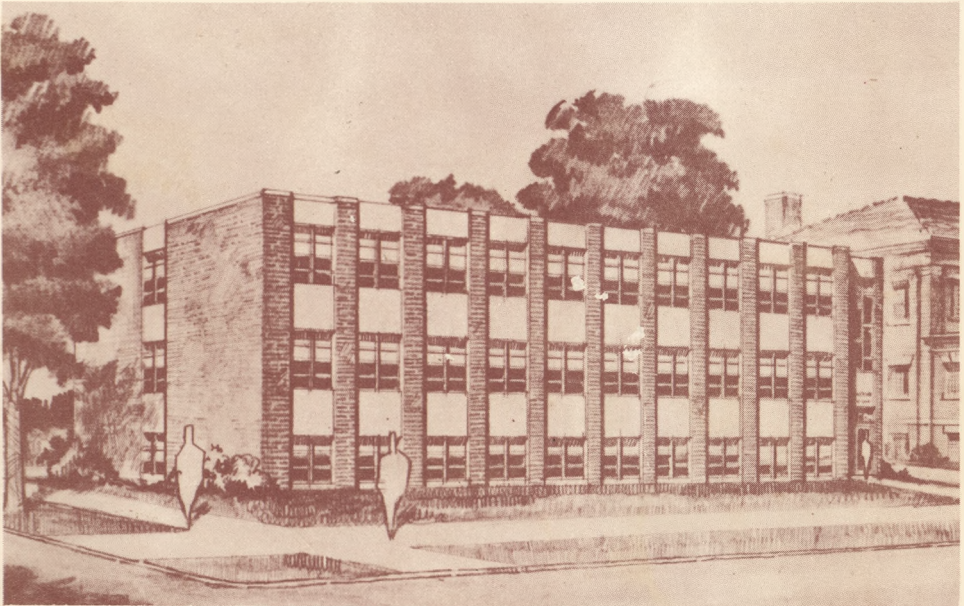


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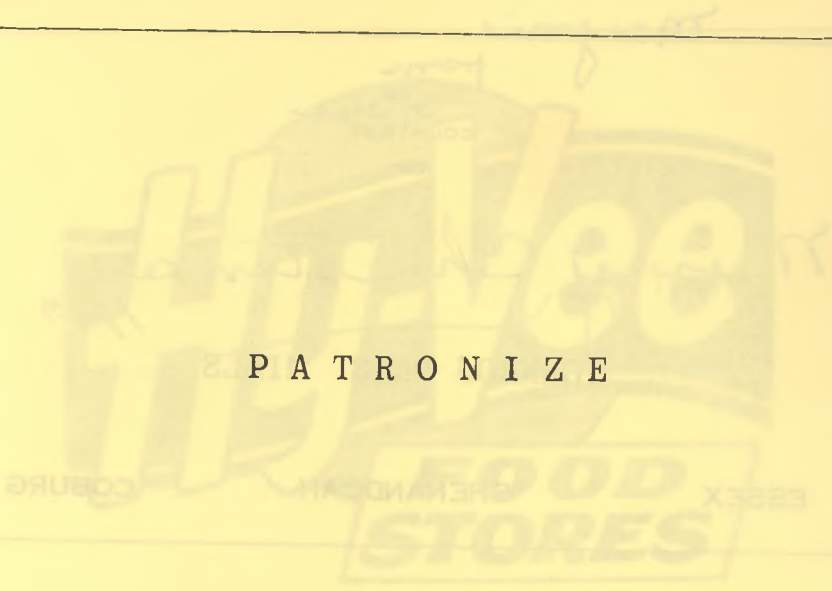
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## DEDICATION

THIS BOOK IS DEDICATED TO THE MODERN HOME. IN OUR HOME TODAY, AS ALWAYS, LIFE IS CENTERED AROUND OUR KITCHENS. IT IS WITH THIS THOUGHT IN MIND THAT WE, THE SPONSORS, HAVE COMPILED THESE RECIPES. SOME OF THEM ARE TREASURED OLD FAMILY RECIPES. SOME ARE BRAND NEW, BUT EVERY SINGLE ONE REFLECTS THE LOVE OF GOOD COOKING THAT IS SO VERY STRONG IN THIS COUNTRY OF OURS.

## EXPRESSION OF APPRECIATION

WE WANT TO EXPRESS OUR APPRECIATION TO ALL THOSE MERCHANTS WHOSE GENEROUS COOPERATION IN THIS PROJECT MADE IT POSSIBLE FOR US TO PUBLISH THIS BOOK.

WE ALSO WANT TO THANK ALL THOSE PEOPLE WHO GAVE SO GENEROUSLY OF THEIR TIME AND ENERGY IN COLLECTING AND SUBMITTING RECIPES AND ASSISTED IN THE SALE. WITHOUT THEIR HELP THIS BOOK WOULD NOT HAVE BEEN POSSIBLE.

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THE RECIPES IN THIS BOOK MAY NOT HAVE BEEN LABORATORY TESTED, BUT THEIR MERIT HAS BEEN ESTABLISHED BY CHURCH AND CIVIC GROUPS AND THE MOST CRITICAL GROUP OF ALL - - HUSBANDS !

EDUCATION

THIS BOOK IS DEDICATED TO THE MODERN HOME IN OUR HOME TODAY, AS ALWAYS, LIFE IS DEVOTED AROUND OUR PLANNING. IT IS WITH THIS THOUGHT IN MIND THAT WE THE PUBLISHERS, HAVE COMPILED THESE RECIPES. SOME OF THEM ARE TREASURED OLD FAMILY RECIPES, SOME ARE BRAND NEW, BUT EVERY SINGLE ONE REFLECTS THE LOVE & GOOD COOKING THAT IS SO VERY STANDING IN THE COURSE OF LIFE.



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## Relishes,



## JELLIES,



Everytime a jar is opened,  
for my family's repast,  
I shall serve, quite as an extra,  
memories of the summer past.

## Pickles

## CANNING

When making jelly and jam hang a piece of string over the edges of the glass before pouring in paraffin. This makes it easier to remove paraffin when opened for table use.

Jam or jelly that is hard or sugary will be like new if you leave it in a warm oven until the sugar softens.

Add two tablespoons vinegar when canning strawberries, this will retain the red color of the berries.

You can make jelly much clearer and more attractive looking by straining the fruit and juice through a flour sifter. It saves a lot of time and effort too.

To prevent jam from burning, rub the bottom of preserving pan with a little oil. It prevents burning.

To keep dill pickles crisp, add a teaspoon of alum to the liquid when pickles are canned.

Use only sack salt for pickles and kraut because other salt has been treated, thus will soften, discolor, and give unpleasant taste.

To keep pickles from shriveling add one heaping tablespoon of alum to first salt water.

**How To Prevent Mold in Jelly:** If circles of tissue paper the size of the tops of jelly glasses are dipped in vinegar and placed on top of jelly or jam they will not mold.

Do not peel pears for canning, scald as you do tomatoes and the skins will slip off.

If you wash strawberries thoroughly before stemming there will be no waste and your berries will stay firm.

When canning tomatoes, put onions and peppers in with them. This is grand with rice or macaroni and it is all ready to use.

When preparing pears or peaches for canning add a teaspoon salt to the water in which they stand to prevent them from turning brown.

**New Preserving Method:** If you are interested in "extra-special" preserves, freeze the fresh fruit in season and make it into preserves as you need it. Laboratory tests at the Illinois College of Agriculture indicate that this method is superior to the old one of making the preserves when the fruit is in season.

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BRANNEN'S SUPER-VALU  
KNOWN FOR FAMOUS BRANDS  
SHENANDOAH, IOWA

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RELISHES, JELLIES, PICKLES

CABBAGE PATCH SALAD

Dressing:

2 Tbsp. plain gelatin	1 tsp. celery seed
1/4 c. cold water	1 tsp. salt
1 c. vinegar	1/4 tsp. pepper
1 1/2 c. sugar	1 c. salad oil
8 c. shredded cabbage	1 chopped onion
2 c. shredded carrots	2 chopped green peppers

Combine gelatin and cold water and let stand to soften. Heat vinegar and sugar to dissolve. Add seasonings and gelatin. Let cool to the thickness of cream and beat in the salad oil.

Combine vegetables and toss with enough dressing to moisten. Refrigerate 24 hours. Vegetables will stay crisp. Serves 14.

Miss Lyllis Wetmore

CUCUMBER RELISH

12 large ripe cucumbers	3 c. sugar
12 medium sized onions	1 qt. vinegar
12 red peppers, canned	1 tsp. black pepper
pimientos can be substituted	1 Tbsp. celery seed
12 green peppers	parsley (optional)
1/2 c. coarse salt	1/2 tsp. dry mustard (optional)

Prepare cucumbers, onions, peppers and run through coarse food chopper. Drain off juice. Cover with 1/2 cup coarse salt and boiling water. Let stand 1/2 hour; drain well. Bring to a boil sugar, vinegar, black pepper and celery seed. Pour over vegetables and boil 1 hour. Seal in jars. Makes 9 pints.

Mrs. Ray F. Meyer

## BEET RELISH

2 c. cooked beets, ground	1/2 tsp. salt
2 c. cabbage, cut finely	1/2 c. sugar
2 Tbsp. horseradish	1 c. vinegar

Boil vinegar with 1 teaspoon whole spices, tied in a cloth bag. Cool and pour over the other ingredients in a bowl.

Mrs. E. J. Gottsch

## TOMATO MARMALADE

2 c. cut and peeled tomatoes, cooked down	1 lemon, sliced
2 c. apples, cut and peeled	2 heaping tsp. preserved ginger or 2 sticks cinnamon
3 c. sugar	

Combine fruit and lemon. Cook 15 minutes, then add sugar. Cook until thick. Add ginger last 10 minutes. Seal in sterilized jars.

Mrs. George Teachout

## RHUBARB JAM

5 c. rhubarb, cut in 1 inch pieces	4 c. sugar
1 c. drained, crushed pineapple	1 pkg. strawberry or raspberry jello

Mix all but jello and let stand 30 minutes. Bring slowly to boil, cook 12 minutes, stirring constantly. Remove from heat. Add jello, pour into glasses.

Mrs. Jennie Ness

## PEPPER RELISH

24 green tomatoes	6 onions
6 green peppers	1 bunch celery
3 red peppers	

Grind all - add:

3 Tbsp. salt	1 qt. water
--------------	-------------

Cook 30 minutes and drain in colander. Add 3 cups sugar and 3 cups vinegar. Cook 20 minutes and seal hot in jars.

Mrs. Edna Buntz



## Hors d'Oeuvres, Party and T. V. Snacks

If nature did not give you that  
which is yours by right,  
Just nibble at these dainties to  
give you an appetite.

WEDDING ANNIVERSARIES

- First Year . . . . . Paper
- Second Year . . . . . Cotton
- Third Year . . . . . Linen
- Fourth Year . . . . . Silk
- Fifth Year . . . . . Wood
- Sixth Year . . . . . Iron
- Seventh Year . . . . . Copper
- Eighth Year . . . . . Bronze
- Ninth Year . . . . . Pottery
- Tenth Year . . . . . Tin
- Fifteenth Year . . . . . Crystal
- Twentieth Year . . . . . China
- Twenty-Fifth Year . . . . . Silver
- Thirtieth Year . . . . . Pearl
- Thirty-Fifth Year . . . . . Coral
- Fortieth Year . . . . . Ruby
- Forty-Fifth Year . . . . . Sapphire
- Fiftieth Year . . . . . Gold
- Fifty-Fifth Year . . . . . Emerald
- Seventy-Fifth Year . . . . . Diamond

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BRANNEN'S SUPER-VALU  
KNOWN FOR FAMOUS BRANDS  
SHENANDOAH, IOWA

---

HORS D'OEUVRES, PARTY AND T. V. SNACKS

GLORIFIED GRAHAM CRAX

- 24 graham crackers                    1/2 c. butter  
3/4 c. brown sugar                    1/2 c. nuts, chopped fine

Place crackers on cookie sheet. Melt sugar and shortening over low heat, add nuts and spread on crackers. Bake 8 minutes at 350 degrees or until bubbly.

Mrs. H. S. Alexander

CRUNCHY CANDY BARS

- 1 c. sugar                                1/2 pkg. rice krispies  
1 c. white syrup                        1/2 pkg. corn flakes  
1 c. cream                                1 pkg. (1/2 lb.) salted peanuts

Boil sugar, syrup, cream to the soft ball stage. In a big pan or dishpan mix the cereal and peanuts. Pour hot mixture on it, stirring constantly. Press down in greased cake pans. Will fill a 13 1/2 x 9 1/2 inch cake pan and another small pan. Cool and cut into squares. Children and teen-agers love this.

Mrs. Don Jennings

CHOCOLATE SQUARES

- 1/2 c. butter or margarine            1 tsp. vanilla  
1/4 c. white sugar                        2 c. graham cracker crumbs  
5 Tbsp. cocoa                            1 c. coconut  
1 egg                                        1/2 c. chopped walnuts

Place first 5 ingredients in double boiler and melt. Remove from heat and add remaining ingredients. Mix well and press down firm in 8 x 8 inch pan. Frost. Keep in cool place. Very sweet - cut in tiny squares. This recipe came from Canada.

Mrs. Don Jennings

ICING FOR CHOCOLATE SQUARES

- 2 c. confectioners sugar                1/4 c. butter or margarine

## ICING FOR CHOCOLATE SQUARES (Continued)

2 Tbsp. custard powder or any vanilla pudding and pie mix

Combine listed ingredients and milk to moisten. Spread on chocolate squares and let cool for 20 minutes, then spread with chocolate icing or melted chocolate. Keep in cool place.

Mrs. Don Jennings

## SPICED WALNUTS

1 c. granulated sugar	1/4 c. boiling water
1/2 tsp. nutmeg, optional	1/2 tsp. vanilla
1/8 tsp. cream of tartar	2 c. English walnut halves or pecans

In saucepan combine sugar, nutmeg, cream of tartar and water; cook to 246 degrees on candy thermometer or until a little syrup forms firm ball in cold water. Add vanilla and nuts; stir until nuts are completely coated. Turn out onto greased cookie sheet or waxed paper. With two forks quickly separate the nuts. Cool. Yields 3 cups.

Mrs. Joseph O'Hara

## POPCORN BALLS

1 c. molasses	2 Tbsp. vinegar
2 c. sugar	1/2 tsp. baking soda
1 Tbsp. butter	6 qt. popped corn

Boil molasses, sugar, butter and vinegar together until a little dropped in cold water cracks. Take from fire and add 1/2 teaspoon soda. Beat briskly and pour over popped corn which has been put in large flat greased pans. Grease hands and work fast into balls. Makes 20 popcorn balls.

Mrs. Will Tyner

## PEANUT CREAM CANDY

3 c. white sugar	1 tsp. soda
1 1/2 c. rich milk	3 Tbsp. butter or oleo
3 Tbsp. white syrup	1/4 tsp. salt
1 tsp. vanilla	1 c. salted peanuts

Mix all the ingredients except the nuts and vanilla in a very large, heavy kettle. Stir until the sugar is dissolved; cover until the boiling point is reached. Uncover and boil to the soft almost firm ball stage, 238 degrees. Add vanilla. Cool to room temperature. Add nuts. Beat until it will hold its shape when dropped on

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BRANNEN'S SUPER-VALU  
KNOWN FOR FAMOUS BRANDS  
SHENANDOAH, IOWA

---

PEANUT CREAM CANDY (Continued)

waxed paper. Set pan into hot water while dipping out by teaspoon. Candy will be brown.

Mrs. Don Boylan

\*\* EXTRA RECIPES \*\*

FRUIT CREAM CANDY (Continued)

second part. Set pan into hot water with dipping pan in it. Spoon Candy with pattern on it.

\*\* EXTRA RECIPES \*\*

... ..

FRUIT CREAM CANDY

... ..

FRUIT CREAM CANDY

... ..



# SOUPS



# SALADS

"To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt and a madcap to stir the ingredients up and mix them well together."

QUANTITY COOKING

25	100	25	100
Beef and veal (roasted) . . . . .	40 lbs.	Ham (roasted) . . . . .	30 lbs.
Beans, baked (canned) . . . . . (dried) . . . . .	4 No. 10 11 lbs.	Ice Cream . . . . .	3 gals.
Beans, string (fresh) . . . . . (frozen) . . . . . (canned) . . . . .	18 lbs. 10 40-oz. pkgs. 4 No. 10	Jam or preserves . . . . .	3 quarts
Beets (fresh) . . . . . (canned) . . . . .	20 lbs. 4 No. 10	Lettuce (large heads for salad cups) . . . . .	12 heads
Butter (in squares) . . . . .	2 lbs.	Loaf sugar . . . . .	2 lbs.
Cabbage (shredded for salad) . . . . .	20 lbs.	Meat Loaf . . . . .	18 lbs.
Carrots (cooked) . . . . .	24 lbs.	Pork rib roast . . . . .	36 lbs.
Cocktail . . . . .	3 gals.	Pork chops and veal cutlets . . . . .	30 lbs.
Coffee . . . . .	2 to 2 1/2 lbs.	Peas (fresh) . . . . . (frozen) . . . . .	70 lbs. 10 40-oz. pkgs.
Corn (canned) . . . . . (frozen) . . . . .	2 No. 10 10 40-oz. pkgs.	Potatoes (mashed) . . . . . (for scalloping) . . . . .	35 lbs. 25 lbs.
Crackers . . . . .	6 lbs.	Potatoes (for salad) . . . . .	1/2 bu.
Cream for coffee . . . . .	6 pints	Rolls . . . . .	16 doz.
Cream for whipping . . . . .	1 1/4 gal.	Salad dressing (any kind) . . . . .	2 quarts
Fowl (creamed or in salad) . . . . .	32 lbs.	Soup . . . . .	6 gals.
Fowl (roasted) . . . . .	60 lbs.	Sweet Potatoes (canned) . . . . .	4 No. 10
		Sweet Potatoes (fresh, served candied) . . . . .	24 lbs.
		Tomatoes (scalloped) . . . . .	4 No. 10

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**BRANNEN'S SUPER-VALU**  
**KNOWN FOR FAMOUS BRANDS**  
SHENANDOAH, IOWA

---

SOUPS, SALADS

HOT GERMAN POTATO SALAD

2 lb. (6) potatoes	1/8 tsp. pepper
6 bacon slices	1 Tbsp. sugar
1/4 c. bacon fat	1 tsp. prepared mustard
1 1/2 Tbsp. flour	1 large onion, grated
1 c. water	chopped pimento
1/3 c. vinegar	2 stalks celery, optional
1 3/4 tsp. salt	

Slice and cook the potatoes. Fry the bacon. Make a gravy of the bacon fat, flour, water and vinegar. Add salt, pepper, sugar, mustard, onion, pimento and celery. Mix all well, add potatoes. Let set awhile and then heat. Electric skillet is good to use for this.

Mrs. Sam Knittle

TOMATO GELATIN SALAD

2 pkg. lemon gelatin	1/2 c. diced green pepper
2 to 2 1/2 c. hot liquid	2 Tbsp. grated onion
1 #2 can tomatoes	1/4 c. sour cream
1 c. diced celery	1 c. mayonnaise
1 c. diced cucumber	1 Tbsp. horseradish

Dissolve gelatin in hot liquid (use smaller amount of liquid, if you desire a salad firm enough to cut into neat servings.) Add tomatoes and their juice, stir in and cool until slightly thickened. Fold in vegetables, sour cream, mayonnaise and horseradish.

Mrs. Wayne Stevens

THREE BEAN SALAD

1 #303 can green beans	1 c. diced celery
1 #303 can wax beans	1/2 c. diced green pepper
1 #303 can kidney beans	1 onion, diced

Dressing:

### THREE BEAN SALAD (Continued)

3/4 c. sugar	1 tsp. salt
2/3 c. vinegar	1 tsp. pepper
1/3 c. salad oil	

Drain vegetables. Mix dressing ingredients in jar and shake well. Pour over vegetables and mix well. Let stand 24 hours before serving. Makes 12 generous servings.

Mrs. Ralph Seipel  
Mrs. Verna Burdick

### JELLIED BEET SALAD

1 pkg. lemon gelatin	1 1/2 c. cooked beets, diced
1 1/2 c. hot water	1/4 c. green pepper, diced
3 Tbsp. vinegar	1 1/2 c. cabbage, shredded
1 tsp. salt	1/2 tsp. onion, scraped

Dissolve gelatin in hot water; add vinegar and salt and stir. Chill until slightly thickened. Fold in prepared vegetables. Chill until firm.

Mrs. Wayne Stevens

### SAUERKRAUT SALAD

1 large can sauerkraut	1 large green pepper, diced
2 c. celery, diced	1/2 c. onion, diced

(Can also use 1/2 cup radishes, diced.) Mix all ingredients together and add 3/4 cup sugar. Let stand 2 hours before serving. When ready to serve add 1 tablespoon French dressing on each serving.

Mrs. Donald Moffet

### FAMILY SALAD

1 can shoe-peg corn, drained	1 green pepper, chopped
1 can tiny peas, drained	1 c. sugar
2 cans cut green beans, drained	1 c. vinegar
1 can pimientos, chopped	1/2 c. salad oil
1 large onion, cut in rings or chopped	1/4 tsp. coarse black pepper

Combine all ingredients. Let stand in refrigerator at least 24 hours before using.

Miss Colleen Adams

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CUCUMBER LIME GELATIN SALAD

- |                          |                         |
|--------------------------|-------------------------|
| 2 pkg. lime gelatin      | 1 onion                 |
| 1 1/2 c. hot water       | 1 pt. dry old fashioned |
| 1 Tbsp. lemon juice      | cottage cheese          |
| 1/4 tsp. salt            | 2 c. mayonnaise         |
| 2 medium sized cucumbers | 1 c. slivered almonds   |

Dissolve lime gelatin in hot water. Add lemon juice and salt. Cool but do not allow to set. Grate and drain well the cucumbers and onion. Thoroughly mix the cottage cheese, mayonnaise and almonds. Combine all ingredients. Pour into molds and chill. Serves 12.

Mrs. J. D. Wayt  
Mrs. Leon Beach

MOLDED VEGETABLE SALAD

- |                              |                             |
|------------------------------|-----------------------------|
| 1 pkg. lemon jello           | 1 c. celery, diced          |
| 1 c. boiling water           | 3 Tbsp. green pepper, diced |
| 1/2 c. cream, whipped        | 3 Tbsp. cucumber, diced     |
| 1/2 c. mayonnaise            | (optional)                  |
| 3/4 c. grated cheddar cheese | 1 Tbsp. grated onion        |
| 1 c. fresh tomato            | 1 tsp. salt                 |

Sprinkle salt over vegetables and let stand a few minutes; drain. Dissolve jello with boiling water. Cool until syrupy. Beat in whipped cream and mayonnaise. Fold in diced, drained vegetables and cheese. Turn into a square casserole, refrigerate overnight. Serves 8. When tomatoes aren't in season, substitute 1 cup grated carrots.

Mrs. John W. Behm  
Mrs. John Hall

SHERBET SALAD ✓

- |                          |                               |
|--------------------------|-------------------------------|
| 1 pt. raspberry sherbet  | 1 c. sour cream               |
| 2 pkg. raspberry gelatin | 1 1/2 c. blueberries (frozen, |
| 3/4 c. boiling water     | if possible)                  |
|                          | 1 c. boiling water            |

## SHERBET SALAD (Continued)

Dissolve 1 package raspberry gelatin in 3/4 cup boiling water. Add sherbet, stir to blend. Pour into mold; chill until firm. Spread with sour cream. Dissolve second package raspberry gelatin in 1 cup boiling water; add 1 cup cold water and blueberries. Chill until mixture begins to thicken. Spoon blueberry mixture over sour cream layer. Chill until firm.

Mrs. Paul Gamble

## GUACAMOLE SALAD BOWL

1/2 medium head lettuce	1 c. corn chips
2 tomatoes, cut in wedges	1 can tuna
1/2 c. sliced olives	1 recipe avocado dressing
1/4 c. chopped green onions	1/2 c. shredded cheddar cheese

Break lettuce into bowl. Add tomatoes, olives, onions, tuna and corn chips at last minute. Toss lightly with some of the dressing. Top with cheese and remaining dressing and serve immediately.

### Avocado Salad Dressing:

1/2 c. mashed ripe avocado	1/2 tsp. sugar
1 Tbsp. lemon juice	1 clove garlic, crushed
1/2 c. sour cream	1/2 tsp. chili powder
1/3 c. salad oil	1/4 tsp. salt
	1/4 tsp. Tabasco sauce

Combine all ingredients. Beat smooth with electric mixer.  
Mrs. Kenneth Miller

## SIMPLE CHICKEN SALAD

3 c. diced chicken, cooked	1 c. white grapes
3/4 c. diced celery	2 boiled eggs, diced
Miracle Whip and 2 Tbsp. lemon juice to moisten	

Mix and chill several hours. Serve on lettuce.  
Mrs. Harry Rodgers

## CINNAMON APPLE SALAD

1 c. cinnamon candy (red hots)	1/2 c. white sugar
2 2/3 c. boiling water	cream cheese
	nut meats

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CINNAMON APPLE SALAD (Continued)

Pare and core whole apples (Jonathan's are good). Make a syrup of red hots, boiling water and sugar and cook apples in it until done. Cool and stuff with cream cheese mixed with broken nut meats.

Mrs. Jennie Boylan

RED RASPBERRY SALAD

1 (10 oz.) pkg. frozen red raspberries, thawed	2 c. boiling water 1 pt. vanilla ice cream
2 (3 oz.) pkg. red raspberry flavored jello	1 (6 oz.) can frozen lemonade concentrate, thawed

Drain raspberries, reserving syrup. Dissolve gelatin in boiling water. Add ice cream; stir until melted. Add lemonade and raspberry syrup. Chill until partially set. Beat smooth. Add raspberries. Chill until firm.

Mrs. Forest Klepinger

BING CHERRY SALAD

2 pkg. strawberry jello	1 #2 can crushed pineapple
2 pkg. cherry jello	1 #2 1/2 can Bing cherries, pitted
4 1/2 c. hot water	

Dissolve jellos in hot water. Drain juice from pineapple and Bing cherries; add enough water to make 3 cups liquid and add to jello mixture. Chill until slightly thickened. Fold in fruits and chill until firm. Serve on lettuce.

Mrs. Anna Loy

LIME PEAR SALAD

2 pkg. lime jello	1/2 pt. whipping cream
1 large can pears	2 Tbsp. sugar
1 (8 oz.) pkg. cream cheese	1 Tbsp. milk

Dissolve jello in 2 cups boiling water. Add 1 cup juice drained from the canned pears; set aside to cool. When slightly

## LIME PEAR SALAD (Continued)

thickened beat with rotary beater or in large bowl of electric mixer until fluffy. While jello is cooling:

1. Mash (or chop finely) the pears.
2. Beat the softened cream cheese with 1 tablespoon milk.
3. Whip the cream and add 2 tablespoons of sugar to it.

Combine mashed pears, cream cheese and whipped cream. Fold all into the whipped jello. Pour into a 9 x 15 inch pan, let congeal overnight or several hours. Cut in squares to serve. Place on lettuce leaf and top with mayonnaise. Serves 10 or 12.

Mrs. Orlin Hutt

## MOLDED AVOCADO & TUNA SALAD

- |                               |                              |
|-------------------------------|------------------------------|
| 1 envelope unflavored gelatin | 1/2 c. commercial sour cream |
| 3/4 c. cold water             | 1/2 c. mayonnaise            |
| 1 c. mashed avocado           | salt to taste                |
| 2 Tbsp. lemon juice           | 1/8 tsp. Tabasco sauce       |

Sprinkle gelatin in cold water in saucepan to soften. Place over low heat stirring constantly until gelatin is dissolved. Remove from heat. Chill to consistency of unbeaten egg whites. Combine mashed avocado and remaining ingredients. Stir in gelatin and turn into an oiled fish shaped mold. Chill until almost firm then top with tuna layer.

### Tuna Layer:

- |   |  |
|---|--|
| 1 1/2 envelopes unflavored gelatin                      | 1 c. diced celery                                    |
| 1 1/4 c. water, divided                                 | 1/3 c. diced pimento or 1/4 c. sliced stuffed olives |
| 3 Tbsp. lemon juice                                     | salt to taste  |
| 1 can (7 oz.) tuna, solid pack broken into small pieces |  |

Sprinkle gelatin on 1/2 cup of the water in a saucepan to soften. Heat over low heat stirring until dissolved. Remove from heat and add remaining 3/4 cup water, lemon juice and salt. Chill to consistency of unbeaten egg whites. Fold in remaining ingredients, then turn on top of almost firm avocado layer. Chill until firm. When ready to serve turn onto platter. Place slices of olives for eyes. (Conversational salad.)

Mrs. Charles Hopkins

## APPLESAUCE SALAD

- |                        |                   |
|------------------------|-------------------|
| juice of 1 orange      | small bottle 7-Up |
| 1 1/2 c. applesauce    | 1/2 c. nuts       |
| 1 pkg. raspberry jello |                   |

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**APPLESAUCE SALAD (Continued)**

Combine orange juice and applesauce; heat to boiling, stir in jello to dissolve. Cool. Add 7-Up and nuts. Chill until firm.

Mrs. U. A. Ludington

**PINEAPPLE AVOCADO SALAD**

1 pkg. lime jello	1/2 c. mayonnaise
1/2 c. hot water	1 small can crushed pineapple and juice
1/2 to 1 tsp. salt	1 avocado, diced
2 Tbsp. lemon juice	1/2 to 1 c. cream, whipped

Add hot water to jello, salt, lemon juice. Cool slightly. Add mayonnaise, beating slightly to blend. Add pineapple, avocado and fold in cream. Chill until firm. Serves 8.

Mrs. E. J. Gottsch  
Mrs. John Hall

**GOLDEN FLECKED SALAD**

1 pkg. lemon gelatin	1 c. crushed pineapple, drained
1 (3 oz.) pkg. cream cheese (room temperature)	1 c. finely grated carrots
48 miniature marshmallows	1 c. chopped pecan meats
2 c. boiling water	1 c. heavy cream, whipped

Dissolve gelatin in water; add cheese and marshmallows. Stir until all is blended, at low speed. Chill until slightly thickened. Add crushed pineapple, grated carrots, pecan meats. Fold in whipped cream, or substitute 1 package Dream Whip. Let set in 9 inch square pan until firm.

Mrs. Robert Berlin

**GOLDEN SALAD**

2 pkg. orange jello	1 c. ginger ale
2 c. very hot water	1 (11 oz.) can Mandarin oranges drained, reserve syrup
1 (6 oz.) can frozen orange juice	

## GOLDEN SALAD (Continued)

Dissolve jello in very hot water. Stir in reserved syrup, orange juice and ginger ale. Chill to consistency slightly thicker than egg white. Mix in orange sections and turn into oiled mold. Refrigerate.

Mrs. Gordon Whitehead

## TWO LAYER DARK CHERRY SALAD

1 can pitted dark cherries      1 c. cream, whipped  
2 boxes dark cherry jello      2 tsp. lemon juice  
1 large or 2 small bananas, sliced

Drain cherries; save juice. Dissolve 1 package cherry jello in 1 cup boiling water and add  $\frac{3}{4}$  cup of the cherry juice. Let cool until it begins to thicken, then add the cherries and fold in the whipped cream. Pour in 9 x 9 inch Pyrex pan. Let set until firm, then dissolve the other package of jello in 1 cup boiling water and add lemon juice and  $\frac{3}{4}$  cup cold water or cherry juice. Let thicken a little. Slice bananas over first mixture and pour the plain jello over the bananas. Let set. Serves 9.

Mrs. Harry Rodgers

## FAVORITE COTTAGE CHEESE SALAD

1 c. crushed pineapple,      1 pkg. lemon jello  
drained      1 pt. cottage cheese  
2 whole pimientos, chopped      1 c. whipping cream, whipped

Add chopped pimientos and pineapple to prepared jello. Just before mixture congeals, fold in cottage cheese and whipped cream. Chill in refrigerator.

Mrs. Don Stevens

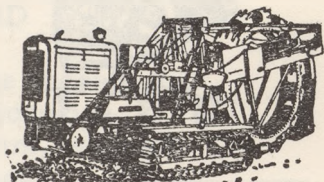
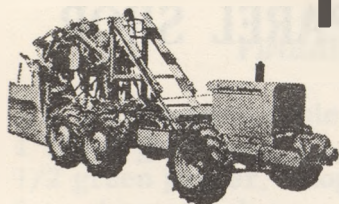
## UNDER-THE-SEA SALAD

1 pkg. orange jello       $\frac{1}{2}$  c. Miracle Whip dressing  
2 c. boiling water      1 c. whipped cream  
32 or  $\frac{1}{2}$  lb. marshmallows      1 c. crushed pineapple, drained  
 $\frac{1}{4}$  lb. pkg. Philadelphia      1 pkg. lime jello  
cream cheese

Mix orange jello, boiling water, marshmallows and cheese. Stir until dissolved. Let almost set, add dressing, whipped cream and pineapple. Mix well and refrigerate to firm. Mix 1 package lime jello according to directions on box, let thicken slightly and pour over firm jello mixture. Serves 16-18.

Mrs. Loren Fischer

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PINEAPPLE-CHEESE SALAD

- |                           |                       |
|---------------------------|-----------------------|
| 1 c. crushed pineapple    | 1 c. cottage cheese   |
| 1 Tbsp. gelatin           | 1/2 c. mayonnaise     |
| 1/2 green pepper, chopped | 1/2 c. cream, whipped |
| 1 c. chopped celery       | 2 Tbsp. sugar         |
| 3/4 c. pecans             | 1/8 tsp. salt         |

Drain pineapple. Soak gelatin in 2 tablespoons of pineapple juice. Boil 1/2 cup of juice, add gelatin and mix well. Cool and fold in remaining ingredients.

Mrs. Darrell Holmes

BING CHERRY SALAD

- |                             |                        |
|-----------------------------|------------------------|
| 2 pkg. cherry gelatin       | 1 #2 can Bing cherries |
| 2 (3 oz.) pkg. cream cheese | 1 c. nut meats         |
| 1 #2 can crushed pineapple  | 2 bottles Coca-Cola    |

Drain juice from pineapple and Bing cherries, mix with gelatin and heat until hot and gelatin is dissolved. Let cool, add Coca-Cola and continue cooling until slightly thickened. Add remaining ingredients, reserving 1 package of cream cheese to cut over the top of finished salad; cut other package cream cheese into the salad. Refrigerate until firm.

Mrs. Maurice Hoxie

VELVETY CREAM SALAD

- |   |                               |
|---|-------------------------------|
| 1 pkg. lime gelatin                                 | 1/2 c. salad dressing         |
| 1 1/2 c. boiling water                              | 8 marshmallows, cut           |
| 1/2 c. cream, whipped                               | 1 small can crushed pineapple |
| maraschino cherries, chopped and drained (optional) |                               |

Dissolve gelatin in water. When slightly thickened, add whipped cream, then salad dressing and beat. Fold in marshmallows and pineapple. Serves 9.

Mrs. Willis Lorimor

## GOVERNOR'S FRUIT SALAD

1 #303 can red cherries	1 c. milk
1 #2 1/2 can pineapple chunks	3/4 lb. marshmallows
4 egg yolks	2 c. whipped cream or 1 pkg. Dream Whip

Drain cherries and pineapple. While fruit is draining beat egg yolks, add milk to the eggs and cook to custard consistency. Pour custard over marshmallows; stir until marshmallows are dissolved and mixture is cool. When cool, add drained fruit and the whipped cream. Pour into molds and chill.

Mrs. Arthur Larson

## WHITE SALAD

1 large can pineapple, drained	1/4 tsp. dry mustard
1 1/2 lb. white grapes	1/2 c. hot sweet milk
1 lb. marshmallows	1/4 tsp. salt
1/2 c. English walnuts	juice of 1 lemon
4 egg yolks	1 pt. cream, whipped

Add to the pineapple juice the egg yolks, mustard, milk and salt. Cook like custard, add juice of 1 lemon. Whip cream, add to dressing. When cool pour over fruit. Must be made the day before using. Serves 24. Fresh or canned grapes may be used.

Mrs. Fred Barnes

## FROZEN PINEAPPLE SALAD

1 pt. (2 c.) dairy sour cream	1 (9 oz.) can crushed pineapple, well drained
1 Tbsp. lemon juice	1/4 c. chopped maraschino cherries
3/4 c. sugar	1/4 c. chopped walnuts
1/8 tsp. salt	2 bananas, diced

Mix sour cream, lemon juice sugar and salt. Add remaining ingredients and blend. Pour into medium sized muffin tins which have been lined with paper cups. Freeze until firm. Remove the papers if desired to serve. This mixture will fill 10 muffin tins.

Mrs. Don Teachout

## LOW CALORIE FROZEN SALAD

2 c. creamed cottage cheese, mashed

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LOW CALORIE FROZEN SALAD (Continued)

1/3 c. mayonnaise	1/4 c. maraschino cherries
2 Tbsp. sugar	2 Tbsp. cherry juice
1 c. diced pineapple	1/3 c. pecans, if desired
1 c. Mandarin oranges, cut	

Combine cottage cheese, mayonnaise and sugar; mix well. Fold remaining ingredients together into the cottage cheese mixture. Freeze in ice cube tray.

Mrs. JeRome Adams

FROZEN SALAD

2 pkg. cream cheese	1 can crushed pineapple
1/2 c. mayonnaise	1/2 pt. cream, whipped
1 lb. marshmallows, cut fine	1 large can white cherries

Soften marshmallows in crushed pineapple. Mix in mayonnaise and cream cheese. Fold in whipped cream; add cherries. Freeze 2 or 3 hours.

Mrs. Dorothy Winney

FIVE CUP SALAD

1 c. coconut	1 c. small marshmallows
1 c. crushed pineapple	1 c. sour cream
1 c. Mandarin oranges	

Drain fruit and add coconut and marshmallows. Mix with sour cream. Refrigerate overnight.

Mrs. Raymond Scott

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LOW CALORIE PROSELYTIC SALAD (Continued)

- 1 c. Mandarin oranges, cut
- 1/3 c. mayonnaise
- 2 Tbsp. sugar
- 1/3 c. pecans, if desired
- 1 Tbsp. cherry juice
- 1/4 c. maraschino cherries

Combine cottage cheese, mayonnaise and sugar; mix well. Fold remaining ingredients together into the cottage cheese mixture. Freeze in ice cube tray.

FROZEN SALAD

- 2 qt. cream cheese
- 1/2 c. mayonnaise
- 1 lb. marshmallows, cut
- 1 can crushed pineapple
- 1/2 qt. cream, whipped
- 1 large can white cherries

Soften marshmallows in crushed pineapple. Mix in mayonnaise and cream cheese. Fold in whipped cream; add cherries. Freeze 2 or 3 hours.

Mrs. Dorothy Winney

FIVE CUP SALAD

- 1 c. coconut
- 1 c. crushed pineapple
- 1 c. Mandarin oranges
- 1 c. sour cream
- 1 c. small marshmallows

Drain fruit and add coconut and marshmallows. Mix with sour cream. Refrigerate overnight.

Mrs. Raymond Scott

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# Miscellaneous

## "Left-Over" Dishes



The dishes herein, we do hope you will find,  
They are not only tasty, but save many a dime.

## MISCELLANEOUS HINTS

To whiten laces, wash them in sour milk.

When ironing a man's shirt, button the sleeves together. That way they do not touch the floor.

Put a small amount of cologne in the water to be used for sprinkling clothes. Makes ironing pleasant and freshens dresser drawers and closets.

If cottons scorch while ironing, plunge into cold water immediately and let stand 24 hours. The scorched areas will disappear.

When storing linens, leave them unstarched as the starch rots them.

Clothes do not freeze on a wire clothesline if first wiped with kerosene cloth.

A little vinegar added to the water in which you rinse silk stockings will increase their elasticity and make them practically runproof.

To remove a scorch from clothing, rub with a lemon and put in the sun.

When ironing pockets in little girls' dresses, if the pockets are fancy, gathered, or smocked type, stuff them with soft tissue paper before ironing and you'll be delighted with the professional results.

Colored cotton fabrics, which have been soaked overnight in strong salt water, will not fade.

Keep a wet sponge handy when ironing. It's just the thing to dampen any spots which have dried out.

Sprinkle clothes right on the line if you have a garden hose (turn on fine spray). Roll clothes as you take them down.

When you recover your ironing board, first cold starch the cloth and then tack it on while it is damp. It will be perfectly smooth and tight and will stay clean for a much longer time.

Insert a teaspoon in the toe of your nylons when hanging them on the line to prevent blowing and snagging.

After washing cotton or silk gloves, rinse them by holding them under the cold water faucet so the fingers are inflated with water. Then let them drip dry on the same line and they will dry without twisted fingers.

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MISCELLANEOUS "LEFT-OVER" DISHES

MINCEMEAT

1 lb. cooked beef	1 tsp. cinnamon
1 lb. raisins	1 tsp. allspice
1 lb. tart apples	1 tsp. cloves
1 lb. sugar	1 tsp. nutmeg
sweet cider	

Grind beef, pare and chop apples, enough for 1 pound. Mix all together and add enough sweet cider to make it juicy or 1 cup of vinegar to each pint of meat broth and water.

Mrs. Jennie Boylan

MOCK YEAST PANCAKES

Batter:

1 c. (or 2 slices) bread, crumbled	1 c. milk
1 egg	1 Tbsp. shortening
	buttermilk pancake mix

Jennie Boylan's Syrup:

1 c. sugar	1 tsp. cinnamon
1/2 c. butter	1 c. boiling water
1 Tbsp. flour	

Put crumbled bread, egg, milk and shortening in bowl and mix. Add enough pancake mix to make thin batter. Bake on hot griddle. Serve with butter and hot syrup. Syrup is made by simmering the 5 ingredients together a few minutes.

Mrs. Clyde Borland

DOUBLE JELLY ROLL

12 egg yolks plus 1 whole egg	2 c. sifted cake flour
1 1/2 c. sugar	2 tsp. baking powder
1/2 c. water	1/8 tsp. salt
	1 tsp. flavoring

## DOUBLE JELLY ROLL (Continued)

Beat egg yolks and whole egg together until they are thick. Stir sugar into the water. Sift flour, baking powder and salt together several times. Add sugar-water to the beaten eggs. Fold flour mixture in gradually. Add flavoring. Bake in two waxed paper lined jelly roll pans which are greased, at 375 degrees for 12 to 15 minutes. Roll cake in sugared towel. This may be filled with jelly, pudding or ice cream. It freezes well.

Mrs. John Knapp

## ORANGE RICE

3 Tbsp. butter	2 Tbsp. grated orange rind
2/3 c. diced celery and leaves	1 c. orange juice
2 Tbsp. chopped onion	1 1/4 tsp. salt
1 1/2 c. water	1/8 tsp. thyme
	1 c. uncooked rice

Melt butter, add celery and onion; cook until onion is tender, but not brown. Add water, orange juice, rind, salt and thyme. Bring to a boil, add rice and cook 25 minutes (or bake in moderate oven until rice is fluffy.) Minute rice may be substituted. Use 1 1/2 cups Minute rice, cover, remove from heat and let stand 18 minutes. Very good with chicken. 6 servings.

Mrs. John Hall

## ELEGANT SAUCE FOR DATE CAKE

2 Tbsp. sugar	1 c. sugar
1 egg yolk	2 Tbsp. cornstarch
1 1/2 c. milk	1/2 pt. whipped cream

Burn the 2 tablespoons sugar and pour water over to make thin syrup. In bowl beat egg yolk, then beat in milk, sugar and cornstarch. Add to burnt syrup. Cook until thick; cool. When ready to serve add whipped cream. Serve on Date Cake.

Mrs. George Whitney

## FRIED BANANAS

bananas	milk
grape-nut flakes, crushed	salad oil

Peel bananas and cut in halves lengthwise; if very long cut in halves cross-wise. Dip each piece of banana in milk, then roll in grape-nut flake crumbs. Fry in hot salad oil, turning once. If you have never eaten these you will be surprised at the flavor.

Mrs. Lloyd Lorimor

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MOTHER'S GLAZED DOUGHNUTS

1/2 c. sugar	2 pkg. yeast
1 tsp. salt	1 tsp. vanilla
4 tsp. butter and 4 eggs	2 c. cake flour
7 tsp. lard and 2 c. milk	5 c. bread flour

Dissolve yeast in warm milk containing vanilla. Cream eggs, butter, lard and sugar and salt until light. Stir in sifted cake flour along with milk and yeast mixture. Mix all thoroughly. Add bread flour and stir 5 minutes. Allow dough to rise until doubled, turn out on floured board and knead. Roll to 1/4 inch thickness, shake dough to shrink, cut, allow to rise again until double. Fry in fat at 375 degrees. Dip in glaze which is:

1 lb. powdered sugar	1 tsp. vanilla
1/4 c. water	

Do not cook glaze.

Mrs. Maurice Hoxie

GARLIC CHEESE

1 lb. Velveeta cheese	1 clove garlic, pressed (or
1/2 lb. Longhorn cheese	garlic powder)
	red chili powder

Break cheeses into pieces and set at room temperature. Add garlic juice, mix well and shape into 2 rolls. Roll in small amount of red chili powder. Refrigerate several days before using. Slice thin to put on crackers.

Mrs. Dean Farnsworth

CREAMED DEVILED EGGS

6 hard cooked eggs	1 c. milk
1/4 tsp. dry mustard	2 Tbsp. flour
1 tsp. vinegar	2 Tbsp. butter
1/4 tsp. paprika	1/4 tsp. salt
1 Tbsp. melted butter	buttered crumbs
milk to soften	bacon, fried out crisp

## CREAMED DEVEILED EGGS (Continued)

Peel eggs; cut lengthwise. Mash yolks and mix with vinegar, dry mustard, paprika, butter and enough milk to make proper consistency. Fill white egg shells, heaping. Place one layer deep in baking dish. Cover with white sauce made from milk, flour, butter, salt. Sprinkle on buttered crumbs. Bake at 350 degrees only until bubbly and crumbs are lightly browned. Crumble crisp bacon over the top after taking the dish from the oven. Garnish with parsley. Serves 6-8. May be prepared the day before and refrigerated. Nice for breakfast, brunch or luncheon dish.

Mrs. Will Tyner

## QUANTITY HAMBURGER MIX

4 medium onions	4 tsp. salt
3 cloves garlic, minced	1/2 tsp. pepper
2 c. chopped celery tops	3 Tbsp. Worcestershire sauce
1/4 c. shortening	2 (14 oz.) bottles catsup
4 lb. hamburger	

Saute onions, garlic and celery in shortening. Add hamburger and cook until redness is gone. Add remaining ingredients and simmer.

For chili, add red kidney beans and chili powder. Serve on spaghetti. Top with cheese.

For pizza - cover with Mozzarella cheese.

Mrs. Darrell Holmes

## HAM LOAF FOR 50

12 lb. ground smoked ham	1 qt. tomato juice
4 c. bread crumbs	12 eggs
1 qt. milk	salt, pepper to taste

Shape ingredients into long loaves and bake at 325 degrees for 2 hours. Half an hour before loaves are done, add a sauce made by combining:

1 c. catsup	1/4 c. prepared mustard
1/4 c. vinegar	1 c. brown sugar

Pour sauce over the loaves to glaze.

Mrs. Rae Danbom



# Casseroles

Let's pour some happy spirit  
In a great big mixing bowl  
Then add a few ingredients  
and lo! A Casserole!!



# One Dish Meals

## ABBREVIATIONS COMMONLY USED

tsp. - teaspoon	oz. - ounce or ounces
Tbsp. - tablespoon	lb. - pound or pounds
c. - cup	sq. - square
pt. - pint	min. - minute or minutes
qt. - quart	hr. - hour or hours
pk. - peck	mod. - moderate or moderately
bu. - bushel	doz. - dozen

## SIMPLIFIED MEASURES

dash - less than 1/8 teaspoon	2 pints (4 cups) - 1 quart
3 teaspoons - 1 tablespoon	4 quarts (liquid) - 1 gallon
16 tablespoons - 1 cup	8 quarts (solid) - 1 peck
1 cup - 1/2 pint	4 pecks - 1 bushel
2 cups - 1 pint	16 ounces - 1 pound

If you want to measure part-cups by the tablespoon, remember:

4 tablespoons - 1/4 cup	10 2/3 tablespoons - 2/3 cup
5 1/3 tablespoons - 1/3 cup	12 tablespoons - 3/4 cup
8 tablespoons - 1/2 cup	14 tablespoons - 7/8 cup

## OVEN TEMPERATURES

Slow . . . . .	250 to 300 Degrees
Slow moderate . . . . .	325
Moderate . . . . .	350
Quick moderate . . . . .	375
Moderately hot . . . . .	400
Hot . . . . .	425 to 450
Very Hot . . . . .	475 to 500

## CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8 oz. . . . .	1 cup
picnic . . . . .	1 1/4 cups
#300 . . . . .	1 3/4 cups
No. 1 tall . . . . .	2 cups
No. 303 . . . . .	2 cups
No. 2 . . . . .	2 1/2 cups
No. 2 1/2 . . . . .	3 1/2 cups
No. 3 . . . . .	4 cups
No. 10 . . . . .	12 to 13 cups

## EQUIVALENT MEASURES AND WEIGHTS

3 teaspoons - 1 tablespoon	4 cups - 1 quart
4 tablespoons - 1/4 cup	2 pints - 1 quart
16 tablespoons - 1 cup	4 quarts - 1 gallon
1/2 cup - 1 gill	8 quarts - 1 peck
4 gills - 1 pint	4 pecks - 1 bushel
2 cups - 1 pint	16 ounces - 1 pound

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CASSEROLES, ONE DISH MEALS

HAM-NOODLE CASSEROLE

- |                                       |   |
|---------------------------------------|---|
| 1 (8 oz.) pkg. noodles                | 1 (10 1/2 oz.) can condensed<br>cream of chicken soup |
| 1 1/2 c. chopped ham                  | 1/2 c. milk   |
| 1 c. grated sharp<br>processed cheese | 1/2 tsp. curry powder                                 |
|                                       | 2 Tbsp. butter or margarine                           |

Cook noodles as directed on package. Drain. Combine ham and 3/4 cup cheese; alternate layers of ham and noodles in a greased one quart baking dish. Mix soup, milk and curry powder. Pour over noodles and ham. Sprinkle top with remaining cheese. Dot with butter. Bake at 375 degrees 20 to 30 minutes. Serves 6.

Mrs. Will Tyner

DELICIOUS CASSEROLE

- |   |   |
|---|---|
| 6 cans Franco-American<br>macaroni and cheese | 1 small jar stuffed olives,<br>diced      |
| 2 cans mushrooms,<br>broken pieces            | 1/2 can slivered almonds                  |
| 2 cans Hormel chopped<br>ham, diced           | 1 can Chow Mein noodles                   |
| 1 small pepper, if desired                    | little onion (dried, minced or<br>flaked) |

Mix together first 5 ingredients and let stand overnight or several hours. Add almonds just before baking. Put in baking dish and sprinkle onion and noodles over top. Bake at 350 degrees at least 45 minutes - longer if contents are cold. Yield: 16 servings.

Mrs. Don Stevens

Mrs. Sam Brown

SAUERKRAUT & DUMPLINGS

- |  |                     |
|--|---------------------|
| 1 can sauerkraut                         | 2 c. water          |
| 1 <del>can</del> cup ham (1 inch pieces) | 2 Tbsp. brown sugar |

## SAUERKRAUT & DUMPLINGS (Continued)

### Dumplings:

1 1/4 c. flour	1 egg, beaten
1/3 c. milk	2 tsp. baking powder
pinch of salt	

Boil sauerkraut, ham, water and sugar 45 to 60 minutes or until kraut is tender. Mix flour, salt, milk, egg and baking powder and drop by spoonfuls on boiling kraut. Boil 10 minutes. Remove lid and before serving dip kraut up over dumplings several times.

Mrs. Clyde Borland

### HAM AND BROCCOLI CASSEROLE

12 slices white bread, frozen	2 c. diced, cooked ham
3/4 lb. sliced American cheese	6 slightly beaten eggs
1 (10 oz.) pkg. broccoli pieces (frozen), cooked and drained	3 1/2 c. milk
	2 Tbsp. instant minced onion
	1/2 tsp. salt
	1/4 tsp. dry mustard

Cut 12 "doughnuts and holes" from frozen bread. Fit the scraps of bread into bottom of 13 x 9 x 2 inch baking dish, place slices of cheese over bread, add a layer of the well drained broccoli, then a layer of ham. Arrange the "doughnuts and holes" over ham. Combine remaining ingredients, pour over bread and all. Cover and refrigerate 6 hours or overnight. Bake uncovered in a 325 degree oven 55 minutes. Sprinkle shredded sharp cheddar cheese over the casserole for last 5 minutes of baking time. Let stand 5 minutes before cutting into servings. Serves 10-12.

Mrs. Harry Rodgers

### PORK CHOPS AND RICE

4 thick loin pork chops	2 1/2 c. bouillon (or water)
1/4 c. raw rice	1/4 tsp. thyme
4 thick slices Bermuda onion	1/2 tsp. marjoram
4 thick slices green pepper	salt
4 thick slices tomato	pepper

Saute chops on both sides; place in buttered casserole. Put 1 tablespoon dry rice, 1 slice onion, 1 slice green pepper and 1 slice tomato on top of each pork chop. Pour bouillon over

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PORK CHOPS AND RICE (Continued)

all. Sprinkle with herbs, salt and pepper. Cover. Simmer in 350 degree oven for 50 minutes.

Mrs. Paul Gamble

MEAT CASSEROLE

1 lb. to 1 1/2 lb. meat (steak, veal cutlets, meat balls)	dash pepper and Accent
1 large onion	1 small can tomato paste
1 clove garlic, crushed	1 small bay leaf, crumbled
1 c. chicken broth	1 tsp. salt
	1 tsp. dried parsley
	1/2 tsp. oregano

Saute meat in butter or margarine. Drain on paper towels and transfer to casserole. In the same skillet saute 1 large onion and garlic in margarine until golden brown. Add chicken broth, tomato paste, etc. Simmer 10 minutes, stirring occasionally. Mix 2 tablespoons flour with cold water to form a smooth paste. Add to skillet. Cook and stir until smooth and thickened. Pour over meat. Cover tightly and bake at 350 degrees for 1 hour 45 minutes or until fork tender. Uncover for last half hour. When tender add 1/4 cup heavy cream and 1 can mushrooms.

Mrs. E. R. Hamilton, Jr.

SKILLET MEAT PIE

1 1/2 c. onion rings	1 lb. hamburger
1/3 c. diced green pepper	2 tsp. salt
2 Tbsp. shortening	2 c. canned tomatoes

Biscuit Topping:

2 c. flour	1/4 c. shortening
3 tsp. baking powder	1 c. milk
1/2 tsp. salt	

Brown onion rings and diced pepper in 2 tablespoons shortening in 10 inch skillet. Add hamburger and salt. Pan fry

## SKILLET MEAT PIE (Continued)

until meat is browned. Add tomatoes and simmer while preparing Biscuit Topping.

Sift flour, baking powder and salt. Cut in shortening. Add milk and mix only until flour is dampened. Drop by teaspoonful into bubbling meat mixture. Bake at 450 degrees for 20 minutes.

Mrs. Jack Henshaw

## MAZETTI

3/4 c. finely chopped celery	1/2 tsp. pepper
1/4 c. melted butter or oleo	1 (12 oz.) pkg. wide noodles
1 c. minced onion	1/4 c. butter
1 1/2 lb. ground beef	1 (6 oz.) can mushrooms, undrained
1 1/4 lb. ground pork or sausage	2 cans condensed tomato soup
1 3/4 tsp. salt	Parmesan cheese, grated

1. In water to cover, cook celery until tender and drain.
2. In large skillet saute onions in butter 5 minutes. Stir in meat and cook uncovered until meat changes color. Drain off grease.
3. Cook noodles as directed on package. Drain and rinse. Put in 3 quart casserole. Toss with 1/4 cup butter. Stir in meat mixture, celery, mushrooms and soup. Mix well. Sprinkle generously with the cheese, cover lightly and refrigerate overnight.

One hour and fifteen minutes before serving bake uncovered in 350 degree oven. Serves 12.

Mrs. Jean King Russell

## SAUSAGE CASSEROLE

1 1/2 lb. sausage	1 can cream of mushroom soup
1/2 c. diced celery	1 can mushrooms
1/2 c. diced onion	1 c. cooked rice
1 can cream of chicken soup	slivered almonds

Fry sausage, celery and onion together and pour off fat. Add mushroom soup, cream of chicken soup, mushrooms and rice. Put into buttered casserole and top with slivered almonds. Bake at 325 degrees for 1 hour.

Mrs. Robert Paulus

## ONE DISH MEAL

1 can green beans, drained	2 c. cooked rice
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ONE DISH MEAL (Continued)

1 Tbsp. fat	4 Tbsp. flour
1 onion, chopped	1 Tbsp. prepared mustard
1 lb. ground beef	2 c. beef bouillon (canned or from cubes)
salt to taste, plain or seasoned	shredded cheese
1 Tbsp. Worcestershire sauce	

Brown onion in fat. Add ground beef and cook, stirring until meat loses pink color. Add salt, Worcestershire sauce, mustard and flour. Stir well, then add bouillon. Cook until thick. Arrange in layers in 2 quart casserole, putting green beans first, then rice, then meat mixture. Top with cheese. Bake 30 minutes at 350 degrees. Serves 6 to 8.

Mrs. E. R. Hamilton, Sr.

"MOTHER'S MEXICAN LUNCHEON"

1 lb. lean ground pork	1 c. uncooked macaroni
1/2 c. chopped onion	1/2 tsp. sugar
1/2 c. chopped green pepper	1/2 tsp. salt
1 c. canned tomatoes	1/4 tsp. chili powder or to taste
1 c. sour cream	

Brown sausage, drain off fat. Simmer sausage with the remaining ingredients for 15 minutes with lid on. Do not boil! Simmer 15 minutes with lid off.

Mrs. Howard W. Hall

SPAGHETTI-NUT CASSEROLE

1 1/2 lb. lean hamburger	1 (4 oz.) can mushrooms, drained
2 Tbsp. olive oil	salt and pepper to taste
2 large onions, sliced	2 bay leaves
1 green pepper, diced	1 Tbsp. Worcestershire sauce
1 clove garlic, minced	1 (7 oz.) pkg. spaghetti
2 (8 oz.) cans tomato sauce	1/2 lb. sharp cheese, grated
	1/2 c. slivered almonds

Brown beef in olive oil. Add onions, green pepper and

## SPAGHETTI-NUT CASSEROLE (Continued)

garlic and cook a few minutes longer. Add tomato sauce, mushrooms, salt and pepper, bay leaves and Worcestershire sauce. Reduce heat and cook slowly 1/2 hour, stirring often. Add water or more tomato sauce if mixture becomes too thick. Remove bay leaves. Break spaghetti into 2 inch pieces - cook according to directions on package. Drain; toss with tomato meat mixture. Spoon into two 1 1/2 quart casseroles (or one 3 quart). Sprinkle with cheese and almonds. Bake in moderate oven, 350 degrees for 1/2 hour. Serves 10.

Mrs. Sam Knittle

## CORN BREAD CASSEROLE

1 Tbsp. shortening	1 c. tomatoes
1/3 c. diced onion	2 c. red kidney beans, drained
2 Tbsp. diced green pepper	1/2 pkg. corn bread mix
1 lb. ground beef	

Put shortening, onion and pepper in skillet and brown. Add ground beef and brown. Add the tomatoes and simmer for 15 minutes. Put mixture from skillet into a greased 1 1/2 or 2 quart casserole. Add the beans. Mix up 1/2 package corn bread mix - rather thick. Put by spoonfuls over the top. Preheat oven, 425 degrees. Bake 30 minutes.

Miss Ruth Dickinson

## MEAL-IN-A-FRY PAN

1 lb. ground beef	1 (1 lb.) can pork and beans
2 Tbsp. shortening	1 tsp. salt
2 Tbsp. chopped onion	1/4 tsp. pepper
1 (1 lb.) can whole tomatoes	1 tsp. prepared mustard

Brown beef in hot shortening in electric skillet set at 380 degrees. Stir in onion, tomatoes, beans and seasonings. Cover, reduce heat to 300 degrees; simmer 30 minutes, stirring occasionally to prevent scorching.

Mrs. John W. Knapp

## ONE DISH MEAL

1 lb. ground beef	1 #2 can corn, whole kernel
1 onion	type
1/2 lb. pork sausage	1 #2 can tomatoes
1 pkg. noodles or	1 large bunch celery, cut in bits
spaghetti, cooked	4 c. grated cheese
1 #2 can peas	

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ONE DISH MEAL (Continued)

Brown beef, onion and sausage, drain off fat. Combine with other ingredients. Place in casserole. Bake 1 1/2 hours in 350 degree oven. This freezes well. Serves 8 to 10.

Mrs. Lewis Vermillion

BAKED CREAM CHICKEN

1 chicken	1 pt. cream
1 can mushrooms	1/2 c. butter
3 eggs	salt and pepper
1 c. flour	

Cook chicken and take from bones, clip in pieces, not too fine. Make a cream sauce of flour, cream, butter, salt and pepper. Add 1 cup mushrooms. This sauce will be very thick. Let cool, then add 3 eggs, beaten. Add chicken. Place in baking dish, 8 x 12 inches. Cover top with buttered crumbs. Bake in 350 degree oven 3/4 hour. This may be cut and served in squares. Serves 15.

Mrs. Mabel Ripley

DELUXE CHICKEN CASSEROLE

2 c. cooked chicken or turkey, cut up	1/2 c. mayonnaise
1 can cream of mushroom soup	1 c. asparagus tips
1 can cream of chicken soup	1 c. Old English cheddar cheese, sharp
1 c. mushrooms and juice	1 (8 oz.) pkg. fine noodles, cooked
	1 green pepper, finely chopped

Heat first 4 ingredients and add 1/2 cup mayonnaise. Alternate layers of noodles, chicken mixture, asparagus, peppers and cheese in casserole. Top with 1/2 cup slivered almonds. Bake at 350 degrees for 45 minutes.

Mrs. H. S. Alexander

## CHICKEN ON SUNDAY

- |                            |                              |
|----------------------------|------------------------------|
| 1 box Minute rice          | 1 can cream of mushroom soup |
| 1 can cream of celery soup | 1 envelope dry onion soup    |
| 1 c. milk                  | 1 frying chicken             |

Grease a large baking pan, about 9 x 13 inch size, and sprinkle the contents of 1 box of Minute rice over the bottom. Heat the cream of celery soup and the cream of mushroom soup with the milk, stirring until well blended, and then pour over the rice. Lay the pieces of chicken over the soup and sprinkle with dry onion soup. Seal the pan with foil and bake in a 325 degree oven for 2 hours and 15 minutes.

Mrs. Harvey Vermillion  
Mrs. Duane Knittle  
Miss Zoe Norris

## ESCALLOPED CHICKEN

- |  |                     |
|--|---------------------|
| 1 qt. coarsely cubed<br>stewed chicken | 4 Tbsp. flour       |
| 1 qt. broth                            | 4 Tbsp. chicken fat |

### Dressing:

- |  |                              |
|--|------------------------------|
| 1 1/2 qt. bread crumbs,<br>dry, cut in 1/2 inch<br>squares | 1/4 c. light cream           |
| 3/4 c. butter, melted                                      | 3/4 tsp. salt                |
| 1 1/4 tsp. powdered sage                                   | pepper to taste              |
|  | 2 Tbsp. finely chopped onion |

Put layer of chicken in 9 x 13 inch pan or casserole. Cover with dry dressing mixed lightly. Pour gravy, made from broth, flour and fat over top of dressing. Bake in 425 degree oven about 35 minutes, until slightly brown. Serves 12.

Mrs. Max Miller

## SATURDAY CASSEROLE

- |                           |                       |
|---------------------------|-----------------------|
| 1 lb. veal, cubed         | 1 can chicken soup    |
| 1 lb. pork, cubed         | 1 small can pimientos |
| 1 small onion             | 1 small can mushrooms |
| 1 large pkg. fine noodles | 1/2 lb. cheese        |
| 1 #2 can cream style corn | 1 large green pepper  |
| 1 can mushroom soup       | salt and pepper       |

Brown cubed meat and onion in butter; simmer in small amount of water until tender. Combine with cooked noodles. Mix remaining ingredients. Sprinkle with crumbs. Bake in two

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SATURDAY CASSEROLE (Continued)

casseroles, in moderate oven, 350 degrees, one hour. Serves 16-20.

Mrs. Frank Payne

**CHICKEN AND RICE CASSEROLE**  
(Our Favorite)

3 to 4 lb. chicken, cut	1 tsp. salt
1/3 c. seasoned flour	1/8 tsp. thyme
1/4 c. butter	1/2 tsp. celery flakes
1 can condensed cream of chicken soup	1 1/3 c. water
2 1/2 Tbsp. grated onion	1 1/3 c. Minute rice
1 Tbsp. chopped parsley	1/2 tsp. paprika

Roll cut up chicken in flour. Saute in butter until golden brown. Mix soup, onion (I use onion flakes) seasonings in saucepan. Gradually stir in water. Bring to boil, stirring constantly. Pour Minute rice into shallow 2 quart casserole. Stir all except 1/3 cup soup mixture into rice. Top with chicken; pour on remaining soup mixture. Cover. Bake 30 minutes in moderate oven, 375 degrees, or until chicken is tender. Sprinkle with paprika.

Mrs. M. W. Anderson

**DRIED BEEF HOT DISH**

4 oz. elbow macaroni	1 tsp. horseradish
2 Tbsp. butter	2 Tbsp. flour
1/4 onion, diced	1 1/4 c. milk
1 c. green beans	1 c. grated cheese
1 small can mushrooms	1/4 lb. dried beef

Cook macaroni 7 minutes. Put onion in large skillet and saute in the butter. Add flour and milk. Cook until thick and add grated cheese and dried beef, green beans (French style best), mushrooms and horseradish. Mix all together; put in buttered baking dish and cover with crushed potato chips or buttered crumbs.

Mrs. Carl Lindell

## DELICIOUS ESCALLOPED CHICKEN OR TURKEY

8 slices bread	3 eggs
2 c. cut up chicken	3 c. milk
1 c. diced celery	salt and pepper
1/2 c. minced onion	1 can mushroom soup
1/2 c. Miracle Whip	cheese

Take 4 slices of the bread and break into 10 x 14 inch pan. Mix chicken, celery, onion and Miracle Whip together and spread on top of bread. Break up the other 4 slices of bread and put on top of mixture, add a little salt and pepper. Beat 3 eggs and 3 cups milk together and pour over the bread. Cover with foil and place in refrigerator overnight. Bake at 350 degrees for 1 hour. Remove from oven, cover with a can of mushroom soup and dot with cheese. Return to oven for 15 minutes. Serves 14 to 15.

Mrs. Carroll R. Johnson

## OVEN BEEF STEW

1 1/2 lb. stewing beef, cut in pieces	3 c. water
4 potatoes, peeled and cubed	1 pkg. frozen lima beans
6 small onions	1/2 tsp. marjoram
6 carrots	1/2 tsp. basil
	salt and pepper

Peel the onions and potatoes. Take your deepest casserole and put everything in it, mixing in seasonings. Add 3 cups water. Cover tightly and simmer in the oven at 350 degrees, 2 hours or more.

Mrs. Paul Gamble

## CORNED BEEF CASSEROLE

1 large pkg. medium size noodles (about 16 oz.)	1 large onion, chopped
12 slices bacon, fried crisp	1 green pepper, chopped
	3 cans corned beef, crumbled
	3 cans mushroom soup

Cook and drain noodles. Saute onion and pepper in bacon drippings. Add corned beef, noodles, mushroom soup, undiluted, and bacon which has been fried crisp and crumbled. Put into a large casserole, cover generously with grated cheese. Bake uncovered at 350 degrees, about 1 hour. Serves 14 to 16.

Mrs. Carl Lindell

My susceptibility to flattery  
Is a disconcerting thing;  
If an enemy but praise my tea,  
I feast him like a king.



## BEVERAGES

They that have no other meat,  
Bread and butter are glad to eat.



## SANDWICHES

BIRTHDAY STONES AND FLOWERS

Month

Flowers

Stone

January

Snowdrop or Carnation

Garnet

February

Primrose or Violet

Amethyst

March

Jonquil or Daffodil

Bloodstone or  
Aquamarine

April

Daisy or Sweet Pea

Diamond

May

Hawthorn or Lily of the Valley

Emerald

June

Rose or Honeysuckle

Pearl or  
Moonstone

July

Larkspur or Water Lily

Ruby

August

Poppy or Gladiolus

Sardonyx

September

Aster or Morning Glory

Sapphire

October

Cosmos or Dahlia

Opal or  
Tourmaline

November

Chrysanthemum

Topaz or Citrine

December

Holly or Poinsettia

Turquoise or  
Lapis Lazuli

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BEVERAGES, SANDWICHES

BLUE CHEESE-TURKEY SANDWICHES

- |                              |                              |
|------------------------------|------------------------------|
| 2 c. coarsely chopped turkey | 2 Tbsp. mayonnaise           |
| 2 tsp. lemon juice           | 6 Tbsp. crumbled Blue cheese |
|                              | 6 slices sandwich bread      |

Toast sandwich bread on one side only. Spread untoasted sides with butter. Combine turkey, lemon juice and mayonnaise. Spread over the buttered sides of bread and top with the 6 tablespoons crumbled Blue cheese. Broil just until cheese begins to melt. Makes 6 open-faced sandwiches.

Mrs. Karl S. Bond

HAMWICHES

- |                              |                                   |
|------------------------------|-----------------------------------|
| 1 cake or pkg. dry yeast     | 4 Tbsp. Crisco                    |
| 1/4 c. lukewarm water        | 1 tsp. celery salt                |
| 1 egg                        | 1 Tbsp. minced onion              |
| 1/2 c. lukewarm tomato juice | 2 1/2 c. flour                    |
| 1 1/2 Tbsp. brown sugar      | 4 thin slices of ready to eat ham |

Dissolve yeast in 1/4 cup water. Combine egg, well beaten, tomato juice, brown sugar, melted Crisco, celery salt and onion. Stir dissolved yeast into above mixture. Add flour, 1 cup at a time, beat well each time. Set dough in warm place to rise until double in bulk, about 1 hour. Roll 1/2 dough into about 12 to 14 inch circle. Cut into 8 wedges. Cut ham to fit wedge - roll starting at wide edge of the wedge and rolling to point. Place point-side down. Let rise about 1 hour or until light. Bake 20-25 minutes at 400 degrees or until lightly browned. Serve hot.

Mrs. Carl Scheib

GRAPE JUICE

Wash, sort and remove grapes from stems. Place in pan and mash until grapes are separated. Add approximately 1 cup of water to 1 quart of grapes. Cook slowly until soft. Pour

## GRAPE JUICE (Continued)

into jelly bag and let drip. Bring juice to a boil and add 1/2 cup sugar to each quart of juice. Heat again to boiling and pour into hot sterilized jars and seal. This is a concentrated juice and may be mixed with equal portions of water for drinking.

Mrs. Loren Fischer

## RASPBERRY SLUSH

3 1/2 c. water  
2 c. sugar  
1 can frozen orange juice

1 #2 can crushed pineapple  
2 pkg. frozen raspberries  
7-Up or Teem

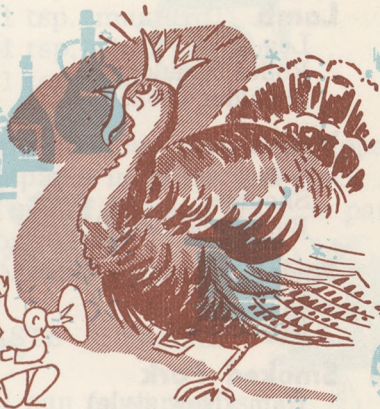
Boil sugar and water together for 5 minutes. Cool. Mix orange juice, pineapple and raspberries into cooled sugar mixture. Freeze in ice cube trays. Serve in tall glasses with 7-Up or Teem.

Mrs. Robert Paulus

## \*\* EXTRA RECIPES \*\*



# MEATS



# POULTRY

Stuff it and roast it, baste it with care,  
Carefully then some gravy prepare,  
Around your kitchen savory odors will tell,  
Whatever is cooking, is doing well.

## ROASTING

### MEAT

#### Beef

	Set Temperature	Time in Minutes per Pound	Time in Min. per Lb. Started Cooking from Frozen State
Standing Rib 6-8 Lbs.	300	Rare	18-20
		Medium	22/25
		Well Done	27-30
Less than 6 pounds	300	Rare	33
		Medium	45
		Well Done	50
Rolled Ribs	300	Rare	32
		Medium	38
		Well Done	48
Rump (high quality)	300		
Standing	300	25-30	50
Rolled	300	30-35	55

#### Lamb

Leg	300	30-35	40/45
Rolled Shoulder	300	40-45	40-45
Shoulder (bone in)	300	30-35	40-45

#### Veal

Leg	300	25-30	40-45
Shoulder	300	25	40-45
Boned and Rolled	300	40-45	40-45

#### Pork

Loin	350	35-40	50-55
Fresh Ham	350	30-35	50-60

#### Smoked Pork

Ham (New style)	300	15	
Ham (New style) Half	300	18-20	
Ham Butts	300	35/40	

### POULTRY

#### Chicken

Stuffed 3-4 lbs.	350	45-40
Stuffed 4-5 lbs.	350	40-35
Stuffed over 5 lbs.	325	35/30

#### Turkey

8-10 lbs.	325	25-20
10-14 lbs.	325	20-18
14-18 lbs.	300	18-15
18-20 lbs.	300	15-13

#### Goose

10-12 lbs.	325	30-25
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#### Duck

5-6 lbs.	350	35-30
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MEATS, POULTRY

BARBECUED CHICKEN ✓

Sauce:

3 Tbsp. catsup	2 Tbsp. melted butter
2 Tbsp. vinegar	3 Tbsp. brown sugar
1 Tbsp. lemon juice	1 tsp. salt
2 Tbsp. Worcestershire sauce	1 tsp. mustard
4 Tbsp. water	1 tsp. chili powder
	1 tsp. paprika

Grease a brown paper bag on inside. Salt and pepper a 3 pound frying chicken. Dip each piece in sauce and place in bag. Pour remaining sauce over. Tie end of bag and place in pan. Bake at 350 degrees for 2 hours or more.

Mrs. Kenneth Miller

CHICKEN BREASTS SUPREME ✓

4 whole chicken breasts	1 can mushrooms
1 c. wild rice	1/2 pt. cultured sour cream
1/2 onion, finely cut	chicken broth
1/2 c. almonds, finely cut	salt, pepper to taste
1/2 can cream of mushroom soup	

Cook rice as directed on package. Carefully brown boned chicken breasts, cut in halves, in small amount of butter. Remove chicken and cook onion until transparent, then carefully brown almonds. Grease casserole. Mix rice with onions, almonds, mushrooms; place in bottom of casserole. Put chicken breasts on top. Mix soup, sour cream and enough broth to make mixture of gravy-like consistency. Pour over casserole ingredients. Bake, uncovered, 45 minutes to 1 hour at 325 degrees.

Mrs. David Lake

CHICKEN CACCIATORE

1 (3 1/2 or 4 lb.) chicken, cut up	1/2 c. flour
	1/2 c. cooking oil

## CHICKEN CACCIATORE (Continued)

1 clove garlic	1/4 lb. sliced mushrooms
1 c. chopped onion	2 tsp. salt
1 (16 oz.) can tomatoes	1/4 tsp. pepper
1 (8 oz.) can tomato paste	1/2 tsp. oregano

Wash chicken, dry well with paper towel. Preheat electric skillet to 360 degrees. Heat oil in skillet. Dredge chicken in flour; brown in hot fat on all sides. Add remaining ingredients; turn control to Simmer. Cook covered one hour or until chicken is tender. Serve over hot spaghetti with Parmesan cheese.

Mrs. Hazel Lyden

## CHICKEN SUPREME

1 frying chicken	1 tsp. poultry seasoning
1 can cream of chicken soup	

Take fryer, cut up and dredged in flour; brown and season. When nicely browned place on low heat, add soup, poultry seasoning and enough water to make moist. Cover, allow to simmer until done. Remove chicken and thicken sauce for gravy. Cream of vegetable soup can also be used.

Mrs. Bill Hiatt

## GOURMET PORK CHOPS

4 pork chops	thin slices of lemon
1 can green beans	1 can tomatoes

Flour pork chops and brown. Put into baking dish. Add green beans and tomatoes, put thin slices of lemon on top and bake 1 hour or until meat is done in 350 degree oven.

Mrs. Lloyd Lorimor

## PORK CHOPS AND DRESSING

4 pork chops	Mrs. Donnie Hart
bread crumbs	onion, if desired
sage	dash of poultry seasoning, if desired
salt and pepper	1/2 c. water

Brown pork chops on top of stove in a little shortening. When almost browned, add 1/2 cup of water to pan. Mix dressing and add the chops, drippings for the moisture. This gives dressing a good flavor. Place pork chops in baking pan putting dressing on top of pork chops. Cover and bake until dressing is done in 325 degree oven.

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**HAM SOUFFLE**

- |                        |                        |
|------------------------|------------------------|
| 1 c. ground cooked ham | 3/4 c. buttered crumbs |
| 1 c. thick white sauce | 4 hard cooked eggs     |

Chop whites of cooked eggs and add to thick white sauce. Chop yolks and add to ham. Combine all; place in greased casserole. Sprinkle with buttered crumbs. Bake 30 minutes in 400 degree oven.

Mrs. Ralph Shaddock

**SOUTHERN HAM LOAF**

- |                                      |   |
|--------------------------------------|---|
| 3 Tbsp. butter                       | 1/2 lb. fresh lean pork                             |
| 5 Tbsp. brown sugar                  | 1 c. bread crumbs, cracker<br>crumbs or corn flakes |
| 3 slices canned pineapple,<br>halved | 1/4 tsp. black pepper                               |
| 1 lb. lean smoked ham,<br>ground     | 2 eggs, unbeaten                                    |
|                                      | 1/4 c. milk   |

Melt butter in loaf pan, add brown sugar, stirring until dissolved. Add pineapple and saute a few minutes. Mix meat with remaining ingredients and spread in pan over sections of pineapple and press down. Bake in hot oven, 375 degrees about 50-60 minutes. Turn out on platter with pineapple on top. Serves 8.

Mrs. Edna Buntz

**MEAT BALLS**

- |                       |   |
|-----------------------|---|
| 1 lb. ground beef     | 1/4 tsp. poultry seasoning                            |
| 1/4 c. chopped onion  | 2 Tbsp. fat to brown meat                             |
| 1/4 c. uncooked rice  | 1 (10 1/2 oz.) can tomato,<br>celery or mushroom soup |
| 1/4 c. cracker crumbs | 3/4 c. hot water                                      |
| 1/3 c. milk           | 1 (4 oz.) can mushroom pieces                         |
| 1 1/4 tsp. salt       |   |
| 1/8 tsp. pepper       |   |

Combine all ingredients down to the fat and shape into small balls. Brown in hot fat, being careful not to brown too much. Add soup and water to meat balls and simmer 1 1/4 hours.

## MEAT BALLS (Continued)

Remove meat balls to platter. Add mushroom pieces with liquid to soup mixture and pour over meat balls when hot. Serves 8 or 10. Any leftover is good frozen to use at a later date.

Mrs. Ted Palmer

## MEAT LOAF

1 1/2 lb. ground beef	3 eggs, beaten
1/2 c. grated cheese	1/4 c. onion, chopped
1 c. oatmeal	1/4 c. celery, chopped
2 tsp. salt	1 c. tomato juice

Combine all ingredients thoroughly and pack into a loaf pan lined with aluminum foil. Bake 1 hour at 350 degrees.

Mrs. Carl Lindell

## MEAT LOAF

1 lb. ground beef	1/4 tsp. dry mustard
1/2 lb. ground pork	4 slices soft bread cubes
1/4 c. chopped onion	1 c. warm milk
2 tsp. celery	2 eggs, beaten
2 tsp. salt	1/2 c. dry bread crumbs
1/4 tsp. pepper	1/2 c. boiling water

Mix meats, add onion, celery and seasonings. Soak bread in milk, add eggs. Combine meat, add egg mixture, 1/2 cup crumbs. Form in 2 loaves. Roll in 1/2 cup crumbs. Place in greased shallow pan. Pour water around loaves. Bake 60 minutes at 350 degrees.

Pour following sauce over loaves last 15 minutes of baking time:

1/4 c. catsup	1/4 c. brown sugar
2 Tbsp. prepared mustard	

Mrs. George Teachout

## MEAT ROLLS

1 lb. pork, ground	3 eggs
1 1/2 lb. beef, ground	1/2 c. milk
1 c. mashed potatoes	salt and pepper to taste
1 Tbsp. melted butter	soda cracker crumbs

Mix the pork, beef, mashed potatoes, melted butter, 2 eggs and milk. Make into 15 oblong loaves. Beat 1 egg and roll

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**M** *elz* **M** *otor* **M** *anor*



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*Shenandoah, Iowa*

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**MEAT ROLLS (Continued)**

loaves in it and roll in cracker crumbs. Brown in the oven in a skillet with enough grease to cover pan. Bake 1/2 hour at 350 degrees. Turn the loaves and bake 1/2 hour more. Do not cover. Serves 15.

Mrs. Ray F. Meyer

**INDIVIDUAL MEAT LOAVES**

1 1/2 lb. ground round steak or veal	2 eggs
1 c. bread or cracker crumbs	1 tsp. minced onion
1 c. milk	1 tsp. celery
1 1/2 tsp. salt	1 tsp. parsley
	1 can cream of mushroom soup

Combine all ingredients. Mix well. Form into small individual loaves (about 12). Roll each one in crumbs; brown in hot butter or shortening. Add a little water to a can of mushroom soup; stir to make smooth and pour over meat loaves. Bake covered for almost an hour in 350 degree oven, then uncover to brown.

Mrs. J. D. Wayt

**MEAT BALLS 'N SPAGHETTI**

3 c. canned tomatoes	1/2 c. finely chopped onion
1 1/2 c. water	1/4 c. soft bread crumbs
1/3 c. finely chopped onion	1 slightly beaten egg
1 1/2 Tbsp. brown sugar	1/2 tsp. salt
1 tsp. salt	dash pepper
1 tsp. chili powder	flour
dash of pepper	cooked spaghetti
1 lb. ground beef	

Combine first 7 ingredients. Simmer uncovered 30 minutes. Combine ground beef, onion, egg, salt, crumbs, pepper and form into 16 balls. Roll in flour and brown in hot fat in skillet. Pour sauce over meat balls and simmer uncovered about 30 minutes. Serve hot over cooked spaghetti.

Mrs. Alvin Puckett

## BARBECUED HAMBURGERS

2 lb. ground beef	1/4 c. chopped onion
1 tsp. salt	1 Tbsp. brown sugar
dash pepper	1 Tbsp. vinegar
1 can cream of tomato soup	1 Tbsp. Worcestershire sauce
1/4 c. sweet pickle relish	

Combine beef, salt, pepper; shape into 8 patties. Brown in skillet; pour off fat. Combine remaining ingredients; pour over burgers. Simmer 20 minutes or until done, stirring occasionally. Serves 8.

Mrs. Robert Berlin

## HACIENDA HAMBURGER

1 lb. ground beef	1 c. diced cheese
1 c. diced celery	3/4 c. ripe olives, cut in big chunks
2 c. wide noodles, uncooked	3 Tbsp. catsup
1 1/2 tsp. salt	

Brown meat lightly in skillet. Add remaining ingredients. Cover tightly and bring mixture to a boil. Simmer gently 20 minutes.

Mrs. Forest Klepinger

## CHINESE BEEF POT ROAST

4 lb. roast	1/4 c. soy sauce
1 tsp. garlic salt	1 Tbsp. honey
1/2 tsp. dry mustard	1 Tbsp. vinegar
1/4 tsp. pepper	1 tsp. celery seed
2 Tbsp. fat	1/2 tsp. ginger
3/4 c. water	

Combine garlic salt, mustard, pepper. Rub on both sides of meat. Do this ahead of time and refrigerate if possible. Later, brown meat in fat. Combine remaining ingredients and pour over meat. Cover and simmer about 2 hours, or until done, adding more water if necessary. Skim fat from liquid; make gravy and pour over the meat. Good re-heated in the gravy liquid.

Mrs. John Hall

## SWISS STEAK ROYALE

4 lb. round steak, cut thick	4 c. celery, cut in chunks
1 1/2 c. flour	1 large green pepper, cut up
4 c. sliced onions	4 Tbsp. fat
	2 tsp. dry mustard

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SWISS STEAK ROYALE (Continued)

4 tsp. salt  
1/2 tsp. pepper  
1 can mushrooms, cut

1 c. chili sauce  
2 c. beef stock or water (may  
not need all)

Pound flour into steak. Pan fry onions, celery and green pepper in hot fat in heavy skillet or roaster. Remove from pan and carefully brown floured steak on both sides. Add mustard, salt, pepper, beef stock and chili sauce. Cover and bake at 350 degrees for 2 hours. Add sauteed vegetables and bake another hour.

Mrs. Donald Moffet

BAKED STEAK STUFFED WITH WILD RICE

3 Tbsp. flour  
1 1/2 tsp. salt  
1/8 tsp. pepper  
1 1/2 lb. round steak,  
cut 1 inch thick  
1/4 c. finely chopped onion

2 Tbsp. butter or margarine  
1/2 c. tomato juice  
2 1/4 c. cooked wild rice  
(3/4 c. raw)  
1/4 c. finely chopped parsley  
2 Tbsp. shortening  
1/2 c. water

Combine 2 tablespoons flour, 1 teaspoon salt and pepper. Pound into meat on both sides. Saute chopped onion in butter until soft. Stir in remaining 1 tablespoon flour and 1/2 teaspoon salt. Add tomato juice. Cook over low heat, stirring constantly, until thickened. Add rice and parsley; blend. Spread mixture on steak. Roll. Fasten with skewers. Brown meat well in shortening. Add water. Bake, covered at 350 degrees for about 2 hours or until meat is tender. Serves 4 to 6.

Mrs. Don Jennings

BEEF PIE SUPREME

1 1/2 lb. stewing beef,  
cut in cubes  
1/4 c. flour  
1 tsp. salt  
1/8 tsp. pepper

3 Tbsp. shortening  
1 c. water  
1 c. canned tomatoes  
2 tsp. Worcestershire sauce  
6 carrots

## BEEF PIE SUPREME (Continued)

12 small onions, peeled  
3 c. mashed potatoes

1/3 c. processed cheese  
spread

Mix flour, salt and pepper. Roll meat in mixture to coat all sides. Brown meat well in hot shortening, taking time to brown it slowly. Add water, tomatoes and Worcestershire sauce. Peel carrots; cut into 1 inch cross-wise slices. Peel onions. Add vegetables to meat. Cover tightly. Simmer 2 hours, stirring occasionally. Pour into greased 2 quart casserole. With mixer blend together mashed potatoes and cheese spread. Drop by spoonfuls around rim of the casserole. Brush with melted butter. Bake until bubbly hot, about 30 minutes. Serves 6-8.

Mrs. Howard W. Hall

## CHINESE BEEF

1 1/2 lb. lean sirloin or  
filet of beef

1 can water chestnuts

1 can mushrooms

1 can mixed Chinese  
vegetables

1/2 can pimientos

4 stalks celery

1 large onion

1 clove garlic

2 Tbsp. soy sauce

1/2 tsp. powdered ginger

1 Tbsp. molasses

1 Tbsp. cornstarch mixed with  
a little water

1 tsp. sugar

Slice beef in narrow strips 1 inch long. Slice all fresh vegetables on bias in rather large pieces. Quickly brown beef in small amount of oil, add other ingredients except cornstarch. Cook, covered, for 3 to 5 minutes. Add cornstarch. Cook briefly. Serve over rice. (Should not need additional salt.)

Mrs. David Lake

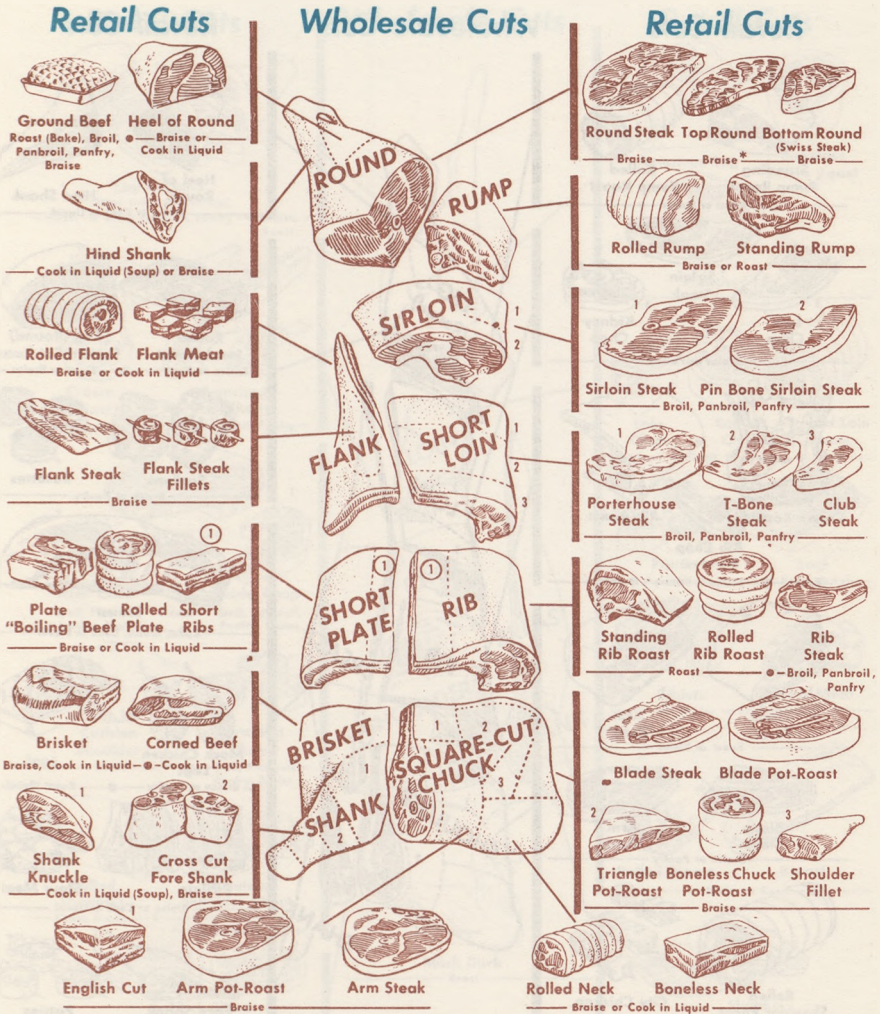
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PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

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# Meat Cuts and How to Cook Them

## BEEF CHART



\*Prime and choice grades may be broiled, panbroiled or panfried

NATIONAL LIVE STOCK AND MEAT BOARD



# Meat Cuts and How to Cook Them

## LAMB CHART

### Retail Cuts



**Leg of Lamb**  
(Three cuts from one leg)

— Roast — ● Broil, Panbroil, Panfry — ● Braise, Roast



**Crown Roast**

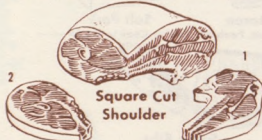
— Roast

**Rib Chops**



**Frenched Rib Chops**

— Broil, Panbroil, Panfry —



**Square Cut Shoulder**

**Arm Chop**

Broil, Panbroil, Panfry, Braise

**Blade Chop**

Broil, Panbroil, Panfry, Braise



**Cushion Shoulder**

— Roast

**Saratoga Chops**

— Broil, Panbroil, Panfry, Braise

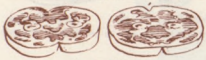


**Roll Shoulder**

— Roast, Braise

**Boneless Shoulder Chops**

— Broil, Panbroil, Panfry, Braise



**Neck Slices**

— Braise, Cook in Liquid

### Wholesale Cuts



**Mock Duck**

— Roast

### Retail Cuts



**American Leg**

**Boneless Sirloin Roast**



**Frenched Leg**

— Roast



**Loin Chop**

— Broil, Panbroil, Panfry —

**English Chop**

— Broil, Panbroil, Panfry —

**Roll Loin Roast**

— Roast



**Patties**

Broil, Panbroil, Panfry —

**Loaf**

— Roast (Bake)



**Riblets**

— Braise or Cook in Liquid

**Stew Meat**

— Braise or Cook in Liquid



**Roll Breast**

— Braise or Roast

**Breast**

— Braise or Roast










































**Shanks**

— Braise or Cook in Liquid

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# Meat Cuts and How to Cook Them

## PORK CHART

Retail Cuts	Wholesale Cuts	Retail Cuts	
 <p><b>Boneless Loin Roast</b> Roast — ● —</p>  <p><b>Tenderloin Frenched and Whole</b> — Roast, Braise, Panfry —</p>	 <p><b>HAM</b></p>	 <p><b>Ham (Butt Half)</b> Roast (Bake), Cook in Liquid</p>  <p><b>Ham (Shank Half)</b> Roast (Bake), Cook in Liquid</p>	
 <p><b>Canadian Style Bacon</b> — Roast, Broil, Panbroil, Panfry —</p>  <p><b>Loin Chop</b></p>		 <p><b>Ham Butt Slice</b> Broil, Panbroil, Panfry</p>  <p><b>Center Ham Slice</b> Broil, Panbroil, Panfry</p>	
 <p><b>Rib Chop</b></p>  <p><b>Frenched Rib Chop</b></p>  <p><b>Butterfly Chop</b></p> <p>— Braise or Panfry —</p>		 <p><b>Fresh Ham Roast</b></p>  <p><b>Rolled Fresh Ham Roast</b></p>	
 <p><b>Sirloin Roast</b></p>  <p><b>Loin Roast Center Cut</b></p>		 <p><b>LOIN</b></p>  <p><b>SIDE</b></p>	 <p><b>Bacon</b> Broil, Panbroil, Panfry, Cook in Liquid</p>  <p><b>Salt Pork</b> Broil, Panbroil, Panfry, Cook in Liquid</p>
 <p><b>Blade Loin Roast</b></p>  <p><b>Crown Roast</b></p> <p>— Roast —</p>			 <p><b>Spare Ribs</b> Roast (Bake), Braise, Cook in Liquid</p>
 <p><b>Fat Back</b> Lard — Salt Pork — ● —</p>  <p><b>Lard</b> — Shortening —</p>	 <p><b>BOSTON BUTT</b></p>  <p><b>PICNIC</b></p>		 <p><b>Fresh Picnic Shoulder</b> Roast — ● —</p>  <p><b>Smoked Picnic Shoulder</b> Roast (Bake), Cook in Liquid</p>
 <p><b>Blade Steaks</b></p>  <p><b>Smoked Shoulder Butt</b></p> <p>— Braise, Panfry — ● —</p> <p>— Roast (Bake), Cook in Liquid, Broil, Panbroil, Panfry —</p>	 <p><b>JOWL</b></p>  <p><b>Bacon Square</b> Cook in Liquid, Broil, Panbroil, Panfry</p>		 <p><b>Cushion Picnic Shoulder</b></p>  <p><b>Rolled Fresh Picnic Shoulder</b></p> <p>— Roast —</p>
 <p><b>Boston Butt</b></p>  <p><b>Rolled Boston Butt</b></p> <p>— Roast —</p>	 <p><b>Fresh Shoulder Hock</b> — Braise, Cook in Liquid — ● —</p>  <p><b>Arm Steak</b> — Braise, Panfry —</p>		

NATIONAL LIVE STOCK AND MEAT BOARD



## HERBS AND SEEDS

**Dill** - Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

**Fennel** - Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked fruit. Leaves may be boiled with fish.

**Marjoram** - May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.

**Tarragon** - Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

**Curry Powder** - A number of spices combined in proper proportion to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.

**Chives** - Leaves are used in many ways. May be used in salad, in cream cheese, in sandwiches, omelet, soups, and in fish dishes. Mild flavor of onion.

**Tomato Juice** - Used in sauces to serve with bland foods, such as potato croquettes, or with foods having distinctive flavor, such as fish, also in beverages.

**Vinegar** - Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tang flavor to salad dressing; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.

**Onion** - Popular vegetable which combines in flavor with practically all vegetables, and some fruits - e.g., apple, and orange; also with all meat and fish. Tender young tops may be minced and used as a garnish for soups and salads.

**Sage** - Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

**Caraway** - Seeds have a spicy smell and aromatic taste. Used in baked fruit, in cakes, breads, soups, cheese and sauerkraut.

**Paprika** - A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

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SEA FOODS

SCALLOPED SALMON

- |                          |                              |
|--------------------------|------------------------------|
| 1 pkg. frozen peas or    | 4 Tbsp. flour                |
| 1 can (1 lb. 4 oz.) peas | 1 1/2 c. milk                |
| 1 can (1 lb.) salmon     | 1/2 tsp. salt                |
| 1/2 c. ripe olives       | 1/4 tsp. pepper              |
| 1 small onion            | 1 bay leaf                   |
| 4 Tbsp. butter or mar-   | 1/4 c. dry bread crumbs      |
| garine                   | 1/2 c. grated cheddar cheese |

Start oven at 350 degrees. Cook frozen peas according to package directions and drain. (Just drain canned peas.) Drain and flake salmon; drain and slice olives; grate or chop onion fine. Melt butter in a saucepan and stir in flour smoothly. Add milk gradually, then season with onion, salt, pepper, bay leaf and cook until bubbly, stirring frequently. Mix peas, salmon, olives in casserole. Remove bay leaf from sauce and pour sauce over salmon. Sprinkle top with bread crumbs and cheese. Bake 30 minutes or until brown. Serves 4 to 6.

Mrs. Donald Jennings

TUNA CASHEW CASSEROLE

- |                                       |                        |
|---------------------------------------|------------------------|
| 2 (6 1/2 oz.) cans tuna,<br>undrained | 1/4 lb. cashew nuts    |
| 1 can Chow Mein noodles               | 1/2 c. celery, chopped |
| 1 can cream of mushroom<br>soup       | 1/4 c. onion, chopped  |
|                                       | 2 Tbsp. lemon juice    |

Combine undrained tuna, half of the noodles, the soup, nuts, celery, onion and lemon juice. Turn into greased casserole, top with remaining 1/2 can of noodles. Bake 30 minutes at 350 degrees. Serves 8.

Mrs. Wayne Stevens

ASPARAGUS CASSEROLE

- |                                   |                    |
|-----------------------------------|--------------------|
| 2 c. cooked asparagus,<br>drained | 2 hard cooked eggs |
|                                   | 1 can tuna         |

## ASPARAGUS CASSEROLE (Continued)

1 can mushroom soup                      salt to taste  
1/2 c. milk

Mix altogether, put in greased casserole and top with crushed potato chips. Bake in 350 degree oven until brown. This dish can be re-heated.

Mrs. Paul Sheirbon

## SALMON LOAF WITH CELERY SAUCE

2 c. salmon, drained                      2 eggs, beaten  
1/4 c. salmon liquid                      1/2 c. onion, chopped fine  
1 can cream of celery soup              1 Tbsp. lemon juice  
1 c. fine dry bread crumbs

Mix well. Pack into well greased loaf pan. Bake at 375 degrees for 1 hour (or until browned). Cool 10 minutes. Turn out on platter. Blend 1 can cream of celery soup with 1/3 cup milk. Heat and serve over loaf.

Mrs. Rae Danbom

## SALMON CROQUETTES AND SAUCE

1 1/2 c. salmon                              1 c. cracker crumbs  
1 egg    salt, pepper to taste

### Tomato Sauce:

2 Tbsp. butter                              1/2 tsp. salt  
2 Tbsp. flour                                pepper  
1 c. tomato juice

Mix salmon well with beaten egg. Add salt and pepper to taste. Shape into croquettes and roll in cracker crumbs. Fry in deep fat and drain.

For tomato sauce, make as a white sauce using tomato juice instead of milk. Pour over croquettes and serve.

Mrs. Mark Pursell

## DEEP SEA CASSEROLE

1 (7 oz.) can flaked tuna                      1/2 c. pitted ripe olives, cut  
1 (4 1/2 oz.) can shrimp,                      1 can condensed cream of  
drained    celery soup  
2 or 3 Tbsp. pimienta,                      few drops Worcestershire sauce  
chopped

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DEEP SEA CASSEROLE (Continued)

Gently fold the listed ingredients together to combine. Turn into a buttered casserole and cover with either buttered crumbs or grated cheese or both. Bake at 350 degrees for 30 to 40 minutes.

Mrs. JeRome Adams

\*\* EXTRA RECIPES \*\*

BRANDY'S SUPER-VALL

Known For Its Unique Flavor

It's the one you've been waiting for, ready to mix

with your favorite liqueurs for a truly unique beverage

Enjoy it on its own or mix it with

other liqueurs (Continued)

DRINKING WATER

This is a very good drink for the summer months

It is made by mixing equal parts of brandy and water

and drinking it through a straw

It is very refreshing and helps to cool the body

It is also good for the throat and lungs

It is a very good drink for the summer months

It is made by mixing equal parts of brandy and water

and drinking it through a straw

It is very refreshing and helps to cool the body

It is also good for the throat and lungs

Mrs. The Queen

BRANDY'S SUPER-VALL

1 1/2 c. brandy

1 egg

1 c. sugar

1/2 c. water

Thick Stock

1 Tbsp. sugar

1 Tbsp. oil

1 c. brandy

1/2 c. water

1 egg

Mix brandy with sugar and egg. Add oil and water to

make. Shake into refrigerator and will be ready to drink. Fry in

oil and eat with

For thick stock, make as a white stock using brandy

instead of milk. Fry with sugar and oil first.

Mrs. Mary Powell

BRANDY'S SUPER-VALL

1 c. brandy

1/2 c. sugar

1 egg

1 c. water

1 Tbsp. oil

1/2 c. brandy

1 c. sugar

1 egg

1 c. water

1 Tbsp. oil

# Rolls - Breads



"Breathes there a wife with soul so dead;  
Who to her husband has never said:  
'This is my own real, home made bread' "

## COMMON CAUSES OF FAILURE IN BAKING

### BISCUITS

1. Rough Biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

### MUFFINS

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and a soggy texture are caused from overmixing.
3. For a nice muffin mix well but light and bake at correct temperature.

### CAKES

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.
6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

### PIES

1. Pastry crumbles caused by over mixing flour and fat.
2. Pastry is tough caused by using too much water and over mixing the dough.
3. Pies do not brown - for fruit or custard pies use a Pyrex pie pan or an enamel pan and bake at 400 - 425 degrees constant temperature.

### BREADS: (YEAST)

1. Yeast bread is porous - this is caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters - this is caused by under-rising, the bread will blister just under the crust.
3. Bread does not rise - this is caused from over-kneading or from using old yeast.
4. Bread is streaked - this is caused from under-kneading and not kneading evenly.
5. Bread bakes uneven - Caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature.

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ROLLS - BREADS ✓

QUICK OATMEAL BREAD  
(No-Kneading)

2 pkg. yeast	1/2 c. light molasses
1/2 c. warm water	4 tsp. salt
1 1/2 c. boiling water	2 eggs, beaten
1 c. quick oatmeal	5 1/2 c. sifted flour
1/3 c. shortening	

Soften yeast in 1/2 cup warm water. Combine 1 1/2 cups boiling water, oatmeal, shortening, molasses and salt; cool to lukewarm. Add yeast and mix well. Blend in eggs. Add flour; mix thoroughly until dough is smooth. (It will be softer than kneaded dough.) Place in greased bowl, cover, store in refrigerator 2 hours. Shape into 2 loaves, place in greased bread pans; cover and let rise until double, about 2 hours. Bake at 375 degrees for 1 hour.

Mrs. Maurice Hoxie

REFRIGERATOR COFFEE CAKE

Batter:

2 c. sifted flour	1/2 tsp. soda
1/2 c. sugar	1/3 c. shortening
2 tsp. baking powder	1 egg, beaten
3/4 tsp. salt	1/2 c. buttermilk

Topping Mix:

1/2 c. brown sugar	2 Tbsp. melted butter
2 Tbsp. flour	1/2 c. chopped nuts
2 tsp. cinnamon	

Sift together dry ingredients. Cut in shortening, until mixture looks like coarse corn meal. Combine egg and buttermilk and stir into flour mixture, stirring just until moistened. Spread into well greased 9 inch square pan. Sprinkle with Topping Mix and bake in moderate oven, 350 degrees, about 30

## REFRIGERATOR COFFEE CAKE (Continued)

minutes. Batter may be placed in refrigerator overnight and baked next morning, if desired. Makes 9 servings.

Mrs. Ralph Seipel

## SPICY RAISIN COFFEE CAKE ✓

### Batter:

1/2 c. butter or margarine	2 c. sifted flour
1 c. sugar	1 1/2 tsp. baking powder
2 eggs	1 tsp. soda
1 tsp. vanilla	1/4 tsp. salt
1 c. sour cream	

### Topping:

1 c. nuts	1 tsp. cinnamon
1/2 c. sugar	1 c. (or more) raisins

Cream butter and sugar until fluffy. Add eggs and vanilla; beat well. Blend in sour cream. Sift together the next 4 ingredients; stir into creamed mixture. Mix well. Spread half the batter into greased 9 x 12 inch pan. Mix nuts, 1/2 cup sugar and cinnamon; sprinkle half over batter, then sprinkle raisins over. Spoon on remaining batter. Top with remaining nut mixture. Bake in 350 degree oven about 40 minutes. Serve warm.

Part brown sugar may be used in topping. Also a powdered sugar glaze may be drizzled over top while hot.

Mrs. Paul Foster

Mrs. Max Miller

## COFFEE CAKE

1 c. sugar	1 c. sweet milk
1 c. oleo	1 1/2 c. brown sugar
2 eggs	2 tsp. cinnamon
3 c. flour	1/2 c. nut meats
2 tsp. baking powder	1/2 c. melted butter

Cream 1 cup sugar and 1 cup oleo. Add eggs and beat well. Sift flour and baking powder; add alternately with milk to make a batter. Put half of batter in greased 8 x 10 inch pan, then sprinkle with half of the brown sugar-cinnamon-nut meats mixture and drizzle 1/4 cup of melted butter over. Repeat the layers to use remaining batter, topping and melted butter. Bake at 375 degrees for 30 minutes.

Mrs. Glenn Carper

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COFFEE CAKE

2 c. flour  
3 tsp. baking powder  
1/2 tsp. salt  
1 1/2 c. sugar  
1/2 c. Crisco or other shortening

2/3 c. milk  
2 eggs  
1/3 c. milk  
1 tsp. vanilla

Topping:

3/4 c. brown sugar  
3 tsp. flour  
2 Tbsp. melted butter or oleo

1 Tbsp. cinnamon  
1/2 c. nuts

Mix first 6 ingredients 2 minutes in electric mixer. Add eggs, 1/3 cup milk and vanilla. Beat 2 minutes. Put half of batter in long greased pan, cover with half the Topping. Put rest of batter in pan and cover with remaining Topping. Bake at 350 degrees about 35 minutes.

Mrs. Dick Worl

SUGAR CRUNCH COFFEE CAKE

A.

1/2 pkg. dry yeast  
1/4 c. warm water

1 tsp. sugar

B.

1/2 c. shortening  
1/2 c. sugar

1 egg

C.

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

1/2 tsp. salt

Topping:

## SUGAR CRUNCH COFFEE CAKE (Continued)

3 Tbsp. butter	1 tsp. cinnamon
1 c. brown sugar	1 c. chopped nuts, optional
3 Tbsp. flour	

Cream B and add to C and mix; add A and 1/4 cup milk and mix all together until well blended. Put half of batter in greased 8 inch pan, then half of topping mixture. Repeat layers, using remaining batter and remaining topping mixture. Bake about 35 minutes in 350 degree oven.

This Coffee Cake can be made the night before and refrigerated. In the morning let it stand at room temperature for a couple of hours, then bake as above. Double the recipe for a larger pan of coffee cake.

Mrs. Donald Moffet

## ORANGE-DATE COFFEE CAKE

1 c. orange juice	2 eggs
grated rind of oranges	2 c. flour
1 c. dates, cut fine	1 tsp. soda
3/4 c. oleo	1/4 tsp. salt
1 c. sugar	

Cream oleo and sugar until light and fluffy. Blend in eggs and beat well. Add dates and orange rind. Sift flour, soda and salt. Add to other mixture alternately with orange juice. Pour into a 9 x 13 inch greased pan. Sprinkle top with cinnamon and sugar. Bake at 350 degrees for 40 minutes. Serve warm with coffee or serve as a dessert with a little whipped cream and a few bits of date on top. (2 1/2 to 3 oranges are needed.)

Miss Ruth Dickinson

## ICEBOX BRAN MUFFINS

3 c. white sugar	2 c. Nabisco 100% all bran
1 heaping c. shortening	2 c. boiling water
5 tsp. soda	4 eggs
1 tsp. salt	5 c. flour, sifted
4 c. Kellogg's all bran	1 qt. buttermilk

Pour boiling water over Nabisco bran and let stand. Cream shortening and sugar. Add beaten eggs, buttermilk and Kellogg's bran. Let stand while you measure flour, salt and soda. Don't beat a lot. Fold in Nabisco bran. Refrigerate in jars. Dip out with spoon. Bake at 400 degrees for 20 minutes.

Mrs. Ella Mae Crawford

Mrs. Dean Fransworth

Mrs. Roy Murphy

-50- Shenandoah, Iowa

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APPLE MUFFINS

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 1/2 c. flour                  | 1/4 c. shortening        |
| 1/2 c. sugar                    | 1 egg                    |
| 2 tsp. baking powder            | 1/2 c. milk              |
| 1/2 tsp. salt                   | 1/2 c. chopped raw apple |
| 1/2 tsp. cinnamon and/or nutmeg |                          |

Sift dry ingredients together. Blend together lightly the shortening, egg and milk and add, then add 1/2 cup chopped raw apple. Bake at 400 degrees 25 minutes. Yield: 12 muffins.

Mrs. Clyda Willeman

BANANA BREAD

- |                  |                       |
|------------------|-----------------------|
| 1 c. sugar       | 2 1/2 c. sifted flour |
| 1/2 c. butter    | 1/2 tsp. salt         |
| 2 eggs           | 3 mashed bananas      |
| 1/2 c. sour milk | 1/2 c. nuts           |

Cream sugar and butter. Add rest of ingredients. Bake in a loaf pan. Bake at 350 degrees for 45 minutes or until toothpick inserted comes out clean.

Mrs. Bill Hiatt

FRUIT NUT BREAD

- |                                   |                      |
|-----------------------------------|----------------------|
| 1/2 c. dried apricots<br>(ground) | 1 c. sugar           |
| 1 large orange                    | 1 egg, beaten        |
| boiling water                     | 2 c. flour           |
| 1/2 c. raisins, ground            | 1/4 tsp. salt        |
| or dates                          | 2 tsp. baking powder |
| 1 tsp. soda                       | 1 c. nuts            |
|                                   | 1 tsp. vanilla       |

Squeeze juice from orange and fill cup to 1 cup with boiling water. Pour over dried fruit. Let stand while mixing the rest of the ingredients. Add butter, eggs and vanilla. Stir in other ingredients and bake in greased loaf pan for 50 minutes at 350 degrees. Makes 1 large or 2 small loaves.

Mrs. Max Miller

## DATE NUT BREAD

1 1/2 c. chopped dates	1 egg, beaten
1 1/2 c. boiling water	1 Tbsp. melted shortening
1 c. sugar	1 tsp. vanilla
2 tsp. soda	1 1/2 c. chopped nuts
2 1/4 c. flour	

Pour boiling water over dates and let stand 1/2 hour. Add other ingredients and mix. Bake 1 hour at 350 degrees.

Mrs. Jean Irvin

## DATE AND CHEESE BREAD

3/4 c. boiling water	1 tsp. soda
1/2 lb. finely chopped dates	1/2 c. sugar
1 3/4 c. flour	1 egg, beaten
1/4 tsp. salt	1 c. grated cheese
	3/4 c. chopped nuts

Pour boiling water over dates; let stand 5 minutes. Sift flour, sugar, soda, salt. Add date mixture, egg, cheese and nuts. Mix well. Bake in 5 x 9 inch loaf pan for 1 hour at 350 degrees.

Mrs. Duane Knittle

## FRESH APPLE BREAD

1 c. sugar	2 c. flour
1/2 c. shortening	3/4 tsp. salt
2 eggs	1 tsp. soda
1 tsp. vanilla	1 tsp. baking powder
1 1/2 Tbsp. sour milk	1 1/2 c. apples, grated

Mix in conventional manner. Pour into two 4 x 8 inch pans. Bake at 325 degrees for 60 to 70 minutes. This freezes well.

Mrs. Paul Foster

## DATE BROWN BREAD

1 (7 1/4 oz.) pkg. dates	2 eggs, unbeaten
3 tsp. soda	4 c. flour
2 c. boiling water	2 tsp. vanilla
2 Tbsp. melted butter	1 tsp. salt
2 c. sugar	1/2 c. chopped nuts

Place dates in saucepan, cover with just enough water to cover. Let cook down until no water is left. Mix dates, soda, hot water and melted butter. Let cool.

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**DATE BROWN BREAD (Continued)**

Add remaining ingredients. Fill five well greased #2 gold-lined tin cans one half full. Place on cookie sheet to bake in 325 degree oven 75 to 90 minutes. Let remain in cans 5 minutes, then remove. Keeps 2 or 3 weeks. Very good with cream cheese.

Mrs. Karl S. Bond

**\*\* EXTRA RECIPES \*\***

BRANNON'S SUPER-VACUUM  
 BREAD FOR FAMOUS BRANDS  
 SHENANDOAH, IOWA

**DATE BROWN BREAD (Continued)**

Place in oven for 10 minutes. Let remain in oven 5 min-  
 utes. Then remove. Keeps 1 or 2 weeks. Very good with cream  
 and butter. Fill five well greased 8x8  
 pans on cookie sheet to bake.

- |                    |                     |
|--------------------|---------------------|
| 1 cup sugar        | 1 cup flour         |
| 1/2 cup shortening | 2 eggs, unseasoned  |
| 2 eggs             | 1 cup milk          |
| 1 tsp. vanilla     | 1/2 c. chopped nuts |
| 1/2 c. sour milk   |                     |

Four boiling water over dates; let stand 5 minutes. Add  
 salt, sugar, milk, salt. Bake mixture, egg, shortening  
 and oil in well greased 9 x 5 inch pan 1 hour at 350 de-  
 grees.

Mrs. Duane Kautz

**FRESH APPLE BREAD**

- |                   |                         |
|-------------------|-------------------------|
| 1 c. sugar        | 2 c. flour              |
| 1/2 c. shortening | 5/8 cup milk            |
| 2 eggs            | 1 cup nuts              |
| 1 tsp. vanilla    | 1 tsp. baking powder    |
| 1/2 c. sour milk  | 1 1/2 c. apples, ground |

Mix in conventional manner. Pour into two 4 x 4 inch pans.  
 Bake at 325 degrees for 80 to 90 minutes. This freezes well.

Mrs. Paul Peery

**DATE BROWN BREAD**

- |                       |                     |
|-----------------------|---------------------|
| 1 1/2 c. sugar        | 2 eggs, unseasoned  |
| 1 cup milk            | 4 c. flour          |
| 1 c. boiling water    | 2 tsp. vanilla      |
| 2 Tbsp. melted butter | 1 tsp. salt         |
| 2 c. sugar            | 1/2 c. chopped nuts |

Place batter in well greased pans. Cover with paraffin paper to  
 cover. Let cook down until no water is left. Mix down, add  
 hot water and baking powder. Let cool.

Give no more to every guest,  
Than he's able to digest,  
Give him always of the prime,  
And but little at a time.



## Cakes - Frostings



## BAKING HINTS

**Creaming Butter and Sugar:** In creaming butter and sugar for a cake, a little hot milk added will aid in the creaming process.

After using the oven, leave the door open until oven is cool, so that moisture will not condense and rust the metal.

To decorate a cake without a decorator, cut an envelope from one of the top corners to the middle of the bottom of the envelope. Cut a little piece off the corner.

An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

When making a cake always add 2 tablespoons of boiling water to the butter and sugar mixture. This makes a fine textured cake.

Do not grease the sides of cake pans. How would you like to climb a greased pole?

To cut a fresh cake use a wet knife.

Do not discard rinds of grapefruit, oranges or lemons. Grate the rinds first, put in a tightly covered glass jar and store in the refrigerator. Makes excellent flavoring for cakes, frostings and such.

When you do not want to heat your oven for a shortcake, make a short biscuit dough with a little sugar added, to a thin batter and bake in a waffle iron.

A good, quick frosting is made by boiling a small potato, mashing it, and adding powdered sugar and vanilla.

To keep crisp cookies crisp, and soft cookies soft, place only one kind in a cookie jar.

Any cake will be greatly improved if a teaspoon of lemon juice is added to the butter and sugar. This makes a cake very light and shorter. Fresh milk makes cakes close grained and more solid.

For a nice decoration on white frosting, shave colored gum-drops very thin and stick on. They will curl like little roses.

**Baking Pans:** For best results use correct size pan. The time and oven temperature should be adjusted to the type of pan being used. For shortening type cakes, bake cup cakes at 375 degrees for 18 to 20 minutes; layer cakes at 350 degrees for 30 to 35 minutes, and loaf cakes at 350 degrees for 40 to 45 minutes.

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CAKES - FROSTINGS

SCRIPTURE CAKE

- |  |  |
|--|--|
| I Kings 4:22, 1 1/2 c.<br>flour            | I Samuel 14:25, 2 Tbsp. honey  |
| Judges 5:25, last clause,<br>1/2 c. butter | Amos 4:5, 2 tsp. - 1 1/2 tsp.<br>baking powder and 1/2 soda  |
| Jeremiah 6:20, 2 c. brown<br>sugar         | II Chronicles 9:9, to taste<br>spices - suggest 1 tsp. cinna-<br>mon, 1/2 tsp. cloves and<br>1/2 tsp. nutmeg |
| I Samuel 30:12, 2 c. raisins               | Leviticus 2:13, 1/2 tsp. salt  |
| Nahum 3:12, 2 c. figs                      | Jeremiah 17:11, 6 eggs,<br>separated   |
| Judges 4:19, last clause,<br>1/2 c. milk   |  |
| Numbers 17:8, 2 c. almonds,<br>pecans      |  |

After assembling all ingredients, beat together the Judges 5:25 and Jeremiah 6:20. Add I Samuel 14:25. Beat the 6 yolks of Jeremiah 17:11 and add I Kings, Amos, II Chronicles and the pinch of Leviticus alternately with the 1/2 cup of Judges 4:19. Add I Samuel 30:12, Nahum and Numbers and fold in the rest of Jeremiah 17:11, beaten stiff.

Bake 2 hours in a greased tube pan at 300 degrees.

Mrs. Joseph O'Hara

COCOA COLD WATER CAKE

- |                    |                            |
|--------------------|----------------------------|
| 1 c. sugar         | 2 1/2 c. sifted cake flour |
| 1/2 c. shortening  | 1 c. cold water            |
| 1/2 tsp. salt      | 3 egg whites               |
| 1 tsp. vanilla     | 3/4 c. sugar               |
| scant 1/2 c. cocoa | 1 1/3 tsp. soda            |
| 1/3 c. cold water  | 1 Tbsp. boiling water      |

Cream together, sugar, shortening, salt and vanilla. Mix to a paste and add cocoa and 1/3 cup cold water. Add alternately cake flour and 1 cup cold water. Beat egg whites until foamy, add 3/4 cup sugar. Beat until stiff, fold into first mixture. Lastly, add soda dissolved in boiling water. Bake 30 minutes at 350 degrees.

Mrs. Fred Barnes

Mrs. Clara B. Green

## CHOCOLATE CAKE

2 c. sugar	1 1/2 c. boiling water
2/3 c. shortening (oleo)	2 1/2 c. flour
2 eggs, beaten	1 tsp. salt
1 tsp. vanilla	2 tsp. soda
1/2 c. cocoa	

Cream sugar and shortening. Add beaten eggs and vanilla. Pour boiling water over cocoa. Sift dry ingredients together. Mix dry ingredients and liquid alternately into the creamed mixture. Bake in moderate oven about 30 minutes, or until done when tested.

Mrs. Don Teachout

## CHOCOLATE CAKE

1 1/2 c. sugar	1 c. buttermilk or sour milk
1/2 c. butter	2 eggs, slightly beaten
1/2 c. cocoa	1 1/4 c. flour
1 tsp. soda	1 tsp. vanilla

Cream butter and sugar together. Add cocoa, dissolved in cold water, soda dissolved in buttermilk, eggs, vanilla and flour. Bake in greased and floured pan 30 to 40 minutes at 325 degrees.

Mrs. Dorothy Winney

## RED CHOCOLATE CAKE

3 eggs, beaten	2 c. flour
1 c. sour cream	2 c. sugar
1 Tbsp. vinegar	1/4 c. cocoa
1 c. hot water	2 tsp. soda
2 tsp. vanilla	1/3 tsp. salt

Beat eggs, add sour cream and beat. Add vinegar, hot water and vanilla, beat well. Sift together the dry ingredients and add. Beat until thoroughly mixed. This will be a thin batter, do not add more flour. Bake in a greased and floured 9 x 13 inch pan at 350 degrees for 40 minutes. This is a moist cake.

Mrs. Lloyd Lorimor

## RASPBERRY CAKE

Cake:

1 regular size pkg. white cake mix	4 eggs 2/3 c. salad oil
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RASPBERRY CAKE (Continued)

1 pkg. raspberry jello                      2 tsp. raspberry flavoring  
1 (10 oz.) pkg. frozen red raspberries and juice, defrosted

Frosting:

1 box powdered sugar                      1/2 c. (or less) shortening  
1/2 c. raspberries

Combine all cake ingredients and mix well. Bake in  
9 x 13 inch pan for 50 minutes at 325 degrees.

For frosting, beat the 3 frosting ingredients together;  
spread on cooled cake.

Mrs. Ermal Dille  
Mrs. Clyde Borland  
Mrs. Carroll Johnson

OATMEAL CAKE

1. Mix and cool:

1 stick oleo                                      1 1/4 c. boiling water  
1 c. oatmeal

2. Beat:

1 c. white sugar                                2 eggs  
1 c. brown sugar

3. Sift together:

1 1/3 c. flour                                      1/2 tsp. nutmeg  
1 tsp. salt                                        1 tsp. cinnamon  
1 tsp. soda

Combine 1 and 2, then add 3. Bake at 350 degrees for  
35-40 minutes in large sheet pan.

Topping:

## OATMEAL CAKE (Continued)

1 stick oleo, melted	1 tsp. vanilla
1/4 c. evaporated milk	1 c. coconut
1/2 c. sugar, white	1 c. nut meats

Spread on cake while hot. Return to broiler until topping is bubbly and brown.

Mrs. Donald Moffet  
Mrs. Raymond Nixon  
Mrs. Alvin Tyner

## INDIAN CAKE

2 c. sugar	1/2 c. coffee
1/2 c. shortening	2 c. flour
2 eggs	1 tsp. soda
1/2 c. cocoa	1 c. hot water

Blend sugar and shortening together and add ingredients in order given, adding hot water the last thing. Bake in moderate oven approximately 30 minutes. Makes two layer size or one 8 x 11 inch cake. The batter is very thin. It is practically fool-proof and stays moist quite awhile.

Mrs. Clarence Whisler  
Mrs. Don Stevens

## DEVIL'S FOOD CAKE

### Batter:

1/2 c. butter, room temperature	2 c. sifted cake flour
2 c. sugar	1 tsp. soda
3 eggs, whole	1/2 c. cocoa
1/2 c. sour milk	3/4 c. strong, cold coffee
	1 tsp. vanilla

### Icing:

2 sq. chocolate	1/2 c. cream
1 1/2 c. sugar	

Cook to soft ball stage, then cool and add:

1 Tbsp. butter	1 tsp. vanilla
----------------	----------------

Beat until ready to spread.

Cream butter, add sugar gradually, beat well. Add eggs, one at a time, beating well. (Add cocoa to coffee and let stand.)

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DEVIL'S FOOD CAKE (Continued)

Sift flour before measuring then twice afterwards, then add alternately with the milk to the butter, sugar mixture, then add the cocoa and coffee and vanilla. Lastly add the soda that has been dissolved in 1 tablespoon of water. Bake in a greased and floured 9 x 12 inch pan at 350 degrees for 45 minutes. This will also make three 8 inch layers. Bake these at 350 degrees for 35 minutes. Test for doneness. Do not overbake.

Mrs. Harry Rodgers

MILKLESS, EGGLESS, BUTTERLESS CHOCOLATE CAKE

2 c. flour	1 tsp. baking powder
1 c. sugar	3 Tbsp. cocoa
2 tsp. soda	1 c. salad dressing
1/2 tsp. salt	1 c. boiling water

Sift dry ingredients together. Add salad dressing and boiling water. Beat well. Bake in 350 degree oven 30-35 minutes.

Mrs. Marvin Willeman

DATE NUT CAKE

Cake:

1 lb. dates, cut up	1 tsp. vanilla
1 c. hot water	1 3/4 c. flour
1 c. sugar	1 tsp. soda
1/2 c. nuts	1/2 tsp. salt
1 egg	1/2 c. shortening

Icing:

1/4 c. butter	2 Tbsp. milk
1/2 c. brown sugar	1 c. powdered sugar

Heat oven to 350 degrees. Grease and flour 9 x 9 inch pan. Pour hot water over dates; cool. Combine shortening and sugar, egg and vanilla. Beat 5 minutes at low speed with

## DATE NUT CAKE (Continued)

mixer. Sift flour, salt, soda. Add dry ingredients alternately with date mixture. Blend just until smooth; add nuts. Bake 40-45 minutes.

To make icing, melt butter in saucepan. Add brown sugar and milk. Boil over low heat 2 minutes. Stir constantly. Cool to lukewarm. Gradually add powdered sugar. Beat until smooth. If too thick add hot water.

Mrs. J. Earl King

## FILLING FOR SWEET CHOCOLATE CAKE

1 c. evaporated milk	1 tsp. vanilla
1 c. sugar	1 1/2 c. coconut
1/4 lb. butter or margarine	1 c. nuts
3 egg yolks	

In saucepan, combine all except nuts and coconut. (Half and half can be used in place of evaporated milk.) Cook over medium heat for 12 minutes, stirring constantly until thickened. Remove from heat. Beat until cool and of spreading consistency. Use to cover tops of 3 layers of cake. Do not try to cover sides of cake. It has pudding-like consistency. Can be used on chocolate, yellow or white cake.

Mrs. Bill Hiatt

## RHUBARB UPSIDE-DOWN CAKE

3 c. rhubarb, cut	2 beaten eggs
10 marshmallows, cut	1 3/4 c. sifted flour
3/4 c. sugar	3 tsp. baking powder
1/2 c. shortening	1/4 tsp. salt
1 c. sugar	1/2 c. milk

Arrange rhubarb, marshmallows and 3/4 cup sugar in bottom of 10 inch square, greased pan. Cream shortening and 1 cup sugar. Add beaten eggs and beat well. Sift flour, baking powder and salt and add alternately with the milk. Pour over rhubarb mixture in pan. Bake at 350-375 degrees about 1 hour. Cool in pan 5 minutes. Loosen edges and invert on platter. Red food coloring may be added to rhubarb. Serve with whipped cream.

Mrs. Harvey Vermillion

## CARROT CAKE

2 c. flour, sifted	1 tsp. soda
2 c. sugar	2 tsp. cinnamon

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**CARROT CAKE (Continued)**

1 tsp. salt  
1/2 tsp. baking powder  
4 eggs

1 1/2 c. Wesson oil  
3 c. grated carrots

Sift dry ingredients together. Add eggs, Wesson oil and grated carrots. Mix together thoroughly. Bake at 350 degrees for 30 minutes in three 8 inch layer pans.

**Icing for Carrot Cake:**

1 stick soft oleo  
1 (8 oz.) pkg. cream  
cheese

1 box powdered sugar  
2 tsp. vanilla  
1 c. chopped pecans

Mix ingredients thoroughly. Will frost layers and sides of 3 layer Carrot Cake. Also good on chocolate or spice cake.  
Mrs. E. R. Hamilton, Jr.

**COFFEE CAN CAKE**

1 1/2 c. sugar  
1/2 c. shortening  
2 eggs  
1 c. applesauce  
1 scant tsp. soda  
pinch salt

2 c. flour  
1 c. chopped pecans  
1 c. seedless raisins  
1/4 tsp. cloves  
1/2 tsp. nutmeg  
1/2 tsp. cinnamon

Cream together sugar, shortening, eggs and applesauce. Sift together flour, soda, salt and add. Stir in nuts, raisins and spices. Grease and wax paper line one pound coffee cans. Half fill cans with batter. Bake at 375 degrees for 15 minutes, decrease to 340 degrees for 45 to 60 minutes.

Mrs. Maurice Hoxie

**PINEAPPLE CAKE**

**Cake Batter:**

1/2 c. shortening  
1 c. sugar

## PINEAPPLE CAKE (Continued)

2 eggs	1/4 tsp. salt
1 tsp. vanilla	1/4 tsp. soda
1 3/4 c. sifted flour	1 c. crushed pineapple, not drained
1 1/2 tsp. baking powder	

### Pineapple Cheese Icing:

1/2 (3 oz.) pkg. cream cheese	2 1/2 c. powdered sugar
2 Tbsp. butter	little pineapple juice

Cream shortening and sugar. Add eggs and beat until fluffy. Sift together flour, baking powder and salt. Stir the soda into the pineapple. Add the flour mixture and the pineapple alternately, beginning and ending with flour mixture. Add vanilla; beat until smooth and glossy. Pour batter into greased and floured pan, 13 x 9 x 2 inches or 16 x 8 x 1 1/2 inches. Bake in moderate oven until done.

For icing, beat cheese and butter until fluffy. Gradually beat in powdered sugar, thinning with not more than 1 tablespoon pineapple juice. Beat until fluffy.

Mrs. Carl Kløver

## DUTCH APPLE CAKE

### Batter:

2 c. sifted flour	1/4 c. shortening
1/2 tsp. salt	1 egg
3 tsp. baking powder	2/3 c. milk
1/2 to 3/4 c. sugar	1 tsp. vanilla

### Top Dressing:

3 apples, cut in 1/16	4 Tbsp. sugar
2 Tbsp. melted butter	1 tsp. cinnamon

### Lemon Sauce:

1/2 c. sugar	2 Tbsp. butter
1 Tbsp. cornstarch	2 Tbsp. lemon juice and some rind
3/4 c. boiling water	1/8 tsp. salt

Cut shortening into sifted dry ingredients. Add beaten egg and vanilla to milk. Combine with dry ingredients. Spread in shallow pan 10 x 5 x 1 1/2 inches. Spread top with melted

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**DUTCH APPLE CAKE (Continued)**

butter. Press apples into dough, points down. Sprinkle with cinnamon and sugar. Bake 25 to 30 minutes in hot oven, 400 degrees. Serves 6 to 8.

Dried or fresh fruits may be used in place of apples. This is delicious served hot or cold with or without sauce.

For Lemon Sauce, combine sugar and cornstarch in a small saucepan; add boiling water. Cook over moderate heat, stirring until thick and clear. Add lemon rind, juice and salt. Blend well. Serve warm over apple cake.

Mrs. Will Tyner

**AUTUMN APPLE CAKE**

1 1/2 c. flour	1/2 c. white sugar
1/2 tsp. salt	1/2 c. packed brown sugar
1 tsp. soda	1 egg, beaten
1 tsp. cinnamon	1/2 c. cold coffee
1/4 tsp. allspice	1 c. tart chopped apples
1/4 tsp. cloves	1/2 c. nut meats
1/2 c. shortening	1 c. chopped dates

Sift together dry ingredients. Cream shortening, sugars and egg. Add dry ingredients and cold coffee alternately. Add remaining ingredients and bake in a 9 x 9 inch cake pan at 325 degrees for 1 hour.

Mrs. Richard E. Dearmont

**FRUIT CAKE**

1 c. raisins	1/2 c. butter
1/2 doz. figs, chopped	1 tsp. vanilla
candied fruit mix	2 c. flour
1 tsp. soda	1/2 tsp. cloves
1 c. hot water	1 tsp. cinnamon
1 c. sugar	nuts
2 eggs, separated	

Mix soda and hot water, pour over fruit. Beat egg yolks, butter and sugar. Add flour, flavoring, spices, fruits and fold

## FRUIT CAKE (Continued)

in stiffly beaten egg whites. Bake in loaf pan in 325 degree oven until done.

Mrs. Carl Fischer

## JELLY ROLL CAKE

4 egg yolks	1 tsp. baking powder
1 c. sugar	1 tsp. lemon juice
1 c. flour	

Beat egg yolks, add sugar and beat at medium speed. Add lemon juice. Add sifted dry ingredients, mix well and spread in 8 x 10 inch greased pan. Bake 25 minutes at 350 degrees. Remove on slightly damp cloth covered with powdered sugar. Spread jelly on top and roll up at once.

Mrs. Harlan Gass

## HEATH CANDY BAR CAKE

2 c. brown sugar	1/2 tsp. salt
2 c. flour	1 tsp. baking soda
1/2 c. butter or oleo	1 tsp. vanilla
1 egg	1 c. milk

### Topping:

1/2 c. nuts	1 c. reserved crumb mixture
6 Heath candy bars, crushed	

Mix and blend first 3 ingredients as you do pie crust. Save one cup crumb mixture. In small bowl beat next 5 ingredients. Combine with crumb mixture. It will be a very thin batter. Pour into a greased and floured oblong pan. Mix together 1/2 cup nuts, 6 Heath candy bars, crushed, and 1 cup crumb mixture. Sprinkle on top of cake batter. Bake at 350 degrees for 35 minutes.

Mrs. Carl LePorte  
Mrs. Charles Hopkins  
Mrs. Guy Swartz

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PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

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# CANDIES



# COOKIES

A house should have a cookie jar  
for when it's half past three  
And children hurry home from school  
as hungry as can be,  
There's nothing quite so splendid  
As spicy, fluffy ginger cakes  
And sweet milk in a cup  
A house should have a mother  
waiting with a hug  
No matter what a boy brings home  
a puppy or a bug  
For children only loiter  
when the bell rings to dismiss  
If no one's home to greet them  
With a cookie and a kiss!!

# EMERGENCY SUBSTITUTIONS

## Ingredient

## Substitution

- 1 Tbsp. cornstarch (for thickening) . . . . . 2 Tbsp. flour (approximately)
- 1 whole egg . . . . . 2 egg yolks, plus 1 Tbsp. water (in cookies, etc.)  
2 egg yolks (in custards and such mixtures)
- 1 cup fresh sweet milk . . . . . 1/2 cup evaporated milk plus 1/2 cup water  
powdered milk plus water (directions on package)
- 1 cup sour milk or buttermilk . . . . . 1 cup sour milk or buttermilk plus 1/2 tsp. soda  
(decrease baking powder 2 tsp.)
- 1 cup sour milk or buttermilk . . . . . 1 Tbsp. lemon juice or vinegar plus enough fresh  
sweet milk to make 1 cup
- 1 square unsweetened chocolate (1 ounce) . . . . . 3 Tbsp. cocoa plus 1/2 tsp. shortening
- 1 cup honey . . . . . 3/4 cup sugar plus 1/4 cup liquid
- 1 cup canned tomatoes . . . . . about 1 1/3 cups cut-up fresh tomatoes, simmered  
10 minutes

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CANDIES, COOKIES

HAYSTACKS

3/4 c. Pet milk  
3/4 c. brown sugar  
6 Tbsp. corn syrup  
2 Tbsp. butter  
3 c. shredded coconut

Mix first 4 ingredients in a heavy 2 quart saucepan - use wooden spoon. Cook and stir over low heat until sugar dissolves. Bring to a boil over medium heat, stir often until candy reaches soft ball stage. Remove from heat and add shredded coconut; mix well. Shape mixture with fingers into cones 1 1/2 inches high. Place on waxed paper to cool. Makes 3 dozen.

Mrs. Gordon Whitehead

DIVINITY

2 c. white sugar  
3/4 c. Karo syrup  
1/4 c. water  
2 egg whites  
1 c. nut meats  
1 tsp. flavoring

Boil water, sugar and syrup to "crack" stage. Beat eggs stiff. Pour syrup over egg whites, beating constantly. Add nut meats and flavoring and beat until nearly firm. Pour in buttered platter. Cut in serving pieces when cool.

Mrs. Menta L. Noe

PEANUT BRITTLE

2 c. granulated sugar  
1 c. light corn syrup  
2 c. raw Spanish peanuts  
1/2 c. water  
3 level tsp. soda, sifted  
1 tsp. vanilla

Cook sugar, water and corn syrup to hard ball stage, 236 degrees. Add peanuts and cook until syrup is golden brown and very brittle when tested in cold water. Keep stirring to prevent nuts settling to bottom of pan. Remove from fire, add vanilla and soda; stir. Pour out onto well oiled pans.

Mrs. Karl S. Bond

## SORGHUM KISSES

2 c. sorghum  
1/4 c. butter

1 tsp. vinegar

Melt butter in kettle. Add sorghum and when it has begun to boil, stir constantly. Cook until brittle when dropped in cold water. Add vinegar and remove from fire. Pour into two buttered plates. When cool pull until it is a golden color. Pull into a rope 3/4 inch in diameter. Snip in 1 inch lengths with buttered shears.

Mrs. Loren Fischer

## CREAMY CAMELS

1 pkg. Betty Crocker's  
caramel fudge frosting  
mix  
1/2 c. butter

1/2 c. cream  
1 c. light corn syrup  
1 c. chopped Brazil nuts

Empty frosting mix into large saucepan. Add butter, cream and corn syrup. Stir until blended, cook over medium heat to 250 degrees or hard ball stage. Add nuts, pour into buttered 8 or 9 inch square pan. Let cool. Turn out of pan onto board. Cut into squares with kitchen shears. Wrap with Saran. Makes 64 caramels. If placed in refrigerator will keep 6 months.

Mrs. Ruth Doty

## PARTY MINTS

2 c. sugar  
1/2 c. hot water

1/2 c. white syrup  
flavoring

Boil sugar, water and syrup to soft ball stage. Remove from heat. Add 3 or 4 drops of flavoring and coloring as desired. Beat until mixture won't run. Drop by teaspoonfuls on waxed paper.

Mrs. J. W. Denniston

## DON'S FUDGE

3 c. sugar  
1 tsp. cornstarch  
3 Tbsp. cocoa  
1 c. thin cream

1/3 c. corn syrup  
1 tsp. vanilla  
1 c. black walnuts or 1 c.  
peanuts

Cook all ingredients except vanilla and nuts to soft ball stage, 236 degrees. Remove from fire and add vanilla. Let stand until cool enough to hold your hand on bottom of pan comfortably before beating. Beat, adding 1 cup black walnuts or

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DON'S FUDGE (Continued)

peanuts, until it thickens and begins to lose its shine. Pour quickly into a greased pan.

Mrs. Don Boylan

OLD FASHIONED FUDGE

2 c. sugar	1 Tbsp. butter
2 Tbsp. cocoa	1 tsp. vanilla
1 c. milk	nut meats

Combine sugar and cocoa, add milk and bring to a boil, stirring, then cook slowly until it comes to soft ball stage. Remove from heat, add butter and vanilla and cool a little. Beat until creamy and stir in nuts if desired. Pour into buttered dish.

Mrs. Alvin Tyner

Mrs. J. W. Denniston

SIX MINUTE FUDGE

1 small can evaporated milk	1 (6 oz.) pkg. chocolate chips
2 c. sugar	1/4 lb. butter or margarine
10 large marshmallows	1/2 c. chopped nuts
	1 tsp. vanilla

Mix milk, sugar and cut up marshmallows in saucepan; bring to a boil over low heat, stirring constantly. Cook 6 minutes after mixture comes to a boil. Add chocolate chips, nuts, butter and vanilla; combine well. Pour into buttered pan; cut. You will never fail!

Mrs. M. W. Anderson

Mrs. Robert Paulus

SOUR CREAM CANDY

2 c. white sugar	vanilla
1 c. sour cream	nuts

Cook sugar and cream to soft ball stage; add vanilla. Cool and beat. Add nuts and put on a buttered plate.

Mrs. Joseph O'Hara

## ICEBOX OATMEAL COOKIES

1 c. shortening	1 tsp. vanilla
1 c. sugar, white	1 1/2 c. flour
1 c. brown sugar	1 tsp. salt
2 eggs	1 tsp. soda

Cream shortening and sugars, add eggs and vanilla and beat well. Add sifted dry ingredients and 3 cups quick oatmeal; blend. May add cinnamon, nuts and raisins, if desired. Form into long rolls of dough and wrap in waxed paper. Refrigerate before slicing and baking. Bake in moderate oven, 375 degrees, until golden.

Mrs. Jean Irvin

## BUTTERSCOTCH SLICES

3/4 c. shortening	1/2 tsp. baking soda
1 c. brown sugar, packed	1/2 tsp. cream of tartar
1 egg	1/2 tsp. salt
2 c. all purpose flour	1 tsp. vanilla
1/2 c. nuts, finely chopped	

Cream sugar and shortening. Add egg and beat well. Sift together all dry ingredients and add to first mixture. Add vanilla and nuts last. Form in two long rolls, wrap in waxed paper and store in refrigerator until thoroughly chilled. Slice and bake at 375 degrees.

Mrs. D. L. Darland

## PEANUT BLOSSOMS

1/2 c. margarine	1 3/4 c. flour (don't sift before measuring)
1/2 c. peanut butter	1 tsp. soda
1/2 c. sugar	1/2 tsp. salt
1/2 c. brown sugar	1 tsp. vanilla
1 egg	3 doz. Hershey kisses
2 Tbsp. milk	

Cream margarine, peanut butter, white sugar, brown sugar together. Add egg, milk and vanilla; beat until smooth. Sift dry ingredients together; add to the first mixture, and combine into a smooth dough. Roll dough into small balls. Place on greased cookie sheet. Bake at 375 degrees about 8 minutes. Remove from oven, press a Hershey kiss in center of each cookie and bake additional 2 minutes. Remove from sheet and cool. Yields: 3 dozen.

Mrs. Ray F. Meyer

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CHOCOLATE COOKIES

1 c. raisins	1 c. granulated sugar
2 c. water	1 c. brown sugar
1 c. hot raisin water	4 Tbsp. cocoa
1 c. Crisco or lard	1 tsp. salt
1 tsp. soda	1 tsp. vanilla
2 eggs, beaten	3 1/2 to 4 c. flour
	1/2 c. nuts

Boil raisins in water 5 minutes; drain liquid and pour 1 cup of it over Crisco and soda in a bowl. Cool raisins and shortening mixture. To the shortening mixture add sugars and beaten eggs; mix well. Flour raisins and nuts; add last. Drop by teaspoon on greased cookie sheet. Bake about 10 minutes at 350 degrees.

Make a frosting using:

1 c. sugar	1 level Tbsp. cocoa
1/3 c. coffee cream	2 Tbsp. oleo

Bring to full boil and cook 1 minute. Let cool, then beat until of spreading consistency. It is easier to beat half of the frosting at a time. These are nice to freeze.

Mrs. Clyde Borland

PINEAPPLE COOKIES

1/2 c. butter or oleo	1 tsp. baking powder
1/2 c. sugar	1 tsp. vanilla
1/2 c. brown sugar	1/2 c. drained, crushed pine- apple
1 egg, well beaten	1/2 c. finely ground walnuts
1/4 tsp. salt	2 c. flour
1/4 tsp. baking soda	

Cream butter and sugars, add egg and beat well. Sift together dry ingredients, add to butter mixture. Add pineapple and walnuts. Drop by teaspoon on greased cookie sheet. Bake in moderate oven about 10 minutes.

Mrs. Carl Le Porte

*Good!*

### BANANA OATMEAL COOKIES

- |                       |                                   |
|-----------------------|-----------------------------------|
| 1 1/2 c. sifted flour | 3/4 tsp. cinnamon                 |
| 1 c. sugar            | 3/4 c. vegetable shortening       |
| 1/2 tsp. baking soda  | 1 egg, well beaten                |
| 1 tsp. salt           | 1 c. mashed ripe bananas (2 or 3) |
| 1/4 tsp. nutmeg       | 1 3/4 c. rolled quick oats        |
| 1/2 c. chopped nuts   |                                   |

Sift together flour, sugar, soda, salt, nutmeg and cinnamon. Sift into mixing bowl. Cut in shortening. Add egg, bananas, rolled oats and nuts. Beat thoroughly until well blended. Drop by teaspoonfuls about 1 1/2 inches apart on ungreased cookie sheet. Bake in a moderately hot oven, 400 degrees about 15 minutes or until cookies are done. Remove from pan immediately. *4 doz.*

Mrs. Harvey Vermillion

### JUBILEE JUMBLES

- |                                |  |
|--------------------------------|--|
| 1/2 c. soft shortening         | 2 3/4 c. sifted flour  |
| 1 c. brown sugar               | 1/2 tsp. soda  |
| 1/2 c. granulated sugar        | 1 tsp. salt  |
| 2 eggs                         | 1 c. chopped walnuts or cut up dates or seedless raisins or 1 (6 oz.) pkg. semi-sweet chocolate pieces |
| 1 c. undiluted evaporated milk |  |
| 1 tsp. vanilla                 |  |

Cream shortening and sugars, add beaten eggs. Stir in evaporated milk and vanilla. Sift together flour, soda, salt; add to above ingredients. Blend in walnuts. Chill 1 hour. Drop by tablespoon on greased baking sheet. Bake in 375 degree oven 10 to 12 minutes. Frost with Burnt Sugar Glaze.

Burnt Sugar Glaze: Heat 2 tablespoons butter until golden brown. Beat in until smooth:

- |                            |                        |
|----------------------------|------------------------|
| 2 c. sifted powdered sugar | 1/4 c. evaporated milk |
|----------------------------|------------------------|

Mrs. George McLaren

### OATMEAL DROP COOKIES

- |                   |                      |
|-------------------|----------------------|
| 2 c. brown sugar  | 2 1/2 c. flour       |
| 3/4 c. shortening | 1 tsp. soda          |
| 2 eggs            | 1 tsp. baking powder |
| 1 c. dates        | 1/2 tsp. salt        |
| 1 c. walnuts      | 2 c. raw oatmeal     |
|                   | water to moisten     |

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OATMEAL DROP COOKIES (Continued)

Cream brown sugar with shortening. Add beaten eggs. Sift flour, soda, salt and baking powder over the oatmeal. Add to creamed mixture. Stir in nuts, dates and water to moisten. Drop by teaspoon onto greased cookie sheet. Bake at 350 degrees until done.

Mrs. Leonard Davey

DEVIL'S FOOD DROP COOKIES

1/2 c. margarine	2 c. flour, sifted
1 c. brown sugar	1/2 tsp. soda
1 egg	1/4 tsp. salt
1 tsp. vanilla	3/4 c. dairy sour cream
2 sq. chocolate, melted and cooled	1/2 c. nuts

Cream butter and sugar. Beat in egg and vanilla. Stir in chocolate. Add sour cream. Mix in other ingredients. Drop by teaspoons; bake at 350 degrees for 10 minutes.

Mrs. Paul Gamble

CHOCOLATE OATIES

1/2 c. soft margarine	1/2 tsp. salt
1 c. packed brown sugar	2 tsp. vanilla
1 egg	2 sq. chocolate, melted
1 c. sifted flour	1 c. quick oatmeal
1 tsp. baking powder	1 c. nut meats

Cream together margarine and sugar. Add next 6 ingredients, blending well. Stir in oats and nuts. Drop from teaspoon onto ungreased cookie sheet. Bake at 375 degrees for 9 minutes.

Mrs. H. W. Mayer

BUTTERSCOTCH COOKIES

1/2 c. butter	2 eggs
1 1/2 c. brown sugar	1 tsp. vanilla

## BUTTERSCOTCH COOKIES (Continued)

2 1/2 c. sifted flour	1/2 tsp. salt
1 tsp. soda	1 c. sour cream
1/2 tsp. baking powder	2/3 c. nuts

Cream butter and sugar, add eggs and beat. Add vanilla. Add dry ingredients alternately with sour cream. Drop by teaspoon on cookie sheet. Bake at 350 degrees for 10 minutes. Frost with Brown Butter Icing.

### Brown Butter Icing:

1/2 c. butter	2 to 3 Tbsp. boiling water
2 c. powdered sugar	1/2 tsp. vanilla

Melt butter (do not substitute margarine) in saucepan until golden brown. Pour over sugar and beat. Add water and vanilla; blend. Frost Butterscotch Cookies.

Mrs. Donal Bigger

## COCONUT BUTTER CRISPS

1/2 c. butter	2 c. rice krispies
2/3 c. sugar	1 tsp. vanilla
2 eggs, well beaten	1/2 tsp. salt
1 c. dates, chopped	coconut
1 c. nut meats	

Melt butter; add sugar, beaten eggs and dates. Cook until thick; add remaining ingredients. Drop by teaspoon in dish of fine coconut, roll into balls and place on waxed paper.

Mrs. Ralph Shaddock

## SPECIAL K BARS

3/4 c. white sugar	1 c. chunk-style peanut butter
3/4 c. white syrup	1 tsp. vanilla
dash of salt	6 c. Special K cereal

Boil first 3 ingredients until sugar dissolves. Add 1 cup chunk style peanut butter and vanilla, to above mixture and pour over 6 cups Special K cereal. Mix well and press down into buttered oblong pan. Melt:

1 pkg. chocolate chips	1 pkg. butterscotch chips
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Spread over cereal mixture. Cut into bars.

Mrs. Darrel Allely

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FRYING PAN COOKIES

1 c. sugar  
1 1/2 c. dates, cut up  
2 eggs, slightly beaten  
1 tsp. vanilla  
2 1/2 c. rice krispies  
coconut or crushed wheaties

Heat and stir in frying pan, sugar, dates and eggs until mixture browns and comes away from pan. It will be quite thick. Remove from heat and add vanilla. Mix in rice krispies. Drop by spoonfuls into coconut or crushed wheaties and roll.

Mrs. Bill Hiatt

BUTTERSCOTCH PEANUT BUTTER COOKIES

2 (6 oz.) pkg. butterscotch chips  
1/2 c. cream style peanut butter  
4 1/2 or 5 c. corn flakes or Kellogg's K

Melt the chips slowly in heavy pan. Thoroughly stir in peanut butter. Remove from heat and stir in corn flakes or Kellogg's K. Stir well and drop by teaspoon or tablespoon on waxed paper. Refrigerate to harden or put in pan and cut.

Mrs. H. O. McWilliams

CHERRY BARS

1 c. flour  
1/2 c. butter  
3 Tbsp. powdered sugar  
2 eggs  
1 c. sugar  
1/4 c. flour  
1/2 tsp. baking powder  
1/4 tsp. salt  
1 tsp. vanilla  
3/4 c. chopped nuts  
1/2 c. coconut  
1/2 c. maraschino cherries,  
cut fine

Combine first 3 ingredients and spread very thin on 8x9 inch cake pan. Bake in 350 degree oven 25 minutes. Prepare remaining ingredients and spread over the above when baked and replace in 350 degree oven; bake another 25 minutes. Cut into bars.

Mrs. Ruth Doty

## SPICY FROSTED CREAMS

1/2 c. butter, warmed                      2 eggs, beaten  
3/4 c. white sugar                            3/4 c. mild molasses

Sift together:

2 c. flour                                      1/4 tsp. nutmeg  
1/2 tsp. cinnamon                            1 tsp. soda

Cream butter and sugar and add eggs and molasses and add dry ingredients and stir well. Add 3/4 cup hot water and stir until blended. Spread on big cookie sheet, 13 x 17 inches. Bake at 350 degrees for 15 or 16 minutes. Cool and frost; cut in bars.

Mrs. Alvin Puckett

## ENGLISH TOFFEE BARS

1/2 c. vegetable shortening                1 tsp. vanilla  
1/2 c. butter or margarine                1 c. flour  
1/2 c. white sugar                            2 egg yolks  
1/2 c. brown sugar                           1 c. quick oatmeal

Cream first 4 ingredients well and add last four ingredients. Spread in 15 inch jelly roll pan and bake at 350 degrees for 15 minutes or until lightly browned. While still warm spread with 6 small plain Hershey bars and sprinkle with approximately 1/2 cup finely chopped nuts or 1/4 cup ground nuts. Cut into squares.

Mrs. Dolph Remy  
Mrs. Dean Farnsworth

## BUTTERSCOTCH BARS

1 c. sifted flour                              1/2 c. melted butter  
1 tsp. salt                                      1/4 c. margarine  
1 tsp. soda                                      1 c. minute Quaker oats  
1/2 c. brown sugar                            1 (6 oz.) pkg. butterscotch morsels

Date Filling:

2 c. finely cut dates                        3/4 c. sugar  
3/4 c. water                                    1/2 c. nuts

Heat oven to 350 degrees. Sift flour with salt and soda. Add brown sugar and butter mixing until combined. Stir in oats. Pack 2/3 of mixture into 8 inch greased square pan. Spread

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BUTTERSCOTCH BARS (Continued)

butterscotch chips over oat mixture. Cover with remaining oat mixture. Pack lightly. Baking time - 20 minutes. Cool and cut into bars.

Variations: Replace butterscotch chips with 1 can Wilderness apricot pie filling or 1 can raisin pie filling or the date filling shown. Cook date filling slowly, stirring constantly until thick.

Mrs. Carl Scheib

OATMEAL BARS

1 c. shortening	1 1/2 c. flour
1 c. white sugar	1 tsp. soda
1 c. brown sugar	1/2 tsp. salt
2 eggs	3 c. oatmeal
1 tsp. vanilla	

Blend together shortening and sugars. Add unbeaten eggs and vanilla. Sift together flour, soda and salt. Mix with above mixture and add oatmeal. Bake in 13 x 9 inch pan approximately 30 minutes at 350 degrees.

Mrs. Gordon M. Jones

LEMON BARS

1 c. flour	1 c. sugar
1/2 c. oleo	2 Tbsp. flour
1/4 c. powdered sugar	1/2 tsp. baking powder
2 eggs	3 Tbsp. lemon juice

Blend together flour, oleo and powdered sugar with pastry blender or two knives. Put in 8 inch pan, loosely (don't pat down). Bake 20 minutes at 325 degrees. Beat 2 eggs, then beat in sugar, sifted flour and baking powder and lemon juice. Pour over baked layer. Bake 25 minutes at 325 degrees. Cut before cool. Cool and frost with powdered sugar frosting.

Mrs. Glenn Carper

## BUTTERSCOTCH BAR COOKIES

2 c. brown sugar	2 tsp. baking powder
1/2 c. oleo	1 tsp. vanilla
2 eggs, beaten	1 c. coconut
2 c. flour	1/4 c. nuts, optional

In saucepan cook brown sugar and oleo a few minutes and cool. Add beaten eggs. Sift together flour and baking powder and add with remaining ingredients. Spread while warm in two 8 x 8 inch square pans. Bake 30 to 35 minutes at 350 degrees. May be frosted.

### Powdered Sugar Frosting for Butterscotch Cookies:

3 Tbsp. brown sugar	1 tsp. vanilla
3 Tbsp. milk or cream	1 c. powdered sugar
2 Tbsp. oleo or butter	

Bring to boil first 3 ingredients. Cool a bit and add vanilla and powdered sugar. (If chocolate frosting is desired add 1 level tablespoon cocoa.)

Mrs. Dick Worl

## DATE AND APRICOT BARS

3/4 c. melted shortening	1 tsp. soda
1 c. brown sugar	2 c. quick oatmeal
2 c. flour	1 tsp. vanilla

### Filling:

1 c. pitted dates	1/2 c. brown sugar
1 3/4 c. cooked, drained unsweetened dry apricots	2 Tbsp. apricot liquid

Boil together filling until thick, cooking slowly and stirring. Cool. Blend shortening and brown sugar into sifted flour and soda. Blend in oatmeal and vanilla. Take one half of crumb mixture and pat into 9 x 13 inch pan. Pat on filling, crumb other half of dough on top of filling and gently pat down. Bake in 350 degree oven about 30 minutes. Watch closely. Cut when almost cool.

Mrs. Max Miller

## FROSTED CREAMS

1 1/2 c. white sugar	1 c. raisins
1 c. shortening	1 c. water

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SHENANDOAH, IOWA

"K" Bars

Unbaked (Louis)

1 C w. Kero syrup } CHINA & GLASS SHOPPE

1 C w. sugar } SHENANDOAH, IOWA

*Bring to boil  
remove from fire*

Add: at once: 1 C peanut butter  
5-6 C "K" cereal

BRIDAL REGISTRY

Pat into long pan  
meat 1/2 pkg choc. chips & 1/2 pkg butterscotch chips together & frost.

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FROSTED CREAMS (Continued)

2 eggs  
1 c. raisin liquid  
1 tsp. salt

2 1/2 c. flour  
1 c. nuts

Simmer raisins in water; cool. Combine sugar, shortening and liquid from raisins (add water, enough to make 1 cup) and eggs. Add sifted dry ingredients, reserving some of the flour for dredging nuts and raisins (which have been drained). Add nuts and raisins last. Bake at 350 degrees for about 30 minutes or until done. A powdered sugar frosting on them is especially nice.

Mrs. Ray Stewart

BLONDE BROWNIES

1/3 c. butter  
1 c. brown sugar, packed  
1 c. cake flour  
1/8 tsp. salt  
1/2 tsp. baking powder

1/8 tsp. soda  
1 egg  
1 tsp. vanilla  
1/2 c. pecans  
2/3 c. coconut

Cream butter and brown sugar; add vanilla and slightly beaten egg, then add sifted dry ingredients, pecans and coconut. Bake in square pan for 25 minutes at 350 degrees.

Mrs. M. W. Anderson

FUDGE BROWNIES

4 eggs  
2 c. sugar  
1 c. butter  
4 sq. chocolate

2 c. flour  
1 c. nuts  
2 tsp. vanilla

Melt butter and chocolate together. Beat eggs and add the sugar. Combine the two mixtures and beat thoroughly. Add flour, nuts and vanilla. Push into a shallow 8 inch pan. Bake in moderate oven for about 20 minutes. Do not over-bake. Cool and cut in squares.

Mrs. Maurice Hoxie

BRANNEN'S SUPER-VALU  
 RECIPES FOR FAVORITE BAKERS  
 SHENANDOAH, IOWA

PESTO CREAMS (Continued)

1 egg  
 1 c. raisin liquid  
 1 tsp. salt  
 1 1/2 c. flour  
 1 c. nuts

Beat egg and raisin liquid together. Add flour and nuts and beat for 30 minutes. Add raisins and raisin liquid. Bake at 350 degrees for about 30 minutes. Cool. Greasing with shortening. Add water, enough to make 1 cup.

Mrs. Ray Stewart

BLOND BROWNIES

1/2 c. butter  
 1 c. brown sugar, packed  
 1 c. cake flour  
 1/2 tsp. salt  
 1/2 c. pecans  
 1 tsp. vanilla  
 1 egg  
 1/2 c. soda

Grease butter and brown sugar; add vanilla and slightly beaten egg, then add sifted dry ingredients, pecans and coconut. Bake in square pan for 25 minutes at 350 degrees.

Mrs. M. W. Anderson

PISTO BROWNIES

4 eggs  
 1 c. sugar  
 1 c. butter  
 4 sq. chocolate  
 1 c. flour  
 1 c. nuts  
 1 tsp. vanilla

Melt butter and chocolate together. Beat eggs and add the sugar. Combine the two mixtures and beat thoroughly. Add flour, nuts and vanilla. Press into a shallow 8 inch pan. Bake in moderate oven for about 20 minutes. Do not overbake. Cool and cut in squares.

Mrs. Maudie Hoak

"All new dishes fade, the newest off the fleetest;  
Of all pies ever made, the apple's still the sweetest."



*Pies - Pastries - Desserts*



*Take time*

*for 10 things*

**1 Take time to Work—**

it is the price of success.

**2 Take time to Think—**

it is the source of power.

**3 Take time to Play—**

it is the secret of youth.

**4 Take time to Read—**

it is the foundation of knowledge.

**5 Take time to Worship—**

it is the highway of reverence and washes  
the dust of earth from our eyes.

**6 Take time to Help and Enjoy Friends—**

it is the source of happiness

**7 Take time to Love—**

it is the one sacrament of life.

**8 Take time to Dream—**

it hitches the soul to the stars.

**9 Take time to Laugh—**

it is the singing that helps with life's loads.

**10 Take time to Plan—**

it is the secret of being able to have time  
to take time for the first nine things.

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BRANNEN'S SUPER-VALU  
KNOWN FOR FAMOUS BRANDS  
SHENANDOAH, IOWA

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PIES - PASTRIES - DESSERTS

CHOCOLATE BAVARIAN PIE

3 eggs	1/4 c. cold water
1/2 c. sugar	1 tsp. vanilla
1/4 tsp. salt	1 c. heavy cream (may substitute 1 pkg. Dream Whip for whipped cream)
1 c. milk	
1 Tbsp. unflavored gelatin (1 envelope)	

Separate the eggs. Slightly beat egg yolks. Combine egg yolks, sugar and salt. Add milk slowly and blend carefully. Cook in a double boiler until mixture coats the spoon. Soften gelatin in the 1/4 cup of cold water and stir into hot mixture. Chill until it begins to set. Beat egg whites until stiff. Fold egg whites into above mixture. Whip cream or prepare the Dream Whip and fold this into above mixture. Pour into chocolate wafer crust. Top with 1/4 cup wafer mixture.

Chocolate Wafer Crust:

20 chocolate wafers	1/2 c. melted butter
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Roll wafers to crumbs and stir together with the melted butter. Press into pie pan, reserving about 1/4 cup of mixture for top of pie.

Mrs. Carl Scheib

LEMON CREAM PIE

Filling:

3 egg yolks	1/2 tsp. salt
1 1/2 c. sugar	2 c. rich milk
1/4 c. cornstarch	1 1/2 tsp. lemon flavoring

"No Weep" Meringue:

1/2 c. cold water	1 Tbsp. cornstarch
2 Tbsp. sugar	3 egg whites

## LEMON CREAM PIE (Continued)

Heat milk in double boiler. Mix sugar, cornstarch, salt and egg yolks; stir into hot milk. Cook until thick; add lemon extract. Pour into a baked crust and cover with meringue.

Prepare meringue with 3 egg whites in usual way and add cornstarch mixture. Put on pie, spreading out to touch the pie crust all the way around the pie. Brown meringue in moderate oven, 12-15 minutes.

Mrs. Jennie Boylan

## CHOCOLATE PIE

26 marshmallows	1 c. cream, whipped
1 c. milk	1 baked pie shell
1 1/2 sq. chocolate	grated chocolate or nuts, or whipped cream

Melt chocolate in double boiler, add milk and marshmallows. When all is melted, cool, then fold in whipped cream. Turn into baked pie shell. If desired, sprinkle with grated chocolate or grated nuts or top with extra whipped cream. Refrigerate.

Mrs. Edna Buntz

## SODA CRACKER PIE

3 egg whites	1/4 tsp. baking powder
1 c. sugar	1/2 c. pecan meats
14 soda crackers, rolled fine (1/2 c.)	1 tsp. vanilla

Beat egg whites stiff. Gradually beat in sugar. Add soda cracker crumbs, baking powder and chopped pecans, add vanilla. Fill a buttered pie plate with the mixture. Bake in a 350 degree oven for 30 minutes. Cool. Fill with ice cream and freeze in deepfreeze. When ready to use garnish with fresh sliced fruit and whipped cream. Or, fill with fresh thinly sliced peaches, topped with 1 cup cream, whipped. Store in refrigerator overnight. This is improved by storing.

Mrs. Charles Hopkins

Mrs. Paul Lyden

## BROWNIE PIE

4 egg whites	2/3 c. finely chopped nuts
1 c. sugar	3/4 tsp. vanilla
1 c. fine chocolate wafer crumbs (Nabisco)	1 c. whipping cream

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BRANNEN'S SUPER-VALU  
KNOWN FOR FAMOUS BRANDS  
SHENANDOAH, IOWA

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BROWNIE PIE (Continued)

Beat egg whites with dash of salt until very stiff. Gradually add sugar, continuing to beat. Fold in the chocolate wafer crumbs, nuts and vanilla. Place in lightly greased pie pan or muffin tins. Bake at 325 degrees for 35 minutes. Whip the cream, sweeten slightly and spread over the pie. When it is cool, chill at least 4 hours before serving. Serves 8.

Mrs. Sam Knittle

FROZEN MILE-HIGH STRAWBERRY PIE

2 egg whites  
2/3 c. sugar  
1 pkg. partially thawed frozen strawberries  
1 Tbsp. lemon juice or Realemon  
1/8 tsp. salt

Put all together in mixing bowl and beat until it stands in stiff peaks. Combine:

1/2 c. cream, whipped  
1/2 tsp. vanilla

Fold into strawberry mixture. Pile lightly into 10 inch pie crust and freeze.

Mrs. Shirley De Belly

ORANGE PECAN PIE

3 egg yolks  
1 c. sugar  
4 Tbsp. flour  
1/8 tsp. salt  
2/3 c. orange juice  
2 tsp. grated orange rind  
1 c. milk  
1 tsp. butter  
1/2 c. pecan meats

Beat egg yolks and sugar for 3 minutes. Add flour and salt and blend thoroughly. Add orange juice, grated orange rind, milk and butter. Cook in double boiler 20 minutes or until thick and creamy. Stir frequently to prevent lumps. When done, stir in pecan meats, pour into baked shell and cover with me-  
ringue made by beating 3 egg whites until stiff. Add 5 tablespoons sugar and beat until creamy. Pile over pie filling. Dot with few pecan halves and return to oven until light brown.

Mrs. Rae Danbom

## DATE CREAM PIE

4 Tbsp. melted butter	1/2 c. sugar
4 Tbsp. flour	1 c. cut up dates
1/4 tsp. salt	2 eggs, beaten
2 c. milk	

Put 1/2 cup sugar over the 1 cup dates and let set. Mix butter, flour, salt and milk and bring to boil; add the 2 beaten eggs and dates last. Pour into baked pie shell. Serve plain or with whipped cream.

Mrs. H. G. Lyden

## RITZ APPLE PIE

2 c. water	2 tsp. cream of tartar
1 1/2 c. sugar	

Bring to a boil and add 24 Ritz crackers. Boil 2 minutes. Do not stir. Put 1/2 stick oleo in bottom crust. Pour in filling. Sprinkle with cinnamon. Put on top crust of pastry and bake about 35 minutes in slow oven.

Cheese Ritz crackers may be used and add extra flavor.

Mrs. Clyde Borland

## HERSHEY BAR PIE

20 marshmallows	1/2 pt. whipping cream or 1 pkg.
1/2 c. milk	Dream Whip
4 almond Hershey bars	

Cook milk and marshmallows in double boiler until melted. Take off heat and add cut up bars, stirring until melted. Cool. Whip the cream and fold in. Put in graham cracker crust or any crust. Let stand several hours. (If you use a large pie plate you may want to use 6 candy bars, 30 marshmallows and 1 1/2 packages Dream Whip.)

Mrs. Charles Mayer

## GRAPE JUICE PIE

	Mrs. Vetta Loy Johnson
1 pt. grape juice	2 eggs
2 Tbsp. cornstarch	1 baked pie shell
1 c. sugar	

Bring grape juice to boiling point. Blend sugar with cornstarch. Mix with whole egg and 2 yolks, beaten together. Add this mixture to grape juice, when thick, pour into baked shell. Place meringue on top, brown in oven. Cool before serving.

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BRANNEN'S SUPER-VALU  
KNOWN FOR FAMOUS BRANDS  
SHENANDOAH, IOWA

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NEW ICE CREAM CHOCOLATE DESSERT

1 box vanilla wafers	3 eggs, separated
1 stick butter	2 c. powdered sugar
2 sq. melted chocolate	1 qt. to 2 qt. vanilla ice cream
1 to 2 tsp. vanilla	1/2 c. chopped nuts, optional

Roll wafers into crumbs, putting half of crumbs in bottom of 9 x 13 inch pan. Cream butter, add melted chocolate, sifted powdered sugar, vanilla, nuts if desired and 3 beaten egg yolks. Fold in 3 egg whites, beaten. Freeze overnight. Before serving spread with softened ice cream and top with remaining wafer crumbs. This should be put back into freezer if it is not to be served immediately.

Mrs. Darrell Knittle  
Miss Lyllis Wetmore

SOUR CREAM APPLE PIE

2 c. chopped apples	2 eggs
1 1/2 c. sugar	2 heaping Tbsp. flour
1 c. sour cream (commercial)	1 tsp. vanilla
	dash of salt

Put all ingredients into bowl and mix together. Pour into unbaked pie shell. Sprinkle a little cinnamon on top. Bake 15 minutes at 375 degrees, reduce heat to 350 degrees and bake 45 minutes longer.

Mrs. George Whitney

APPLE BROWNIE WITH SAUCE

1/4 c. shortening	1/2 tsp. cinnamon
1 c. sugar	pinch salt
1 egg	1/2 c. nutmeats and 1/2 c. raisins, if desired
1 c. flour	2 c. raw apples
1 tsp. soda	
1/2 tsp. nutmeg	

Sauce:

## APPLE BROWNIE WITH SAUCE (Continued)

1/2 c. brown sugar	1/2 c. butter or margarine
1/2 c. white sugar	1/2 c. coffee cream

Cream shortening and sugar, add egg, beat. Add sifted flour, soda, spices, salt. Stir in apples, sliced very thin or chopped. Pour into 9 x 9 inch buttered pan. Bake in 350 degree oven 35 to 45 minutes. Serve with the sauce made by combining brown and white sugar, butter and cream; bring just to boiling and serve hot over the Apple Brownie.

Mrs. Hub Nelson  
Mrs. Hal Stenger  
Mrs. Bertha Brown

## RAINBOW SHERBET DESSERT

18 macaroons	1 c. chopped nuts
1 pt. whipping cream	1 pt. lemon, lime, raspberry and orange sherbet (I use Triple Treat)
1 tsp. vanilla extract	
3 Tbsp. sugar	

Whip cream and vanilla, sugar, nuts and crumbled macaroons. Put half of mixture in pan and cover with alternate spoonfuls of sherbet. Top with remaining macaroons. Mix. Freeze overnight. Cover carefully to avoid ice crystals. Serves 16.

Mrs. Dewey Gee

## BLUEBERRY DESSERT

16 sq. graham crackers	2 eggs
1/2 c. powdered sugar	1 large pkg. Philadelphia cream cheese
1/2 c. butter	1/2 c. sugar
1 can blueberry pie filling	1 c. cream, whipped
1 tsp. lemon juice	

Mix graham cracker crumbs, powdered sugar and butter. Press into greased 8 x 12 inch pan. Beat eggs, cheese and sugar until creamy. Pour on top of crumbs. Bake 20 minutes at 325 degrees. Cool, then pour on top 1 can of blueberry pie filling mixed with lemon juice. Spread 1/2 pint sweetened whipped cream on top, refrigerate until ready to serve. Makes 12 squares. Red raspberry pie filling also is good.

Mrs. George Whitney  
Mrs. Glenn Carper  
Mrs. E. R. Hamilton, Sr.

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BRANNEN'S SUPER-VALU  
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SHENANDOAH, IOWA

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CHERRY PUDDING

1 stick margarine	1/4 tsp. salt
1 c. sugar	3/4 c. milk
1 c. flour	1 can cherries and juice
2 tsp. baking powder	3/4 c. sugar

Melt margarine in 9 x 9 inch baking dish. Sift flour, 1 cup sugar, baking powder and salt. Add milk and stir. Pour into baking dish onto melted margarine. Add cherries and juice. Sprinkle 3/4 cup sugar over cherries. Cake will rise up through the juice. Bake at 325 degrees for 1 hour.

Mrs. Elvin J. Teachout  
Mrs. Jack Henshaw

MARSHMALLOW PUDDING DESSERT

36 marshmallows	9 oz. can crushed pineapple
scant c. milk	15 graham crackers
1 pt. whipping cream	

Using a double boiler, heat 36 marshmallows in a scant cup of milk until they can be stirred into a mush. Cool. Whip a pint of cream, add to it a can of crushed pineapple (do not drain). Combine with the marshmallow mixture. Roll graham crackers very fine. Put half of them in bottom of a shallow pan, cover with the cream mixture and spread the remaining crumbs on top. Chill. Cut into squares to serve.

Mrs. Alvin Tyner

APRICOT DESSERT

1/2 c. butter or margarine	2 c. heavy cream, whipped
1 c. confectioners sugar	2 cans (1 lb. 13 oz.) apricots, halved
2 eggs, beaten	1 c. chopped pecans
6 1/2 c. vanilla wafer crumbs (1 1/2 lb. wafers)	

Melt butter in top of double boiler. Add sugar and eggs. Blend. Cook over boiling water, stirring constantly, until mixture thickens, about 4 minutes. Gently pack 3/4 of crumbs in

## APRICOT DESSERT (Continued)

15 x 10 x 1 inch jelly roll pan. Spread cooked filling over crumbs. Spread half of whipped cream over filling. Arrange apricot halves over whipped cream. Sprinkle nuts over apricots. Spread on remaining whipped cream. Top with remaining wafer crumbs. Chill at least 24 hours. Yields 16 to 20 portions.

Mrs. Donald Jennings

## PEACH DUMPLINGS WITH LEMON SAUCE

1 1/2 c. sifted flour	3 to 4 Tbsp. cold water
3/4 tsp. salt	6 canned peach halves
1/2 c. shortening	butter and cinnamon
1/2 c. shredded medium sharp cheese	

Sift flour and salt. Cut in shortening. Add cheese and mix lightly with fork. Add water and blend as for pie crust. Pat dough on floured surface into 18 x 12 inch rectangle. Cut in 6 inch squares. Drain peaches well. Reserve the syrup for making Lemon Sauce. Place a peach half in center of each square. Dot with butter and sprinkle with cinnamon. Moisten edges and seal by pinching. Bake on ungreased baking sheet in 425 degree oven 20 to 25 minutes.

### Lemon Sauce for Peach Dumplings:

1/4 c. sugar	1/2 tsp. grated lemon rind
2 tsp. cornstarch	1 Tbsp. lemon juice
pinch salt	1 Tbsp. butter
1 c. syrup from peaches	

Blend sugar, cornstarch and salt. Add peach syrup; cook and stir until clear. Add lemon peel, juice and butter. Serve over peach dumplings.

Mrs. Alvin Puckett

## QUICK FRUIT DESSERT

1 box white cake mix	1 pkg. Dream Whip
1 (8 oz.) pkg. Philadelphia cream cheese	1 can fruit pie filling

Bake the cake in an oblong pan and then let cool. Follow the directions for the Dream Whip adding the powdered sugar called for. When stiff add the package of cream cheese. Beat until mixed well. Spread on top the cake. Pour pie filling on top of this, covering cake. We especially like blueberry and black raspberry pie fillings but any can be used.

Mrs. Donnie Hart

-86- Shenandoah, Iowa

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**BRANNEN'S SUPER-VALU**  
**KNOWN FOR FAMOUS BRANDS**  
SHENANDOAH, IOWA

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**BROKEN GLASS TORTE**

1 box raspberry jello	1/4 c. cold water
1 box orange jello	2 c. heavy cream
1 box lime jello	1/2 c. sugar
1 c. pineapple juice	1 tsp. vanilla
1 envelope Knox gelatin	

Dissolve each box of jello, separately in 1 1/2 cups hot water. Chill until solid. Heat 1 cup pineapple juice. Add to this the 1 envelope of Knox gelatin that has been dissolved in 1/4 cup cold water. Cool. Whip cream; add to it 1/2 cup sugar and 1 teaspoon vanilla. Make graham cracker crust of:

1 1/2 c. rolled graham crackers	1/2 c. sugar
1/2 c. soft margarine	

Butter a 9 x 13 inch pan and line with 3/4 of the crumbs. Add the pineapple juice with gelatin to whipped cream, then cut the 3 flavors of jello into cubes and fold all together. Pour into prepared pan. Top with remaining crumbs. Chill for 24 hours. Cut into squares and serve. Makes 15 servings.

Mrs. George Teachout

**SUET PUDDING**

1 c. suet, ground	1 c. nuts, cut
1 c. sweet milk	1 tsp. soda
1 c. sugar	1/2 tsp. cloves
2 eggs	1/2 tsp. nutmeg
1 c. raisins	1/2 tsp. cinnamon
1 c. dates, cut	1/2 tsp. salt
2 1/2 c. flour (or less)	1 tsp. baking powder

Mix sugar, suet and milk together. Sift dry ingredients together with the exception of the soda which should be dissolved in a little hot water. Mix dates, raisins and nuts with some of the flour mixture to dredge. Combine all ingredients. Steam 3 hours.

## SUET PUDDING (Continued)

### Sauce for Pudding:

1 c. sugar	1 Tbsp. vinegar
1/2 c. butter	3 Tbsp. hot water
1 egg	6 marshmallows

Put sugar and butter together and then beat egg and put it in too. Double boiler is used. Add 3 tablespoons hot water and vinegar. Beat hard. Add marshmallows and put on lid of boiler. Simmer 1 hour, stirring occasionally. Should double recipe for pudding for right amount.

Miss Mabel Dutton

### GRAHAM CRACKER FLUFF

1 pkg. unflavored gelatin	3/4 c. rich milk
1/3 c. water	2 egg whites
2 egg yolks	1 c. heavy cream
1/2 c. sugar	1 graham cracker crust

Prepare graham cracker crust. Soften gelatin in 1/3 cup water. Blend egg yolks, sugar and milk smoothly; cook in double boiler until it coats a spoon, stirring constantly. Stir softened gelatin into hot custard; set aside to cool. Beat 2 egg whites, whip 1 cup cream; fold together, then fold in cooled custard and heap into graham cracker crust.

Miss Elinor Sharp

### ICE CREAM DELIGHT

1/2 gal. ice cream, any flavor	1/2 c. chopped nuts
2 c. rice chex, crushed	2/3 c. brown sugar
1 c. shredded coconut	1/3 c. melted butter

Mix together well everything except the ice cream. Put 2/3 of mixture on bottom of 8 x 11 inch pan and pat firm. Next spoon the partially softened ice cream over bottom crust. Sprinkle remainder of crumb mixture over top. Keep in freezer until serving time.

Mrs. Don Stevens  
Mrs. Mark Pursell

### CHERRY DESSERT

20 graham crackers, crushed	1/3 c. butter, melted
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BRANNEN'S SUPER-VALU  
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 SHENANDOAH, IOWA

CHERRY DESSERT (Continued)

- |  |                                 |
|--|---------------------------------|
| 1 c. cream, whipped<br>(or Dream Whip) | 1 tsp. vanilla<br>pinch of salt |
| 1 c. marshmallows, cut                 | 1 can cherry pie filling        |
| 1/4 c. powdered sugar                  |                                 |

Mix graham cracker crumbs and melted butter; press half into bottom of 8 x 10 inch pan. Combine remaining ingredients, except cherry pie filling, and spread half of it over crumb layer, then spread all of cherry pie filling over, and top with remaining cream mixture and crumbs. This should stand overnight before serving.

Mrs. J. Earl King

KUCHEN

Crust:

- |                            |               |
|----------------------------|---------------|
| 1/2 c. butter or margarine | 1/2 tsp. salt |
| 2 c. sifted flour          | 1 c. sugar    |
| 1/4 tsp. baking powder     |               |

Filling:

- |                       |                                |
|-----------------------|--------------------------------|
| 12 fresh peach halves | 2 egg yolks                    |
| 1 tsp. cinnamon       | 1 c. heavy cream or sour cream |

Mix crust ingredients, using only 2 tablespoons of the sugar. Line an 8 inch square pan with the mixture. Start oven at 400 degrees. Arrange 12 peach halves (fresh, preferably) in the pan. Sprinkle with 1 teaspoon cinnamon mixed with the remaining sugar. Bake 15 minutes, then add 2 egg yolks and 1 cup heavy cream or sour cream. Pour over top and bake 30 minutes.

Mrs. Kenneth Miller

AUNT LAURA'S DESSERT

- |                      |                        |
|----------------------|------------------------|
| 24 graham crackers   | 1 c. crushed pineapple |
| 1/4 c. sugar         | 1 c. liquid            |
| 1/2 c. melted butter |                        |

## AUNT LAURA'S DESSERT (Continued)

1 pkg. lemon jello                      1 qt. vanilla ice cream

Crush the graham crackers. Mix in the sugar and melted butter. Put 1/2 of the crumbs in 9 x 9 inch pan. Use pineapple juice with enough water added to make 1 cup. Bring to a boil and dissolve 1 package of lemon jello in the juice. Pour at once over 1 quart vanilla ice cream. Whip until ice cream is blended in; add drained pineapple. Pour over crumbs in pan and put remaining crumbs on top. Chill in refrigerator.

Mrs. Ray Stewart

### LEMON DESSERT

1 c. crushed pineapple                      4 eggs, separated  
(not drained)                              1/4 c. melted butter  
1/2 c. sugar                                      14-16 graham crackers  
1 pkg. lemon gelatin                      scant 1/2 c. sugar

Cook in double boiler until thick 4 egg yolks, 1/2 cup sugar and the 1 cup pineapple. While hot, add the gelatin. Cool. Beat the 4 egg whites; add scant 1/2 cup sugar. Fold in cooled pineapple mixture. Crush crackers, add the melted butter. Line pan with crumbs, saving some out for the top. After you line your pan, set in refrigerator for 10 minutes, then pour in mixture and top with remaining crumbs. Chill.

Mrs. Esta Loughrey

### MOCHA ANGEL DESSERT

1 c. strong coffee                              1/2 c. maraschino cherries,  
1 lb. marshmallows                              chopped  
1 pt. whipped cream                              1/2 c. nuts, chopped  
1 c. crushed pineapple

Melt marshmallows in strong hot coffee; cool. Combine whipped cream, cherries, nuts, pineapple and fold into cooled marshmallow mixture. Serve on angel food cake slices.

Mrs. Wayne Stevens

### STRAWBERRY CHIFFON SQUARES

1 pkg. strawberry jello                      1 pkg. strawberry chiffon pie  
1 c. boiling water                              filling  
1 tsp. lemon juice                              1 loaf angel food cake  
1 lb. pkg. sliced frozen                      whipping cream  
strawberries

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BRANNEN'S SUPER-VALU  
KNOWN FOR FAMOUS BRANDS  
SHENANDOAH, IOWA

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STRAWBERRY CHIFFON SQUARES (Continued)

Dissolve jello in boiling water. Add lemon juice. Put berries in separate bowl and break apart with fork. (Do not crush.) Add to jello while still warm. Let stand until starts to thicken. In the meantime make chiffon pie filling according to directions on package (use electric beater). Line bottom of pan with 1/2 inch cake slices. Pour jello over cake slices. Spread evenly. Add a layer of pie filling on top spreading evenly. Chill thoroughly. Top with whipped cream.

Mrs. Paul Lyden

\*\* EXTRA RECIPES \*\*

BRANNEN'S SUPER-VALU

KNOWN FOR FAVORABLE BRAND

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Dissolve jelly in boiling water. Add sugar and stir until  
 thick. In the meantime mix the filling according  
 to directions on package (use electric beater). Line bottom of  
 pan with 1/2 inch of jelly. Pour jelly over this. Spread  
 evenly with a layer of the filling on top. Spread  
 evenly with whipped cream. Top with 1/2 inch of  
 jelly. Bake in Mrs. Paul Lutz's oven at 350 F.

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Mrs. Paul Lutz

MOCHA ANGEL DESSERT

- |                     |                        |
|---------------------|------------------------|
| 1 c. strong coffee  | 1/2 c. marshmallows    |
| 1 lb. marshmallows  | chopped                |
| 1 pt. whipped cream | 1/2 c. nuts, chopped   |
|                     | 1 c. crushed pineapple |

Mix marshmallows in strong hot coffee; cool. Stir in  
 chopped nuts, pineapple and whipped cream. Serve on  
 angel food cake slices.

Mrs. Wayne Brown

STRAWBERRY CHIFFON SQUARES

- |                       |                      |
|-----------------------|----------------------|
| 1 pkg. strawberry     | 1 pt. whipping cream |
| 1 c. boiling water    |                      |
| 1 tsp. lemon juice    |                      |
| 1 lb. pkg. strawberry |                      |

# Recipes

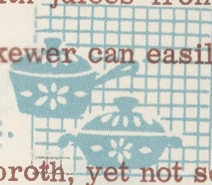

from

# Foreign Countries





## COOKING TERMS

- AU JUS:** With natural gravy.
- ASPIC:** This denotes a savory jelly made from stock or from tomato juice with gelatin.
- AU GRATIN:** Means covered with cheese or crumbs or both and baked.
- BASTE:** To moisten food while baking with juices from pan or other liquid or fat.
- BAKE UNTIL TENDER:** Until a fork or skewer can easily be inserted.
- BLEND:** To mix well.
- BISQUE:** A white soup made of shell fish.
- BOUILLON:** A clear soup stronger than broth, yet not so strong as consommé, which is clear soup.
- CAFE AU LAIT:** Equal parts of coffee and milk.
- CANAPE:** Small open appetizer, served as first course.
- CHARLOTTE:** A pudding made of bread or cake covered with fruit or gelatin.
- CHILL:** To place food in the refrigerator until cold, not frozen.
- CREAM:** To mix shortening in bowl until it is soft and light.
- CROQUETTES:** A savory mince of meat or fish made with a sauce into shapes.
- CUT AND FOLD:** To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke.
- ENTREE:** A light dish served between courses at dinner.
- FONDUE:** A light preparation of cheese and eggs.
- FRAPPE:** Partly frozen.
- FRICASSEE:** A dish of any boiled meat served in a rich milk sauce.
- GLAZE OR GLACE:** Iced or glossed over. Meats are glazed by covering with concentrated stocks or jellies. Fruits may be frozen or covered with a shiny film of hardened sugar syrup.
- HORS D'OEUVRES:** Appetizing side dishes such as olives, radishes, celery and pickles.
- JULIENNE:** Cut in fine strips or strings.
- KNEAD:** To place dough on a flat surface and work it, pressing down with knuckles, then fold over, repeating several times.
- MARINATE:** To allow fruits or vegetables to stand in dressing or syrup to improve flavor.
- PIQUANT:** A sharp sauce.
- PUREE:** Food boiled to a pulp and put through a sieve.
- SAUTE:** To cook gently in a small amount of fat.
- SCALD:** To heat milk product until scum forms over top (196 degrees F. — not boiling).
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BRANNEN'S SUPER-VALU  
KNOWN FOR FAMOUS BRANDS  
SHENANDOAH, IOWA

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RECIPES FROM FOREIGN COUNTRIES

CHINESE EGG FOO YONG

1/2 c. bacon	1 c. bean sprouts, broken in 1
1/2 c. onion, chopped fine	inch pieces (or green peppers)
1/4 c. chestnuts, sliced	5 eggs
thin	pepper and Chinese sauce

Over the first 4 ingredients, break the eggs and mix well with the pepper and Chinese sauce. Mold into portions and fry in hot pan greased with peanut oil. Brown both sides. Serve hot.  
Miss Florence P. Rinehart

DANISH PUFF

1 c. sifted flour	1 c. water
1/2 c. butter	1/2 tsp. almond flavoring
2 Tbsp. water	1 c. sifted flour
1/2 c. butter	3 eggs

Heat oven to 350 degrees. Measure first cup of flour into bowl, cut in butter. Sprinkle with 2 tablespoons water and mix with fork. Round into ball and divide in half. Pat dough with hands into 2 long strips 12 x 8 inches. Strips should be 3 inches apart on ungreased cookie sheet. Mix second amount of butter and water. Bring to a rolling boil. Add flavoring and remove from heat. Stir in flour immediately to keep it from lumping. When smooth and thick add 1 egg at a time, beating until smooth. Divide in half and spread one half evenly over each piece of pastry. Bake about 60 minutes until top is crisp and nicely browned. Frost with powdered sugar icing and sprinkle with nuts.

Mrs. Clyde Borland

ITALIAN SPAGHETTI

1 c. sliced onion	1 c. finely diced celery
1 clove garlic, minced	3/4 c. green pepper, chopped
1 lb. lean ground beef	1/2 c. sliced stuffed olives
2 Tbsp. salad oil	

## ITALIAN SPAGHETTI (Continued)

1 (3 oz.) can sliced mushrooms and broth	2 tsp. salt
1 (8 oz.) can tomato sauce	1/4 tsp. pepper
1 (6 oz.) can tomato paste	1 (7 or 8 oz.) pkg. spaghetti, grated
	Parmesan cheese

Brown onion, garlic and ground beef in salad oil. Add remaining ingredients, except spaghetti and cheese; stir. Simmer until onion, celery, etc. are cooked and flavors are blended. Cook spaghetti in boiling salted water until tender; drain. Serve sauce over hot spaghetti; top with cheese. Makes 6 servings.

Mrs. Dolph Remy

## CHOW MEIN HOT DISH

1 lb. veal, cubed	1 can mushroom soup
1 lb. pork, cubed	1 can chicken rice soup
2 Tbsp. butter	2 cans water
1 c. onions, chopped	4 Tbsp. soy sauce
1/2 c. uncooked rice	1 small pkg. frozen peas
1 c. celery	

Brown meat, butter, onions, rice and celery; add soups, water and 4 tablespoons soy sauce. Bake 1 hour at 325 degrees, uncovered. Remove from oven and add 1 small package frozen peas. Bake 30 minutes. Sprinkle with cashews or Chow Mein noodles last few minutes of baking time.

Mrs. Darrel Allely

## PAELLA CASSEROLE (Mexican Dish)

2 1/2 lb. chicken breasts (3 and thighs (6)	2 carrots, cut up
2 onions, quartered	2 tsp. salt
1 celery stalk with leaves	1/2 tsp. pepper or 4 whole peppers

Combine with 1 quart water, bring to boil, cover and simmer 1 hour. Save 3 cups stock. Bone chicken and cut into pieces.

1/2 c. olive oil	2 cloves garlic, minced
2 c. raw rice	

Fry rice and garlic in oil in skillet until lightly browned and add:

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**PAELLA CASSEROLE (Continued)**

- |                      |                                      |
|----------------------|--------------------------------------|
| 1 bay leaf, crumbled | 1 green pepper, diced                |
| 1/2 tsp. saffron     | 1 red pepper, diced (or use pimento) |
| 1/4 tsp. pepper      | 1 can minced clams and juice         |
| 2 tsp. salt          | 1 c. frozen peas                     |
| 1 tsp. paprika       | 3 c. chicken stock                   |
| 1/2 tsp. oregano     |                                      |
| 2 c. canned tomatoes |                                      |

Cover and cook slowly 20 minutes or until rice is almost done.

Put half of rice mixture in large shallow casserole (I use 2 round 8 x 2 inch glass dishes). Arrange chicken pieces on top and cover with balance of rice mixture. Into top half, arrange or stir lightly:

- |  |   |
|--|---|
| 1 lb. hot pork link sausages, cut into 1 inch pieces and fried brown | 1 lb. shrimp, cooked                        |
|  | 1 lobster tail, cooked and cut up, optional |

The casseroles may be refrigerated; when needed put in 350 degree oven and cook about 20 minutes, uncovered. Serve at once with tossed green salad - lemon and oil dressing - and seasoned hot French bread. Serves 10 to 12.

Mrs. Arthur Larson

**NORWEGIAN SUGAR COOKIES**

- |                                  |                        |
|----------------------------------|------------------------|
| 1 c. shortening (butter or oleo) | 1 egg, beaten          |
| 1 c. powdered sugar              | 2 c. flour             |
| 1 tsp. vanilla                   | 1/2 tsp. soda          |
|                                  | 1 tsp. cream of tartar |

Cream butter and powdered sugar together; add vanilla and beaten egg and beat well. Add dry ingredients and combine all. Cool in refrigerator an hour or so. Roll into balls and place on greased cookie sheet. Flatten with a glass dipped in sugar or flour. Bake at 375 degrees for 10 minutes or until slightly brown.

Mrs. JeRome Adams

## SWEDISH FARM COOKIES

- |                         |                       |
|-------------------------|-----------------------|
| 1 c. butter             | 2 c. sifted flour     |
| 3/4 c. sugar            | 1 tsp. soda           |
| 1 Tbsp. dark corn syrup | 1/3 c. chopped pecans |

Cream shortening, add sugar and cream until fluffy. Add sifted dry ingredients, syrup and pecans. (No eggs.) Shape into rolls; wrap in waxed paper. Chill. Slice thin and bake about 10 minutes at 350 degrees.

Mrs. Emil Anderson

## CHOW MEIN

- |                       |                       |
|-----------------------|-----------------------|
| 1 lb. diced lean beef | 1 lb. diced lean pork |
|-----------------------|-----------------------|

Sear in 1 tablespoon butter. Add:

- |                               |                                     |
|-------------------------------|-------------------------------------|
| 1 tsp. Worcestershire sauce   | 1 1/2 c. onions, cut in thin slices |
| 3 c. celery, cut small pieces | 1 small can mushrooms               |
|                               | 2 cans bean sprouts                 |
|                               | Chinese sauce to taste              |

Sear meat - add celery and onions. Cook in as small amount of water as possible until tender. Drain and save juice from bean sprouts. Add bean sprouts and mushrooms to meat and celery. Add Chinese sauce to taste. Make thickening of flour and bean sprout juice, and thicken mixture (until it isn't runny). Serve with Chinese noodles. Serves 6.

Mrs. Dewey Gee

## SWEDISH RYE BREAD

- |                   |                                 |
|-------------------|---------------------------------|
| 2 pkg. yeast      | 1/3 c. shortening               |
| 1/4 c. warm water | 2 tsp. salt                     |
| 2 c. rye flour    | 2 c. boiling water              |
| 3/4 c. sorghum    | 6 - 6 1/2 c. flour, all purpose |

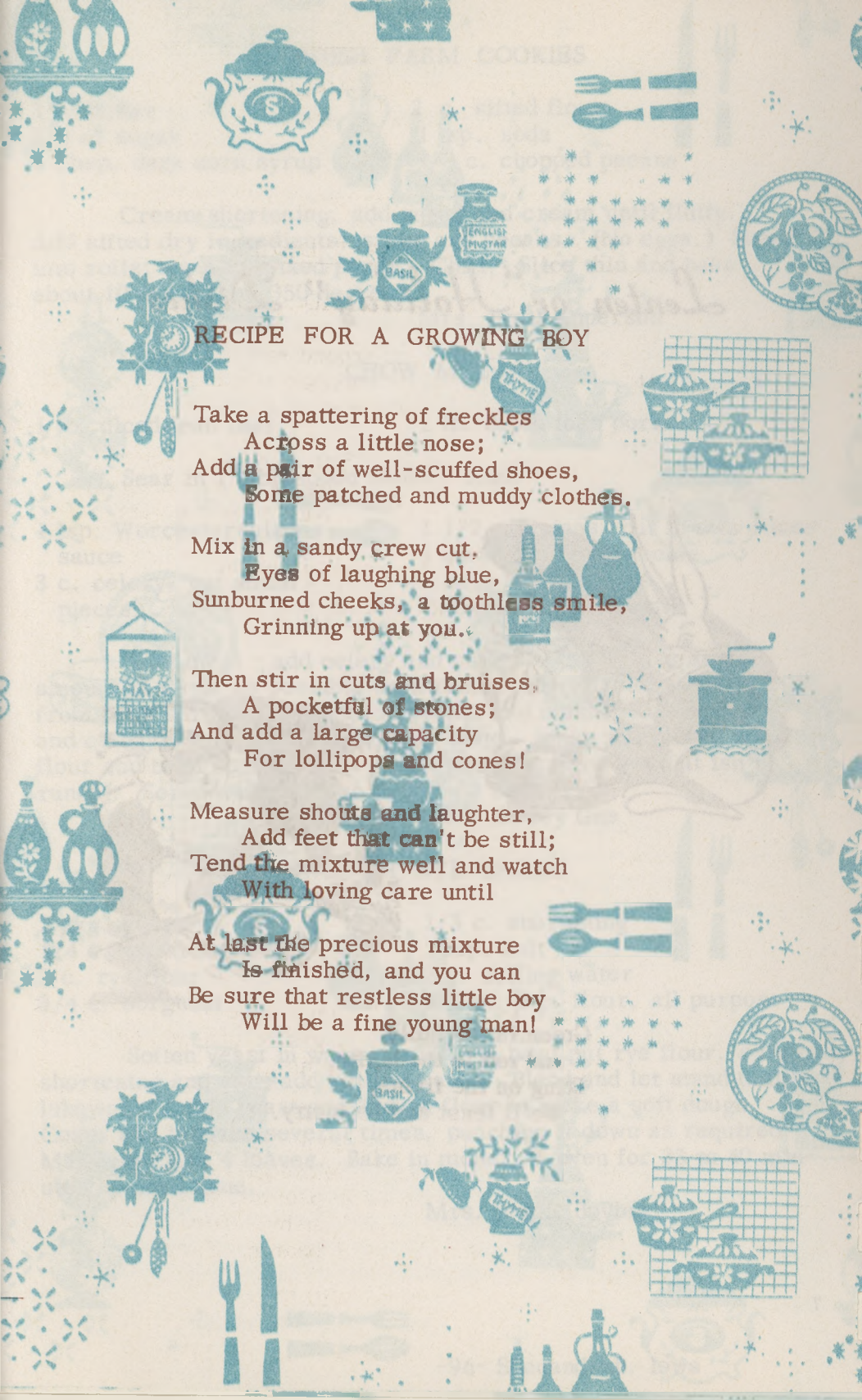
Soften yeast in warm water. In bowl put rye flour, sorghum, shortening and salt; add boiling water. Blend and let stand until lukewarm. Add yeast and enough flour to make a soft dough. Cover and let rise several times, punching it down as required. Make into 3 or 4 loaves. Bake in moderate oven for 35 to 40 minutes or until done.

Mrs. Jennie Boylan

## Lenten or "Holiday" Dishes



Green is the holly,  
and red is the berry;  
Bring on the fixins,  
We'll feast and be merry.



RECIPE FOR A GROWING BOY

Take a spattering of freckles  
Across a little nose;  
Add a pair of well-scuffed shoes,  
Some patched and muddy clothes.

Mix in a sandy crew cut,  
Eyes of laughing blue,  
Sunburned cheeks, a toothless smile,  
Grinning up at you.

Then stir in cuts and bruises,  
A pocketful of stones;  
And add a large capacity  
For lollipops and cones!

Measure shouts and laughter,  
Add feet that can't be still;  
Tend the mixture well and watch  
With loving care until

At last the precious mixture  
Is finished, and you can  
Be sure that restless little boy  
Will be a fine young man!

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LENTEN OR "HOLIDAY" DISHES

CRANBERRY SALAD

- |                        |                                  |
|------------------------|----------------------------------|
| 1 pkg. raspberry jello | 1 c. ground raw cranberries      |
| 1 c. boiling water     | 1 c. chopped red apple, unpeeled |
| 1 c. sugar             | nuts, if desired                 |

Dissolve jello in boiling water. Stir in sugar. Chill until slightly thickened. Fold in ground cranberries, chopped apple and nuts. Refrigerate until firm. Nice to serve with chicken or turkey.

Mrs. Rae Danbom

PEPPERMINT DELIGHT ✓

- |                     |                                      |
|---------------------|--------------------------------------|
| 14 chocolate wafers | 1 c. finely crushed peppermint candy |
| 1 c. heavy cream    | 14 finely snipped marshmallows       |

Place 14 chocolate wafers in plastic bag and roll gently with rolling pin. Whip 1 cup heavy cream. Gently fold in 1 cup finely crushed peppermint candy and 14 finely snipped marshmallows. Place in serving dish and sprinkle with chocolate wafer crumbs. Refrigerate 24 hours.

Mrs. Kenneth Miller

CRANBERRY-ORANGE SHERBET

- |                           |                            |
|---------------------------|----------------------------|
| 1 lb. (4 c.) cranberries  | 1 c. orange juice          |
| 2 c. water                | 2 Tbsp. grated orange peel |
| 2 c. sugar                | 1/4 c. lemon juice         |
| 1 tsp. unflavored gelatin |                            |

Cook cranberries in water until skins pop; press through strainer. Add sugar; heat to boiling. Soften gelatin in orange juice; stir into hot mixture. Add orange peel and lemon juice; stir. Freeze in refrigerator tray until mushy. Turn into mixing bowl and beat with rotary or electric beater. Freeze firm. Serves 6 to 8.

Mrs. Will Tyner

## CRANBERRY FROZEN SALAD

- |   |                               |
|---|-------------------------------|
| 1 can jellied cranberry sauce             | 4 Tbsp. mayonnaise            |
| 2 Tbsp. lemon juice                       | 4 Tbsp. powdered sugar        |
| 1 c. heavy cream, whipped (or Dream Whip) | 1/2 c. pecans, finely chopped |

Combine cranberry sauce and lemon juice; spread in bottom of dish for first layer. Blend whipped cream, mayonnaise, powdered sugar and pecans. Spread over cranberry layer, making second layer. Freeze at least 3 hours.

Mrs. Robert Berlin

## WHITE CHRISTMAS PIE ✓

- |                   |                          |
|-------------------|--------------------------|
| 1 Tbsp. gelatin   | 1/4 tsp. almond extract  |
| 1/4 c. cold water | 1/2 c. whipping cream    |
| 1/2 c. sugar      | 3 egg whites             |
| 4 Tbsp. flour     | 1/4 tsp. cream of tartar |
| 1/2 tsp. salt     | 1/2 c. sugar             |
| 1 1/2 c. milk     | 1 c. coconut             |
| 3/4 tsp. vanilla  |                          |

Dissolve gelatin in cold water. Cook sugar, flour, salt and milk over low heat, stirring until it boils. Boil one minute. Remove and stir in gelatin. Cool. When partially set beat with beater, then add extracts, whipped cream. Carefully add this mixture to beaten egg whites, cream of tartar and sugar. Fold in one cup coconut and put in baked crust. Top with coconut and refrigerate.

Mrs. Kenneth Miller

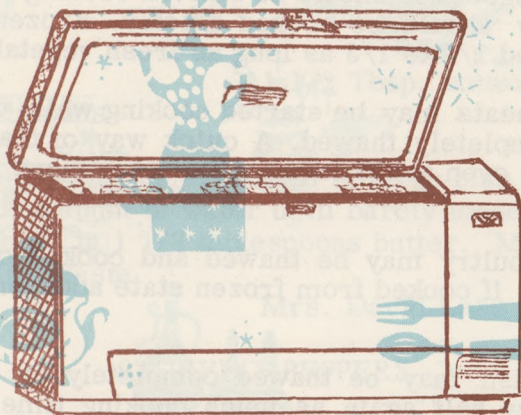
## DATE ROLL

- |                         |                |
|-------------------------|----------------|
| 4 c. sugar              | 1 c. milk      |
| 1 lb. dates, cut up     | 1 tsp. vanilla |
| 1 c. nut meats (pecans) | 1 Tbsp. butter |

Put sugar, dates, milk and butter in big pan and boil for 8 minutes. Add nuts and vanilla. Beat until stiff and cool. Pour on greased wax paper and form into rolls, about 1 1/2 inches around. Let set or roll in a wet towel. Makes 3 big rolls 18 inches long. Very, very sweet. Cut into slices when serving. Very good at Christmas time.

Mrs. Gordon Whitehead  
Mrs. Don Jennings

# Vegetables



# FROZEN FOODS

## FROZEN FOODS

Frozen foods are easy to cook. However they do require a little different handling than fresh foods. The following are rules to observe in cooking frozen foods and some suggestions for their preparation.

In using frozen fruits in place of fresh, allow for the sugar used in preparing the fruit for freezing. In general they may be substituted for the equivalent amount of fresh fruit called for in the recipe.

When thawing fruits, leave in package unopened. Exposure to air robs the fruit of some of its color and flavor. Do not remove fruit from the carton until ready to use.

Frozen fruits to be used in pies, cobblers, etc. need only be thawed enough to spread. Those frozen fruits that are to be cooked may be started cooking from their frozen state. Fruits to be served as a chilled dessert should be served partially thawed while still icy.

Frozen vegetables should be started cooking while they are still frozen. They should be cooked quickly. Frozen vegetables need only be cooked  $1/2$  to  $1/3$  as long as fresh vegetables.

Frozen meats may be started cooking while they are still partially or completely thawed. A quick way of thawing a roast is to place it in an oven at 175 degrees. Do not remove the freezer wrapping.

Frozen poultry may be thawed and cooked or cooked from its frozen state. If cooked from frozen state additional time should be allowed.

Frozen fish may be thawed completely or cooked while still frozen. Allow half again as much cooking time if cooked frozen.

Frozen unbaked pies may be defrosted and baked the same as fresh made pies. Or they may be placed directly in a 400 degree oven and baked. Allow 10 - 15 minutes additional baking time if baked while still frozen.

Frozen baked pies may be thawed at room temperature while still wrapped (2 - 3 hours). Mince and apple pies may be thawed and then placed in 375 degree oven for a few minutes to reheat before serving.

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VEGETABLES, FROZEN FOODS

POTATO AND ONION PUFF

6 to 8 potatoes  
2 onions  
1 c. ham  
2 Tbsp. butter

salt and pepper to taste  
1/2 c. milk  
3 eggs

Mash the hot cooked potatoes. Add the finely chopped onions and the ground ham which has been browned in the butter. Add salt and pepper - add beaten egg yolks and milk then fold in the stiffly beaten egg whites - pile lightly into buttered baking dish and bake in a moderate oven. 350 degrees, for about 1 hour.

Mrs. Harry Bredensteiner

CELERY AMANDINE

1 bunch celery  
1/2 c. sliced almonds

1 1/2 Tbsp. butter

Clean one bunch celery; slice in large bias pieces. Cook quickly in small amount of water until barely tender. Saute 1/2 cup sliced almonds in 1 1/2 tablespoons butter. Mix with hot celery; add salt to taste.

Mrs. David Lake

STUFFED PEPPERS

1 lb. ground beef  
salt and pepper  
2 or 3 tomatoes or 1 1/4 c.  
mashed tomatoes or juice

1 Tbsp. chopped onion  
1 tsp. prepared mustard  
3 slices dry bread crumbs  
6 or 8 peppers

Cut peppers in halves, lengthwise, and boil for a few minutes. Stuff with above mixture and place in a Pyrex pan with boiling water around peppers. Bake 1 1/2 hours at 375 degrees. Baste occasionally.

Mrs. Dick Worl

## BAKED GREEN BEANS

2 #2 can green beans	1 or 2 Tbsp. onion flakes
1 can cream of mushroom soup	1/4 to 1/2 c. American cheese, diced
1/2 c. diced celery	1/2 c. milk potato chips

Dilute the soup with 1/2 cup milk and mix all ingredients together except potato chips. Put in a buttered casserole. Crush potato chips and sprinkle over top before baking. Bake 30-40 minutes at 350 degrees. Serves 8-10.

Mrs. Harry Rodgers

## ESCALLOPED EGGPLANT

1 large eggplant	4 Tbsp. butter
1 green pepper	1 small onion
2 tsp. salt	some pepper
1 c. bread crumbs	1 qt. tomatoes

Pare eggplant, cut in small pieces. Melt 2 tablespoons butter in skillet; add green pepper and onion (chopped) and cook for a few minutes. Add tomatoes and eggplant, salt and pepper and cook 10 minutes. Put in casserole. Melt remaining 2 table-  
spoons butter. Stir in crumbs and sprinkle over eggplant. Bake 20 minutes or until nicely browned.

Mrs. Edna Buntz

## BAKED VEGETABLE CASSEROLE

1 can asparagus	1 pkg. carrots
6 hard boiled eggs	

### White Sauce:

4 Tbsp. butter	5 Tbsp. flour
2 c. liquid (use liquid from asparagus and carrots, add enough milk to make 2 cups)	

Drain asparagus and put in bottom of greased casserole. Slice and cook carrots in salt water until tender then spread over asparagus, 6 hard boiled eggs, sliced and put over carrots. Cover this with the white sauce. Top with bread cubes that have been buttered in a skillet. Bake at 325 degrees until bubbly, about 30-45 minutes.

Mrs. Carl Lindell

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SWEET POTATO AND ORANGE CASSEROLE

4 medium sized sweet potatoes	1/4 c. butter or margarine
1 medium sized orange, thinly sliced, unpeeled	1 Tbsp. flour
	1/2 c. brown sugar
	1/2 c. orange juice

Cook potatoes, skins on, in boiling water 20 minutes. Drain, peel, slice cross-wise in 1/4 inch slices. Place layer of potatoes in deep casserole, then layer of unpeeled orange slices. Repeat until all potatoes and orange slices are used. Melt butter, add flour, blend thoroughly. Add brown sugar dissolved in the orange juice. Cook in double boiler until slightly thick. Pour over the potatoes and orange. Bake at 375 degrees for 30 minutes. Serves 4.

Florence Rinehart

ZIPPY GLAZED CARROTS

2 Tbsp. butter or margarine	1/4 tsp. salt
1/4 c. brown sugar	3 c. sliced carrots, cooked and drained
2 Tbsp. prepared mustard	1 Tbsp. parsley, cut

Melt butter in skillet. Stir in brown sugar, mustard and salt. Add cooked carrots; heat stirring constantly until carrots are nicely glazed, about 5 minutes. Sprinkle with the snipped parsley. Makes 4 servings. Extra good. A perfect accompaniment for pork chops.

Mrs. Frank Payne

SPICED RED CABBAGE

2 Tbsp. butter	1 tsp. salt
6 c. shredded red cabbage	6 whole cloves
1 tart apple, cut in eighths	1/4 c. water

Combine above ingredients and cook slowly for 25 minutes. Add and cook about 5 minutes more:

1/4 c. cider vinegar	1/4 c. sugar
----------------------	--------------

## SPICED RED CABBAGE (Continued)

Serves six.

Miss Florence Rinehart

## CAULIFLOWER AND CARROTS

2 c. cauliflower	1 can cream of mushroom soup
2 c. carrots	salt, to taste

Cook cauliflower and carrots separately until barely done. Drain. Add mushroom soup thinned with a little cream and salt. Bake 30 minutes at 325 degrees.

Mrs. E. J. Gottsch

## SAVORY BEANS

1 #2 can green beans	1/2 c. grated cheese
1 #2 can tomatoes	1 small onion, diced
1 1/2 Tbsp. butter	1/4 c. green pepper, diced
2 Tbsp. flour	1/2 c. celery, diced
1/2 tsp. salt	1 c. bread crumbs

Cook onion, green pepper and celery in small amount of water while preparing other ingredients. Melt butter in saucepan, add flour, salt and tomatoes; cook until thick. Combine with green beans and other vegetables and cheese. (Save 1 tablespoon grated cheese for topping.) Place half the bread crumbs in a buttered casserole; pour in bean mixture. Top with remaining crumbs which have been tossed with 1 tablespoon grated cheese. Bake 45 minutes at 350 degrees.

Mrs. Carl Lindell

## BROCCOLI AND CORN

1 can cream style corn	1/2 c. thin cream
1 pkg. frozen broccoli	2 Tbsp. sugar
2 eggs	1/8 tsp. Tabasco sauce

Cook broccoli a short time; drain off liquid. Combine remaining ingredients. Alternate layers of broccoli and corn mixture. Sprinkle each layer with paprika. Bake 40 minutes at 325 degrees.

Mrs. E. J. Gottsch

## BARBECUED GREEN BEANS

5 slices bacon	1 can mushrooms, drained
1 medium onion, chopped	1 can tomato soup

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BARBECUED GREEN BEANS (Continued)

1 tsp. dry mustard                      salt, pepper to taste  
1 tsp. sugar                              2 cans green beans, drained

Cut bacon into pieces and brown with onion. Add mushrooms, soup, dry mustard, sugar, salt and pepper. Add green beans and simmer 30 minutes, or place in oven, to cook. Serves 8.

Mrs. John Hall

CORN PUDDING

2 c. cooked or canned                  2 Tbsp. melted shortening  
  corn                                      2 Tbsp. sugar  
2 slightly beaten eggs                  1 tsp. salt  
3/4 c. milk                                  1/8 tsp. pepper

Place combined ingredients in greased baking dish. Bake about 45 minutes (or until firm) at 350 degrees. Serves 6.

Mrs. Joseph O'Hara

BROCCOLI CASSEROLE ✓

2 pkg. chopped frozen                  1 c. milk  
  broccoli                                  1 egg, beaten  
1/2 c. butter                                3/4 c. shredded American  
2 Tbsp. flour                              cheese  
    buttered crumbs

Melt butter, add flour and let bubble 1 minute, stirring. Gradually add 1 cup of milk, stirring until thickened. Remove from heat; add the beaten egg. Cook 1 minute more. Remove from heat and stir in grated cheese. Partially cook the broccoli; drain and combine with cheese sauce. Pour into casserole. Top with buttered crumbs. Bake at 350 degrees for about 60 minutes, until cooked through and lightly browned. Serves 6 to 8.

Mrs. Orlin Hutt

## ASPARAGUS CASSEROLE

2 c. cracker crumbs	1 can cream of celery soup
2 c. cooked asparagus tips	1 can button mushrooms
6 hard cooked eggs	1 c. Cheez-Whiz

Place 1 cup crumbs in bottom of baking dish. Arrange half of asparagus, hard cooked eggs, soup and mushrooms in layers. Repeat layers. Top with Cheez-Whiz. Bake at 325 degrees for 1 hour, or until bubbly and lightly browned.

Mrs. Arthur G. Larson

## BAKED BEAN CASSEROLE

2 lb. dry lima beans	1 c. catsup
1 c. heavy cream	1 c. brown sugar

Soak beans overnight or use frozen lima beans. Cook beans, that have been soaked overnight, in salt water until almost done. This requires several hours. Drain and place in casserole. Stir in catsup, brown sugar and cream. Bake at 350 degrees for 1 1/2 hours or until liquid is somewhat thickened.

Mrs. Katie Davey

## SCALLOPED SWEET POTATOES

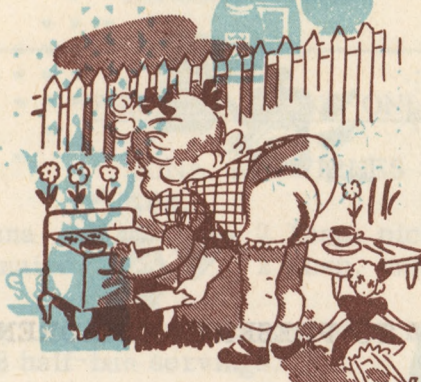
6 medium sized sweet potatoes, cooked	3/4 c. pineapple juice
6 slices pineapple, cut in halves	1/2 c. brown sugar
	1/4 c. butter

Slice potatoes, arrange alternating layers of potatoes and pineapple in baking dish. Heat pineapple juice, brown sugar and butter together. Boil for 3 minutes. Pour over potatoes and pineapple. Bake in moderate oven, 350 degrees for 30 minutes.

Mrs. Harry Bredensteiner

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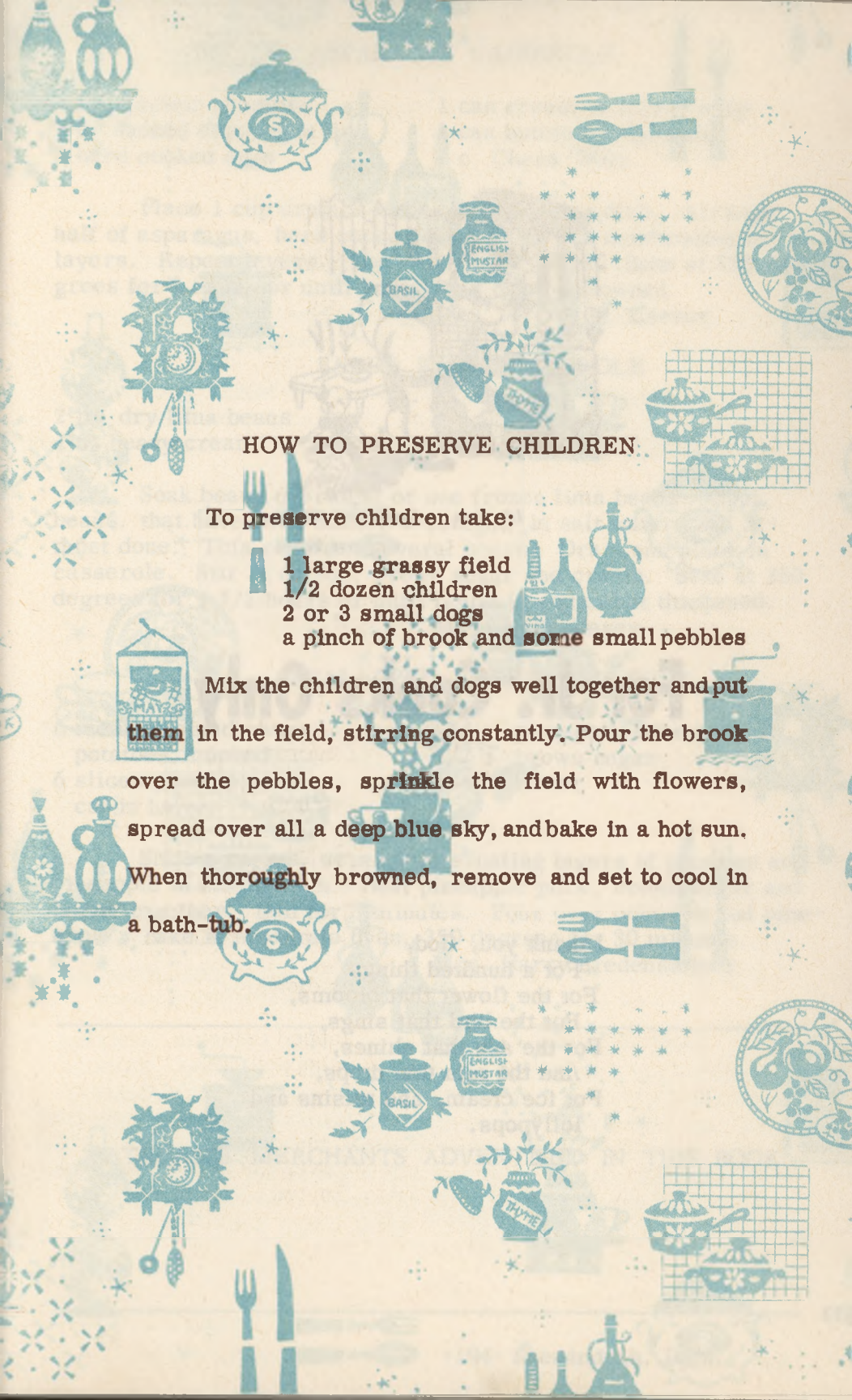
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# For Jr. Cooks Only

I thank you, God,  
\* For a hundred things  
For the flower that blooms,  
For the bird that sings,  
For the sun that shines,  
And the rain that drops,  
For ice cream, and raisins and  
lollypops.



## HOW TO PRESERVE CHILDREN.

To preserve children take:

- 1 large grassy field
- 1/2 dozen children
- 2 or 3 small dogs
- a pinch of brook and **some** small pebbles

Mix the children and dogs well together and put **them** in the field, stirring constantly. Pour the brook over the pebbles, **sprinkle** the field with flowers, spread over all a deep blue sky, and bake in a hot sun. When thoroughly browned, remove and set to cool in a bath-tub.

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FOR JR. COOKS ONLY

TUNA BUNWICHES

1 (6 oz.) can tuna                      2 Tbsp. pickle, chopped  
2 Tbsp. mayonnaise                    2 Tbsp. onion, chopped

Combine ingredients and spread on buttered sliced buns.  
Broil. Makes 8 half-bun servings.

Diane Miller

POTATO BURGERS

1 lb. ground beef                      3 Tbsp. onion, chopped  
1 1/2 c. coarsely grated                salt and pepper  
potatoes

Mix all ingredients thoroughly. Make patties about 1/2  
to 3/4 inch thick. Cook like hamburgers. Can make ahead of  
time and wrap in wax paper. Put in refrigerator until ready to  
cook.

Mary Lorimor

SO-EASY TUNA CASSEROLE

1 (6 1/2 oz.) can flaked tuna        1 can mushroom soup diluted  
1 can Chow Mein noodles            with an equal amount of milk

Optional ingredients for a fancier dish:

1/4 lb. whole cashew nuts            1 c. chopped celery  
2 tsp. Worcestershire                1/4 c. chopped onion  
sauce

Combine the ingredients and mix thoroughly. Pour into  
buttered casserole. Bake in 350 degree oven about 45 minutes.

Donna Boylon

TUNA PIZZA

3/4 c. warm water (105 - 115 degrees)

## TUNA PIZZA (Continued)

1 pkg. dry yeast	1 (9 oz.) can tuna
2 1/2 c. Bisquick	salt and pepper, to taste
3/4 c. chopped onion	2 1/2 c. grated cheddar cheese
2 c. tomato sauce	oregano
1 (8 oz.) can mushrooms	

Dissolve yeast in warm water. Add biscuit mix; beat vigorously. Turn dough onto surface well dusted with biscuit mix. Knead until smooth, about 20 times. Divide dough into 4 parts. Roll each part into a 10 inch circle, paper thin. Place on ungreased baking sheets; press to make edge of circle slightly thick.

To make filling: Saute mushrooms in a little butter. Combine mushrooms with onion, tomato sauce, tuna, salt and pepper. Spread on the dough. Sprinkle grated cheese over all. Sprinkle top with oregano. Bake 15 to 20 minutes in pre-heated 450 degree oven until crust is brown and filling hot and bubbly.

Miss Betty Boylan

## SOUTHERN GAL BISCUITS (To Freeze)

2 c. flour	4 tsp. baking powder
1/2 tsp. cream of tartar	1/2 tsp. salt
2 Tbsp. sugar	1/2 c. shortening
1/2 c. milk	1 egg

Sift all dry ingredients. Cut in shortening until it is a fine crumb mixture like corn meal. Mix beaten egg and milk and add slowly to first mixture. Stir to a stiff dough. Knead 5 times. Roll to 1/2 inch thickness. When a juice glass is used for a cutter it will yield 20. You may store in freezer. May be baked directly from freezer or thawed. Bake 10-15 minutes at 450 degrees.

Betty Boylan

## BANANA NUT BREAD ✓

1/2 c. shortening	3 large ripe bananas, mashed
1 c. sugar	1/2 c. nuts
2 eggs, beaten	1 tsp. vanilla
2 c. flour	pinch salt
1 tsp. soda	

Cream shortening and sugar; add eggs, one at a time and mix thoroughly. Add other ingredients and bake in wax paper lined 5 x 9 inch pan in moderate oven, 325-350 degrees, for 1 hour.

Diane Miller

-106- Shenandoah, Iowa

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BRANNEN'S SUPER-VALU  
KNOWN FOR FAMOUS BRANDS  
SHENANDOAH, IOWA

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CRAZY MIXED-UP CAKE

1/2 c. all purpose flour	6 Tbsp. salad oil
1 c. sugar	1 tsp. vanilla
3 Tbsp. cocoa	1 tsp. vinegar
1 tsp. soda	1 c. cold water
1 tsp. salt	

Sift together all dry ingredients in an ungreased 8 x 8 inch pan. With a spoon make 3 depressions in the flour. In one put the salad oil; in one put vanilla and in the other put vinegar. Over all pour 1 cup cold water. Stir with a fork until all ingredients are moist. Do not beat. Bake 30 minutes at 350 degrees. This makes an amazingly moist and tasty cake.

Mary Lorimor

\*\* EXTRA RECIPES \*\*





*Write Extra Recipes Here*

# CALORIE COUNTERS

## BEVERAGES

Carbonated Water		xxx c.
Coffee, black, unsweetened		xxx c.
Cocoa, All Milk	1 cup	230 c.
Cola Beverages	1 sm. glass	100 c.
Lemonade	1 sm. glass	75 c.
Tea, plain, unsweetened	1 cup	xxx c.

## BREADS, CRACKERS, ROLLS, ETC.

Gluten Bread	1 slice	30 c.
Raisin Bread	1 slice	100 c.
Rye Bread	1 slice	70 c.
Enriched White Bread	1 slice	65 c.
Melba Toast	1 slice	25 c.
Whole Wheat Bread	1 slice	75 c.
Baking Powder Biscuits	1 large or 2 small	100 c.
Saltines	1 double	40 c.
Soda Crackers	1	25 c.
Bran Muffin	1	50 c.
Corn Bread	1 small square	130 c.
French Hard Roll	1 small	80 c.
French Toast	1 slice	130 c.
Gingerbread	1 slice	150 c.

## CANDIES

Chocolate Bar - Nut	1	400 c.
Chocolate Bar - Plain	1	350 c.
Chocolate Cream	1	100 c.
Mints	5 very small	7 c.
Popcorn, Plain	1 cup	65 c.
English Toffee	1	25 c.

## CEREALS

Corn Flakes	1 cup	132 c.
Cream of Wheat	$\frac{3}{4}$ c.	100 c.
Oatmeal	$\frac{3}{4}$ c.	100 c.
Shredded Wheat, biscuit	1	100 c.

## DAIRY PRODUCTS AND EGGS

Butter	1 level Tbsp.	100 c.
American Cheese	1 cube $1\frac{1}{8}$ inch	100 c.
Cream	1 Tbsp.	30 c.
Cream, whipped	1 Tbsp., heaping	50 c.
Eggs, boiled	1 average	70 c.
Eggs, fried	1 with 1 tsp. butter	110 c.
Egg white	1	14 c.
Egg Yolk	1	56 c.
Buttermilk	1 c.	88 c.
Whole Milk	1 cup	170 c.
Oleomargarine	1 level Tbsp.	100 c.

## DESSERTS

Angel Food Cake with Icing	average slice	150 c.
Chocolate Cake — 2 layers	average slice	350 c.
Cup Cake, plain	1	100 c.
Fruit Cake	average slice	350 c.
Shortcake, with fruit	average slice	300 c.
Chocolate Cookie	1	125 c.
Ice Box Cookie	1	150 c.
Chocolate Ice Cream	1/2 cup	250 c.
Sodas — all flavors	1 glass	350 c.
Vanilla Ice Cream	1/2 cup	100 c.
Lemon Ice	1/2 cup	110 c.
Chocolate Eclair	1 small	150 c.
Cream Puffs	1	250 c.
Apple Pie	1/6 of pie	350 c.
Berry Pie — all kinds	1/6 of pie	350 c.
Custard Pie	1/6 of pie	150 c.
Pumpkin Pie	1/6 of pie	150 c.
Bread Pudding	1/2 cup	150 c.
Jello — all flavors	1 cup	75 c.
Tapioca Pudding	1/2 cup	200 c.

## FISH AND SEAFOODS

Haddock	average helping	100 c.
Halibut	average helping	115 c.
Lobster	1/2 cup	125 c.
Oysters	1/3 cup	50 c.
Perch	3 medium	80 c.
Salmon (canned)	1/2 cup	100 c.
Salmon (fresh)	1 slice	100 c.
Sardines	4 3-inches long	100 c.
Scallops	6 large	100 c.
Shrimps	10	50 c.
Trout (brook)	2	75 c.
Tuna (canned)	1/2 cup without oil	100 c.

## FLOUR FOODS

Dumplings	1	100 c.
Macaroni and Cheese	3/4 cup	280 c.
Noodles (cooked)	1/2 cup	60 c.
Pancakes	1	100 c.
Waffles	1	225 c.

## FOWL

Chicken (fried)	1 small thigh or leg	150 c.
Chicken (fried)	1 piece breast	150 c.
Turkey (roast)	1 slice white meat	100 c.
Turkey (roast)	1 slice dark meat	125 c.

## FRUIT

Apple (raw)	1 large	100 c.
Banana	1 medium	100 c.
Cantaloupe	1/2 — 5 inches diameter	50 c.
Cranberries (sauce)	1/2 cup	100 c.
Dates	3 to 4	100 c.
Grapefruit (unsweetened)	1/2	100 c.
Oranges	1 average	80 c.

## MEAT

Bacon (crisp)	4 slices	100 c.
Hamburger	1 patty	200 c.
Beef Roast	1 slice	100 c.
Round Steak (lean)	1 piece	100 c.
Fried Ham	1 piece	200 c.
Meat Loaf	1 slice	150 c.
Pork Chop	1 medium, lean	200 c.
Spareribs	1 piece, 4 ribs	150 c.
Frankfurter	1 small	100 c.

## SALADS

### (Without Dressing)

Cabbage, celery, pineapple	average helping	70 c.
Cabbage Slaw	average helping	35 c.
Fruit Gelatin	average helping	110 c.
Potato	average helping	220 c.
Tomato and Lettuce	average helping	35 c.
Waldorf	average helping	100 c.

## SALAD DRESSINGS

Boiled Dressing	1 Tbsp.	50 c.
Cream Dressing	1 Tbsp.	50 c.
French Dressing	1 Tbsp.	75 c.
Mayonnaise	1 Tbsp.	100 c.
Thousand Island	1 Tbsp.	175 c.

## SOUPS AND CONSOMMES

Bean (Navy)	1 cup	200 c.
Bouillon	1 cup	25 c.
Chicken with Rice	1 cup	100 c.
Potato	1 cup	275 c.
Tomato (clear)	1 cup	50 c.
Vegetable	1 cup	100 c.

## VEGETABLES

Asparagus (canned)	6 stalks	50 c.
Beans (baked)	1/2 cup	300 c.
String Beans	1 cup	25 c.
Beets (cooked)	1/2 cup	45 c.
Cabbage (raw)	1 cup	25 c.
Cabbage (cooked)	1 cup	25 c.
Carrots (cooked)	1/2 cup	35 c.
Carrots (fresh)	1 cup	50 c.
Corn (on cob)	1 ear	60 c.
Lettuce	1 large head	50 c.
Peas (canned)	1/2 cup	55 c.
Potatoes (french fried)	4 pieces	100 c.
Potatoes (mashed)	1/2 cup	100 c.
Sweet Potatoes	1 small	150 c.
Radishes	5	15 c.
Sauerkraut	1 cup	40 c.
Spinach	1 cup	40 c.
Tomatoes (raw)	1	35 c.
Tomatoes (stewed)	1/2 cup	65 c.

## SUGARS

Beet .....	1 tsp.	25 c.
Brown .....	1 tsp.	17 c.
Cane (granulated) .....	1 tsp.	25 c.
Powdered .....	1 Tbsp.	35 c.

## JUICES

Grape Juice .....	1/2 cup	70 c.
Grapefruit Juice .....	1 cup unsweetened	100 c.
Orange Juice .....	1/2 cup	55 c.
Pineapple Juice .....	1/2 cup	65 c.
Tomato Juice .....	1/2 cup	25 c.

## NUTS

Almonds (salted) .....	10	100 c.
Cashew .....	4 to 5	100 c.
Cocoanut (shredded) .....	3 Tbsp.	100 c.
Peanuts (salted) .....	18	100 c.
Pecans .....	12	100 c.
Walnuts .....	10	100 c.

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