W. Larson.

MOTHERS PANKAKA—One-half gallon lukewarm milk, $\frac{1}{2}$ cup of flour beaten into the milk, three eggs, $\frac{1}{2}$ cup of sugar, pinch of salt, dash of cinnamon, $\frac{1}{4}$ rennet tablet dissolved in a little cold water. Stir all well, pour in rennet last, let stand till firm, then bake about one hour, until puffed up and brown.

—Mrs. Albert Hult.

PANKAKA—Four cups milk, 1 cup flour, 1 egg, 2 tablespoons sugar, pinch of salt. Mix all together. Take a little piece rennet tablet, soak in a few drops of water, mix with the rest. Let it stand a few minutes before putting in oven.
—Mrs. O. L. Lindeen.

OSTKAKA—Have 2 gallons milk luke warm. Then stir in $1\frac{1}{2}$ cups flour, 2 or 3 eggs and a little salt, $\frac{3}{4}$ cake rennet that has been dissolved in luke warm water. Stir all in at once and stir until it curdles and let stand till all settles about 1 hour. Cut the curd and let stand a little longer. Pour off whey. But be careful so you don't stir the curd more than you can help. Put the curd in a pan, then mix 1 cup sugar, 1 cup cream and pour on top. Mix into curd and bake about 2 or $2\frac{1}{2}$ hours.

—Mrs. Gust T. Anderson.

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OSTKAKA— $2\frac{1}{2}$ gallons sweet milk, 1 tablet rennet dissolved in tepid water, $1\frac{1}{2}$ cups flour, 3 eggs, 1 cup sugar, 1 cup cream.

Mix flour with cold milk to make a thin paste; heat milk until luke warm then add flour and rennet. Stir until it curdles. Let stand $\frac{1}{2}$ hour. Drain off the whey, stir in 3 well beaten eggs with sugar and cream and add to curds. Bake $1\frac{1}{2}$ hours. —Mrs. Axel Swanson.

OSTKAKA— $1\frac{1}{2}$ gallon whole milk, luke warm. Beat in $1\frac{3}{4}$ cups flour, then add $\frac{1}{2}$ rennet tablet dissolved in $\frac{1}{2}$ cup luke warm water. Let stand 1 hour, then stir up well. Let stand a while, then drain off whey quite well. Then take the yolks of 2 eggs, 1 cup good cream and 1 cup sugar, stir well into the curd, sprinkle with cinnamon and place in an oven quite hot to begin with. Bake until it is raised good in center.

—Mrs. Carl Carlson, Mrs. B. F. Benson.

OSTKAKA— $1\frac{1}{2}$ gallon milk, 1 tablet rennet dissolved in tepid water. Add 2 cups flour mixed with milk. Heat milk on the stove until luke warm and stir in above mixture. Let stand until curdled. Drain off whey, add 1 cup cream, 1 or 2 eggs, $\frac{1}{2}$ cup sugar. Bake in a hot oven $1\frac{1}{2}$ to 2 hours. —Mrs. Franc Norman.

Dr. C. W. GARDNER

Phone 128

Mt. Pleasant, Iowa

Notations

Breakfast Dishes

“Lose an hour in the morning and you will be
all day hunting for it.”

—Whatly.

WAFFLES—One pint flour, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar, 3 eggs, $\frac{1}{4}$ cup milk, 1 tablespoon melted butter.

Mix in order given, add the beaten yolks with the milk, then melted butter and the beaten whites last.

—Mrs. Gust Swenson.

WAFFLES—Two eggs, $\frac{1}{2}$ teaspoon salt, 2 heaping teaspoons baking powder, 2 tablespoons sugar, 2 tablespoons butter, 1 pint milk, 1 pint flour.

Beat the yolks of the eggs and sugar together, add the salt, milk and flour. Beat the whites of the eggs and add with baking powder the last thing before baking.

—Mrs. Annie Johnson, Mrs. Lyman Johnson.

WAFFLES—One pint sour milk, 1 pint flour, 1 egg, 2 tablespoons melted lard. Beat well. 1 level teaspoon soda dissolved in 1 tablespoon warm water. Bake in a hot, well greased waffle iron. *$\frac{1}{2}$ lin. iron*—Margaret Abrahamson.

GRIDDLE CAKES—Two level cups sifted flour, 4 level teaspoons baking powder, 1 level teaspoon salt, 3 level teaspoons sugar or syrup, $1\frac{1}{2}$ cups milk or more, 1 egg, 3 tablespoons liquid fat.

Method: Mix and sift the dry ingredients; add the milk, beaten egg and fat. Mix thoroughly and bake on hot griddle.

—Contributed.

PAULINE MUFFINS—Two cups flour, 1 tablespoon sugar, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 2 cups milk, 1 tablespoon melted butter, 2 eggs.

Mix and sift the dry ingredients, add the milk slowly, the eggs well beaten, and the melted butter. Beat rapidly until very light. Fill gem pans two-thirds full and bake in a quick oven.

—Pauline Lindell.

BRAN MUFFINS—One egg, $\frac{1}{2}$ cup sugar, 1 cup milk, 1 cup bran flour, 1 tablespoon melted fat, 2 teaspoons baking powder. Bake in muffin pans.

—Contributed.

GRAHAM MUFFINS—One and one-half cups graham flour, $\frac{1}{2}$ cup flour, $\frac{1}{4}$ cup sugar, $1\frac{1}{2}$ teaspoons soda, pinch of salt, 1 egg, 1 cup sour milk, 1 to 2 teaspoons melted butter.
—Mrs. Ida Olson.

DATE MUFFINS—One-third cup butter, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt, 1 egg, 1 cup milk, $2\frac{1}{4}$ cups flour, 2 teaspoons baking powder, $\frac{1}{4}$ lb. dates or raisins.

Cream the butter and sugar, then the egg well beaten, and the salt, beat thoroughly, add the milk and the flour in which the baking powder has been sifted, and lastly the dates or raisins which have been cut in small pieces. Bake 20 minutes in hot oven.
—Mrs. Chas. Schutz.

TWIN MOUNTAIN MUFFINS—One-fourth cup butter, $\frac{1}{4}$ cup sugar, 1 egg well beaten, $\frac{3}{4}$ cup milk, 2 cups flour, 2 teaspoons Royal baking powder.

Cream butter, add sugar gradually, then the egg, add flour and baking powder sifted, add alternately with milk to mixture. Bake in hot gem pans 25 minutes.

—Mrs. A. T. Fant, Moline, Ill.

GOLDENROD EGGS—Hard cook as many eggs as you need, allowing 2 for each person. Make a white sauce with 2 tablespoons melted butter, blended with 2 tablespoons flour, 1 cup milk, season with $\frac{1}{4}$ teaspoon salt, dash of either pepper or paprika. When almost ready to serve, make toast, cutting it to any desired shape, buttering it while hot. Cut up the egg whites, put them in the white sauce and pour over the toast, rub the yolks through a ricer or sieve, sprinkle them over the toast and serve hot. Garnish with parsley.
—Mrs. Carl Anderson.

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CORN GEMS—One cup sifted flour, $\frac{1}{2}$ cup corn meal, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar. Stir in 1 cup sweet milk, 1 well beaten egg, and 2 tablespoons melted butter or lard. Beat thoroughly and bake in greased muffin pans in a quick oven about twenty minutes.

—Mrs. Franc Norman.

CORN MEAL MUFFINS—One pint corn meal, 1 pint flour, 1 tablespoon sugar, 1 teaspoon salt, 3 teaspoons baking powder, 1 tablespoon lard or butter, 2 eggs, 1 pint milk.

Sift together corn meal, flour, sugar and salt, rub in lard, then beaten eggs and milk. Fill muffin rings two-thirds full and bake in hot oven fifteen minutes.

—Mrs. C. J. Bloom.

CORN MEAL MUFFINS—Three-fourths cup corn meal, $1\frac{1}{4}$ cups flour, $\frac{1}{4}$ cup sugar, $2\frac{1}{2}$ teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 1 egg, 2 tablespoons melted butter.

—Mrs. Constant Lindeen.

GRAHAM MUFFINS—Two eggs, 2 cups milk, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon salt, 2 teaspoons baking powder $\frac{2}{3}$ cup graham flour, $\frac{2}{3}$ cup corn meal, $\frac{2}{3}$ cup wheat flour. Bake in hot buttered gem pans 15 minutes.

—Contributed.

GEMS—One egg beaten lightly, $\frac{1}{2}$ cup sugar, a little salt, 1 tablespoon lard, 2 cups flour, 2 teaspoons baking powder, a good half cup of milk.

—Mrs. Walford Lindeen.

FRENCH TOAST—One egg, 1 cup milk, $\frac{1}{4}$ teaspoon salt, 6 slices bread.

Beat egg, add milk and salt. Dip slices of stale bread in this mixture and fry slowly on a buttered griddle until a golden brown.

—Illene Benson.

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Notations

Soups

“We may live without friends,
We may live without books;
But the civilized man
Cannot live without cooks.”

PEA SOUP—One can of peas, 1 pint of water, $\frac{1}{4}$ of an onion. Boil until it will mash through a colander. Then add 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 2 tablespoons butter, 2 tablespoons flour. Stir soup slowly, add 1 cup milk, 1 cup cream, let just come to a boil. If you use all milk, use whipped cream on top.

—Contributed.

BARLEY SOUP—Put on soup bone early in the morning in cold water. After it comes to a boil, skim and cool slowly. In double boiler cook one cup barley in two cups boiling water. Let simmer until half hour before meal time, add to soup together with small amount of sliced potatoes.

—Carrie Anderson.

POTATO SOUP—Four potatoes cut fine, 2 onions cut fine, 3 pints water or more, salt and pepper to taste. When cooked add $\frac{1}{2}$ pint sweet cream, 1 teaspoon flour, 1 tablespoon butter. Cook again 15 minutes and serve.

—Contributed.

CREAM OF TOMATO SOUP—One quart tomatoes, $\frac{1}{4}$ teaspoon soda. Combine in a white sauce 1 quart milk, $\frac{1}{3}$ cup flour, $\frac{1}{4}$ cup butter. 1 tablespoon salt, $\frac{1}{8}$ teaspoon pepper. Heat the tomatoes, covered, at a simmering temperature for about 15 minutes. Press through a strainer and add the soda. Make a white sauce and remove from fire. Add the hot tomatoes slowly to the white sauce, stirring constantly. Add the seasonings. Do not heat the mixture after combining tomatoes with white sauce. This causes it to curdle.

—Irene Erickson.

TOMATO SOUP (won't curdle)—One quart tomatoes 1 quart sweet milk, 1 tablespoon butter, 2 tablespoons flour, 1 teaspoon salt, a little pepper, 1 medium size onion, 1 level teaspoon soda.

Place butter in pan, slice onion very fine, and fry a light brown, add tomatoes, salt, pepper and a little sugar.

Mix flour with a little water, add this to tomatoes, and let boil a few minutes. In separate pan bring milk to boil. Dissolve soda in a little water, add this to the tomatoes, and add the boiling milk. —Mrs. Oliver Woline.

VEGETABLE SOUP—With a good soup bone or some cold packed beef, take small quantities carrots, parsnips and potatoes or any vegetable at hand. Cook in just enough water to cover. In preparing the vegetables cut them in small pieces and cook. Season with salt and pepper.

To make dumplings for this soup, mix a pint of flour with water to the consistency of a thick paste, season with a little salt. Drop dumplings in soup and cook for 20 or 30 minutes more. —Mrs. Will Woline.

A Bad Job

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POTATO SOUP—Boil 6 potatoes and 2 onions. Press through strainer and add 1 pint milk, tablespoon butter, pepper and salt to taste. Thicken with flour.

—Anna Norman.

VEGETABLE SOUP—One soup bone, 1 can tomatoes, 1 large stalk celery, 1 medium sized onion.

—Mrs. Lineus Lauger, Chicago, Ill.

CHEESE STRAWS (To be served with soups)—Puff Paste— $1\frac{1}{2}$ cup flour, $\frac{3}{4}$ cup butter, $\frac{1}{4}$ teaspoon salt, 5 table-
spoons cold water. Mix by cutting the butter into the flour and slowly cut into the water, always pouring on new dry mixture so it can be easily combined. Roll the pastry $\frac{1}{4}$ inch thick, sprinkle $\frac{1}{2}$ with grated cheese, salt and a little cayenne. Fold, press edges firmly together, fold again, pat and roll out $\frac{1}{4}$ inch thick. Sprinkle with cheese and proceed as before. Repeat again. Cut in strips $\frac{1}{4}$ inch wide. Prick well. Bake in hot oven 8 minutes.

—Evelyn Erickson.

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WAYLAND, IOWA

Notations

Breads

'Tis not the vital question
 "Pray, how much has she read,"
 But this is the inquiry—
 "Oh, can she make good bread?"

NUT BREAD—Three cups flour, 3 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon lard, 1 cup nuts—raisins if desired, 2 tablespoons sugar, $1\frac{1}{2}$ cups milk.

Cream, sugar and lard then add sifted dry ingredients, milk and lastly nuts. Bake 45 minutes in slow oven. Makes one loaf.
 —Mrs. E. Furnald, Mrs. John Holt.

GINGER BREAD—Two eggs, 1 cup brown sugar, 1 cup molasses, $\frac{1}{2}$ cup sour cream, $\frac{1}{2}$ cup sour milk, $2\frac{1}{2}$ cups flour, 2 level teaspoons of ginger, 1 teaspoon cinnamon, 1 teaspoon soda, 1 pinch of salt.

—Mrs. Annie Johnson.

KRUMBLE BREAD—Dissolve 1 cake of yeast in a little warm water at noon. About the middle of the afternoon add a little flour and sugar and set in warm place until evening. Then make a sponge using potato water and flour with above mixture. Beat well and let rise over night. In the morning add this sponge to three cups of krumbles, 1 cup molasses, $\frac{1}{2}$ cup burnt sugar, a little lard, salt to season and enough wheat flour to stiffen. Let rise and knead into loaves.

—Mrs. Victor Sandeen.

CINNAMON ROLLS—(Start in the morning.) One quart warm milk, scant $\frac{1}{2}$ cup butter, 1 scant cup sugar, 1 cake compressed yeast, flour to make a batter stiff enough to drop from a spoon, let rise until looks light and bubbly. Then add 1 tablespoon salt, flour to stiffen, let rise until doubled in bulk, take out about one-third and put on bread board. Roll out in long strips, spread with butter, yolk of egg, brown sugar and cinnamon. Roll up, cut in slices an inch or more, put in baking pan, let rise, sprinkle with granulated sugar and bake. This dough should be kept a little warmer than dough made with dry yeast.

—Mrs. Hilbert Larson.

HOT BISCUITS—One quart flour, 2 heaping teaspoons cream of tartar, 1 teaspoon soda, 1 level teaspoon salt, 1 of sugar, and sift all together twice. Work in $\frac{1}{2}$ cup of shortening and mix to a very soft dough with sweet milk. Pat out with hands about $\frac{3}{4}$ inches thick, cut and bake in a hot oven. Makes two dozen biscuits.

—Contributed.

NUT BREAD—One egg, 1 cup brown sugar, 1 cup milk. Beat with egg beater. Add 2 cups flour sifted with 6 level teaspoons baking powder. 1 cup floured nuts. Place in buttered pan and let rise for 45 minutes. Bake 25 minutes.

—Mrs. Harold Tolander.

NUT BREAD—One cup brown sugar, 1 egg, $\frac{1}{2}$ teaspoon salt, 2 cups milk, 2 cups white flour, 2 cups graham flour, 4 teaspoons baking powder, 1 cup nut meats.

Beat egg, add sugar and beat. Add dry ingredients and the milk. Pour into two oiled bread pans. Bake at once.

—Mrs. Chas. Alvine.

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OLDS, IOWA

NUT BREAD—One-half cup sugar, 1 egg, 1 cup milk, 2 cups flour, 2 teaspoons baking powder, pinch of salt, $\frac{1}{2}$ cup nuts. Let rise 20 minutes and bake.

—Mrs. Andrew Lindstrom, Kansas City.

CORN BREAD—One Tablespoon sugar, 1 egg, 1 cup sweet milk, 1 tablespoon melted butter, 5 tablespoons corn meal, 5 tablespoons flour, 2 level teaspoons baking powder, pinch of salt.

—Contributed.

CORN BREAD—Four cups corn meal, 2 cups white flour, $\frac{1}{2}$ cup sugar, 2 teaspoons salt, 2 eggs, 2 cups sour milk or buttermilk, $\frac{1}{2}$ cup molasses, 2 teaspoons soda, 2 tablespoons butter or drippings.

—Mrs. R. D. Lindeen.

CORN BREAD—Two eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup lard. Mix well. Add 1 cup flour, 1 level teaspoon baking powder, 1 cup corn meal, 1 cup sweet milk, pinch of salt.

—Mrs. Josephine Sandeen, Tollie Morgan.

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CORN BREAD— $\frac{3}{4}$ cup corn meal, $1\frac{1}{4}$ cup flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup sugar, 3 teaspoons baking powder, 1 cup milk, 1 egg, 2 tablespoons melted butter.

Mix and sift the dry ingredients. Beat the egg and milk together and add the the dry ingredients and shortening. Bake $\frac{1}{2}$ hour. —Mrs. C. A. Hultquist.

BUTTERMILK YEAST—Put one pint of fresh buttermilk in stew pan and heat, when boiling stir into it enough white corn meal to make it like thick gruel. Let it boil up good and set away to cool. When milk is about luke warm stir into this a cup of dissolved yeast foam; set in a warm place to rise.

It should be light in a couple of hours, then thicken with corn meal and make into cakes or crumble. Let dry in bread pans or on paper. One-half cup of crumbled to six loaves. —Contributed.

CORN BREAD—One-half cup molasses, $1\frac{1}{2}$ cups sour milk, 4 tablespoons melted butter, 1 egg, $1\frac{1}{2}$ cups corn meal, $\frac{3}{4}$ cup flour, 1 teaspoon soda, $\frac{1}{4}$ teaspoon baking powder sifted with flour, a little salt.

—Mrs. Amil Johnson.

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BAKING POWDER BISCUITS—Sift together 2 cups flour, 2 heaping teaspoons baking powder, a little salt. Mix thoroughly through this, 1 tablespoon lard. Add sweet milk to make a soft dough. Roll, cut and bake in a hot oven.
—Mrs. Nels Johnson.

BAKING POWDER BISCUITS—Two cups flour, 1 tablespoon lard, 2 teaspoons baking powder, 1 cup milk, salt.
—Mrs. E. G. Danielson.

HOT BISCUITS—Sift 1 quart flour with 3 teaspoons baking powder, 1 teaspoon salt, 1 tablespoon sugar. Work in one tablespoon lard or butter and make into smooth dough with 1 pint sweet milk. Roll to 1 inch thick. Cut, roll and bake in quick oven.
—Mary Johnson.

BUNS—Three cups sponge, 1 cup sugar, $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cups water, salt, flour.

Mix stiff in morning. Let stand until evening. Make buns, let stand over night and bake in morning.

—Mrs. Will Johnson, Mrs. Will Woline.

NUT BREAD—One-half cup sugar, 1 egg, 1 cup milk, $\frac{1}{2}$ teaspoon salt, 1 cup of ground nuts, 2 teaspoons baking powder in 3 large cups of flour. Grease large baking powder cans, half fill, let rise 30 minutes before baking.

—Mrs. Albert Hult.

LIGHT BUNS—Two cups of bread sponge, 1 pint scalded sweet milk, 1 cup sugar, 1 cup shortening (scant), 1 tablespoon salt.

Mix, sift and set to rise. Bake in a quick oven.

—Mrs. Frank Peterson.

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DELICATE GINGER BREAD—Scant $\frac{1}{2}$ cup butter, $\frac{2}{3}$ cup sugar, 2 eggs, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sweet milk, 1 level cup flour, $\frac{1}{2}$ cup nut meats, 1 teaspoon cinnamon, a little ginger, 1 teaspoon soda dissolved in a little hot water.

Mix in order given. This will seem very thin but if more flour is added the delicateness is gone.

—Mrs. Con Spangler, Mrs. Albert Woline.

OATMEAL BROWN BREAD—One yeast cake, 4 cups boiling water, 2 cups dry oatmeal, 4 tablespoons fat, 4 teaspoons salt, 1 cup molasses, or $\frac{1}{2}$ cup molasses and $\frac{1}{2}$ cup sugar.

Dissolve yeast cake in $\frac{1}{4}$ cup lukewarm water. Pour boiling water over the oatmeal and fat and let stand until lukewarm; add yeast, molasses and salt. Add flour to knead well, let stand until light, place in pans, let rise half size and bake in moderate oven 1 hour. If made up after evening meal, bread will be ready for pans first thing in morning.

—Mrs. Elven Palm.

BRAN BREAD—Two cups oatmeal, 3 cups bran, 2 tablespoons butter, $\frac{1}{2}$ cup sugar, $\frac{3}{4}$ cup molasses, $\frac{1}{2}$ teaspoon ginger, 1 quart water, 2 cakes compressed yeast, 1 teaspoon salt.

Scald oatmeal in the quart of water, when cool add the melted butter, sugar, molasses into which the ginger has been put, and bran. Put salt into yeast, which has already been dissolved in tepid water and enough flour added to make a paste and has raised; add this yeast to first mixture, then enough flour (white) is added to make a stiff dough. Let rise, work down once, let rise again; make into loaves and when twice original size, bake.

—Contributed.

M. DALE GLASS

ELECTRICAL APPLIANCES

WINFIELD, IOWA

ALMOND RUSKS—One-half pound butter, 1 pound sugar, 1 pound almonds or other nuts; 5 eggs, 1 cup rich milk, 2 teaspoons baking powder, flour.

Cream butter and sugar, add eggs well beaten, milk and nut meats, lastly the flour, just enough to make a cookie batter, and baking powder. Bake in a loaf and when still warm cut into size rusks you prefer and brown. If walnuts are used, use only $\frac{3}{4}$ pound.

—Mrs. M. A. Johnson, Wahoo, Nebr.

BROWN BREAD—Two cups sour milk, 1 cup sweet milk, $\frac{1}{2}$ cup molasses, 3 cups corn meal, 1 cup flour, $\frac{1}{2}$ cup seeded raisins, $1\frac{1}{2}$ teaspoons soda in milk, 1 teaspoon salt.

Steam in cans 2 hours, then remove cans and brown in oven in a few minutes.

—Mrs. Albin Swenson.

DUTCH BUNS—When making bread into loaves set aside in a cool place about what will make one loaf. About 4 p. m., break this dough in pieces, add 1 cup lukewarm water, a large teaspoon lard, $\frac{2}{3}$ cup sugar, a little salt, an egg and knead as bread.

At bedtime work into small buns, giving plenty of space and let rise overnight. Bake first thing in the morning in an oven not too hot.

—Mrs. E. T. Bergstrom.

SOFT GINGER BREAD—Two eggs, 1 cup brown sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sour milk or buttermilk, $\frac{1}{2}$ cup butter, 1 teaspoon soda, 1 teaspoon ginger.

Stir into moderately stiff batter.

—Mrs. Walford Lindeen.

CARAMEL BISCUITS—Make rich baking powder dough, roll thinner than regular biscuits. Spread with soft butter and brown sugar. Roll as for cinnamon rolls and slice about $\frac{3}{4}$, or 1 inch thick, and bake 18 minutes in hot oven.

—Mrs. J. Elkholm.

CARAMEL ROLLS—Melt 1 tablespoon butter in baking pan and sprinkle $\frac{1}{2}$ cup brown sugar and nuts over it.

Now prepare any dough as for cinnamon rolls, and place on the mixture in the pan. Let rise and bake in a moderate oven. The sugar will burn if oven is too hot. Turn upside down when done.

—Mrs. H. C. Foster.

Notations

Escalloped Dishes

“Eating too much fills the churchyard faster than eating too little.”

ESCALLOPED OYSTERS—Drain and remove all bits of shell from one quart of oysters; butter a large pan, cover bottom with crackers, put in layer of oysters, pepper, salt and bits of butter, then another layer of crackers and oysters till pan is filled with crackers and bits of butter on top, pour over rich milk. Bake $\frac{3}{4}$ of an hour.

—Mrs. Olof Munson, St. James, Minn.

ESCALLOPED SALSIFY—Scrape and cut into 1 inch pieces enough salsify to make a pint; boil in salted water until soft. Use broth and salsify. Proceed as for escalloped oysters and bake until brown. Serve hot with tart jelly.

—Mrs. Nels G. Peterson.

PILCHARDS (Fish)—One cup pilchards, 1 cup peas (drained), 2 eggs, a few crackers, tablespoon butter, pinch of salt and pepper. Add liquid of peas and bake in oven as you would corn pudding.

—Mrs. O. F. Lindell, Minneapolis, Minn.

SWEET POTATO PUDDING—Cook sweet potatoes and slice cross ways; put one layer of potatoes in bottom of pan, sprinkle sugar and very little salt and dots of butter, then a layer of sliced apples and so on until pan is full. Cover top with dots of butter, sprinkle sugar; have potatoes for top and put little water in and bake.

—Mrs. Ed Miller.

O. A. LOFGREN

Jeweler

WINFIELD, IOWA

TOMATOES CANNED—Select nice ripe tomatoes, scald and peel, leave whole if not too large for can. Have ready boiling water that has been salted and drop tomatoes in, boil a few minutes, put in jars and seal. This makes the tomatoes very mild and good tasting.

—Mrs. Elmer Johnson.

SCALLOPED TOMATOS—Layer tomatoes and a layer of onions until you have as much as you like. Don't forget the butter, put as much of that in as you can conscientiously, and a little sugar, salt and pepper.

On top, butter slices of bread to cover it and bake 1 hour.

—Contributed.

SCALLOPED CABBAGE—One small head of cabbage. Chop coarsely and drop in boiling water and cook for 25 minutes, then turn into colander to drain.

Oil a baking pan. In the bottom place a layer of cabbage. Over this pour some medium white sauce, then put in another layer of cabbage and white sauce. Sprinkle top with crumbs and butter. Bake in oven until sauce bubbles through top and crumbs are brown. Use 1 pint of white sauce to a pint of cabbage.

—Contributed.

ESCALLOPED CAULIFLOWER WITH CHEESE—Boil desired amount of cauliflower in salted water until tender, then add a lump of butter, salt and pepper to taste and remove to buttered baking dish.

Make a cream sauce to which add a cup of cheese, either grated or cut in small pieces. Pour over cauliflower adding a few fine cracker crumbs and dots of butter on top and bake until nice and brown.

—Mrs. Lloyd Haver, Detroit, Mich.

SCALLOPED SPINACH AND MEAT—3 tablespoons melted butter, 2 tablespoons flour, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{3}{4}$ cup evaporated milk, 1 cup buttered crumbs, $\frac{1}{4}$ cup evaporated milk diluted with $\frac{3}{4}$ cup chicken or meat stock, 1 pint cooked spinach, 1 pint cooked chicken.

Melt butter, add flour, salt, pepper, and diluted milk. Stir until mass boils, then add the $\frac{3}{4}$ cup of evaporated milk and stir until boiling point is reached. Into a buttered casserole put a layer of cooked spinach, then a layer of cooked chicken cut in medium-sized pieces. Cover with the milk sauce. Repeat and cover with buttered crumbs. Bake until heated through and crumbs are brown.

—Effie A. Johnson, Long Beach, California.

SOUTHERN CABBAGE—Boil cabbage, drain, and add dressing as follows: $\frac{1}{2}$ cup vinegar, $\frac{1}{3}$ cup sugar, salt and pepper, $\frac{1}{2}$ teaspoon mustard, 2 teaspoon oil or butter.

When boiling hot add 1 cup cream and 1 egg, stirred together. Mix and add at once to cabbage. Boil 1 minute. Serve hot.
—Mrs. Durbin Chrisinger.

ESCALLOPED CABBAGE—Boil amount of cabbage wanted until tender, season and place in buttered baking dish. Alternately a layer of cabbage and a layer of cream sauce until all is used.

Top with cracker crumbs and dots of butter. Bake from 30 to 40 minutes in moderate oven.

—Contributed.

SCALLOPED SALMON SPAGHETTI—One-half cup broken spaghetti cooked in salted water 20 minutes and drain, remove bones and skin from one can salmon, place alternate layers of each in a baking dish; pour over 1 cup thin white sauce, season with salt and pepper, cover with buttered bread crumbs. Bake 20 minutes.

—Mrs. Oscar Tolander.

SCALLOPED CHEESE—Take 3 slices of bread well buttered first cutting off the brown outside crust. Grate fine a quarter of a pound of cheese; lay the bread in layers in a buttered baking dish; sprinkle over it the grated cheese, salt and pepper to taste. Mix 4 well beaten eggs with 3 cups of milk. Pour over the bread and cheese. Bake in a hot oven. A dish for four.

—Mrs. J. Krantz.

SPANISH RICE—A scant cup rice cooked until done in water or milk, 1 pound hamberger fried on a skillet together with 2 to 3 onions until done. Pour cooked rice and fried hamberger together. Pour 1 can Champbell soup over contents. Bake $\frac{1}{2}$ hour in oven.

—Mrs. Nellie E. Randolph, Rock Island, Ill.

CHILI CON CARNE—One pound hamburger. Put in hot skillet with one teaspoon bacon fryings, 1 onion cut up, 1 quart tomatoes seasoned to suit with salt, pepper and sugar, 1 can beans; a little chili powder if desired.

—Contributed.

Notations

Wh...



Meats

Some can eat but ha' no meat,
 An' some ha' meat, but canna eat it,
 But we ha' meat, and we can eat
 An' so the Lord be thanks it.

FRIED OYSTERS—One pint oysters, salt, pepper, flour, 1 egg, 2 tablespoons water, $\frac{1}{2}$ cup cracker and bread crumbs.

Drain oysters, sprinkle with salt and pepper, roll in flour, dip in beaten egg diluted with water, roll in crumbs and fry in deep fat. —Contributed.

MOCK CAT FISH—Three cups flake hominy cooked, 1 can salmon. Season with salt and pepper. Dip in flour and fry same as fish. —Mrs. Clark Swanson.

SAUSAGE—Four gallon ground sausage, 1 cup salt, $\frac{1}{2}$ cup pepper, $\frac{1}{4}$ cup sage. Mix well. —Mrs. Richard Bloom.

SUGAR CURE FOR 80 LB. MEAT—Take 2 pounds dark brown sugar, 2 ounces salt petre, $\frac{1}{2}$ pound black pepper, 2 quarts fine salt. Rub well into meat. —Contributed.

MEAT BRINE FOR 100 LBS. MEAT—Eight pounds common salt, 2 pounds brown sugar, 2 ounces salt petre, 2 ounces black pepper, dissolve in four gallons water. Make plenty of brine so that all meat is covered. Leave meat in brine four weeks, then boil brine, let cool and put meat in brine again for three weeks. It is now ready for the smoke house. —Mrs. Will Woline.

MEAT PIE—Use either a pound of ground round steak or hamburger, salt and pepper to taste. When about half done, add 2 carrots, cut into small pieces, then in about 20 minutes or more add one onion and 2 or 3 potatoes cut fine. Boil until done, then place in loaf pan or baking dish and place baking powder biscuits on top. Bake in quick oven until biscuits are done.

—Mrs. Lloyd Haver, Detroit, Mich.

MEAT LOAF—Two pounds beef, 2 eggs, 1 pimento, (either canned or fresh), $\frac{1}{3}$ cup cracker crumbs, 1 tablespoon chopped parsley, $\frac{1}{3}$ cup cream, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, dash of nutmeg.

Form into loaf and lay 2 or 3 slices of bacon on top and bake 2 hours in moderate oven.

—Mrs. Elmore Erickson.

BEEF LOAF—Two pounds of beef, 1 pound of pork, 1 cup of tomatoes, 2 eggs, 1 pint cracker crumbs, salt, pepper to taste, $\frac{1}{2}$ cup cream.

—Mrs. Emma C. Lauger.

MEAT LOAF—Two pounds beef (ground), 1 teaspoon salt, 1 beaten egg, 1 teaspoon onion juice, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ cup milk, 1 cup dried bread crumbs or rusks rolled fine. Baste with butter.

—Mrs. Axel Swanson.

MEAT LOAF—Two pounds ground beef, 2 eggs, 2 teaspoons salt, 1 teaspoon pepper, 1 cup cracker crumbs, $1\frac{1}{2}$ cups sweet milk. Bake $1\frac{1}{2}$ hours.

—Mrs. Malvin Barquist.



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MEAT LOAF— $1\frac{1}{2}$ pound beef, $\frac{1}{2}$ pound pork, 2 cups boiled rice, 2 eggs, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{2}$ teaspoon celery salt, 1 small onion cut fine, 1 pint strained tomatoes. Form in a loaf and bake.

—Mrs. C. G. Johnson.

HAM LOAF—Two tablespoons butter fat, $\frac{1}{4}$ cup bread crumbs, $\frac{2}{3}$ cup milk, 1 cup chopped ham, 2 eggs, salt and pepper, 2 tablespoons parsley.

Brown a little bacon in skillet, add butter, bread crumbs and milk. Cook for 5 minutes. Mix with ham, parsley and eggs and bake in slow oven for only 20 minutes.

—Mrs. Arthur Johnson.

CASSEROLE HAM—One slice ham $1\frac{1}{4}$ inches thick, 4 medium sized potatoes, parboil ham ten or fifteen minutes remove bone and superfluous fat. Put in casserole. Slice potatoes thin, place them on top of ham; pour over milk to cover. Bake till potatoes are done.

—Mrs. Oscar Tolander.

NEW ENGLAND BAKED HAM—Soak ham in cold water overnight, trim off all outside skin, make a dough of flour and water to about $\frac{1}{4}$ inch thick, wrap ham in this and bake until tender. Be sure the dough is pressed down good where it is joined so as to keep all the juice in the ham.

—Mrs. E. A. Peterson.

HAM BAKED IN MILK—Parboil a very thick slice of ham for thirty minutes. Place in baking dish (or skillet), sprinkle with brown sugar and insert a couple of cloves, add a cup of rich milk or thin cream, and bake 45 minutes or until tender and brown.

—Mrs. Hilbert Larson.

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MOCK DUCKS—A round of beef 2 inches thick, $\frac{1}{2}$ as large a piece of fresh pork steak, two inches thick. Use $\frac{3}{4}$ cup of flour; salt and pepper to taste. Then make ready the dressing as follows: 1 loaf of stale bread, season with salt, pepper, butter and sage. Use water to moisten dressing.

Spread the dressing on beef round, then put the salted round of pork on top. Tie up with strings, bringing the edges of the round beef over the pork. Put in roaster, fill roaster about $\frac{1}{2}$ full of water. Roast as other meat.

—Mrs. C. F. Dahl, Fairfield, Ia.

MOCK FRIED OYSTERS—One can corn, 3 eggs, $\frac{1}{4}$ cup milk, 1 large cup cracker crumbs; salt and pepper to taste. Drop from spoon on hot buttered skillet, fry until brown.

—Contributed.

PUMPKIN DRESSING—Three cups bread crumbs, pour over crumbs 1 cup hot water; let it stand a few minutes then add 2 cups cooked and mashed pumpkin and $\frac{3}{4}$ cup sweet cream, 1 onion cut up fine, 1 tablespoon butter. Salt and pepper. Bake 1 hour.

—Mrs. Joshua Peterson.

TURKEY OR CHICKEN HOTCHPOTCH—The next day after you have served Roast Chicken or Turkey take the bits of meat, giblets and dressing and chop fine. Stir into this a very small portion of gravy. To the amount of this mixture add the same amount of oysters. Butter a deep bake dish, and first put a layer of turkey mixture then a layer of oysters (seasoned with salt and pepper) then a layer of turkey, then a layer of oysters. On top of this oyster layer put a thick layer of ground crackers. This top layer you season with salt and pepper and a small bit of butter (not too much butter as the turkey mixture is rich). Over the top pour milk to moisten. Bake about $\frac{3}{4}$ of an hour. Serve hot from the bake dish.

—Mrs. W. F. Kopp.

SALMON LOAF—Two pounds salmon (pour off oil and remove bones), beat smooth with spoon, 3 eggs beaten, 3 tablespoons butter, salt and pepper to suit taste; 1 cup grated bread crumbs, $\frac{1}{2}$ cup milk.

Mix thoroughly with above, place in buttered dish and bake. Baste often, pour milk around loaf.

—Mrs. Elmer Heil.

TURKEY DRESSING (German)—Eight or nine medium sized onions cut fine and fry to a light brown in $\frac{1}{2}$ pound lard, soak $\frac{3}{4}$ loaf of bread and squeeze out water and put in onions, 1 box Uneda crackers rolled fine, 5 or 6 beaten eggs, $\frac{1}{2}$ grated nutmeg. Salt and pepper to taste.

—Mrs. O. S. Christell, Chicago, Ill.

SALMON LOAF—One can salmon, 4 eggs beaten light, 4 tablespoons melted butter, $\frac{1}{2}$ cup fine bread crumbs; pepper and salt and minced parsley.

Rub fish and butter to a smooth paste, beat eggs light add bread crumbs and seasonings. Mix altogether and steam 1 hour.

Sauce for Salmon Loaf—One cup milk heated to a boil and thickened with 1 tablespoon of corn starch or flour; add the liquid from salmon, or if none, double the amount of butter, 1 tablespoon catsup, salt, pinch each of mace and paprika. Put egg in last and pour over salmon when ready to serve.

—Alma Anderson, Mrs. Albert Woline.

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SALMON LOAF—One can of salmon, $\frac{1}{2}$ cup bread crumbs, 1 egg beaten, pepper and salt, milk enough to mix. Steam 1 hour and serve with cream sauce.

Sauce—Flour, butter and milk, 1 hard boiled egg chopped fine.
—Mrs. Ed Anderson.

PORK CHOPS WITH TOMATO SAUCE— $1\frac{1}{2}$ cups strained tomato juice, 1 slice onion chopped fine, 2 tablespoons butter, 2 tablespoons flour; salt and pepper, pinch of soda.

Cook all this together until it boils up good. Fry pork chops a little, then put in baking dish and pour tomato sauce over them. Bake 1 hour.

—Mrs. Carl Sandberg.

SPANISH CHICKEN—One chicken cooked and cut in small pieces leaving 1 pint broth, add 1 cup cream, thicken with 2 beaten eggs and what flour is needed, 1 cup macaroni (before cooked), $\frac{1}{2}$ can pimentos. Serve plain or in patty shells. Serves 16.

—Mrs. Clarence D. Fry, Mediapolis, Ia.

PREPARING BEEF STEAK—Cover a thick slice of steak with tomatoes, season well with pepper, salt and enough butter to make it rich. Sprinkle flour over it and enough water to baste. Bake until tender.

—Mrs. M. Nelson.

CHICKEN ROYAL—One chicken (stewed) when cold remove from bones and cut fine. Boil 4 eggs hard, chop whites and crumb yolks. Six tablespoons butter, 6 tablespoons flour. Mix well and add one quart milk. Cook until smooth and thick. Put in a pan a thin layer of this gravy then chicken, then egg, repeat this, and then gravy on top. Sprinkle with cracker crumbs and season with pepper and salt. Bake 20 minutes.

—Mrs. Florence McCormick, Mrs. Gust Anderson.

MEAT GOULASH—Two cups ground steak (or any left over meat), 2 cups bread crumbs, $\frac{1}{2}$ cup chopped celery, $\frac{1}{4}$ cup chopped green peppers, 1 tablespoon chopped onion, 2 tablespoon melted butter; salt, 2 cups tomatoes.

Mix the ingredients. Pour into a buttered baking dish. Bake in a moderate oven 30 minutes. Serve in dish it was baked in.

—Carrie Anderson.

BEEF LUCERNE—2 lbs. round steak, $1\frac{1}{2}$ cups bread stuffing, 6 strips bacon, 2 teaspoons butter, 1 cup water. Cut the steak 2 inches by 4 inches. Place on each a large tablespoon of stuffing. Roll up each portion, fasten a strip of bacon around each and fasten each with a tooth pick. Place in a baking dish with butter and boiling water.

Bake in a hot oven until tender (one hour). Serves 6.
—Mrs. Lineus Lauger, Chicago, Ill.

MEAT BALLS—Two cups chopped meat, beef or beef and pork mixed. Add $\frac{1}{2}$ cup rice which has been cooked in milk until nearly done (should be rather dry). Also add a few chopped onions and salt and pepper; mix all above ingredients together and make little balls and stew or tie up the balls in cabbage leaves which have been wilted in top of kettle of boiling meat (or in a steamer placed over a kettle of water.) Bake in oven in brown gravy.

—Otelia Larson.

BEEFSTEAK ROLL—Take a medium sized steak (flank steak is fine), sprinkle with salt and pepper and spread with dressing the same as for chicken; roll and tie. Melt 4 tablespoons fryings in a small deep pan and brown the meat on all sides. Bake until tender. Put potatoes in pan and bake with meat.

—Mrs. Victor Lauger.

SCRAPPLE—One pound sausage (any ground pork is good), a chunk of liver; put sausage in cold water, add salt. Chop the cooked liver, mix with sausage and water. When boiling, stir in enough corn meal to make stiff. Let simmer for half hour. When cold cut and fry.

—Mrs. Walter Lund.

LIVER SAUSAGE—One liver put through food chopper, 1 onion, add salt and pepper to taste, $\frac{1}{2}$ cup flour, drop by spoonful in hot bacon and fry same as potato balls.

—Mrs. John Abrahamson.

BRIER'S SHOE SHOP

Shoe and Harness Repairing

WINFIELD, IOWA

Notations

Vegetables

“Nature is lavish, Spring, Summer and Autumn,
Each with abundance her larder has stored,
Right preparation insures wholesome dishes,
Other than these we can never afford.”

SPINACH SOUFFLE—Two tablespoons butter, 2 tablespoons flour, $\frac{1}{4}$ teaspoon salt, pepper, 1 cup milk or thin cream, 1 cup cooked spinach, 2 eggs, melt butter, add flour, and gradually add milk; add spinach finely chopped and eggs well beaten.

Add seasonings, bake in dish standing in hot water in moderate oven 45 minutes.

—Mrs. O. A. Elmquist.

BAKED BEANS—1 quart navy beans, soak overnight in soft water. In the morning cook 15 minutes. Pour off the water, add 1 tablespoon salt, $\frac{1}{2}$ cup molasses, 1 teaspoon soda, 1 teaspoon mustard, $\frac{1}{2}$ pound sliced bacon. Cover with fresh water and bake in crock or pan on top of stove, or in oven (do not stir beans) pour on water when needed. Bake 6 to 8 hours.

—Mrs. T. N. Olson.

MACARONI AND CHEESE—One quart water, 1 teaspoon salt, 2 tablespoons butter, 4 tablespoons cheese cut in small pieces, $\frac{1}{2}$ cup macaroni broken in pieces, $1\frac{1}{2}$ cups milk, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika, 3 tablespoons flour.

Cook the macaroni in the boiling salted water until tender. Drain and rinse thoroughly with cold water. Melt the butter, add the flour, salt and pepper. Gradually add the milk and cheese. Cook 3 minutes; add the macaroni, mix well and pour into a well-buttered baking dish. Bake 20 minutes in a moderate oven.

—Mrs. Geo. L. Erickson.

APPLE FRITTERS—One egg, 1 scant cup sugar, $\frac{1}{2}$ cup milk, enough flour to drop from spoon, 4 apples cut in small cubes, 2 level teaspoons baking powder. Drop by spoonsful in hot lard.

—Mrs. Carl Johnson.

CORN FRITTERS—One can corn, 1 teaspoon baking powder, $\frac{1}{2}$ cup of flour, 2 teaspoons salt, 2 eggs.
Mix well and fry in hot lard. —Contributed.

CORN FRITTERS—One cup flour, $\frac{1}{3}$ cup milk, $\frac{1}{2}$ cup corn, 2 eggs, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, a little pepper.

Sift flour, salt and pepper together. Separate eggs. Mix yolks with the milk and add flour; mix smoothly. Add baking powder and beat thoroughly. Fold in the whites of eggs, which should be beaten quite stiff. Fry by the spoonful in deep lard. Drain on soft paper.

—Mrs. Chas. Olson.

CORN SOUFFLE—One-fourth cup butter, $\frac{1}{4}$ cup flour, two-thirds cup milk, 1 cup cooked corn (ground), 3 eggs, salt and pepper.

Melt butter, add flour, add milk gradually and cook mixture until it thickens. Remove from stove, add corn and seasoning. Add well beaten egg yolks, add whites beaten dry, fold in. Bake in buttered baking dish about 40 minutes.

—Mrs. Ludwig Johnson.

SAUER KRAUT—Two tablespoons salt in bottom of half gallon fruit jar, shred cabbage fine, put in jar raw and pack full. Fill with boiling water and seal tight. Let stand 6 weeks or longer.

—Mrs. Chas. Schutz.

SAUER KRAUT—Slice your cabbage as for slaw. Place in quart jars in layers, sprinkle salt and pound until the water stands over it and so on each layer till the jar is full. Then put the lid on (not too tight) and let it stand for two weeks. Seal tight.

—Mrs. Shannon Lantz.

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Soft Drinks

OLDS, IOWA

POTATO PUFFS—One cup mashed potatoes, 1 cup milk, 1 egg, 2 teaspoons baking powder, flour to mix soft. Roll and cut in strips. Fry in deep fat and serve with syrup.
—Mrs. J. R. Sponberg.

POTATOES O'BRIEN—One cup chopped boiled ham, $\frac{1}{2}$ cup pimentos, 6 potatoes (boiled in the skin and peeled and sliced), 1 cup cheese diced, flour, salt, pepper, butter and rich milk.

Arrange the ham, pimentos, potatoes and cheese in layers in a baking dish. Sprinkle the flour, salt and pepper over each layer and dot with the butter or make a white sauce and pour over it instead. Bake in a moderate oven 35 minutes.
—Contributed.

POTATO PUFFS—Take cold mashed potatoes, beat 1 egg and 3 tablespoons cream, mix with potatoes, add pinch of salt (for cream and egg), a teaspoon of flour to thicken; drop by spoonfuls in a greased griddle. Bake in a moderate oven until brown.
—Contributed.

TOMATO RICE—Take 1 quart tomatoes, scald and pass through colander. To the pulp juice add 1 quart boiling water, salt and pepper to taste, take 1 pound of rice wash and drain it and put it in a pan with $\frac{1}{4}$ of a pound of butter; stir the butter and rice over a gentle fire until the rice has absorbed the butter, then put the rice in the tomato juice, cover closely and cook slowly until the rice is done. Take another $\frac{1}{4}$ pound of butter, melt in a pan until golden brown, put the rice in a dish and pour melted butter on top and serve.
—Contributed.

EGG CROQUETTES—Three hard boiled eggs, thick white sauce, cracker crumbs. To about $\frac{3}{4}$ cup of thick white sauce add three hard boiled eggs that have been diced up. Add cracker crumbs until it becomes thick enough to roll in cracker crumbs.

One can utilize small servings of corn, potatoes or meat by adding it to mixture and if needed more of the white sauce. Fry in hot grease.
—Contributed.

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HOT SLAW—Run through food chopper amount of cabbage wished. Take a strip or two of bacon, cut into small pieces and fry until brown. Add two-thirds cup of either sweet or not too sour cream, $\frac{1}{4}$ cup vinegar or more if needed, $\frac{1}{4}$ cup sugar, salt and pepper to taste. Add cabbage just long enough to heat through, but not cook..

—Contributed.

CHOP SUEY— $1\frac{1}{2}$ pounds fresh meat (veal, lean pork or chicken), 2 large Spanish onions, 2 large stalks celery, 1 tablespoon molasses, $1\frac{1}{2}$ tablespoon of chop suey sauce, 1 teaspoon salt or salt to taste.

Method—Cut meat in small cubes, brown in butter, add celery cut up, onions in shreds; cook slowly $1\frac{1}{2}$ hours or until done using 1 teaspoon corn starch to bind the sauce, add molasses and the chop suey sauce.

Serve with rice boiled in salt water 20 minutes.

—Contributed.

CHOP SUEY— $1\frac{1}{2}$ pounds veal, $1\frac{1}{2}$ pounds pork, 1 bunch celery, salt and pepper to taste, $1\frac{1}{4}$ cup onions, 3 apples, 3 tablespoons molasses, $\frac{1}{2}$ cup water.

Cut meat into small cubes, dredge in flour and put into a frying pan already hot with quite a bit of grease. Dice celery and apples, add to meat, then onions cut up rather fine, molasses, salt and pepper. When this seems sticky and thick add a good half cup of water—more if necessary. Cook slowly 3 hours, stirring frequently to prevent scorching.

—Contributed.

O. E. OLSON

*Dealer in Real Estate Exchange and
Farm Loans*

—
OLDS, IOWA

CHOP SUEY—One box spaghetti, 3 medium sized onions, 1 pound hamburger, 1 quart strained tomatoes. Cook spaghetti in boiling water and salt to taste. Fry hamburger and onions, heat tomatoes, add pinch of soda, pour over spaghetti, hamburger and onions. Put in a baking dish, sprinkle with cracker crumbs and bake.

—Mrs. E. G. Danielson, Albert Lea, Minn.
Mrs. B. F. Benson

CHILI CON CARNE (Mexican)—Fry 1 pound hamburger in 1 tablespoon of fat with 1 onion. Cook slowly till almost brown then sprinkle 1 tablespoon of flour over all and mix. Add 1 pint of water and simmer for at least $\frac{1}{2}$ hour. Add $\frac{1}{2}$ teaspoon chili powder (red pepper may be used instead), more may be used if you like it hot. Brown beans or tomatoes may be added. —Mrs. H. C. Foster.

HOMINY DISH—Four cups hominy, 1 cup grated cheese, 2 cups milk, 4 tablespoons butter, salt, 1 cup dry bread crumbs, 4 tablespoons flour.

—Bernice Woline.

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Notations

Dumplings

“Strange I should never
of a dumpling dream.”

—Wolcott.

NOODLES—Six egg yolks, scant $\frac{1}{2}$ cup water beat together. Add 2 cups (or more) flour, $\frac{1}{2}$ level teaspoon baking powder, pinch of salt. Mix well.

Divide dough into 4 parts, roll very thin on a well floured board, put on plain paper to dry, turn occasionally. When dry enough to cut without sticking to knife, cut in 2 inch strips, put all together and cut very fine.

Cook in boiling water about $\frac{1}{2}$ hour or until well done.

—Mrs. L. G. Larson.

DUMPLINGS—One egg well beaten, $\frac{1}{2}$ cup cream, 2 teaspoons baking powder, pinch of salt, flour to make rather stiff dough. Drop by spoonful in broth and boil about 20 minutes. Do not remove cover while boiling.

—Mrs. George Spangler, Jr.

EGG DUMPLINGS—Three eggs well beaten, 1 cup sweet milk, 2 cups flour, 1 teaspoon baking powder, pinch of salt. Have broth boiling hot, leave some meat in bottom of kettle, drop in dumplings, cover and let boil 15 minutes without removing cover. Good for chicken and any kind of meat.

—Mrs. John Abrahamson.

DROP DUMPLINGS—One egg, two-thirds cup milk, 1 cup flour, 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt.

Method—Beat eggs, add milk, then dry ingredients. Cook slowly 20 minutes in covered kettle.

—Mrs. R. H. Williams, Chicago, Ill.

Notations

Salads and Salad Dressings

“It’s a wise man who knows his own food
these days.”

AUTUMN SALAD—Cook 2 cups cranberries with one cup sugar and $\frac{1}{2}$ cup water. Let cool, add $\frac{1}{2}$ cup chopped celery, 3 bananas diced, $\frac{3}{4}$ cup English walnuts. Mix all together and serve on lettuce leaf. Put a teaspoon of French dressing on top.

—Mrs. Esther (Krantz) Johnson.

APPLE SALAD—Four juicy apples, $\frac{1}{2}$ cup nut meats, 1 cup diced celery, 1 cup white grapes.

Cut apples into small blocks, halve and seed grapes, dice celery and chop nut meats. Mix all together and pour salad dressing over the whole and serve on lettuce leaf.

—Laura J. Hoggatt.

STUFFED PEAR SALAD—Twelve half pears, $\frac{1}{2}$ cup nuts, 1 cup cream cheese, 2 tablespoons cream, $\frac{1}{2}$ teaspoon salt, 1 head lettuce.

Put two halves of pear together with softened cream cheese, salt and nuts. Place on lettuce and cover with mayonnaise dressing.

—Contributed.

CANDLE SALAD—1 slice pineapple on lettuce leaf for each serving. Insert $\frac{1}{2}$ banana in center of pineapple. Stand it up straight and place a cherry on top of banana. Place fruit salad dressing around the pineapple.

—Nellie Woline.

PINEAPPLE SALAD—One can pineapple, 2 tablespoons sugar or more, 2 tablespoons flour, 2 eggs, lump of butter, 10 cents worth of marshmallows, 10 cents worth of English walnuts. Drain juice from pineapple and place on stove to heat. Mix flour, sugar and eggs. Stir into juice and cook until thick. Set aside to cool, dice pineapple, marshmallows and walnuts—other fruit may be added. When syrup is cool pour over all.

—Mrs. Elmer Johnson, Mrs. Shannon Lantz.

PERFECTION SALAD—One envelope of gelatine, $\frac{1}{2}$ cup of cold water, $\frac{1}{2}$ cup of mild vinegar, $\frac{1}{2}$ pint boiling water, 1 teaspoon salt, 1 cup of finely shredded cabbage, $\frac{1}{2}$ cup sugar, 2 cups celery, $\frac{1}{4}$ can of pimientos (cut fine), juice of lemon. Soak gelatine in cold water five minutes and add hot water, vinegar, lemon juice, sugar and salt.

Strain and when beginning to set add remaining ingredients. Turn into molds. Chill and serve with mayonnaise dressing.
—Mrs. Rudolph Lund.

DELICIOUS SALAD—Three bananas, 1 large or two small apples (cut up fine), 1 dozen marshmallows, $1\frac{1}{2}$ cup malaga grapes, 1 cup nuts. Whip 1 cupful cream. Mix all the above ingredients with whipped cream.

—Mrs. C. F. Dahl, Fairfield, Iowa.

FRUIT SALAD—One box Knox gelatine soaked in 2 cups cold water and juice of 2 lemons for 1 hour. Pour over this 5 large cups hot water, 4 cups sugar. Stir thoroughly. When cold add 1 dozen bananas, 6 oranges, small can sliced pineapple, white grapes in season, 1 dozen marshmallows, 1 cup nuts. This makes 1 gallon of salad.

—Mrs. Luther Morgan.

CALIFORNIA SALAD—One tablespoon each of sugar, flour and mustard dissolved in one pint of sweet milk and heat to boiling point. Then pour it over 2 tablespoons gelatine which has already been softened in a little cold water beat it in and cool. When beginning to set add one can white cherries, one can pineapple, one pound blanched almonds; fruit must be drained and seeded and all cut up, now fold in 1 pint of whipped cream. Pour into individual molds. This makes a large amount and should be made the day before using it.

—Mrs. Julia Stevenson.

C. Herbert Dyall

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NEW YORK SALAD—Four slices pineapple, $\frac{1}{2}$ cup celery, $\frac{1}{2}$ cup chopped nut meats, 2 oranges, cream, mayonnaise, lettuce.

Arrange pineapple on nests of lettuce leaves. Cut celery in strips $1\frac{1}{2}$ inches long and mix with nut meats. Pile in center of pineapple and garnish with 4 sections of orange. Serve dressing separately.

—Thelma Lundquist.

PINEAPPLE AND MARSHMALLOW SALAD—One pint pineapple. Drain off juice and heat. Take 1 egg, 1 teaspoon flour or corn starch, 1 teaspoon vinegar, pinch of salt, $\frac{1}{3}$ cup sugar. Now stir this in pineapple juice and cook until it thickens. After cooling add 2 cups marshmallows cut in fourths, pineapple and nut meats.

—Mrs. Lloyd Peterson.

PINEAPPLE MARSHMALLOW SALAD—One can pineapple cut up, 1 pound marshmallows, nuts if desired.

Dressing— $\frac{3}{4}$ cup sugar, 2 eggs, 2 tablespoons flour; add sugar and flour to beaten eggs, pour hot pineapple juice in and cook until thick. When cool add this mixture to whipped cream and mix in the fruit.

—Mrs. Floyd Canby.

JELLIED PECAN SALAD—To 1 pint of Lemon Jello, when nearly hard, add $\frac{1}{2}$ cup of broken pecans, $\frac{1}{2}$ cup white cherries. Mold in small glasses and serve on lettuce leaf with finely shaved green peppers, and mayonnaise which has been mixed with whipped cream. A ball of Dutch cheese on the plate and a salted wafer are delicious with this salad. Other nuts may be substituted for Pecans.

—Mrs. W. F. Kopp.

CHEESE RING—One envelope gelatine soaked in $\frac{1}{2}$ cup water for 5 minutes. Dissolve over hot water. Mix 4 cakes of cream cheese with one cup cream, season with sugar, salt and pepper, and the juice of $\frac{1}{2}$ lemon. Add to gelatine. Mix in 1 cup whipped cream. Put in garnished ring mold. Let stand in ice box 3 hours. Serve as a salad.

—Hanna Olson, Chicago, Ill.

SUNFLOWER SALAD—Cut slices of pineapple in twelfths or sixteenths and place on lettuce leaves with rounded edges to form a circle in center. Fill center with mayonnaise, sprinkle nut meats on mayonnaise to represent seeds of sunflower.

—Contributed.

BEET SALAD—One cup diced beets, 3 hard boiled eggs, $\frac{1}{2}$ dozen cucumber pickles, $\frac{1}{2}$ cup nut meats and mix with mayonnaise.
—Viola Palm.

JELLIED VEGETABLE SALAD—Two tablespoons granulated gelatine, $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ cup vinegar, juice of one lemon, 2 cups boiling water, $\frac{1}{2}$ cup sugar, 1 cup shredded cabbage, $\frac{1}{2}$ cup pimento, $\frac{1}{2}$ cup celery finely cut, $\frac{1}{2}$ green pepper finely chopped, 1 teaspoon salt.

Soak gelatin in cold water, add the boiling water and stir until gelatin is dissolved, add vinegar, lemon juice, sugar and salt, cool and when it begins to jell, add chopped vegetables, pour into moulds, chill, and serve on lettuce leaves with salad dressing.

—Laura J. Hoggatt.

PICKLE SALAD—One-half cup vinegar, 1 cup sugar, $\frac{1}{2}$ dozen whole cloves, boil this until it threads, then pour it over one envelope of Knox gelatine that has been dissolved in 1 cup cold water. When cool add 1 cup nut meats, 1 cup sweet pickles cut in cubes, also 1 cup stuffed olives. Serve with salad dressing.

—Mrs. Julia Stephenson.

PEA SALAD—2 cups peas, $\frac{1}{2}$ cup apples, $\frac{1}{2}$ cup peanuts, $\frac{1}{2}$ cup diced celery, $\frac{1}{2}$ cup diced cooked potatoes, $\frac{1}{2}$ teaspoon celery seed, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper.

Dressing: One-fourth cup sugar, 2 eggs, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup water, cook until creamy.

—Mrs. E. Furnald, Mrs. John Holt.

FRUIT SALAD—3 good sized oranges cut fine, 3 bananas sliced thin, 2 apples cut fine, $1\frac{1}{2}$ cups canned pineapple, $1\frac{1}{2}$ cups chopped nuts. Serve with mayonnaise.

—Anna Norman.

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KIDNEY BEAN SALAD—Cook together until thick, yolks of 2 eggs, 4 tablespoons vinegar, 1 tablespoon butter. When cool add $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon mustard, a little pepper, $\frac{1}{2}$ cup whipped cream, 1 can of beans which have been drained.
—Mrs. Earl Drewer.

SPAGHETTI SALAD—One package spaghetti, boil rapidly in salted water ten minutes; blanch in cold water. • 6 large cucumber pickles, 4 hard boiled eggs, 1 small onion. Mix with mayonnaise.
—Contributed.

BEAN SALAD—One can red kidney beans, 1 head celery, chop 4 hard boiled eggs, 1 dozen sweet pickles, 1 cup nut meats, mix with mayonnaise dressing.
—Mrs. Rupert Carlson.

SALMON SALAD—One can salmon, drain off liquid, 2 apples and 1 cup celery chopped fine. Mix with mayonnaise.
—Anna Norman.

CHICKEN SALAD—Four lbs. chicken cooked, seasoned and diced, 1 bunch of celery cut up, 1 lb. red or white grapes, 1 cup balanced almonds or other nuts chopped. Mix with boiled salad dressing which has been mixed with whipped cream. This will serve sixteen to twenty persons.
—Mrs. Emma C. Lauger.

CHICKEN SALAD—Six cups diced, cooked chicken, 3 cups celery, $\frac{1}{4}$ cup shredded pimentos, 1 teaspoon salt. Mix well with mayonnaise that has been thinned with whipped cream. Serve on head lettuce. (Serves 12).
—Contributed.

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TUNA FISH SALAD—One envelope gelatine, 1 teaspoon salt, $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ cup sugar, 2 cups boiling water, 1 can Tuna fish, $\frac{1}{2}$ cup vinegar, 1 cup celery, $\frac{1}{2}$ cup stuffed olives, pimento.
—Mrs. Will Johnson.

TWENTY-FOUR HOUR SALAD—One can pineapple, cut up and drained, 1 can white cherries seeded, 1 box marshmallows cut up, 35c almonds chopped.

Dressing: Three egg yolks, pinch of salt, tablespoon sugar, $\frac{1}{2}$ cup milk, juice of 1 lemon, mix and boil, when cool add 1 cup whipped cream, mix with above and let stand 24 hours.
—Mrs. Chas. Alvine.

MAYONNAISE DRESSING—One egg, 1 teaspoon salt, 1 teaspoon powdered sugar, 1 teaspoon mustard, pepper, paprika, few grains cayenne, 1 teaspoon vinegar, mix. Then add 1 tablespoon at a time and beat with egg beater, salad wesson oil until $1\frac{1}{2}$ cupsful are used, beat in 6 teaspoons lemon juice, 5 teaspoons vinegar. Makes one pint.
—Mrs. Ed. Harrison, Piedmont, Ala.

SALAD DRESSING—Three eggs, 3 tablespoons sugar, 3 tablespoons vinegar, 3 tablespoons water, 1 teaspoon cornstarch, 1 teaspoon ground mustard, 1 lump butter size of a walnut. Boil a few minutes, add butter after it is done.
—Mrs. D. C. Chrisinger.

EAGLE BRAND SALAD DRESSING—Beat 2 eggs light, add 1 can Eagle brand milk. Rinse out can with vinegar (fill can with the vinegar), pinch of salt. This makes a very good dressing for a fruit salad and keeps well. Don't cook.
—Mrs. Arthur Miller.

FRUIT SALAD DRESSING—Three tablespoons sugar, 1 teaspoon butter, $\frac{3}{4}$ teaspoon mustard. Mix the above. Add 2 whole eggs beaten. Boil $\frac{1}{4}$ cup vinegar and pour into the above, stir and boil until quite thick.
—Mrs. Ed. Anderson.

SALAD DRESSING—One-half cup sugar, 1 tablespoon flour (heaping), pinch salt, 1 teaspoon mustard, butter size of a walnut, add enough water to make a thick paste, add 2 eggs well beaten, heat to boiling point before adding $\frac{1}{2}$ cup each of water and vinegar.

—Mrs. George Spangler Jr.

MAYONNAISE DRESSING—One level teaspoon salt, 2 tablespoons butter, 2 tablespoons sugar, 2 tablespoons flour. Cream this together. Add one beaten egg to the above mixture. Then add $\frac{1}{2}$ cup each of water and vinegar which has boiled and let thicken in double boiler.

—Mrs. Luther Olson.

SALAD DRESSING—Yolks of 4 eggs, 4 tablespoons vinegar, $\frac{1}{2}$ cup sugar, pinch red pepper or paprika, a little mustard and a little salt, $\frac{1}{2}$ cup cream. Cook in double boiler. Stir to keep smooth. When ready to use add 1 cup whipped cream.

—Mrs. Carl Carlson.

LATIOLA DRESSING (Mayonnaise)—Four tablespoons butter, 1 large tablespoon mustard, 1 large tablespoon flour, 1 teaspoon salt, 3 eggs or yolks of 6, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup vinegar, 1 cup milk, pinch of cayenne.

Heat butter in sauce pan, add flour, stir until smooth and be careful not to brown, add the milk and boil up. Beat the eggs, salt, pepper, mustard and sugar, add vinegar last. Mix with the boiling mixture and stir until it thickens like a custard. Keep in a cool place.

—Ruth Lindell.

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BOILED SALAD DRESSING—One teaspoon mustard, $\frac{1}{2}$ teaspoon salt, 2 teaspoons flour, $1\frac{1}{2}$ tablespoons sugar, few grains cayenne pepper, yolks 2 eggs or 1 whole egg, $1\frac{1}{2}$ tablespoons butter, $\frac{1}{4}$ cup vinegar diluted with water to make $\frac{1}{2}$ cup. Mix dry ingredients, add egg, butter and vinegar, cook until thick, strain and cool.

—Mrs. Albin Johnson.

WHITE SALAD DRESSING—One-half cup sugar, 1 tablespoon flour, juice of 2 lemons, 3 tablespoons water, 1 tablespoon vinegar. Mix, then beat whites of two eggs to a froth, and beat with the rest and cook. When ready to serve, beat $\frac{1}{2}$ pint of double cream, mix with dressing but not until ready to serve.

—Verda Anderson.

SWEET DRESSING FOR FRUIT SALAD—Two egg yolks, add $\frac{1}{2}$ cup strained honey or maple syrup, 1 tablespoon sugar, juice of 2 lemons. Cook in double boiler and when cold add 1 cup whipped cream.

—Nellie Wolin.

THOUSAND ISLAND DRESSING—One-half tablespoon salt, $\frac{1}{2}$ tablespoon dry mustard, $\frac{1}{2}$ tablespoon paprika, $\frac{1}{2}$ tablespoon sugar, 2 tablespoons vinegar, 1 egg yolk. Mix dry ingredients, add vinegar and beaten egg yolk. Then beat in cup of Mazola slowly, cook till thick, add $\frac{1}{2}$ cup chilisauce, $\frac{1}{2}$ dozen sweet pickles cut up fine, and $\frac{1}{2}$ bottle of stuffed olives cut fine.

—Mrs. Floyd Canby.

RED CARROT SALAD—Four cups ground carrots, 2 cups diced apples, $\frac{1}{2}$ cup chopped nut meats, 1 cup diced celery. Mix altogether and add celery dressing.

—June Woline.

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Notations

Pickles and Relishes

“The tartness of his face
sours ripe grapes.”

PICCALILLI—One Peck green tomatoes chopped, 3 large onions, 4 green peppers chopped fine, 1 cup salt, let stand over night.

Take 2 quarts water and 1 quart vinegar, let come to a boil. Pour over the above and let stand until cool. Drain.

$3\frac{1}{4}$ quarts vinegar, 4 teaspoons mustard seed, 2 teaspoons cinnamon, 2 teaspoons black pepper, 2 pounds of Brown sugar, 2 teaspoons celery seed, 2 teaspoons ground mustard. Boil 20 minutes. When cold add 2 heads of cabbage chopped fine.

—Mrs. Martin Jacobson.

CUCUMBER PICKLES—Seven pounds medium sized cucumbers, washed and sliced with peeling, salt and let stand over night. 3 pounds dry onions peeled and sliced, 7 cups vinegar, 7 cups sugar, 1 tablespoon celery seed, 2 tablespoons mustard seed. Let cucumbers come to a boil and boil for 5 minutes. Add onions and boil a little longer. Add $2\frac{1}{2}$ teaspoons olive oil for each quart. Fill jar half full of pickles, then add $\frac{1}{2}$ the oil, fill jar and the rest of the oil, and seal.

—Mrs. O. S. Christell, Chicago, Ill.

CUCUMBER RELISH—Two pecks ripe cucumbers, 1 peck onions. Slice them and let stand in salt water for a few hours. Drain off and add: 3 quarts vinegar, 5 cups sugar, 4 dozen red sweet peppers, 2 teaspoons dry mustard, 2 teaspoons tumeric coloring, 2 cups white mustard seed. Boil and seal.

—Mrs. Carl Anderson.

TOMATO CATSUP—One gallon strained tomato juice, 1 pint vinegar, 1 scant cup sugar, 1 level teaspoon red pepper, 1 heaping teaspoon each of cloves, cinnamon, mustard, allspice and 1 tablespoon salt. Tie spices in a bag and cook two hours. Remove spices. Mix $\frac{1}{2}$ cup corn-starch with cold water. Add and cook ten minutes. Bottle and seal.

—Mrs. Robert Haganman.

TOMATO CATSUP—Wash the tomatoes good and cook with skins on. 4 quarts tomatoes, 2 tablespoons salt, 1 teaspoon black pepper, $1\frac{1}{2}$ teaspoons mustard, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ pint vinegar, 1 teaspoon cinnamon. Cook down until half left.
—Miss Viola Palm.

BEET RELISH—Two cups finely chopped beets (boiled,) 2 cups chopped cabbage, 1 cup horse radish, 2 cup vinegar, 2 cups sugar, 1 tablespoon salt, 1 teaspoon mustard. Heat and put in jars. Will keep indefinitely.
—Mrs. T. C. Lindell.

MANGO PICKLE—Two quarts Mango peppers, 1 quart onions, 1 quart vinegar, $2\frac{1}{2}$ cups sugar, 1 tablespoon salt. First grind peppers and onions. Measure after ground and keep separate. Pour over them boiling water and let stand 10 minutes. Then pour off, put on boiling water again and let stand 5 minutes and pour off. Now put together and add sugar, salt, vinegar, and boil 15 minutes. Can.
—Mrs. Lloyd Peterson.

FAVORITE PICKLES—One gallon cucumbers, $\frac{1}{2}$ pint salt. Soak cucumbers in salt water over night. In morning drain off water. Pour boiling water over cucumbers and let cool To cucumbers add $1\frac{1}{2}$ quarts vinegar, $\frac{1}{4}$ teaspoon saccharin and spices. You may add about 1 teaspoon powdered alum.
—Mrs. O. F. Lundquist.

HORSERADISH SAUCE—Put tablespoon butter in pan, when melted add tablespoon flour, 1 cup milk, season highly with salt and pepper. When it has boiled, add a heaping tablespoon horseradish grated fine. Serve hot. Good on fresh fish or pork.
—Mrs. Nels G. Peterson.

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SLICED CUCUMBER PICKLES—One gallon sliced green cucumbers (do not peel) cover with cold water, to which a handful of salt has been added and let stand over night. In the morning drain off the liquid and put in kettle and add 3 sliced onions, 2 cups sugar, 1 tablespoon mustard seed, $1\frac{1}{2}$ teaspoons black pepper, $2\frac{1}{2}$ teaspoons celery seed, 1 teaspoon tumeric, and vinegar to cover. Boil about 10 or 15 minutes and seal while hot.

—Mrs. Leonard Peterson.

CHRISTMAS RELISH—Twelve green peppers, 12 red peppers, 1 bunch celery, 2 level tablespoons salt, $2\frac{1}{2}$ cups vinegar, $2\frac{1}{2}$ cups sugar, 3 large onions. Grind peppers and pour boiling water over and let stand 1 hour, then drain good and mix all together. Boil 15 minutes and seal.

—Mrs. B. F. Benson.

SWEET PICKLES—First, 1 gal. large cucumbers cut in 1 inch cubes. Sprinkle with one-third cup salt. Cover with boiling water and let stand over night. Drain.

Second: 1 cup vinegar, 3 cups boiling water. Put in cucumbers and bring to a boil. Drain.

Third: Place in jars and pour the following syrup over while hot, 3 cups vinegar, $1\frac{1}{2}$ cups sugar, $\frac{1}{4}$ teaspoon saccharin. Seal.

—Mrs. Ernest Sandeen.

TUMERIC PICKLES—Thirty cups of sliced cucumbers let stand in cold water over night. 8 onions stand in salt water 1 hour, 4 cups vinegar, 2 cups sugar, 2 teaspoons mustard seed, 2 teaspoons ginger, 2 teaspoons celery seed, 2 teaspoons tumeric. Let this come to a boil, then add pickles and onions and boil for 3 minutes.

—Mrs. Oscar Lindell, Minneapolis, Minn.

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CHILLI SAUCE—Eight quarts tomatoes, 3 cups peppers, 2 cups onions, 3 cups sugar, $\frac{1}{2}$ cup salt (scant), $1\frac{1}{2}$ quarts vinegar, 3 teaspoons cloves, 3 teaspoons cinnamon, 2 teaspoons ginger, 2 teaspoons nutmeg. Chop tomatoes, peppers and onions very fine. Boil three hours. Bottle up and seal.

—Mrs. Oscar Abrahamson, Mrs. Will Johnson.

DILL PICKLES—Soak pickles overnight in cold water. In a. m. pack in jars with dill at top and bottom. Then take 3 quarts water, 1 quart vinegar, 1 cup salt. Let this come to a boil and pour over pickles while hot. Then seal jars.

—Emma Gladd.

DILL PICKLES—Twelve cups water, 1 cup of vinegar, 1 cup salt, lump of alum size of a hickorynut, 1 tablespoon whole black peppers and dill to taste. Wash cucumbers and put in glass jars, add dill. Have water, salt vinegar and alum boiling hot and pour over pickles in jars, seal. Will be ready to eat in about a month.

—Contributed.

BORDEAUX SAUCE—Two quarts chopped tomatoes, 6 large onions chopped, 5 red peppers chopped, 4 quarts cabbage after it is chopped, 2 oz. mustard seed, 2 oz. celery seed. Add 2 lbs. sugar and 2 quarts vinegar. Boil slowly 1 hour. Put in jars and seal.

—Mrs. Rex Canby.

WATERMELON PICKLES—Peel off the rind of watermelon and cut to suit yourself. Put a layer of grape leaves and a layer of watermelon in your kettle, sprinkle over a little alum, cover with water and let simmer on back of stove until clear. Then place in a dish to cool. To 1 lb. of rind take 1 lb. of sugar, half pint of vinegar, cloves and cinnamon to suit taste, boil until tender and seal.

—Mrs. M. Nelson.

SWEET BEET PICKLES—Boil the beets until they can be pierced with a silver fork, peel them and cut in lengthwise quarters. Boil equal parts sugar and vinegar with a half tablespoon of ground cloves tied in a cloth, to each gallon. Pour boiling hot over the beets, seal.

—Mrs. Walter Lund.

SWEET CUCUMBER PICKLES—Put your cucumbers in a salt brine strong enough to carry an egg, and leave for 3 weeks. Two or three days before you make your pickles take them from the brine and soak them out in cold clear water. This makes them crisp and brings back their color. Change the water 2 or 3 times a day. Sort your pickles into even sizes and then put them in a kettle and pour over them cold water with some vinegar in, about a cup of vinegar to $\frac{1}{2}$ gal. of water, and bring to a boil and then remove and pack in sterilized jars. Make a pickle on the basis of 1 cup sugar to 1 pint vinegar and pour over cucumbers. Have your spices tied in a cheese-cloth bag in the jar when you pour the vinegar on them. Seal hot.
—Mrs. Arthur Miller.

FANCY MIXED PICKLES—Take 1 large head of cauliflower, 2 quarts small white onions, 2 bunches celery and 2 quarts of small cucumbers.

Wash and clean in the usual way, then pick the cauliflower into small pieces and cut the celery into small lengths. Soak all separately in weak brine over night. In the morning cook the cauliflower, celery and onions separately in same brine, until tender but firm. Then drain in a colander. Drain cucumbers also and mix together.

Take vinegar enough to cover pickles, add sugar to taste, and bring to a boil. Add the drained pickles and stir until all are heated through. Use a pan to heat them in large enough to hold all, with plenty of room for stirring. When heated through, put into half pint or pint jars and seal.
—Eunice Johnson, Ottumwa, Ia.

PICKLED PEACHES—Six or 7 pounds of peaches, 1 quart vinegar, $2\frac{1}{2}$ pounds sugar, 2 or 3 dozen cloves.
—Contributed.

SWEET APPLE PICKLES—For sweet apple pickles use 6 pounds of apples and 2 pounds sugar. For spices use cloves and stick cinnamon.
—Contributed.

CHOW CHOW—Two gal. cabbage, 1 gal. green tomatoes, 6 large onions, 6 red or green peppers, 5 pints vinegar, $1\frac{1}{2}$ pints of sugar, 1 ounce celery seed, $\frac{1}{2}$ ounce ground cloves, 3 ounces whole yellow mustard seed, $\frac{1}{2}$ cup salt, black pepper to taste. Chop all vegetables before measuring. Mix all together. Bring just to a scald and seal.

—Mrs. Constant Lindeen, Mrs. J. E. Miller.

TOMATO CATSUP—One-half bushel ripe tomatoes, cooked until all are mushy. Run through a fine colander, put juice back into kettle, add four or five onions, 3 cups brown sugar, 3 pints good vinegar. Put 1 tablespoon celery seed, 1 tablespoon ground allspice, 2 tablespoons cinnamon, 1 tablespoon ground cloves in a sack, and add. Boil until pretty thick. Bottle boiling hot, and seal.

—Mrs. Walter Lund.

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Notations

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Preserves and Jams

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TUTTI FRUTTI (Jam)—1 lb. stoned cherries, 1 lb. fresh currants, 1 lb. red raspberries, 1 lb. large gooseberries, 4 lbs. sugar.

Mash the currants and use the juice to dissolve the sugar. Mix the ingredients together and boil until about the consistency of jam. Store in glass jars.

—Mrs. R. D. Lindeen.

PEACH-ORANGE MARMALADE—Remove the seeds from 1 orange, run through food chopper, add 1 cup sugar, and let stand 2 hours. Make a syrup of 3 cups sugar, 1 cup water. Into this put the peaches which should be cut in small pieces. Add the orange and cook together for 20 minutes.

—Mrs. Albin Johnson.

GRAPE FUDGE—8 lbs. of grapes measured as they come from the vines. Pulp and seed them and place it all back together. Then add 4 lbs. sugar, 1 cup nuts, 1½ lb. raisins. Cook until the consistency of jam is reached. Put in jars and seal.

—Mrs. Fred Bloom.

PEAR AND PINEAPPLE PRESERVES—Peel and grind the pears, 4 pints of pears, 6 pints of sugar, 1 can crushed pineapple. Cook for an hour, or until pears are soft.

—Mrs. Chas. Schutz.

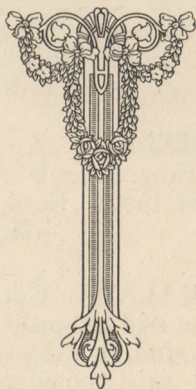
PEAR HONEY—One pound sugar to 1 pound pears (ground). Pare and core pears, grind through food grinder. Cook until clear and thick, stir almost constantly while cooking to prevent scorching. Seal.

—Mrs. Ludwig Johnson.

PEAR CONSERVE—One peck of pears (peel), 1 quart of cranberries, 2 oranges (remove seeds but do not peel). Grind all through the food chopper, and use cup for cup of fruit and sugar. Cook until thick.

—Mrs. Harry E. Olson.

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A WINTER PRESERVE—3 pint cans pineapple, 1 lb. dried apricots, 6 cups sugar, juice of 2 lemons. Soak apricots over night, cook well in morning without sugar. Put through sieve. Drain off the juice and thoroughly chop pineapple. Add this and the juice to the apricots and cook for several minutes before adding sugar and lemon juice. Cook until it is the desired thickness. Pour into tumblers and cover with paraffin.

—Mrs. William Carden, Winfield, Iowa.

ORANGE MARMALADE—Six oranges, 1 lemon, 11 cups cold water, 7 cups sugar. Peel oranges and slice thin. Slice lemon with rind on. Cover oranges and lemon with cold water, let stand 24 hours. Then boil 3 hours. Add sugar and boil 1 hour. Pour into glasses.

—Mrs. Robert Haganman.

RHUBARB MARMALADE—Nine cups rhubarb cut fine, 6 cups sugar, 6 oranges, some orange peel, $1\frac{1}{2}$ cups raisins, and nuts to suit taste. Cook all together until thick.

—Mrs. Carl Sandberg.

RHUBARB MARMALADE—Cut the rhubarb very fine, and for each cupful add the pulp and juice of 1 orange, 1 teaspoon of grated rind, 1 tablespoon lemon juice, $1\frac{1}{2}$ cups sugar. Let stand until the sugar has dissolved. Boil rapidly until clear, then add 1 cup of nut meats. Boil up once and put in glasses.

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Notations

Puddings and Desserts

The turnpike road to people's hearts, I find,
Lies through their mouths, or I mistake mankind.

CHRISTMAS OR SUET PUDDING—1 cup suet, 1 cup raisins, 1 cup molasses, 1 cup currants, 1 cup sweet milk, $3\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup nut meats, grated rind of one orange, spice and salt to taste, 1 teaspoon soda in hot water. Steam three hours.
—Tollie Morgan.

PLUM PUDDING—One cup chopped suet, 2 cups of bread crumbs, 1 cup currants, 1 cup blanched almonds, $\frac{1}{2}$ cup sliced citron, $\frac{1}{2}$ cup nuts, 1 teaspoon salt, 1 teaspoon cloves, 2 teaspoons cinnamon, $\frac{1}{2}$ teaspoon grated nutmeg, 4 beaten eggs, 1 pint flour, flour the fruit well. Put sugar, eggs, spices and salt in 1 cup milk. Stir in fruits, nuts and bread crumbs, and suet. Put in 1 level teaspoon soda dissolved in warm water. Add the flour. Steam four hours.
—Mrs. Anna Ostberg.

SUET OR PLUM PUDDING—One cup suet, 1 cup of bread crumbs, 1 cup molasses, 1 cup raisins, $\frac{1}{2}$ cup nuts if you prefer them, $1\frac{1}{2}$ cups sweet milk, 2 cups flour, 1 teaspoon soda, 1 teaspoon salt and cinnamon, $\frac{1}{2}$ teaspoon cloves. Bake in moderate oven one hour.
—Mrs. Jno. Gladd.

SUET PUDDING—One cup chopped suet, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sugar, $3\frac{1}{2}$ cups flour, 1 cup sweet milk, 1 cup raisins, 2 teaspoons of baking powder. Steam two hours.
—Mrs. Albin Swenson.

SUET PUDDING—Two cups flour, 1 cup sugar, 1 cup sweet milk, 1 teaspoon soda, $\frac{1}{2}$ cup suet, 1 cup chopped raisins. Steam three hours.

Sauce—One cup sugar, 2 cups water, 1 tablespoon corn starch, 1 teaspoon lemon extract.

—Mrs. C. J. Bloom.

SUET PUDDING—One cup suet chopped fine, 1 cup molasses, $\frac{2}{3}$ cup sour milk, 1 teaspoon soda, 1 teaspoon cloves, 1 teaspoon cinnamon, 2 beaten eggs, 1 cup stoned raisins. Stir together and steam three hours.

SAUCE—1 cup sugar, 2 cups water, 1 tablespoon corn-starch, 1 tablespoon vinegar, flavoring.

—Mrs. Frank Peterson.

FRUIT PUDDING—Two cups sugar, 1 cup chopped suet, 2 cups boiling water, 2 level teaspoon of soda, 5 cups bread crumbs, 2 cups raisins, $\frac{1}{2}$ teaspoon mace or nutmeg, $\frac{1}{2}$ teaspoon cinnamon and a little cloves. Steam two hours. Do not add any flour, but be sure the cups of crumbs are full.

—Mrs. Charlie Danielson.

BLACK JOHN PUDDING—Two cups molasses, 1 cup cold coffee, 1 tablespoon butter, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon allspice, 1 teaspoon soda, flour enough for a soft batter. Bake in cake pans. Serve with a sauce made of 2 eggs, 1 cup sugar, $\frac{1}{2}$ cup butter. (Steam)

—Mrs. Jelmer Johnson, Mrs. Irvin Palm.

CARROT PUDDING—Two cups carrots, 1 cup suet, 1 cup brown sugar, 1 cup sour cream, 1 teaspoon soda in a little hot water, 1 egg, $2\frac{1}{2}$ cups flour, 1 cup raisins, 1 cup currants, 1 teaspoon salt, 1 teaspoon cinnamon. Steam $2\frac{1}{2}$ hours.

Method: Grind suet and carrots. Mix with sugar, flour, currants, cut raisins, salt and cinnamon. Beat egg and cream, pour over all and stir, then add soda with hot water. Pour in buttered pan and steam. Serve with sauce.

—Josephine Anderson.

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STEAMED PUDDING—One cup luke warm water, 1 cup molasses, 1 egg, 1 cup raisins, $2\frac{1}{2}$ cups flour, 1 teaspoon soda. Steam 2 hours. —Mrs. A. F. Lauger.

CARROT PUDDING—One cup grated carrots, 1 cup grated potatoes, 1 cup brown sugar, 1 scant cup butter, 1 cup flour, 1 lemon, grated rind and juice, 1 teaspoon soda, 1 teaspoon mace, 1 teaspoon cinnamon.

Cream sugar and butter, add carrots and potatoes, add lemon, then soda dissolved in a little hot water, flour, spices and 1 cup raisins. Place in covered mold and steam 3 hours.

Sauce for Pudding: Beat 2 eggs until light, add $\frac{1}{2}$ cup granulated sugar and beat to a cream. Add 1 cup whipped cream, vanilla or sherry. —Alma Anderson.

NUT PUDDING—One and one-fourth cups flour $\frac{1}{2}$ cup chopped suet, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup sweet milk, 1 cup English walnuts, $\frac{1}{3}$ cup figs, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{4}$ teaspoon salt. Mix and steam $1\frac{1}{2}$ hours. —Mrs. Clark Swanson.

PLUM PUDDING—One-half lb. suet, 1 lb. apples, 1 lb. bread crumbs, $\frac{1}{2}$ lb. chopped currants, $\frac{1}{2}$ lb. Sultana raisins, $\frac{1}{2}$ lb. seeded Muscat raisins, 4 oz. chopped orange peel, 4 oz. chopped citron, 4 oz. lemon peel, mix thoroughly and set aside while you prepare the second mixture.

Six well beaten eggs, $\frac{1}{2}$ pint molasses, $\frac{1}{2}$ pint apple cider or grape juice, 1 oz. ground cinnamon, $\frac{1}{2}$ oz. ground cloves, $\frac{1}{4}$ oz. nutmeg, $\frac{1}{2}$ oz. allspice, $\frac{1}{2}$ oz. salt, 3 cups flour, 2 lbs. brown sugar, 1 teaspoon soda. Mix well, adding chopped nuts if desired, then combine the two mixtures. Steam for $2\frac{3}{4}$ hours. —Mrs. C. H. Johnson.

MARASCHINO PUDDING—One pint sweet cream, 1 can grated pineapple, 1 cup sugar, whites of 3 eggs, $\frac{1}{2}$ box Knox gelatine. Soak gelatine in sufficient water to cover, then add enough hot water to dissolve, $\frac{1}{3}$ cup. Beat the cream until light and solid, add sugar, a few drops vanilla, beaten whites of the eggs. Cool gelatine, add to the pudding, beating briskly all the time, then add pineapple and beat until it thickens. Nuts may be added. Serve with one Maraschino cherry on each dish.

—Mrs. Nellie Randolph, Rock Island, Ill.

TAPIOCA PUDDING—Two cups tapioca soaked in 3 cups of cold water over night. Add a little more water in morning if needed. 2 cups brown sugar, 2 packages dates, boil all together until tapioca is clear. When cold add 1 large can grated pineapple, 1 large can of grapes(white), 1 cup nut meats. Serve with whipped cream.

—Mildred Olson.

LEMON SNOWBALLS—Beat yolks of 3 eggs, add 1 cup of sugar, grated rind and juice of $\frac{1}{2}$ lemon, 3 table-
spoons of water, 1 cup flour mixed with 1 heaping tea-
spoon baking powder. Fold in the beaten whites of eggs
and steam in buttered cups $\frac{1}{2}$ hour.

Serve with lemon sauce as follows: Mix 1 cup sugar
and 2 tablespoons cornstarch. Pour over 2 cups boiling
water and cook 10 minutes. Remove from fire, add grated
rind and juice of 1 lemon, 1 tablespoon butter and stir
until butter is melted and serve. —Laura J. Hoggatt.

ORANGE DESSERT (two portions)—2 slices sponge
cake, 1 orange, 2 tablespoons sugar, 2 tablespoons nut
meats cut fine, $\frac{2}{3}$ cup whipped cream, 1 teaspoon vanilla.

Add the vanilla and the sugar to the whipped cream.
Arrange the slices of cake on the plates. Place $\frac{1}{4}$ of the
orange divided into sections and sprinkled with sugar, on
each slice. Place one tablespoon of nut meats and the re-
maining fourth of the orange (cut small) on each portion.
Do not arrange this dessert until just ready to serve.

—Contributed.

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ORANGE JELLO JUNKET—Three eggs, 1 cup milk, 1 cup hot coffee, 1 package orange jello, $\frac{1}{2}$ cup sugar, 1 teaspoon vanilla. Pinch of salt. Cook up milk with yolks of eggs. Dissolve jello in the hot coffee and add the sugar. When jello starts to set, stir in egg and milk mixture. Add beaten whites last and mold. Serve with whipped cream.

—Mrs. Charlie Danielson, Rockford, Ill.

BLACKBERRY PUDDING—One egg well beaten, 1 cup flour, 1 small tablespoon sugar, $\frac{1}{2}$ cup sweet milk, 2 teaspoons baking powder. Stew blackberries, put dough on top of berries while hot, in a dish and steam 20 minutes.

—Mrs. Martin Schutz.

GRAHAM CRACKER PUDDING—1 cup sugar, $\frac{1}{2}$ cup butter, 24 graham crackers (crushed), 1 cup nut meats, 2 teaspoons baking powder, 1 cup sweet milk and 2 egg yolks. Beat all together and add stiffly beaten egg whites. Bake 25 minutes.

White Sauce: $\frac{1}{2}$ cup sugar, 1 tablespoon flour, 1 cup milk, lump of butter size of an egg, flavor with $\frac{1}{2}$ teaspoon vanilla.

—Mrs. R. H. Williams, Chicago, Ill.

HEAVENLY HASH—Twenty-five graham crackers, 1 cup dates, 1 cup nuts, 1 cup marshmallows, 1 cup cream. Mix and form in a roll, let stand for $\frac{1}{2}$ day, and serve with whipped cream.

—Mildred Olson.

HEAVENLY HASH—One lb. white grapes, 1 can sliced pineapple, 4 bananas, 1 box marshmallows. Cut in small pieces and add sweetened whipped cream and nut meats.

—Mrs. Malvin Barquist.

HEAVENLY HASH—Two cups diced pineapple, 2 cups diced peaches, 1 cup seeded white cherries or white grapes, 3 diced bananas, $\frac{1}{2}$ cup diced marshmallows, $\frac{1}{2}$ cup nuts, 2 cups cream whipped. Mix all ingredients together and add to whipped cream to which $\frac{1}{2}$ teaspoon of vanilla has been added. Chill and serve at once. Serves 8 people.

—Mrs. Ernest Seabranck, Mrs. Elmore Erickson.

PRUNE WHIP—Whites of 5 eggs beaten stiff, add slowly 5 tablespoons powdered sugar, add 1 cup cooked and chopped prunes. Mix well and add $\frac{1}{2}$ cup English walnuts. Put in pudding dish and bake 15 minutes in moderate oven. Serve with whipped cream.

—Ida Hult.

PRUNE WHIP—Steam $\frac{1}{2}$ lb. prunes until tender, take out stones and chop. Beat whites of 6 eggs stiff, add 2 tablespoons sugar, stir into the prunes. Bake in a moderate oven for about 20 minutes when it should be puffed up and browned. Serve cold with whipped cream.

—Ella Larson.

PRUNE PUDDING—One cup cooked, seeded and chop-prunes, $\frac{3}{4}$ cup sugar, $\frac{1}{4}$ cup nut meats cut fine, $\frac{1}{2}$ cup milk, 1 teaspoon vanilla, $\frac{1}{2}$ teaspoon lemon extract, $\frac{1}{2}$ cup cracker crumbs, 1 teaspoon baking powder, $\frac{1}{8}$ teaspoon salt.

Mix all the ingredients in the order named. Pour into a well-buttered shallow earthenware dish. Place the dish in a pan of hot water and bake twenty-five minutes in a moderate oven, or until the mixture is firm. Serve warm, with plain or whipped cream.

—Mrs. Geo. L. Erickson.

BAKELESS CAKE—One-half lb. crushed vanilla wafers. Cream 1 cup powdered sugar, $\frac{3}{4}$ cup butter, add 2 well beaten egg yolks, 3 tablespoons cream, 1 cup crushed pineapple well drained, 1 cup nut meats. Put layer of wafers, then the mixture, etc. At last crushed wafers on top. Let stand in ice box until set. Serve with whipped cream.

—Mrs. Julia Stephenson, Burlington, Iowa.

BILLY SUNDAY—Soak 1 cup tapioca in 5 cups water over night. Don't pour water off. 1 cup nuts, 1 cup white sugar, 1 cup dates, 1 cup brown sugar, pinch of salt, butter size of walnut. Stir and bake one hour. Serves 10 people.

—Frances Alvine.

ECONOMY PUDDING—1 cup seeded cherries, 1 teaspoon soda, $\frac{1}{2}$ cup sugar, pinch of salt, 1 tablespoon lard or butter, flour to stiffen. Bake in a loaf and serve with whipped cream.

—Mrs. Walter Anderson.

DRIED PEACH PUDDING—Boil 1 pint of milk and while hot pour it over a pint of bread crumbs. Stir into it a tablespoon of butter, 1 pint of stewed dried peaches. When all is cool add two well beaten eggs, $\frac{1}{2}$ cup sugar and pinch of salt. Flavor to taste. Put in a well buttered pudding dish and bake $\frac{1}{2}$ hour.

—Mrs. J. Krantz.

STEAMED CUSTARD—Four well beaten eggs, 4 tablespoons sugar, 4 cups milk, $\frac{3}{4}$ teaspoon lemon extract, pinch of salt. Pour into buttered custard cups. Set in a pan of boiling water. Place in oven and steam from 15 to 20 minutes.
—Ardith Larson.

CARAMEL CUSTARD—One pint milk, yolks of 2 eggs, 2 rounded tablespoons cornstarch, $\frac{1}{4}$ cup sugar, cook in double boiler, leave on fire. Put $\frac{1}{2}$ cup granulated sugar in skillet to melt and brown, pour into custard stirring well. Remove from fire, add vanilla and beaten whites of eggs. Mold and serve cold with whipped cream.

—Mrs. Hilbert Larson.

COFFEE SOUFFLE—Mix $1\frac{1}{2}$ cups coffee, 1 tablespoon gelatine, $\frac{1}{3}$ cup granulated sugar and $\frac{1}{2}$ cup milk. Heat in double boiler. Add the yolks of 3 eggs slightly beaten and mixed with $\frac{1}{3}$ cup granulated sugar and $\frac{1}{4}$ teaspoon salt. Cook until it thickens. Add the whites of the eggs beaten stiff and $\frac{1}{2}$ teaspoon of vanilla. Mold, chill and serve with whipped cream.

—Mrs. Calvin Coolidge.

SUNSHINE DESSERT—1 can of peeled apricots, drain off juice and put through meat chopper, then add juice, large cup of sugar, large envelope Knox gelatine, 2 tablespoons, cold water, let stand a minute, then add $\frac{1}{2}$ cup boiling water to other mixture. When beginning to set, add large cup whipped cream. Mold. Cherries may be added.

—Mrs. John Hammill.



WINFIELD, IOWA

CREAM PUFFS—Put $\frac{1}{2}$ cup butter into 1 cup of boiling water, and stir in while boiling 1 cup of flour. When cooked, remove from the stove and let cool. Break 3 eggs into the mixture and stir until it becomes a smooth paste. Drop on a buttered tin by spoonsful far enough apart so the cakes will not touch. Bake in a quick oven thirty minutes or more, taking care not to open the oven door to allow the air to strike the puffs.

For filling, scald 1 cup of milk and 1 egg beaten with $\frac{1}{2}$ cup of sugar and 3 tablespoons flour. Cook until thick let cool and flavor with lemon or vanilla. Cut open the puffs and fill. This recipe makes one dozen.

—Otelia Larson.

PINK CHIFFON (a dessert)—1 pint whipped cream, whip very stiff, 2 tablespoons gelatine dissolved in $\frac{1}{2}$ cup cold water, juice of one lemon, add pineapple, white grapes, or white cherries and nuts. Mix fruit with gelatine and lemon juice, mix well with the whipped cream. Serve when hardened.

—Mrs. Florence McCormick, Mt. Pleasant.

MARSHMALLOW PUDDING—Whites of 3 eggs, 3 teaspoons Plymouth Rock gelatine, $\frac{3}{4}$ cup boiling water, 1 teaspoon flavoring, $\frac{1}{2}$ cup sugar. Beat the whites very stiff, put the sugar in, then pour the gelatine dissolved in boiling water, then the flavoring and beat 20 minutes. Put on ice.

—Mrs. Fred Odean.

CARMEL WHIP—One-half cup sugar burnt, $\frac{1}{2}$ cup cold water, let cool. 1 teaspoon gelatin in $\frac{1}{2}$ cup hot water, cool then mix with burnt sugar and $\frac{1}{2}$ pint whipped cream. Mix all together, put away to cool. Serve with whipepd cream.

—Mrs. Axel Nelson, Des Moines, Iowa.

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PARADISE PUDDING—One package lemon jello, 1 pint boiling water, 12 maraschino cherries cut coarsely, $\frac{1}{2}$ cup sugar, 1 cup whipped cream, 12 marshmallows cut fine, 1 cup nuts. When jello is slightly thick, beat jello until like whipped cream, add cherries, nuts and marshmallows, fold in whipped cream and let chill till set. Serve in slices with one spoon whipped cream on top. White cherries will do also. —Contributed.

MARSHMALLOW PUDDING—Soak 1 envelope Knox gelatine in $\frac{1}{2}$ cup cold water. Add $\frac{1}{2}$ cup boiling water and stir until dissolved. Let cool. Beat the whites of 5 eggs until stiff. Add 1 cup sugar. Pour the liquid gelatine over the beaten egg whites and beat until very stiff. Serve with a custard made of the egg yolks.

—Mrs. Elven Palm.

DATE SPONGE—One envelope Knox Gelatine soaked in cup of cold water. Yolks of 3 eggs, beaten well with 1 cup of sugar. Take 1 cup of hot water and mix with gelatine, eggs and sugar. Cook until it comes to a boil, remove from stove and stir in the 3 egg whites well beaten. Flavor with 1 cup nut meats, and 1 cup chopped dates. Let cool and serve with whipped cream. —Contributed.

BAVARIAN CREAM—One package lemon jello, 1 cup or $\frac{1}{2}$ pint pineapple juice, 1 cup boiling water, 1 cup grated pineapple.

Dissolve jello in 1 cup boiling water and pineapple juice. Place in cool place until cold, whip the same as cream and then add grated pineapple. Place on ice or in cool place to harden. Serve with whipped cream. This makes a delicious dessert to serve with a heavy meal.

—Mrs. Leonard Peterson.

GLORIFIED RICE—Two tablespoons rice boiled in one pint of milk until very tender. Rub through colander. Salt to taste. Whip one pint cream, sweeten and flavor with vanilla. Dissolve two tablespoons Knox acidulated gelatine. Mix together and mold. Serve with whipped cream over maple syrup, or a sauce made of one tumbler of currant jelly melted with three or four lumps of sugar and very little water. Serve this sauce hot.

—Mrs. Carl H. Rask, Kane, Pa.

STRAWBERRY FLUFF—(Four portions)—Two cups strawberries, $\frac{1}{3}$ cup sugar, 1 cup diced marshmallows, 1 cup whipped cream, 1 teaspoon vanilla. Mix all the ingredients and pile in sherbet cups. Set in a cold place an hour and serve at once. —Mrs. Arthur Oppedahl, Chicago.

PINEAPPLE RICE PUDDING—One cup boiled rice, 1 cup grated pineapple, 1 cup sugar, 1 cup whipped cream. Mix rice, sugar and pineapple together, then pour in whipped cream and mix well. Set in a cool place to mold. —Mrs. Axel Nelson, Des Moines, Iowa.

PINEAPPLE WHIP—1 can shredded pineapple, 1 cup sugar, 1 box gelatine dissolved in $1\frac{1}{4}$ pint cold water, 8 marshmallows, 4 egg whites, $\frac{3}{4}$ cup whipped cream.

Cook pineapple and sugar a few minutes, mix with the gelatine while warm. When this begins to set, add whites of eggs beaten well, and whipped cream and marshmallows. Let stand in a cool place until it sets.

—Mrs. Fred Bloom.

PINEAPPLE PUDDING—One No. 2 can sliced pineapple, 2 eggs, 1 cup nuts, 1 cup marshmallows, 2 tablespoons flour, 1 cup sugar, $\frac{1}{2}$ pint whipped cream.

Heat pineapple juice. Beat egg, add sugar and flour. Add to pineapple juice. Add marshmallows when hot, and beat. Let cool. Add pineapple, nuts, and whipped cream. Serve with maraschino cherry on top.

—Mamie Olson.

UPSIDE-DOWN CAKE—One-third cup butter, 1 cup brown sugar. 2 eggs beaten 5 minutes, 1 cup sugar, 1 cup flour, $\frac{1}{2}$ cup water, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon salt, vanilla.

Put butter in large skillet, melt, then add brown sugar, when melted together add slices of pineapple to cover bottom of skillet, then pour cake mixture over this and bake 30 minutes in medium hot oven. Serve with whipped cream. When you take it out of oven turn out on a plate. (Bake in the skillet.)

—Mrs. Axel Nelson, Des Moines, Iowa.

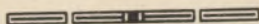
PINEAPPLE TORTE (or skillet cake)—Put $\frac{1}{4}$ lb. butter and 1 cup brown sugar in a frying pan and let it melt. Then take a can of grated pineapple (25c size) and drain off the juice. Put this on top of butter and sugar. Then have any cake batter ready and put on top of this. Put in the oven and bake. Test with a straw. When baked, put a plate on top of frying pan and turn out at once. The pineapple should be on top. Serve with whipped cream when cold.

—Mrs. Ralph Nelson, Minneapolis, Minn.

UPSIDE-DOWN CAKE—Drain juice from 1 can of either crushed or sliced Hawaiian pineapple. Measure 2 cups sifted flour, sift again with 2 teaspoons baking powder. Cream $\frac{1}{2}$ cup butter, gradually add 1 cup sugar. Beat yolks and whites of 2 eggs separately. Add yolks to the creamed mixture, mix well, then add flour and $\frac{1}{2}$ cup milk alternately. Fold in egg whites and 1 teaspoon vanilla.

Melt 2 tablespoons butter in a large frying pan. Spread 1 cup brown sugar over pan, add pineapple. Pour batter over fruit. Bake 45 minutes. Turn upside down and serve with whipped cream.

—Mrs. Harold Tolander.



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ICE BOX PUDDING—One dozen lady fingers, 4 eggs, 1 pound sweet chocolate, 4 tablespoons powdered sugar, 2 tablespoons water. Melt chocolate, sugar in a tin on hot water, add well beaten egg yolks, then well beaten egg whites. When the mixture has cooled a little, put oiled paper on bottom of pan, then a layer of lady fingers split in half. Add another layer of mixture and lady fingers on top. Let stand 24 hours in a cool place. Serve with whipped cream. Dust with cocoa.
—Hanna Olson.

CHERRY COBBLER—2 cups flour, 2 teaspoons baking powder, 1 pinch salt, 1 cup sugar, 1 tablespoon butter, 1 egg, 1 cup milk. Mix well. Put 2 cups cherries on stove with 1 cup juice, 1 cup boiling water and 1 cup sugar. Bring to a boil and pour over the batter. Bake 30 minutes.
—Mrs. Arthur Johnson.

CHERRY PUDDING—One cup sugar, 1 cup flour, 1 cup cherries, 1 egg, 1 level teaspoon soda. Put soda in 1 teaspoon cherries and add to dough. Bake in buttered pan.
—Mrs. Will Carpenter, Rockford, Ill.

STEAMED PUDDING—Two large tablespoons melted butter, 4 level tablespoons sorghum, 2 level tablespoons sugar, $\frac{1}{2}$ cup milk, $\frac{1}{8}$ teaspoon nutmeg, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{4}$ teaspoon allspice, $\frac{1}{4}$ teaspoon cinnamon, 1 cup raisins and currants, citron, nuts, flour. Steam one to two hours.
—Mrs. Will Carpenter, Rockford, Ill.

CHERRY PUDDING—One cup sugar, 1 cup canned cherries, mashed, 1 egg, $1\frac{1}{4}$ cups flour, 1 cup nut meats, 1 teaspoon butter, 1 level teaspoon soda, 1 teaspoon vanilla. Steam in cups or bake. Serve with whipped cream.
—Mrs. Oliver Woline.

FRUIT LOAF—One cup white grapes, 1 large can pineapple (diced), $\frac{1}{2}$ cup marachino cherries, 1 cup nut meats, 1 pint whipped cream, $\frac{2}{3}$ cup sugar, $\frac{1}{2}$ package gelatine (Knox or Plymouth Rock). Put sugar and gelatine in cup and put a little cold water on it, set in pan of hot water to dissolve. When this cools beat into the whipped cream and stir in all the fruit. Line a loaf pan with paraffin paper and put mixture in this. Makes 12 large slices.
—Mrs. Ed. Miller.

CHERRY PUDDING—One cup sugar, 1 cup sweet milk, butter size of an egg, 2 teaspoons baking powder, flour enough to make a real stiff batter, put in pan and mix the following: 1 cup sugar, $1\frac{1}{2}$ cups cherries, small piece of butter, 2 cups boiling water. Pour dressing over batter and bake $\frac{3}{4}$ of an hour. —Ruth Korf.

DELICIOUS PUDDING—Cream 1 cup of sugar and 1 tablespoon of butter, then add 2 tablespoons of flour to this. Add the juice and rind of 1 lemon, 1 cup of milk, 2 beaten egg yolks. Then add the beaten egg whites. Bake 40 minutes. Put pudding pan in pan of hot water while baking. —Alma Lindstrom, Kansas City, Kans.

BREAD PUDDING—Two cups bread crumbs, 1 quart scalded milk, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup melted butter, $\frac{1}{2}$ cup raisins, 2 eggs, $\frac{1}{2}$ teaspoon salt, 1 teaspoon vanilla.

Soak bread crumbs in milk, let cool, add the sugar, butter, eggs slightly beaten, salt and flavoring and the raisins. Bake 1 hour in a buttered dish in a slow oven, as for custards. —Mrs. Mathilda Nordquist.

COTTAGE PUDDING—One cup sugar, butter the size of a walnut, 2 eggs, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, 2 teaspoons baking powder. Bake 20 minutes. Cut in squares and serve with sliced bananas, and the following sauce:

3 tablespoons sugar, 1 or 2 tablespoons flour, mix well, a lump of butter. Pour over this boiling water, stir well, flavor with vanilla. May also be served with lemon sauce, or whipped cream. —Mrs. George Barquist.

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COTTAGE PUDDING—One-half cup sugar, $\frac{1}{4}$ teaspoon salt, 1 cup flour, 2 teaspoons baking powder, $\frac{1}{2}$ cup milk, 1 egg, 2 tablespoons melted shortening. Sift together flour sugar, salt, baking powder. Add milk. Beat. Add beaten egg and shortening. Beat well and bake. Serve with sauce, or bake on top of fruit. —Contributed.

DATE PUDDING—Three eggs, 1 cup of sugar, 2 tablespoons flour, 1 teaspoon baking powder, 1 cup dates, 1 cup nuts. Cream egg yolks with sugar. Add flour and baking powder, then dates and nuts. Lastly add stiffly beaten whites. Pour in well greased pan and bake $\frac{1}{2}$ hour. Serve with whipped cream. —Evelyn Erickson.

DATE PUDDING—One cup minute tapioca, 1 cup brown sugar, 1 cup chopped dates, 1 cup nuts, 6 cups cold water. Mix all together and let stand over night. Then bake until thick. When cold, serve with whipped cream. —Ruth Lindell.

DATE ROLL—One box Dromedary dates, 1 box marshmallows, 1 cup pecan nut meats, 8 graham crackers, 1 tablespoon sweet milk.

Remove stones and cut dates. Cut marshmallows into fourths. Roll crackers. Mix everything together, adding crackers last. Mold into roll, put in wax paper and set in ice box. Slice and serve with whipped cream.

—Mrs. Emma Lauger, Cedar Rapids, Iowa.

RHUBARB PUDDING—One cup sweet cream, 1 cup sugar, 2 cups flour, 2 teaspoons baking powder, 1 egg.

Cut up rhubarb, put in batter. Put in greased pan and sprinkle with sugar. Bake. —Mrs. Carl Nelson.

RHUBARB BREAD PUDDING—Cut 2 cupsful stale bread in small pieces. Cut up enough rhubarb to fill two cups. Make it rather small and skin it, if rhubarb is long or coarse. Now put a layer of bread in bottom of baking dish, sprinkle small pieces of butter (or substitute) over this, then a layer of rhubarb, a thin layer of sugar, grate a little nutmeg over it, then another layer of bread until dish is full, having bread last. Beat 2 or 3 yolks of eggs, add $\frac{1}{2}$ cup sugar and 2 cups milk. Pour this over the pudding, bake slowly in moderate over 1 hour. When done beat whites of eggs very stiff with 3 tablespoons of sugar. Place on top of pudding and brown in oven.

—Mrs. John Abrahamson.

RHUBARB SHORTCAKE—1 cup diced rhubarb, 1 cup sugar, 1 cup sour cream, 1 level teaspoon soda, flour to mix as thick as cake dough.

Mix all together and bake in greased pan in moderate oven. Allow plenty of pan room, as it doubles in cooking. Serve with cream. —Mrs. Chas. Olson.

APPLE DUMPLINGS—One cup flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 3 tablespoons shortening, $\frac{1}{2}$ cup milk, 4 apples, 4 tablespoons sugar, 2 teaspoons butter.

Sift together flour, baking powder and salt, add shortening, rub in lightly and add just enough milk to make a dough. Place on floured board and roll out $\frac{1}{8}$ inch thick, divide into 4 parts, lay on each part an apple which has been washed, pared and cored. Put 1 teaspoon sugar with $\frac{1}{4}$ teaspoon butter in each apple, wet edges of dough with cold water and fold around apple, pressing tightly together. Place in pan, sprinkle with remainder of sugar and put $\frac{1}{4}$ teaspoon butter on each dumpling. Pour on remainder of milk and bake 20 minutes, remove cover and bake 15 minutes longer. Serve with cream.

—Contributed.

STRAWBERRY SHORTCAKE—One-third cup shortening, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup milk, 2 eggs, $1\frac{1}{2}$ cups flour, 3 teaspoons baking powder.

—Mrs. Gust T. Anderson.

STRAWBERRY SHORTCAKE—Two cups flour, 2 tablespoons sugar, 4 teaspoons baking powder, 3 tablespoons shortening, $\frac{3}{4}$ cup milk.

Mix and sift dry ingredients, mix in shortening, add milk to make soft dough and smooth out lightly. Bake in greased deep layer cake pan in hot oven 20 minutes. Split, butter and spread with sweetened, crushed berries.

—Mrs. Florian Sandberg, Mrs. Chas Sponberg.

STRAWBERRY SHORTCAKE—Two cups flour, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar, 4 teaspoons baking powder, 3 tablespoons shortening, 1 egg, $\frac{1}{2}$ cup milk or enough to make soft dough.

—Mrs. Emma Johnson.

Notations

Sauces

“A hearty laugh is the best
of sauces.”

CRANBERRY SAUCE—One quart cranberries, 2 cups boiling water, 2 cups sugar. Boil the sugar and water together for 5 minutes, skim, add berries and cook without stirring until they are transparent. Five minutes cooking over a hot fire is usually enough to make the sauce clear. —Contributed.

LEMON SAUCE FOR SUET PUDDING—Three-fourths cup sugar, 1 egg, $\frac{1}{2}$ cup butter, 1 lemon, 1 teaspoon nutmeg, $\frac{1}{2}$ cup boiling water. Cream the butter and sugar and beat in the egg. Whip light, then add the juice of the lemon and half the rind grated, also the nutmeg. Beat hard then add the water. Put the sauce in double boiler which must be boiling, and stir until the sauce is hot.

—Mrs. Albin Swenson.

HOLLANDAIRE SAUCE—One-half cup butter, yolks of 2 eggs, $1\frac{1}{2}$ teaspoons vinegar or lemon juice, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika.

Method: Put half of butter in small pan with egg yolks and vinegar. Put pan in another pan of hot water over fire and stir with a whisk, then add the other half of the butter with salt and paprika. Cook until it thickens and remove from fire. Add about 1 tablespoon of hot water. Serve with broiled fish, is also fine with boiled cauliflower. —Mrs. Hilda Benson, Chicago, Ill.

LEMON DRESSING FOR PLUM PUDDING—One egg, 1 cup sugar, $\frac{1}{2}$ cup butter creamed well together, juice of one lemon, 2 tablespoons boiling water. Set in a dish of boiling water for ten minutes, then ready to serve.

—Mrs. Constant Lindeen.

Notations

Cakes

“I wish my wife no cake would make,
Or else some cooking lessons take.”

QUICK COFFEE CAKE—Two cups of flour, 2 teaspoons baking powder, 1 cup sugar, 1 teaspoon salt (sifted together), 2 large tablespoons of butter (worked in dry, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup walnut meats (mixed dry), 3 eggs well beaten, $\frac{3}{4}$ cup milk, beat all together and bake while the coffee is cooking.

—Hilda Benson, Chicago, Ill.

COFFEE CAKE—Two cups of brown sugar, 1 cup butter, 1 cup molasses, 1 cup cold coffee, 2 cup raisins, 2 teaspoons cloves, $\frac{1}{2}$ teaspoon nutmeg, 1 teaspoon soda, 4 cups flour, 4 eggs well beaten.

—Mrs. Anna Ostberg.

COFFEE CAKE—When you make bread save one cupful of sponge add 2 eggs well beaten, 1 cup sugar, 1 teaspoon salt, $\frac{1}{2}$ cup butter, 1 pint sweet milk (warm), add flour to insure a stiff batter, set it away until it has risen light then beat well and put in bread or cake pans. Let it rise once more, when light sprinkle sugar and cinnamon over the top of the cake and small pieces of butter. It takes $\frac{1}{2}$ hour to bake. (Moderate oven).

—Mrs. Chas. Lindquist.

DATE COFFEE CAKE—One-half cup sugar, 1 tablespoon butter, 1 egg, $\frac{1}{2}$ cup milk, 1 cup flour, 1 teaspoon baking powder, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup dates cut in pieces. Pour in pan and put this mixture on top, $\frac{1}{2}$ teaspoon cinnamon, 4 tablespoons sugar, 1 tablespoon butter. This is good cut in squares and served with whipped cream.

—Mrs. Victor Lauger.

COFFEE CAKE—Sift together $\frac{1}{2}$ cup sugar, 1 cup flour and 2 teaspoons baking powder, then add $\frac{1}{2}$ cup sweet milk, 1 egg (well beaten), 4 tablespoons melted butter, sprinkle sugar and cinnamon over top and bake quick.

—Mrs. Herman Anderson, Mrs. George Barquist.

LUNCHEON CAKE QUICKLY MADE—Whites of two eggs, soft butter to make the measuring cup half full; fill up with milk, add $1\frac{1}{2}$ cups flour, 1 cup sugar, 2 level teaspoons baking powder; sift together 3 times, beat 7 minutes, bake in one thick layer or in two if preferred.

—Mrs. J. P. Lauger.

FRENCH COFFEE CAKE—Two-thirds cup sugar, 2 tablespoon melted butter, $\frac{2}{3}$ cup milk, $\frac{2}{3}$ cup raisins, $1\frac{2}{3}$ cup flour, 1 teaspoon baking powder. Mix and put in pan, pour over top melted butter and cinnamon and sugar. Bake 20 minutes.

—Mrs. John Hultquist.

COFFEE CAKE—One cup sour cream, (or if milk, 1 tablespoon shortening), $\frac{1}{3}$ cup sugar, 2 egg yolks, pinch of soda; mix 2 cups flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, sift and beat well, add beaten egg whites, vanilla, $\frac{1}{2}$ cup nuts or raisins. Put in pan, sprinkle top with cinnamon sugar and bits of butter. Bake in moderate oven.

—Mrs. L. F. Webb, Los Angeles, Cal.

LUNCH CAKE—One cup sugar, $\frac{1}{2}$ cup butter (scant), 1 egg well beaten, 1 cup chopped raisins, 1 teaspoon soda, 1 cup sour milk, 1 teaspoon each of cinnamon and cloves, pinch of salt, $1\frac{1}{2}$ cup of flour.

—Mrs. J. E. Miller.

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FONDANT SPONGE CAKE— $1\frac{1}{4}$ cups sugar, 1 cup water, 1 cup flour, 6 eggs, 1 teaspoon cream of tartar, 1 teaspoon Vanilla. Beat eggs separately; boil sugar and water until it threads, add to beaten whites, beat until cool, then add beaten yolks: flour, cream of tartar and flavoring. Bake same as angel food.

—Mrs. Fred Odean, Mrs. Chas. Alvine.

SPONGE CAKE—One cup flour (sifted), 6 eggs, 1 cup sugar, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon baking powder, 1 tablespoon lemon juice, $\frac{1}{4}$ teaspoon cream of tartar. Beat egg yolks until thick and add sugar gradually. Add lemon juice; beat well. Beat whites with salt and cream of tartar, sift flour five times, fold in part of whites. Add flour, folding carefully, and the remaining whites. Bake in tube pan in slow oven 1 hour (200-300 F.) Invert pan and let stand until cool.

—Mae Johnson.

BUTTERLESS CAKE—Twelve egg yolks, 2 cups of sugar, $\frac{1}{4}$ cup of water, 1 teaspoon orange extract, pinch of salt; two and one-half cups of flour, 2 teaspoons of baking powder. Beat eggs and sugar 20 minutes; bake in a large bread pan.

—Mrs. Albert Hult.

TWO EGG SPONGE CAKE—Two eggs, 1 cup sugar, 1 cup flour, 1 teaspoon baking powder, $\frac{1}{2}$ cup cold milk, 1 teaspoon vanilla, pinch of salt. Beat whites separately, add yolks and beat till lemon color, then beat in flour and baking powder, and lastly, add milk; batter will be very thin. Do not add more flour.

—Mrs. John Gladd.

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SPONGE CAKE—Yolks of 4 eggs beaten well, 1 cup sugar, add slowly 1 cup of milk, $1\frac{1}{2}$ cups flour, 2 heaping teaspoons baking powder.

—Mrs. Anna Nordquist.

ORANGE SPONGE CAKE—Two cups sugar, 2 cups flour, 5 egg yolks and 3 whites, $\frac{1}{2}$ cup cold water, 2 teaspoons baking powder, pinch of salt. Juice and grated rind of one orange. Beat whites to stiff froth, put in sugar, then yolks beaten for five minutes, then water and flour, baking powder and juice and rind of orange.

—Mrs. A. F. Lauger.

SOUR CREAM CHOCOLATE CAKE—Three eggs, $1\frac{1}{2}$ cups sugar, 1 cup sour cream (not too rich), $\frac{1}{2}$ teaspoon salt, 2 cups flour, $\frac{1}{2}$ cup cocoa, 1 tablespoon soda.

Method—Sift dry ingredients three times. Break eggs into mixing bowl, beat and add sugar and beat till light; add sour cream and beat again. Sift in dry ingredients and mix flavor with vanilla.

—Mrs. H. C. Foster.

MARBLE CAKE—White Part: Whites of 4 eggs, 1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, 2 teaspoons baking powder, 1 teaspoon vanilla, $2\frac{1}{2}$ cups flour.

Dark Part: Yolks of 4 eggs, 1 cup brown sugar, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sour milk, $1\frac{1}{2}$ cup flour, 1 teaspoon cinnamon, cloves, nutmeg and soda.

—Mrs. A. F. Lauger.

ORANGE CAKE—Two-thirds cup butter creamed, add 2 cups sugar, 3 eggs beaten separate, 1 cup orange juice and grated rind of two oranges, 3 cups flour, 1 small teaspoon soda, 2 small teaspoons cream of tartar, 1 teaspoon vanilla.

—Mrs. George Christenson, Lincoln, Nebr.

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CRUMB CAKE— $2\frac{1}{2}$ cups flour, $1\frac{1}{2}$ cups of sugar, 2 teaspoons baking powder, $\frac{3}{4}$ cup butter.

Mix all this together until crumbly. Save out $\frac{1}{2}$ cup. To the rest add 2 eggs well beaten and $\frac{3}{4}$ cup milk, mix well; pour in a long shallow tin and sprinkle the $\frac{1}{2}$ cup of crumbs on top and bake. —Mrs. Shannon Lantz.

POUND CAKE—One cup sugar, 1 cup butter, 8 egg yolks, 2 cups flour, 8 or ten tablespoons milk, 2 teaspoons baking powder.

Powdered sugar icing or white caramel.

—Mrs. Will Carpenter, Rockford, Ill.

CHOCOLATE NUGGET CAKE—One cup granulated sugar, $\frac{1}{2}$ cup butter, 2 eggs, one beaten at a time, $\frac{1}{2}$ cup chopped raisins, $\frac{1}{2}$ cup chopped walnuts, 1 square chocolate, $1\frac{1}{2}$ cups flour. One teaspoon soda in one cup of sour milk. Sweet milk will serve same purpose if sour milk is not to be had.

—Mrs. Carl H. Rask, Kane, Pa.

DEVILS FOOD CAKE—Two cups sugar, $\frac{1}{2}$ cup butter, 2 eggs, 1 cup sour milk, 1 heaping teaspoon soda in hot water $\frac{2}{3}$ cup of cocoa in $\frac{1}{2}$ cup boiling water. Mix everything in order named and last of all, $2\frac{1}{2}$ cups flour and 1 teaspoon vanilla.

—Mrs. V. L. Olson.

CHOCOLATE CAKE—Four eggs, beat good, 2 cups sugar, 2 cups sour cream, 1 teaspoon vanilla, 1 teaspoon soda in a little hot water, $2\frac{1}{4}$ cups flour, $\frac{1}{2}$ teaspoon baking powder, 2 squares melted chocolate.

—Ethel Lindeen.

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RED DEVILS FOOD—One cup sugar, $\frac{1}{4}$ cup shortening, 2 eggs, 2 squares chocolate, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ cup boiling water, $1\frac{1}{2}$ cup Swan Downs cake flour, 1 teaspoon soda, 1 teaspoon vanilla, pinch of salt.

—Esther Schultz, Mrs. Elmore Erickson.

CHOCOLATE CAKE—One-half cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, 2 squares chocolate, 2 cups cake flour, 1 cup milk, 1 teaspoon soda, 1 teaspoon vanilla.

Put chocolate in half of milk, let it come to a boil and cool. Cream butter, add sugar, yolks of eggs and vanilla. Dissolve soda in the other half of milk, after which this is to be added to the chocolate and milk mixture. Alternating add this mixture and flour to the first mixture. Lastly add the whites of eggs beaten stiff. Bake in two layers 35 minutes. Ice with favorite icing—add nut meats to icing if you so desire.

—Mrs. M. A. Johnson, Wahoo, Nebr.

CHOCOLATE CAKE—Two cups of sugar, $\frac{1}{2}$ cup of butter, one square (or more) of chocolate, 3 eggs, $2\frac{1}{2}$ cups of flour, 1 cup of water, 2 rounded teaspoons of baking powder, vanilla.

Cream butter and sugar add, melted chocolate and beat, add yolks of eggs, then 2 cups of flour and water, a little at a time, last $\frac{1}{2}$ cup flour with baking powder and beaten whites of eggs. Bake in rather slow oven first 15 minutes, then increase heat. Bake about 50 minutes.

—Margot Larson.

CHOCOLATE CAKE—2 cups sugar, 2 eggs, 1 cup sour cream, 1 teaspoon soda, 6 tablespoons cocoa, 1 teaspoon vanilla, 1 cup cold black coffee, 2 cups flour.

—Ruth Olson.

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PRIZE CHOCOLATE CAKE—2 cups sugar, $\frac{1}{2}$ cup butter or other fat, 2 squares chocolate, 2 eggs, $\frac{1}{2}$ cup sour milk or buttermilk, 1 teaspoon soda, 2 cups flour, 1 cup boiling water, 1 teaspoon flavoring.

Mix in order given. Batter will be thin, but makes a good cake.
—Mildred Bergstrom.

FRUIT CAKE—1 cup butter, 1 cup white sugar, 1 cup brown sugar, 1 cup sweet cream, 1 cup molasses, 4 eggs, $\frac{1}{2}$ cup grated chocolate, $\frac{1}{2}$ cup boiling water, $\frac{1}{2}$ teaspoon soda, 1 teaspoon allspice, 1 teaspoon cloves, 1 teaspoon nutmeg, 1 teaspoon cinnamon, 1 teaspoon cream of tartar, 4 cups flour, 2 cups raisins, 1 cup citron sliced, 1 cup chopped nuts.

—Mrs. J. C. Sandberg, Mrs. Florian Sandberg.

SMALL FRUIT CAKE—One cup sugar, $\frac{1}{2}$ cup sour cream, $\frac{1}{2}$ cup butter, 3 eggs, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon cinnamon, 1 cup raisins, 1 cup nuts, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup citron, small teaspoon soda.

—Mrs. Luther Morgan.

FRUIT CAKE—2 cups butter, 3 cups brown sugar, 6 eggs, $\frac{1}{2}$ cup sorghum, $\frac{3}{4}$ cup sour milk, 4 cups flour (or more), 2 teaspoons baking powder in flour, 1 teaspoon soda in milk, 1 teaspoon each of cloves, mace and nutmeg, $\frac{1}{2}$ teaspoon allspice, 1 tablespoon cinnamon, 1 lb. seedless raisins, 1 lb. seeded raisins, $\frac{3}{4}$ lb. currants, $\frac{1}{2}$ lb. each chopped figs and dates, $\frac{1}{2}$ lb. citron, $\frac{1}{4}$ lb. lemon peel, $\frac{1}{4}$ lb. orange peel, $\frac{1}{4}$ lb. candied pineapple, $\frac{1}{4}$ lb. candied cherries, $\frac{1}{2}$ lb. blanched almonds, $\frac{3}{4}$ lb. English walnuts, 1 cup grape juice. Bake two hours in medium oven. Makes two large cakes.

—Mrs. C. W. Sponberg.

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WHITE FRUIT CAKE— $\frac{3}{4}$ cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, $2\frac{1}{2}$ cups flour, 4 teaspoons baking powder, $\frac{1}{2}$ cup sweet cream or wine, 1 lb. raisins, 1 lb. currants, $\frac{1}{2}$ cup citron, $\frac{1}{2}$ cup candied orange peel, 1 cup hickorynut meats, $\frac{1}{2}$ teaspoon nutmeg, dash of salt.

—Effie Palmquist.

CANADIAN WAR CAKE—2 cups brown sugar, 2 cups hot water, 4 tablespoons lard, 1 teaspoon salt, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 cup raisins.

Boil all these ingredients together for 5 minutes after they begin to boil. When cold add 3 cups of flour and 2 teaspoons soda dissolved in 1 teaspoon of hot water. Bake in two loaves in a slow oven for an hour and a quarter.

—Mrs. J. D. Chrisinger.

FRUIT CAKE—1 lb. fresh pork, 2 cups boiling coffee, 2 cups sugar, 2 cups molasses, 2 eggs, 2 teaspoons soda, 2 lbs. raisins, 2 lbs. currants, 2 teaspoons cinnamon, 2 teaspoons cloves, 1 teaspoon nutmeg, 1 lb. figs, 1 lb. citron, 1 lb. dates, 8 cups flour. Makes a real large cake.

—Mrs. A. R. Kennedy.

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FRUIT CAKE—1 cup butter, 2 cups brown sugar, 1 cup New Orleans molasses, 1 cup sweet milk, 5 eggs, 5 cups sifted flour, 2 teaspoons cream of tartar, 1 teaspoon soda, 1 tablespoon cinnamon, 1 tablespoon cloves, 1 nutmeg, 1 lb. raisins, 1 lb. currants, $\frac{1}{4}$ lb. citron, $\frac{1}{2}$ lb. figs or $\frac{1}{2}$ lb. dates.

Cream sugar, butter and molasses. Whip eggs very light. Put flour in a large crock, mix well with cream of tartar. Make a well in the center, put in the other ingredients and mix well together, putting in fruit last after it has been floured. Bake 2 hours in moderate oven.

—Mrs. Rudolph Lund.

WHITE HOUSE FRUIT CAKE—2 scant teacups butter, 3 cups brown sugar, 6 eggs, 2 lbs. seeded raisins, 2 cups currants, $\frac{1}{2}$ cup citron cut fine, $\frac{1}{2}$ cup sorghum, $\frac{1}{2}$ cup sour milk, 1 teaspoon soda, 1 teaspoon each cinnamon, cloves and nutmeg, 4 cups flour, sifted. Mix the fruit with 2 tablespoons flour and lastly add $\frac{1}{2}$ cup chopped walnut meats. This makes a large cake. Half of this recipe makes a nice size.

—Mrs. E. A. Peterson.

BLITZ TORTE CAKE—Half cup butter, $\frac{1}{2}$ cup sugar, 4 egg yolks, 5 tablespoons milk, 1 cup flour, 1 teaspoon baking powder, 1 teaspoon vanilla. Beat the 4 whites stiff, add 1 cup sugar. Bake in two layers. Put whites on top of batter and add chopped almonds. Bake 30 minutes in slow oven, and put together with custard filling.

—Mrs. O. S. Christell, Chicago, Ill.

COCOANUT LAYER CAKE—Two-thirds cup butter, $1\frac{3}{4}$ cups sugar, 4 eggs, 1 cup milk, 3 cups flour, 3 level teaspoons baking powder, $\frac{3}{4}$ teaspoon vanilla. Cover each layer with boiled frosting and cocoanut.

—Mrs. Dale Roth.

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THREE-PLY CAKE—Two cups sugar, $\frac{2}{3}$ cup butter, 1 cup milk or water, 3 eggs, 3 cups flour, 2 teaspoons baking powder. When mixed, take out one-third and add to it 1 tablespoon molasses, 1 cup currants, $\frac{1}{2}$ cup raisins (stoned), and cloves and cinnamon to taste. Bake in 3 layers. Put together with apple filling. The fruit layer in the center.

—Mrs. O. A. Elmquist.

BANANA CAKE—Half cup shortening, lard or butter, $1\frac{1}{2}$ cups sugar, 2 eggs, 1 cup mashed bananas (3), 2 cups flour, $\frac{3}{4}$ cup sour milk, 1 teaspoon soda, 1 scant teaspoon baking powder, vanilla.

—Mrs. Chas. Ingmanson.

APPLE SHORT CAKE—One-fourth cup butter, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ cups flour, 1 egg, 2 teaspoons baking powder sifted in flour, spread in pan as desired. Peel, core, and cut several juicy apples in eighths and cover the top of batter. Sprinkle top with sugar and cinnamon.

Bake in moderate oven. Peaches, pineapple and other fruits may be used in place of apples.

—Mrs. O. Woline.

SPICE CAKE—(level measurements) 2 cups sugar, $\frac{1}{2}$ cup butter, 3 eggs, $\frac{1}{2}$ teaspoon allspice, 1 teaspoon cinnamon, 1 teaspoon nutmeg, $1\frac{3}{4}$ cups milk, 5 teaspoons baking powder, $3\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup nuts, $\frac{1}{2}$ package raisins.

Method—Cream the butter and sugar. Add beaten eggs and spices; add the milk and flour alternately, (baking powder should be sifted with the flour), raisins and nuts should be mixed with $\frac{1}{2}$ cup flour.

—Josephine Anderson.



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APPLE SAUCE CAKE—One cup sugar, $\frac{1}{2}$ cup melted shortening, $1\frac{1}{2}$ cups apple sauce, 2 level teaspoons soda, 2 teaspoons spices, $\frac{1}{2}$ teaspoon salt, 1 cup raisins, $\frac{1}{2}$ cup nuts chopped, $2\frac{1}{2}$ cups flour, 1 teaspoon baking powder.

Bake one hour in slow oven.

—Mrs. Fred Bloom.

POOR MAN'S CAKE—Two cups hot unsweetened apple sauce, 2 cups sugar, $3\frac{1}{2}$ or 4 cup flour, $\frac{1}{2}$ cup lard, 2 teaspoons nut meg and cinnamon, $\frac{1}{2}$ teaspoon allspice, 2 cups raisins.

Mix hot applesauce and lard, sugar, soda; add flour, spices and raisins. Bake $1\frac{1}{2}$ to 2 hours.

—Mrs. O. F. Lindell.

APPLE SAUCE CAKE—One cup sugar, $\frac{1}{2}$ cup butter, 1 egg (unbeaten), 1 cup apple sauce, 1 cup raisins, 2 cups flour, 1 teaspoon each of cloves, cinnamon and nutmeg; 1 teaspoon soda dissolved in $\frac{1}{4}$ cup hot water.

Bake 25 minutes in moderate oven.

—Mrs. Clarence D. Fry.

APPLE SAUCE CAKE—One cup light brown sugar, $\frac{1}{2}$ cup shortening, $1\frac{1}{2}$ cup warm apple sauce with 2 scant teaspoons soda, $\frac{1}{2}$ teaspoon each of cinnamon, cloves and nutmeg, 1 cup nut meats, 1 cup raisins, $2\frac{1}{4}$ cups sifted flour.

Makes large loaf. Bake in moderate oven.

—Mrs. Harlan Johnson.

SPICE CAKE—One cup sugar, $\frac{1}{2}$ cup butter, 1 or 2 eggs, 1 cup sour cream or buttermilk, 1 teaspoon soda, 2 cups flour, 1 cup chopped raisins, 1 scant teaspoon cinnamon, 1 scant teaspoon allspice, $\frac{1}{2}$ teaspoon cloves.

—Mrs. Rupert Carlson, Ida Hult.

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SPICE CAKE—One heaping cup sugar, 1 egg, $\frac{1}{2}$ cup butter, 1 cup buttermilk or rich sour milk, 1 small teaspoon soda, 2 cups flour measured before sifting, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon ground cloves, $\frac{1}{3}$ teaspoon nutmeg.

Bake in a dripping pan in a slow oven.

—Mrs. C. H. Johnson.

WALNUT CAKE—One cup butter, 2 cups sugar, $\frac{1}{2}$ cup sweet milk, $2\frac{1}{2}$ cups flour, 8 egg whites, 2 teaspoons baking powder.

Method—Cream butter and sugar; sift flour and baking powder together. Dredge nuts with flour and add eggs last.

—Anna Norman.

WALNUT CAKE—One-half cup butter, 1 cup sugar, 2 eggs, $1\frac{1}{4}$ cups flour, $1\frac{1}{2}$ teaspoon baking powder $1\frac{1}{2}$ cups milk, $\frac{3}{4}$ cup chopped walnuts.

Beat butter and sugar, add the eggs, nuts and milk, then the flour and baking powder sifted together. Beat very thoroughly and bake in a shallow loaf cake pan.

—Mrs. Elmer Heil, Tollie Morgan.

NUT CAKE—Five eggs, 1 cup sugar, 1 cup nut meats (ground), 1 cup cracker crumbs (ground very fine), 1 teaspoon vanilla, 1 teaspoon water, $\frac{1}{2}$ teaspoon baking powder.

Separate eggs, beat yolks with sugar to a cream, add nut meats, vanilla and cracker crumbs (not beating quite so much); add water to egg whites before beating, beat stiff and fold in lightly; bake twenty minutes in slow oven. Put together and top with whipped cream.

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HICKORY NUT CAKE— $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter, 1 cup milk, 3 cups flour after sifted, 3 teaspoons baking powder, 4 egg whites, flavoring, $\frac{1}{2}$ cup hickory nuts.

—Mrs. Ernest Sandeen.

DATE CAKE—One-half box dates (cut in small pieces), 1 cup boiling water, 1 teaspoon soda. Mix and let stand until cool.

Cream $\frac{1}{2}$ cup butter with 1 cup sugar, 2 egg yolks; add date mixture, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup walnut meats. Add beaten whites of eggs and bake in slow oven.

—Mrs. Malvin Barquist.

DEVIL'S FOOD CAKE—Two cups flour, 2 level teaspoons baking powder, 2 level teaspoons cinnamon, $\frac{1}{2}$ teaspoon of nutmeg, $1\frac{3}{4}$ cups granulated sugar, $\frac{1}{2}$ cup sweet milk, $\frac{1}{4}$ cup butter (scant), 2 whole eggs, 1 cup warm mashed potatoes, 2 squares Baker's chocolate (grated), 1 cup nut meats.

Cream butter and sugar, add yolks, then add mashed potatoes, chocolate and nut meats, stir well, then add alternately milk and dry ingredients which have been sifted together. Fold in beaten whites of eggs.

—Mrs. Dale Roth, Mrs. T. N. Olson.

MAHOGANY CAKE— $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup cocoa, $1\frac{1}{2}$ to 2 cups flour, 1 tablespoon lard or butter, 1 teaspoon soda, 2 eggs, $\frac{1}{2}$ cup sour cream, and $\frac{1}{2}$ cup sour milk or buttermilk.

Mrs. O. Woline used $\frac{1}{2}$ cup boiling water in place of sour milk or buttermilk, also 1 teaspoon baking powder.

—Mrs. Paul R. Hultquist, Mrs. O. Woline.

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YELLOW CAKE—Two cups sugar, $\frac{1}{2}$ or $\frac{2}{3}$ cup butter, 4 eggs, 1 cup sweet milk, 3 cups flour, 2 teaspoons baking powder; flavoring.

—Ella M. Johnson, Mrs. Gust Johnson.

BURNT SUGAR CAKE—One-half cup C sugar, caramelize till dark, $\frac{1}{2}$ cup boiling water added gradually to water, boil to soft ball stage.

Cake—Cream $\frac{1}{2}$ cup butter $1\frac{1}{2}$ cups sugar, 3 eggs, beat separately, add yolks to butter and sugar, 1 cup milk, $2\frac{1}{2}$ cups flour, 3 tablespoons caramel, 1 teaspoon vanilla, 2 teaspoons baking powder, and whites of eggs last.

Bake in two layers, put together with boiled icing to which has been added 2 tablespoons caramel.

—Mrs. Leonard Peterson.

BURNT SUGAR CAKE— $1\frac{1}{2}$ cups sugar, 2 eggs, 1 cup thick sour cream, 2 cups pastry flour, 1 teaspoon soda, $\frac{1}{2}$ teaspoon baking powder, pinch of salt, sift flour, soda and baking powder together. Add to batter 1 tablespoon burnt sugar dissolved in $\frac{1}{4}$ cup cold water.

—Mrs. Chas. Carlson.

BURNT SUGAR CAKE—One-half cup butter, $1\frac{1}{2}$ cup sugar, 2 eggs, 1 cup water, $2\frac{1}{2}$ cups flour, 2 teaspoons baking powder, 1 teaspoon vanilla 3 teaspoons or more caramel.

Cream butter, add sugar gradually, yolk of eggs, water and 2 cups flour, beat 5 minutes, then add caramel, vanilla, 2 teaspoons baking powder in $\frac{1}{2}$ cup flour, and whites beaten. For caramel burn sugar, add water to a thick syrup.

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CHECKER BOARD CAKE—(All measurements level) $\frac{3}{4}$ cup butter or lard, $\frac{1}{2}$ cup sugar, 1 cup milk, $\frac{1}{2}$ teaspoon vanilla, 3 cups S. D. cake flour, $4\frac{1}{2}$ teaspoons baking powder, 4 egg whites.

Sift flour once, measure, add baking powder and sift 3 times, cream butter, add sugar gradually. Add milk and dry ingredients alternately, beating batter hard after each addition. (Be sure to add some flour before milk to avoid curdling.) Divide batter into two equal parts, to one part add melted chocolate, to each part fold in the stiffly beaten whites of 2 eggs.

Have greased and papered, 2 8-inch square cake pans, in one pan put a strip of dark batter about 1 inch wide then follow with a strip of white batter then dark until you have 6 strips. In second pan begin with strip of light batter then dark, etc. Bake in oven 325 F., about 40 minutes. Put together with white icing.

—Louise Miller.

SUNSHINE CAKE—One pint sugar and $\frac{2}{3}$ cup water boiled to a thread, 8 egg whites, 6 egg yolks, $\frac{3}{4}$ pint cake flour; flavor.

Whip 8 egg whites to a stiff froth, continue beating while slowly adding hot syrup. Beat six minutes after syrup is added. Now add slowly the 6 egg yolks beaten smooth. Add flour 1 tablespoon at a time, and stir lightly with a spoon. Bake in large ungreased tube pan in slow oven 1 to $1\frac{1}{2}$ hours, increasing heat at last. Use standard pint measure. Eggs should be 2 or 3 days old.

—Mrs. Homer Zingg,

SUNSHINE CAKE—One cup sugar, 1 cup flour, 5 eggs, pinch of salt, juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ teaspoon cream of tartar. Put yolks in mixing bowl, beat some, then put in lemon juice, beat, then sugar and beat again. Sift flour and salt and put in yolk mixture and beat, and last have whites of eggs with cream of tartar, fold in and stir as little as possible. Bake in a loaf tin for one hour.

—Mrs. Andrew Lindstrom.

HICKORYNUT CAKE—1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup water, 1 cup milk, 3 cups flour, 2 teaspoons baking powder, 1 cup nuts, 1 teaspoon vanilla, 3 egg whites.

—Marvoleen Peterson.

MAPLENUT CAKE (very fine)— $\frac{1}{2}$ cup butter, 3 eggs, $2\frac{1}{4}$ cups Swan's Down flour, $\frac{1}{4}$ teaspoon salt, 1 cup chopped black walnuts, $1\frac{1}{2}$ cups brown sugar, $\frac{3}{4}$ cup milk, 3 teaspoons baking powder, 1 teaspoon Mapleine.

Method—Sift flour once before measuring. Cream shortening, add sugar gradually, then beaten egg yolks. Then add flour sifted twice (putting baking powder in second sifting) alternately with milk; add Mapleine, salt and walnut meats (ground through a meat chopper) lastly add whites of eggs beaten until stiff. Bake in two layers.
—Margaret Ekholm.

ANGEL FOOD CAKE—Whites of 11 eggs, $\frac{3}{4}$ teaspoon cream of tartar, $1\frac{1}{4}$ cups sugar, 1 cup flour sifted once before measuring, then sift several times. Beat eggs with a pinch of salt to a foam, add cream of tartar and beat until stiff, add the sugar, flour and 1 teaspoon vanilla. Bake 35 or 40 minutes.

By using $\frac{1}{4}$ cup of cocoa instead of that much flour makes Chocolate Angel Food.

—Mrs. Carl Johnson.

ANGEL FOOD CAKE—Whites of 15 eggs, 1 teaspoon cream of tartar, 2 glasses sugar, 2 glasses cake flour, 1 teaspoon vanilla.

Use common jelly glass for measuring sugar and flour. Sift sugar and flour 5 times each, then measure. Beat egg whites until foamy, add cream of tartar. Beat until stiff enough to cling to crock when inverted, then fold in sugar, a little at a time, then flour in like manner. Add vanilla. Bake in ungreased pan about 1 hour in slow oven.

—Mrs. Edwin Lauger.

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ANGEL FOOD CAKE— $1\frac{1}{2}$ cups sugar, 1 cup flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon vanilla, 12 egg whites, 1 round-
ing teaspoon cream of tartar.

Sift sugar 4 or 5 times, sift flour 7 times. Beat eggs (with salt added) until frothy, then add cream of tartar and beat until very stiff. Add sugar gradually, then add flour slowly and beat with egg beater until well mixed. Add vanilla.

—Edna Barquist.

ANGEL FOOD CAKE—1 large tumbler egg whites, $\frac{1}{3}$ teaspoon salt, 1 level teaspoon cream of tartar, $1\frac{1}{4}$ tumblers sugar, 1 tumbler flour, 1 teaspoon flavor,

Put the egg whites in a large crock and add the salt. Beat until they begin to get stiff, add the cream of tartar and continue beating until stiff but not dry, add the sugar and beat a few minutes, add the flavor, then fold in the flour, which has been sifted before measuring and several times afterwards. Bake 45 to 60 minutes.

—Esther Johnson.

JELLY ROLL CAKE—5 eggs, 1 cup sugar, 1 cup flour, 2 level teaspoons baking powder, 1 pinch salt, 1 teaspoon extract. Beat eggs separately, add sugar to yolks. Bake twenty minutes.

—Emma Gladd.

JELLY ROLL—3 eggs, 3 tablespoons cold water, 1 cup sugar, 1 cup flour, 1 teaspoon baking powder, 1 teaspoon lemon extract.

Beat the whites separate. Beat the yolks separate, and add the sugar and beat good, add the water and put the two mixtures together and add the flour, lemon, and spread on a large pan and bake in a hot oven. Spread with jelly and roll while hot.

—Mrs. Nels Johnson.

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WHITE CAKE—Cream together well: 2 cups sugar, $\frac{3}{4}$ cup butter, $\frac{3}{4}$ cup sweet milk, 3 cups flour measured after sifting once, 3 teaspoons baking powder. Sift flour and baking powder 5 times. Lastly fold in 6 egg whites well beaten. Add 1 teaspoon vanilla.

—Elsie Hultquist.

WHITE CAKE— $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter, $2\frac{1}{2}$ cups flour, 1 cup luke warm water, 2 teaspoons baking powder, 1 teaspoon vanilla, whites of 4 eggs.

—Mrs. Chas. Ingmanson.

WHITE CAKE—2 cups sugar, $\frac{3}{4}$ cup butter, 1 cup cold water or part milk, 3 cups flour, 3 teaspoons baking powder, whites of 5 eggs, flavor to taste.

—Edah Lund, Mrs. Jelmer Johnson.

SNOW CAKE—2 cups sugar, 1 cup butter, 3 cups flour, 1 cup sweet milk, whites of 8 eggs, $\frac{1}{2}$ teaspoon baking powder, 1 teaspoon vanilla.

—Mrs. Carl Nelson.

WHITE CAKE—2 cups sugar 1 cup butter, 1 cup milk, 4 cups flour, 2 teaspoons baking powder, 6 egg whites, 1 teaspoon vanilla.

—Mrs. F. O. Olson.

ICE CREAM CAKE— $\frac{1}{2}$ cup butter, 1 cup sugar, 2 cups flour, 3 level teaspoons baking powder, 4 stiffly beaten egg whites, $\frac{2}{3}$ cup milk, 1 teaspoon vanilla extract.

—Mrs. J. F. Thorell.

WHITE CAKE— $\frac{2}{3}$ cup butter, 2 cups sugar, 5 whites of eggs, 1 teaspoon vanilla, 1 cup milk, 3 cups flour, 5 teaspoons baking powder. Level measurements.

—Mrs. Olof Erickson.

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WHITE CAKE— $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup cold water, 2 cups flour. Beat this, then add another $\frac{1}{2}$ cup cold water, 1 cup more flour with 2 teaspoons baking powder, beat again, lastly add the beaten whites of 4 eggs. Mix as written. Vanilla.

—Mrs. C. L. Gorham, Mrs. Sam Erickson.

FEATHER CAKE— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 1 cup and two tablespoons milk, 3 cups flour, 2 teaspoons baking powder, whites of 3 eggs, 1 teaspoon vanilla.

—Ruth Lindell.

WHITE CAKE—Cream $1\frac{1}{2}$ cups sugar with $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup each of milk and water. Sift together $2\frac{1}{2}$ cups flour and $\frac{1}{4}$ cup corn starch, add 5 level teaspoons baking powder and beat hard till batter has fine texture. Add 1 teaspoon vanilla, slightly beaten whites of 6 eggs, beat hard. Put together with white frosting.

—Mrs. Nels G. Peterson.

CHOCOLATE ICING—One cup powdered sugar, 2 tablespoons hot coffee, 3 tablespoons melted butter, 1 teaspoon vanilla, scant $\frac{1}{2}$ cup cocoa.

—Mrs. Josephine Sandeen.

SEVEN MINUTE ICING—One egg white, 1 cup sugar, 3 tablespoons cold water, 1 teaspoon baking powder, 1 teaspoon corn starch, 1 teaspoon vanilla extract.

Method—Put egg white (unbeaten), sugar and water in upper part of double boiler and set over rapidly boiling water; beat constantly for 7 minutes with Turbine egg beater. Add vanilla, corn starch and baking powder. Remove from stove and beat until proper consistency to spread.

—Mrs. J. T. Thorell.

T. L. WHITE

THE NEW YORK LIFE MAN

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CHOCOLATE FILLING—One cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup chocolate, 1 teaspoon vanilla.

Boil 20 minutes or until it hardens when tried in water.
—Contributed.

MARSHMALLOW FROSTING—Two cups sugar, $\frac{2}{3}$ cup hot water, 1 egg white, $\frac{1}{2}$ lb. marshmallows.

Boil sugar and water (without stirring) till it will spin a thread, add a little cream tartar. Warm the marshmallows in oven; add syrup slowly to beaten egg white, then the marshmallows and flavoring, beat until smooth.

—Mrs. Herman Anderson.

SPICE FROSTING FOR SPICE CAKE—Three tablespoons butter, 4 tablespoons hot coffee, 1 teaspoon vanilla, $\frac{1}{8}$ teaspoon salt, $1\frac{1}{2}$ cups sifted powdered sugar, one teaspoon cinnamon.

—Mrs. Harry E. Olson.

CARAMEL FILLING—Two cups dark brown sugar, 1 cup white sugar, 1 cup hot water, $\frac{1}{2}$ cup sweet cream, $\frac{1}{2}$ cup butter.

Boil sugar and water together until it ropes, then add cream and butter and cook 4 or 5 minutes longer.

—Mrs. R. D. Lindeen.

MARSHMALLOW FROSTING—Two cups sugar, $\frac{1}{2}$ cup cold water, whites of 2 eggs, $\frac{1}{8}$ teaspoon cream tartar, 9 marshmallows.

Boil sugar and water until it forms a soft ball in water and heat marshmallows and beat into frosting.

—Alma Anderson.

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APPLE FILLING—A delicious apple filling—Grate tart apples to make 1 pint, put into pan with juice of 1 lemon. Beat 1 cup sugar with two eggs until foamy; add to apple, set on slow fire in double boiler and cook until like cream. Allow to cool, then spread between layers of spice cake.
—Mrs. O. A. Elmquist

MARSHMALLOW ICING— $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup cold water, 1 tablespoon corn syrup, 6 marshmallows, 1 egg white, 1 teaspoon vanilla.

Boil sugar, water and syrup until it spins a permanent thread. Beat the egg white stiff and add marshmallows, then gradually add the syrup and beat constantly, add flavoring.
—Esther Johnson.

WHITE FROSTING—One cup sugar, $\frac{1}{2}$ cup water, 2 egg whites. Cook sugar and water until it strings and beat into beaten egg whites.
—Mrs. Chas. Ingmanson.

ICING—One cup powdered sugar, 5 teaspoons milk or cream, 1 teaspoon melted butter, 1 teaspoon vanilla.
Mix and spread on cake.
—Mrs. Clarence D. Fry, Mediapolis, Ia.

FUDGE FROSTING—3 squares chocolate, $1\frac{1}{2}$ cups sugar, 2 tablespoons Karo syrup, $\frac{2}{3}$ cup milk, 1 tablespoon butter, 1 teaspoon vanilla.

Melt chocolate in double boiler. Add remaining ingredients and cook slowly over direct flame to soft ball stage, remove from fire and beat to desired consistency. Frost cake and decorate with English walnuts or almonds.
—Helen E. Johnson.

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Notations

Pies

“May life be like a pie,
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 And all between filled deep with sweets!”
 —John Holden.

PIE CRUST—Two cups flour, 1 cup lard, pinch of salt. Rub thoroughly the shortening into the flour. Mix together with $\frac{1}{2}$ cup of cold water. —Edah Lund.

BEST OF ALL PIE CRUST—One-half cup lard (generous) $\frac{1}{4}$ cup boiling water, $1\frac{1}{2}$ cups flour, pinch of salt. Pour water over lard and let stand until lard is melted, then mix with flour and salt. —Contributed.

PIE CRUST—One cup lard, $\frac{1}{2}$ cup boiling water, beat to a cream. Sift 3 cups flour, $\frac{1}{2}$ teaspoon baking powder, 1 tablespoon corn starch, 1 teaspoon salt. Mix all together and chill a little while before you roll it. —Mrs. C. G. Johnson.

BUTTERSCOTCH PIE—First bake pie crust. 1 cup sweet milk, 1 cup brown sugar, $\frac{1}{4}$ cup butter, 2 tablespoons flour, yolks of 2 eggs, $\frac{1}{2}$ teaspoon vanilla. Cook like custard until it is thick. Fill the baked crust. Beat the whites of eggs stiff, add 2 tablespoons sugar. Spread on top of pie. Brown. —Mrs. E. Furnald, Mrs. John Holt.

BUTTERSCOTCH PIE—One cup brown sugar, 2 egg yolks, 1 tablespoon flour (heaping), $1\frac{1}{2}$ cups milk, pinch of salt. After this has thickened, add a small tablespoon of butter. Turn into a rich pie shell and frost with the meringue. —Mrs. Luther Olson.

BUTTERSCOTCH PIE—Three-fourths cup brown sugar, 1 heaping tablespoon butter, $1\frac{1}{2}$ tablespoons flour, yolk of 1 egg mixed with little water, $\frac{1}{2}$ cup white sugar, 1 pint of milk.

Melt brown sugar and butter in skillet. Mix in a pan the yolk of egg, a little water, the sugar, flour and milk. Boil, then place in pie crust and cover with white of egg. Brown. —Contributed.

BUTTERSCOTCH PIE—One cup light brown sugar, 2 eggs, 2 tablespoons flour, 1 cup cold water, 2 level tablespoons butter, 1 teaspoon vanilla.

Mix sugar and flour together, add water slowly and stir over fire until thick. Mix egg yolks and butter together and add to cooking mixture. Add vanilla. Fill baked crust. Put beaten whites on top and brown in oven.

—Mrs. Edwin Lauger.

BUTTERSCOTCH PIE—Beat together the yolk of one egg, 1 cup brown sugar, 1 tablespoon butter, 2 tablespoons flour. When smooth and free from lumps, stir into 1 pint of milk and cook in a double boiler until thickened.

Pour into a baked crust, cover with meringue made of white of egg beaten to a stiff froth with a tablespoon of powdered sugar. Brown lightly in oven.

—Contributed.

BUTTERSCOTCH PIE—One cup brown sugar, 1 large tablespoon butter. Brown on stove, stir into this while hot, 1 cup milk, 1 tablespoon flour moistened in little milk, yolks of 2 eggs, 1 teaspoon vanilla. Use whites for top.

—Ruth Olson.

CREAM PIE—One cup sugar, 2 tablespoons flour, 1 cup cream, 1 cup milk, 2 eggs. Save whites for meringue.

—Mrs. Chas. Carlson.

CREAM PIE—One cup cream, 1 cup milk, 3 tablespoons flour, 1 cup sugar.

Mix flour and sugar, add milk and cream and cook until thick. Take off the stove and add 1 beaten egg. Pour into baked pie shell. Cover with meringue and brown.

—Mrs. Elven Palm.

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CREAM PIE—Two cups milk, 3 yolks of egg, $\frac{1}{2}$ cup sugar, 2 tablespoons cornstarch, pinch of salt, $\frac{1}{2}$ teaspoon lemon extract

Cook in double boiler. Bake crust alone, then pour in above mixture. Frost with whites of 3 eggs and 3 teaspoons sugar. Brown in oven.

—Mrs. F. O. Olson.

CUSTARD PIE—Three eggs, $\frac{1}{2}$ cup sugar, pinch of salt, $2\frac{1}{2}$ cups milk, 1 teaspoon vanilla.

Beat eggs, add sugar, salt and milk, line pie plate with paste, pour in custard. Bake in moderate oven 30 minutes. The custard is baked when a knife put in center comes out dry. Cocoanut pie is made the same way, adding $\frac{1}{2}$ cup cocoanut.

—Mrs. Con Spangler.

APPLE CUSTARD PIE—Stew apples till soft and not much water left in them. Add butter size of large egg, $\frac{1}{2}$ cup sugar, 1 egg. Season with nutmeg. Bake crust slightly, add filling and return to oven.

—Anna Norman.

CREAM APPLE PIE—Fill pie crust before baking with pared apples. 1 cup sugar, $1\frac{1}{2}$ teaspoons flour, $\frac{3}{4}$ cup cream. Pour this over the apples and sprinkle with cinnamon and bake till done, then serve with whipped cream.

Mrs. Chas. Lindquist.

PINEAPPLE PIE—1 can pineapple. First take the juice from the pineapple and add 2 cups boiling water and 1 cup sugar. Thicken with flour or cornstarch, then add the pineapple chopped in pieces after it is taken from the fire.

—Mrs. Harlan Johnson.

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PINEAPPLE CREAM PIE—One and one-half cups milk, $\frac{1}{2}$ cup cream, 1 tablespoon cornstarch, 2 egg yolks, 1 cup sugar, 1 teaspoon vanilla.

Cook together, remove from stove and add 1 cup grated pineapple. Pour in baked crust. Frost with the whites of eggs.
—Contributed.

SOUR CREAM PIE—One cup sugar, 1 cup thick sour cream, 1 egg, 1 cup chopped raisins, 1 teaspoon each of cloves, cinnamon and vinegar. Bake with two crusts. Delicious substitute for mince pie.

—Mrs. Fred Odean, Mrs. C. J. Bloom.

SOUR CREAM PIE—One cup sour cream, 1 scant cup sugar, pinch salt, 1 teaspoon cinnamon, pinch cloves (or more if desired), yolks of 3 eggs, $\frac{1}{2}$ cup raisins. Bake with one crust. Beat whites of eggs, heap on top and brown.

—Contributed.

BANANA PIE—Bake a crust. Make a custard of 1 pint of milk, 1 cup of sugar, 1 tablespoon cornstarch, yolks of 2 eggs. Cook until thick. Cut up 2 bananas into crust and when custard is cool, pour it on the bananas. Beat whites of 2 eggs, 2 tablespoons of sugar, spread on top and brown in oven.

—Mrs. Albert Woline.

BANANA PIE—Slice 2 bananas in baked shell. Place 1 cup milk in double boiler and heat. Mix $\frac{1}{4}$ to $\frac{1}{2}$ cup sugar and one heaping tablespoon flour. Add yolks of 2 eggs and mix smooth with $\frac{1}{2}$ cup cold milk. Add a pinch of salt and put into heated milk. Cook until it thickens and then add vanilla. Make maringue of egg whites and brown pie in oven.

—Contributed.

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BANANA CREAM PIE—One cup milk, $\frac{1}{2}$ cup powdered sugar, 1 egg, 1 teaspoon vanilla, $\frac{1}{4}$ cup flour, 4 bananas sliced, 1 baked pie shell.

Make a soft cooked custard by scalding a cup of milk in a double boiler, and then adding the powdered sugar, egg and flour which must be well mixed together before being added. Cook, stirring constantly until thickened, take off fire, add vanilla, cool. Put sliced bananas in the pie shell, put custard on top, and decorate with whipped cream.
—Mrs. Sam Erickson.

LEMON PIE—Three tabelspoons flour, 1 cup sugar, 1 cup boiling water, $\frac{1}{8}$ teaspoon salt, 1 tablespoon butter, 3 egg yolks. Place, flour, sugar and water in double boiler and cook until thick and creamy. Add egg yolks, and cook for 1 minute. Remove from fire and add juice of one lemon. When cool, place in pie shell and cover with meringue.
—Mrs. J. A. Barquist.

LEMON CHIFFON PIE—Three egg yolks, 5 table-
spoons sugar, 1 lemon rind and juice, 1 ablespoon flour, 5
tablespoons boiling water. Boil until thickened and set
aside to cool. Fold into following: 3 egg whites beaten
stiff, 3 tablespoons sugar. Pour into crust already baked
and brown under blaze.
—Contributed.

LEMON PIE—One cup sugar, 3 tablespoons cornstarch,
2 cups boiling water, 2 egg yolks, 4 tablespoons lemon
juice, grated rind of 1 lemon, 1 teaspoon butter. Mix
sugar and cornstarch, add water, let come to boil, then
add other ingredients and cook again. Put in a crust and
cover with a meringue made of the whites of 2 eggs.
—Contributed.

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LEMON PIE—Filling—1 cup sugar, $\frac{1}{2}$ teaspoon salt, juice 1 large lemon, 2 egg yolks, $1\frac{1}{2}$ cups water, 1 teaspoon grated rind, $\frac{1}{2}$ cup flour, 1 teaspoon butter.

Beat the egg yolks, add the sugar gradually and beat; add the flour, salt, water, lemon juice and rind. Cook in double boiler until it thickens. Pour into pastry shell, cover with meringue and bake in moderate oven until the meringue is brown. —Contributed.

LEMON PIE—One cup sugar, juice of 1 lemon, yolks of 2 eggs, 2 teaspoons flour, 2 cups water. Cook until thick and pour into baked crust. Beaten whites of 2 eggs for frosting. —Mrs. Emily Burke.

DATE PIE—One package dates, take seeds out, and soak dates in pint of rich milk over night. In morning run through colander. Add 1 beaten egg, pinch of salt, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon mace, 2 tablespoons butter. Bake in one crust. Serve with whipped cream. —Mrs. Clark Swanson.

DATE PIE—One cup milk, $\frac{1}{2}$ cup sugar, 2 eggs, 1 tablespoon flour, $\frac{1}{2}$ cup nuts chopped fine, 1 cup dates chopped fine, 1 teaspoon vanilla. Cook on stove. When cool pour in baked pie crust and serve with whipped cream. —Contributed.

GOOD MINCE MEAT—Three pints ground beef, 5 pints ground apples, 1 pint sorghum, 1 pint vinegar, 1 pint suet or butter, 2 pints raisins or currants, 4 pints sugar, 2 tablespoons each of cinnamon, nutmeg, cloves, salt. Boil all together 1 hour. Will keep indefinitely if sealed hot. May require some thinning when making pies. —Mrs. E. T. Bergstrom.

MINCE MEAT—Three quarts beef boiled and chopped, 7 quarts apples, 1 quart molasses, 1 quart vinegar, 1 quart suet, 2 packages seeded raisins, 2 packages seedless raisins, 3 quarts sugar, 2 quarts cider, 2 tablespoons each of cinnamon, nutmeg and cloves, salt, 1 tablespoon black pepper, 3 lemons. Add all but the meat and spices, boil until raisins are tender and pour on meat and spices. Can hot. —Mrs. Fred Hultquist.

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MINCE MEAT—Two bowls beef, 3 bowis apples, 1 pound citron chopped fine, 2 pounds raisins, 2 pounds currants, 1 bowl suet, 3 bowls sugar, 1 bowl molasses, $\frac{1}{2}$ bowl vinegar, 1 bowl syrup of sweet pickles if you have any. cinnamon, nutmeg and cloves to suit the taste. It will keep in a large jar, cover tight, and don't heat it.

—Mrs. Emma Johnson.

GREEN TOMATO MINCE MEAT—Wash $\frac{1}{2}$ peck green tomatoes, cut fine, sprinkle with 2 tablespoons salt and let stand two hours, then drain and rinse. Cover with cold water, let boil 2 hours. Add 2 lbs. chopped seedless raisins, 2 lbs. brown sugar, $\frac{1}{2}$ lb. suet chopped fine, 1 pint vinegar, and 1 teaspoon each of cinnamon, cloves, mace and nutmeg. This will keep in a well covered jar all winter.

—Mrs. Franc Norman, Mrs. J. C. Sandburg.

PUMPKIN PIE—One and one-half cups cooked and strained pumpkin, 1 level tablespoon cornstarch, $\frac{2}{3}$ cup brown sugar, $\frac{1}{2}$ teaspoon ginger, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon salt, 2 eggs, 1 cup milk, 1 cup cream. Mix in order given and bake in one crust until firm.

—Mrs. E. M. Willett, Rock Island, Ill.

PUMPKIN PIE—Three-fourths cup sugar, 1 teaspoon cinnamon, a little ginger, $\frac{1}{4}$ teaspoon salt, $1\frac{1}{2}$ cups steamed and strained pumpkin, 3 eggs, $1\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup cream and 1 tablespoon melted butter.

Put sugar in bowl, add spices and the salt, pumpkin, eggs beaten, milk, cream and butter. Mix and pour into pastry lined plate and bake slowly for $\frac{3}{4}$ hour.

—Mrs. Emma C. Lauger.

PUMPKIN PIE—One pint boiled pumpkin, 1 cup brown sugar, 3 eggs, 2 tablespoons molasses, 1 tablespoon melted butter, $\frac{1}{2}$ teaspoon ginger, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon nutmeg, pinch salt, 1 pint milk. Beat egg whites and add last.

—Mrs. Gust Swenson.

PUMPKIN PIE—One cup pumpkin, $\frac{2}{3}$ tablespoon flour, $\frac{2}{3}$ cup brown sugar, $\frac{1}{3}$ teaspoon ginger, 1 teaspoon cinnamon, $\frac{1}{3}$ teaspoon salt, 1 egg, $\frac{2}{3}$ cup cream, $\frac{2}{3}$ cup milk.

—Mrs. Malvin Barquist.

PUMPKIN PIE—One cup pumpkin (cooked), 1 tablespoon flour, 1 tablespoon molasses, $\frac{3}{4}$ cup sugar, 1 egg, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon allspice, $\frac{1}{4}$ teaspoon cloves, 1 speck salt, 1 cup milk.

Combine in the order given. Beat well and place in a lower crust and bake in a moderate oven. Before putting the pie in the oven pour 2 tablespoons of milk over the top. (This makes a brown, thin crust on the top.) Serve with whipped cream.

—Mrs. Olof Erickson.

PUMPKIN PIE—Four eggs, 3 cups pumpkin boiled down quite dry, 2 tablespoons flour, $1\frac{1}{2}$ cups sugar, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon ginger and salt.

Thin to right consistency with good rich milk. This should make 3 or 4 pies.

—Mrs. E. T. Bergstrom.

PUMPKIN PIE—This recipe is a sufficient quantity for three pies. Take 1 quart of rich milk, 3 cups of boiled and strained pumpkin, 2 cups sugar, 3 eggs beaten thoroughly and stirred in, 1 tablespoon corn starch; a scant tablespoon ginger and cinnamon. Using squash instead of pumpkin makes equally as good a pie.

—Contributed.

CARROT PIE—Into a prepared crust pour the following: 2 eggs beaten light $1\frac{3}{4}$ cups cooked and strained carrots, $1\frac{1}{2}$ cups milk, 1 cup sugar, 1 teaspoon cinnamon, 1 teaspoon ginger, $\frac{1}{2}$ teaspoon salt.

—Contributed.

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BUTTERMILK PIE— $1\frac{1}{2}$ cups buttermilk, 1 heaping cup sugar, 1 cup chopped raisins, 1 tablespoon strong vinegar, 2 well beaten eggs, $1\frac{1}{2}$ teaspoon flour or corn starch, $\frac{1}{2}$ teaspoon of each cinnamon and cloves, a little nutmeg.

This quantity makes two pies. Bake in two crusts.

—Contributed.

RAISIN TAPIOCA PIE—One cup raisins, 1 cup sugar, 2 eggs, pinch of salt, 1 teaspoon vanilla, butter size of walnut. Cook raisins separately. Then add 2 tablespoons minute tapioca and cook until tapioca is done. Then add the beaten yolks of the two eggs. Let cool before putting into shell so as not to soak up crust. Use the two egg whites for meringue.

—Mrs. Harlan Lindell, Arcadia, Calif.

RAISIN PIE—One cup raisins boiled tender, 1 cup cold water, 1 cup granulated sugar, 2 tablespoons melted butter, 1 egg beaten, a little salt, 2 tablespoons flour, juice of $\frac{1}{2}$ lemon. Let cool before putting into crust pies.

—Mrs. Amil Johnson.

PEACH PIE—Yolks of 2 eggs, 1 cup sugar, a little butter, 1 tablespoon flour, 4 tablespoons sweet cream, a little cinnamon, 2 cups sliced peaches (fresh).

Bake in one crust until done. Cover with a meringue made from the whites of the eggs and brown.

—Mrs. Carl Carlson.

CRANBERRY PIE—One cup fresh cranberries, $\frac{1}{2}$ cup seeded raisins (chopped fine), 1 cup sugar, 1 heaping tablespoon flour. Bake in one crust.

—Mrs. Paul Reinhart.

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GOOSEBERRY CREAM PIE—One cup sweet cream, 1 cup sugar, 1 tablespoon flour, 1 cup stewed gooseberries. Mix sugar and flour, add cream, then berries. Mix well. Bake in double crust and serve with whipped cream.

—Mrs. Paul Reinhart.

OSGOOD PIE—Three egg yolks, 1 cup nuts, 1 cup raisins, 1 cup sugar, 1 tablespoon butter, 1 teaspoon cinnamon, nutmeg, cloves; beat whites separately and add last to mixture. Bake in pie crust.

—Contributed.

PRUNE PIE— $\frac{2}{3}$ pound prunes, $\frac{1}{3}$ cup sugar, 2 teaspoons lemon juice.

Soak prunes in cold water two hours or more, cook slowly in same water until soft. Remove stones, cut prunes in quarters and mix with sugar and lemon juice. Line plate with pastry, cover with prunes, pour over liquid, dot with butter, dredge with flour, put on upper crust. Bake in moderate oven.

—Mrs. Florian Sandberg.

RHUBARB PIE—Two large cups rhubarb, pour boiling water over and let stand five minutes, 2 yolks of eggs, 1 tablespoon butter, 1 tablespoon flour, 1 cup sugar, 3 tablespoons water. Frost top with whites.

—Mrs. Josephine Sandeen.

RAISIN RHUBARB PIE—Cut up enough rhubarb to make 1 cupful, 1 cupful seeded raisins (chopped), roll 1 large soda cracker into crumbs, $\frac{1}{2}$ cup stale bread crumbs, add scant $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ cup of water, 1 well beaten egg. Season with $\frac{1}{2}$ teaspoon salt, cinnamon and cloves, 1 tablespoon grated lemon rind.

Bake slowly in two crusts. This will make two pies.

—Mrs. John Abrahamson.

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WAYLAND, IOWA

Notations

Cookies and Doughnuts

“O, weary mother mixing dough,
 Don't you wish that food would grow,
 Your lips would smile I know
 To see a cookie bush or doughnut grow.”

ROCKS—One cup butter, $1\frac{1}{2}$ cups sugar, 1 tablespoon hot water, 1 cup nuts, 1 cup raisins, 1 teaspoon soda, 3 cups flour. Bake as drop cakes.

—Mrs. W. C. Anderson.

HICKORYNUT COOKIES—Four eggs beaten stiff, 1 pint flour, 1 pint sugar, 1 pint or less nuts.

Bake on bottom of pan. —Mrs. J. R. Sponberg.

NUT COOKIES—One cup sugar, $\frac{1}{2}$ cup butter, 1 egg, $4\frac{1}{2}$ tablespoons cream, 1 teaspoon vanilla, $1\frac{1}{2}$ cups flour, 1 teaspoon baking powder, 1 cup nuts. Coconut may be used instead of the nuts. —Margaret Abrahamson.

FROSTED NUT COOKIES—One cup flour, $\frac{1}{2}$ cup sugar, 2 tablespoons melted chocolate, 1 teaspoon vanilla, $\frac{1}{2}$ cup butter, 1 egg, $\frac{1}{4}$ cup sour milk, $\frac{1}{4}$ teaspoon soda, $\frac{1}{4}$ cup walnuts.

Cream butter and sugar, add chocolate, vanilla and beaten egg. Add alternately the sifted dry ingredients and milk. Add chopped nuts well floured; drop on greased sheet. Bake in moderate oven (350 F.) for 20 minutes. Frost with chocolate icing.

Chocolate Icing—Roll and sift $1\frac{1}{2}$ cups powdered sugar and $\frac{1}{2}$ cup cocoa. Mix with $\frac{1}{4}$ cup hot water, 2 tablespoons melted butter, $\frac{1}{2}$ teaspoon vanilla. —Mae Johnson.

COOKIES—Two cups sugar, 1 cup butter (scant), 2 eggs, 1 cup sugar, 1 cup sour cream, 1 teaspoon soda, 1 teaspoon baking powder. Flour to make stiff. Roll and cut.

—Mrs. Gust Lund.

SUGAR COOKIES—One pint butter, 2 cups sugar, 3 eggs, 1 cup milk, 4 teaspoons baking powder; flavoring and flour to roll.

—Amanda Johnson.

BURLINGTON COOKIES—Two cups sugar, 1 cup butter, 3 tablespoons milk, 2 eggs, 1 cup raisins (cut or ground), 1 scant teaspoon soda, flavor; flour enough to roll.
—Mrs. Gust Swenson.

COOKIES—Cream together 1 cup butter, 2 cups sugar, Add 1 cup sweet cream, 2 well beaten eggs, 2 teaspoons baking powder sifted with enough flour to roll thin.
—Mrs. C. A. Hultquist.

BURNT SUGAR COOKIES—One cup burnt sugar, 1 cup coffee, 1 cup sugar, 1 cup meat fryings, 2 eggs, 1 teaspoon soda; spices, ginger, allspice and cloves. Flour to make stiff.

Burn 1 cup sugar, add coffee and let dissolve. Cream 1 cup sugar and meat fryings. Add burnt sugar to this; then eggs, spices and flour.
—Mrs. Chas. Olson.

BOSTON COOKIES—One cup butter, $1\frac{1}{2}$ cup sugar, 3 eggs beaten together, add 1 teaspoon soda dissolved in $\frac{1}{2}$ cup water, $\frac{1}{2}$ teaspoon vanilla, $1\frac{1}{2}$ cup flour, mix 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon salt. Add $\frac{1}{2}$ cup chopped nuts, 1 cup raisins, $1\frac{1}{2}$ cups flour. Drop by spoonful. Bake in a moderate oven.
—Margaret Hult.

BEST COOKIE ON EARTH—Five heaping cups flour sifted before measured, 3 heaping teaspoons baking powder, 1 level teaspoon soda, 1 cup butter, $\frac{1}{2}$ cup lard, 1 cup sweet milk, $2\frac{1}{2}$ cups sugar, 4 eggs beaten separately, 1 teaspoon vanilla.

Mix altogether and bake in quick oven.

—Mrs. Chas. Lindquist.

A Recipe for Contentment and Satisfaction—

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WAYLAND, IOWA

DATE COOKIES— $1\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup butter or lard, 3 eggs, 1 teaspoon soda dissolved in 3 tablespoons boiling water, $3\frac{1}{4}$ cups flour.

Grind 1 pound dates and 1 cup nut meats and add to the above ingredients. Drop on buttered pans and bake.
—Mrs. Irwin Palm.

DATE BARS—Two or 3 eggs well beaten, 1 cup sugar, 1 cup flour, 1 teaspoon baking powder, $\frac{1}{2}$ cup dates cut in small pieces, $\frac{1}{2}$ cup nuts chopped

Bake in sheet one inch thick in moderate oven. When done cut in strips and roll in powdered sugar.

—Mrs. Jelmer Johnson, Mrs. A. Oppedahl, Chicago, Ill.

DATE COOKIES—One cup brown sugar, 1 cup butter, 3 eggs, 1 cup chopped dates, 1 cup nuts, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon soda dissolved in $\frac{1}{2}$ cup hot water, $2\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon baking powder.

—Pauline Abrahamson.

DATE CAKES—One cup dates cut in small pieces, 1 cup nuts, 1 cup boiling water, 1 teaspoon soda. Mix and cool. Cream together 1 cup sugar, 1 heaping tablespoon butter, 1 egg, 1 teaspoon vanilla. Add to above mixture, then add $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon baking powder.

This makes 18 cakes baked in gem pans. Ice.

—Contributed.

DELICIOUS FRUIT BARS—Two cups raisins, 2 cups water. Let boil three minutes, then set aside to cool; 2 scant cupsful granulated sugar, 1 scant cupful melted fat, 2 eggs, 1 teaspoon cinnamon, 1 teaspoon cloves, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon allspice, $\frac{1}{4}$ teaspoon salt, 1 teaspoon soda, 2 teaspoons baking powder, 3 cups bread flour.

Stir in the cooled raisins, making a stiff dough. Spread in buttered tins. Bake in moderate oven. When done, cool and cut in squares.

—Mrs. C. F. Dahl, Fairfield, Iowa.

FRUIT COOKIES—One and one-half cups sugar, 1 cup butter, $\frac{1}{2}$ cup sweet milk, 1 egg, 2 teaspoons baking powder, 1 teaspoon nutmeg, 3 tablespoons currants or chopped raisins.

Mix soft, roll out using enough flour to be handled. Cut with cookie cutter, wet the tops and sprinkle sugar on top. Bake in a quick oven.
—Mrs. J. Krantz.

RADIO COOKIES—One cup lard, 1 cup sugar, 1 egg, 1 cup sweet milk, 1 level teaspoon soda, $\frac{1}{4}$ teaspoon nutmeg. Enough flour to stiffen and roll. Cut in strips or squares. Bake in moderate oven. Sprinkle sugar over top.

—Mrs. C. G. Johnson.

ICE BOX COOKIES—Two eggs beaten, add 2 cups brown sugar, 1 cup shortening melted, 1 teaspoon cream of tartar, 1 teaspoon soda dissolved in hot water, 2 cups flour or more if needed, 1 teaspoon vanilla, pinch of salt, $\frac{1}{2}$ cup chopped nuts.

Shape into a long roll and let stand in ice box or cold place overnight. In the morning cut in thin slices and bake.

—Mrs. V. L. Olson, Mrs. Rex Canby,
Miss Marie Bergstrom.

MACAROONS—Four egg whites beaten stiff. Add 1 cup granulated sugar, 1 cup nut meats ground, 1 cup cocoanut, 3 cups corn flakes.

Drop by teaspoons on buttered tins and brown in a very slow oven.

—Mabel Larson.

CORN FLAKE MACARON—Two cups corn flakes, 2 egg whites, pinch of salt, $\frac{1}{2}$ cup cocoanut or nuts, $\frac{1}{2}$ cup sugar.

Method—Beat well the whites of eggs. Beat sugar, corn flakes, salt and cocoanut. Mix well and drop by teaspoonful in a greased pan and bake.

—Ida Hult.

MACARON DROP CAKE—Three-fourths cup lard, 1 cup sugar, 1 egg, 1 cup raisins, $\frac{3}{4}$ teaspoon soda in hot water, 2 $\frac{1}{2}$ cups oat meal (uncooked), 2 cups flour; grease pans.

—Mrs. Oscar Tolander.

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“LIGHTNING” TEA CAKES— $1\frac{1}{2}$ cups flour, $\frac{3}{4}$ cup sugar, 2 teaspoons baking powder, $\frac{1}{3}$ teaspoon salt, 3 tablespoons butter (melted), 1 egg, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon vanilla.

Sift and mix together the flour, sugar, baking powder and salt. Make a “well” in the center of the mixture and pour in the melted butter, egg, milk and vanilla. Stir all together and beat vigorously for two minutes. Fill well buttered muffin pans half full of the mixture and bake fifteen minutes in a moderate oven.

—Mrs. Geo. L. Erickson.

CUP CAKES—Two-thirds cup butter, 2 cups sugar cream, add 4 egg yolks, beat hard; add 1 cup milk, then 3 cups flour mixed and sifted with 4 teaspoons baking powder.

Fold in the beaten egg whites; add flavoring and bake in individual tins. Makes 3 dozen cakes.

—Minnie Anderson.

OAT MEAL JIM JAMS—One cup butter, 1 cup brown sugar, 2 cups flour, $\frac{3}{4}$ cup sour milk, 2 cups ground oat meal.

Cream the butter with the sugar. Sift the flour, salt, and soda, add with oat meal to first mixture alternately with the milk. Toss on floured board and roll thin, cut in rounds. Put on greased baking sheet and bake in moderate oven 12 to 15 minutes. When cool put together like sandwiches with the following filling: $\frac{3}{4}$ pound chopped dates, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup boiling water. Cook together until thick and cool before spreading.

—Marie Lindeen

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TEA CAKES— $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter, 2 eggs, 1 cup sweet milk, 1 teaspoon flavoring, 2 cups flour, 2 teaspoons baking powder.

Bake in gem pans and frost.

—Mrs. Frank Peterson.

DOUGHNUTS—Four egg yolks beaten light, 1 large cup sugar, $\frac{2}{3}$ cup buttermilk, $\frac{1}{3}$ cup sour cream, 1 level teaspoon soda, 1 level teaspoon baking powder, pinch of salt. Flour to make soft enough to handle. Fry in hot lard.

—Mrs. Oscar Abrahamson.

DOUGHNUTS—Two cups sugar, 2 eggs, 1 cup sour cream, 1 teaspoon soda, 1 cup sour milk, 1 tablespoon melted lard, nutmeg. Flour to roll. Fry in boiling lard.

—Amanda Johnson.

DOUGHNUTS—One cup sugar, 2 beaten eggs, $\frac{1}{2}$ cup buttermilk, $\frac{1}{2}$ cup sour cream, 1 teaspoon baking powder, 1 teaspoon soda. Scald with 1 tablespoon hot water.

—Mrs. Joshua Peterson.

DOUGHNUTS—One egg, 1 cup light brown sugar, 1 cup sweet milk, 2 tablespoons melted lard, 1 pinch salt, a little nutmeg, 2 heaping teaspoons baking powder. Mix soft.

—Contributed.

DOUGHNUTS—Two cups sugar, 3 eggs, 5 medium sized potatoes, 1 cup milk, 1 tablespoon butter, 1 teaspoon nutmeg, $\frac{1}{2}$ teaspoon vanilla, 5 cups flour, 3 rounding teaspoons baking powder, 1 teaspoon salt.

—Mrs. Elvin Palm.

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DOUGHNUTS—Two eggs, 1 cup sugar, $\frac{1}{2}$ cup sweet milk and $\frac{1}{2}$ cup sweet cream, 3 teaspoons baking powder, 3 cups flour, (sometimes more), 1 teaspoon vanilla, a little cinnamon, 1 level teaspoon salt.

Fry in deep fat. Lay on absorbent paper, then roll in sugar. Mrs. A. R. Kennedy and Mrs. Rudolph Lund use 3 eggs. —Mrs. Fred Hultquist.

DOUGHNUTS—One cup sugar, 1 cup sour cream, 1 teaspoon salt, 1 teaspoon soda, 2 eggs, 1 teaspoon vanilla. Flour enough to make a stiff dough. Roll out to $\frac{1}{2}$ inch thickness. Cut and fry in deep fat. —Contributed.

NUT CRULLERS—Four eggs, 1 cup sugar, 1 teaspoon vanilla, $\frac{1}{2}$ teaspoon salt, 2 teaspoons baking powder, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cup nut meats. Flour to make a soft dough. —Contributed.

DAINTY CRULLERS—Four eggs, 4 tablespoons butter, 4 tablespoons sugar, 1 teaspoon salt, a little nutmeg, 1 teaspoon lemon extract. Flour to make soft dough. Fry in deep fat. —Mrs. Paul Reinhart.

ORANGE DROP CAKES—One-half cup fat, 1 cup sugar, 2 tablespoons grated orange rind. 1 teaspoon lemon extract, $\frac{1}{8}$ teaspoon salt, 8 egg yolks, $\frac{1}{2}$ cup orange juice, $2\frac{1}{4}$ cups flour, $2\frac{1}{2}$ teaspoons baking powder.

Cream the fat and sugar for 1 minute. Add all the rest of the ingredients and beat vigorously for three minutes. Fill small, well greased muffin tins $\frac{1}{2}$ full and bake in a moderate oven for twelve minutes.

—Mrs. Harry Olson.

C. C. Wenger.

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IOWA

LADY FINGERS—Four eggs, 1 cup sugar, pinch of salt, $\frac{1}{2}$ cup potato flour, 1 level teaspoon baking powder. Bake in moderately quick oven.

—Mrs. Carl Anderson.

CHOCOLATE DROP COOKIES—Two cups brown sugar (light), 1 cup melted butter, 1 cup sweet milk, 2 eggs, 1 rounded teaspoon soda, 1 rounded teaspoon baking powder, about 4 cups flour, 4 tablespoons cocoa, vanilla.

You may add chopped nuts if you like.

Icing—One cup powdered sugar, 2 tablespoons hot coffee, 2 tablespoons cocoa or melted chocolate, vanilla.

—Mrs. Ed Miller.

CHOCOLATE DROP CAKES—One cup sugar, $\frac{1}{2}$ cup melted butter, $\frac{1}{2}$ cup sweet milk, 1 egg, $\frac{1}{2}$ teaspoon soda, 1 teaspoon baking powder, 2 cups flour, 1 square melted chocolate and $\frac{3}{4}$ pound nut meats.

Icing—One egg beaten, 5 tablespoons cream, 1 square melted chocolate, 2 or 3 cups powdered sugar.

—Viola Lindeen.

CHOCOLATE SURPRISE CUP CAKES—One-half cup shortening, 1 cup sugar 2 eggs $1\frac{3}{4}$ cups flour, 2 teaspoons baking powder, $\frac{1}{4}$ teaspoons salt, $\frac{1}{2}$ cup milk, 1 teaspoon vanilla, 2 squares unsweetened chocolate melted.

Cream together shortening and sugar. Add beaten eggs and mix well. Mix and sift flour, baking powder and salt and add alternately with milk. Add melted chocolate and vanilla and beat thoroughly. Take from oven and while still hot remove a little of center from top of each cake and put a marshmallow in each hole.

—Louise Lindeen, Gladys Shutz.

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CHOCOLATE SQUARES—One cup sugar, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup water, $\frac{2}{3}$ cup flour, 2 eggs, 2 squares chocolate. Bake on a baking sheet and cut in squares.

—Hannah Olson, Chicago, Ill.

GINGER CREAMS—One cup molasses, 1 cup lard, 2 teaspoons ginger, 1 teaspoon cinnamon, 2 rounding teaspoons soda, $\frac{1}{2}$ cup brown sugar, 1 cup boiling water, $\frac{1}{4}$ teaspoon salt; flour to make quite stiff. Let stand overnight in a cool place. Roll and bake and ice with powdered sugar frosting.

—Mrs. Will Carpenter, Rockford, Ill.

GINGER COOKIES—Heat to the boiling point, 2 cups sugar, 1 cup molasses, 1 cup butter. When cool add two well beaten eggs, $\frac{1}{2}$ teaspoon nutmeg, 1 teaspoon cinnamon, 1 teaspoon ginger, 1 tablespoon soda dissolved in a little hot water.

Mix as soft as can be handled well.

—Mary Johnson, Mrs. Martin Shutz.

GINGER SNAPS—One cup sugar, 1 cup molasses, 1 cup meat fryings, $\frac{1}{2}$ cup boiling water, 2 teaspoons soda, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{2}$ teaspoon allspice, $\frac{1}{2}$ teaspoon ginger.

All the flour you can stir in. Roll thin and bake.

—Emma Gladd.

COCOANUT COOKIES— $1\frac{1}{2}$ cups sugar, 1 cup milk, 1 cup cocoanut, $3\frac{1}{2}$ cups flour, 1 tablespoon butter, 2 eggs, 2 teaspoons baking powder, 1 teaspoon lemon extract.

—Mrs. Chas. Carlson.

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COCOANUT DROPS—Two-thirds cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, 1 teaspoon vanilla, $\frac{1}{2}$ teaspoon lemon, $\frac{1}{4}$ teaspoon salt, $\frac{1}{3}$ cup milk, 1 cup cocoanut, 3 cups flour, 3 teaspoons baking powder.

Cream the butter and sugar for two minutes. Add the eggs and beat for three minutes. Add the rest of ingredients and when well mixed, drop portions from the end of a spoon upon a greased baking sheet. Flatten out with broad side of a spoon and bake in a moderate oven for ten minutes.

—Mrs. J. A. Barquist, Mrs. Leslie Hultquist.

FILLED COOKIES—Two cups sugar, 1 cup butter and lard, 2 eggs, 1 teaspoon vanilla, 1 cup milk. Flour enough to roll, 1 teaspoon soda, 2 teaspoons baking powder.

Filling—One cup sugar, 1 cup nut meats, 1 package seeded raisins (grind), 3 tablespoons flour, 1 cup water.

Boil until thick and then cool. Cut cookies and put in pan. Put some filling on top. Place another cake on top and bake.

—Frances Alvine, Mrs. Frank Korf.

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HICKORYNUT MACAROONS (will keep two weeks, if hidden)—Four eggs beaten, 1 pint granulated sugar, 1 pint flour, 1 pint kernels.

Stir together and drop from teaspoon on a buttered pan turned upside down. Bake slowly. Will make about fifty macaroons.

—Mrs. W. F. Kopp, Mt. Pleasant, Iowa.

RADIO MARBLES—Yolks of 4 eggs, 1 cup sugar, $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups flour, 2 teaspoons baking powder.

Beat butter and sugar to a cream. Add yolks beaten well, then flour and baking powder sifted together. Pinch off dough size of marble and roll up round (do not flatten). Roll each one in mixture of one tablespoon cinnamon and one half cup nut meats ground in food chopper. Bake in hot oven.

—Mildred Olson.

FLOWER COOKIES—One-half cup butter, $\frac{1}{2}$ cup sugar, 3 beaten egg yolks, 1 teaspoon vanilla, 2 tablespoons sweet cream, 3 cups flour. Form in small balls, press down and place a shelled almond on top, roll in powdered sugar and bake until light brown.

—Mrs. Ida Olson.

OATMEAL COOKIES—One cup of lard and butter, $1\frac{1}{2}$ cups sugar, $\frac{3}{4}$ cup sour milk (thick), 1 cup chopped raisins, 2 cups chopped oatmeal, 2 cups flour, 3 eggs, 1 rounding teaspoon soda, $\frac{1}{2}$ scant teaspoon salt, 2 teaspoons vanilla.

Sift flour, salt and soda together. Beat sugar, eggs, and shortening together, then add milk and flour with raisins and rolled oats. Drop in pan and bake in hot oven.

—Mrs. Forest Lance.

HEALTH COOKIES—One cup sugar, 1 cup shortening, 2 eggs, $2\frac{3}{4}$ cups rolled oats, $2\frac{1}{2}$ cups flour, 4 tablespoons sour cream, 1 level teaspoon soda, $\frac{1}{4}$ teaspoon salt, 1 teaspoon cinnamon, 1 teaspoon nutmeg, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup nuts. Grind the raisins and nuts. Either roll or drop the cookies.

—Contributed.

OATMEAL COOKIES—One cup sugar, $\frac{3}{4}$ cup butter or lard, 2 eggs, $\frac{1}{2}$ teaspoon soda, 1 teaspoon salt, 1 cup shredded cocoanut, 4 tablespoons sweet milk, 1 tablespoon cinnamon, 2 cups flour, 2 cups oatmeal, $\frac{1}{2}$ cup raisins, nuts.

—Mrs. Arthur Johnson, Mrs. C. J. Bloom.

SOUR CREAM COOKIES—One cup sour cream, 1 cup sugar, 1 egg, 1 teaspoon baking powder, 1 teaspoon vanilla, $\frac{1}{2}$ teaspoon soda, flour.

Mrs. A. Norrbom, Des Moines, Iowa.

FROSTED CREAMS—One cup sugar, 1 cup butter, 3 eggs, 2 teaspoons soda, 1 teaspoon baking powder, 1 teaspoon cinnamon, 2 scant teaspoons ginger, flour enough to make soft dough. Roll thick, cut in squares and bake in quick oven. *1 cup molasses* —Mrs. Elmer Johnson.

CREAM COOKIES—Beat $\frac{1}{2}$ cup butter with $\frac{1}{2}$ cup sugar until creamy, add 2 eggs well beaten, $\frac{1}{2}$ cup cream, 4 cups of flour sifted with 3 teaspoons baking powder, add $\frac{1}{2}$ teaspoon lemon extract. Mix thoroughly and roll out $\frac{1}{4}$ of an inch thick. Bake in hot oven 15 minutes.

—Mrs. Albin Johnson.

FROSTED CREAMS—One pint molasses, 1 pint sugar, 1 pint lard, 1 pint hot water, 2 egg yolks, 2 tablespoons ginger, a little salt, 1 tablespoon soda, flavor with lemon.

Bake in sheet. When cool, frost and cut in squares. For frosting use whites of 2 eggs and 2 cups sugar.

—Mamie Olson.

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Notations

Frozen Deserts

“ 'Tis the dessert that graces all the feasts.”

MAPLE PARFAIT—One pint heavy cream, 1 cup maple syrup, yolks of 6 eggs. Beat eggs and syrup together and cook in double boiler till thick. Whip cream and add to cooled syrup. Pack in ice and salt.

—Mrs. John Hammill, Des Moines, Iowa.

PINEAPPLE FOAM—Beat the whites of 3 eggs lightly, whip 1 pint of cream, add whites, stir in 3 tablespoons powdered sugar, and then stir in one can of shredded pineapple. Chill.

—Mrs. John Hammill, Des Moines, Iowa.

PINEAPPLE ICE—Five cups of water, 3 cups sugar, juice of 6 lemons, 1 can chopped pineapple. Mix well, pour in freezer and when it begins to freeze add the whites of 2 eggs beaten to a stiff froth. Continue freezing until hard. Pack in salt and ice and let stand to harden. Makes one gallon when frozen.

—Mrs. E. A. Peterson.

CRANBERRY ICE—One quart cranberries, 2 cups water, $2\frac{1}{2}$ cups sugar, juice $\frac{1}{2}$ lemon, 1 egg white, $\frac{1}{2}$ pint cream. Cook berries until tender, and rub through sieve. Add sugar and cook few minutes. Cool. Add lemon juice, put in freezer. When starts to freeze add cream and whipped egg white.

—Mrs. Alfred Peterson.

PINEAPPLE SHERBET—One pint shredded pineapple, juice of 4 lemons, 1 pint sugar, $1\frac{1}{2}$ quarts water, 6 egg whites beaten, 1 pint sweet cream. Cream and egg whites to be added when sherbet is partly frozen.

—Mrs. Alfred Peterson.

ICE CREAM (3 quarts)—Three eggs, $1\frac{1}{2}$ cups sugar, 3 pints cream, $1\frac{1}{2}$ quarts milk, flavoring. Boil sugar with $\frac{3}{4}$ cup water till it spins a thread, then pour slowly over beaten eggs, after it has cooled a little add other ingredients and freeze.

—Mrs. Paul R. Hultquist.

VANILLA ICE CREAM—Two cups scalded milk, 1 tablespoon flour, 1 cup sugar, 1 egg, $\frac{1}{8}$ teaspoon salt, 1 quart thin cream, 2 tablespoons vanilla.

—Mrs. Ed. Anderson.

CHOCOLATE SAUCE FOR ICE CREAM—One pint of boiling water, a little salt, 1 cup sugar, 2 tablespoons flour, 2 tablespoons cocoa.

—Contributed.

ICE CREAM—1 quart rich milk (scalded), $\frac{1}{2}$ pint cream, 3 eggs, 2 cups sugar, vanilla to taste. Do not scald cream, save till last and add with flavoring.

—Mrs. D. C. Chrisinger.

ICE CREAM—Four cups scalded milk, 2 teaspoons flour, 2 cups sugar, 2 eggs, $\frac{1}{2}$ teaspoon salt, 1 quart thin cream, 4 teaspoons vanilla. Mix flour, sugar and salt. Add egg and then scalded milk. Cook in a double boiler till thick. Cool and add cream and vanilla and enough rich milk to fill freezer to about 2 inches from top. Freeze.

—Mrs. O. F. Lundquist.

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Notations

Candies

“The dainties last to make the
end most sweet.”

CANDY—Two cups light brown sugar, $\frac{1}{2}$ cup sweet cream, 1 tablespoon butter, 1 teaspoon vanilla. Cook until the soft ball stage, beat and add nuts.

—Mrs. Carl Anderson.

SOUTHERN PRALINES—To 3 cups of sugar add 1 cup of water and 1 tablespoon butter. Boil until it drops brittle in cold water and add 1 cup nut meats, stirring until creamy. Drop out by spoonful on buttered plates.

—Frances Foster.

MARSHMALLOW FUDGE—Two cups sugar, 1 cup milk, pinch of salt, 2 tablespoons corn syrup, 2 tablespoons cocoa, 1 tablespoon butter, 6 marshmallows, few drops vanilla.

Cook sugar, milk, salt, corn syrup and cocoa until it forms a very soft ball in cold water. Add marshmallows and let boil until a little dripped in cold water can be easily picked up (soft ball) then add butter and vanilla. Beat until thick, add nut meats if you desire.

—Mrs. M. A. Johnson, Wahoo, Nebr.

CORN SYRUP FUDGE—Two oz. chocolate, $\frac{1}{2}$ cup cold milk, 2 cups granulated sugar, $\frac{1}{3}$ cup corn syrup, 2 teaspoons of butter, 1 teaspoon vanilla. Grate chocolate and add other ingredients, except vanilla. Cook and stir slowly until it forms a soft ball in water. Add vanilla and beat.

—Margaret Spenberg.

CHOCOLATE FUDGE—Take 4 cups sugar, 4 tablespoons cocoa, 2 cups milk, 4 teaspoons syrup. Mix well and then place on the fire. Stir occasionally. Boil until it forms a soft ball in cold water. Remove from the fire and add 1 tablespoon butter. Let it stand to cool and then add 1 cup nuts and vanilla. Beat until it begins to harden, then put in buttered pans.

—Esther M. Bloom.

CHOCOLATE FUDGE—Two cups granulated sugar, 1 cup cream or milk, $\frac{1}{4}$ cake chocolate or 2 tablespoons cocoa, 1 tablespoon butter, vanilla.

Put sugar and cream in pan, when this becomes hot add chocolate and stir vigorously and constantly, put in butter when begins to boil, stir until creams and thickens when beaten with a fork on a saucer. Remove from fire and beat until thick. Nuts may be added.

—Mrs. Elmer Heil, Mrs. Gust Johnson.

CALICO FUDGE—One and one-half cups granulated sugar, $\frac{3}{4}$ cup brown sugar (dark), $\frac{2}{3}$ cup milk, 2 tablespoons butter, 4 tablespoons peanut butter. Boil the sugar and milk until it forms a soft ball in water. Add the butter and peanut butter, and beat until a thick cream. Pour on buttered pan over cut marshmallows. If the sugar is light brown use about a cup of each.

—Inez Hult.

FRANCONIA FUDGE—One-half cup cream, $\frac{1}{4}$ cup Karo syrup, 2 cups sugar, $\frac{1}{4}$ cup butter, 2 squares unsweetened chocolate (or 2 tablespoons cocoa) $\frac{1}{2}$ cup nut meats, 1 teaspoon vanilla.

Boil until it forms a soft ball in cold water. Beat until creamy, add nuts and vanilla, and pour into a buttered pan to cool. Cut in squares.

—Mrs. Walter Lund.

PANOCHE—Three cups C sugar, $\frac{1}{2}$ cup milk, 1 tablespoon butter, 1 teaspoon vanilla. Add nuts, if desired

Melt butter, add sugar and milk. Cook until it forms a soft ball in water. Beat until creamy, pour on plate. Cut into squares.

—Margaret Anderson.

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PENCHUE—Two cups light brown sugar, $\frac{1}{3}$ cup milk or cream, 1 tablespoon butter, $\frac{1}{8}$ teaspoon cream of tartar, $\frac{3}{4}$ cup chopped nuts, 1 teaspoon vanilla

Put sugar, milk, butter and cream of tartar into sauce pan. Boil with as little stirring as possible, until it makes a soft ball when tested in cold water. Take from fire, add nuts and vanilla, beat until thick and pour into greased tins.

—Violet Bergstrom.

CANDY PINOCHE—One-half cup white sugar, $1\frac{1}{2}$ cups brown sugar, 1 cup cold cream and milk mixed, butter size of walnut, 1 teaspoon vanilla, $\frac{1}{2}$ cup chopped nut meats. Cook until it spins a thread, at flavoring and nut meats and beat, turn out on a buttered platter.

—Geraldine Peterson.

COCOANUT FUDGE—One-half envelope Knox gelatine, 3 tablespoons cold water, 1 cup shredded cocoanut, 2 cups sugar, 1 cup milk, $\frac{1}{2}$ tablespoon butter, 1 teaspoon vanilla.

Soak gelatine in cold water five minutes. Put sugar and milk in sauce pan, bring to boiling point and let boil until when tried in cold water a soft ball may be formed. Remove from range, add soaked gelatine, butter and vanilla. Beat until creamy, add cocoanut and turn into buttered pan.

—Mrs. Leslie Hultquist.

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MARSHMALLOWS—2 tablespoons Knox gelatine, $1\frac{1}{4}$ cups water, 2 cups sugar, few grains salt, 1 teaspoon vanilla. Soak gelatine in $\frac{1}{2}$ the water five minutes. Boil the remaining water and sugar until syrup will spin a thread when dropped from tip of spoon. Add soaked gelatine and let stand until partly cooled. Then add salt and flavoring. Beat until mixture becomes white and thick. Pour into granite pans thickly dusted with powdered sugar, having mixture one inch in depth. Let stand in cool place until thoroughly cooled. Turn on a board and cut into cubes. Roll these cubes in powdered sugar.

—Lillian Olson.

MARY PICKFORD FUDGE—Three cups sugar, $\frac{3}{4}$ cup Karo syrup, 1 cup milk or water, 1 tablespoon vinegar, 1 egg, 2 squares chocolate or 4 tablespoons cocoa, 1 tablespoon butter, vanilla.

Beat egg, add sugar, syrup, water, vinegar and chocolate, and cook until it forms a soft ball. Add butter and vanilla and beat until creamy.

—Mrs. Fred Hultquist, Mrs. Edwin Lauger.

WHIPPED CREAM CHOCOLATE FUDGE—Two cups sugar, 1 tablespoon Karo syrup, 1 cup milk, 2 tablespoons cocoa, 1 teaspoon butter, $\frac{1}{2}$ teaspoon vanilla, $\frac{1}{4}$ cup nuts.

Place Karo, sugar, milk and cocoa on stove and cook until it forms a soft ball in cold water. Stir occasionally. Remove from fire and stir in butter. Add vanilla, let cool 5 minutes. Beat vigorously until heavy and begins to break. Add nuts and stir as long as possible. Pour out on greased platter. When cool, cut in squares.

—Marjorie Olson.

FUDGE—One cup brown sugar, 1 cup white sugar, 1 cup milk, 1 cup English walnuts, butter the size of a walnut, square of chocolate, 1 teaspoon vanilla.

Cook until it forms a soft ball. Beat until it becomes a little creamy. Quickly add nuts and vanilla and pour into buttered pans. Cut into squares.

Margaret Anderson.

FUDGE—Two cups granulated sugar, 1 cup milk, 3 or 4 teaspoons cocoa, 1 teaspoon vanilla. Cook until a little dropped into cold water forms a soft ball. Then remove from fire and beat until creamy. Pour into buttered pan and cut into squares. Nuts may be added.

—Clarette Norman.

DIVINITY—3 cups sugar, $\frac{3}{4}$ cup white Karo syrup, 1 cup water, pinch of cream of tartar, 1 egg white, $\frac{1}{3}$ cup English walnuts.

Place sugar, Karo and water in kettle over good fire. Add cream of tartar and stir until all is dissolved. Let cook until it will form a hard ball when tested in water. When syrup has cooked the proper amount, set it off the stove and let cool about 5 minutes. In the meantime beat egg white very stiff, then add syrup. Next add nuts and vanilla flavoring and stir the batch until it begins to set and get heavy. Spoon out the candy in little kisses on waxed paper.

—Mrs. Paul R. Hultquist.

DIVINITY CANDY—Three cups sugar, $\frac{3}{4}$ cup corn syrup, 1 cup cream, 1 tablespoon butter, 1 cup nuts. Cook until a soft ball in water, then beat until stiff.

—Helena Johnson.

DIVINITY—Three cups granulated sugar, $\frac{1}{2}$ cup white syrup, $\frac{1}{2}$ cup water, 1 teaspoon vanilla, 1 cup chopped nuts, whites of 2 eggs.

Boil sugar, syrup and water together until it will make a soft ball in cold water. Pour the syrup slowly into the beaten whites and beat vigorously. Add nuts and flavoring. Beat until quite stiff and pour onto a buttered plate.

—Marcile Lund.

DIVINITY CANDY—Three cups white sugar, 1 cup cream or milk, 1 cup corn syrup.

Cook until it makes a soft ball in water and then add 1 cup nuts. Beat it hard, pour on buttered plate.

—Mrs. Ernest Sandeen, Mrs. Nellie Woline.

DIVINITY CANDY—Two cups sugar, 1 cup water, $\frac{1}{2}$ cup white corn syrup, 2 egg whites beaten stiff.

Cook syrup, sugar and water until it forms a hard ball when dropped in cold water. Pour over the stiffly beaten egg whites and beat until it begins to harden, then add vanilla flavor and 1 cup nut meats. Pour on a buttered pan to cool.

—Mrs. Luther Morgan.

MAPLE CREAM CANDY—Four cups brown sugar, 1 cup cream, butter size of an egg, 1 teaspoon maple flavoring, 1 cup nuts. Cook the sugar, cream and butter until it forms a soft ball in water. Remove from stove and add flavoring and nuts. Beat five minutes, pour in buttered pan; when cold cut in squares.

—Margaret Sponberg.

CREAM CANDY—Four cups sugar, $1\frac{1}{2}$ cups water, vinegar, 1 tablespoon extract.

Cook until threads, do not stir. Pour out of pan on buttered plate but do not scrape pan.

—Mrs. Martin Jacobson.

MOLASSES TAFFY—Boil 3 cups molasses until it forms a hard ball in cold water. When removing from fire add half teaspoon soda, beat and pour into buttered plates. When cool enough to handle, butter hands and pull taffy till light colored. This must be done where it is cold, pull into narrow strips and hang up to harden. Break into convenient size.

—Evelyn Peterson.

CHOCOLATE FUDGE CANDY—Three cups granulated sugar, $\frac{3}{4}$ cup syrup, 1 cup sweet cream, 1 tablespoon vinegar, 2 squares of chocolate or 4 tablespoons cocoa, 1 egg.

Mix all together and let come to a boil, then add 2 tablespoons butter. Boil until it forms a soft ball when dropped in cold water, then add vanilla. Beat, add nuts last.

—Eleanor and Iris Miller.

FIG ROLL—One pound figs, 1 pound dates, 1 pound raisins, 1 pound nuts.

Put all through the meat grinder and roll in form of bologna, then roll in powdered sugar.

—Mrs. Ernest Sandeen,

Mrs. Roy Kennedy.

Mrs. Esther Krantz Johnson.

HEAVENLY BLISS—One-half cup white Karo corn syrup, 2 cups sugar, $\frac{1}{2}$ cup boiling water.

Cook until it forms a soft ball in water, then remove from fire. Have ready 2 whites of eggs well beaten. Beat into the candy until it thickens. Add $\frac{1}{2}$ cup home grown walnut meats. Pour into square buttered pan and when cool cut into squares.

—Mrs. Victor Sandeen.

GUM DROP CANDY—One box Knox gelatine, 4 cups sugar, $1\frac{1}{2}$ cups boiling water, 1 cup cold water

Soak gelatine in cold water 5 minutes. Add the boiling water; when dissolved add the sugar and boil slowly for 15 minutes. Divide into parts and add coloring and flavoring to suit taste. Pour into shallow tins and let stand 24 hours. Cut into squares and roll in sugar and let stand to crystalize.

—Mrs. C. J. Anderson, West Burlington, Iowa.

FUDGE— $2\frac{1}{2}$ pounds sugar, $\frac{1}{2}$ pound glucose, 1 quart cream, 1 tablespoon butter, 1 cup nut meats.

Cook to soft ball degree. —Mrs. C. H. Johnson.

TURKISH NAUGOT CANDY—One pound English walnuts, 5 cups sugar, $\frac{1}{2}$ pint Karo syrup, $\frac{1}{2}$ cup hot water.

Place syrup, sugar and water over fire, stirring until suga is dissolved. Cook until a hard brittle ball can be formed by dropping in cold water. Have whites of 3 eggs beaten stiff, and beat hot syrup into them beating constantly and when getting hard add nuts and 1 teaspoon vanilla. Pour into buttered pan and cut in squares when partly set.

Mrs. Arthur Miller.

CREAM PEPPERMINT CANDY—Two cups sugar, (powdered preferred), 6 tablespoons water; boil until it spins a thread, take from fire, then add 1 tablespoon sugar, $\frac{1}{4}$ teaspoon cream of tartar and $\frac{3}{4}$ teaspoon essence of peppermint. Mix all these three and add to first. Beat till you can drop from a spoon on oil paper.

—Mrs. Amil Johnson.

PEANUT BUTTER FUDGE—Two cups sugar, 1 cup milk or cream, 1 tablespoon butter, $\frac{1}{2}$ teaspoon vanilla, 2 heaping tablespoons peanut butter.

Cook until it forms a soft ball when dropped in cold water. Beat until it thickens and pour in buttered pan to cool.

—Mildred Spenberg.

SEA FOAM CANDY—Two cups sugar, $\frac{1}{2}$ cup corn syrup, $\frac{3}{4}$ cup boiling water, $\frac{1}{2}$ cup chopped walnuts 3 egg whites $\frac{1}{2}$ teaspoon vanilla.

Boil sugar, syrup and water until a hard ball is formed in cold water, or it spins a thread. Beat the egg whites stiff and dry, then pour on the syrup very gradually; add the nuts cut fine and beat until very creamy. Spread on buttered pan and cut in squares.

—Mrs. Carl Sandberg.

SUGARED WALNUTS—Two cups shelled walnuts, 1 cup light brown sugar, 8 tablespoons water

Cook syrup until it threads, remove from fire and add the walnuts. Stir until all are coated with syrup. Break apart after they become dry. Be sure that syrup is cooked long enough to become crystalized on nuts. Other kinds of shelled nuts may be used.

—Mrs. Harlan Lindell, Arcadia, Calif.

PEANUT CLUSTERS—One pound salted peanuts, $\frac{1}{2}$ bar sweet chocolate, a piece of paraffin about the size of a 50c piece. Put paraffin and chocolate in double boiler, when melted good, mix well with peanuts and drop in spoonful on waxed paper.

—Mrs. Ernest Seabbranch.

DATE NUT CANDY—One lb. dates, 1 cup nuts, 3 cups sugar, 1 cup milk. Remove seeds from dates. Mix dates, sugar and milk and boil until the mixture begins to harden in pan. Add nuts and pour on a cloth that has been wrung out in cold water. Mold with hands to a roll, and let cool. Cut in slices.

—Mrs. Floyd Canby.

POP CORN BALLS—For 4 quarts of popped corn take 1 cup molasses, $\frac{1}{2}$ cup sugar, 1 tablespoon butter. Boil until it forms a ball in cold water, then add $\frac{1}{4}$ teaspoon soda, when it bubbles up good, pour over pop corn and stir well. Dampen hands in cold water and form balls.

—Contributed.

CHOCOLATE POP CORN BALLS—One and one-half cups sugar, $\frac{2}{3}$ cup table syrup, $\frac{2}{3}$ cup water, 3 tablespoons butter, $\frac{1}{2}$ cup cocoa, 2 teaspoons vanilla, about 4 quarts of pop corn well salted.

—Contributed.

Notations

Sandwiches

“It’s just two slices of bread
and a filling.”

RIBBON SANDWICH—Cut slices of bread thin, spread first slice with ground boiled ham mixed with mayonnaise, cover with another slice of bread spread with cheese ground and moistened with mayonnaise, on the third slice spread ground olives, nuts and mayonnaise. Press tightly together and cut slices about half-inch thick.

—Marvoleen Peterson.

CHICKEN SALAD SANDWICH FILLING—1 chicken cooked tender, meat run through food chopper, 1 bunch of celery cut fine, 1 can peas drained, 6 pickles cut fine, 2 hard boiled eggs, salt and pepper. Mix all together and moisten with mayonnaise. Makes 50 or more sandwiches.

—Mrs. Alfred Peterson.

TUNA FISH SANDWICHES—One can tuna fish, add a bunch of celery cut up fine, and $\frac{1}{2}$ an onion grated. Add mayonnaise. Spread on white bread with lettuce leaf.

HAM SANDWICHES—2 cups boiled ham, $\frac{1}{2}$ lb. cheese, small bottle stuffed olives, 1 sweet pepper. Put through the food chopper, and moisten with salad dressing to spread easily.

—Laura J. Hoggatt.

SANDWICH FILLING—One pound dried beef, 15 hard boiled eggs, 1 quart cucumber pickles, all ground fine. Mix with 1 quart salad dressing. This amount will serve about 125 people.

—Contributed.

SANDWICH FILLING—Take a small box of sardines and allow cold water to run over them to remove oil. Remove skin and bones, chop 1 hard boiled egg fine, and add to fish, then mix with some dressing, salt and pepper.

—Contributed.

BACON SANDWICH FILLING—Take five or six slices of fried bacon, 2 hard boiled eggs, a little onion, a few olives. Grind, season and mix with mayonnaise.

—Mrs. Victor Lauger.

SANDWICH FILLING—Equal parts weiners and boiled ham ground up, and a few cucumber pickles. Mix with mayonnaise.
—Mrs. Gust Anderson.

RAISIN SANDWICHES—Mix 1 cup chopped seeded raisins with $\frac{1}{4}$ cup peanut butter. Moisten to a spreading consistency with a little hot water. Use as a filling between layers of white unbuttered bread.

—Carrie Anderson.

CHEESE SANDWICH FILLING—Two-thirds cup pimento cream cheese, 1 tablespoon finely chopped green pepper, 1 teaspoon chopped onion, $\frac{1}{4}$ teaspoon salt, 2 tablespoons chopped celery, $\frac{1}{8}$ teaspoon paprika, 2 tablespoons mayonnaise

Cream cheese with a fork until soft and very creamy. Add all the rest of the ingredients and beat for 1 minute. Spread between slices of buttered bread. Add lettuce leaves and firmly press together.
—Contributed.

STRONG SANDWICHES—Two white onions, $\frac{1}{2}$ cup thick mayonnaise, 1 cup butter, $\frac{1}{2}$ loaf white or rye bread.

Chop onions very fine and mix with mayonnaise. Spread between thin slices of bread. Sardines may be added to such sandwiches.
—Carrie Anderson.

CHEESE AND OLIVE SANDWICHES—Cream cheese or grated American cheese may be used. Mix with chopped olives or chopped pimentos and sufficient boiled salad dressing to make it of the right consistency to spread. Additional seasoning may be used if needed. Spread between thin slices of buttered bread.

—Mrs. William Carden, Winfield, Iowa.

CLUB FILLING FOR SANDWICHES—One lb. dried beef, 1 quart tomatoes, $\frac{1}{2}$ lb. cheese. Cook a quart of tomatoes until it measures a cupful, then add the chipped beef and diced up cheese. Season to taste with sugar and salt.
—Mrs. Floyd Canby.

Notations

Miscellaneous

“Feed your husband well, and then ask
for anything you wish.”

BROWN BETTY (to be served hot with meat)—Four cups fresh sliced apples, 2 cups dried bread grated, $\frac{1}{2}$ cup butter, 3 tablespoons molasses, $\frac{1}{4}$ teaspoon cinnamon, 1 cup boiling water, $\frac{1}{4}$ cup sugar (or more if liked).

Melt butter, mix well with bread crumbs, pour boiling water on molasses and sugar. Place in baking dish, apples and crumbs alternately, moisten crumbs with syrup mixture and sprinkle cinnamon over apples. Do not moisten top layer.

—Mrs. L. G. Larson.

FRIED PINEAPPLE—Take large rounds pineapple, cut in halves, dip in fresh dried bread crumbs, then in beaten egg, then in crumbs again. Fry in butter till golden brown, serve with any kind of meat.

—Mrs. Oscar Benson, Kane, Pa.

GOLDENROD EGGS—White sauce, 2 cups milk, 1 tablespoon flour, season with salt, pepper and butter. Have six hard boiled eggs. To the white sauce add the chopped whites. Pour over slices of toast and put the yolks (riced) over the top. Serve hot.

—Josephine Anderson.

CHEESE SOUFFLE—Two tablespoons butter, 3 tablespoons flour, $\frac{1}{2}$ cup scalded milk, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup grated American cheese, yolks of 3 eggs well beaten, whites of 3 eggs beaten stiff, $\frac{1}{4}$ teaspoon paprika.

Method—Melt butter, add flour, mix well, add milk, salt, paprika, then cheese and remove from fire. Add yolks, fold in whites, and bake in buttered pan about 25 minutes. Serve at once. Very good served with salads made with French dressing.

—Miss Hilda Benson, Chicago, Ill.

Notations

K

Invalid Cookery

(Contributed)

"I believe in sunshine, fresh air, friendship, calm sleep, beautiful thoughts."

—Hubbard.

GRAPE FOAM—Fill a glass $\frac{1}{4}$ full chopped ice; pour over it $\frac{1}{2}$ glass of pure grape juice, beat the white of 1 small egg until very stiff; pile lightly on the grape juice and sprinkle with powdered sugar. This is delicious and nutritious.

EGG NOG—Beat the white of 1 egg very stiff and add a pinch of salt and a grating of nutmeg. Beat the yolk until light and creamy and add 1 tablespoon of granulated sugar and beat well; then add carefully 1 tablespoon of brandy and $\frac{1}{2}$ cup of milk; add this mixture to the beaten white.

ORANGEADE—Use the juice from 1 orange and 1 tablespoon lemon juice. Sweeten to taste. Fill the remainder of the glass with water and chipped ice.

CHOCOLATE MALTED MILK—Boil together 1 tablespoon each of sugar, malted milk and cocoa, with a little water. When cool add to rich milk to make a glass full. Flavor with vanilla. May be served hot if desired. A beaten egg may also be added.

ICE CREAM IN A ROSE—Cut a round shape out of a piece of pasteboard and paste on to it a lace doily or a clean piece of white paper; take the leaves of a rose and arrange them in a circle, putting a little gum at the base of each leaf and pressing it firmly so that it will stand up; put two layers or as many as you like; fill the center with vanilla ice cream. Lay a green leaf beside the rose.

BREAD FOR SERVING—Cut bread in fancy shapes, round, finger shapes, triangles. Be very careful to have it neat on the edges. For toasting, dry on one side, then on the other and then brown to a golden brown. The bread must be crisp, as in this way part of the starch is changed to sugar and the bread is easily digested. If it is soft in the middle, it forms a soggy mass in the stomach.

EGG IN A NEST—Cut a slice of bread, toast thoroughly; beat the white of 1 egg until it is very stiff; spread the egg white over the toast; make a depression in the center of it and drop the whole yolk into it; bake in a very slow oven until the egg is firm.

EGG NESTS—Fasten a piece of bacon around small nests of mashed potatoes, break an egg in each nest. Bake in a moderate oven till egg is firm and bacon crisp.

POACHED EGG ON TOAST—Break and drop egg into a pan of boiling water. Let stand till firm enough to remove with tablespoon. May be served on hot buttered toast.

OATMEAL GRUEL—Add $\frac{1}{4}$ cup rolled oats to $1\frac{1}{2}$ cups of boiling water; boil five minutes over direct heat and then cook in the double boiler for two hours; strain and heat; then add milk or cream as desired.

CREAMED TUNA FISH—Make a cream sauce, then put a can of tuna fish into sauce and heat through thoroughly. May be served with hot buttered toast.

BAKED CUSTARD—Two cups milk, 3 eggs, beaten together, $\frac{1}{2}$ cup sugar, pinch salt, 1 teaspoon vanilla. Mix and place pan in another pan containing hot water. Place in oven and bake.

ORANGE BASKET—Cut two pieces from an orange, leaving a strip in the center for a handle; take out the pulp, fill basket with a jello made from the orange.

SCHMIDT BROS.

FRESH HOME KILLED, HOME
CURED MEATS

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WINFIELD, IOWA

ORANGE JELLO—One-half cup orange juice, 2 teaspoon lemon juice, 3 tablespoons sugar, 2 tablespoons boiling water, 1 tablespoon cold water, $1\frac{1}{2}$ teaspoon granulated gelatin. Soak the gelatin in cold water; add the boiling water, sugar, lemon and orange juice. Strain.

—Mrs. O. S. Christell, Chicago, Ill.

VANILLA MOUSSE—One pint cream, $\frac{1}{2}$ cup sugar. Beat the cream until very stiff and add the sugar, beating it well. The cream must be stiff enough to cut with a knife. Fill a mold with this whipped cream. Any desired flavoring may be used. Place a buttered paper with the buttered side up, over the cream. Then put on a tight cover. Bury this in a pail of ice and salt, using $\frac{2}{3}$ ice and $\frac{1}{3}$ rock salt. Do not touch for 4 hours. Take out the mold and pour cold water over it and unmold.

ORANGE PULP—Cut the orange in two with a sharp knife; take out the pulp in perfect pieces and serve very cold in a sherbert glass.

D. L. COOKES

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No. 117 North Main Street

MT. PLEASANT, IOWA

Notations

Anti-Constipation Diet

One glass of water half hour before breakfast.

Breakfast—7 to 8 A. M.

Raw Fruit: Apple, pear, half grapefruit, orange, seeded grapes, figs.

Cooked Cereals: Three to six tablespoonsful. Oatmeal, Ralston's, Wheatena, Pettijohn, serve with 3 ounces of cream and teaspoonful of sugar.

One egg or two slices of bacon (not crisp), or three slices of French toast (using bran or graham bread), one bran muffin with honey, 8 ounces of milk.

Noon Meal—12 to 1 P. M.

Beef, mutton, chicken or oyster broth. Thicken with cereal, toast, bread or crackers. Two to four tablespoonsful of minced lamb, beef, mutton, chicken or fish.

One medium sized baked potato or small sweet potato, well mashed with salt and a generous portion of butter added. Two or more tablespoonsful of vegetables. Choice of spinach, peas, string beans, asparagus, tomato, tender beet tops, celery, beets, carrots, water cress, squash, turnip, onion, lettuce, tops of cauliflower or cabbage. One bran muffin with butter. 8 ounces of milk.

Dessert: Two to four tablespoonsful of gelatine or bread pudding made with bran or graham bread.

Evening Meal—6 to 7 P. M.

Six ounces cream vegetable soup: pea, corn, tomato, potato, celery or asparagus (made with milk, flour, butter and salt). Three to six tablespoonsful of cooked cereal (see variety above).

Two or more tablespoonsful of vegetables as above. One bran muffin with molasses or honey. Stewed fruit (two to four tablespoonsful): apple sauce, prunes, rhubarb, peaches, pears, figs, apricots or baked apple with cream. 8 ounces of milk.

Obs! The diet above is mainly for children. Should only be strictly followed four weeks.

Notations

Household Hints

Save syrup from pickled peaches or apples and use in your mincemeat.

Pour sauce around fish or puddings, and not over them.

A spoonful of vinegar in kettle of hot lard will prevent doughnuts from absorbing fat.

Pineapple juice or grated pineapple added to lemonade is delicious.

One teaspoon sweet cream in frosting prevents crumbling when cut.

Time saver for escalloped dishes. Heat liquid to the boiling point before pouring over the escalloped dish.

Pumpkin and custard pies are better if the crust is baked a little before putting the filling in.

For your wedding picture, for the confirmation class, for family groups and for the baby's picture.

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MT. PLEASANT, IOWA

will make a picture of which you will be proud.

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Notations

Notations

Notations

Notations

A Good Recipe

Take a gill of forbearance, one pint of submission, twelve ounces of patience, a handful of grace. Mix well with the milk of human kindness and serve with a radiant smile.

Congratulations!

We commend our friends and neighbors, the ladies of Swedesburg and community, for revealing their many culinary secrets in this most complete Cook Book, and by this effort contribute, in a measure to the financing of their magnificent new Church, now nearing completion, and of which they should be justly proud.

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